



National Racquetball Magazine

April 1989

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Magazine

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Racquet Sports
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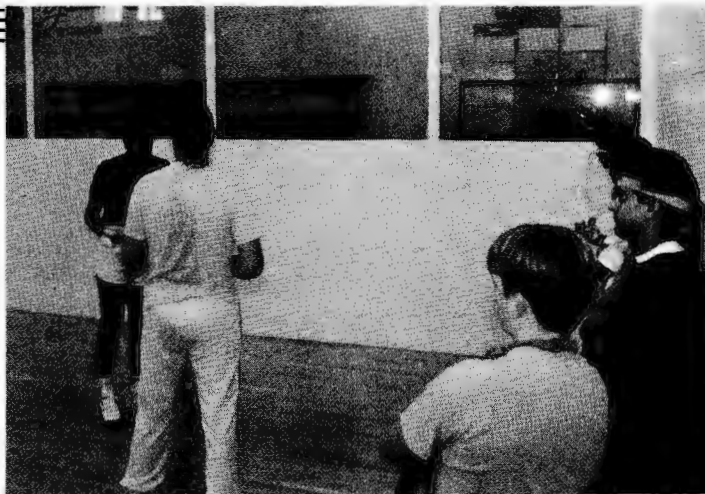
**Leader Introduces
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On the cover: Dan Obremski, participant in the National Fitness Challenge. Photo by Steve Lerner.

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FROM THE PUBLISHER...

Introducing... Judi Schmidt

We are pleased to announce the appointment of Judi Schmidt as Editor of *National Racquetball Magazine* effective March 1, 1989.

Ms. Schmidt comes to *National Racquetball* with extensive experience and long-term commitment to both publishing and racquetball. She is a graduate of the University of Miami School of Communications and co-founder of Gan Eden Publishing Company of Sarasota, Florida, creators of *Camporana* and *Florida Home Gardener*, camping and gardening tabloids distributed throughout the southeastern U.S. She has been a regular contributor to athletic and health-oriented publications for many years.



Judi has also been a participant and innovator in racquetball for twenty years and has served as Racquetball Director and Pro at the Bath & Racquet Club of Sarasota for the past eight years. She has won many state, regional and national titles over the years and has been recognized for contributions to the development of junior, women's and disabled programs, first in Florida, as a Founding Director of the Florida Racquetball Association, then as an elected member of the AARA National Board of Directors.

We are pleased to welcome Judi to our staff and are confident that her commitment to the growth and development of racquetball and excellence in journalism will greatly enhance our efforts to bring to you the best in racquetball coverage.

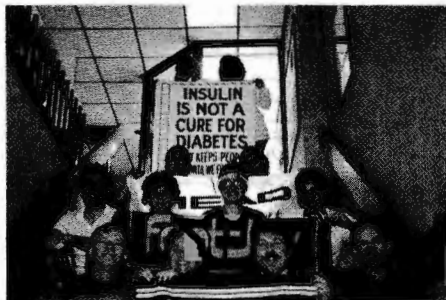
Helen L. Quinn
Publisher

LETTERS TO THE EDITOR

Fran Davis Raises \$9,400 for Diabetes

In the April 1988 issue of *National Racquetball Magazine*, I announced my commitment to raise \$5,000 for the American Diabetes Association (ADA).

It is extremely gratifying to be able to report that I surpassed my goal. In fact, I nearly doubled the amount, collecting a total of \$9,400 in 1989. I was able to promote some of the funds by selling t-shirts and sweatshirts at various clubs across the U.S.A., where I held my clinics. The remainder, \$6,500 worth, was raised during a Racquetball-A-Thon held at my home club, King George Racquetball and Health Club in Greenbrook, NJ



on December 17, 1988.

King George generously donated the use of their facility for the entire day. A special appearance by Ruben Gonzalez, the #1 male player in the world, highlighted the days activities. Ruben accepted the challenges of many players, signed autographs and mingled with everyone. He gave his time and expertise, which, when added to all the racquetball played, the laughter and camaraderie of the participants and the fun had by all who attended, equalled a tremendous success all the way around.

I'd like to take this time and space to thank all the clubs that participated in my "Go to the Head of the Class" Racquetball Clinic Series; the individuals who supported the ADA by purchasing t-shirts or donating money; all my students and friends who came to King George to participate in the Racquetball-A-Thon and my sponsors. Because of your help and support, my dream became a reality. Together, we raised the \$9,400. Together, we moved closer to finding a cure for diabetes. To each and every one, I extend my heartfelt thanks and know that together we can do even more.

The New Year has begun and I'm headed back on the road to raise more money for the ADA. My goal for 1989 is

\$10,000. With your continued help and support, I know that goal is certainly within reach.

I hope to see many of you when I'm in your part of the country. Until then, stay well and keep rolling them out.

Fran Davis and Marilyn Scharffenberger ○

It's A Good Idea

In single elimination tournaments where the number of entrants is not 8, 16, 32, etc., first round byes are necessary. There are certain obvious advantages to a player receiving a first round bye. Such a player advances to the second round of the bracket without the possibility of losing. Also, the bye-holder might play his first match against an opponent that had an extremely tough first round match. This is the unfair part of having byes. I suggest that the draw be arranged so that bye-holders play bye-holders in the second round. This would make a fresh player have to beat a fresh player but a tired player would get to play another tired player.

Stan Byrd Chattanooga, TN ○

Racquetball Scholarship Wanted

I will be a senior during the upcoming school year, and I have been trying to plan my future in college.

I would like to go to school on a racquetball scholarship. I am a good B class player at the present time, and I am very dedicated player. I try to practice an hour to an hour and a half a day by myself working on my consistency in my shots. I plan to be at least a good A player by the end of my senior year.

If you could send me a list of the colleges that offer racquetball scholarships and any other information you might have pertaining to racquetball scholarships I would greatly appreciate this. Thank you for your consideration.

J. P. Pampa, TX

Editor's note: We've sent what little information we have but we'd like to be able to provide players such as J.P. with a full list of options. If you know of any sources for racquetball scholarships, please let us know and we'll make sure it is added to our list. ○

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CALIFORNIA TOURNAMENT McKINNEY'S ON A ROLL

by WPRA writer

The gallery was filled for the champagne finals of the Ektelon Christmas Classic. The spectators were served champagne before the match and in between games. To say the crowd was ready is an understatement. Their hometown girl, Lynn Adams, was taking on Caryn McKinney. Both women had won a tournament on this season's tour; Lynn in Chicago, Caryn in Alaska. The question was: Who would take an early season advantage?

Both women appeared relaxed as they warmed up. In between shots they would pause to make a quick comment to each other, laugh, and then continue the process of preparing. To an outsider, it was apparent that these two opponents had played each other before. Their calm banter betrayed them as seasoned veterans, ready to battle once more.

The first game stayed close throughout the beginning points. Both players seemed to be testing their shots and each other. It was a good match from the start, as the players won rallies, by hitting winning shots instead of skipping in balls. Lynn hit a few more winners than Caryn, taking the first game 11-5. The crowd loved it and yelled encouragements as the players went back on the court for game two.

The second game was all Caryn's. With calm precision, she built up point after point. She was completely accurate on her backhand set ups, and made some amazing fall away pinch shots with her forehand. She marched to a commanding 8-1 lead before Lynn came to life. Talking to herself and pacing the court, Lynn fought back little by little. She whittled down the lead to 8-7 before Caryn could recover the serve. Two quick points by Caryn gave her a 10-7 lead. But Lynn regained the serve and scored on a flat backhand rollout to advance to 10-8.

Then Lynn served and a vicious rally ensued, with dives by both players to keep the ball in play. Finally Lynn got a plum set up with her backhand around the service box area, and Caryn was pinned on the left wall. All Lynn had to do was hit the wall and the score would be 10-9. To everyone's amazement, Lynn skipped the shot. A burst of emotion from both players showed the intensity of the match. Caryn went to the service box and put up a soft half lob to Lynn's forehand, and Lynn took the bait by hitting a poor overhead that rebounded off the back wall and Caryn put away the set up to win

the game 11-8.

The third game was vintage Lynn Adams. Her serves and shots left Caryn no chances or opportunities, and she easily won the game 11-2. That put her up two games to one, and because she played with such authority, the match looked like it was going to be over soon.

"No way," said Caryn's body language. Caryn is a fighter and her new found confidence makes her even tougher. She came out of the break between games ready to take advantage of any opportunities. She controlled the fourth game. Lynn was constantly on the defense, barely reaching shots only to see Caryn put away the next one. The game went quickly and Caryn won 11-6, setting up the tiebreaker.

It had come even to one 11 point game. At the last tournament in Alaska, in the exact same circumstances, Caryn pulled out an 11-10 win. Was that match on the player's minds? "Yeah, I thought about it," said Lynn. "I didn't want anyone thinking they could beat me twice in a row."

Caryn drew first blood, and never looked back. Playing without fear and making some amazing on the run shots, she took another 8-1 lead. Lynn looked very tired and frequently put her racquet up between points and leaned against the back wall to rest. Over and over Lynn would hit a seemingly winning shot, and Caryn would somehow get to the ball and put it away. Lynn was frustrated and didn't try to hide the fact. She took a timeout and sat on a side court, contemplating her situation. Caryn sat in deep concentration, sensing victory but staying calm.

As the players re-entered the court the crowd went nuts, screaming and clapping their feelings for the two opponents. Lynn had the serve, and without a lot of noise or emotion, scored a point, then another and another. Both players were trying to keep their emotions in check and not lose control. But when Lynn hit another three winners in a row, both players let loose. Lynn was yelling tough to herself and pacing around the court. Caryn wasn't about to let a tidal wave wash over her and she responded with loud encouragement of her own. It must have worked because she got the serve back on a beautiful wide angle pinch that left Lynn frozen. Caryn still had a slim lead of 8-7 and served a drive to Lynn's backhand. Lynn responded by hitting a crisp cross court pass that appeared to be a winner.

Caryn stepped over and stretched out as far as she could and hit a flat rollout pinch in the corner to go up 9-7. On her next serve, she repeated the same exact shot and was now serving for the match.

Serving for the match at 10-7, Lynn was in deep trouble. Caryn hit an excellent drive serve to elicit a weak return. She hit a pinch into the corner that Lynn barely got and she flicked it up to the ceiling. The ball came up short, giving Caryn a backhand set up for the match. "I thought the match was over right there," said Lynn. Caryn dumped it unceremoniously into the floor, and Lynn had hope.

Lynn rushed to the ball and started talking to it. "One point at a time. One point at a time." A high lob serve started her off. A ceiling rally ensued and Caryn skipped a kill attempt, 8-10. The next rally saw a lot of diving on Lynn's part and finally, half falling-half diving, she rolled the ball out to make it 9-10.

Lynn's attempt to tie the score was thwarted by an excellent return of serve by Caryn. She put Lynn on the defensive right off the bat, and Lynn couldn't recover. Caryn hit a winning pass to take back the serve.

Caryn hit a short drive serve, followed by a high lob that Lynn put up to the ceiling. Caryn drove the ball down cross court, forcing Lynn to lunge and put the ball back up to the ceiling. The ball came down 3/4's court and Caryn shot the ball with her backhand. It was a semi frame shot that rolled out to win the match for Caryn. Caryn fell to the floor and Lynn stood there shocked as the ball made it to the front wall. A very excited Caryn leaped to her feet and the players shook hands and responded to a enthusiastic and generous crowd.

Because of her second win in the 1988/89 season, Caryn's points put her in a tie for the ranking with Lynn, the first time in six years anyone ever threatened Lynn's position at the top of the heap.

Semifinals

The semifinals saw the continued push of Toni Bevelock to entrench herself into the top levels of the women's tour. Toni has made no bones about the fact she wants to be #1, and is working hard to achieve that goal. Her hard gunning style of play is exciting to watch and her backhand is devastating. Toni doesn't play the ceiling very often, preferring to bring the ball down and go for broke. In her match

(continued on page 6)

California Tournament

(continued from page 5)

against Caryn McKinney, she fought hard, got close, but Caryn's exceptional shot-making and court experience won out over the long haul. Caryn won 11-8, 11-10, 11-2.

On the other side of the draw, Lynn Adams had all she could handle against a surging Jackie Paraiso. Jackie is a smooth, hard-hitting player with a backhand to die for. She moves with a fluidity that surprises her opponents and has a quick first step. She is a consistent player, and for the second time this season she took Lynn four games, almost pushing things to a tiebreaker. Lynn won the first game a close 11-8, Jackie took the second 11-6. The third game was Lynn's at 11-6, and an exciting, close nail biter saw Lynn barely eked out the fourth game 11-9.

Quarter finals

The top two seeds had fast quarter final matches that went three games. Lynn played Molly O'Brien and won 11-4, 11-6, 11-4. Molly seemed frustrated at the barrage of serves coming at her and never quite kicked in. Likewise with Cindy Doyle. Her match against Caryn was a fast one. Caryn controlled the court and Cindy never knew what hit her, as Caryn won 11-4, 11-1, 11-1.

The other two quarter final matches were exciting crowd pleasers. Jackie Paraiso took on the "Dreaded Drex" Marci Drexler. Shots were flying in this match, as Marci looked out of control and couldn't seem to put the ball where she wanted. But her superb athletic skills kept her in the match. It was her speed and reflexes against the shotmaking of Jackie. Jackie prevailed 11-4, 10-11, 11-8, 11-9.

The last quarter finals match was the most dramatic. A long two hour plus match pitted Toni Bevelock against the "Ice Princess" Kaye Kuhfeld. Kaye played smoothly in the first game, winning 11-4. Toni burst out to pound out a win in the second game, 11-4. From there on out it was anyone's match. Kaye won the third game 11-8 and was winning the fourth game only to see Toni bear down, come back and win 11-9. That fourth game loss sucked some of the wind out of Kaye's sails, and Toni took the tiebreaker 11-5.

The tournament was a benefit for Advanced Resources for Foster Kids (ARK) an organization that works for abused and abandoned children in Orange County. Through tournament proceeds, donations, and a very successful auction, \$5,000 was raised for these children. ○

QUESTION & ANSWER WITH MARTY HOGAN

by Norm Blum

Ten years ago Marty Hogan had visions of playing for \$50,000 first-place prize money by 1989. Lofty dreams? Not really. He had won \$30,000 at a Las Vegas tournament and professional racquetball was booming.

Today, men's professional racquetball is in a state of turmoil. Hogan, the most well-known name in racquetball, hopes to revive the game. But he's realistic about his task. He's become a first-time father and he has responsibilities with his company, Marty Hogan Racquetball, but he realizes reviving the pro tour isn't a part-time job.

Hogan has always been outspoken and we've published the interview without any deletion and have allowed him to express his opinion. This interview displays his fiery personality.

The Men's Professional Racquetball Association is based out of Hogan's home. Those clubs interested in playing host to a professional stop they can write him at 947 Wild Horse Creek Road, Chesterfield, MO 63005. Or they can call him at 1-800-633-9132.

National Racquetball: *Marty, let's not mince words, what's the status of men's professional racquetball?*

Marty Hogan: We are trying to salvage the remainder of this year. When (Jim) Hiser and the WPRT (World Professional Racquetball Tour) announced they were folding we held a meeting. John Delaney (CEO, CityFed Mortgage), and Charlie Drake (Pro Kennex), who were voted on to the board of directors along with myself and Mike Yellen, met to find out where the remaining events were going to be that the WPRT had planned. Everyone assumed there were 10 stops planned because that was what Hiser's group had promised. The WPRT was undercapitalized and misrepresented by Hiser. The magazine (*National Racquetball*) has to take responsibility for building it up. For three months there was nothing but praise of Hiser when he basically misrepresented the facts. Hiser had nothing. There were no sites confirmed beyond Virginia (second and last stop of the WPRT).

Potentially, there are a lot of events out

there. We lost a lot of people because they were told to come up with \$25,000 to hold a pro stop. Court clubs can't afford that.

NR: *Is getting it off the ground a lot harder than you anticipated?*

Hogan: Yes, it is. Lots of people have a bad taste in their mouth. Our first event is March 1-4 in Grand Rapids, MI. I hope we'll have four to five events to culminate the year. Next year is where our emphasis is.

NR: *There was a pro tournament scheduled for Miami Lakes and there was even a flyer printed. What kind of damage did this do?*

Hogan: We'll never let that happen. Cancelling a tournament a week before is outrageous. Ninety-nine percent of the players had non-refundable tickets. I don't want to dwell on Hiser, let's move forward. There's a lot of interest in men's professional racquetball.

NR: *How did the player's association get started and what is the purpose of the organization? Did it intend to undermine the WPRT?*

Hogan: In September, the top eight players, except for Ruben Gonzalez, attended a meeting in San Diego to form the first active men's players association to govern what was going on with men's racquetball. Basically, we wanted a say in the quality of pro events that were being put on. We didn't want to compete with anyone. We wanted to have a say in the ranking system. With the RMA (Racquetball Manufacturers Association) and the WPRT making official statements, the professional players wanted to know what was available to them. We wanted to know what was going on because we wanted to plan our futures. We can't afford to play two tournaments in September and October, take four months off and then play four tournaments in six weeks.

That was the main reason for the formulation. We set up an office which I'm running out of my home, set up a corporation and an 800 line to make assistance available to people putting on events and exhibitions.

NR: *Marty, honestly, putting together a pro tour is a full-time job. You're still playing and are involved with several*

activities including Marty Hogan Racquetball. How can you make a go of it when you are doing so many other things? Wasn't that what undermined the WPRT when Hiser was splitting his duties between the pro tour and the AARA?

Hogan: You're right, it's a full-time job. The end of this season someone will be hired full-time. In order to do it right, the person will have to live it and work it full time. Financing is available for this position. Mr. Delaney is really helping us out. He's made it clear that he doesn't want to be the financial savior but he'd love to see professional racquetball succeed. He has agreed to take on a role in fund raising and getting us organized. Without his help the job would be five times tougher.

NR: Marty Hogan Racquetball has several of the top players under contract. Is there a conflict of interest and danger that one company will take control of professional racquetball?

Hogan: No company will be in charge of the pro tour. We hope the players association will be able to sell the rights to a professional group like IMG (International Management Group). But we have a tremendous amount of cleaning up to do before that takes place. IMG would get involved if they had a sugar daddy corporate sponsor. But no corporate sponsor will take a look at us until we are a well polished sport. Our sport is very marketable and we are looking to sell it to a national sponsor.

NR: At a recent tournament in Jacksonville, FL there were several of the top players competing including Ruben Gonzalez, Cliff Swain, Mike Ray, Andy Roberts, Gerry Price and Jack Newman. The first-place prize money was \$2,200. Why should the promoter sweeten the pot if he already is luring the top names?

Hogan: This will be the last season in which players can play for \$500 if we deliver a 12-stop season. If you play in those type of events there will be a sanction or some type of penalty. That has to be a prime thing. Right now Ruben Gonzalez, our national champion, plays in \$500 events. There's a lot of responsibility that goes with being No. 1. When you compromise that responsibility you hurt the whole game. Mike (Yellen) and I only played in top quality events. Ruben hurts his marketability when he plays in \$500 events.

