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MAGAZINE - July-August 1993 - \$4.00

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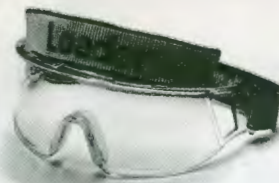
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Photo: John Foust

FROM THE EDITOR

By Linda Mojer

Well, it was bound to happen ... but why on one of our most attractive covers? A major mix-up, an inexcusable error, and a monumental case of mistaken identity. Now, most of you probably didn't catch it, but once we did, it stood out like a sore thumb.

Positioned at the right of Joe Sobek on the May/June issue cover you'll see pictured a very handsome gentleman who is *not* Bill Schmidtke. It's 1968 national champion Bill Schultz, rendered from the photograph reproduced below. The *other* player is the *real* Bill Schmidtke, and we couldn't be more embarrassed for not catching the error before we went to press.

The original photo, with a confirmed sighting of Larry Lederman in the center, reads "2nd, Schmidtke, of Madison (left of Larry)." Now is that his left or our left? We published the photo in the March/April issue and even then the only sure thing was that Larry Lederman was in the center...



The artist is revising the original artwork, which will become a part of the national office archives, and we'll have a special rendering done for Mr. Schmidtke. But in the meantime, my sincerest apologies go to Hall of Famer Bill Schmidtke, for the purely unintentional slight.

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contents

FEATURES

National Singles & Silver Anniversary 14

Junior Olympics 20

Time Capsule: 1978-1982
by Rebecca Maxedon 11

PROfile Tour Highlights
Tournament of Champions 24
Grand Nationals 26
Swain takes Memphis & L.A. ... 28
Tour Update 30
WPRa Nationals 33
Gould wins in L.A. 34

DEPARTMENTS

Reader Forum 4
Industry News 8
PROfile 24
National Rankings 70
Sanctioned Event Calendar ... 36

INSTRUCTIONAL

Ektelon's Coburn & Guidry 38
PARI Tip 42
America's Most Wanted 44
Elite Total Training 46
SAQ Training 49
PARI News 50
What's the Call 53
Psychology & Racquetball 54

COLUMNS & NEWSBRIEFS

Insight 55
AARA Newsbriefs 56
RB: Global 59
Tournament Circuit 62
RB: People 66

ON THE COVER

Another Modarelli original, depicting 1993 national singles champions John Ellis and Michelle Gould.

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JULY-AUGUST
1993



reader forum

ALL FIRED UP

I played racquetball a little in law school with a classmate, Mike. He kept playing after we graduated and I drifted away from the game until last November, when Mike moved back to Milwaukee. We've been playing two or three times a week since November and by early January we thought we were getting pretty good so we entered a tournament. Mike said he had played competitively with some "B" players over the past few years, so we entered the "B's." Both of us got slaughtered in the first game and the consolation match.

Despite getting our butts kicked, we talked with the other players, watched, learned and took our new ideas back to practice. Toward the end of February we were proud of the progress we had made. Our shots were consistently lower and harder, plus we were simply playing smarter and learning to use the corners and ceiling as weapons.

By late February Mike and I were playing almost equal racquetball. My skills had caught up to his and the games were fun because they were always so close.

When the next tournament came up in late February, our shots were pretty crisp and low. We entered the "C's" and both won our first three matches before losing in the quarterfinals. Then we really had racquetball fever. After the matches, we socialized with other players, who all had a great attitude about the game. Since I was still using the same old racquet I had used six years earlier in law school, some of the guys at the tournament gave me some good-natured guff about my old "steel" racquet!

Then I switched to an oversized. The frame feels very comfortable and even though it's much bigger than my old racquet, it's still lighter. I get a lot more power out of it and my control has surprised me. I've been cracking my forehands and backhands. Unless I need a defensive shot to the ceiling, I'll try to wait to hit the ball until it's below my knees and I've gotten pretty good at a real low shot in the front corner. As a matter of fact, my play has improved to the point where Mike is no longer even close in our matches. I've gone 6-0 in matches with the new racquet and 23-5 in games, including the last nine games in a row!

We're both signed up for another tournament in a couple of weeks and I'm pretty fired up. I figure I'm going to surprise some "C" players. And I won't have to take anymore guff for having an ancient racquet.

I'm glad to have been turned on by the sport and my goal is to become a strong "B" player by the time next season rolls around.

Todd A. Koenig
Milwaukee, WI

MEMORY LANE

In the summer of 1967 I was invited to play handball with my macho cousins at a local college. The courts were four wall, concrete floors, 12 foot high back wall, a partial ceiling at the front wall and 3/4 open air. After my handball experience my hands ached for a week, but I fell in love with the game style, strategies and angles.

Within weeks (after my hands stopped hurting) I was shopping in a United Sporting Goods store

and spotted a solid wood paddleball racquet. I thought to myself... if I would play handball with a racquet, my hands wouldn't hurt. So I bought two racquets and headed to the courts with an old tennis ball.

The tennis ball was heavy and slow, so I did some experimenting with other balls, like a golf ball, super ball (three bounce rule) and the "Pinkie." Needless to say, I fell in love with racquetball!

But there were problems: the racquet would slip out of my hand, so I added a water ski rope loop for the wrist and nailed it to the bottom of the racquet. I also added white medical tape to the handle for a better grip and after a while I used a baseball batting glove as well. Partners were also hard to find -- I would have to explain the rules every time, so I ended up playing my sisters the most. I was also chased off the courts by the maintenance department because they thought I would damage the walls with my racquets.

The first stringed racquet (wooden frame) came out approximately six months later. I remember saying, "only wimps need strings." I stayed with my paddles, but I did drill holes in them so I could swing faster. Within another six months I bought my first stringed aluminum racquet (Voit) and a can of black racquetballs. The rest is history.

Now 26 years later, I'm still playing three days a week and the last time I looked the old handball courts are still standing.

Skip Deal
Woodland Hills, California

IRRITATED

This is the first time that I have written to the editor after 15 years of playing racquetball, 13 years competitively. I must admit that in all of these years, I have seen a lot of racquetball, most of it good but some bad enough to leave one with a bad impression of the sport.

At a recent regional qualifier, I witnessed a few acts which I felt I needed to voice my opinion about. First of all, I don't know where this started, but I hadn't seen it in before -- the receiver, while waiting for the serve, glances down at her (I've only seen women do this so far) watch as if timing her "10 seconds." As a certified referee, I appreciate the player demonstrating their knowledge of the "10 second" rule. But, as a player, I find this action very tacky. The first time I saw this was when my opponent in the regional age group division did it. It did not "bother" me other than thinking how stupid it looked.

Secondly, I was told that the same player made a racist remark concerning me after the match to the group watching outside the court. I did not hear the remark as I was still in the court, but was later told about it. For me, these actions were the most obnoxious displays I have ever witnessed, by males or females, in my 15 years of racquetball.

Ann B. Hemphill
Fosters, Alabama

FORUM: WHERE TO FROM HERE?

Since 1989, Michelle Gould has breezed into the national amateur women's open singles finals, then won them decisively, in straight games. Her performance on the women's pro tour, where she plays many of the same opponents, has been the same. It's clear that she, and several other elite women racquetball players, have reached a plateau in their competition.

If not against one another, where will these women be able to test and improve their skills in the coming years? Should they be permitted to play in men's open events, where they will need to become much faster and stronger in order to compete? It's against the rules in regional and national events, but should specific waivers be granted under special circumstances? Who stands to gain, and who to lose, if cross-gender competition becomes the norm?

So, what do you think? I expect that many of you will have strong feelings that you'll want to express about this issue.

Please address all correspondence to "Reader Forum," RACQUETBALL Magazine, 815 North Weber, Colorado Springs, CO 80903-2947, or fax to 719/635-0685.

RESPONSE

My letter to you is concerning two letters in the May/June issue, "Tournament Cost" and "Why Sandbag?"

First, to the player who wrote in about tournament cost. I would like to reply that it's been my experience that tournament players don't enter a tourney for the money or necessarily a trophy. They're in it for the competition first and the prize second. For a player to go to and play in a weekend tournament, have fun, and break even sounds pretty good to me.

If on the other hand, a club needs to offer more prize money to attract a player (who will draw more people into the club to see

his/her matches) who may have farther to travel, then the entrants would probably be charged a higher entry fee. That is where the money comes from anyway! Pros would be another story ...

The argument about sandbagging had a good point about incentives, in the form of numerical ratings. I for one would be in favor of such a system and would like to see AARA develop something, or explain why it would not work.

Monte A. Dunn
Oklahoma City, Oklahoma

P.S. I also liked the article on how to develop quick feet. Anything to give me an edge, especially over those who don't join the AARA or get RACQUETBALL Magazine!

READER FORUM

SPALDING RESPONDS

I recently received the March/April issue of RACQUETBALL Magazine with the proposed rules changes. Although I agree with the basic concept of penalizing someone for intentionally breaking the rules of the game, I have always considered racquetball players to be a generally honest group. In a match I think most of us are willing to replay a point that might be in question. If someone is using an illegal racquet, my first assumption would be that they didn't know it was illegal.

As part of my job at Spalding, I am responsible for evaluating the competition. I purchase racquets to evaluate and record weight, balance, stiffness, durability, string tension performance and length. For almost every leading model on the market, designed to have a length of 21", I have found racquets that are over the maximum. Some of the racquets may be only 1/16" or 1/8" too long, but still must be considered "illegal." These racquets may be too long due to a factory tolerance or

due to distortion to the frame from stringing.

Any rule change that is made should keep in mind that there are a lot of racquets out there that people may not realize are "illegal." If the penalty is to be as severe as that listed in "Option B," this rule must be applied equally to racquets that are "21 - 1/32" as well as racquets that are "22". This could lead to a lot of upset racquetball players.

My proposal for a rule change would be that when a player questions the length of a racquet of an opponent during a game:

1) If the racquet is found to be illegal, then that person is charged a time out and a loss of point. The player with the illegal racquet may ask, in turn, to have their opponent's racquet checked without loss of an additional time out.

2) If the racquet is found to be legal, the person questioning the legality of their opponent's racquet is charged a time out.

Again, the player whose racquet is questioned, may ask to have their opponent's racquet checked without loss of a time out.

3) An additional check of racquets for legality would follow the rules of the first checking, except that if a player is found to be using an illegal racquet for the second time they would lose the game in process.

4) A third offense would result in a loss of the match.

I think the possibility that the person requesting the racquet check may be charged a time out and that their racquet may be checked as well will eliminate constant checking of racquets and keep the game moving. An option might be to allow players to check their opponents racquet at the start of a match without recrimination.

Brian P. Feeney
Spalding Racket Sports

[Editor's Note: Refer to the "What's the Call" column on page for the final determination on rule changes for the coming year.]



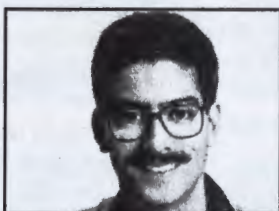
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Since 1977, Dr. Fareed has been in private practice in Santa Barbara,

California. In 1984, he served on the Medical Advisory Committee to the U.S. Olympics, and he has been an orthopedic consultant to members of the U.S. Davis Cup Team. In 1991, Dr. Fareed served as the physician for the L.A. Volvo International Tennis Tournament.

Manufacturer's suggested retail price for the band is \$19.95. For further information, please contact Darrell Hamilton at: 310/657-8260. Fax: 310/657-2954. Consumer: 800/676-1550.

ANOTHER FLORIDA RESIDENT CLAIMS FREE RACQUET

It could be something in the water, or just that more Florida racquetball players entered the contest. Whatever the reason, Larry Singer of Ocoee, Florida is the third Florida resident to win a free racquetball racquet in Ektelon's year-long Eminence Sweepstakes! Over the last ten months, one lucky racquetball player per month won a free Eminence Graphite RTS oversize racquet, to celebrate the introduction of the new flagship frame.

A PICTURE IS WORTH A THOUSAND WORDS

Until the AARA developed its elite training camp in the mid '80s, racquetball lagged behind tennis, golf and bowling in teaching sophistication. Now another area of innovative instruction is on the horizon with the everyday player's use of videotape analysis.

Often, private instructors struggle to communicate a point only to find that 15 minutes in the video room would have saved five hours of on court frustration for the student. With "visualization" today's

buzzword among sports psychologists, it is surprising that videotape analysis is not a more common tool. What better way to visualize your shot or positioning than by seeing it on instant replay? Not only is video analysis critical to correcting errors but also to reinforcing strengths.

The "Video Clinic" is a new program offered by Aaron Katz, in which the player can receive personalized video instruction without going to a racquetball camp or as a supplement to the camp experience. A videotape of

yourself playing is analyzed and returned to you with a voice over, explaining what you are doing right and wrong. At the end of the 20 minute playing/analysis segment, Katz adds a taped clinic which reviews what was addressed along with recommendations for improvement. A written critique is also included when the tape is returned, giving the student a long term resource and reference in analyzing games on a continuing basis.

Golfers, baseball players, tennis players, bowlers — all utilize videotape as an integral part of

their long term improvement. Teaching pros throughout the country have also made their jobs much easier and more efficient through the use of video analysis.

So whatever your choice — a racquetball camp, private instruction with your club pro, or the Video Clinic — see what video instruction can do for you. You might see why a picture really is worth a thousand words.

For more information about Video Clinic, contact Aaron Katz at 214/392-1500

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Penn Racquet Sports launched its exciting new glove line just in time for the important outdoor season. Six new models are designed to enhance a player's performance and comfort on the court. The new models have adjusted sizing for better fit and comfort, and are available in pro shops, sports specialty shops and sporting goods stores.

The Penn Tac has unique digitized leather, the Tackified features tackified leather across the palm and first two fingers, and the Tournament Select offers a super thin cabretta leather. The Cabretta Leather has a lightweight mesh back with an opening between the fingers for ventilation, the Cross Sport offers a powerknit back and leather band across the knuckles for protection, and the Court One has two-way stretch nylon.

TRANSITION EXPANDS ADVISORY STAFF AND RACQUET LINE

Transition Racquet Sports announced a new commitment to amateur and grass roots development of racquetball. TRS President John Hooghe announced recently that it will open up its advisory staff program for the '93-'94 season. "We would like to help out more teaching pros in various parts of the country," Hooghe said. Clinics will also be done throughout the U.S. and Canada with touring pros Cliff Swain and Dave Johnson of the International Racquetball Tour to inspire grass roots development.

At the same time, Hooghe announced that TRS plans to break into the squash, tennis and badminton industry in a big way. Transition frames will be offered in four models for each sport, all using the TRS cross laid carbon fiber process.

Advisory staff applicants may contact Lisa Houston at 614/457-4076. New product information is available by calling 1-800-473-4425. Both lines are open Monday through Friday, 9:00 am to 5:00 pm.

B SPORTS USA GETTING A GRIP

B Sports U.S.A. is a '90s company that began thinking of athletics, then thinking of an evolution for athletes. At B Sports they have developed a racquet wrist strap which they feel will enhance the racquetball player's ability to gain that "one point advantage."

The strap leaves the racquet free spinning with no entanglement, yet close to the hand, allowing you to grip using the index finger and the heel of the hand for quick recovery and less fatigue. Even when released, the strap keeps the racquet from extending any further than needed for backswing. The racquet can easily be held firmly with little effort. B Sports plans to market the strap in the fall. For more information, call Ben Montoya at 303/224-5038.



TIME CAPSULE:

1978-1982

By Rebecca Maxedon

1978

In 1978 the IRA celebrated its tenth anniversary, reorganized at the national singles in Denver, Colorado and Luke St. Onge was named Executive Director. At the same time, *RACQUETBALL Magazine* changed its format and gained a new look. In his speech to the membership President Bill Tanner stated, "During my last visit to New York two weeks ago, I played at the Manhattan Squash and Racquet Club and was told that the 'boom is on.' Racquetball is one of the fastest growing and most enthusiastically received participation sports ever to hit that city."

In the men's open division that year Dave Peck, a newcomer to adult competition, was defeated by Canadian Lindsey Myers, in straight games of 21-7, 21-13. Hope Weisbach of Arizona, also a newcomer, beat Jamie Abbott of Montana for the women's open crown in a tiebreaker, 20-21, 21-17, 15-13.

Marty Hogan defeated Charlie Brumfield 21-17, 21-7 in the men's pro division, while the women's pro final went to a tiebreaker, with Shannon Wright defeating Janell Marriott 21-13, 19-21 and 15-10.

The 10th Annual IRA National Doubles were held at Capital Court Club in Sterling, Virginia. Men's open competition saw the team of Jeff Kwartler and Dave Peck triumph over Randy Stafford and Gary Stephens 21-4, 21-20.

In the women's open round-robin Fran Davis and Elaine Lee beat Bonnie Stoll and Mary Dee, then Carol Frenck and Andrea Katz. The play was so close that at times, it was thought there might be a three-way tie. Davis/Lee dropped the first game 21-11, but battled back to win game two 21-18. In game three Stoll and Dee went down 15-1. The second final match for the team also went to three games with Davis and Lee ultimately winning over Frenck and Katz 15-8 in the tiebreaker.

Future Hall of Famers Jim Austin and Charlie Garfinkel were lined up for a final, but Austin looked unhappy prior to the match. When asked about his disposition he replied, "I'm in a terrible predicament. If my partner Charlie Garfinkel and I lose the finals, we naturally lose the championship. Even worse, if we win, then I'm stuck playing with that big goofball for another year!" They won.

1979

The IRA adopted an open ball policy, a clear indication that racquetball had come of age as an American sport. The policy opened the door for manufacturers to climb on the bandwagon with the introduction of new balls. As long as a ball met the minimum requirements of the IRA, it could be used in any sanctioned event. No longer were players and tournament directors restricted to a specific ball for tournament play.

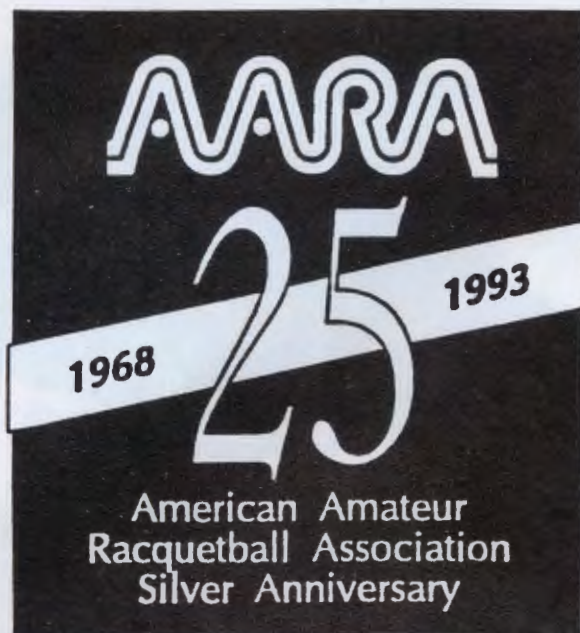
Outdoor three-wall play became more popular in warmer climates as competition for court space became fierce.