NR: Ten years ago would you have predicted an interview like this would take place?

Hogan: I never would have believed that there would be so many shallow people that had the right to spread lies and the magazines would publish them.

It just hurts the game. Our sport is still very strong. There's a strong nucleus. There's never been any finer play than has been exerted today. The play is unbelievable and I believe it's extremely marketable. There are a lot of good-looking marketable kids like Egan Inoue, Bret Harnett and Cliff Swain. Ten years ago I thought we'd be playing for \$50,000 purses. In 1978 in Vegas I won \$25,000 and \$30,000 the next year. What went wrong? There was a lot of politics. It's a shame the game was misled.

NR: Meanwhile, should the players secure other jobs?

Hogan: Most of the guys have teaching pro positions or do other things. There are only a few that depend 150 percent on the tour. Guys like Yellen and Swain are about the only ones who don't have another job.

NR: If anyone has the smarts to turn this around it has to be John Delaney. After all, he's CEO of CityFed Mortgage.

Hogan: He has a lot of contacts. He's just a big fan and great friend of racquetball. He's already done more than has been asked of him. I anticipate he'll do things in the future. He's part of our future success. *National Racquetball* is just as equally a key. Everyone has to work together?

NR: Some clubs can come up with a few thousand dollars and we've been seeing a few special 4-man exhibitions. Will this continue?

Hogan: A lot of clubs can't raise \$15,000 for a regular pro stop but has \$8,000-\$10,000 which can get three to four top pros to compete in an exhibition. I want everyone in the world to see the top talent in the game. If we can send Yellen, Harnett and Swain to Europe that is good investment spending.

NR: What are your thoughts about the RMA (Racquetball Manufacturers Association)?

Hogan: Now, there was a conflict of interest. The manufacturers wanted to hold down the price of professional racquetball. If they increased the value of the men's professional game, athletes would want more money. Take a look at the ball endorsement. Voit was paying \$40,000. Last year the ball sponsor was paying \$500 per tournament plus cases of balls. There are a lot of those examples but it's not my place to criticize. We need to develop a better system in the future. If companies don't want to support the game they will not get visibility. No more free rides!

NR: I'm club owner and want to have a stop in my city. What does it take?

Hogan: We plan to have 12 events — one event every three weeks. In order for

a club to be a ranked event they need a \$15,000 site fee that goes directly into prize money. We'll grant exclusivity — players won't compete 30 days prior to or after in that market. The association will hire a public relations firm to publicize the event. A ranking event will attract upwards of 60 of the top players in the world. On top of it there will be a National Grand Prix bonus. Each event there will be points going to the bonus pool. The checks will be awarded at the national championship. CityFed will host the national championships. They want to be the largest event of the year. This year it will be in Seattle.

NR: Can clubs make money hosting an event?

Hogan: Can clubs make money? Definitely. We want every club to make money. We will be able to supply some ways they can raise the prize money. We want every event to have a one-year contract with a two-year option. We don't want to lay an unreasonable request on clubs to come up with too much money. If you want to hold a spot on the tour, guarantee \$15,000. The men's association is going to seek a national sponsor to add \$5,000 to \$10,000 initially. There's a lot of people interested in the tour. You'll see a lot of events that will come back to the tour. There are a bunch of allies out there that are great events. It's easy to raise \$15,000. The players will attend cocktail parties, give private clinics and work within the community. We're working toward reaching an agreement with the National Society to Prevent Blindness as the national charity sponsor for next year's tour. Once we get everyone cooperating it's easy to sell. I've been the only one in the game to secure a national sponsor. Over the years the companies have come to me. I've been rather lucky.

NR: What about the rumors that there will be a closed tour like there was a few years ago?

Hogan: There will be no restrictions or limitations with this tour. No restrictions whatsoever. There will be no six-man events. There's more paranoia in racquetball. We want to encourage the youth. If a 13-year-old hot shot comes along and wants an opportunity he will have that shot.

NR: On a lighter note, you're a new father. How are you and your wife enjoying it?

Hogan: Fatherhood is great and yes I've changed my share of diapers. It's awesome. I want more. My kid (Benjamin) is healthy — it's something I looked forward to. Now I have to make sure if he wants to get into racquetball there's something there for him. ○

HILECHER HIGH SCHOOL CLINIC GETS ST. LOUIS JCCA PRO-AM STARTED

Is there a better setting in which to take a racquetball lesson than the St. Louis JCCA, the racquetball facility famous for turning out professional level players?

Some fortunate St. Louis high school racquetball team members found out when they attended a free high school clinic given by one of the "J's" own and one of racquetball's most seasoned professionals, Jerry Hilecher. The clinic helped kick off a week of festivities leading up to the Second Annual JCCA Pro-Am Racquetball Tournament held February 9-12, 1989.

More than 250 pro, adult and junior racquetball players, turned out for the Pro-Am.

With both women's and men's professional divisions, the tournament attracted a number of touring pros including hometown favorite and winner of this year's tournament, Marty Hogan, another St. Louisan and last year's JCCA Pro-Am winner, Andy Gross, Andy's brother David and retired (but still active) pros: Jerry Hilecher, Doug Cohen and Benny Koltun. Other top touring pros came in from out of town including Tennessee's Mike Ray and Andy Roberts and Chicago native Jack



Marty Hogan (left) and Jack Newman go toe-to-toe during the finals at the St. Louis JCCA Pro-Am.

Newman.

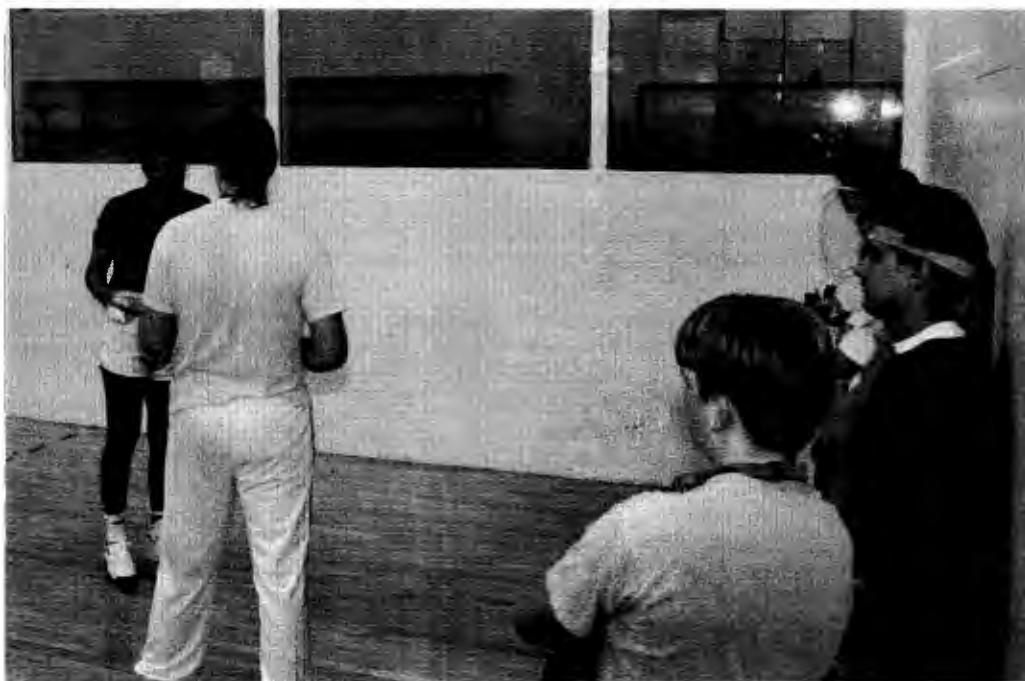
Women's professionally-ranked participants included the world's fifth-ranked player, Kaye Kuhfeld from Indianapolis and eight-ranked Cindy Doyle from Memphis State. They were joined by both the men's and women's Memphis State racquetball team, accompanied by coach Larry Lyles.

Unlike last year, the tournament's results were true to ranking with only one exception when Jack Newman defeated Mike Ray and reached the finals to meet Marty Hogan.

Hogan, determined to redeem himself after losing in the quarter finals of this tournament last year, reached the finals by sweeping through his opposition which included Rick Bezousek, top St. Louis amateur Chris Wright and number four seed, Andy Roberts. Newman reached the finals with a little more effort, going to tiebreakers in two of his four matches. His opponents included Brant Spiwak, Sergio Gonzalez, David Simonette and Mike Ray. Hogan beat Newman in a resounding three games, which was in keeping with his dominant, near-perfect play all weekend.

On the women's side, Kaye Kuhfeld dominated the pro division without losing a game all weekend. Pulling a bye in the round of 16, Kaye marched through all three matches against St. Louisan Sue DiPiano, Carry Healy of Memphis State and number two seed, Cindy Doyle in the finals. Cindy also pulled a bye in the round of 16 and advanced by

beating teammates Holly Gray and Janet Burke to meet Kaye in the finals. ○



Jerry Hilecher discusses strategy with high school group as part of the clinic held at St. Louis JCCA.

LOOKING FOR THE PERFECT PARTNER

by Rick Strout, Chief Designer, FIN Racquetball

So, you're looking for the perfect playing partner. You may be a committed tournament competitor, or a once a week recreational player. Perhaps you've just begun to play, or you've been playing for a long time. Whichever the case may be, you need the ultimate playing partner — a partner who can keep you in the game with great control and unlimited power.

This partner must be reliable; ready at a moments notice; should complement your game and help you improve your technique. The partner can boost your confidence and really let you know when you have "ripped it". Yes, the perfect playing partner — the perfect racquet.

Ask just about any player and he will tell you that he's got the right frame for his game. He knows what is going to help and improve his game. He already has the ultimate racquet. Yet, if the truth were known, he is probably playing with the racquet he has because a buddy at the club has a racquet just like it. Players frequently don't realize how much the "right partner" can mean to their game.

The majority of players want more power and are willing to accept what control may be left over, if any at all. Their buddy at the club plays with a "basher" so they must too. Their arm may be ready to fall off and the ice packs are kept at the ready, but they believe they have the right racquet in their bag.

A frame may be ideal for one player but it could be totally wrong for another.

Not all players will be able to hit the ball at 120 miles per hour. Some play-

ers may not be able to control a single ball. Your current racquet may even cause you terrible pain and prevent you from playing because of cringing pain in the elbows and shoulders.

Players must know how to choose the racquet that will help their game style the most, not only to enable them to enjoy the game more but also to improve the game skill needed to play winning racquetball.

When choosing your next "perfect partner" keep in mind the following:

1. Don't choose a racquet based upon what your buddy plays with. Analyze your own game needs. Be concerned with what you want to add to your game, whether it be power, control or both.

2. Decide what your goals in racquetball are. Are you a competitive player wanting total domination of the local courts, or are you a weekend recreational player? Different playing attitudes may require racquets with different features.

3. Are you a player having trouble grooving your swing? Do you need help through instruction and drills? Your club pro can be of tremendous assistance in this area.

4. Does the racquet you are currently using give you continued control and/or power problems? Are you constantly in pain on or off the court?

5. What kind of shape are you in? Most players don't give a second thought to conditioning, and it is a very real part of the game. Are you a player able to handle playing every day for hours on end or is a weekend all you can take?

6. Have your local pro suggest a frame that will complement your game. He can also give you some racquets to test. Demos are the best way to really learn about a racquet.

There are hundreds of racquets on the market all purporting to be the "perfect partner". If you consider all the points above when making a choice you'll be happy with your final decision. Your racquet will not change your game but it will help you with a winning combination of power, control, confidence and unleashed potential in game enjoyment. If you are not getting these things out of your current racquet it is time to make a change.



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Racquetball is fun, right? While professional players might not agree with that all the time, chances are the fun and exciting aspect of the game drew them to it in the first place. For the rest of us, what better reason to play racquetball than for the sheer fun of it?

Unfortunately, even at the club level, we can get so engrossed in leagues, ladders and lessons, that we forget to have a good time playing. Or worse, the winter blahs start to catch up and even racquetball begins to lose some of its shine. Think hard — have you recently played a game or a match without once laughing at a great or fluke shot, or groaning in dismay at your opponent's goofy winning shot?

If you've been so serious you feel like Scrooge in court shoes, or racquetball has begun to feel like work, it will be worthwhile to concentrate on putting fun back into the game. The rewards are immediate. You'll find yourself laughing out loud, relishing the thought of your next game, and improving your skills as you play.

Here's a few of the ways you can put fun back into your game.

Offense-defense

Get ready for a workout! In offense-defense, for an entire game you play in one role or the other.

Score the game to 11 or 15 as you regularly would. The player in the defensive role, however, can only score points on the offensive player's mistakes. If the defensive player hits a successful kill shot or a successful pass shot, it results in a replay. This means the only time the defensive player wins the rally is when the offensive player skips the ball.

Not only is this fun, but it demonstrates and reinforces the costliness of unforced errors. If you are prone to skipping the ball in real matches, a few games as the offensive player will go a long way towards breaking that habit! As the defensive player, you will soon learn the importance of conditioning and good ceiling balls.

If the match starts becoming lop-sided in favor of the offensive player, throw in an extra rule: If the rally is not ended within five shots each, the defensive player wins.

SIX WAYS TO PUT MORE FUN INTO YOUR GAME

(And improve at the same time!)

by Sigmund Brouwer

This puts extra pressure on the offensive player to end the rally as soon as possible.

At the end of the game, of course, switch roles. Revenge is sweet.

Short-court

Interested in sharpening your kill shots? Keen on polishing your low pass shots? Craving quicker footwork and faster hands? Try "short-court".

The rules are simple. All of the shots must be *ahead* of the short line; this effectively cuts the court in half. Any shot that bounces behind the short line is out of bounds. Players, however, can take their shots from the back court if a ball has landed in-bounds and carried past the short line.

This means if you want to hit a pass shot, you must hit it low enough to bounce before the short line. Since your opponent is sharing the front court with you, you must also hit it hard enough to pass him or her.

Your kill shots will need to be extra precise and you will have to concentrate on reacting quickly because the short-court game does not give you much time between shots.

The only provision for a difference in rules (besides the shortened boundaries) comes during the serve. Servers must choose one side of the court, and lob gently to the other side. The receiver has the choice of accepting or declining any serve. This serving method ensures that the opening shot of any rally will be aggressive — since the court is shortened, the server will have a very good chance of returning it.

(Hint: Ceiling balls that land in-bounds before the short line wreak havoc in "short-court"!)

Target-practice

In the Wild West, gunfighters placed bottles on top of fence posts, stepped back 25 paces, squinted, aimed and (hopefully) shattered each bottle with a single bullet.

Why not do the same in racquetball? Don't shatter bottles or fire bullets, but put your kill shot to the supreme test: hitting a can from 39 feet.

The best targets are racquetball cans. (Soda cans, although the same size, have a big disadvantage. When you hit one, the remnants of pop inside make the front wall and floor sticky. Club owners tend to frown on that kind of mess.)

Place the cans along the front wall. Find a partner and make it a target shooting contest. You can do it slowly by alternating shots; with this method the least number of shots resulting in hits are important. Or you have an old-fashioned shootout; load and fire as quickly as possible and the most number of cans hit, regardless of attempts, results in a win.

After half an hour of target practice, place a can in each front corner and go ahead with your regular game. Make each direct hit worth four points instead of the regular one.

Will target practice put fun into your game? You'll feel like a kid plunking rocks at bottles or throwing snowballs at cars. Target practice usually generates spectators, all wanting to go in there to give it a shot themselves. Not only that, the satisfaction of hitting a can hard enough to wrap it around a ball is incredible — and something to casually mention in passing during your next racquetball conversation.

Cut-throat

Isn't cut-throat that boring game you used to play when you were just learning racquetball? Maybe it was, if you are thinking of the regular rotation of serves between three players all trying to save money on court-time.

If, however, you try a different version of cut-throat, you can make it even more challenging than a hard game of singles. During friendly matches, including an extra person on the court makes it more of a social event.

First of all, try playing a two-against-one version of cut-throat. Set the game score to 11 or seven. One player represents a singles team, the other two players represent a doubles team. The singles team player gets one serve, the doubles team gets two serves. After the short

game is finished, change the teams. As the singles player, you'll find it extremely challenging to not only score points against the doubles team, but the extra difficulty imposed by needing to win back the serve twice will certainly sharpen your play.

Another way of cut-throat is a "king of the hill" version. In this format, each new play becomes a singles rally — only two players are involved. The third person is a spectator. When the rally ends, the winner becomes (or remains) the server. The person who lost the rally becomes the spectator and sits out the next rally. The former spectator then moves into the position of receiver, trying to knock the server from his or her position as "king of the hill" by winning the next rally.

To save time between rallies, the person in the spectating position should stand against the back wall, halfway between the side walls. During the vast majority of the rallies, play will not be affected by the spectating player. Some alertness is required though; it is easy to anticipate the times the spectator must

move to give either of the players room to swing.

The good part about "king of the hill" cut-throat is that the more a player wins, the more he or she is handicapped by facing rested opponents.

No-skip-ball

Here's a way to practice an aggressive game style and still enjoy the competition of a game. In normal racquetball, you are penalized for missing kill shots by the rally-ending skip shot — hitting the hardwood with the ball before hitting the front wall.

Simply agree with your playing partner to replay all skip balls. By doing this, the only way you will be able to win rallies is by hitting the ball low enough to rollout or force a double bounce, or smart enough to pass your opponent.

By eliminating the skip ball, both of you will relax as you play and have the sheer joy of "going for it" every shot of the rally. You will surprise yourself at the creative shots you attempt knowing mistakes won't penalize you!

Lefty-lefty

If you want to feel good about your ailing backhand, here's a fun way to handle it: switch hands. The awkwardness of playing with your wrong hand will make it a joy to play normally again. Your old backhand will feel like gold in comparison.

The trouble with the switching hands trick is that unless your partner does the same thing, it will not be a close match. If both of you switch, however, you'll be entering a new world of racquetball!

It will be impossible to take your game seriously — which could be the break you are looking for — when both of you feel like you newborns on the court.

Fortunately, you'll be applying all the other things you know about racquetball. Your anticipation, court coverage and foot speed and *attempted* shot selection will still need to be sharp. With both players facing the same handicap, the competition will remain in place as well; only it will be there to provide light-hearted fun, not to be taken seriously, just for fun.

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ASK THE PLAYING EDITORS

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Lynn Adams



Bret Harnett



Fran Davis

Sometimes, no matter how hard you try, your game goes into a tailspin. In this special edition of Ask The Playing Editors, *National Racquetball* discusses a common problem among professional and amateur players — the dreaded “slump”.

The question posed to our Playing Editors: *What's the best way to deal with a mid-season slump?*

Lynn Adams: First of all, is it a slump, or burnout? I would say it is a slump when you feel like playing, but no matter what you do, your game seems terrible. You know it's burnout when you're playing lousy and you barely feel like trying.

A slump in my racquetball is usually connected to my life in general. When it happens, the first thing I do is look at my personal life. If things are bothering me at home, they tend to bother my game, but sometimes you don't realize either problem is occurring until you sit down and think about it. From there, of course, I try to solve both problems with whatever it takes.

If a personal problem isn't responsible for the slump, the second thing I check is the mechanics of my game. For example, one year it just didn't feel like I was hitting the ball hard. I asked someone to watch my game, and it turned out that I wasn't turning my shoulders to prepare my backswing. In fact, I was being lazy; hardly using any backswing at all. I thought I was playing normally when I wasn't. To correct it, I went onto the court and practiced, exaggerating my movements and soon I was hitting the ball at full speed again.

The third thing to do is easier in theory than in practice. You need to realize that everything is cyclical. Your game will be good for a month and bad for two weeks. The bad usually happens just before your game makes a jump in improvement. So during a slump — not a burnout — work harder. Don't retreat from the game feeling sorry for yourself. Hang in there. It will come around again.

Bret Harnett: I feel slumps are more of

a mental problem than physical. To me, part of a slump is the burnout feeling.

To fight it, you should take some time off, and when you get back to the game, really concentrate on basics. Go into the court and practice the simplest shots possible. Examine each part of your stroke looking for basic flaws which may be causing game problems.

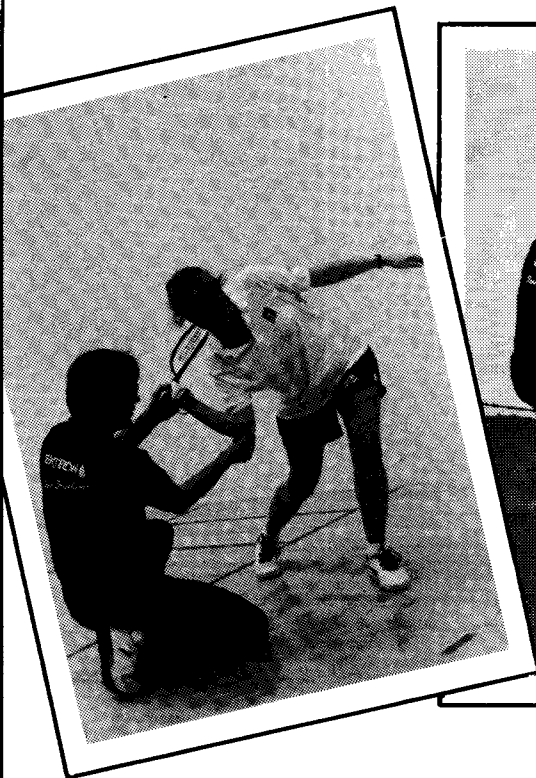
Above all, no matter what the slump is doing to your game, I think you should still shoot whenever possible, especially during practice matches when you can afford to lose. The key is to maintain your confidence. To do it, keep shooting. The reason is that when you get on the court, you cannot afford to be thinking about missed shots. If you shoot the ball, and concentrate on remembering the good shots, you'll break out of your slump.

Fran Davis: I tend to agree with Bret. One thing to do is take time off. Some people need a week; some people need two. Decide ahead of time exactly how much time you want to take off. Put your racquet in your closet and don't get on the court during that time you've committed. This way, you'll be tremendously eager to play when you get back.

Slumps are also a good indication that you may need lessons or a session at a camp to recharge. Often, playing in the same old mode may trigger a slump; learning or adding new dimensions to your game will either prevent or reduce slump time during the season.

Slumps may also occur if there is a basic flaw you've overlooked. The flaw might be physical — a hitch you've developed in your stroke — or the mental burnout flaw that Lynn referred to. Have someone who has seen you play during your “non-slump” times watch you play during your slump. He or she will probably notice this flaw immediately. Once you have pinpointed it you can take steps to correct it.

There is one more thing you should know about slumps. They are inevitable for anyone who trains and works hard. In other words, when a slump hits you, don't be surprised or worried. It will go away. ○



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FOUR STEPS TO A BETTER VOLLEY

by Bret Harnett

Since joining the pro tour Bret Harnett has mesmerized fans with his combination of overwhelming power and incredible court speed. In this issue of National Racquetball, he continues a series of instructions designed to help beginning and mid-level players improve specific areas of their games.

Some people call it a 'fly-kill', others call it a 'cut-off shot', and a third group of players call it a 'volley'. The effect, of course, is still the same. By moving up and hitting a shot *before* it bounces, you put tremendous pressure on the defensive player who barely has time to react, let alone reach your shot.

Unfortunately, you too, are limited by very little time. Because you are aggressively moving up to attack the shot, you don't have the luxury of setting up and waiting for the perfect kill attempt.

This means there is a trade-off. The earlier you hit your shot, the more likely it will fool your opponent; but the earlier you hit your shot, the more difficult it is to hit properly. Fortunately, a poor shot hit early enough to catch an opponent off guard is often as effective as a great shot hit when your opponent is ready. In other words, the rewards of attempting a volley are well worth the risks. When else can you hit a good-to-medium shot and expect great results?

To make your volley attempts even more successful, you can learn some basics in anticipation, positioning and stroke technique which will add a great deal of consistency.

Here are the four basic — and crucial — steps to hitting great volley shots.

Step 1: Set both feet early.

This is the most crucial step in hitting volleys. Both your feet must be planted firmly (see photo one). You should not attempt a volley while you are moving.

It may sound impossible — given the brief amount of time you have — but you must be set, however briefly, to hit the shot.

The easiest way to find the crucial extra time is through anticipation and quick decision making. Certain types of

shots are naturals for volley attempts (see "shot selection" later in this article); as soon as you realize you have a good opportunity for the volley, you must go for it. Remember this: if you have to think about whether or not to move up for a volley, it's already too late.

Where do you set your feet? Good question. Obviously, if you need to commit yourself as soon as possible, and immediately set up, you had better choose the right spot on the court. Setting up and planting your feet firmly is useless if you can't reach the ball from your position.

This, too, needs anticipation. Not the anticipation of what type of shot will be coming through center, but the anticipation of ball angles. It's a complicated three-dimensional pool game — judging exactly where the ball will carom through center — but combine your court experience with some practice, and soon you will be able to move to the exact position you need for a given volley attempt.

Step 2: Face the side wall.

Not only must your feet be planted early and in the correct area in front court, but they must be planted properly. Forehand or backhand, your body should be facing the side wall. It is simply too difficult to hit volleys while facing the front wall.

Ideally, your front foot will be slightly closer to the side wall than your back foot (photo one). This will give you a 'closed stance', which is conducive to swinging early on the ball while delivering accurately.

It is also important, as shown in the photo, to have your racquet prepared as you wait. There is not enough time for you to move up, plant your feet, wait briefly for the ball and *then* bring your racquet back. Instead, add crucial split-seconds to your shot by having your racquet ready.



Photo 1

Step 3: Watch the ball.

It sounds like boring advice. You hear it all the time, either as instruction or a self-directed wail of criticism. "Watch the ball!" is repeated and repeated until it is so familiar you ignore the advice. Don't fall into this trap (see photo two).

During a volley, it is extremely important to watch the ball until it hits your racquet strings. Don't peek to see where your opponent is — if you hit a good shot, it won't matter. Don't look up to see where you should direct the ball

— make that decision beforehand (see "shot selection" later in this article).

The volley demands a precise coordination of footwork, swing and concentration. If you don't watch the ball, the shot will not work. Ever.



Photo 2

Step 4. Contact point.

Strive to hit the ball a few inches behind

your lead foot. If you let the ball get any deeper in your stance, you will not be able to hit with any accuracy.

In terms of height, contact the ball between your upper shin and the middle of your thigh (see photo three). You need to make low contact to keep the ball low on the front wall. Unfortunately, the tendency is to rush the volley because there is so little time. Rushing and hitting early leads to a downward angle on the ball, which forces it to rebound high after hitting the front wall, thus giving your opponent time to reach the shot.

If you contact the ball low, you will be hitting it with a fairly level stroke. Any shot you hit—cross court, down-the-line, or pinch—will be doubly effective because it will not come off the back wall and its immediate horizontal velocity will put pressure on your opponent.

Be sure to follow through low and to the front wall.

Shot selection with the volley.

While a successful volley can devastate an unsuspecting opponent, a swing, miss and the resulting embarrassment can shift the momentum in his or her favor. In other words, don't rush in to try the shot at inappropriate times.

Usually, you can anticipate the *right* time to try this shot, even before the ball reaches the front wall. The rule of thumb is that any ball with a vertical drop on it, anyplace from mid-court or ahead, is a prime target for the volley.

Vertical drops only occur when the ball has been hit high along the walls. If your opponent makes a desperation get by hitting into the back wall, for example, the ball will float high into the front wall. As soon as you see it rebounding off the back wall, you can anticipate the vertical drop in the front court and move up for the volley attempt.

Another shot perfect for volleys is the

three-wall shot. Players sometimes use this as an alternative to the ceiling ball, and carom the ball off the side wall into the front wall into the other side wall so that it will carry deep into the court. If you wait on this shot, you will have to shoot from a difficult position from deep court as your opponent waits in center. If you



Photo 3

move up and cut off the ball as it carries through center court, you will effectively pin your opponent out of position somewhere behind you, and prevent any deep court difficulties.

Where should you hit? Down-the-line or cross court shots are the safest. They leave a great deal of margin for error—you can hit them from six inches to 30 inches high—and still put pressure on your opponent. Pinch shots are riskier, because if you hit them too high, they will rebound into center court, leaving you stranded near the front wall with little chance of returning the next shot.

Volley shots are easier than they look; you only need confidence. How do you get the confidence? Simply practice and follow the four basic steps. You'll enjoy the results. ○

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10 COMMON MISTAKES IN COURT POSITIONING, SHOT SELECTION AND STRATEGY

by Fran Davis

Three of the most important aspects of racquetball are court positioning, shot selection and strategy. Most games are won or lost on court positioning, high or low percentage shooting and strategic planning. These areas of your game will make the biggest difference in your win or lose columns.

I'm sure you've all heard the old saying "being in the right place at the right time". This statement can really be applied to racquetball. We can even take it one step further, to not only being in the right place at the right time, but also taking the right shot at the right time.

If you take the time to work on these three areas of your game you will see a big improvement in a very short period of time. Try it and let me know what you think.

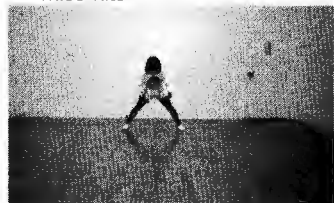
A. Court Position

Improper Techniques

- 1a Too far up — 20' to 25' — vulnerable to the pass or jamming



vulnerable to pinch, kill and miss-hits



- 2 Staying in one spot, generally center court, square to sidewall and flat-footed-vulnerable to cross court pass and splat



- 3 Playing too far over, too far away from opponent



Proper Techniques

- 1 Ideal — 25' to 30' — ready for left up shots (statistics say 40% of the time) — go to center court



- 2 Floating in center court up and back, side to side, depending on where the ball and your opponent is. Stay a racquet and a swing away from your opponent — reduces pressure. Be on your toes and at a 45° angle to the front wall



- 3 Play a racquet and a swing away, in close to pressure your opponent



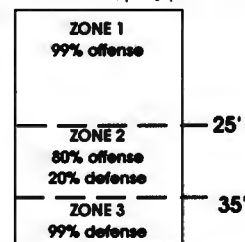
B. Shot Selection

Improper Technique

- 1 Cross Court too much, too predictable.
- 2 Angle your body or point your toe in the direction the ball is going.
- 3 Always wait for the ball to come off the back wall — this gives your opponent time to get set and move into position.
- 4 Ball waist high and lower ceiling.
- 5 Ball chest high and higher — shoot the ball.
- 6 Force shots — hit anything anytime.

Proper Technique

- 1 Mix up your shots — keep your opponent off balance, don't be predictable.
- 2 Angle your racquet, not your body to be more deceptive.
- 3 Cut the ball off more when you have the opportunity in center court to catch your opponent off guard and out of position. Give them less time to react.
- 4 Ball waist high and lower hit of-fense.
- 5 Ball chest high and higher hit defense except overhead pass.
- 6 Don't force shots, play percentage.



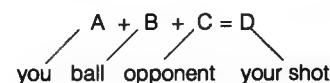
C. Strategy

Improper Technique

- 1 No game plan — little or no thought
- 2 Just rip and shoot with no idea of where your opponent is.

Proper Technique

- 1 Game plan — playing with your head.
- 2 Play smart and remember this formula



If you opponent is...
 up too far - pass
 back too far - pinch/kill
 off to left - shoot right
 off to right - shoot left

The KEY is to know where you opponent is to help determine your strategy.

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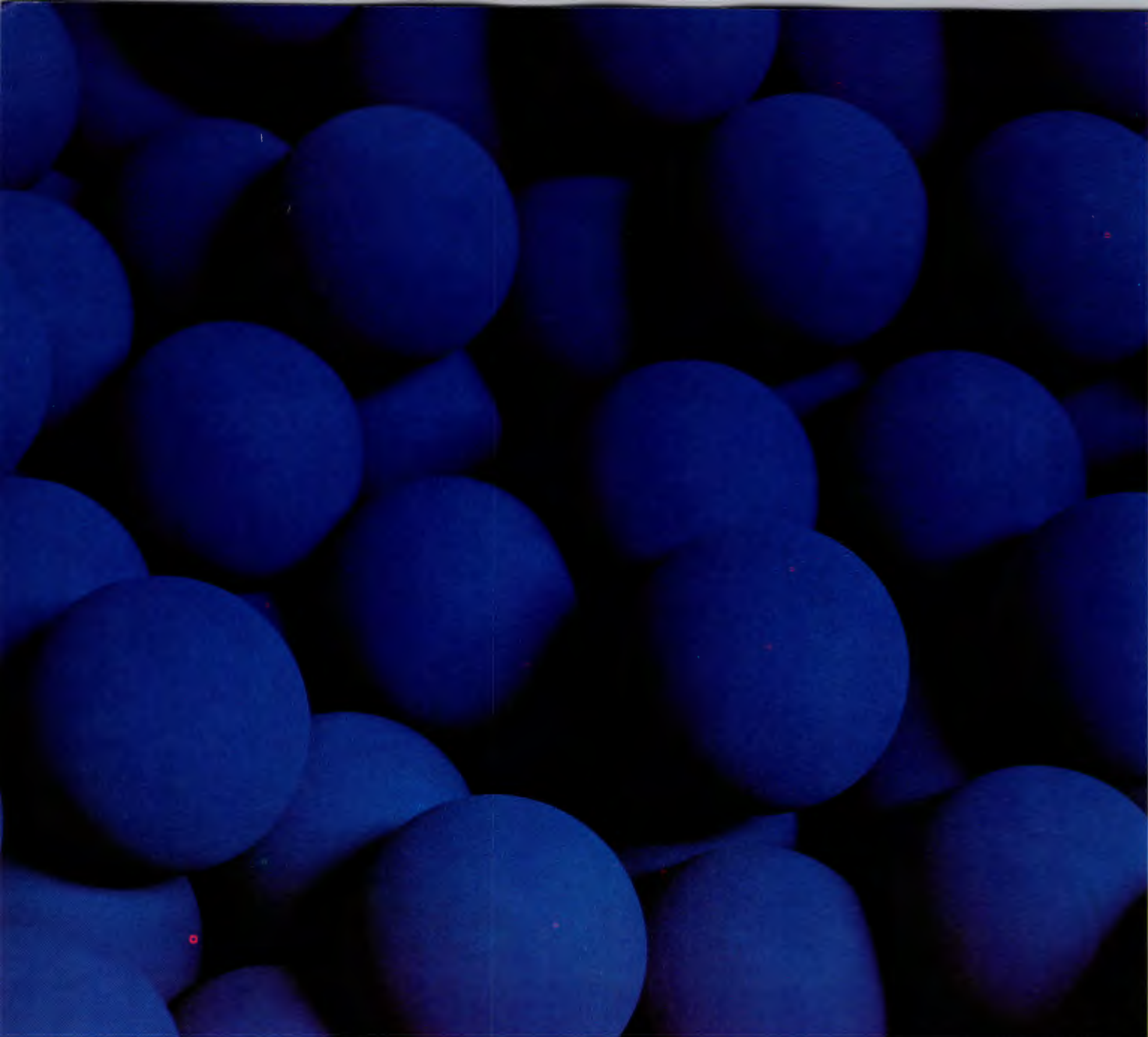
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Making a Racquetball

by Helen Quinn

Ever wondered how racquetballs are made? Or why they can withstand such terrible punishment? Or how tournament balls are selected? A day at the Penn Athletic Products factory in Phoenix, AZ certainly opened our eyes to the complex processes involved in producing racquetballs.

According to Jerry Kolmer, Penn's Director of Human Resources, who has

been with the company for 15 years, there are 400 employees at Penn and about 300 of them work in the plant producing tennis balls and racquetballs. The majority work in the tennis ball section (50 million tennis balls are produced here annually) with a smaller number working on racquetballs which is a separate department.

Armed with safety goggles and ear

plugs provided by Jerry Geering, Director of Safety, we head off into the plant to meet Ralph Penunuri, who manages the racquetball department. Ralph is knowledgeable and articulate and explains the manufacturing process in terms easy for us to understand.

Racquetballs are made from pure, imported rubber to which sulphur, accelerators, relaxants and color are added

and then mixed together in a Banbury mixer. After mixing, the compound is dropped from the second floor on to a rotary mill on the first floor.

A pair of stainless steel cylinders on the mill squeeze the batch and roll it around. The rubber moves constantly from the right side to the left side of the mill until it becomes a homogeneous compound. The mixture is gradually taken off the mill in strips, called pigs, which are carefully monitored so that the correct amount is fed into an extruder.

The extruder runs at a controlled speed and the sharp knife inside is set on a cycle so that it cuts pellets which are the proper length and weight. Ten pellets are taken from each batch and put through a process control check in which they are weighed on an electronic scale and then charted to make sure they meet specifications. This improves quality control and any batches which do not meet requirements are reworked. After checking with a rheometer for cure quality the batch is given a cure tag which shows the batch number in case of problems.

The pellets are now put in trays ready to be placed in the mold. The time, temperature and pressure controls for the rubber started in the mixing and are continued here in what's called "first cure". The pellets must be properly aligned in the trays, so that the rubber doesn't flow in the wrong direction when they are subjected to the heat and pressure of the press. They are coated with silicone so that they won't stick together and are easier to unmold.

The pellets come out of the mold in a mat of half balls. They are punched out,

90 at a time, and fall onto a conveyor underneath the punch press. (The strips of rubber which are left over are dumped, because, unlike plastic, the rubber cannot be reused.) Next they are buffed to smooth the edges and then dipped in blue rubber cement twice before going to the second cure operation in which the halves are put in a top and bottom mold, cured for six minutes with steam and then cooled for 15 minutes.