The national singles were held in Las Vegas and could have been mistaken for a juniors competition. By the semifinals, Larry Fox, a 19-year-old Michigan University freshman was the "old man" in the round! Open winner John Eggerman of Boise, Idaho had won the junior nationals the year before. He defeated Scott Hawkins of Santa Clara, California, that year's national boys 17 and under division champion, 21-17, 21-7.

The women's open was won by Sheryl Ambler of California who beat Fran Davis in game one of the finals 21-11 and was defeated in game two 21-19 with Ambler overpowering Davis in the tiebreaker 15-4.

The American Amateur Racquetball Association is born!

Continued ...



The historic name change, from the IRA to the AARA, occurred on October 17 at the board of director's meeting in Oklahoma City. Executive Director Luke St. Onge announced that the sport was growing internationally and that the International Amateur Racquetball Federation had been established with 13 countries as charter members.

At the 11th annual national doubles championships, three hundred entrants met in 13 divisions. Defending open doubles champion Jeff Kwartler teamed up with fellow Houston resident Mark Malowitz to defeat the Oklahoma team of Ken Smith and Kevin Chambliss 21-13, 21-10. In women's open play the team of Nancy Hamrick and Diane Green defeated fellow Floridians Debbie Drury and Dee Lewis in two close-fought games, 21-18, 21-15.

1980: A New Decade

Bold plans were underway to get racquetball on television. Some isolated public channels had broken ground by televising events like the Idaho Open Pro/Am the year before and talk of expanding the broadcasts was growing.

1980's national singles championships were held at the Sportrooms in Coral Gables, Florida, where Ed Andrews of San Diego, California took the men's open title, defeating Mike McDonough 21-15, 21-4. At the board of director's meeting held in conjunction with the event, Keith Calkins was elected President of the AARA. Han van der Heijden of Holland became president of the IARF.

In women's open play Carol Frenck, a 32-year-old physical education teacher from Newport News, Virginia, surprised everyone by winning two national titles - the women's open and women's seniors 30+ divisions. In the open finals Frenck defeated Cindy Baxter of Lewistown, Pennsylvania 21-15, 21-20. In the women's seniors 30+ Frenck outplayed a tough, but fatigued Linda Siau of Arizona, 21-11, 21-2.

In this year racquetball went worldwide with the announcement that the inaugural World Games had selected racquetball as one of the exhibition sports to be featured at its first competition in Santa Clara, California.

The Playoff Racquetball Club was the setting for the AARA's twelfth annual national doubles championships. In men's open play the defending national champions, Jeff Kwartler and Mark Malowitz of Houston successfully defended their title defeating two Mikes ... Luciw and Romano. The scores were 21-17, 21-11.

Helen Burden was cat-sitting that weekend, so her usual partner, Karen Borga of New York, teamed up at the last minute with Mary Ann Cluess of New Jersey and the two took the women's open title. They defeated the Massachusetts team of Cindy Alba and Janet Simon in a two and a half hour thriller, 21-17, 18-21, 15-13.

1981

The AARA committed to the expansion of junior and intercollegiate programs, as well as introducing the sport to the international community in a big way through World Games I.

The Court House in Boise, Idaho hosted this year's national singles championships. Defending champion Ed Andrews was successful in keeping the crown, defeating Larry Fox of Ohio in straight games of 21-11, 21-12. Both had their eyes on the World Games at that point.

The final showdown in the women's open division saw Lydia Emerick of Colorado facing off against future Hall of Famer Cindy Baxter. Baxter powered her way past Emerick to win the championship 21-3, 21-8.

The World was introduced to racquetball on August 1 and 2 in Santa Clara, California as the first group of racquetball players competed internationally. The United States team — comprised of such notables as coach Dr. Bud Muehleisen, Ed Andrews, Larry Fox, Cindy Baxter and Barbara Faulkenberry — joined teams from Japan, West Germany, and Holland in the debut of the sport and brought home the gold!

In October the national doubles championships were held at the Monroeville Racquet Club in Monroeville, Pennsylvania. Ed Andrews and partner Mark Martino continued their winning ways by taking the men's open title with a tiebreaker win over Mark Malowitz and Jeff Kwartler 21-4, 14-21, 15-3.

In women's open competition the Virginia team of Carol

Freneck and Andrea Katz waltzed to an easy championship, defeating Helen Burden and Lorrie Pallas 21-8, 21-5. This was somewhat of an upset as the top seeded team of Mary Ann Cluess and Karen Borga had been beaten in the second round.

This tournament marked the first time competition was held in mixed doubles. The title went to Jack Newman and Sharon Fanning who defeated Art Diemar and Debbie Sloan 17-21, 21-11, 15-3.

1982

1982 heralded a series of changes in the AARA. The organization was accepted as a Group C member of the U.S. Olympic Committee. The rival USRA organization folded and Paul Henrickson was elected president of the AARA. *RACQUETBALL Magazine* was sold to National Reporter Publishing and match rules went from 21 to 15 points per game, with an 11 point tiebreaker.

In what would be the last year for a non-Houston national singles, the championship was hosted by McKinley Park Racquet Club in Blasdell, New York. Gene Grapes and Ike Gumer were inducted into the AARA Hall of Fame. Jack Newman won the coveted men's open title, beating Larry Fox 21-14, 21-10. In women's open competition, Florida's Diane Bullard defeated Cindy Baxter 21-11, 21-14. Over 500 participants competed in 17 divisions. The highlight of the

event was the first national wheelchair competition where Jim Letterman defeated Tony Dean 21-14, 21-9.

The national doubles championships were held at Federal Way Athletic Club in Federal Way, Washington. Taking top honors in the men's open was the team of Steve Trent and Stan Wright who defeated Dan Massari and John Mack 21-17, 21-13.

The women's field was filled with one upset after another as only the #3 seeded team of Tammy Hajjar and Beth Latini of Pennsylvania lived up to their billing. They took the championship title by beating a strong team of Kim Tiedeman and Lee Jew of Washington 21-9, 11-21 and 15-6.

Seniors and master teams that proved better than their opponents were Bill Dunn and Bill Thurman in both the 30+ and 35+ divisions, Jim Austin and Bill Schmidtke in 40+, Myron Roderick and the ever present Dr. Bud Muehleisen in 45+, Ron Thompson and Duncan Stockwell in 50+, Burt Morrow and Leo Shelton in 55+ and 60+, and Burt teamed with Les Skelton in 65+.

Women's seniors champs were Wanda Collins and Lee Jew with the mixed doubles title going to the team of Dan Obremski and Tammy Hajjar who defeated Hugh Klein and Tammy's partner, Beth Latini.

Next time - The Craze begins to Level Out!



TRADING IN SILVER AND GOLD

Perhaps it was the lure of the AARA'S 25th Silver Anniversary celebration. Or the 11th year in Houston. Or the excitement of a new U.S. Olympic Festival qualifier. Whatever the cause, over 700 players from across the country gave up a picnic weekend with the family and neighbors to flock to the Downtown YMCA in Houston over Memorial Day weekend (plus a day or two). Many had to arrive bright and as early as the Wednesday before to take courts for starting rounds in national skill and age title divisions.

Among the elite U.S. National Team contenders in the open division, #2 seeded John Ellis hoped to trade last year's silver medal for a gold one. For top seeded defending women's open champion Michelle Gould, it was the chance to pull even further ahead of the pack with a record-setting fifth consecutive open title.

Men's Open

Over 100 hopefuls filled the "dual-purpose" Men's Open qualifier, which would name four members to the U.S. National Racquetball Team members as well as qualify an additional seven participants to the U.S. Olympic Festival. The top-eight seeded men's open players received byes in the preliminary round, then got down to business in earnest later in day one. That business was "as usual" with no upsets on Wednesday — but several were on the horizon.

Earlier in the season, defending champion Chris Cole had already begun expressing concern about keeping his title. Not that he doubted his abilities, but that having 'nothing to lose' had held its advantages last year. In a stunning 1992 season, Cole had earned an unheard-of trio of titles — the Tournament of the Americas, last year's national singles and finally, last summer, the World Championships — all quite unexpectedly. He came to enjoy taking the surprise upset.

But in Houston as the defender, Cole knew that he was expected to live up to his title, and many of his fans began to take it for granted that he would come from

behind to win. The first test of that theory came in the round of sixteen from San Antonio's Lance Gilliam, who took Cole to a tiebreaker. Although Cole took an 11-4 win in the third, he commented that the imposing Texan, at 6'1" and 200 pounds, played close and didn't budge in the heat of the rally. "He's very quick for his size, and I'd go for a shot and end up bouncing off him rather than getting anywhere. But I thought I could tire him out with long rallies, and luckily it seemed to work." But in the next round, nothing worked.

A long-time collegiate player known more for his doubles prowess at both Southwest Missouri State University and Memphis State, Michael Engel of Bethesda stunned his opponents early on. In his second round, he defeated U.S. national team member and strong left-hander Bill Sell in straight games of 15-4, 15-8. Next up came Tony Boscia of Denver, who also went down in two, 15-8, 15-11. In the round of sixteen, Engel slowed up a bit against a second lefty, Todd O'Neil, who forced him to a close 11-9 tiebreaker. Facing the team qualifying round and world champion Chris Cole, Engel was prepared.

"For some reason, I thought I was going to be in Ellis' side of the draw, so when a friend of mine sent me the tape of last year's final between Ellis and Cole I watched it three times a day for the last three weeks," said Engel. "I felt like I knew

The 1993 Ektelon AARA U.S. National Singles Championships, sponsored by Penn Racquet Sports, was the largest ever, drawing a total of 715 athletes to the Downtown YMCA in Houston over the Memorial Day weekend. With the majority of players entered in two divisions, over 1300 starting matches were scheduled -- not to mention subsequent rounds and the marathon consolation divisions.

A total of 29 divisions were played out, including the men's and women's open U.S. Team and U.S. Olympic Festival qualifier. Non-championship "A" divisions were among the largest, while wheelchair and deaf athletes battled it out in smaller groups, but with no less enthusiasm.

In medal count, only eight division winners successfully defended 1992 titles -- including Michelle Gould, whose five consecutive women's open division titles set a record not soon to be broken. Former pro Dave Peck couldn't hold on to both of his titles from last year, but did keep the Men's 35+. Jimmy Lowe, last year's 25+ champion, was the culprit in the 30's, moving up a notch in age division play. Johnny Hennen and Ron Galbreath were tenacious in keeping their 45+ and 50+ crowns, respectively, along with several mature players who had moved into new age divisions for continued title sweeps.

Cheryl Guidinas and Kersten Hallander held onto their respective 19+ and 25+ titles, as did Sharon Hastings-Welty in Women's 50+ and Jo Kenyon in the 60+. Kenyon also reclaimed her title in Women's 55+ after a three year run of bad luck against long-time rival Kathy Mueller, along with Agatha Falso, who also reclaimed the 45+ crown from two-time defending champion Gerri Stoffregen. Susan Morgan-Pfahler moved up into the Women's 35+ to take her first title in the new division,

First time national titlists in men's division competition were Jeff Evans in Men's 19+, Chris Wright in 25+, Tom Travers in 40+, Rex Lawler in 55+, Joe Lambert in 65+ and Nick Sans in 70+. For the women only one newcomer burst into the ranks, Laura Fenton in Women's 30+.

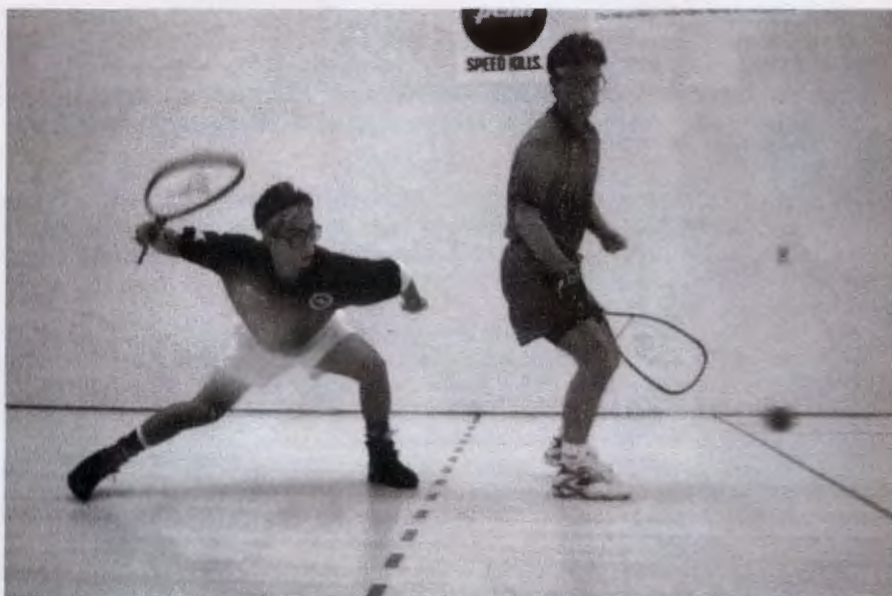
every serve he was going to hit. I could tell whenever he got ready to hit the splat -- so I'd move up."

The plan worked consistently over the two games, 15-7, 15-10, and Engel credited a newfound mental toughness for his advance and claim to the U.S. team spot. In fact, Engel was focused enough to win an extra point in the second game after receiving a technical for serving without checking his receiver. He actually began the second game at -1 to 0.

"My mom and dad always told me I could win, when nobody else believed I could. I've wanted to be on the U.S. Team since I was eight years old -- I still can't believe it."

After taking Cole's team spot, Engel's edge crumbled against Michael Bronfeld who denied Engel a shot at the title in straight games of 15-9, 15-7.

Rising from his #2 spot, John Ellis refused to be taken to a tiebreaker until the semifinal where he went up against former national champion Tim Sweeney. Although Ellis opened the match with an ace serve, Sweeney then jumped to an early 9-2 lead with some service aces of his own, leading to a 15-8 win in the first game. Down 11-3 in the second, Ellis called on his powerful serve again, with success, as he ran off two, allowed Sweeney one more point, then proceeded to ace a series of seven drives to the backhand to give him the



Ellis winds up on a powerful forehand as Bronfeld looks on.

Photo: Scott Liparelli.

lead at 14-12. Seeming a bit dazed, Sweeney was unable to recover and win one more rally but it was too late and Ellis closed out the second game 15-13. In their tiebreaker, John scattered another five aces into the mix, including the final serve for the match win, 11-3.

In the final, it was old home week between neighboring Californians John Ellis and Mike Bronfeld, who play against one another regularly in local tournaments and often team up for doubles. They had played two weeks earlier, and planned to attend another California tournament the following weekend.

"We know each other's game pretty well, we both just serve and shoot and don't take much time in between" commented Ellis before the match. "but there are times when he wins and times when he kills me. It could go either way."

"I've got to return his serve — that's the big key," observed Bronfeld, "then I'll use my quickness and probably hit a lot of cross court shots."

Apparently a little overexcited in their final, Ellis skipped his first serve of the match. But Bronfeld did the same before the two settled down and broke their first ball at 1-1. From there

is was all diving, splatting, the occasional ace serve, towel breaks and appeals until Ellis took game one 15-6. With six aces in the first game and five in the second, including one to take him to match point, Ellis dominated on drive serves while Bronfeld successfully worked a jam serve into Ellis' body for several points — but not quite enough to go to tiebreaker. Narrowly avoiding a third game, Ellis closed out the second game at 15-13 for his first adult national singles title.

Women's Open

From a familiar vantage point, top seeded Michelle Gould advanced through a series of straight game matches to reach her final with no one opponent earning enough points to win a single game. Robin Levine came the closest with a total of 13 points in their match, but the effort left her bruised and battered. Gould, however, had nothing more than an oddly-



Michelle Gould prepares a backhand against Tanya Spangler.

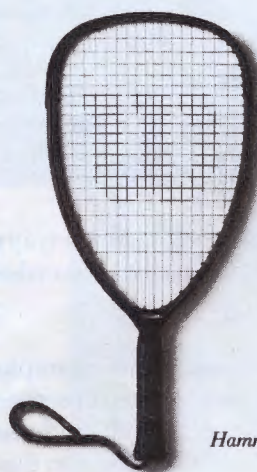
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MEN'S OPEN: Round of 16

#1 Chris Cole	def.	Lance Gilliam 8-15, 15-6, 11-4
Michael Engel	def.	#8 Todd O'Neill 15-11, 5-15, 11-9
#5 Mike Bronfeld	def.	Vince Kelley 15-11, 15-4
Scott Reiff	def.	#4 Doug Ganim 15-9, 15-5
#3 Tim Sweeney	def.	Jeff Evans 15-9, 15-5
#6 Dan Fowler	def.	Joel Bonnett 15-12, 15-6
#7 Tony Jelso	def.	Joey Paraiso 15-9, 15-12
#2 John Ellis	def.	Sudsy Monchik 15-7, 15-12

Quarterfinal (U.S. Team Qualifier)

Michael Engel	def.	#1 Chris Cole 15-7, 15-10
#5 Mike Bronfeld	def.	Scott Reiff 15-7, 15-7
#3 Tim Sweeney	def.	#6 Dan Fowler 15-9, 11-15, 11-5
#2 John Ellis	def.	#7 Tony Jelso 15-12, 15-11

Semifinal

#5 Mike Bronfeld	def.	Michael Engel 15-9, 15-7
#2 John Ellis	def.	#3 Tim Sweeney 8-15, 15-13, 11-3

FINAL — John Ellis **def.** **Mike Bronfeld 15-6, 15-13**

WOMEN'S OPEN: Round of 16

#1 Michelle Gould	def.	#16 Marci Lynch 15-6, 15-2
#10 Tanya Spangler	def.	#7 Molly O'Brien 15-5, 13-15, 11-9
#5 Robin Levine	def.	#12 Ellen Crawford 7-15, 15-8, 11-4
#4 Kaye Kuhfeld	def.	#13 Cheryl Guidinas 15-2, 15-6
#3 Malia Bailey	def.	#14 Laura Fenton 15-7, 15-13
#6 Lynne Coburn	def.	Cindy Doyle 15-12, 15-4
Elaine Hooghe	def.	#9 Chris Evon 14-15, 15-5, 11-10
#2 Jackie Paraiso Gibson	def.	#15 Kersten Hallander 15-2, 15-6

Quarterfinal (U.S. Team Qualifier)

#1 Michelle Gould	def.	#10 Tanya Spangler 15-6, 15-2
#5 Robin Levine	def.	#4 Kaye Kuhfeld 15-11, 15-4
#3 Malia Bailey	def.	#6 Lynne Coburn 15-13, 15-2
#2 Jackie Paraiso Gibson	def.	Elaine Hooghe 15-10, 15-2

Semifinal

#1 Michelle Gould	def.	#5 Robin Levine 15-4, 15-9
#3 Malia Bailey	def.	#2 Jackie Paraiso Gibson 15-0, 15-10

FINAL — Michelle Gould ... **def.** **Malia Bailey 15-6, 15-9**

wrapped bandage to show in the way of battle-scars for her fifth consecutive, record-setting women's open singles title.