The completed balls are washed to remove the coating and then buffed for a full hour in a potato peeler to remove excess dust.

The next step is the application of the gold logo and then a visual inspection as the balls are placed by hand in cans which are put on a conveyor belt that takes them to the can sealing machine. Throughout the whole process balls can be rejected by any technician who is not satisfied with their appearance and no balls are shipped without a lot release from quality control.

Quality control is a department in itself and is headed by Dave Reeder, Quality Control Manager. A sample of balls from each lot are checked in a specially insulated, climate controlled room which is maintained at 68° F and 50% humidity. Play testing establishes the criteria for the acceptability of field performance. To create field conditions balls are aged in an oven for two days which duplicates the deterioration of a ball which has been on the shelf for two years.

The rebound of the ball is checked by popping it up on an air jet and dropping it from 100" onto a metal plate. The second bounce should reach a height of 64 1/2". Deflection is tested on a flex tester which subjects the ball to up to 21 psi, squeezing repeatedly until the ball breaks and impact is tested by shooting the ball through an air cannon at a speed around that of a pro level kill shot.

Tournament balls are processed as usual but in a special group to make sure they meet bounce, deflation etc.. The whole process is watched by Ralph and set aside for inspectors to lab test. Balls which meet special tournament standards are then

stamped as tournament select. Only small batches of tournament select balls are produced to keep them fresh. They are not available on the open market.



Selected racquetballs undergo repeated squeezing in a flex-tester. Each ball will withstand up to 20,000 squeezes.

Now we've seen production and quality control you might think that's it, but not so. There is yet another department involved in racquetball production and that is Product Development.

Dick Olson, Product and Systems Engineering Manager, has been with GenCorp (Penn's parent company) since 1964, and with Penn since 1972. It is his job to check out product changes and what they can mean. Or, if there is a problem with a product, (for example, breakage in balls) then his department would find out what was causing the trouble and find the solution.

If consumer opinion surveys showed that players wanted to make the speed of the ball slower, Dick would first find out what was meant by "slower". Does it mean off the racquet slower, off the wall slower, a ball that doesn't bounce as much or is softer? Once that was established, changes in the properties of the ball would be made. A number of different ingredients in varying ratios would be tested and could dramatically affect the ball.

Initially, analysis would be done on computer, and when a satisfactory experimental design was found in five or six different versions, it would be produced in the factory for play testing and constantly changed until a final product was approved.

Producing racquetballs is a complicated and exacting process and we were amazed at what we learned — and we didn't even see the shipping and order departments. ○



Racquetball halves lie in a vibratory feeder, preparatory to buffing and gluing of their edges. Afterwards, halves will be joined to form complete balls.

A RACQUET SPORTS INJURY PRIMER

How to avoid them and what to do when they occur

From EFFICIENCY RACQUET SPORTS by Gene R. Hagerman, with John W. Atkins, John G. McMurtry and J. Richard Steadman, M.D., illustrated by Lane Dupont. Copyright (c) 1987 by S.P.O.R.T. Used by permission of Bantam Books, a division of Bantam Doubleday Dell Publishing Group, Inc. All Rights Reserved.

Racquet sports involve large and small muscle group activity to perform repetitive movements at the shoulder, elbow, hip, knee, and ankle joints. Injuries can occur at these spots because of inadequate preseason training, improper stroke technique, inadequate warm-ups for the speed and power of the workout, too many sets and repetitions at too great an intensity level, inadequate rest periods, or overtraining.

In addition to recognizing the general causes of injuries, athletes should become aware of technique faults that can cause injuries to specific parts of the body. Players are especially susceptible to injuries when they change training distances, workout intensity, terrain, or shoes. Any change should be approached in a progressive manner, adding increments or altering equipment slowly over time.

Elbow. "Tennis elbow" is a well known and common injury among racquet sports players. What actually occurs is tendinitis (an inflammation of a muscle tendon) on the inside, outside, or back of the elbow. Ways to reduce the severity of this injury include lowering racquet string tension, modifying technique so that force distribution is carried through the entire body as well as the arm and elbow, and wearing a nonelastic brace below the elbow. The final cure for the problem may be rest, but adequate strength and flexibility can also aid in preventing recurrence.

Shoulders. Injuries to the shoulders include sprains (a stretch or tear of a muscle or tendon), bursitis (an inflammation of a cushioning joint bursa sac), arthritis (general inflammation of joints and degenerative injuries from overuse), and tendinitis. Incorrect technique and overuse are usually the main causes of injuries in the shoulder area, but well developed and balanced muscles surrounding the joints can aid in preventing such injuries. When jogging, an aid to

keeping the shoulder muscles relaxed is to avoid clenching the fist.

Sides. A sharp pain or ache in the side of the body is called a stitch. These occur unpredictably, and may be caused by irregular breathing patterns or a lack of blood and oxygen to the breathing muscles of the diaphragm and the intercostals. One remedy for a stitch is to slow the playing or jogging pace and extend the arms over the head. If this doesn't remove the stitch, the athlete should stop exercising until it goes away.

Back. Repeated impact of jarring from hard surfaces, either from jogging or playing racquetball, can cause muscle strains (stretching or tearing of the muscle or tendon tissue) or spasms of the upper, middle, or lower back. During cycling workouts, back pain often can be prevented by changing body positions during the ride. When these conditions occur, causing significant pain, the athlete should consult a physician.

Hips and groin. The most common problems to this region of the body are tendinitis, bursitis, muscle strains and sciatica (an impingement of the sciatic nerve of the buttocks), and strains of the hip flexor (front of the hips) or extensor (buttocks) muscles.

Upper leg. The quadriceps (front of the thigh) or hamstring (back of the thigh) muscles can be strained or incur tendinitis.

Knees. Athletes experience injuries to their knees more often than to any other part of the body. The soft tissues and muscles surrounding the knee joints may have tendinitis, bursitis, ligament sprains (stretching or tearing of the ligaments that support the joint), or tendon strains. Another common problem for players is chondromalacia, the wearing away of the underside of the kneecap. There may be a feeling and sound of grating or grinding as well as discomfort and swelling. The iliotibial band, which extends laterally from the outside of the hip to the upper part of the tibia, can also become irritated and inflamed, especially near the knee attachment. If symptoms persist, see a sports medicine orthopedist.

Lower leg. The soft tissue near the tibia and fibula of the lower leg can become inflamed or experience tendini-

tis. Usually this is caused by continuous playing or training on hard surfaces, cycling at too high a gear ratio with too much resistance, or may be due to lack of strength and flexibility. This condition is especially prevalent among beginning players who attempt too much training too quickly. Other problems of the lower leg are strains of the gastrocnemius (calf muscle) and tendinitis of the Achilles tendon. Stress fractures can also occur and may go undiagnosed until they become a major problem. For most stress fractures, the only cure is rest.

Ankles. Sprains are the most common injury to the ankles. These are often caused by uneven terrain while running outdoors, poor shoe construction, or fatigue.

Feet. Impact on hard surfaces is the major cause of most foot problems among players. Injuries range from strains of the metatarsal (ball of the foot) and longitudinal (mid-foot) arches to heel bruises. The plantar fascia, which is a band of tissue on the bottom of the foot that runs from the calcaneus (heel bone) to the toes, can also become inflamed and tender from impacts and pounding. Quality shoes with sturdy heel counters and plenty of cushioning as well as a good fit can prevent or alleviate many of these problems. Blisters can form on the feet if there is continuous friction between the shoes and the skin. Keeping a broken blister clean with soap and water and applying antiseptic and a bandaid can prevent infection. Bunions — bumps or lumps on the sides of the big and little toes — are formed from repeated irritation and tight shoes. Ingrown toenails can be very painful, as can toes jamming into the front of the shoes. If foot problems persist, consult a podiatrist, especially one specializing in sports medicine. Some foot problems can be relieved with the use of orthotics or footbeds in the shoes. These may be made of rigid, semirigid, or soft materials and usually fit in shoes by replacing the insoles.

Environmental Hazards

Bodily injuries are only part of the physical problems faced by racquetball players. Because training often takes

(continued on page 22)



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A Racquet Sports Injury Primer (continued from page 20)

them outdoors, their surroundings often contain as many hazards as the stresses and strains from training.

Altitude. Above 3,000 or 4,000 feet, many athletes experience strain and slowness in training and workouts. What happens at high altitude is a drop in barometric pressure that reduces the amount of oxygen received by the muscles. The higher the altitude, the more noticeable is the decrease in workout capacity, especially at longer distances, and the more athletes who experience this condition. Acclimatization with a reduced workload and plenty of rest and liquids may take as long as two to three weeks.

Heat. The human body maintains its core temperature in hot weather by sweating. This means that the fluid lost must be replaced by drinking fluids throughout the day and throughout the training period. A loss of fluids from hard or intense workouts can be as much as 10 percent of an athlete's body weight, but even four or five percent loss can reduce muscle functioning and training times. Acclimatization to hot weather should be gradual and progressive with training increasing to the normal pace over seven to eight days. Avoid workouts during the hottest part of the day, and wear light-colored, loose-fitting clothing and a hat or visor.

Pollution. Air pollutants such as carbon monoxide and ozone are prevalent in most urban areas. Abnormal levels of pollutants can affect work capacity and interfere with respiratory efficiency. To avoid pollutants, players should train at sunrise or a sunset, using roads and streets that have little traffic. Also, keep an eye on the daily air pollution index.

Warning Signs

Muscle soreness and fatigue are the most common physiological responses to an increase in training. At the same time, a healthy body adapts to this stress through gradual lessening of muscle soreness and fatigue. If these signs do not diminish in 24 to 48 hours, look for more serious injuries that may have occurred.

In addition, an athlete should be on the alert for other warning signals that may indicate serious problems. Acute or short-term warning signs that call for professional assistance are:

Pain can be a sharp or dull discomfort.

Swelling is usually the result of an injury. There may be puffiness and tenderness near the site of the injury and the joint may become stiff.

Redness is the body's reaction to an irritation or an injury. There may also be an increase in temperature at the site.

Chronic or long-term warning signs usually indicate a serious injury.

Fatigue lowers the body's resistance and can lead to colds, infections, and injury complications. Fatigue often results from continual workouts without rest periods.

Muscle soreness is a hint that muscles are being stressed beyond their ability to rebuild and repair themselves.

Dizziness and headaches can indicate that the body is not adapting to training stresses, particularly if they occur on a chronic basis. Nutritional, rest, and recovery patterns may not be correct.

Caring for Injuries

The most effective methods of caring for injuries range from home remedies to the use of very advanced devices found in hospitals and clinics. After pain and discomfort have left an injury site and damaged tissues have been repaired, exercise therapy is also needed to bring that portion of the body back to its normal fitness level.

Minor injuries generally heal themselves without treatment, but if symptoms continue for more than three days, it is best to seek professional help. When minor pain or swelling is uncomfortable, these remedies usually bring relief.

Ice applied to the injury for one to three days can reduce inflammation, swelling, and pain. Using an ice bag, immersing the limb in ice water, or massaging the injured site with ice should be done for 10 to 15 minutes about three times per day.

Heat can be used to promote joint mobility after the initial swelling, inflammation, and pain have left the injury site. Hot pads or packs, immersion in hot water, and massage with skin counter irritants, such as analgesic creams and lotions, can be used in a manner similar to the ice treatments. Be very careful when applying heat to injured areas to avoid burns to the skin and surrounding tissue. In no case should heat be applied in the early phases of an injury because this can increase

swelling and inflammation.

Massage promotes blood circulation while decreasing pain and discomfort. The conventional massage techniques manipulate muscles, but other types that require treatment from a trained specialist can be used. These include acupuncture and trigger-point massage, in which deep pressure is applied to target nerve reflex sites.

Compression of an injured area that continues to swell may help reduce swelling. An elastic wrap or tape is bound around the site. Extreme caution and a very moderate amount of pressure must be used to avoid cutting off blood circulation to the injured area.

Elevation of an injured limb reduces the blood flow to the site and can hold swelling to a minimum.

For serious injuries or when an apparent minor injury does not respond to the simple remedies described above, the athlete should see a physician who specializes in sports medicine. After diagnosis, the doctor will recommend appropriate rehabilitation therapy and call upon a sports therapist or athletic trainer to guide the athlete through an exercise program. Part of the rehabilitation may involve devices that help speed recovery, such as electrical muscle stimulators, computerized isokinetic muscle strength and endurance machines, hot and cold whirlpools, treadmills and stationary bicycles, ultrasound wave machines, transcutaneous electrical nerve stimulators, neuromuscular stimulators, neuroprobes, diathermy, and hot and cold applicators. Exercises to build up the injured area should also be done under the direction of a trained therapist. When these are mastered, the athlete can perform them alone in an exercise center or at home using a device like the Sport Cord.

Joggers who have been injured may be able to continue training by jogging in a pool. There are special life vests and tethered waist buoys that keep an athlete suspended in deep water as he or she does training sessions.

Athletes are often impatient to get back to their normal routines after an injury, but it is important to follow a prescribed therapy program very closely. When the injury is healed, it is more important than ever to stick with a well organized training schedule to pursue the goal of efficient racquet sports. O

THE NATIONAL FITNESS CHALLENGE

by Dan Obremski



The 1988 National Fitness Challenge, held in Nassau in the Bahamas, was a special event for racquetball fitness expert, Dan Obremski. Obremski, who is a top ranked professional racquetball player, was pitted against the top finishers from 28 regional events as well as the top ten finalists from last year's competition.

The event which was televised by ESPN, was the culmination of thousands of hours of hard work by each contestant. Comprised of nine categories the contest is designed to reveal the overall fitness capacities of each of the athletes competing. They are tested in: 1) flexibility; 2) grip strength; 3) body fat; 4) pull ups, one minute; 5) sit ups, two minutes; 6) step ups, two minutes; 7) standing broad jump; 8) 1,000 meter run; and 9) bodyguard bike ride.

At 7:00 a.m. Friday morning, the contestants met at a remote beach location for the 1,000 meter run. The days schedule would include every event, but only the heat winners would advance to Saturday. The scores were kept secret so as to create excitement at the evenings announcement of the finalists.

Obremski did very well, turning the best time for the run; winning the bike and body fat percentage, and finishing second in two more events.

Dan's nervousness was evident and he felt he could have done a little better in a few events. It seems his trainer had him on a very good schedule to peak in all of the events at the contest, but Dan's love of deer hunting threw the schedule off a bit. The week of the contest Dan bagged a 230 pound deer, and dragged it for 1 1/2 hours out of the woods. As a result he was a little sore, but nevertheless, he won his heat and advanced to the trophy round.

It's not too often that you score two trophies in one week and share it with your parents. "This special moment could only have been better if my wife and kids were here," Dan stated.

Saturday's schedule was the same as Friday's but only the finalists would compete. In the 1,000 meter run as the athletes made their way up the beach for

the home stretch it was obvious Dan had the superior strength and conditioning necessary to break the tape at the finish.

As the T.V. announcer interviewed Dan, it seemed, for a moment, that he was transposed from a racquetball professional, to a fitness and running expert, answering questions about his lead, his strategy, and his final kick. It was a good feeling knowing that a racquetball professional could be regarded as a superior athlete in the fitness world.

In the final eight events Dan's strength seemed to lie in his conditioning as his best finishes were in the run, first, and bike, second. His body fat, at 4%, was also good enough for top four.

The rest of the events went well for Dan, but a few reps kept him out of the top four a number of times. It seemed that the deer drag had taken a toll on his muscles, but his efforts were good enough to place him in the top ten; a very respectable finish for an athlete training to be the best racquetball player in the world.

At the awards ceremony it was announced that the top five finishers would represent the U.S.A. in the fitness challenge against the Soviets in Moscow in August. Although Dan did not finish in the top five, Robert Klingensmith of Heritage Sports thought that Dan would be an asset to the U.S. contingent in Moscow as an alternate. Dan hopes that this position on the team might allow him extra time in Russia to promote not only fitness, but racquetball.

Heritage Sports and Luke St. Onge, executive director of the American Amateur Racquetball Association (AARA) are working together to organize a mini tour of Moscow for Dan, where he will give exhibitions, lectures, and seminars on the benefits of racquetball and a healthy lifestyle.

Dan commented that he is "very happy to represent the U.S.A. as a fitness expert and racquetball diplomat."

He is now formulating plans to become fitness consultant to the U.S. National Team, which he hopes to represent in the Olympic Sports Festival this year. He is also working on the production of his own fitness video. ○

Photo by Steve Lerner

The new player hung around the challenge court for half an hour. He was

short, chubby and very quiet. He wore YMCA regulation shorts and a plain white t-shirt. Wrinkled worn gloves were wrapped around the handles of his old and tattered gym bag. His racquet frame was heavily taped in places. He gave the immediate impression as "nerd of the racquetball courts".

When one of the winning players finally condescended to play him, however, the impression became more like "master of the universe". The new player had an uncanny way of guessing exactly where each shot was headed, and he made no mistakes on his kill shot opportunities. Nobody in the club scored more than four points on him that day. What happened, they asked themselves, how could he have beaten them so badly?

The challenge court players did not realize that they were asking the wrong question. They should have wondered how they managed to underestimate the new player. Their unexpected losses simply occurred because they misjudged him. They went by appearance, which was obviously the wrong thing to do.

Sizing up new opponents is something all of us do. Before the match, we note our opponent's size, clothing and equipment. During warm-ups, we give sideways glances at his or her backhand, wincing if the shots are harder than we'd like to hear. It's natural human curiosity to guess at the outcome of our matches before they start.

On a different level, an accurate assessment of your new opponent can help you make effective game plans. Noting a weak forehand, for example, gives you an idea of what side of the court to hit the majority of your pass shots.

For the professional players, there are few surprises. It's rare for them to lock horns with a player of their ability whom they have never seen play or at least heard about.

In club or amateur tournament play, it's a different story. You're more likely to run across a wider variety of players, many unknown to you, even with the help of the local grapevine. Quite often you won't have had the chance to scout his or her play before your match.

Knowing that it helps to accurately size up new opponents, you should first fight the impulse to judge a player by his or her equipment, clothing or size. Great players come in all sizes — short, tall, skinny, not-so-skinny. Great players are

SIZING UP NEW OPPONENTS

by NR Staff

also capable of having poor taste in clothing or being indifferent to styles. In other words, what you see is not necessarily what you get once the match is underway.

If you're a top player, your record may be well known to your opponent. That can help you if it makes your opponent nervous. However, that nervousness will wear off as the match goes on, so make a mental adjustment to jump out to a quick start before your opponent settles down.

On the other hand, sometimes players will come out roaring, because they feel as if they have nothing to lose, and they are relaxed. If this is the case, you'll have to play tough until you force them to stumble and lose some of their confidence. As a top player, you should never

details. Size him or her up first of all in terms of their racquetball stroke.

Does it look efficient or awkward? Which appears stronger, the backhand or the forehand?

Then go to their preferences of warm-up shots. Pinches? Rollouts? Down-the-lines? Does he or she prefer hitting shots from off the back wall, or shots coming towards them from the front? All these things can give you clues.

Beware, however, because the warm-up can fool you. It's tempting to believe your opponent is clumsy because his footwork looks terrible. You might tell yourself there is no way this person will be able to run with any speed, but don't believe it until the match starts. Nobody runs all out during warm-ups.

Second, you will never be able to judge the intangibles of heart and ability to deal with pressure by watching some-

one warm-up. You will simply have to wait until the match is well underway to make those judgments.

When you do start playing, test your opponent with different serves and shots to different areas of the court. Be on the lookout for patterns.

For your part, play to win each rally, but don't nec-

essarily reveal your strengths immediately. Smart boxers don't enter the ring against an unknown and throw their best punches when the bell rings for the first round.

When this strategy fails, and your opponent jumps out to a quick and confident start, you have to hang tough and avoid the tendency to panic. Hot streaks can't last forever, and when your game kicks into gear, hopefully you can stop your opponent and find your way back to the lead.

Above all, don't become so involved sizing up a new opponent that you forget to play your own game. Simply try to put yourself in control early and get a good feel for his or her game as soon as possible. Don't feel that you have to become extremely technical in picking out weaknesses. Stick to your simple early assessment and work with that knowledge. It will help your game immensely. ○

Quick Tips For Sizing Up New Opponents

1. Maintain a positive mental attitude.
2. Don't let your opponents appearance cause you to misjudge him or her.
3. Watch your opponent during warm-up.
4. Make *simple* assessments of his or her stroke.
5. Make a note of which shots are preferred during the warm-up.
6. Try different shots early in the game to probe for strengths and weaknesses.
7. Don't panic if you fall behind.
8. Play your own game.

underestimate anyone. Always be wary of new opponents.

As a player trying to reach the top, you should never overestimate anyone. Good players, if you are aware of their record, still put their racquetball shorts on one leg at a time.

In fact, a good mental attitude is probably more important for you than for a top player. Why? You have to remember that your new opponent probably knows as little about your game as you know about his or hers. The first one to put the fear of the unknown aside will be the first one to control the game. Early control often leads to victory.

Your assessment of a new opponent should begin in warm-up. You only have five or 10 minutes, but it's surprising how much you can learn if you train yourself to watch for details.

These aren't necessarily small details, like the grip or stance, but more general

ARE VITAMINS NECESSARY?

by Marcy Lynch



This is probably the most "loaded" question in the field of nutrition. There are as many opinions supporting taking vitamin supplements as there are opposed. We know enough about the body to know how it functions biologically and the role that vitamins play as facilitators of those functions. The unknowns are the individual exceptions that exist due to heredity, lifestyle, geographic location, economic status, and race, among other factors. So, answering this question definitively for every person is complicated at best. We can examine some of the pros and cons based on the reasoning of those who support and those who oppose supplementation.

The current trend among dieticians and doctors is anti-vitamin. The feeling is that vitamins are a "fad" and that we get all the nutrients we need from our food. Supplements, they say, are a waste of money because, in the case of water soluble vitamins (B and C), our body will pass whatever cannot be used. The fat soluble vitamins (A, D and E) can be stored and the concern is that at high dosages, they can be toxic.

"Health food" and vitamins are a big business. People are attracted to what looks like an easy solution to health. Some consumers feel a vitamin is the key to health and a substitute for poor eating habits. Others may be looking for an alternative to drugs and medicine. They turn to vitamin therapies as a more natural way of treating illness, without much knowledge of vitamins. There are many vitamin vendors who are all too eager to sell their product to these people without much more knowledge themselves. It is a fact that at very high dosages, vitamins are considered drugs and do have side effects.

Ideally we ought to be able to get all the nutrients we need from our food. The problem is, most of us don't. Frequently our lifestyles mean we eat on the run, on the road, too much, not enough, not at all. People eat out more than ever before and the days of growing our own food are history. Even with the best of intentions in the grocery store, our fruits and vege-

tables are grown with chemical fertilizers, and sprayed with insecticides. Cows and chickens are injected with growth hormones to make them grow bigger and faster. Fish may be caught in polluted waters. Many of our

packaged foods are prepared with preservatives for longer shelf life. All of these things compromise the nutritional value of the food we eat. It is thought by some that these foreign chemicals destroy nutrients.

Air pollution, cigarette smoke (yours or someone else's), stress, and heavy exercise all contribute to the loss of our water soluble vitamins B and C.

Sugary, refined foods such as candy, cake, cookies, soda, ice cream can lead to a shortage of B vitamins because they are void of nutrients themselves, yet require B's in order to be metabolized.

Alcoholic beverages use up B vitamins, magnesium, and zinc.

If you're on a diet, it becomes even trickier to get all your nutrients from food at only 1,200-1,500 calories a day. Medications, although designed to destroy "bad" germs destroy some of the beneficial ones as well and may increase the need for nutrients. If you are a woman, you may have an increased need for both calcium and iron. If you avoid certain foods due to allergies or because you don't like them, you might be missing some important nutrients.

So, are vitamins necessary? I think the ultimate decision is a personal one. The best we can hope for is to make an educated decision. The final word is not in yet and research on the body's nutritional needs is ongoing. A lot depends on your lifestyle and eating habits. I personally think of a basic multi-vitamin as "nutritional insurance". No vitamin can ever be a substitute for food or good eating habits. The best that can be expected of a vitamin is that it supplements or enhances the value of a well balanced diet — and fill in the gaps created by our fast-paced, mechanized, processed food lifestyles. More specific vitamin therapies should be undertaken under the supervision of a doctor, trained nutritionist, or dietician. O

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ELBOWS OFF THE TABLE FOR A PROPER READY POSITION

by Fran Davis and Jim Winterton

In a previous issue I discussed the theory behind being on the balls of your feet ready to push off for a good ready position. This month I'll zero in on covering the upper body for the ready position.

The ready position in racquetball is an important element of the game which sets the tone for the rest of the rally. If you are not in the proper ready position with your racquet up and elbows out and in front of you as Fran is demonstrating in Figure A, you will be slow to react to the ball. A split second in racquetball can make the difference between whether you contact the ball or not and if you hit a solid return or not.

Now take a look at Figure B where Fran is at the dinner table with good table manners—her elbows are off the table—just like her ready position in Figure A.

As instructors, we cringe when we see our students with their racquets and elbows down by their sides. This is poor ready position. You'll find that when you use the correct ready position with the



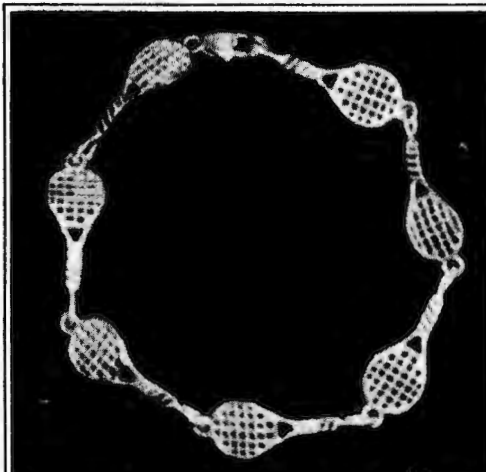
Figure A



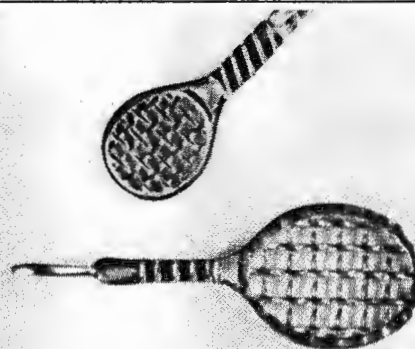
Figure B

racquet up and your elbows out and in front, you will feel more natural. This allows you to move faster and respond to your opponents shots more easily.

Preparation time is a key factor here so remember to keep your elbows up and off the table. ○



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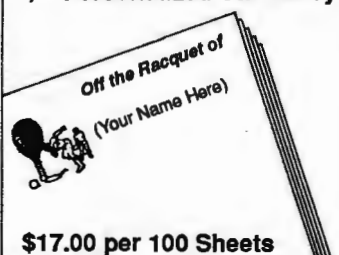
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WHAT'S THE CALL

by Michael Arnolt

Anyone's shot in doubles, but...

Q: My mixed doubles partner has difficulty returning a certain serve. Is there anything which prevents me from crossing over to her side and taking the shot? Ralph Hite, Anderson, IN

A: Whether it is return of the serve or during a rally, it is legal for any doubles partner to take any or all of the shots. At least that issue is not addressed in the rules. In fact, you occasionally will see doubles players line up in the I-formation for just such a purpose. In the spirit of true doubles, however, it is important that both players actually participate in the match or it is reduced to a game of two on one.

Sometimes it's a necessity, as it was in the 1988 U.S. National Doubles Championships when George DeLuca was forced to let his partner Craig Kunkel take most of the shots: DeLuca suffered a broken left shoulder (not his playing arm) just days prior to the competition. The California team lost in the finals of the 40+.

Eyeguard back wall shot penalized

Q: A player in a doubles match, obviously unhappy with my call, removed his eyeguards and struck them with his racquet sending the eyeguards toward the spectators above the back wall. A certified referee told me I could issue a technical or forfeit the player from the match. Another person said I was obligated to issue a technical first, which I did. Did I have an option? I issued a technical. Homer Marlow, Goshen, IN

A: That certified ref is correct, Homer.



Rule 3.5.d.1. empowers you to forfeit a match without warning.

Lefty sets up early, backs 'em out

Q: In 16 years of playing left-handed racquetball and paddleball I developed a habit

which really ticks off one of my regular opponents. On forehand shots where I have a lot of time to set up, I will take a slow swing back and leave my racquet up until the last moment before deciding what shot to take. That movement forces my opponent to back away from me and run around me to retrieve my shot. He feels I am violating some rule. I think he just gets irritated because he can't make the retrieval or determine which shot I will take. What do you think? (P.S. I was not sure whether to address this question to you or Bret Harnett, as one of the playing editors; however, you get first shot.) Mike Harnett, Dayton, OH

A: This sounds like one of those things you have to see before making a judgment, Mike. The premise is relatively simple, though.

Just as the offensive player is entitled to take his shot, so is the defensive player entitled to move into position to retrieve that next shot. The question is, is the racquet extended so soon that it unfairly forces your opponent to backpeddle to a corner of the court, or is he too slow in moving out of the way?

If you're guilty of being unfair that's unsportsmanlike and can result in a technical. If he's slow or just in bad court position, that's unfortunate for him.

Okay, Bret. Now it's your turn. O

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TOURNAMENT NEWS

The Annual California Earthquake

by Jan Chayt

For the last several years I have been playing tournaments on the east coast, mostly in Maryland and Pennsylvania. I've had a chance to play some good racquetball, win a few trophies and meet some really nice people and, as is the norm, I've reached the point where I consider myself something of an expert on what makes a good tournament.

All tournament players are experts on what the tournament directors have done wrong. We all know it's important for the matches to be on time. Food must be ample, the tournament shirt must be decent and it is imperative to have great refs who are always available.

I left Maryland in late October, when my time in the Army was up, and headed for Monterey, CA. When I arrived I met some players at the local courts. Of course I asked "What's the tournament scene?" The answer was, "Play at the Earthquake, good hospitality and good competition." So I signed up to play in the 7th annual California Earthquake Open, scheduled to take place from January 12-15, 1989, at the Salinas Athletic Club.

Of course I wondered if I would be accepted. So I called Lou Quint, the man in charge, to get a feel for things. I also said those magic words which guarantee that you will be accepted and loved at any tournament you go to. "I don't mind reffing. Do you want me to come early and help." I could see his smile through

the phone as he stammered out an "If you don't mind."

There I was in Salinas on Thursday night at 4:45 p.m. with the first matches scheduled to start at 5:00 p.m. I reffed four matches that night. What stands out in my mind is the fried chicken dinner for all the players. Friday night was the same thing. I reffed four matches and had a full evening meal, not counting the fresh veggies and beverages that were available throughout the tournament. Saturday we had breakfast, lunch and dinner and I reffed eight matches. I even managed to watch some of the men's open and pro matches and men's open doubles with the awesome team of Bill Sell and Brian Hawks, the present national champions at work.

Sunday was a really exciting day. There was an exciting semifinals match in the men's pros. Mike Bronfeld, #1 in California defeated Gerry Price, #9 ranked men's pro in a tiebreaker. The scores were 14-15, 15-7 and 11-7. Woody Clouse, the #23 ranked men's pro defeated Mike Lowe ranked #6 in California 15-9, 15-1.

The women's open final saw Lydia Hammon defeated Lucy Kupish 15-12, 15-0. In men's open final Matt Arney defeated Roger Fudin 15-5, 15-10. Matt's winning serve had a lot to do with his win. In the men's open doubles the national championship team of Sell and Hawks defeated Lowe and Bronfeld, and in one of the most exciting matches of the entire weekend the fans at the earthquake saw Bronfeld defeat Clouse in a tiebreaker. The final scores were 14-15, 15-11 and 11-9. Bronfeld took home \$1,225 in prize money.

In total I am told there were 270 players, 315 matches in 19 divisions with \$5,000 in prize money handed out.

The only down point of the weekend was the cancellation of the women's pro division. The tournament directors had obtained equal prize money for the men's



photos by Jan Chayt

Action during the men's open doubles finals.

and women's divisions, but there were not enough entries received to warrant running the division.

Well I had fun. I saw some great racquetball, met some wonderful people and did not go hungry. My thanks to Lou and all the people involved in the tournament for a really fun weekend. All in all it was a good tournament. I reffed a total of 20 games and would have done more but I was doubling as the photographer and I even played a little. I was asked once or twice if I knew Otto (which I don't). O



During the finals Brian Hawks finds himself all alone in front court. When Bronfeld went for a low shot off the back wall all Brian could do was jump over it.

Don't hesitate to send tournament coverage, pictures or any racquetball related articles you feel will be interesting to others. We're sorry we are unable to cover every event. Please help us inform others of the exciting things happening in racquetball today!

TOURNAMENT News

Kachtik on a Mission

by Simon Wiederman

Drew Kachtik won the 3rd Annual Warren Finn Racquetball Classic for the second year in a row. Kachtik defeated Gregg Peck in a thrilling five game final at the Jewish Community Center of Houston.

Losing the first game 11-1, Peck then took command and won games two and three, had a 7-1 lead in game four, and appeared to be on his way to a \$1,000 win. Then Kachtik heated up, started his comeback and outscored Peck 10 points to 1, evening the match at two games a piece.

In five, Drew was still smoking and won easily 11-2. He also won his second straight Finn victory. Young Drew Kachtik is a throwback to old timers Steve Serot and Mike Zeitman, spending about as much time horizontal to the floor as vertical. He is a most exciting player to watch and should be a factor on the pro tour if that frail entity ever solidifies.

Kachtik traveled some fairly heavy traffic through his bracket, beating Mike Guidry, the National 18-year-old champion in the quarters and Aaron Katz, ranked 17th on the tour, in the semifinals. Dave Peck's late withdrawal and Lance Gilliam's early upset by Banks Barbee left Gregg Peck's route to the finals a bit less treacherous as he beat Houston's number one player Charlie Garrido in the quarters and an improving Banks Barbee in the semifinals.

The Texas State Junior Tournament was held again in conjunction with the Warren Finn but a disappointing number of entries was further decimated by the icy road conditions, as some of the top players were not able to make it to Houston.

The Warren Finn Tournament is held each year at the Houston J.C.C. as a tribute to the memory of Warren Finn and his interest in the game of racquetball.

RESULTS

Open Pro Finals: Drew Kachtik def. Gregg Peck 11-1, 3-11, 5-11, 11-8, 11-2; **Semifinals:** Peck def. Banks Barbee 11-6, 11-0, 11-2; Kachtik def. Aaron Katz 11-9, 9-11, 11-7, 11-6; **Division A Finals:** Rick Gumer def. David Wiederman 15-13, 15-8;

Semifinals: Gumer def. George Acosta 15-8, 15-2; Wiederman def. Chris Taft 15-11, 13-15, 11-9; **Division B Finals:** Sean O'Neal def. Clayton Jones 15-12, 14-15, 11-4; **Semifinals:** O'Neal def. Bobby Robertson 15-5, 15-13; Jones def. Charlie Catter 15-8, 15-6; **Division C Finals:** Rich Freed def. Jim Pritchard 15-5, 1-15, 11-4; **Semifinals:** Fried def. Shawn Vickers 4-15, 15-12, 11-7; Pritchard def. Randy Branson 15-11, 15-5; **Division D Finals:**



Gregg Peck & Drew Kachtik

Rodger Klaff def. Ray Alexander 15-12, 10-15, 11-8; **Semifinals:** Klaff def. Larry Mason 15-2, 15-9; Alexander def. Ron Morris 15-13, 10-15, 11-7; **Novice Division Finals:** Tom Wilson def. Chris Fournier 15-4, 15-13; **Semifinals:** Wilson def. Mike Zerkovich 15-4, 15-13; Fournier def. Elevterid Galvan 15-11, 15-14; **Men's 30 Finals:** Chip Lacy def. Tom Evans 15-6, 15-14; **Semi-finals:** Lacy def. Chris Taft 15-12, 8-15, 11-2; Evans def. Russell Matlock 15-9, 15-8; **Men's 40 Finals:** Marc Auerbach def. Tom Chodash 7-15, 15-8, 11-8; **Semifinals:** Auerbach def. Ken Williams 15-6, 15-2; Chodash def. Terry Wells 15-10, 15-5

STATE JUNIOR RESULTS

18 & Under: Chris Corte def. John Cox 15-6, 15-11; **16 & Under:** Javada Agaloo def. Sean O'Neal 4-15, 15-12, 11-7; **14 & Under:** Scott Wartala def. Darren Richie 15-2, 15-2; **12 & Under:** Jack Long def. Jason Jankovic 15-14, 15-13; **10 & Under:** Evan Zerkovich def. Chris Jackson 15-1, 15-5; **8 & Under:** Daniel Jankovic def. Elon Levy 4-15, 15-7, 11-7; **Women's Open:** Renee Lockey def. Lollie Butler 15-6, 5-15, 11-10; **Women's A:** Rhonda Grisham def. Jan Kuethe 15-3, 9-15, 1-6; **Women's C:** Rhonda Nash def. Alma Gonzales 15-4, 15-14; **Women's D:** Chris Pietz def. Dee McNenny 15-14, 15-4 O

Dayton Jewish Center Winter Classic

The 8th Annual Winter Racquetball Classic Tournament was held on January 19, 21, and 22 at the Jewish Center. The event was sponsored by Mendelson Electronics. The tournament included A singles, B singles, C singles, Masters and Novice Divisions and Doubles were a combination of all divisions.