The 22-year old former junior champion currently boasts one of the most powerful serve-and-shoot games on the women's circuit, and used it to dominate the field in Houston. On the pro tour, against many of the same opponents, Gould just concluded her most successful season despite recent knee surgery that requires an elaborate taping of her left leg to restrict movement of a troublesome bit of cartilage.

"It's painful if the bandage comes off," admitted Gould, "and it's supposed to pull my leg outward to keep the cartilage in place, so I'm a little off balance as far as movement goes."

Off balance or not, Gould's strength is in her serve, as Malia Bailey was well aware. "When she's in the service box, I need to concentrate on that service return, then take advantage of the earliest opportunity to win a rally. Michelle doesn't give you any second chances."

For Malia Bailey's part, she didn't give many second chances to her opponents in preliminary rounds either, defeating each in straight games, including a surprise 15-0, 15-10 semifinal win over #2 seeded Jackie Paraiso Gibson. "Even though I was seeded third, I really didn't expect to get to the finals. I just thought if I play well, I'll be happy. The pressure for me is in playing well, not necessarily winning. For other people it's often the other way around."

Well acquainted with each other in their final, which was a repeat of several pro tour match-ups

over the past season, Gould and Bailey tested each other early on and stayed within points of one another at the start of each game. And although Gould's service game remained a major factor, the two players tied at four ace serves apiece in the two game match. As is often the case, Gould's forehand pinch and backhand cross court shots racked up the points for her, to close the match 15-6, 15-9.

Next, all four singles finalists will travel to the Netherlands in late July to represent the U.S. in the World Games, opening extra spots for U.S.

Olympic Festival players who will compete in San Antonio at the same time.

Silver Celebration

In honor of its 25th Anniversary, the AARA held its first semi-formal annual awards banquet under the direction of National Tournament Commissioner Margo Daniels, whose insistence on cocktail attire made the evening all the more glamorous. Pre-announced special awardees were Chris Cole and Michelle Gould as the Male and Female Athlete of the Year; Dave Peck as Male Age Group Athlete of the Year; and Janet Myers as the Peggy Steding Award winner for female age group athlete of the year. (See RB: People on Page 66 for surprise award winners ...)

As always, the AARA slide presentation by Dr. Jim Hiser was the highlight of the evening, with a moving look at the past 25 years of world events as well as racquetball reminiscences.

Legends Division

In another special event to celebrate the silver anniversary, a special competitive "Legends Division" was offered to players who had competed in a national championship prior to 1980. The 16-person draw quickly filled with Davey Bledsoe, Craig McCoy, Larry Meyers and Bo Champagne snatching up the top four seed

Andy Pitock of Villa Park, Illinois got his money's worth of court time by winning not one, but two, consolation divisions. The marathon man took the 30+ and 35+ consolations, which equated to eight matches in nine hours, played back to back on Sunday. In another packed division, a very thankful and exhausted Annie Muniz, Texas state association president, was the women's 30+ consolation winner, citing it as a huge personal victory.

positions. Players were treated to 21 point games, played with "original" equipment -- the older the better. Handicaps were awarded according to the age of racquets, warm-up balls and souvenir attire (and technicals given for not wearing the appropriate "dated" garb).

Jim Pruitt, longtime player from Philadelphia flew in to compete in both the regular draw and in the "Legends" division, but lost to Mark Malowitz in the second round of the Legends. Mike Wolfe played Craig McCoy in the Legends first round. Mike's claim to fame, besides a long time player, was beating Craig McCoy back in the '70s when Craig was on his way up. This time around, Craig

beat Mike and they now stand 1-1, and agreed to meet to settle the match at the 50th Anniversary in the year 2118!

Davey Bledsoe bested Larry Meyers 21-12 to win the affectionately termed "old timers" division!

NATIONAL SINGLES FINAL RESULTS

SKILL DIVISIONS

MEN'S OPEN FINAL: #2 John Ellis (Stockton, Calif.) d. #5 Mike Bronfeld (Sacramento, Calif.) 15-6, 15-13; **WOMEN'S OPEN FINAL:** #1 Michelle Gould (Boise, Idaho) d. #3 Malia Bailey (Norfolk, Va.) 15-6, 15-9; **MEN'S A FINAL:** Byron Stanley (Garland, Texas) d. Thomas Evans (Houston, Texas) 15-12, 15-5; **WOMEN'S A FINAL:** Bridget Barron (The Woodlands, Texas) d. #3 Grace Hastings (Midlothian, Texas) 8-15, 15-4, 11-8

MEN'S AGE DIVISION FINALS

19+: #3 Jeff Evans (Kirkland, Wash.) d. Jeff Stark (Redding, Calif.) 15-14, 15-14; **25+:** Chris Wright (Ballwin, Mo.) d. #8 Tony Boscia (Arvada, Colo.) 15-3, 10-15, 11-5; **30+:** #3 Jimmy Lowe (Ft. Knox, Ky.) d. Rob French (Des Moines, Iowa) 13-15, 15-9, 11-8; **35+:** #1 Dave Peck (El Paso, Texas) d. #3 Mike Anderson (Detroit, Mich.) 15-10, 15-8; **40+:** Tom Travers (Valley City, Ohio) d. #1 Dave Kovanda (Worthington, Ohio) 15-11, 15-7; **45+:** #1 Johnny Hennen (Chattanooga, Tenn.) d. #2 Jay Schwartz (Pensacola, Fla.) 6-15, 15-1, 11-9; **50+:** #1 Ron Galbreath (New Wilmington, Pa.) d. Brad Parra (Atwater, Calif.) 15-9, 15-12; **55+:** #3 Rex Lawler (Terre Haute, Ind.) d. #4 Paul Banales (Phoenix, Ariz.) 15-10, 15-5; **60+:** #3 Paul Banales (Phoenix, Ariz.) d. #1 Fintan Kilbride (Toronto, Ontario) 15-7, 15-1; **65+:** #3 Joe Lambert (Dallas, Texas) d. #1 Fintan Kilbride (Toronto, Ontario) 5-15, 15-12, 11-10; **70+:** #3 Nick Sans (Garden Grove, Calif.) d. #1 Earl Acuff (Asheville, N.C.) 15-11, 2-15, 11-1; **75+:** #2 Luzell Wilde (Centerville, Utah) d. #1 Allen Shephard (Rockville, Md.) 15-2, 15-10; **80+:** Jack Daly (Williamsburg, Va.) def. John Pearce (Waco, Texas) forfeit.

WOMEN'S AGE DIVISION FINALS

19+: #1 Cheryl Guldinas (Lisle, Ill.) d. #3 Rachel Gellman (Albuquerque, N.M.) 15-4, 15-6; **25+:** #1 Kersten Hallander (Jacksonville, Fla.) d. #2 Lorraine Galloway (Jamaica Estates, N.J.) 15-6, 15-9; **30+:** Laura Fenton (Lincoln, Neb.) d. Karin Sobotta (Erie, Pa.) 15-2, 15-13; **35+:** #3 Susan Morgan Pfahler (Jacksonville, Fla.) d. Peggy Ludwig (Cincinnati, Ohio) 12-15, 15-8, 11-8; **40+:** #5 Janell Marriott (West Warwick, R.I.) d. #2 Gerri Stoffregen (Cincinnati, Ohio) 8-15, 15-3, 11-6; **45+:** #2 Agatha Falso (Boca Raton, Fla.) d. #1 Gerri Stoffregen (Cincinnati, Ohio) 15-9, 8-15, 11-9; **50+:** #1 Sharon Hastings-Welty (Corvallis, Ore.) d. Nidia Funes (Novato, Calif.) 15-6, 15-2; **55+:** #2 Jo Kenyon (Ft. Lauderdale, Fla.) d. #1 Kathy Mueller (St. Cloud, Minn.) 15-5, 3-15, 11-9; **60+:** #1 Jo Kenyon (Ft. Lauderdale, Fla.) d. #2 Lola Marcus (Park Ridge, Ill.) 15-5, 15-6; **65+:** Mary Low Acuff (Asheville, N.C.) unchallenged

WHEELCHAIR Final: Chip Parmelley (Diamond Bar, Calif.) d. David Kiley (Diamond Bar, Calif.) 15-6, 15-11. **DEAF Final:** Jeff Eastman (New Berlin, Wisc.) d. Ron Tkachuk (West Allis, Wisc.) 15-13, 5-15, 11-10



The 1993 Ektelon AARA U.S. Junior Olympic Championships, sponsored by Penn Racquet Sports, was one of the largest ever, drawing 302 young athletes to the Athletic Express Racquet & Health Club in Gaithersburg, Maryland June 26-30. With the majority of players entered in two divisions, over 600 starting matches were scheduled—not to mention numerous subsequent rounds in the red, white and blue Olympic format divisions.

A total of 23 singles and doubles divisions were played out, including the U.S. Olympic Festival qualifiers in Boys and Girls 18 and under. Also on the line in the 18s was an invitation to the Junior Team USA training camp at the U.S. Olympic Training Center in August, and a shot at the 1993-94 team. The largest division of the tournament was the Boys 16 and under, with a full round of 64 in the starting blocks.

In medal count, only three winners successfully defended 1992 titles in the same, or older, divisions—including Rocky Carson who traded last year's 12 and under title for his first 14 and under crown, Jack Huczek, moving up from 8- to 10, and Rebecca Dolloff, who kept her Girls 10 and under crown. While many others regained titles from past years, it seems that junior competition is just too tough to allow many to earn consecutive wins.

First time national titlists were Kerri Stoffregen in Girls 18, David Hamilton in Boys 16-, Steven Klaimen in Boys 8-, Brandon Shoemaker in Boys 8- multi-bounce and Kim Irons in both the Girls 8- regular and multi-bounce.

Career tracking along Sudsy Monchik's path is Gabe Gose, who earned titles in both 8- regular and multi-bounce in 1989, followed by a win in the 10- in 91 and this year's win in 12-. Gose denied Shane Vanderson his same "run" this year by defeating Vanderson in their final. Future wins in 14-, 16- and 18- could make Gose the second youngster to make a sweep of junior titles. Vanderson could do the same with a win in 12- next year, followed by three more through the 18s. For the girls, Jamie Trachsel, who did not compete this year, is in the same position with wins from 8- through 12-.

FIRST AND LAST

At Junior Olympics, Monchik sets record while Stoffregen moves on to intercollegiates

In an exciting curtain call to his junior career, Sudsy Monchik of Staten Island drew dozens of wannabees to his gallery whenever he stepped onto a court. They tussled for his broken balls and later asked him to autograph them. They held their collective little breaths when he lost his first game of a tiebreaker against long-time friend and doubles partner Jason Mannino. With all the excitement, how could 'Suds' fail to make his mark in the history books? After winning the tiebreaker over Mannino, Monchik became the first junior athlete to earn a clean sweep of singles titles, beginning with a win in the Boys 8 and under division in 1983 and ending, a decade later, with his win in the Boys 18s.

"I can't describe what it's like ... everything ... the 8's, 10's, 12's, 14's, 16's ... they all mean a lot ... but I felt inside that if I didn't win the 18's, everything else would have just faded away," mused Monchik after his win.

"I had the most pressure on me in this match than ever before, everything from winning them all, to making the Festival team, from going to Colorado for the junior team camp and doing well for my new sponsor (Ektelon), to just winning. But I love the pressure. My mom doesn't, but I do."

But what about the pressure on Jason? Would he deny his friend the record, just to win one match? Absolutely. Earning the respect of many, Mannino showed himself to be as outstanding a player as Monchik in many ways, including his will to win. "I can't just give it to him ... he'll have to take it from me." Monchik concurred "There's no way he'd let up. He'll play as hard as he can knowing the record is on the line." And just an hour before, the two had won the 18 and under doubles, setting a similar joint record, with



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Above: Mannino and Monchik vogue before their doubles final.

Left: Suds celebrates after a long point.
Photos: Steve Lerner.



In the tiebreaker, Monchik was driven, going up 6-0 with an ace serve and solid shots before Mannino was able to get into the game. But even at 8-2, Mannino wasn't

counting out a comeback, and shifted to the forehand side on the serve and in rally, forcing errors and gaining four points. But a sideout, a missed dive by Mannino and two straight ace serves to the backhand ended his run and, despite two last ditch appeals by Mannino at match point, Suds took the coveted title.

Congratulations turned into a goodbye, as Mannino heads to the west coast with a summer move to San Diego with his family. But the two still plan to rattle some cages in Phoenix this October at national doubles...

wins in every junior doubles division since they were ten years old.

Their singles final was a barn-burner, as Sudsy's mom Debbie will attest. She had to abandon her front row center seat late in the first game after Suds unwisely chose a drive serve at game point that Mannino buried. She was gone by the time Sudsy skipped a backhand down the line return to lose the first game 15-14. She reappeared in the upstairs gallery briefly at the start of the second game, but had to take a seat at the tournament desk as Mannino kept the scores close all the way to 12-13. She skirted the perimeter of the crowd throughout the tiebreaker.

Mannino was quick, agile and deadly with his backhand pinches that he rolled out again and again on return of serve. After one particularly good forehand version, he goaded the crowd with a rousing "Hell-o!" and they were off. Down a point at 12-13, Mannino appealed the wrong call -- seeking a foot fault when the serve was short, then broke a ball on the next rally. Two rallies later another ball split, and the new one had a fresh forehand pinch in it for Monchik, who went to game point. A backhand cross court by Suds ended game two.

A late starter in racquetball, Kerri Stoffregen of Cincinnati, Ohio marked her final appearance in junior competition with her first national title in the Girls 18 and under division. Moving up from a fourth place finish last year, Stoffregen says goodbye to juniors, and hello to intercollegiates, with a scholarship and spot on the Memphis State University racquetball team in the fall.

In another tiebreaker, Stoffregen and Brockbank met for the second time this year in a national title final. At the national high school championships in St. Louis, Tammy had taken the win, but it was Kerri's turn in Gaithersburg. The difference, claims Kerri, was conditioning.

"I've been training very hard for this tournament, really focusing on it, playing every day and working with my mom" (Gerri, a national champion in her own right). "I run three miles a day for my stamina and now I don't get out of breath on the court," said Kerri, "and I've been working on my mental toughness in tiebreakers, since I usually go to one."

Not usually a slow starter, Kerri lost the first game 6-15 and observers noted that her nerves were getting the better of her. "Actually I'll normally lose the second game, but I was really nervous. I could tell by the shots I was taking but I couldn't do anything to stop shaking."

Using precise, well-planned shots in the second game, Kerri gradually regained control with crisp backhand cross court passes and down the line shots that kept Brockbank off balance. As Tammy was forced into more diving retrievals she began to tire, as planned.



Kerri and mom, Gerri, are both relieved after the match. Photo: Steve Lerner.

"She's a very strong player," commented Kerri "and I wanted to slow the game up, pass her and make her run. If she's set up she'll put it away ... she'll just kill the ball over and over." At 14-7, Tammy dove to try to save a shot into the

backwall, missed for the game, and stayed down for a few moments. Leaving the court is was apparent that she had landed solidly, and painfully, on her free hand.

More solid shotmaking by Stoffregen made the difference in the tiebreaker, with Kerri going up 4-1 before she began skipping backhands and giving up points. A timeout at 6-5 calmed Kerri somewhat and she was able to run the score to 10-6 before the shakes started in again. Serving for the match, Kerri's hands were visibly trembling, but they were the

only outward signs of doubt. A backhand set up off the backwall was all she needed to close out the match with a solid down the line kill shot.

For their wins, Stoffregen and Monchik made the final cut for the U.S. Olympic Festival in

San Antonio, where both will make first time appearances at the event. Stoffregen will play singles for the South Team, and Monchik will pair with Bobby Rodriguez of Denver to play doubles for the East Team.

EKTELON AARA U.S. JUNIOR OLYMPIC CHAMPIONSHIPS

U.S. OLYMPIC FESTIVAL QUALIFIERS -- BOYS 18-: #2 Sudsy Monchik (Staten Island, N.Y.) d. #1 Jason Mannino (Staten Island, N.Y.) 14-15, 15-12, 11-6; GIRLS 18-: #2 Kerri Stoffregen (Cincinnati, Ohio) d. #1 Tammy Brockbank (Boise, Idaho) 4-15, 15-7, 11-6. **BOYS SINGLES FINALS** -- Boys 16-: #2 David Hamilton (Mansfield, Ohio) d. #4 Eric Storey (Provo, Utah) 15-8, 13-15, 11-4; Boys 14-: Rocky Carson (Santa Maria, Calif.) d. #1 Bucky Freeman (Longview, Texas) 15-9, 15-12; Boys 12-: #1 Gabe Gose (Albuquerque, N.M.) d. #3 Shane Vanderson (Dublin, Ohio) 5-15, 15-11, 11-6; Boys 10-: #1 Jack Huczek (Rochester Hills, Mich.) d. #2 James Gooden (Houston, Texas) 15-13, 15-1; Boys 8-: #3 Steven Klaimen (Houston, Texas) d. #1 Jon Hellner (Klamath Falls, Ore.) 15-11, 15-4; Boys 8- multi-bounce: Brandon Shoemaker (Fridlay, Ohio) d. #4 Steve Klaiman (Houston, Texas) 8-11, 11-8, 11-7. **GIRLS SINGLES FINALS** -- Girls 16-: #1 Shannon Feaster (Washington, D.C.) d. #2 Sadie Gross (Apple Valley, Minn.) 15-4, 15-3; Girls 14-: #1 Vanessa Tulao (Hixson, Tenn.) d. #2 Rhonda Rajsich (Phoenix, Ariz.) 15-9, 12-15, 11-0; Girls 12-: #1 Sara Borland (Bettendorf, Iowa) d. Brooke Crawford (Klamath Falls, Ore.) 15-0, 15-8; Girls 10-: #4 Rebecca Dolloff (Hobbs, N.M.) d. Melanie Mueller (Grand Junction, Colo.) 15-2, 15-10; Girls 8-: #1 Kim Irons (Dublin, Ohio) unchallenged; Girls 8- multi-bounce: #1 Kim Irons (Dublin, Ohio) d. #2 Melissa Jones (Sarasota, Fla.) 15-1, 15-0. **BOYS DOUBLES FINALS** -- Boys 18-: #1 Jason Mannino/Sudsy Monchik (Staten Island, N.Y.) d. #3 Justin Bell (Sutton, Mass.)/Shane Wood (Auburn, Mass.) 13-15, 15-6, 11-5; Boys 16-: #2 Eric Storey (Provo, Utah)/Brent Zimmerman (Grand Rapids, Mich.) d. #4 Dawoud Gharfarshad (Claremont, Calif.)/Shai Manzuri (Santa Ana, Calif.) 15-9, 15-12; Boys 14-: Mark Bloom (Metairie, La.)/Bucky Freeman (Longview, Texas) d. Willie Tilton (Colorado Springs, Colo.)/Chris Eaton (Tallahassee, Fla.) 15-3, 15-2; Boys 12-: #1 Jeff Garner (Pelham, Ala.)/Ryan Staten (Dodge City, Kan.) d. #2 Dan Thompson (Sun Prairie, Wisc.)/Shane Vanderson (Dublin, Ohio) 14-15, 15-13, 11-9; Boys 10-: #1 Jack Huczek (Rochester Hills, Mich.)/Andrew Mead (Canton, Mich.) d. Blake Bower (Salem, Ore.)/Bart Crawford (Klamath Falls, Ore.) 15-14, 15-3. **GIRLS DOUBLES FINALS** -- Girls 18-: #3 Andrea Beugen (Golden Valley, Minn.)/Shannon Feaster (Washington, D.C.) d. #1 Kerri Stoffregen (Cincinnati, Ohio)/Dawn Peterson (Eau Claire, Wisc.) 15-4, 5-15, 11-5; Girls 14-: #1 Vanessa Tulao (Hixson, Tenn.)/Rhonda Rajsich (Phoenix, Ariz.) d. #2 Colleen Maginn (Portage, Wisc.)/Katie Thompson (Sun Prairie, Wisc.) 15-10, 15-12; Girls 16-: #1 Debra Derr (Ormond Beach, Fla.)/Allison Thomas (Westlake, Ohio) d. #5 Aimee Chastain (Brooklyn Park, Minn.)/Karri Rogers (Riverton, Wyo.) 15-8, 15-6; Girls 12-: #3 Sara Borland (Bettendorf, Iowa)/Keely Brannigan (Sagle, Idaho) d. #2 Rebecca Dolloff (Hobbs, N.M.)/Eve Bateman (Media, Pa.) 15-13, 15-7. **STATE TEAM FINISHES** -- 1. Oregon, 2. Minnesota, 3. Texas, 4. New York, 5. California.