- Winners in the "A" Division are: Andy Kulback, 1st; Howard Fried, 2nd; Harold Edelman, Consolation Winner.
- Winners in the "B" Division: Adam Benkel, 1st; Jeff Roberts, 2nd.
- Winners in the "C" Division: Mark Mitzman, 1st; Jay Ross, 2nd; Howard Michaels, Consolation Winner.
- Winners in the Doubles Division: Andy Kulback and Jeff Roberts, 1st; Stan Boraz and Sandy Leff, 2nd.
- Winners in the Masters Division (46-55): Tony Mann, 1st; Jerry Benkel, 2nd.
- Winners in the Novice Division: Ken Krochmal, 1st; Brian Marger, 2nd; Dan Shaffer, 3rd.
- Winners in the Senior High Division: Stan Renas, 1st; Brian Marger, 2nd. O

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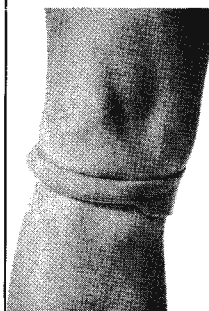
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ASSOCIATION ROUNDUP

AARA

by Luke St. Onge

Each day the acceptance of racquetball as a full-medal sport in the Pan Am Games and its importance, takes on new meaning. By the time you read this, we have every assurance that the AARA will have become a National Governing Body of Sport under the Amateur Sports Act of 1978 signed into law by President Jimmy Carter. The AARA will have moved from a Group C member of the United States Olympic Committee (USOC) (Developing Sport) to a Group A member of the USOC. What does all this mean to you? In 1989 alone, with the additional support from the USOC, the AARA will be able to add or increase the following promotional arms of the sport:

1. Add two National Staff positions to implement programs and develop media and public relations.
2. Enhance the activities and publicity of the U.S. National Team.
3. Full-medal sport in the Olympic Festival 1989 — Oklahoma City.
4. We will finance meetings of all Councils (Women, Junior, Intercollegiate, Masters, Seniors, Disabled, Minorities, etc.).
5. Grants up to \$30,000 to State Associations on a competitive bid basis for Junior, Women, club seminars, and other state programs.
6. Coaches clinic at the Olympic Training Center for 50 racquetball coaches to develop junior, intercollegiate, and national team coaches.
7. Financing top junior to the World Junior Championships at the Orange Bowl.
8. Purchasing of video equipment for training of elite players at the National Training Camp.
9. Additional computer operations to streamline the paperwork at the national office.

We believe that these major developments are just the tip of the iceberg; that such things as major television on a weekly basis and major sponsorship outside the racquetball industry are just around the corner.

This year, 1989, promises to be the most exceptional year yet in our young sport. O



ACRA

by Neil Shapiro

The Collegiate National Tournament is growing every year, both in participation and prestige, and ACRA is happy to be able to choose different sites across the United States each year to showcase the collegiate talent.

This year, the tournament will be held in New Orleans and next year's site is still under consideration. Accordingly, ACRA is seeking proposals for the selection of sites for the Collegiate National Tournament for 1990 and 1991.

To properly evaluate a proposal, the following items should be addressed:

1. *Transportation:* Proximity of club and housing to major transportation networks, including maps.
2. *Facility:* Must have a minimum of 12 courts to host a four-day event, and should have two championship courts for video taping, spectators, etc.
3. *Housing:* Should have special rates for students, complimentary rooms for national board members, and be close to the club.
4. *Shuttles:* If necessary should be provided free by local organizing committee, airport to housing, housing to club.
5. *Hospitality:* Should be provided throughout the tournament, making allowances for coaches, national board members, etc.
6. *Local organizing committee:* Needs to provide a minimum of two people to staff a tournament desk, help with check-in, etc.
7. *Special events or local attractions:* Provisions should be made or provide suggestions for things to do for university students who are early losers, e.g., sight-seeing, etc.
8. *Meeting rooms:* Should provide a meeting room for board members, coaches, etc.

We feel it is a very worthwhile tournament to host, with many benefits for host city, host facility and host school. Anyone interested in being considered for this should send proposals to Jerry Gray, Chairman, Site Selection Committee, 110-1/2 N. Michigan, Big Rapids, Michigan 49307, or call (616) 796-9291, no later than March 15, 1989. O



(continued on page 32)

AARA Official Rankings January 23, 1989

Mens Open: 1-A. Roberts, TN; 2-R. McKinney, PA; 3-D. Ganim, OH; 4-T. Hansen, FL; 5-T. Sweeney, IL; 6-C. Nichols, FL; 7-J. Cascio, PA; 8-C. Cole, MI; **Mens A:** 1-T. Gately, VA; 2-S. Reiff, FL; 3-S. Arizmendi, NY; 4-J. Bonnett, MI; 5-J. Allen, MS; 6-B. Johnson, PA; 7-S. Lerner, OH; 8-B. Jackson, WV; **Mens B:** 1-S. Patel, NJ; 2-R. Dargan, PA; 3-B. Schirmacher, MN; 4-T. Altenburg, MI; 5-V. Grodzicki, IL; 6-D. Berl, GA; 7-J. Fuchala, OH; 8-R. Miller, WA; **Mens C:** 1-R. Hendren, MD; 2-H. Bergman, NJ; 3-J. Gallegos, DE; 4-T. Thompson, MA; 5-T. Krogman, OH; 6-G. Giles, GA; 7-J. Clark, FL; 8-U. Thomanek, DE; **Mens D:** 1-S. Martin, MA; 2-W. Zapata, WA; 3-J. Fetterman, CA; 4-J. Martyniak, IN; 5-J. Eliasik, IL; 6-T. Dawson, OH; 7-F. Galan, TX; 8-T. Linn, GA; **Mens Novice:** 1-B. Dougan, NJ; 2-J. Fallagel, PA; 3-D. Faust, PA; 4-R. Cain, TX; 5-D. Delong, WA; 6-J. Fallabel, PA; 7-J. Moran, SC; 8-R. Rangle, CA; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-M. Jenkinson, WV; 3-L. Gonslin, WI; 4-R. Benavides, WI; 5-S. Hickey, WV; 6-J. Harman, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-S. Huggins, FL; 4-G. Gose, NM; 5-S. Redelheim, TN; 6-R. Thompson, AL; 7-G. Manzuri, CA; 8-R. Remen, VA; **Mens 8:** 1-J. Gautreau, TX; 2-M. Saad, CO; 3-S. Huggins, FL; 4-G. Gose, NM; 5-T. St. Pierre, FL; 6-T. Siggins, CA; 7-K. Wilken, NM; 8-W. Tilton, CO; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-R. Buchanan, MD; 5-C. Locker, MN; 6-S. Rodd, VT; 7-J. Gautreau, TX; 8-H. Spangenberg, CA; **Mens 12:** 1-A. Thompson, WI; 2-J. Ambrecht, NC; 3-M. Kelly, CO; 4-J. Icenogle, CA; 5-S. Zimmerman, MI; 6-S. Wood, MA; 7-J. Xynidis, FL; 8-A. Gross, MN; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-J. Ellenberger, WI; 4-J. Aghaloo, TX; 5-R. Davis, IN; 6-S. Monchik, NY; 7-C. Pfaff, OH; 8-A. Labra, CA; **Mens 16:** 1-J. Ellis, CA; 2-J. Bonnett, MI; 3-R. Walden, FL; 4-B. Simpson, IN; 5-B. Sawyer, NC; 6-T. Brennan, CO; 7-J. Gillooly, MA; 8-B. Hartinger, MN; **Mens 18:** 1-M. Guidry, TX; 2-J. Floyd, MI; 3-M. Locker, MN; 4-M. Engel, MD; 5-E. Ramm, CA; 6-J. Waggoner, FL; 7-C. Garrido, TX; 8-T. Jelson, NM; **Mens 19+:** 1-M. Brinfeld, CA; 2-R. McKinney, PA; 3-K. Sweeney, IL; 4-B. Erickson, NM; 5-J. Jeffers, TN; 6-M. Lowe, CA; 7-R. Ryder, PA; 8-C. Winter, FL; **Mens 25+:** 1-M. Morrison, FL; 2-D. Negrete, IL; 3-J. Young, PA; 4-B. Lyman, IL; 5-J. Gillhouse, AL; 6-J. Emes, PA; 7-R. French, MN; 8-G. Weitzel, IN; **Mens 30+:** 1-B. Corcoran, AZ; 2-D. Kovanda, OH; 3-J. Young, PA; 4-E. Garabedian, PA; 5-J. Peterson, NY; 6-D. Hardan, WA; 7-S. Worthy, MI; 8-R. Dern, IL; **Mens 35+:** 1-S. Hastings, MI; 2-E. Garabedian, PA; 3-D. Kovanda, OH; 4-T. Lavoi, MN; 5-M. Layton, FL; 6-B. Fulkerson, IN; 7-P. Redelheim, TN; 8-R. Woolard, OH; **Mens 40+:** 1-E. Remen, VA; 2-M. Stephens, MI; 3-J. Schwartz, FL; 4-J. Henon, TN; 5-F. Ciociola, NY; 6-R. Galbreath, PA; 7-B. Brookens, CO; 8-M. Winslow, FL; **Mens 45+:** 1-R. Hutcherson, IN; 2-R. Reichler, DE; 3-B. Parra, CA; 4-R. Galbreath, PA; 5-R. Wehrle, GA; 6-T. Perna, OH; 7-N. Shapiro, NY; 8-P. Mortenson, WA; **Mens 50+:** 1-D. Mas, DE; 2-R. Adams, CA; 3-S. Marcus, FL; 4-B. Sanders, OH; 5-R. Lawler, IN; 6-B. Schram, IL; 7-J. Fay, TX; 8-A. Johnson, CO; **Mens 55+:** 1-O. Chapman, OH; 2-N. Goldetsky, MN; 3-V. Lerner, CA; 4-D. Weinberg, NY; 5-J. Bogasky, VA; 6-L. Cox, IN; 7-C. Gross, PA; 8-P. Miller, IN; **Mens 60+:** 1-J. Bareilles, VA; 2-P. Miller, IN; 3-F. Kilbride, CAN; 4-J. Lambert, TX; 5-R. Faby, MD; 6-R. Caretti, MI; 7-S. Eller, IL; 8-R.

Men's Pro Tour Official Rankings October 26, 1988

1	R. Gonzalez	13,540.0
2	B. Harnett	12,365.0
3	E. Inoue	9,990.0
4	C. Swain	9,970.0
5	M. Hogan	9,505.0
6	M. Yellen	8,005.0
7	E. Andrews	7,245.0
8	M. Ray	6,585.0
9	G. Price	6,565.0
10	G. Peck	5,995.0
11	C. Brysman	4,825.0
12	D. Obremski	4,815.0
13	A. Roberts	3,735.0
14	J. Newman	3,725.0
15	D. Johnson	3,395.0
16	R. Harripersad	3,320.0
17	A. Katz	2,975.0
18	D. Kachtik	2,190.0
19	M. Ceresia	1,987.5
20	J. Evans	1,972.5
21	A. Gross	1,775.0
22	T. Doyle	1,685.0
23	W. Clouse	1,635.0
24	T. Sweeney	1,632.5

Johnson, CA; **Mens 65+:** 1-A. Shepherd, MD; 2-L. Wilde, UT; 3-E. Acuff, VA; 4-N. Sans, CA; 5-C. Snowberger, PA; 6-R. Craig, Jr., IN; 7-D. Goddard, MT; 8-R. Picard, MA; **Mens 70+:** 1-L. Wilde, UT; 2-C. Russell, CA; 3-A. Shepherd, MD; 4-J. Singer, CA; 5-I. Gumer, KY; 6-G. McDougall, SD; 7-H. Minor, CO; 8-A. Beetle, SD.

Womens Open: 1-T. Bevelock, AZ; 2-M. Bailey, VA; 3-S. Morgan, FL; 4-L. Ecker, MI; 5-R. Levine, CA; 6-L. Anthony, CA; 7-M. Gilman, OR; 8-M. Dee, NH; **Womens A:** 1-N. MacFetridge, MD; 2-A. Silva, PA; 3-H. Gray, VA; 4-S. Huczek, MI; 5-P. Musselman, PA; 6-K. Beane, NH; 7-L. Galloway, NY; 8-A. Roehler, PA; **Womens B:** 1-D. Bercili, PA; 2-A. Kinney, WA; 3-S. Ruhl, CO; 4-D. Westerkon, NY; 5-K. Klouser, PA; 6-S. Evans, MA; 7-K. Nelson, NH; 8-S. Derdak, IN; **Womens C:** 1-M. Webb, PA; 2-M. Bishop, PA; 3-M. Davis, CO; 4-D. Leon, FL; 5-S. Rosling, MT; 6-S. Turner, CT; 7-B. Duncan, TN; 8-P. Saad, MI; **Womens D:** 1-D. Tracy, MA; 2-G. Goldfine, FL; 3-W. Raft, TX; 4-M. Reese, SC; 5-N. Sloan, IN; 6-C. Staats, WA; 7-B. Vanderson, OH; 8-C. Kruse, MI; **Womens Novice:** 1-J. Bulle, NJ; 2-M. Remen, VA; 3-B. Beveney, NY; 4-R. Greene, PA; 5-J. Williams, TX; 6-L. Celozzi, MD; 7-S. Klein, NY; 8-C. Paoli, DE; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-J. Quinlan, FL; 5-K. Thompson, WI; 6-J. Degutis, MI; 7-J. Koppel, TX; 8-M. Manzuri, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-M. Manzuri, CA; 4-J. Quinlan, FL; 5-J. Hardeman, TN; 6-Jill Trachsel, MN; 7-J. Koppel, TX; 8-A. Redelheim, TN; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-A. Meyer, CO; 4-J. Koppel, TX; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-V. Tulao, AL; 8-B. Knitter, WI; **Womens 12:** 1-A. Beugen, MI; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Boland, MT; 7-E. Icenogle, CA; 8-S. Linsky, CT; **Womens 14:** 1-E. Icenogle, CA; 2-J. Spangenberg, CA; 3-B. Engel, FL; 4-A. Kinney, WA; 5-H. May, CA; 6-A. Crocker, CO; 7-

WPRA Official Rankings February 5, 1989

1	C. McKinney	190.0
2	L. Adams	170.0
3	T. Bevelock	105.0
4	M. Drexler	95.0
5	J. Paraiso	83.8
6	C. Doyle	75.0
7	K. Kuhfeld	73.8
8	M. O'Brien	63.8
9	D. Fischl	45.0
10	M. Lynch	41.3
11	C. MacFetridge	35.0
12	S. MacTaggart	30.0
13	S. Robson	28.3
14	C. Evon	25.0
15T	A. Katz	23.3
15T	R. Whitmire	23.3
17T	J. Grimaldi	16.7
17T	K. Langlotz	16.7
19	R. Goblish	15.0
20T	L. Alexander	10.0
20T	L. Alvarado	10.0
20T	C. Barcelo	10.0
20T	J. Burke	10.0
20T	R. Chilcoat	10.0
20T	B. Faulkenberry	10.0
20T	G. Ferguson	10.0
20T	S. Morgan	10.0
20T	V. Panzeri	10.0
20T	R. Petrini	10.0
30T	M. Chin, L. Coburn, H. Gray, T. Ingram, R. Lockey, C. Nichols, R. Olson, T. Petrocy	6.7

D. Peterson, WI; 8-T. Alonzi, FL; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-H. Gray, VA; 5-A. Melville, MN; 6-A. Simmons, FL; 7-N. Sloan, IN; 8-M. Carmona, CA; **Womens 18:** 1-D. Sibell, MN; 2-M. Gilman, OR; 3-H. Gray, VA; 4-L. Coutu, DE; 5-S. Cox, FL; 6-C. Doyle, NY; 7-P. Prentiss, NY; 8-C. Matherly, IN; **Womens 19+:** 1-L. Coburn, MD; 2-L. Ecker, MI; 3-C. Gudinas, IL; 4-K. Hallander, FL; 5-L. Anthony, CA; 6-P. Musselman, PA; 7-R. Olson, MA; 8-M. LaBonne, IN; **Womens 25+:** 1-M. Bailey, VA; 2-M. Lyons, FL; 3-G. Grigsby, KY; 4-R. Petrini, UT; 5-C. Collins, MI; 6-P. Musselman, PA; 7-L. Screeton, IN; 8-T. Gatarz, NJ; **Womens 30+:** 1-S. Morgan, FL; 2-M. Bickley, PA; 3-T. Gatarz, NJ; 4-B. Harrison, OH; 5-B. Lepley, TN; 6-C. Shields, IL; 7-B. Kowalski, OH; 8-D. Adams, CO; **Womens 35+:** 1-C. Dattisman, PA; 2-F. Ifert, PA; 3-A. Falso, FL; 4-M. Copley, TN; 5-M. Eichorn, CO; 6-T. Hokanson, CA; 7-M. Kelley, CA; 8-J. Smith, FL; **Womens 40+:** 1-M. Kelley, CA; 2-A. Falso, FL; 3-D. Hinkin, PA; 4-G. Benham, AR; 5-L. Weldin, DE; 6-Y. Cox, PA; 7-G. Low, MA; 8-L. Miller, IN; **Womens 45+:** 1-C. Lombardi, VA; 2-J. Schmidt, FL; 3-K. Mueller, MN; 4-M. Johnson, TX; 5-N. Loomis, VA; 6-M. McNutt, FL; 7-S. Busch, MO; 8-J. Kenyon, FL; **Womens 50+:** 1-M. Crawford, NY; 2-J. Kenyon, FL; 3-C. Ching, PA; 4-K. Mueller, MN; 5-S. Elgaway, FL; 6-J. Gartland, MA; 7-L. Hunt, TX; 8-J. Tull, VA; **Womens 55+:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, ND; **Womens 65+:** 1-M. Acuff, VA; 2-E. Quackenbush, OR; 3-N. Friedland, NM.



Association Roundup (continued from page 30)

CRA

by Bill
Houldsworth

Senior Nationals Set To Go



The showcase of racquetball in Canada is scheduled for May 23-27 in the Toronto suburbs of Rexdale and Brampton.

Paul Barron, tournament chairman has the committee ready to meet the challenges of the over 500 athletes at this year's "seniors". Participating clubs are the Airport and Brampton racquetball clubs under the Pegasus banner.

Registration will take place at the Venture Inn, 925 Dixon Road on the evening of Monday, May 22. This will be followed by a reception and opening ceremonies. All in attendance will then be able to "boogie" the night away to the music of a local disc jockey. Action in the tournament begins at 8:00 a.m. sharp the next day at both clubs.

Back for their second year is Air Canada as the official airline of the 1989 Senior Nationals. For special air travel rates to Toronto, contact the Convention Services at 1-800-361-7585 and event #89-0751 (Canadian Racquetball Championships). Have a credit card ready when you call.

The CRA appreciates the support the tournament is receiving from the Government of Canada through Sport Canada and the Province of Ontario for supplying administrative services. Penn is the official ball of the CRA.

Entry forms for the 1989 Senior Championships were in the winter issue of *First Serve/Premier Service*. Entry deadline is April 21st. For further information on the event contact the CRA.

Kraft's What's Your Racquet?

The CRA is also taking part again this year in Canada's Fitweek. We are part of a tri-racquet event along with the sports of tennis and squash.

From May 26-June 4 as part of Canada's Fitweek, clubs all across Canada will be opening their doors to the community with many special and wacky events

from open house to big buddy days.

As the coordinating sport for this event, the CRA is also receiving funding from Fitness Canada for project support. For information on Kraft's What's Your Racquet?, contact the CRA.

Canadian Airlines Junior National Championships

The 1989 Canadian Airlines Junior Nationals is scheduled for July 5-8 in Kelowna, B.C.

Tournament chairman Arn Corrado and committee have arranged for many social events including B.B.Q.'s and an evening at the local waterslide in addition to the tournament. Host club for the event will be Four Seasons which has held the senior championships on two occasions.

Added to the list of events at this year's Canadian Junior Nationals will be speed gun serving, an outdoor three-wall tournament and a pre-tournament clinic conducted by Calgary's Cliff Hendrickson. The clinic will run on July 4th and there will be morning and afternoon sessions. Everyone is welcome to take part in the clinic.

Registration for the 1989 Canadian Junior Championships will take place at the Four Seasons on the evening of July 4th with the opening ceremonies scheduled for July 5th at 12:00 noon.

Again this year the CRA will receive travel support for the tournament from Sport Canada.

Tiebreaker Points

The new rulebook is now available from your club or provincial association as well as the national office. Cost is only \$3.00. As well, the level III coaching manual will be available very shortly. Many thanks to Dr. Gary Ness who wrote the manual, to the pilot project group and to the Coaching Association for its tremendous project support.

The CRA now has two brochures available explaining the programs and publications of the association. Program Coordinator Janet Cann will be in contact with the clubs across Canada to offer more information on the CRA programs and services.

We welcome Lise St. Denis as the CRA's latest addition to the staff of the

national office. Chances are that if you have called the national office lately you've heard Lise's pleasant voice. Lise is also assisting Program Coordinator Janet Cann and Technical Director David Hinton.

Nominations for the Ivan Velan Award and Directors at Large are being accepted until May 1, 1989. Bids for the 1991 Senior and Junior Championships will also be accepted until May 1st. Contact your Provincial Association for further information.

The Annual General Meeting of the CRA is scheduled for Friday, May 26, 1989 at the Venture Inn, 925 Dixon Road, Rexdale, (Toronto) beginning at 9:30 a.m. There will be no play of the tournament during the meeting to allow all in attendance at the Senior Tournament to attend. ○

WPRA

by Chris Evon



One of the unfortunate aspects of racquetball has been the periodic struggles of the men's and women's pro tours. Both, at some time or another, have experienced success and growth, but they have also felt the pain and discouragement of, "sponsor withdrawals", little support from manufacturers and media, and shaky, unstable tournament seasons. Right now the women's tour is able to enjoy a fair amount of stability. But we are not content, and by no means are we sitting back and taking for granted the things that we have accomplished. Following the Atlanta tour stop in February, the WPRA Board of Directors will hold extensive meetings to work on long and short term goals of the organization. Encouraged by Marcy Lynch and Shirley Houk, the board has realized the necessity for a "game plan" to ensure our success for years to come. With more defined goals, and innovative strategies to achieve these goals, we feel that, as far as professional racquetball goes, "We've only just begun!" ○

WRPA Official Tour Schedule
10th Anniversary Season — 1988-1989

April 13-16

CoCoa Court Club
1249 Cocoa Avenue
Hershey, PA 17033
Contact: Robin Chilcoate
(717) 533-4554

June 1-4

RiverBend Athletic Club
2201 East Loop 820 North
Fort Worth, TX 76118
Contact: Mary Pat Morris
(817) 284-3353



10th Anniversary Season
presents

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featuring...
The Nation's Top Women
Professional Racquetball Players
\$15,000 in prize money for Pro Singles
\$2,500 in prize money for Pro Doubles
Cash prizes for amateurs!

April 13-16

Pro qualifying - Thursday, April 13th
Amateurs begin - Friday, April 14th

Hosted by:
Cocoa Court Club
1249 Cocoa Avenue
Hershey, PA 17033

For information, contact:
Robin Chilcoate at (717) 533-4554

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Spectrum (new)	\$58
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EKTELON	
Toron	\$109
CBK Mid	\$135
250G Mid	\$85
Quantus	\$69
Serex	\$69
Symilar	\$50
OpeX	\$29
Magnum (new)	\$63
KENNEX	
Micro-Shadow	Call
Micro-Ceramic	\$92

SHOES

Head Pro Elite	\$33
Head Radial Express	\$25
Foot-Joy (3/4 High)	\$34
Ektelon Answer	Call
(3/4 High)	

BALLS

Penn	\$1.85
Ektelon	\$1.85

GLOVES

Pro-Duratack	\$9.25
Duratack	\$7.95
Ektelon Performer	\$10.75
Ektelon Stay-Soft	\$8.95
Ektelon All Pro	\$7.25

GRIPS

A'ME Power Grips	\$4.25
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STRING

600 Ft. Reel	\$18.50
Dunlop Nylon	\$3.75
OG Sheep (All Colors)	\$2.00
Prince Nylon	

GOGGLES

B&L Action Eyes	\$19.00
Interceptor	\$21.00

BAGS

Ektelon Pro	\$30.00
Thermasport	\$24.00
Pro Plus	\$21.00
Head Team	\$30.00
Head Carryall	\$25.00

Thor-Lo Socks

Ektelon Tether	\$3.95
Head Tee	\$4.25
"Ripit" T-Shirt	\$5.00
	\$4.75

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☐ **Yes!**

Sign me up for an AARA membership kit which includes all the above plus an official membership card that makes me eligible for tournament play and discount coupons for merchandise and services. I am enclosing only \$10.00 for a one year membership.

Name _____

Address _____

City _____

State _____ Zip _____

Mail This Form To: AARA, 815 North
Weber, Suite 203, Colorado Springs,
CO 80903



NORM BLUM'S PASSING SHOTS

FIN-ISHED — **Jim Cascio** has the smarts to own a racquetball club. Then, why did **Cascio**, who was sponsored by **Head**, play with a **Fin** racquet at last year's National Championships?

Despite being a national champion and member of the U.S. team, **Head** dropped **Cascio** last summer. **Head's** promotional director, **Barry Riddle** even warned **Cascio** prior to the final with **Andy Roberts** that if he used the **Fin** racquet, he would jeopardize his sponsorship. **Cascio** used the **Fin** racquet but had a stringer put the **Head** logo on the **Fin** racquet.

Riddle, who returned to the corporate headquarters in Colorado, received word of **Cascio's** antics and promptly terminated his contract.

"It was a fairly easy decision," **Riddle** said. "**Jim** was always a good representative but we have to enforce our rules."

Ironically, the racquet didn't help **Cascio**, who was blown out in two games. "No racquet would have helped me that day," **Cascio** said. "He was just hitting the ball too hard and I couldn't set up."

Cascio is not sponsored by any company, but doesn't regret his decision.

"I assumed it might happen, but I felt I needed a larger frame to compete. I thought **Head's** larger frame would be ready by the nationals but it wasn't. I'm using a **Torlon** now. It turns out the **Fin** was too light for me. I haven't lost an amateur tournament in five months and it would be nice to have a sponsor. I was told when the dust settles someone might come forth with an offer."

FUNGUS CAN BE "DEFEATED" — My mother-in-law, **Phyllis Lattimer**, a registered nurse from Lancaster, PA, was browsing in my office and thumbing through *National Racquetball*. She feigned interest in my column and then saw **Dr. Ross'** medical column. One questioner with toenail fungus experienced major problems with thick white toenails and had severe pain after playing. **Phyllis**, a mother of seven and grandmother of five including our new daughter, **Rachel Sarah**, has her own remedy.

"Purchase Pau d'Arco tea in a health

food store. Use only one teaspoon of tea per cup of hot water. Soak your feet in the hot tea solution until it becomes cold. Do this once a day. This should relieve the pain within three days and the infection should improve in two weeks. In two months you'll notice healthy pink new growth under the toenails.

POTPOURRI — Professional **Jack Newman** plans to regain his amateur status and team up with **Andy Roberts**. **Newman**, a former national junior and intercollegiate champ, wants to become a member of the U.S. Team.

In a match against **Woody Clouse** at the Jacksonville Athletic Club, **Cliff Swain** was serving for match point when **Clouse** raised his arms during the rally signifying a hinder. **Swain** won the point and agreed to **Clouse's** request for a replay because he thought fellow pro **Gerry Price**, who was in the audience, told him it was indeed a hinder. When **Swain** left the court, **Price** told him "I said it wasn't a hinder," so **Swain** didn't replay the point.

I thought **Swain** showed good sportsmanship by offering to replay the point in the first place...Congratulations to **Marty** and **Ann Hogan**. They're proud parents of a 6 lb. 2 oz., baby boy, **Benjamin**. He's already claimed a mixed doubles partner, **Rachel Sarah Blum**...Racquetball's greatest lies: "I'll bring a new can of balls next time we play;" "that serve was short" and "I'll call for reservations"...It pays to be a national champ. National 30+ champ **Susan Morgan** says lessons have increased 30 percent and she didn't even post a sign...How about **Dan McKinley**? The 30-year-old takes a couple of years off and in the last two tournaments takes **Cliff Swain** to a tiebreaker and pushes **Mike Ray** to the limit...The Jacksonville Athletic Club recently offered \$5,000 in tournament prize money. There was a catch. The pros had to compete in a sport called Bi-Rak-It. You use two racquets and aren't allowed to hit a backhand. Ambidextrous **Woody Clouse** won the \$1,000 first place prize while **Mike Ray** won the racquetball end of things defeating **Andy Roberts**. **Roberts** had defeated **Ruben Gonzalez** while **Ray** thumped

Swain...In a four-man invitational in Massachusetts, **Swain** defeated **Mike Yellen** in the final. Each participant received a minimum of \$1,000 for the first round. Not bad for a day's work...Where are you **Bret Harnett**? The rumor mill says you've packed up your racquet fed up with the professional racquetball scene...**Pro Kennex** salesman **Randy Floyd** who stars in the **Marty Hogan** videotape, had a close brush with death. His appendix burst and infection set in. He was hospitalized for eight days and in critical shape for three days. Luckily he recovered...It's become apparent Memphis State has taught **Andy Roberts** a thing or two. He has an exclusive teaching contract with four Memphis clubs and has a trained staff to give the popular clinics...Next racquet innovation will be a wide body racquet...**Susan Cole** will have a yarn or two to tell her grandchildren. No, she doesn't walk five miles to play at her favorite racquetball club. **Susan's** car blew up, so she jumped on her bicycle and she trekked many miles to secure five sponsorships for a local tournament. The businessmen said yes so they didn't have to hear her heavy breathing...No. 1 ranked **Ruben Gonzalez** doesn't want his kids to get into professional racquetball. "There's no future"...Running a pro tour is a full-time job...A tournament director was told unless he increased the prize money the top players he thought were coming would be told to stay home. It turned out to be a big bluff. Such strong arm tactics aren't necessary in racquetball. If the players who had promised to come backed out at the last minute it would have put a big black-eye on the sport...I've always maintained that with proper promotion a club can thrive. In Cutback, Montana, population 3,000, there are more than 100 active players. They even have a Cutbank Racquetball Association. Yet in some cities, club owners say they have courts that are rarely used. When asked if they run leagues or tournaments they react with blank stares. 'Nuff said.

THINGS I LIKE — Our beautiful baby daughter.

THINGS I DISLIKE — After becoming a father, what's there to dislike? O

PRESIDENT'S COLUMN

by Van Dubolsky

Jim Hiser has been involved in racquetball for over ten years, and has been instrumental in the development of many successful state programs in Michigan. His contributions are too numerous to mention in this column, but I would like to share an idea he implemented while in a leadership position with the Michigan Racquetball Association (MRA) — the State Hall of Fame. As you're probably aware, the AARA has recently reactivated the national Hall of Fame, and hopes to receive nominations from across the country each year. Naturally, a state "Hall of Famer" would be a likely candidate for this corresponding national honor. The following reprint describes how to start your own State Racquetball Hall of Fame:

State Hall Of Fame

There is no higher recognition for any athlete than to be inducted into the Hall of Fame. Now that the AARA has renewed interest in its national Hall of Fame, the time is perfect to initiate plans for your own state Hall of Fame.

Purpose

To recognize outstanding racquetball athletes in your state. A State Hall of Fame provides a forum to publicize the achievements of your states most successful athletes and adds credibility to your entire state program.

How To Get Started

First, sit down with your entire State Board and discuss the idea of creating a Hall of Fame. In most cases, the only obstacle in formulating the idea is recruiting an interested volunteer to organize the entire concept. Once such a volunteer is found, the rest is basically very easy.

Almost every state already has a sports Hall of Fame. Although you may think this



is only for major sports involving professional and college athletes, in most situations, this is not the case. To receive more information about the way your state selects nominees contact either your state recreation department or local university athletic office.

Also, the AARA will

forward you information regarding their selection process.

Once you receive information regarding the procedures of how other organizations induct their members, you will have to determine a procedure for your selection process.

Some Ideas To Keep In Mind

1. Your criteria should be selective enough to guarantee the credibility and special recognition deserving of a Hall of Fame inductee.
2. Your nominating and selection committee(s) should contain various age groups to encompass past as well as present candidates.
3. Your nominating and selection committee(s) should have enough members (50 works well) to assume representation from every ethnic, sex, age group and geographical area.
4. Publicize your efforts. Make sure your candidates receive the recognition they deserve.
5. Develop a permanent site for your Hall of Fame. The site should be some place where the majority of your racquetball community will see the display at least once each season (popular tournaments site).
6. Create a special event for the induction of your Hall of Fame athletes. (State Singles banquet, special tournament).
7. Design special awards for your inductees (plaques, "super-bowl" type rings).
8. Recognize individuals who have "contributed" as well as players.

Results

In most sports, the ultimate goal of any athlete is to be inducted in the "Hall of Fame." This is the epitome of achievement and recognition. The development of a racquetball Hall of Fame in your state will result in added recognition for your state organization, the sport, and most of all, your athletes. ○

ADDITIONAL RULE CHANGE CONSIDERATIONS!

By Otto Dietrich

In addition to the proposed rule changes published in the February edition of "AARA In Review," two additional revisions to existing rules have been suggested. The rules affected by these recommendations appear in Section 4 — Play Regulations, and are as follows:

Proposal #3:

Existing Rule 4.11 — Out Serves: (c) Missed Serve Attempt. Any attempt to strike the ball that results in a total miss or in the ball touching any part of the server's body.

Proposal: Add to this rule the words "or allowing the ball to bounce more than one time during the service motion."

Proposal #4:

Existing Rule 4.18 (a) — Technical Fouls. (1) Profanity. Profanity is an automatic technical and should be invoked by the referee whenever it occurs.

Proposal: Delete the sentence which follows the word "Profanity".

Combined with proposals #1 and #2 of last month, this completes the publication of recommended rule changes for 1990. As noted previously, please take time to make your views regarding these changes known to me or an AARA board member by May 1st. ○



AARA STRATEGIC PLANNING STATEMENT

Part 1

In the Spring of 1987, the American Amateur Racquetball Association began a concerted effort to research and develop a long range plan designed to guide the association into the 21st century. The results of this project have been insightful, far-reaching and vital to the continued growth of the sport, and have formed the basis of the AARA's strategy for representing and promoting racquetball to a worldwide audience in a new era.

Overview

To gather information on which to base the planning effort, a questionnaire touching on virtually every aspect of racquetball and its governing body was generated. In it, a total of 95 inquiries were made ranging from the Olympic movement, minority issues in the sport and national staffing to state and regional affiliated organizations, media promotion and sponsorships. The questionnaire was distributed to over 90 industry leaders, including US National Racquetball Team members, regional and state directors, the AARA Board of Directors, manufacturers, court club owners, national staff members, council presidents and long term players.

Despite the length and form of the questionnaire, an outstanding response rate of over 90% was achieved. A series of thought-provoking statements were carefully phrased to require more than simple yes or no answers, and a four-part answer key categorized each response as: "strongly agree," "agree," "disagree," or "strongly disagree." Space was allowed for additional comments at the end of the questionnaire, and over 60% took advantage of the opportunity to elaborate.

Although conclusions are based upon an overall average of the responses and not directed by a single category of issue, distinct areas of development and concern have been identified. An analysis

of these area responses and comments has already provided a clear mandate to the AARA Board of Directors.

Long-Range Plan

Perhaps the clearest charge to the AARA leadership is the adoption and implementation of a long range plan to achieve set goals for the sport. If racquetball is to become a premier competitive sport, it is absolutely essential that a systematic and unified developmental approach be adopted. Such a plan would require close monitoring, evaluation and annual progress reviews by both the AARA and the industry as a whole.

According to questionnaire replies, the following issues received the highest percentage of positive responses (again over 90%), and are listed in the priority order specified by the respondents:

No. 1 — Olympic Movement

Without question, the top priority of the AARA must be to achieve full Olympic status. This "Olympism" will not only add racquetball to the program of the Olympic Games, but will also guarantee entrance to a wide array of Olympic spin-offs such as State Games, Junior Olympics, Olympic Training Centers, Pan American Games and Olympic Festivals.

To stay competitive at these levels, there is a clear challenge to the AARA to remain actively involved within the international racquetball movement, primarily through development and expansion of the U.S. Team. The U.S. National Racquetball Team must retain its world-class standing abroad, as well as provide role models to both juniors and seniors (non-open players of all ages) here at home. "Olympic Team" status will give racquetball a new identity, purpose and prestige among competitive sports worldwide.

It is important that we in racquetball not become isolated in our thinking. In these modern times, over 85 athletic organizations are working, advertising and promoting their individual sports to Americans on a daily basis. Our own presentations must be equally exceptional and vigilant if we are to succeed — and the Olympic movement is an integral part of the effort.

No. 2 — Improve Public Awareness of Racquetball

Second only to gaining Olympic status, the goals of increasing the level of public awareness of racquetball has become a high priority. Generating interest, support and awareness is crucial to the continued growth of the sport. AARA efforts in this area range from the production of promotional films, print materials, advertisements, special articles, internal communications and nationally televised programming to National and International coverage and inclusion in mass media events. To coordinate and focus these efforts, the AARA has proposed the addition of a public relations specialist to its national staff, and the continuation of its practice of contracting media specialists to publicize major amateur championships events.

It has also become clear that every effort must be made to televise major AARA events nationwide — even if the production, direction, advertising/promotion and marketing tasks must be done internally — until public interest and demand makes racquetball competitive among more traditional network sports programming. This area of development is one of the single most important, and at the same time the hardest, goal to achieve. All 85 sports are competing for air time and copy, with the majority of television, radio and print media resources devoted to professional athletic competition. ○



NEW NATIONAL STAFF POSITIONS APPROVED: NOW HIRING!