PROfile

GONZALEZ TAKES TOURNAMENT OF CHAMPIONS



By Jack Newman

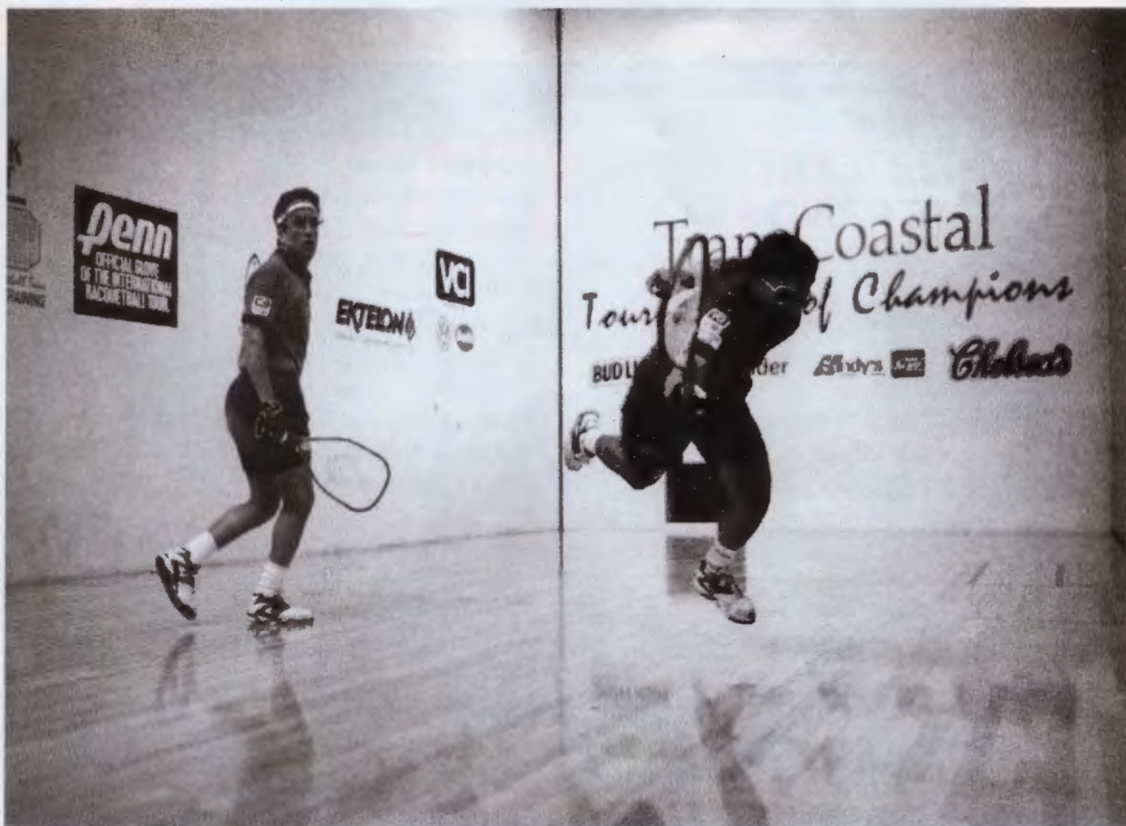
In early June the beautiful Multnomah Athletic Club in Seattle hosted the prestigious TransCoastal Tournament of Champions, featuring a special draw of the IRT's top eight ranked players, plus invitational appearances by Mike Yellen and Marty Hogan. In addition six local Oregon and Washington players were added to the draw to give the event local flavor. Two days before the event #2 ranked Andy Roberts had to withdraw due to a virus, and was replaced by #9 ranked Jack Newman.

The round of 16 produced two good matchups and one near-upset. Mike Yellen and Jack Newman took the court, with Yellen holding a 2-0 record in previous match play. Newman came out fired up as the tournament fill-in and continued his good play from Seattle by winning in three straight games over Yellen to advance. Dave Johnson was slated to be Marty Hogan's first and only opponent of the season, and Johnson won in three straight games. The other match of interest had local John Wetherbeepush #1 Cliff Swain to five games in the first round.

In the first quarterfinal match Tim Doyle, who had recently moved to Portland and already attracted lots of home crowd support, defeated Drew Kachtik in four games. The next match saw Bret Harnett smoke through the first two games against Ruben Gonzalez 11-2, 11-4 before Gonzalez fought back to win the next three, including an 11-7 tiebreaker. Dave Johnson and Mike Ray met next, with Johnson already claiming one previous victory over Ray. A repeat in Seattle had Johnson winning in four games over Ray, who seems to be stuck in a late season slump.

The last quarterfinal was the biggest upset of the tournament with Jack Newman defeating #1 Cliff Swain in five games -- made even more extraordinary by the fact that Newman wasn't even supposed to be in the tournament, and that he defeated Swain 11-0 in the tiebreaker!

The first semifinal between Gonzalez and Dave Johnson saw Ruben take a decisive win in three straight games to move to the finals. Newman vs. Doyle proved to be an interesting match-up between the local favorite and the last minute



Jack Newman (left) looks on as Ruben Gonzalez chases down a shot in their final. All TransCoastal Tournament of Champions photos by Michale Jensen.

ADVANCING IN PORTLAND

Tournament of Champions

Round of 16

Cliff Swaindef. John Wetherbee (5,5,(9),(9),3)
 Jack Newmandef. Mike Yellen (7,5,0)
 Tim Doyledef. Chad Cherry (2,7,0)
 Drew Kachtikdef. Troy Krakiwsky (0,6,7)
 Ruben Gonzalezdef. Jeff Evans (2,9,3)
 Bret Harnettdef. Torrey Richards (1,1,0)
 Dave Johnsondef. Marty Hogan (3,9,8)
 Mike Raydef. Vince Kelley (2,4,4)

Quarterfinals

Jack Newmandef. Cliff Swain (1,(12),(6),10,0)
 Tim Doyledef. Drew Kachtik (7,(5),8,6)
 Ruben Gonzalezdef. Bret Harnett ((2),(4),7,5,7)
 Dave Johnsondef. Mike Ray (5,(10),2,10)

Semifinals

Jack Newmandef. Tim Doyle (7,(8),6,12)
 Ruben Gonzalezdef. Dave Johnson (6,9,10)

FINAL

Ruben Gonzalezdef. Jack Newman (7,(8),7,(9),5)

substitute. A determined Newman jumped out to a 2-1 lead in games before Doyle went up 10-6 in the fourth, but Newman fought back to win 14-12 and advance to the Saturday night final.

The stage was set with Ruben Gonzalez facing Jack Newman for the title. There were over 700 spectators in the stands as well as television coverage to add to the drama. This was a great match with lots of diving and long rallies. Each player won two games, so it would come down to a tiebreaker to see if Newman could complete his string of upsets but Gonzalez proved to be too strong as he defeated Newman 11-5 in the fifth game.

In the Bi Rak It final over 700 spectators saw Woody Clouse defeat local Vince Kelley 21-5 for the \$1000 winner take all final for television.

ROBERTS WINS GRAND NATIONALS

By Jack Newman

The TransCoastal Grand Nationals at Harbor Square Athletic Club in Seattle on May 12-16 marked the final ranking event of the IRT Tour — where all the players were jockeying for final ranking positions and a chance for the "top eight." The top eight after Seattle were to qualify for the prestigious Tournament of Champions in Portland.

As always, the round of 32 saw some new faces and some upsets. Current world cham-

pion Chris Cole entered his first event in a long time and lost in the first round to Mike Ray. Since-named AARA national champion John Ellis won his first pro match by defeating Mike Yellen three straight games. This was Yellen's second straight first round loss. Egan Inoue continued his strong comeback by taking out Woody Clouse in the first round in four games.

The round of 16 opened with Ruben Gonzalez beating Obremski three straight games to end a disappointing year for Dan. Kachtik fought off Inoue in the next match by winning in four games and Andy Roberts defeated Mike Ceresia in another four. Tim Doyle continued his dominance over Mike Guidry by winning in three straight games. Next up

was Jack Newman, breaking his slump with a win over Bret Harnett in four games. Mike Ray struggled but found a way to win, beating Aaron Katz 12-10 in the fifth. In the top bracket Cliff Swain smashed Roger Harripersad in three straight and Dave Johnson crushed John Ellis three straight to advance.

The first quarterfinal was a Gonzalez vs. Kachtik battle for the #4 ranking, where Gonzalez defeated Drew 11-1 in the fifth game. Andy Roberts got revenge on Tim Doyle by beating him in five close games to move to the semis. Jack Newman, seeded #9, needed to finish two rounds ahead of Dave Johnson to end the season in the top eight. Newman kept his hopes alive by upsetting Mike Ray in five games to move to the semis against Roberts.

Swain had already clinched the #1 ranking but now wanted the elusive national championship. Swain defeated Johnson in four games, moving one step closer to his first pro national title.

The semifinal was Newman's chance to move into the top eight, and he started strong by beating Roberts 11-5 the first game. In game two Newman led 7-2 and seemed on the way to victory. But, Roberts was not to be denied, winning game two 11-9, then closing Newman out the next two games 11-5, 12-10. Swain continued his unbeaten match streak by beating Gonzalez in four games after Ruben won game one 11-8.

Swain bounced back to win the next three games and set up the pro nationals final.

For the prestigious national championship, Swain came out strong, winning game one 11-7. But Roberts came back with his sights set on a second pro national title, winning games two and three 11-6, 11-3. It looked like the match would end in game four with Roberts in the service box at 10-8. But Swain held Roberts off and won game four 12-10. The fifth game started off in Swain's favor, as Roberts seemed distracted after blowing match point in the fourth. Swain jumped out to a 9-2 lead in the fifth, but Roberts



hung tough as he held Swain off at 9 and started his comeback. Swain tensed up and began to skip the ball allowing Roberts back into the match. Andy seized the opportunity and charged back to win his second national championship 11-9 and finish the season ranked #2.

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ADVANCING IN SEATTLE

Grand Nationals

Round of 16

Cliff Swaindef. Roger Harripersad (1,2,5)
 Dave Johnsondef. John Ellis (4,5,1)
 Ruben Gonzalez ...def. Dan Obremski (5,2,10)
 Drew Kachtikdef. Egan Inoue (7,7,(0),12)
 Andy Robertsdef. Mike Ceresia (10,5,(12),7)
 Tim Doyledef. Mike Guidry ((6),8,(4),2,7)
 Jack Newmandef. Bret Harnett (4,(5),9,5)
 Mike Raydef. Aaron Katz ((10),4,7,(8),10)

Quarterfinals

Cliff Swaindef. Dave Johnson (9,6,(7),7)
 Ruben Gonzalez ...def. Drew Kachtik (2,(5),(5),6,1)
 Andy Robertsdef. Tim Doyle ((6),8,(4),2,7)
 Jack Newmandef. Mike Ray (6,(11),7,(8),3)

Semifinals

Cliff Swaindef. Ruben Gonzalez ((8),6,4,3)
 Andy Robertsdef. Jack Newman ((5),9,5,10)

FINAL

Andy Robertsdef. .. Cliff Swain ((7),6,3,(10),9)

SWAIN WINS BACK TO BACK IN APRIL

Takes stops in Memphis and L.A.

MEMPHIS

The Hamilton Inn Pro Classic in Memphis, April 1-4, was Cliff Swain's fifth tournament win of the season, vaulting him into the #1 ranking and starting out a great month of wins for him.

Two local Memphis State University students created a stir with upset victories in the round of 32. Scott Reiff started things off by defeating Woody Clouse in four games, for the first pro match victory in his career. The next upset was perhaps the biggest this season with Fabian Balmori, who is Memphis State's third ranked player, easily defeating Tim Doyle in four games.

Drew Kachtik moved to the finals by beating Mike Ray in a close match that went back and



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forth. Drew won the first, third and fifth games to move to the finals where he would face Cliff Swain. Swain ended Mike Guidry's good tournament by winning a close four game match.

The finals had Swain vs. Kachtik in their second finals match-up, with Swain winning their previous match in Atlanta. Kachtik grabbed the first game 11-5, but Swain stormed back, winning the next three games to take the championship. This win moved Swain back into the #1 ranking spot he had previously held.

LOS ANGELES

Anaheim, California was the site for the VCI Challenge Cup event #4 at the L.A. Fitness Executive Club. The tournament, held April 21-25, saw Cliff Swain win his second straight tournament, mark his sixth win of the season and virtually lock up the #1 ranking.

The round of 32 saw a couple of upsets and exciting matches, the first when Michael Bronfeld took out Mike Yellen by winning 11-2 in the fifth

game. The best match of the round had Egan Inoue continuing his comeback by defeating Mike Guidry in a close five game match. Guidry led the fifth game 10-3 only to have Egan come back and win it 12-10. In the next round, Inoue repeated by edging out Bret Harnett 12-10 in the fifth game, for his second narrow two-point victory of the tournament.

Swain moved on by defeating Dave Johnson in a five game quarterfinal, while Ruben Gonzalez continued his season long battle with Kachtik by beating Drew in four games. In the semifinal, Swain beat Gonzalez in three, while Tim Doyle then earned his second final of the season by smashing Andy Roberts in three straight games.

The Swain vs. Doyle match proved to be the great serve and shoot match-up that the crowd in L.A. had eagerly awaited. Doyle finally played to his potential, but Swain didn't disappoint as he beat Doyle in four games for his sixth win of the year. With one tournament to go, Swain would try to hold on to the #1 spot for the season.

ADVANCING IN MEMPHIS

Round of 16

Mike Ray def. ... Todd O'Neil ((7),9,10,(6),8)
 Mike Yellen def. Dave Johnson (7,(4),9,6)
 Drew Kachtik def. Scott Reiff (4,7,6)
 Dan Obremski def. Ruben Gonzalez ((6),7,(7),2,0)
 Andy Robert def. Mike Ceresia ((10),2,10,1)
 Mike Guidry def. Fabian Balmori (4,7,(8),(4),7)
 Bret Harnett def. Jack Newman (8,(9),1,2)
 Cliff Swain def. Jason Krikorian (7,8,4)

Quarterfinals

Mike Ray def. Mike Yellen (9,3,3)
 Drew Kachtik def. Dan Obremski (4,9,10)
 Mike Guidry def. .. Andy Roberts (4,7,(8),(4),7)
 Cliff Swain def. Bret Harnett (7,3,1)

Semifinals

Drew Kachtik def. Mike Ray (9,(8),5,(8),7)
 Cliff Swain def. Mike Guidry (11,(7),7,9)

FINAL

Cliff Swain def. Drew Kachtik ((5),1,4,8)



ADVANCING IN LOS ANGELES

Round of 16

Cliff Swain def. Aaron Katz (2,5,4)
 Dave Johnson def. Mike Bronfeld (7,7,3)
 Ruben Gonzalez ... def. Dan Obremski (3,9,10)
 Drew Kachtik def. Woody Clouse ((6),8,9,6)
 Andy Roberts def. Mike Ceresia (2,6,4)
 Egan Inoue def. . Bret Harnett (10,(4),7,(3),10)
 Tim Doyle def. Jack Newman (8,4,5)
 Todd O'Neil def. Mike Ray ((10),9,(10),8,2)

Quarterfinals

Cliff Swain def. . Dave Johnson ((5),6,10,(5),3)
 Ruben Gonzalez ... def. Drew Kachtik ((6),10,6,3)
 Andy Roberts def. Egan Inoue ((5),7,11,5)
 Tim Doyle def. Todd O'Neil (5,10,12)

Semifinals

Cliff Swain def. Ruben Gonzalez (8,8,11)
 Tim Doyle def. Andy Roberts (6,9,2)

FINAL

Cliff Swain def. Tim Doyle (5,10,(6),7)

TOUR UPDATE

By Hank Marcus



ESPN Televises VCI World Championships

The VCI World Championships, sponsored by VW Credit, Inc. and hosted by Burnsville Racquet, Swim & Health Club in Minneapolis was televised by ESPN in mid-July. In the final VCI Challenge Cup Series event of the season, Cliff Swain came into the event leading in the VCI Cup standings. IRT and VW Credit, Inc. are proud to announce a six city tour for the upcoming season with tentative stops in Montreal, Baltimore, Dallas, Atlanta, Los Angeles and Minneapolis.

IRT Signs with World Racquet Sports Association

The World Racquet Sports Association (WRSA) has developed a new rating system for all racquet sports and the IRT has adopted it as its official rating and ranking system. Players can update their ratings in "real time," immediately after a match, using their personalized WRSA Smartcard. The IRT and WRSA used the system for the first time at the recent Tournament of Champions, where players and fans alike were excited about seeing the instant change in player's ratings after each match.

A Smartcard is similar in size to a credit card, but has a microchip which is able to store all of the player's information, including name, ratings and match results. The WRSA system and Smartcard allow for separate singles, doubles and mixed doubles ratings and recognizes the potential differences in playing levels in each category.

Pros Do Clinics For State Teams

The top eight pros all donated their time and expertise while at the TransCoastal Tournament of Champions by conducting a junior clinic and "play the pro" for the Oregon State Junior Team while in Portland. The Oregon Junior Racquetball Association invited its entire state team that was

getting ready to travel to the AARA Junior Nationals. The clinic was a hit with the kids, who got the chance to meet their heroes and receive an autographed tournament poster as a souvenir. The kids stayed for the finals later that night, after which Ruben Gonzalez donated \$100 of his prize money to help the kids travel!

IRT Heads to Mexico

The TransCoastal International Racquetball Tour truly becomes international with its first stop outside of the U.S. and Canada. All the pros are excited about the trip to Mexico and looking forward to increased exposure throughout the world.



Oregon juniors pose with the top eight professionals, in Portland for the

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STOCKTON
September 3-6
Westlane Racquet
Club
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STANDINGS ... STANDINGS

1992-93 TRANSCOASTAL IRT FINAL RANKINGS

1. Cliff Swain, MA
2. Andy Roberts, TN
3. Mike Ray, SC
4. Ruben Gonzalez, NY
5. Drew Kachtik, TX
6. Tim Doyle, OR
7. Bret Harnett, NV
8. Dave Johnson, CA
9. Jack Newman, IL
10. Mike Guidry, TX
11. Dan Obremski, PA
12. Woody Clouse, FL
13. Mike Ceresia, Canada
14. Tim Sweeney, IL
15. Aaron Katz, TX
16. Jason Krikorian

BI RAK IT Standings Official Tour Cross Training IRT Tour

1. Woody Clouse
2. Mike Brady
3. Aaron Katz
- 4T. Mike Ray
- 4T. Vince Kelley
5. Michael Bronfeld
6. John Ellis
7. Egan Inoue
8. Sudsy Monchik
9. Jason Mannino
- 10T. Brad Poppino
- 10T. Torrey Richards

PENN GLOVE BONUS POOL Official Tour Glove

1. Cliff Swain
2. Dave Johnson
3. Woody Clouse
4. Mike Ceresia
5. Roger Harripersad
- 6T. Jason Krikorian
- 6T. Scott Liparelli
- 6T. Dan Fowler
9. Jeff Evans
10. Scott Reiff

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3. Bret Harnett
4. Dan Obremski
5. Mike Ceresia
- 6T. Woody Clouse
- 6T. Jason Krikorian
- 8T. Dan Fowler
- 8T. Scott Liparelli
10. Doug Ganim

VCI CHALLENGE CUP SERIES BONUS POOL

Based on results in VW
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Montreal, Baltimore,
Atlanta, Los Angeles

1. Cliff Swain
2. Andy Roberts
3. Mike Ray
4. Ruben Gonzalez
- 5T. Tim Doyle
- 5T. Drew Kachtik
7. Dave Johnson
- 8T. Bret Harnett
- 8T. Mike Yellen



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GOULD WINS WPRA NATIONALS AND SEASON TOP SPOT

By J.J. Risch

For its fourth consecutive year, the WPRA Nationals returned to the Merritt Athletic Club in Baltimore in late April, where Michelle Gould successfully defended last year's title and came away with her fourth national pro singles championship victory.

Jacqueline Paraiso-Gibson and Marci Drexler finished as this season's National Doubles Champions, gaining Paraiso-Gibson her fifth consecutive pro doubles title. Malia Bailey took home a pair of second place trophies, one in the singles competition and the other shared with Toni Bevelock in the doubles division.

The round of 16 brought upsets as Chris Evon defeated hometown favorite Lynne Coburn, and Laura Fenton continued her winning streak in an 11-9 tiebreaker against Robin Levine to put her in the quarter's for the first time. Bevelock was victorious in a four game match against Molly O'Brien and Bailey defeated Robin Whitmire. Top seeds Michelle Gould and Marci Drexler both advanced past their opponents, as Gould beat Kim Russell, and

Drexler defeated Cheryl Gudinas. Caryn McKinney bested Kaye Kuhfeld and Paraiso-Gibson won her match with Crawford to wind up the round of 16.

In the first match of the quarterfinal round, Fenton was unable to keep her streak going as she fell to Paraiso-Gibson. Next up, Bailey defeated Evon, followed by Drexler winning over Bevelock. Drexler's play was so exceptional in the first game that Bevelock never got to serve. While the next two games were closer, Drexler still took the match in three. The last quarterfinal pitted Gould against McKinney, who lost in three straight.

Drexler faced Bailey in their semifinal match, and although the two were very closely ranked going into the tournament, Bailey won the match in three straight games and took the #2 ranking from Drexler, who slid to #3. On the other side of the draw, Gould was victorious over Paraiso-Gibson to advance to the finals.

In their final, Gould was devastating against Bailey,



taking the match with scores of 11-0, 11-3, and 11-1 to once again win the National Championship.

Ten teams entered the doubles, where all four top-seeded teams advanced to the semifinals, although the team of Drexler and Paraiso-Gibson needed five games to get past the Evon and Fenton in the quarterfinals. In the semi's, the #4 seeded team of Bailey/Bevelock defeated #1 seeds Mary Lyons and Susan Morgan-Pfahler to advance to the finals. On the other side of the draw, Drexler and Paraiso-Gibson went to a super tiebreaker against the team of Gould/Levine in a marathon match. Drexler and Paraiso-Gibson finally were able to take the fifth game 12-10.

In the finals, Drexler and Paraiso-Gibson defeated Bailey and Bevelock to take the first place title. Unlike other seasons, the WPRA Nationals was not the final tournament of the season. The competitors would have one more chance to improve their rankings a week later in Los Angeles.



PENN PRO SERIES

Winner: Michelle Gould
Runner up: Malia Bailey
Finalists: Marci Drexler & Kaye Kuhfeld
(These four players were the only players all season to finish in the quarter's or above in four out of the five events.)

WPRA Board of Directors, 1993-94

President: Dee Ferreira-Worth
V.P.: Robin Whitmire
Board: Chris Evon, Marcy Lynch,
Michelle Gould, Molly O'Brien

WPRA AWARDS:

Player of the Year: Michelle Gould
Sportsmanship: Janet Myers
Most Improved: Ellen Crawford
Steding Cup: Robin Whitmire



a four game match. Coburn had her hands full with Spangler as they went to a tiebreaker before Coburn got the win, and Gould defeated Crawford to finish out the round.

Drexler and Bailey faced each other in the semifinals as they had just one week before in Baltimore. This time Drexler took the win and the two exchanged the #2 and #3 rankings once again. On the other side of the draw, Gould defeated Coburn to advance.

GOULD WINS AGAIN IN LOS ANGELES

The final pro stop of the 1992-93 season was held in Los Angeles just one week after the WPRA Nationals. There was a symmetry to the season ender as the two finalists from the first event, Marci Drexler and Michelle Gould, met again in the finals. Those two tournaments -- the first and last -- were the only ones at which these two opponents faced each other all season.

This time it was Gould who was victorious, although it took her five games to put away the match. Gould's performance enabled her to end the season with the #1 ranking. It was the first season since she began playing on the pro tour in which Gould made the finals at all the events. Drexler regained her #2 ranking, which she had lost the week before to Malia Bailey.

The first match of the round of 16 pitted newly crowned intercollegiate champion Tanya Spangler against Toni Bevelock. In a marathon contest, the two players went to a tiebreaker, where Spangler was finally able to put the match away and advance to the quarterfinals. Lynne Coburn then won a four game match against Robson.

Chris Evon, ranked #10, faced #14 Laura Fenton, who was looking for another upset after the two she pulled off the week before. She got it, defeating Evon in four games. Malia Bailey was victorious over Janet Myers and Michelle Gould defeated Kim Machiran. Ellen Crawford, who had been named "Most Improved" for the 1992-93 season, advanced to the quarterfinals again with a four game win over J.J. Risch.

The quarterfinals began with Drexler defeating Kuhfeld, and Bailey victorious over Fenton in

The final match of the 1992-93 season was a seesaw battle between the top two ranked players. Gould won the first game, but Drexler came roaring back to take the second by a devastating score of 11-0, then took the third game for good measure. Down two games to one, Gould responded by winning the fourth, then taking the tiebreaker for the match.

The 1992-93 season had five events with over \$40,000 in prize money, with five different players making the finals. Only four players performed consistently enough to qualify for the Penn Pro Series, by reaching the quarterfinals or better at four out of the five events. Fifteen different players reached the quarterfinals during the course of the season, thirteen of them more than once. A total of 49 women, representing two countries, competed in the WPRA professional divisions this season.

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PRIMARY APPLICANT SECTION (Please print)

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ADDRESS _____

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ARE YOU: ☐ Renting ☐ Own ☐ Buying Monthly Payment \$ _____

SOCIAL SECURITY # _____

DATE OF BIRTH _____

PRESENT EMPLOYER _____

NATURE OF BUSINESS _____

KVUK
65-491
63-897

POSITION _____

YEARS THERE _____ ANNUAL INCOME \$ _____

OTHER INCOME* \$ _____

SOURCE _____
*(Alimony, child support, or separate maintenance income need not be revealed if you do not wish it considered as a basis of repayment.)

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(If less than 3 years at current employment.)

PREVIOUS ADDRESS _____
(If at present address less than 3 years.)

MOTHER'S MAIDEN NAME _____
(For use when you request special action taken on your account.)

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X _____ (Seal)
APPLICANT'S SIGNATURE Date

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Use this section to request extra cards. If you wish an additional card issued to a co-applicant over 18 years of age, complete the information below.

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RELATIONSHIP TO APPLICANT _____ SOCIAL SECURITY # _____

EMPLOYER _____ YRS. THERE _____

POSITION _____ ANNUAL SALARY \$ _____

WORK PHONE () _____

OTHER INCOME* \$ _____ *(Alimony, child support, or separate maintenance income need not be revealed if you do not wish it considered as a basis of repayment.)

SOURCE OF OTHER INCOME _____

I have read this application, and everything I have stated in it is true. MBNA America Bank, N.A. is authorized to check my credit, employment history or any other information and to report to others such information and credit experience with me. I understand that the acceptance or use of any card issued will be subject to the terms of this application and the Credit Card Agreement that will be sent with the card, and agree to be responsible for all charges incurred according to such terms.

X _____ (Seal)
CO-APPLICANT'S SIGNATURE Date

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† Annual Fees	\$40 Gold; \$20 Onyx (Fee waived first year)	Grace Period For Repayment Of Balances For Purchases	At least 25 Days from statement closing date	Transaction Fee For Cash Advances, And Fees For Paying Late or Exceeding The Credit Limit	Transaction Fee For Bank and ATM Cash Advances: 2% of each Cash Advance, \$2 Minimum, \$25 Maximum; Transaction Fee For access check Cash Advances: 1% of each Cash Advance, \$2 Minimum, \$10 Maximum. Late Payment Fee: \$15, Over-the-Credit-Limit Fee: \$15.
Annual Percentage Rate	17.9%	Method of Computing the Balance for Purchases	Average Daily Balance (including new purchases)		

The information about the cost of the card described in this application is accurate as of 12/92. This information may have changed after that date. To find out what may have changed, call 1-800-847-7378, ext. 5000.

JULY

July 22

Morristown
Racquettes
Manley Baptist Church
Morristown, TN
615/475-8937

July 23

Ektelon Series #14
Summertime
Classic Athletic Club
Lyndhurst, NJ
201/444-0859

Georgia State Games
Athletic Club Atlanta
Atlanta, GA
404/636-7575

Northern Arizona
Championships
Flagstaff Athletic Club
Flagstaff, AZ

WRA Championships
Olympic Athletic Club
Seattle, WA
206/789-5010

July 25

13th Annual Cystic
Fibrosis
Courts Plus
New Bern, NC
919/633-2221

July 30

2nd Annual Steve
Powers Memorial
Bally's Holiday
Loehmanns Plaza
Falls Church, VA
703/527-7785

July 31

Doubles Duel
Tampa NW YMCA
Tampa, FL
813/962-3220

AUGUST

August 4

U.S. National Golden
Masters Doubles
N.W. Racquetball Club
Apple Valley, MN

August 5

Mid Summer Money
Talks R/B
Metro Sport & Fitness
Arlington, TX
817/860-0424

August 6

Doubles Warm-Up
Lakeland YMCA
Lakeland, FL
813/644-3528

Falcon Racquet Classic
Falcon Complex
Suwanee, GA
404/945-8977

Paul Bunyan Markets
Open at Nautilus
Fitness Center
Erie, PA
814/459-3033

August 13

Robious Summer R/B
Championships
Robious Sports &
Fitness
Richmond, VA
804/330-2222

Summer Sizzler
Northeast Racquetball
Club
Columbia Heights, MN
612/572-0330

August 17

Utah Junior
Racquetball
Championships
Redwood Multi-
Purpose Center
West Valley City, UT

August 19

Arizona Athletic Club
Open
Tempe, AZ
602/894-2281

August 20

Ektelon Series #15
Tournament of
Champions
USA Fitness & R/B
Center
Closter, NJ

Georgia State Doubles
Southern Athletic Club
Lilburn, GA
404/923-5400

August 27

10th Annual Rockin
Rollout
Maryland Farms
Brentwood, TN
615/343-5120

SEPTEMBER

September 3

Warren Finn R/B
Tournament
JCC Of Houston
Houston, TX
713/729-3200

13th Annual Killshot
Classic
Williamsburg Hilton
Williamsburg, VA
804/220-2500

September 7
IRF World Senior
Racquetball
Championships
Tom Young's
Athletic Club
Albuquerque,
New Mexico
(Entry on Page 57)

September 10

Maverick Fall
Maverick Athletic Club
Arlington, TX
817/275-3348

Sportslife's Atlanta
Cash Open
Sportslife Club Cobb
Marietta, GA
404/952-2120

Summer Sizzler
Alamance Racquet &
Fitness
Burlington, NC
919/227-6565

NATIONAL CALENDAR

September 17

Blast It 1993
The Sports Center
Fayetteville, NC
919/864-3303

West James Fall
Classic
West James Courts
St. Charles, MO
314/441-0006

September 24

Crystal Coast Classic
Sports Center of
Morehead
Morehead City, NC
919/726-7070

Pennsylvania State
Doubles at Alpha
Racquetball Club
Mechanicsburg, PA
717/533-4554

October 2

1993 Minnesota State
Doubles
Hiway 100 North
France Club
Brooklyn Cinter, MN

October 8

Cool Cucumber
Lakeland YMCA
Lakeland, FL
813/644-3528

Hurricane Classic
Courts Plus
Jacksonville, NC
919/346-3446

1st Annual Easter
Seals Tournament
RacquetPower
Jacksonville, FL
904/268-8888

October 15

Fall Classic
Charlotte YMCA
Charlotte, NC
704/333-7773

October 16

Metro Regional
Doubles at Wantaugh
Health & Racquet
Wantaugh, NY
516/360-0979

October 20

Ektelon AARA U.S.
National Doubles
City Square
Athletic Club
Phoenix, AZ
(Entry on Page 69)

October 22

Fall Racquetfest
Westridge YMCA
Rocky Mountain, NC
919/443-9951

October Fest
OFRC
Orlando, FL
407/645-3550

October 29
Gastonia Open
Gastonia YMCA
Gastonia, NC
704/865-8551

OCTOBER



JULY 24-27

U.S. Olympic Festival
San Antonio, Texas

JULY 23-27

World Games
The Hague, Netherlands

AUGUST 04-07

U.S. National Golden Masters Doubles
Minneapolis, Minnesota

SEPTEMBER 07-11

IRF World Senior Championships
Albuquerque, New Mexico

OCTOBER 20-24

Ektelon U.S. National Doubles
NEW SITE: Phoenix, Arizona

DECEMBER 18-22

IRF World Junior Championships
Jacksonville, Florida

October 1

Pony Express
Charlotte Racquet &
Health Club
Charlotte, NC
704/521-8048

Virginia State Doubles
Skyline Clubs at
Crystal Gateway
Arlington, VA
703/756-8623

The U.S. Olympic Committee Travel Desk and United Airlines join the AARA in offering the lowest airfares to national events. United offers you 5% off any published United fare, regardless of cost. To take advantage of the program, make your reservations by calling 1-800-521-4041 (daily between 8:30 am and 8:00 pm est) and use the special AARA conference account number 529WW.

PLAYING SMART

EKTELON'S TOP PROS AND AMATEURS TALK RACQUETBALL

The racquetball season will be in full swing soon. But are you ready? Word to the wise: it's okay to take time off from racquetball, but you still need to build your strength and endurance during the off-season for peak performance and injury prevention.

Racquetball champions Lynne Coburn and Mike Guidry — who are also fitness fanatics — will help you get in shape, and stay that way, with these cross training and conditioning tips.



THE BENEFITS OF CROSSTRAINING

*By Lynne Coburn
1992 Gold Medalist
Tournament of the Americas*

Ektelon-sponsored Lynne Coburn competes on both the women's amateur and pro circuits. Most recently, the resident of Maryland was a 1992 Gold Medalist at the prestigious Tournament of the Americas, and qualified for this summer's U.S. Olympic Festival for finishing in the top sixteen at the AARA National Singles in May. Coburn is well-known for her fitness and cross training regimen.

Many determined racquetball players go through grueling workouts day after day to become the best they can possibly be. Whether you're training for a league championship or a national title, cross training is an effective conditioning technique.

Cross training can be defined as any athletic or rehabilitation exercise that will benefit an athlete in his or her specific sport. Some athletes, such as football players, use racquetball to improve their coordination and agility. Racquetball players may

enhance their game by using weight training or skipping rope to increase strength, power and quickness on their feet.

Cross training also benefits athletes who are in rehabilitation from injury or surgery. Another reason to cross train is the weather — some athletes, such as skiers, can't train year round for their particular sport. Other athletes may choose to rest from their sport during the off season, but cross-train using other fitness activities to remain active and in shape

Racquetball demands a combination of fitness components from each of us: endurance, speed, agility, flexibility and power. Athletes, including myself, cross train in many different ways: aerobic dance, skipping rope, weight training, squash, basketball, using a harness for sprinting and playing and swimming, to name a few. Just remember: choose activities you will enjoy.

The elements listed below are the backbone of a successful cross training program:

1. Define Goals: To train properly, it is important to establish goals and outline your fitness plan. You should set general and long range goals on

a monthly, weekly and even daily basis.

2. Plan Your Workout: What skills or components of fitness are you supposed to work on, and how are you going to achieve that plan?

3. Use Sport Specific Training: For example, to improve speed, you should perform quadriceps strengthening exercise. Running hills, sprinting up stadium steps and resistance training against weights can also improve your racquetball performance.

4. Maintain A Yearly Fitness Program: It is important to maintain your fitness during the year. Typically during the off-season, athletes take time off

and work on building their strength and endurance. If you let yourself slack off in the summer months, you will find that it is much tougher to get into shape for the fall season. You could also be more prone to injury.

Today's top athletes recognize the importance of cross training and the many benefits associated with it. So when you start preparing for the upcoming season, become involved with the fitness activities that will be both fun and beneficial to your racquetball game.

Best wishes and good luck with your cross training.



PLAYING ISN'T EVERYTHING

*By Mike Guidry
Top Ten Professional Player*

Mike Guidry, a Team Ektelon player, is ranked among the top ten professional racquetball players in the country. A lefty from Texas, he captured two junior national titles and was a member of the U.S. Team for three years. Not only does Guidry know how to play top-level racquetball, he also knows how to teach and relate to all levels of player.