In anticipation of racquetball becoming an official gold medal Olympic sport in 1989, the AARA Board of Directors recently budgeted and approved two new entry-level professional positions for the national office. Effective in June of this year, two persons — one in the media and public relations area and the other to take charge of special programming needs — will be hired to assist Executive Director Luke St. Onge and Membership Administrator John Mooney in conducting the growing business of racquetball in the 1990s. If you have the background and qualifications to suit either of these positions, or would like more information, please contact the national office at 815 North Weber, Colorado Springs, CO 80903. Then, prepare your resume for what is certain to be an exciting career opportunity in racquetball. Good Luck! O

ENTER THE GREAT AMERICAN RACQUETBALL PHOTO CONTEST

You can have one of your photographs reproduced in the August edition of AARA in Review. We will print the top four selected photographs — plus, the finalist will receive cash awards for the use of their photo!

It's Easy To Enter

1. Submit any original racquetball photograph, to be entered in one of two categories - action or open. Photos must feature an AMATEUR player or players. Limit one photograph per category, per person. Only MOUNTED 8"x10" photographs will be accepted.
2. Submit, on the back of the mounted photo, a caption (50 words or less) detailing the year, name of player(s), if possible, tournament and club. Your name, address and telephone number should also accompany entry.

3. \$50.00 will be awarded to first place, \$25.00 to second, in each category.
4. Entry deadline is May 5th.
5. Contest is not open to working professional photographers, AARA staff, or National Board of Directors.
6. All photos submitted become the property of AARA and cannot be returned.
7. All photos will be displayed and judged at the 1989 Ektelon/AARA U.S. Nationals in Houston.
8. Photos will be judged on subject matter, technical quality, composition and visual impact. The decision of the judges is final.

**Submit entries to:
Photo Contest/AARA
815 N. Weber
Colorado Springs, CO 80903**

National Championships (Level 6)

May 24-29

1989 Ektelon/U.S. National Singles
Downtown YMCA
1600 Louisiana Avenue
Houston, TX 77002

June 24-28

1989 Ektelon/U.S. National Junior
Championships
The Court Club
3455 Harbour Avenue
Indianapolis, IN 46240
Michael Arnolt
312-339-9329

October 26-29

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

Invitational Calendar (Level 5)

April 21-23

1989 Golden Masters Invitational

Pittsburgh Racquet Club
One Racquet Lane
Monroeville, PA 15146
John Pushak
412-856-3930

July 13-16

National Seniors Invitational
Continental Athletic Club
6124 Busch Blvd.
Columbus, OH 43229
Ron Woolard
614-846-8400

September 6-9

World Seniors/Masters Invitational
Academy Court Club
5555 McLeod
Albuquerque, NM 87109
Gary Mazaroff
505-883-0500

Regional Calendar (Level 4)

April 28-30

Ektelon/AARA/Junior/Region 8
Decathlon Club & Family YMCA
1033 Decathlon Road/669 So. Hack.
Waterloo, IA 50701

Jay & Jeanne Hansen
319-988-4284

May 5-7

Ektelon/AARA/Junior/Region 4
Racquetpower
3390 Kori Road
Jacksonville, FL 32257
Mary Lyons
904-268-8888

May 6-7

Ektelon/AARA/Junior/Region 1
TBA — Paul Henrickson

May 6-6

Ektelon/AARA/Junior/Region 5
Montgomery Athletic Club
5765 Carmichael Parkway
Montgomery, AL 36117
Jack Sorenson

May 12-14

Ektelon/AARA/Junior/Region 14
Tournament House
6250 Brockton
Riverside, CA 92506
Scott Winters
714-682-7511



STATE RANKINGS

- 1 California
- 2 Florida
- 3 New York
- 4 Pennsylvania
- 5 Illinois
- 6 Ohio
- 7 Colorado
- 8 Massachusetts
- 9 Texas
- 10 Minnesota
- 11 Indiana
- 12 Michigan
- 13 North Carolina
- 14 Arizona
- 15 Louisiana
- 16 New Jersey
- 17 Washington
- 18 Connecticut
- 19 Georgia
- 20 Utah
- 21 New Hampshire
- 22 New Mexico
- 23 Tennessee
- 24 Wisconsin
- 25 Maryland
- 26 Maine
- 27 Nevada
- 28 Virginia
- 29 Montana
- 30 Alaska
- 31 Wyoming
- 32 Oklahoma
- 33 South Carolina
- 34 Delaware
- 35 Rhode Island
- 36 Mississippi
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- 39 Missouri
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- 46 West Virginia
- 47 South Dakota
- 48 Oregon
- 49 North Dakota
- 50 District Of Columbia
- 51 Hawaii

SCHEDULE OF EVENTS

April 13-16

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

April 14-16

BNB Racquetball Bonanza
Reno Athletic Club
920 Matley Lane
Reno, NV 89502
Tim Murdock 702-788-5588

April 14-16

Long Island Club Open
Championships
Long Island Racquetball &
Health Club
230 Osser Avenue
Hauppauge, NY 11788
Frank Alvarez 516-231-3322

April 14-16

Montana State Singles
The Courthouse
3821 Stephens, Box 4365
Missoula, MT 59801

April 14-16

Wyoming State Singles
Teton Athletic Club
911 Flag Drive
Riverton, WY 82501
Andy Boshard 307-856-5424

April 14-16

3rd Annual What A Racquet
What A Racquet Athletic Club
2945 Junipero Serra Blvd.
Colma, CA 94015
Dave George 415-994-9080

April 15

Senior Circuit Tournament
Racquetball World
Santa Ana, CA
Scott Winters 714-961-0400

April 21-22

State Doubles Championships
Racquetball International
Route 302
Windham, ME 04062
Leesa Smith

April 21-23

WRA State Juniors
Racine Racquetball & Fitness
1320 Warwick Way
Racine, WI 53406
Carol Pellowski 414-251-1420

April 27-30

Intertel/Michelob Pro/Am
Racquetworld At Inverness
374 Inverness Drive South
Englewood, CO 80112
Dirk Zeller 303-790-7777

April 27-30

Minnesota State Singles
Burnsville Racquet & Swim Club
14600 Burnhaven Road
Burnsville, MN 55337
MSRA Board 612-722-7321

April 28-30

INSRA State Singles
Greenbriar
1275 W. 86th Street
Indianapolis, IN 46260
Mike LaBonne 317-255-7730

April 28-30

Merced Spring Classic
Merced Racquet Club
P.O. Box 2944
Merced, CA 95340
Brad & Clarita Parra
209-722-3988

April 28-30

Round Robin Jubilee
Sports Courts Health Club
4812 S. 114th Street
Omaha, NE 68137
Penny Missirlian 402-339-0410

April 28-30

Seminole Sertoma Smash
Suncoast Athletic Club
2147 Pine Forest Drive
Clearwater, FL 34624
Mark Stauderman 813-531-8933

April 28-30

West Virginia State Singles
West Virginia Racquet Club
137 Waddles Run Road
Wheeling, WV 26003
George Frazier/Faye Shaffer
304-242-5688

April 28-30

6th Annual Sierra Slam
Incline Court House
880 Northwood Blvd., Box 4107
Incline Village, NV 89450
Marcy Tiexiera 702-831-4212

May 4-7

New Mexico State Doubles
Tom Young's Athletic Club
2250 Wyoming Blvd.
Albuquerque, NM 87112

May 4-7

Sporting Club Invitational
Denver Sporting Club
5151 S. DTC Parkway
Englewood, CO 80111
Ron Butts/Patti McCurry
303-399-3050

May 5-7

American Cancer Benefit
Courts Plus
P.O. Box 1371
Jacksonville, NC 28541
Jan Stelma 919-346-3446

May 5-7

California Cooler Open
Quail Lakes Athletic Club
2228 Canyon Creek Drive
Stockton, CA 95207
Dave Ellis/Frank Bowden
209-951-3795

May 5-7

Michigan Super Seven Finale
Davison Racquet &
Fitness Club
G-2140 Fairway
Davison, MI 48423
Jim Hiser 313-653-5999

May 5-7

New Jersey State
Residences Only
Racquettime Fitness Center
168 Franklin Turnpike
Waldwick, NJ 07463
Lisa Gaertner 201-447-6565

May 9-13

Sports Mall Open
Sports Mall Metro
50 So. Main Street
Crossroads Place
Salt Lake City, UT 84144
Rick Strout 801-328-3116

May 12-14

La Cancha Lite Beer Open
La Cancha Racquetball
Health Center
1850 Soscol Avenue
Napa, CA 94558
Sharon Munch/Ken Cummings
707-252-8033

May 12-14

WVRC Spring Club
Championship
West Virginia Racquet Club
137 Waddles Run Road
Wheeling, WV 26003
Nora McGee 304-242-5688



AARA Board of Directors 1989 Elections

*Elections for positions on the AARA Board of Directors will be held between now and May. To cast your vote, please review the following statements by the four candidates, then indicate your choice of **three** representatives to serve on the Board. To validate the ballot, you must complete the address section and sign it, then mail it to the national office to be counted.*

Rene (Penley) Carnahan

8757 Jamey Court
Powell, OH 43065
(614) 766-1924 (H) or (614) 889-7698 (W)

Qualifications And Past History: Rene Carnahan has been the racquetball programmer at Sawmill Athletic Club in Columbus, Ohio since October 1985. Rene is on the Board of the Ohio Racquetball Association.

Rene has demonstrated her commitment to the sport of racquetball by promoting participation at all ages and levels in a consistent, professional atmosphere. With an emphasis on the Junior Team, she has increased their participation twelve-fold. This increased involvement has created more enthusiasm for the sport throughout the area.

In her years of successful programming, Rene has organized an average of 12 tournaments a year, involving an average of 300 participants per tournament. The most notable was the 1987 Junior Nationals. Rene planned and executed the most overwhelmingly successful Junior National Tournament. In a letter sent to Rene from Luke St. Onge, AARA's Executive Director, he remarks: "I am sincere when I say that we have run over 50 National Championships these past years and none of them can compare to the overall professionalism and success of this years Juniors. This accomplishment is directly attributable to your vision, caring, and commitment to the future of our sport and the direct involvement in the Junior development."

Why Do I Want To Be On The Board Of Directors: I would like to contribute the vision and the excellence I have seen at Sawmill Athletic Club, and to become a resource to help build the sport in other clubs. The experience I have gained by organizing

the 1987 Junior Nationals has been invaluable. I would like to take the insights that I have gained from that experience to the Board and to other racquetball programmers.

I believe that it is important to continually promote the sport by creating a professional atmosphere and bringing new people of all ages into participation while maintaining a positive competitive atmosphere. I would encourage bringing the whole family into this life-long sport.

Another key role of a Board member is to be a liaison between the players and the Board. I would welcome the opportunity to be committed to that task. I can see the need in areas such as the development of good referees to ensure the consistency of the sport. Also, to get all tournament information and applications to all clubs way in advance of the event.

These are just a few of the reasons I would like to serve on the Board of Directors of the AARA. I believe that my education, experience and professional commitment to the sport of racquetball have given me the necessary skills to be a productive addition to the AARA Board of Directors. ○

Otto Dietrich

4244 Russet Court
Lilburn, GA 30247
(404) 523-5950 (W) or (404) 972-2303 (H)

Qualifications And Past History: Otto possesses unusually high levels of experience, knowledge and dedication concerning the sport of racquetball.

Last May, Otto was appointed to the National Board of Directors and was chosen unanimously for the office of National Rules Commissioner. Otto has been an AARA member for 14 years. In 1976, he organized the Korea Racquetball Association and directed its activities for 4 years. Since 1982 Otto has served as a state director in Georgia.

Otto has served on the AARA National Rules Committee since 1982 and presently is the Rules and Referee Commissioner for Florida, Georgia, North Carolina and South Carolina.

Otto helped write the current WPRA rulebook and edited the 1988-89 edition of the AARA Rulebook. He also authored significant

portions of the National Referee Certification Examination, and has written several articles for National Racquetball, International Racquetball, Handball and various local publications.

From January through September 1988, Otto attended 17 tournaments in 6 states and refereed 331 racquetball matches — including the U.S. National Singles which was televised to about 28 million homes.

Want to know more about Otto's qualifications? Well, just "Ask Otto" or if that's not possible, just ask any of the following racquetball notables about him: Adams, Bevelock, Casio, Dubolsky, Ganim, Hiser, Hogan, McKinney, Obremski, Rasmussen, Roberts, St. Onge, or Yellen.

Why Do I Want To Be On The Board Of Directors:

I want to play a very active role in shaping the future of racquetball. This sport is on the verge of being recognized by the International Olympic Committee. For us to reach that goal will require a team of persons each of whom are uniquely qualified in various aspects of the sport.

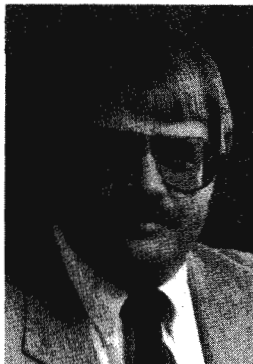
A friend once remarked that at the heart of every sport are the rules by which it is played and the referees who see that the rules are followed. Rules and refereeing may not be very glamorous subjects, but no one can deny that they are both vitally important to ensuring fair competition by all participants. My longstanding involvement and interest in racquetball rules and refereeing has left me ideally qualified to be the person responsible for maintaining the integrity of this sport as it moves forward into the decade of the 90's and an era of truly international competition.

Your support and your vote are essential so that I can continue to serve on the Board and offer my services as the National Rules Commissioner. Please take a few moments to vote and when you do, please help to safeguard the integrity of this wonderful sport by casting your vote for Otto Dietrich! ○

Linda L. Mojer

915 N. Kentucky Avenue
Winter Park, FL 32789-4736
(407) 647-4298

Qualifications And Past History: Since becoming an active tournament player in 1980, my off-court time commitment to the sport has steadily increased to the point of finally surpassing the number of hours I spend in competition. In 1983 I became a founding member of the Florida Racquetball Association (FRA), and have continuously served as an officer of that organization since its inception (first as





secretary, currently as its president). In 1986, the FRA published its first newsletter under my direction as editor and graphic designer. The FRA News is now concluding its third full year of bi-monthly production. In 1987 I attended my first National Singles Championship and accepted the position of AARA National Media Coordinator for that event and all national championships that have followed to date. Later that same year I became the editor of the monthly "AARA in Review" section of National Racquetball. This year I was named the recipient of the 1988 John Halvorsen Award at National Singles, attended my second AARA State Director's Conference at the Olympic Training Center, acted as a tournament director for two Florida state championships, and still logged enough court hours to retain a top-ten state ranking in two singles divisions and one doubles division.



Why Do I Want To Be On The Board Of Directors: Much of the work I do on behalf of the AARA and the FRA is already closely knit with the aims of the AARA Board of Directors. My skills as a writer and communicator have already proven valuable in attaining board goals of broader outreach and higher visibility for the sport. My commitment to state and national project goals has yielded positive and tangible results, while my eight years of tournament competition have given me an eye-level view of player concerns and insights. At the same time, I feel fully capable of making a larger contribution — one that unites my conviction that racquetball is a world-class sport with my belief that any man, woman or child can learn it, enjoy it, and excel in it. This certainty, combined with experience, personal responsibility, drive and enthusiasm, convinces me that I can be an effective member of the AARA Board of Directors as it prepares to enter a new decade. O

Allan Seitelman

142 Landing Avenue
Smithtown, NY 11787
(516) 360-0979

Qualifications And Past History: Allan Seitelman is well liked and respected throughout the country. All three segments of our sport, the players, the clubs and the manufacturers have found Al to be conscientious and an excellent representative of our sport. Anyone concerned with the development of our sport would be hard pressed to find an

individual more capable of ensuring both the growth of the sport and the Association. His past track record combined with his commitment to the AARA demonstrate that a vote for Allan Seitelman is a vote that helps to solidify the growth and development of racquetball and the AARA.

Allan Seitelman began playing racquetball in 1970 and became State Director of New York in 1978. He was a major force in the transition from the IRA to the AARA. Under his directorship the membership in New York increased from 300 to over 2,400 members. The AARA deemed his efforts so valuable that they awarded him with a special recognition award in 1979. In 1980, he was promoted to the Northeastern Regional Commissioner and solidified the AARA's and racquetball's growth in that section of the country.

In 1982, he was elected to the Board of Directors and re-elected in 1986. He has served the AARA with distinction in a number of positions. He has served as a member of the Board of Directors for six out of the last seven years, as an executive officer for five years, as New York State Director for 11 years, as alternate delegate to the United States Olympic Committee for five years, as northeast junior and adult regional executive vice president for two years.

In 1983, Al Seitelman was selected as the Racquetball Sportsman of the Year to honor him for his contributions to the development of the sport. Allan Seitelman's efforts on behalf of the AARA have been a major factor in the improvement, growth and development of the Association and racquetball in general, both



at the national level and local level, from 1978 to the present.

By re-electing Allan Seitelman to the Board of Directors you would show that you support the continuation of the policies that have made the AARA the viable organization that it is today and that has allowed the sport to develop and grow as it has.

Why Do I Want To Be On The Board Of Directors: While this question could generate some complex answers, it is very simple for me to answer; I've played racquetball for over 19 years and I love the game. I loved the sport so much that I gladly dedicated my efforts to help improve and promote it. I quickly found that the more time and effort I put into the sport, both as a player and an administrator, the more I enjoy and love the sport. Racquetball has become a major facet in my life, therefore, the opportunity to continue to serve as a member of the Board of Directors as well as my other positions is a major concern of mine since there is still a great deal of work left to accomplish in order to make our Association even better.

If re-elected I bring to the Board a combination of interest, abilities, and experience that is ideally suited to helping our Association grow and develop. If you like the way the Association has been developing over the past few years a vote for me will help to ensure the continuation of this trend based on my track record as an integral part of the administration of the Association over the past ten years.

In addition to my racquetball expertise, my educational background (Masters Degree in Public Administration) and my work experience as a director of planning provide an excellent basis to serve as an officer of the AARA. If re-elected I pledge to continue to work as hard, if not harder, than in the past for the betterment of the association, to aid in the growth of our sport, and to work on having our sport accepted as an Olympic sport. O

OFFICIAL AARA BALLOT

(ONLY AARA MEMBERS MAY VOTE)

The list below consists of four (4) candidates of whom only three (3) may be selected. Checking three (3) selections only and then clip and mail the ballot to: **AARA, 815 N. Weber, Suite 203, Colorado Springs, CO 80903.** Note: All ballots must be received by midnight, May 5th, 1989 in order to be eligible. Those selected will serve a three (3) year term commencing in May, 1989.

☐ RENE CARNAHAN
☐ OTTO DIETRICH

☐ LINDA MOJER
☐ ALLAN SEITELMAN

Signature _____

Affix mailing label here
to validate the ballot:

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