Racquetball requires more quickness, upper and lower body strength, agility and overall muscular conditioning than almost any other sport. With that in mind, how could you expect to reach your peak performance in racquetball by

only playing racquetball? The reality is ... you can't!

Every top athlete in every sport trains outside of his/her sport; in other words, they "cross train." It only makes sense that athletes in one of the most

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Board Nominees Sought

Three positions on the AARA Board of Directors will become vacant in May of 1994. Board terms are for three years and require that the individual hold a competitive license, serve responsibly and take a leadership role on committees, plus be able to commit to attending two meetings annually (Thursday through Saturday in late September or early October, and Monday through Wednesday the week prior to Memorial Day in May). The 13 person board is comprised of 10 members elected by the AARA membership, two athlete representatives and a representative of the armed forces. Interested candidates are urged to submit personal and professional resumes (citing any involvement in racquetball on a local or national level) to the AARA Election Committee, 815 N. Weber, Colorado Springs, CO 80903-2947 by Friday, AUGUST 20.

Wheelchair Instructional Video Available

The National Wheelchair Racquetball Association [NWRA] has produced an instructional videotape for wheelchair racquetball. For your copy, send \$45.00 to NWRA President Geno Bonetti at the Greater Pittsburgh Rehab Hospital, 2380 McGinley Road, Monroeville, PA 15146, or call 412/856-2400 for more information on ordering.

physically demanding sports there is — racquetball — would also look to cross training to reach their peak performance.

I don't know about you, but throughout the winter months, I'm stuck training inside with the bike, treadmill and Stairmaster. Sometimes boredom can be a problem. But in the summer, cross training can be a lot more fun!

Mountain Biking

Many outdoor activities provide a very good aerobic workout. Living in Texas, I don't have too many mountains or trails to ride, but my favorite way to cross train is mountain biking. This is extremely good for your cardiovascular fitness, as well as your legs. For those of you in mountainous regions of the country, this would be my number one choice. Make sure that you take plenty of water with you, and always wear a helmet.

Running

Running is always a great form of training. I try to run two or three times per week, mixing it up with one day that is a distance run and another day that is a hill workout. If you have some hills near you, running these will improve your leg strength and help your running times on flat surfaces (like a racquetball court!) Get a stopwatch to time yourself on both your distance and hill workouts, and to keep track of your improvement.

Swimming

When I was growing up, my favorite thing to do in the summer was to go swimming. Well, I still love it! Swimming is one of the best total body workouts there is, and it puts little or no stress on the joints. For those of you with bad knees, ankles or backs, I would strongly suggest starting a swimming program.

Health Club Activities

Last, but not least, there's always the health club. Although I like to spend most of my time outside in the summer, I still ride the bike or do the stairs a couple of times a week. Also, one of the most important forms of cross training for racquetball is weight lifting. If done properly, it will increase your endurance, power and overall racquetball game. Check with one of the fitness instructors at your club to set you up on a program that is right for you.

Since a majority of the racquetball tournaments are scheduled from September through May, the summer months offer the best time to improve your overall fitness. So go outside, have some fun and get in shape for the upcoming season!

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1992 Gold Medalist
Tournament of the Americas



Tim Sweeney
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Intercollegiate Champion

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PARI TIP: DON'T SIT ON A BIG LEAD!

By Fran Davis

Assistant Coach, U.S. National Team

In the last issue we discussed the importance of shot selection, which we defined as taking the right shot at the right time. In this issue, we'll move into a very fascinating area of the game we often overlook — that is, learning how to incorporate playing racquetball from the neck up as well as just from the neck down.

In order for you to reach your potential we need to combine the physical part of the game with the mental and psychological part of the game. If you talk with *any* coach, manager or top player of *any* sport they will *all* tell you 80% of the game, if not more, is mental. Let's examine a very common problem that occurs at *all levels* of play, not only at the lower levels: Sitting on a big lead!

It doesn't matter whether you are playing in a tournament, a league or a friendly game, we've all experienced this problem of "sitting on a big lead" and then eventually losing the match. The scenario goes like this: We've pulled way out in front in the tiebreaker 10-4 and lose, or we are up in the second game 1-2 after winning the first and lose. We ask ourselves "How does this happen?" We are shocked! We are devastated! We are bummed!

What often happens is we jump out to a big lead and rather than put them away right then and there, we stop what we are doing and what's working. We begin to coast and hope the other person will make a mistake or two and give us the game or match. I am sorry it doesn't work like that in racquetball, or any other sport for that matter. I saw both Mary Jo Fernandez and Jim Courier in the finals of the French Open do exactly the same thing. They both had broken serve early in the tiebreaker set to take the lead, but both eventually went on to lose the title. Remember..."don't change a winning game, only change a losing game."

Here are some thoughts that might go through your head which could possibly be a cause of why we lose with a big lead when in actuality we should win:

- 1) We begin to think rather than just react. We need to be on automatic pilot.
- 2) We often say to ourselves, "don't blow it now...we're so close to winning, just play it safe!"
- 3) We just get nervous and choke.
- 4) We don't stick to our game plan and we change it. If the drive serve is working don't go to the lob or Z to give them something new and different - stick to the drive serve.
- 5) We stop gambling and we are no longer aggressive. We play it safe and wait for the other player to make a mistake and give us the match.
- 6) We often think aloud - not in the moment. We begin to think of how easy this match is and in our heads we move on to our next opponent.
- 7) We let up - we have a mental lapse and shift gears. We are rocking and rolling in fifth gear and then because we are so far ahead we drop back to third or fourth gear to conserve energy or just relax. We realize the other player is gaining momentum and our lead is dwindling. We try to immediately turn it on and go back to fifth gear. Most of the time it is too hard to do and it's too late.
- 8) We are not in good physical shape and our conditioning is poor and we just gas out.

Believe me when I tell you this is something that happens to *everyone*, at one time or another. I just returned from the national singles in Houston

and I witnessed other top players, including myself, falter to this syndrome. In the third round of competition in 35+ division, I had a 10-5 lead in the tiebreaker and lost. In a men's open quarterfinal, I saw Tim Sweeney lose to John Ellis in the tiebreaker, after winning the first game and taking a commanding 12-4 lead in the second. In the men's 40+ division, my partner Stu Hastings lost by one point in each game, to top seeded Dave Kovanda after being up 14-12 in the first and 14-10 in the second.

So, you are not alone. It happens to the best of us. What we need to do is learn from our mistakes and the mistakes of others. We need to play with what got us to that big lead in the first place. Whether it was our drive serve, or our aggressive return of serve, or slowing our opponent down or whatever — *stick to it!!!*

When you are ahead and a particular shot or strategy is working, keep using it and keep pressing. That is not the time to stop what's working and experiment. Experimentation should be done at the beginning of the match to pick out your opponents strengths and weaknesses. Once the strengths and weaknesses are identified, capitalize on them and continue to use what's working and working well. When you have "the big lead" keep it going. It's full steam ahead! Don't let up, bury your opponent as soon as possible because if you let up slightly and they start to creep up behind you, you might not be able to recover. Take care of business *now!*

As the sayings go, "Don't change a winning game, only a losing one" and "Don't sit on a big lead — go with what got you there." This philosophy works. Try it and you'll experience a tremendous amount of success. Good Luck!



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DATE	PLACE		DATE	PLACE	
Aug. 6-8	Wilmington, DE	Pike Creek Court Club	Oct 8-10	Crystal City, VA	Skyline Club at
Aug. 13-14	*Aurora, CO (Denver Area)	Aurora Athletic Club		(Wash., D.C. Area)	Crystal Gateway
Aug. 27-29	South Plainfield, NJ	Ricochet Health & Rac. Club	Nov. 5-7	Hershey, PA	Cocoa Court Club
Oct. 1-3	Sarasota, FL	Sarasota Family YMCA	Nov. 12-14	Greenfield, WI (Milwaukee Area)	Southridge Ath. Club

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AMERICA'S MOST WANTED: ZONE #1 - HITTING OUR DEFENSIVE SHOTS

By Jack Newman

In the last two issues we broke down our shot selection into three different hitting zones. We also talked about the specifics of Zone #2, or the passing shot zone. We now want to focus in on Zone #1, or the defensive hitting zone, that we described in the March/April issue as all shots contacted above the chest.

The goal you are trying to achieve when hitting a defensive shot from Zone #1 is to move your

opponent into the back court to give yourself control of center court. This will enable you to have a better opportunity later in the rally to hit an offensive shot.

There are different types of defensive shots. The most obvious is a ceiling ball. Other defensive shots are the around-the-wall ball and the Z-shot. Diagram #1 shows the path of the around-the-wall shot, as the ball strikes three walls and then travels to the back of the court, allowing you to move to center court. The negative to this shot at higher levels is that an advanced player can set up and cut off the around-the-wall ball on the fly before it travels to the back corner. But at intermediate and lower levels it is a very effective defensive tool.

The Z-shot is used when you are off-balance to throw the ball high into the corner. The ball then follows the path of the letter Z, hitting the side-wall in the back court on a fly and sliding across the back court. (Diagram 2) This shot will also allow you to get back into center court. This shot is tough to hit, but it can be an effective shot when there is no alternative. This shot is also very effective in doubles, because it splits the players in the back court.

We now know the different types of shots that can be hit from Zone #1. We also understand the goal of hitting these shots and realize not to force offensive shots from Zone #1. If we can eliminate unforced errors from Zone #1, we will put ourselves in a better position to make our offensive shots during the rally.

In closing we need to spend time practicing our defensive shots so that they become as easy to hit as our offensive shots during the rally. Mike Yellen won five national championships by hitting consistent ceiling balls and patiently waiting for his offensive opportunities. If we learn how to properly execute from Zone #1 our games will improve significantly.

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TOTAL TRAINING

By Jim Hiser, Ph.D.

As a young sport dominated by recreational weekend athletes, racquetball has not yet developed a broad range of proper training techniques. To determine proper training principles for the sport, comparisons must first be made to other similar sports, followed by research to substantiate the training techniques developed.

This research has been conducted at the annual AARA Elite Training Camps held at the U.S. Olympic Training Center for the past eight years, and the results have formed the most comprehensive study performed on racquetball athletes to date. The compiled information provides a basis for developing a complete training schedule for racquetball.

The following information and schedule may be applied to any level of racquetball athlete. It's expected that the more dedicated, serious player will spend more time on each level of training while the weekend recreational player may only adopt a small portion of the complete program.

As the sport grows and more information is accumulated, training methods will also change. Until then, the current information should provide the basis for improving not only your racquetball skills, but also your overall approach to the game.

The Training Schedule

Each of the four phases of training will be presented separately and divided into a number of sub-categories. Although the phases are designed to cover a full year of training, athletes should adjust training phases to coincide with their competition schedule. The goal in developing any training schedule is to "peak" for your most important competitions. Since peaks may be held for a maximum of three weeks, careful consideration should be given to arranging your schedule according to your peak performance times. The four phases are:

- 1) Off season - introductory phase
- 2) Pre season I - strength
- 3) Pre season II - power
- 4) In season - maintenance

Phase I - Off Season

We will begin Phase I on June 1, assuming our major peak was for the national singles at the end of May.

June 1 - June 14 Take 2 weeks off - rest, relax and forget about racquetball. Do other cross training activities like biking, hiking, etc.

June 14 - July 14 - Strength Training

This phase of strength training is designed to help the beginner, as well as those who have been away from weight training for a while, to become accustomed to resistance training, learn proper technique and to condition the muscles for greater workloads according to the strength training schedule on the next page.

Aerobic Conditioning

During a normal racquetball game an athlete's heart rate reaches and stays at approximately 70 - 75% of maximum. In order to perform at maximum efficiency it is necessary for racquetball players to develop some aerobic conditioning and the best time to do this is during the off-season. To develop aerobic conditioning an athlete should train 75-80 % of maximum capacity for 20-25 minutes at least 3 times per week.

Off Season Aerobic Training Schedule

June 1 - 14:	Time off — Rest
June 14 - 21:	M-T-TH Run 20 minutes @ 70% max. *
June 22 - 28:	M-T-TH Run 23 minutes @ 70% max.
June 29 - July 5:	M-T-TH-FR Run 26 minutes @ 75% max.
July 6 - 12:	M-T-TH-FR Run 30 minutes @ 75% max.

* To determine maximum heart rate, subtract your age from 220. To determine 75% of maximum, multiply this number by .75. If your age is 40, $220 - 40 = 180 \times .75 = 135$. So, to train at 75% of maximum, your heart rate should reach 135.

Although running is the primary mode of aerobic conditioning for many athletes, other activities such as biking and swimming may also be used.

Anaerobic Conditioning

During the off-season *no* time is spent on anaerobic conditioning.

Mental Conditioning

Many athletes realize the importance of training to develop physical skills but few spend any time developing their psychological skills. To effectively utilize mental skills during competition some time must be spent on developing these skills during practice and training sessions.

The off season is the best time to determine what your specific goals will be for the upcoming year. Set your short term, intermediate and long term goals, then list target dates and analyze obstacles which may prevent you from accomplishing them. If working with a coach, take self-evaluation tests to determine your strengths and weaknesses and discuss these with your coach.

Racquetball Skills

The off season introductory phase is not the time to concentrate on any particular skills. Remember this is the phase when you concentrate on physical conditioning. Cross training in different sports such as squash, badminton, and even



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STRENGTH TRAINING SCHEDULE

Monday and Friday

Exercise	*Sets & Reps
leg press/squat	4 x 10
lunges	3 x 8
leg curls	4 x 10
bench press	4 x 10
triceps	3 x 10
wristcurls	2 x 15
hyp. tensions	3 x 12
twisting curls	3 x 12
rotator cuff	
internal rotation	3 x 12
external rotation	3 x 12
horizontal abduct.	3 x 12
shoulder extension	3 x 12

Rest period between sets 2 - 3 minutes

* See AARA Racquetball Resistance Training Manual for illustrations and explanations of each exercise.

Wednesday

Exercise	*Sets & Reps
step ups	3 x 10
toe raises	4 x 12
leg curls	3 x 10
military press	3 x 10
db.bent-over lat	3 x 10
seated rows	3 x 10
db bicep curls	3 x 10
hypertension	3 x 12
twisting crunch	3 x 15
rotator cuff	
internal rotation	3 x 12
external rotation	3 x 12

tennis will maintain your hand-eye coordination and break the racquetball blues developed over the previous season.

Flexibility

Flexibility training is important in reducing the possibility of injury and increasing the range of motion. Flexibility exercises should be a part of your

daily workout routine. For specific racquetball stretches refer to the AARA's Elite Training Manual or to Bob Anderson's book "Stretching."

Nutrition

Proper nutrition is just another parameter that the elite athlete attempts to control in order to maintain, or gain, an extra advantage. Players should prepare themselves nutritionally before, during and most importantly after competition.

In the off-season you should begin to revise your diet to reduce fat and increase carbohydrate intake. Your normal training diet should be high in carbohydrates, low in fat and high in fluids. Proteins should be consumed after workouts, since they are not energy foods, but rather rebuild cells and broken down tissue. A high carbohydrate training diet with plenty of fluids will accustom your body to taking high carbohydrate foods and small, frequent amounts of fluid throughout the day. Any new foods or drinks, together with any new eating or drinking practices should be tried out during training sessions, to see what works and what doesn't.

Look for "Phase Two" training tips in the next issue of RACQUETBALL Magazine...

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SAQ TRAINING: FIRST STEP EXPLOSION

By Scott Phelps, U.S. National Racquetball Team
"Speed, Agility and Quickness" Coach

Through the years I have listened to many athletes say to me, "Once I get moving, then I move pretty well." The problem is the initial movement, or overcoming inertia. To go from a dead stand-still to an explosive movement requires both reaction time and movement time. Reaction time is the time it takes for us to read the situation and react in an appropriate manner. Movement time is the amount of time it takes our bodies to carry out the desired motion. Reaction time is genetically programmed, but with the proper training, movement time can be improved.

There are two key elements involved in improving your movement time. One involves use of a stimulus, and the second requires that the body be placed in an athletic position.

The stimulus that I recommend is something that everyone should be familiar with — racquetballs. I train athletes using a series of ball drop drills. These drills require two people and two balls. Once the stimulus has been established, proper form is very important. Here are how the ball drop drills are run.

Athlete #1 should stand close to the back wall of the court so that they cannot sneak a drop step into the initial movement. This athlete should get into a good, ready position, as if to receive a drive serve. I define this position as that of a cat ready to pounce on a mouse. Weight should be forward on the front of the feet, the hips are down and the chest is up (make sure there is no curvature of the spine). Hands should be relaxed and at the sides. Athlete #2 stands facing athlete #1 at a distance of about 5 yards. Athlete #2 has a ball in each hand. Holding the balls at shoulder height with arms straight out to the sides, athlete #2 sees that athlete #1 is ready, and simply drops one ball or the other. Athlete #1 explodes after the ball, trying to catch it after it bounces once but before it bounces a second time.

The trick to this drill is not knowing which direction the ball will be dropped — to the right or left. The athlete is forced to decrease movement time in order to catch the ball once direction has been established. Distance between the two athletes can be varied to add more challenge.

For added variety, turn athlete #1 sideways, and incorporate a lateral crossover step to get to the ball before the second bounce. Another great variation is to have athlete #1 face the wall with his or her back to athlete #2. Athlete #2 will say, "ball," and drop either the right or left ball. On the verbal command, athlete #1 must turn and react in whichever direction the ball was dropped, cutting either to the right or left.

Another good drill for first step explosion is to do the old infielder's ball drill. Athlete #1 stands facing athlete #2 at a distance of about 15 feet. Athlete #1 should be in a good athletic position as if ready to receive a serve. Athlete #2 should roll or toss a ball to one side or the other, while athlete #1 attempts to stop it. This drill can also be done with a racquet in hand for development of stroke mechanics. The object is to force the athlete to quickly explode from a ready position, get the ball under control, and then quickly return to the starting position and get ready for the next ball. All action should be random and not programmed ahead of time. This will insure that athletes will be teaching themselves to read and react to the ball without trying to outguess the ball position in the court and over-committing.

Always remember that you are working on explosion - it should be quality, powerful work. Athletes need to learn to become like a cat ready to



PHELPS



PARI NEWS

By *Connie Martin*
PARI Commissioner

pounce on a mouse. Get into a position where quick movement is possible and don't get caught in a situation where you have to move to get ready to move. Don't take a step back to move ahead. By minimizing wasted movement, you can maximize your opportunities to get to every ball on the court.

Second Annual PARI Level III Convention

PARI is making plans for its second annual PARI Level III convention in Colorado Springs at the Olympic Training Center in the fall. The three day clinic/exam will be held in September, but dates have not yet been confirmed. The Level III Clinic/Exam is for all levels of PARI members. If you are already at the professional ranking, you can test for the master professional ranking. If you are at the advanced instructor through teacher level, you can test for the next level up. When dates are available, PARI members will receive the information in the mail. However, we need to know how many will be planning on attending by August 1. As soon as you receive your next PARI inserts, please let us know.

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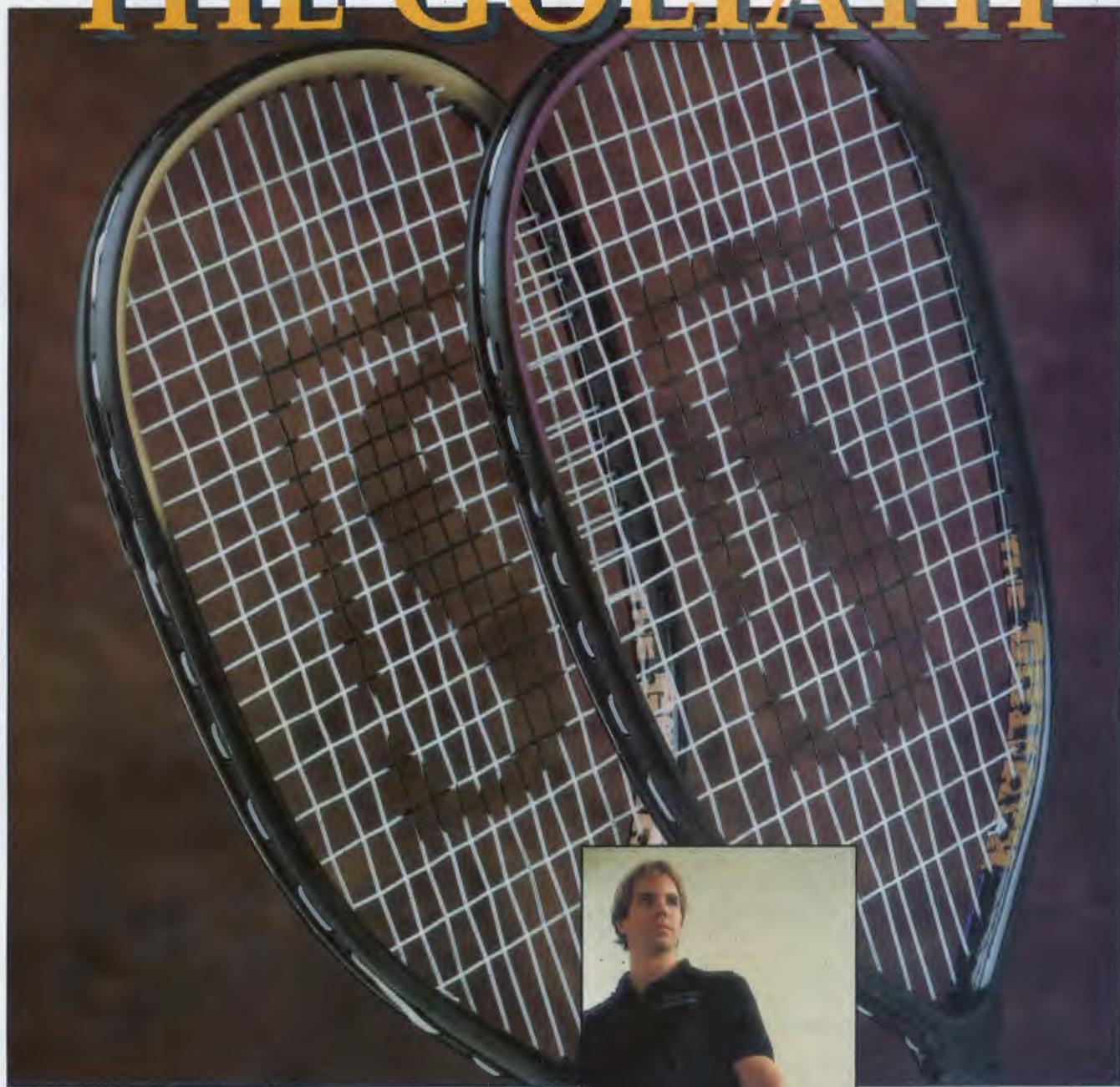
YMCA Juniors Racquetball Training Clinic

The YMCA in Colorado Springs hosted an Instructors Clinic for 10 key people, after the YMCA adopted the PARI Juniors Program to institute nationwide. With slight modifications, the directors who attended will conduct two day clinics for their area instructors and volunteers to promote racquetball to their kids. The program will be headed by Dick Jones, Associate Director of Sports for the YMCAs.

PARI Summer Clinic & Exam Schedule

The PARI Instructional Program recognizes instructors in their profession. After taking a three hour exam, you become recognized as one of the following: *Professional* (90%-100%), *Advanced Instructor* (80%-89%), or *PARI Member*. This two day course includes 12 hours of clinic, 5 rule books, a 165 page manual and your first year's annual PARI dues. For clinic brochure and application, please call Wanda at 719/635-5396 to be put on the mailing list. The fee is \$198 for the clinic and exam or \$168 for the clinic only. Passing the exam lets you know you measure up to the best in the business or lets you know the areas you need to improve to reach the ultimate goal, that of a top ranked PARI Teaching Professional.

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Clinician: Connie Martin

Saturday, August 14th-Sunday, August 15th

LILBURN, GEORGIA

Southern Athletic Club

Clinician: Mary Lyons

Thursday, August 26th-Friday, August 27th

S. PLAINFIELD, NEW JERSEY

Ricochet Health & Racquet Club

Clinician: Fran Davis

Thursday, October 7th-Friday, October 8th

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The Skyline Clubs at Crystal Gateway

Clinician: Fran Davis

Thursday, Nov. 4th-Friday, Nov. 5th

HERSHEY, PENNSYLVANIA

Cocoa Court Club

Clinician: Fran Davis

Thursday, Nov. 11th-Friday, Nov. 12th

GREEN FIELD, WISCONSIN (Milwaukee area)

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Clinician: Fran Davis

The Fall 1993 clinic schedule will be available by calling the AARA office at 719/635-5396 on or after August 16th. Those already on the mailing list will receive it by mail.

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WHAT'S THE CALL?

By Otto Dietrich, National Rules Commissioner



Two New Rules Adopted

Q: Did the AARA Board of Directors approve any new rules at it's May meeting? Alan Golombek, Baltimore, Maryland.

A: Yes — after considering opinions of the general membership and recommendations by the national rules committee, both proposed rule changes published in the March/April issue were passed, and will go into effect on September 1. Here is the rundown:

1. It was decided that the penalty for use of a racquet that exceeds the 21-inch limitation should be immediate forfeiture of the game in progress or forfeiture of the preceding game if the illegal racquet is discovered between games. Because there currently is *no* specified penalty for the use of an illegal racquet, the board recommends that this be the penalty imposed, but referees and tournament directors may make their own determinations in accordance with Rule 3.5(g).
2. The board also decided to lessen the penalty assessed when the server serves while the receiver is signaling "not ready." On September 1st, the penalty for that infraction will be a fault serve (rather than a technical foul and loss of point). As you probably know, no warnings are given for fault serves and this will be no exception. So, if you aren't already in the habit of checking your receiver, you'd better start (or develop a great second serve)!

The final shot(s): I'm very pleased to announce the appointment of Mary Lyons from Jacksonville, Florida to the national rules committee. She will replace long-time member Clint Koble of Nevada, whose input will be missed.

Every so often, someone asks whether a certain brand of racquet is legal. My answer has been that the only way to know for sure is to put a tape measure on it. If it measures more than 21 inches from the butt end of the handle to the top of the head, then it is not legal. However, the AARA's technical committee is currently looking into a suggestion that would declare a racquet illegal only if it's specifications call for it to be longer than 21 inches. This would provide some tolerance for an otherwise legal racquet that was (a) manufactured slightly larger than its specification, or (b) elongated by over-tightening the cross-strings. I'll let you know if our method of defining what an "illegal racquet" is changes...





PSYCHOLOGY AND RACQUETBALL: FOCUS-FOCUS VS. HOKUS-POKUS

By Dr. Les Barbanell

One of the most fascinating aspects of racquetball, and the part of the game which I find to be the most fun is analyzing your opponent's mind-set. There are a variety of ways an opponent tries to distract you and break your concentration. This article identifies some of these tactics and what you can do about them. Be aware that there are good players who just play and there are good and not-so-good players who play with your mind. They do "tricks" to get to you and they can be quite successful unless you know how to prepare yourself mentally. When you are prepared, it's like returning your opponent's best serve with a kill shot (you win mentally).

Here is a list of strategies players will use to distract you:

1. Player engages the unsuspecting referee in rulebook talk, tries to impress with knowledge, dominate attention, delay game and distract you. Do not listen in on the conversation. Go to front wall and hit ball to same spot until conversation is over.

2. Player deliberately shows up late, long after you completely warm up. Wait for opponent to appear before beginning warm up.

3. During match player jokes with you or flatters you with compliments with regard to your rank or prior success. Be cordial, say little.

4. Player pumps up intensity, screams, juts-out chin, does a lot of self-talk, bounces ball endlessly in service box. Ignore these gestures.

5. Your opponent turns into a maintenance man, frequently towel dries court; particularly when you're on a roll. Alert referee about this distraction.

6. In an attempt to get on your nerves, player checks watch and counts 10 seconds on *every* serve, and raises racquet on *every* serve. Be patient. Don't lose it! Try not to laugh at this transparent tactic.

7. Player constantly looks back as you serve as if looking for Madonna to walk by. Wants you to follow his head rotation. Keep your eyes on

ball and serve even if at point of contact, opponents back is turned to you.

8. Strategic time-out. When player does this simply respect the strategy. Don't be annoyed. Stay focused.

9. Dramatics. Player screams at referee's call. Drops racquet, makes intimidating remarks and walks off the court. Player acts as if the call is more important than the capture of Sadaam Hussein. Know the rules. If player walks off court it's an automatic time-out. Beyond 30 seconds is automatic technical. Inform referee. Maintain concentration.

10. Player goes through verbal and physical rituals which aid his/her concentration, but, hinder yours. For example, player repeatedly taps glass, repeats "it ain't over till it's over," or, "it ain't over — the fat lady won't sing." Stay on your game. Don't get caught up in the rituals.

These tricks or tactics are part of the game, as long as they are within the rules. I give someone credit for their effort toward gaining an edge this way. Rather than be resentful, frustrated or distracted — enjoy the battle of wits and try to win it.

Respond to Dr. Barbanell c/o NJ Court Sports, 232 Franklin Turnpike (1st Floor), Waldwick, NJ 07463.



INSIGHT

By Luke St. Onge

Probably the single most aggravating problem for the club manager or pro is the identification of an A, B, C, or D player within the club. Add that dilemma to the major problem

of sandbagging in tournaments and leagues and you have an issue that won't go away.

State associations have grappled with this problem for years and come up with over 25 different methods of applying skill level designations to players. Certain states have even gone so far as to penalize a player for winning a division by automatically moving them into a higher division even if they don't belong there. This is

especially troublesome in women's skill divisions, where many women will abandon tournament competition rather than move up and get blown away in the first round.

Now I am happy to report on a new development that will aggressively deal with this issue and at the same time offer an exciting new tournament opportunity. At its May board meeting, the AARA board of directors approved another first in the sport — a national tournament for skill level competition.

The Skill Level Nationals, to be initiated in the Summer of 1994,

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will bring us much closer to solving the very same problems we've been talking about for the past 15 years. That's a pretty big challenge for one tournament, but now is the time to act.

At the Skill Level Nationals, divisions will be offered for men and women in A, B, C, and D singles divisions. Player skill levels will be validated by a Professional Association of Racquetball Instructor (PARI), who will rate and certify each player within thirty days of the national event.

Players will be rated objectively — not based on what they play in any given state, since an A player on the west coast may be comparable to a B player on the east coast, or vice versa. A player who does not have a prior rating may receive certification, for a small fee, from an on-site PARI instructor two days before the tournament.

Now it may still be possible that a player could initially be placed in the wrong division. If this becomes obvious, it will be necessary to have a procedure for moving the player into the proper competitive division after the first round. We're working on possible solutions right now, and would welcome your input.

What does this all mean for racquetball? It means a new national championship opportunity for 99% of the players who are not open level competitors. It means a move towards standardizing skill levels throughout the United States and instituting a real handicap system that will allow a C player to be competitive against an A player. It means a whole new outlook for the sport and a fun one, at that!

AARA NEWSBRIEFS

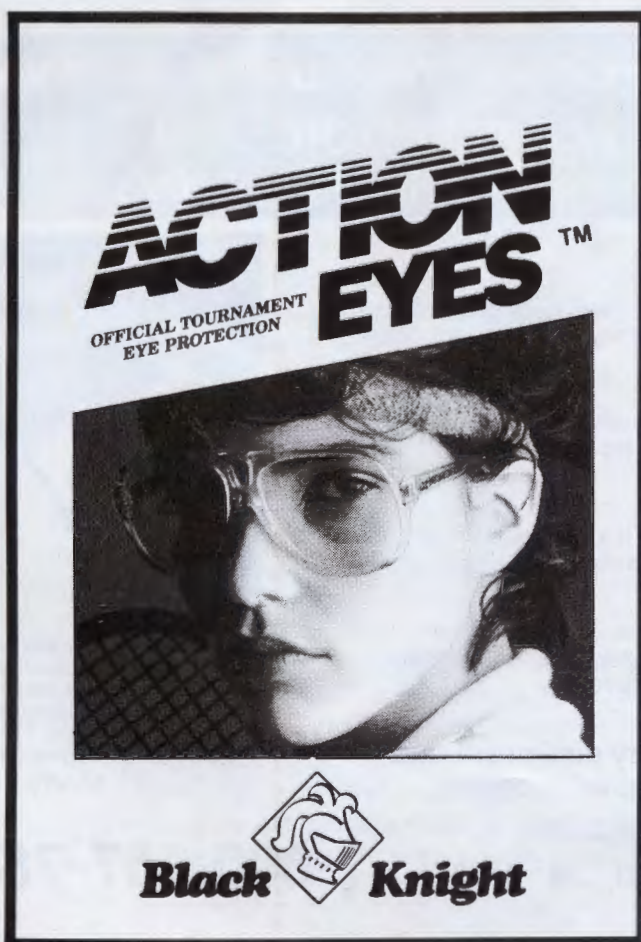
AARA Supports NIRSA Auction

The AARA supported the National Intramural-Recreational Sports Association (NIRSA) Foundation by donating equipment to its Silent Auction, which netted more than \$2,300 in pledges. The NIRSA Foundation promotes and supports educational programs for recreational sports. Programs funded from the Foundation will include research, scholarships, publications, professional development, minority recruitment and national conferences and workshops for the NIRSA. In its first year of operation, the NIRSA Foundation has received over \$50,000 in donations!

Board of Director's Meeting Highlights

In the two days prior to opening rounds, the AARA board of directors met in marathon sessions, to approve and institute the following:

- Passed the 1993-94 AARA budget
- Established a National A, B, C, D Skill Level Championships to be held yearly beginning in 1994
- Established a Blue Ribbon Committee to report back to the board in October regarding marketing strategy for 1995 and into the year 2000



WORLD SENIOR RACQUETBALL CHAMPIONSHIPS

September 7-11, 1993 • Albuquerque, New Mexico

TOURNAMENT VENUES

HEADQUARTERS: Ramada Hotel Classic
6815 Menaul Blvd. NE
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505/881-0000

HOST CLUBS: Tom Young's Athletic Club
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Albuquerque, NM 87110
505/298-7661
Midtown Athletic Club
4100 Prospect Ave. NE
Albuquerque, NM 87110
505/888-4811

RULES

AARA unless otherwise specified. Round-robin format for qualifying rounds Tuesday through Friday. Matches consist of 3 games to 11 points. Matches are self-officiated. One tourney point earned per game point scored, 3 points earned per game won, and 7 points earned per match won. Top 8 qualifiers within each age group earn berths in the Saturday Championship Medal Round (flight winners guaranteed a berth). Saturday playoff matches consist of 2 out of 3 games to 11 points with finals 2 out of 3 games to 15 (single elimination). No consolation matches will be scheduled. For more information, call Gary Mazaroff at 505/266-8960.

Sanctioned by IRF (International Racquetball Federation), AARA, National Seniors Council. AARA membership required (\$15.00 per 12 months).

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TUESDAY thru SATURDAY - 11:30 a.m. to 2:00 p.m. Lunch at Tom Young's.
SATURDAY - 7:30 p.m. Awards banquet at Ramada Classic.
THURSDAY - 8:00 p.m. Babe's Nite Out.
FRIDAY - 9:00 p.m. Social at Ramada Sports Saloon.
Raffle and mini-auction. Complimentary shuttle service.

AWARDS

The top 4 finishers in each age group of 8 or more players. The Al Wetherill Memorial Sportsmanship Award.

FEES

\$95.00 per player, \$150.00 total for Husband/Wife team, \$40.00 per non-playing spectator (includes meals and banquet). MAKE CHECKS PAYABLE TO: World Senior Racquetball Championships (WSRC). \$5.00 processing fee for VISA and Mastercard payments. All fees must be paid in U.S. currency. NO REFUNDS AFTER AUGUST 1, 1993.

ENTRY DEADLINE

All registration forms and fees must be received at the WSRC office no later than AUGUST 1, 1993. Enter early to guarantee a space. Entries are limited to the first 400. First match time information will be available September 6th. Call Tom Young's Athletic Club, 505/298-7661. **TOURNAMENT PLAY BEGINS TUESDAY, SEPTEMBER 7.**

ABOUT THE TOURNEY

Organized as the North American 40+ in 1985, the tournament has grown to attract participants world-wide. This is a premier tournament for Senior Women and Men in the world. We encourage participation, and we are delighted to showcase our country, state, and city. Come and enjoy our friendly community. Come early, stay late, and have FUN!

ABOUT ALBUQUERQUE

Albuquerque is nestled at the base of the 10,500-foot, pastel-peaked Sandia Mountains. It is the hub of New Mexico--home to one-half million residents. Albuquerque offers excellent year-round climate, fantastic museums, and more! We are very proud of our community and encourage you to take advantage of its many attractions.

Santa Fe, 60 miles north • Indian Pueblo Cultural Center
Acoma - Sky City, 60 miles west • Taos, 120 miles north
The University of New Mexico • Old Town Albuquerque
Museum of Natural History • Albuquerque Museum
New Mexico State Fair • Rio Grande Zoological Park

ORGANIZED TOURS WILL BE AVAILABLE.

Please Indicate Your Interest on the Entry Form.

PLEASE PRINT ALL INFORMATION LEGIBLY.

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NO ENTRIES ACCEPTED WITHOUT FEE.

Fee Enclosed: Individual () \$95.00 Husband/Wife () \$150.00 Spectator(s) () \$40.00 each
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World Senior Racquetball Championships
P.O. Box 30188, Albuquerque, NM 87190
ENTRY DEADLINE: AUGUST 1, 1993

EVENT ENTERED (ONE ONLY)

WOMEN	MEN	PLAYER LEVEL
☐ 35+	☐ 35+	☐ Advanced
☐ 40+	☐ 40+	☐ High Intermediate
☐ 45+	☐ 45+	☐ Low Intermediate
☐ 50+	☐ 50+	☐ Novice
☐ 55+	☐ 55+	Other Seeding Info: _____
☐ 60+	☐ 60+	_____
☐ 65+	☐ 65+	_____
☐ 70+	☐ 70+	_____
☐ 75+	☐ 75+	_____
☐ 80+	☐ 80+	_____

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- Established a Blue Ribbon Tournament Committee to report back to the board in October on standardizing all national and regional events
- Confirmed participation by the AARA and the U.S. National Racquetball team in the 1994 Pan Am Trials, 1994 World Championships and the 1995 Pan American Games
- Approved the production and marketing of two new instructional videos
- Accepted the final report and version of the 1993 Long Range Planning and Vision Statement
- Accepted the Election Committee report electing these four members to the AARA Board of Directors for three year terms: Margo Daniels of California, Marta Groess of Minnesota, Janell Marriott of Rhode Island and Dario Mas of Delaware. Also agreed to publicize the total vote for each candidate who runs for office.
- Established a Blue Ribbon Committee to report back to the board in October regarding the possibility of raising membership dues in early 1994.

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University of Tulsa Expands Program

The University of Tulsa is expanding its racquetball program, by granting five scholarships ranging from \$1000 to \$2000 to the University's racquetball team for the 1993-1994 academic year. In addition, funding may become available to cover the team's expenses for uniforms as well as entry fees and travel costs to the state, regional and world intercollegiate tournaments. Applications are being accepted from entering freshman and transfer students interested in joining one of the nation's fastest growing and most dynamic collegiate racquetball programs. For more information, contact:

Chris Brinkley
11418 E. 36th St.
Tulsa, Oklahoma 74146
918/665-0985.

UNLV Expands Program

The University of Nevada, Las Vegas has selected former junior player Devon Cordova to head its intra and extra-mural racquetball programs. Cordova and the university administration hope to generate funds to upgrade facilities and improve scholastic opportunities for undergraduate racquetball athletes. For more information, contact:

Devon Cordova
UNLV Racquetball Program
c/o Student Activities Office
Moyer Student Union
4505 Maryland Parkway
P.O. Box 452012
Las Vegas, Nevada 89154-2012.

State Rankings

As of May 21, the top-ten states in membership were:

1. California(2750)
2. Florida(1670)
3. Texas(1596)
4. Ohio(1493)
5. Illinois.....(1330)
6. New York(1268)
7. Pennsylvania(1155)
8. Minnesota(1066)
9. Massachusetts(807)
10. Colorado(779)

R B : G L O B A L

Racquetball included in 1993 World Games

The President of the International Olympic Committee, Juan Samaranch, will officially open the 1993 Hague World Games on Thursday, July 22, and racquetball will be there!

One of the largest sporting events of 1993, an expected 4,000 athletes from almost 80 countries will participate in 25 competitions and four demonstration sports. While this is the fourth World Games since the inaugural event in Santa Clara in 1981, it is only the third time that racquetball has been included. Past winners were Ed Andrews and Cindy Baxter in Santa Clara in 1981, and Andy Roberts and Cindy Baxter in London in 1985.

During the period of July 22 through August 1 inclusive television coverage will be available, however it is unknown which sports will be covered. Racquetball will be played from July 22 through the 28, so watch your local TV Guide for up to date information on broadcast coverage.

Wheelchair Racquetball Calendar Expands

By David Hinton

The old saying "The wheels of progress grind slowly" doesn't hold true when those wheels are attached to the wheelchair of a racquetball player. Only five years ago wheelchair racquetball was only practiced in North America and virtually unheard of in the rest of the world.

Today it is a recognized sport of the International Stoke Mandeville Wheelchair Sports Federation and enjoys full medal status in all IRF sanctioned events, including the World Championships. In those five years it has gone from one with little international competition for these athletes to being a full medal demonstration event at the 1996 Paralympics.

Apart from the various regional and national events which include wheelchair racquetball (as

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Bolivian national team members pose at the Bolivarianos Games. At the event, Juan Felipe Gomez defeated Over Jaramillo in men's open, and Carmenza Pages defeated Liliana Casasfranco in the women's open.

well as the many European and Asian events) following is a list of upcoming major international competitions for North American athletes:

World Senior Racquetball Championships: September, 7-11 in Albuquerque, New Mexico. This year marks the first time an event for wheelchair racquetball players will be added, in one open age category for athletes who are 35 years of age and older as of September 4. For information contact Tom Young's Athletic Club at 505/298-7661.

Pan American Wheelchair Games: March, 1994 in Pereira, Columbia. Negotiations are currently underway for the late inclusion of racquetball in this event. While there are no courts in Pereira, an impressive multi-sport complex including racquetball courts is located two hours drive away in Cali.

Torneo de las Americas: March, 1994 in Buenos Aires, Argentina An International Racquetball Federation sanctioned event for countries in the Western Hemisphere, this will mark the first time that actual competitive divisions will be offered for both men and women wheelchair racquetball players.

World Racquetball Championships: August, 1994 in San Luis Potosi, Mexico. As a continuation of the IRF commitment to the sport, full medal status will again be offered to both men and women wheelchair racquetball players from around the world.

Paralympics: August, 1996 in Atlanta, Georgia. Recently confirmed acceptance of wheelchair racquetball as a full medal demonstration sport at these games will afford both men and women from around the world the opportunity to show their skills and "go for the gold."

For any information on these or other international events, please contact the International Racquetball Federation at 815 North Weber, Colorado Springs, Colorado 80903-2947, Tel:

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The Fascination of a little Blue Ball

By Connie Martin

Most of us racquetball fanatics take those little blue racquetballs for granted. We only see them as a means of ending a rally (most likely with a 'killshot'). However, to those in the upper regions of the Amazon in Brazil, the little blue ball holds a fascination few of us will ever understand.

Bob Reiley, a member of Cascade Athletic Club in Gresham, Oregon spends a year collecting old racquetballs for a group of volunteers who venture to the remote jungles of the Amazon. Each year a new area is visited where a church is built and medical attention provided to those who need it.

For the past four years a group of students from the Sunnyside Seventh Day Adventist Church and School, along with one doctor and one dentist have volunteered their services in the remote regions of Brazil for a two week stretch. This is the first time any of these people have ever seen a doctor, dentist ... and a racquetball.

"Racquetballs are very precious to the kids who receive one," says Dr. Robert Hessong, DDS (pictured with Brazilian child receiving his bribe). In fact, the only way the doctors and dentists can get the kids to sit still long enough to check them out is with the 'bribe' of the little blue ball! Each child who is attended by the medical staff receives their own racquetball, toothbrush and a truck or doll.

Because these items are so precious to these kids, it is seldom you see them without it, unless they have hidden it away in a safe place (so not to be taken by someone not brave enough to see the person in the white coat).

And we thought racquetballs were only meant to be played with long enough for the label to wear off or someone to break open a new can. Thanks Bob Reiley, for bringing us a new perspective.

719/635-5396, or David Hinton, c/o Racquetball Canada, Suite 303, 1600 James Naismith Drive, Gloucester, Ontario, Canada K1B 5N4, 613/748-5653, Fax 613/748-5697.

Postscript on Wheelchair Racquetball: Han van der Heijden, President of the International Racquetball Federation comments "It is with pleasure that I take note of your activities. The Exco will meet this summer in The Hague and will surely pay attention to wheelchair racquetball. I am happy to see how your work results in positive reactions of the three bid cities. 'You' are a step ahead of 'us,' but because we are all working toward the acceptance of racquetball into the Olympic Games, your activities benefit us all. I wish you even further success!"

tournament circuit

ARMED FORCES TOURNAMENT

By Colonel John R. Fuhrmann

I recently had the enjoyable experience of being both a player and coach on the 1993 Air Force Racquetball Team through the '93 Air Force Training Camp Selection Tournament and the '93 Armed Forces Tournament. Both competitions were hosted this year by the Air Force at Offutt AFB, Nebraska from May 10-21.

This year's Air Force Team entered the competition as the Armed Forces overall team winners in 12 of the 13 previous interservice tournaments. The squad was led by three-time open champion TSgt. Duane Stevens, six-time open and twice seniors champion Msgt. Lou Souther and eight-time women's open champion, Maj. Barbara



LOWE. PHOTO: STEVE LERNER

Faulkenberry. This year's masters division champion was Col. John Fuhrmann and senior women's champion, Capt. Laura Patterson; both previous All Air Force team members.

The U.S. Army and Marine Corps teams boasted their strongest contingents ever with the Army squad led by the 1992 AARA 25+ champion, Sgt. Jimmy Lowe, past AARA 25+ top ranked Sgt. Sam Wasko and nationally ranked masters player, WO Bruce Shafer. A surprise U.S. Navy decision pulled the Navy team from the event for the first time ever.

The overall strength of the Army team proved itself through the singles and doubles competition to earn them the overall 1993 Armed Forces Championship over the always tough Air Force team. The Marine Corps team finished third.

Individual winners: Open - Army Sgt. Jimmy Lowe over AF TSgt. Duane Stevens 15-9, 15-9 in a match that lasted over an hour with incredible diving saves by Stevens and relentless passing and splat winners by the acrobatic Jimmy Lowe. The seniors 35+ title went to AF Msgt. Lou Souther, who had been beaten by hot shooting Army Maj. Gil Rodriguez in the second round. Souther, military racquetball's biggest name and

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biggest over the last ten years came back to beat Rodriguez twice 15-12, 15-6 and 15-3, 15-1 in a real strategy and shot making exhibition for the title. Army's WO Bruce Shafer took the master 40+ title for the second year beating AF Col. John Fuhrmann 15-8, 15-4. Shafer's near flawless lob serve took the power game away from Fuhrmann and forged the win. AF Maj. Barbara Faulkenberry won her ninth straight women's open title without a tournament loss, 15-7, 15-7 over her AF team and doubles partner Capt. Yolanda Jordan.



FAULKENBERRY. PHOTO: JOHN FOUST.

The women's senior title went to AF Capt. Laura Patterson over Army SFC Velma McDougal 14-15, 15-5, 11-5.

Doubles open winners were: Army's Lowe/Miller; seniors: AF's Souther/Alcala; masters: Army's Shafer/Dane; women's open: AF's Faulkenberry/Jordan and women's seniors: Army's McDougal/Anderson.

FOURTH ANNUAL WOMEN'S SENIOR-MASTERS CHAMPIONSHIP

By Bev Powell

The 4th annual 1993 Women's Seniors/Masters National Racquetball Invitational Championship was held at the Ballwin Racquetball & Fitness Center in Ballwin, Missouri, a western suburb of St. Louis, Missouri, in late March. Karen Venditti, her staff, and Bev Powell of Illinois, coordinated an event with excellent hospitality, competition, and fun for everyone.

The players were treated to competition in a round robin format of two games to 11, with a one point bonus for each game won and a two point bonus for each match won. In divisions with over 10 entries, players are divided into flights and top point earners from each flight played off for their division's first, second and third place awards. The AARA sanctioned event is a Level 5 tournament and a designated regional qualifier for women in all divisions 45 and over. There were eight players present who had attended all four national events since they began. Wisconsin had the most women in entries represented, Illinois was second and Missouri, third.

Mary Low Acuff, NC; Kathy Mueller, MN; Jo Kenyon, FL; Bev Powell, IL; Kendra Tutsch, WI; Laurel Davis, IL; Marijean Kelly, CA; Linda Grambow, VA; and Nancy Kronenfeld, VA were all appointed to the executive committee of the Women's Senior/Masters organization.

Jo Kenyon proposed that Racquetpower in Jacksonville, Florida be the site for the 5th Annual Women's Senior/Masters National Tournament, which has been moved to January 28-29, 1994. The bid was approved with Mary Lyons as the tournament director.

RESULTS -- Women's 35+: Sue DiPiano, MO; Vicki Luque, GA; Sue Rowe, WI; Kay Schumert, MO; Laurel Davis, IL; Cari Kresa, FL. **Women's 40+:** Nancy Kronenfeld, IL; Bernadette Bruner, WI; Holly House, WI; Liz Lyon, GA; Linda Grambow, VA; Barbara Harrison, OH; Rosalind Gusinow, WI; Debbie Miller, MO.

Women's 45+: Merijeane Kelly, CA; Agatha Falso, FL; Pat Tarzon, IL; Margaret Hoff, IL; Bev Powell, IL; Donna Ebner, MO; Janice Lucht, WI; Kendra Tutsch, WI. **Women's 50+:** Sharon Hastings Welty, OR; Nidia Funes, CA; Nancy Kay Butts, WI; Judy McKinstry, MO; Pauline Kelly, IL; Nancy Loomis, VA. **Women's 55+:** Jo Kenyon, FL; Kathy Mueller, MN; Jean Tull, VA. **Women's 60+:** Lola Markus, IL; B.G. Railey, TN. **Women's 70+:** Mary Low Acuff, NC.

BALTIMORE GOLDEN MASTERS GREAT!

By Dick Kincaid

The Golden Masters tournament hosted by the Merritt Athletic Club in Baltimore must have been about the best ever, with 95 men and women participating in the 55's and older divisions.

Best of all was the superb competition in all of the divisions, using a round robin format with over five hundred matches scheduled, and almost everyone played 15-20 head-to-head matches. Twenty six entrants fought it out in the 55's, where Rex Lawler and Joe Jackman won their divisions while Ron Allain and Dario Mas tied at 130 points. Ron won the head-to-head match and went on to the playoffs, where Rex

Lawler won with Joe Jackman second and Ron Allain third. Paul Banales and Ron Puddock continued their dominance in doubles with an undefeated 180 points. Ron Maggard and Rex Lawler squeaked by Dick Pacula and Garl Wiles 159 to 158 for second and third.

In the 60's, 21 players battled to an outstanding final match between Don Alt and Harvey Clar, with the victory going to Alt. Jack Bodgasky beat out Jim Railey for third place. Paul Banales became a double winner with Norm Goldetsky in the 60's doubles, edging out Don Alt and Victor Sacco in a hard-fought game 25-22. Russ Carruth and Norm Skanchy were third.

Joe Lambert sailed through a very tough 65's bracket undefeated, and teamed with Joe Goldman to win the doubles. It was a dogfight for second and third as only 11 points separated #2 through #6, with everyone beating one another. Victor Sacco was second and Jerry Bell third when the dust settled. Carruth and Skanchy took second in the doubles and Bell and Dick Kincaid were third.

The Three Musketeers, Nick Sans, Luzelle Wilde and Earl Acuff, again played determined 70's racquetball, with Sans winning with 192 followed by Wilde, 184 and Acuff, 183. A special "well done" to Earl Acuff for his first tournament after cancer surgery last fall. Wilde and Acuff won the doubles over Sans and Keith Wardell. Jack Daly defeated Ed Hagen for the 75's championship.

We are getting more and more entries in women's competition, heralding future growth for this tournament. Jo Kenyon defeated Jean Tull for the 55's championship, while Lola Markus beat out Betty Railey in the 60's. Dorothy Vezetinsky won the 65's and Pete Jones beat Mary Low Acuff in the 70's. Jo Kenyon and Bill Drouin won the mixed doubles over a field of five, with Ron and Jean Tull placing a very strong second, losing their head-to-head match 21 to 20.

At the banquet the Riviera Hotel Sportsmanship trophy was awarded to Don Alt, who received the longest applause of the night. Don Alt for

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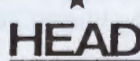


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years has represented the very best in Masters racquetball with his outstanding play surpassed only by his gentlemanly and thoughtful actions on and off the court.

So, Masters players, let's get on with the 93-94 season -- we can look forward to the Summer Masters (45 and up) singles and doubles championships in Minneapolis August 4-8; the Masters singles in Las Vegas February 1-5; and return to Baltimore April 14-16, 1994.

If you have never experienced the round robin competition combined with the sportsmanship and camaraderie of a Masters tournament, try it, you'll like it!

National Masters Tournament Set for Minneapolis, August 4-7

Even if you've been to any of our National Masters Racquetball tournaments, you haven't seen anything until you see what's in store for you and your family in Minneapolis this August.

The Twin Cities—host to the 1992 Super Bowl and Final Four, host to the 1991 World Series and U.S. Open—will offer five, fun-filled days of entertainment and racquetball. Our tournament will take place at the Burnsville Racquet Club with its 20 courts, swimming pool, 100+ exercise machines and weight rooms, saunas, whirlpools, and steam rooms.

For your \$115 entry fee, you'll get complete use of facilities, four full days of play, daily continental breakfasts and buffet lunches, souvenir, trophies and awards, dinner banquet, social program, plus shuttle bus service to and from motel. Side trips are planned to: Mall of America, Twin Cities' famous lakes, the Mississippi River, and Mystic Lake Casino — Minnesota's answer to Las Vegas.

For more information call Les or Mike Dittrich @ 507/257-3353 or 507/243-4232. Or write for information/entries to: Les Dittrich, P.O. Box 16, Eagle Lake, MN 56024 — or Amos Rosenbloom, c/o BHK & R, 7825 Washington Ave., S., Minneapolis, MN 55439.

CITRUS HEIGHTS 24 HOUR NAUTILUS LEAGUE BOOMING

By Bill Evans

The 24 Hour Nautilus Racquetball League/Team in Citrus Heights, California currently boasts 48 members in the league with 16 of those members playing on a newly formed team. The team plays other clubs in the greater Sacramento area. The team consists of A/B level men players and C/D women players.

The league was formed in the fall of 1988 and has been going strong ever since. Bill Evans has been the tournament director and racquetball instructor at 24 Hour Nautilus Fitness Center in Citrus Heights, California for four years. While a student at Northern Virginia, Evans was coached by AARA Hall of Famer Ed Remen. Evans currently plays on the 24 Hour Nautilus Team and also on Team Courtesy Sports. For more information contact Bill Evans, 2912 Shadow Oak Dr., Citrus Heights, CA 95621, 916/863-0712.



Top row: John Zalikowski, Steve Hutton, David Berry, George Athes, Glenn Dutton, Bill Evans. Bottom: Matthew "sure shot" Berry, Karen Mackedon, Jamie Bullock, Kathryn Carl, Jay Griffin.



LOCKEY



PECK



MYERS



REEB

RB: PEOPLE

Racquetball Gladiator

Former Houston native Renee Lockey, now residing in Anaheim, California was trying to remain low-key at national singles last month. But with a little help from friends it was soon out that she had been selected to appear on "American Gladiators," and was scheduled to begin filming right after returning to California on June 1. No air date is available at this time, so be on the lookout for Renee in upcoming shows.

Age Group Athletes Honored

Dave Peck of Austin, Texas and Janet Myers of Charlotte, North Carolina were honored as the winners of the "Age Group Athletes of the Year" awards at the annual banquet of the National Singles Championships in Houston last month. Former pro Dave Peck received the award for his 1992 dual gold medal finish in the Men's 30+ and 35+ divisions in national singles, followed by repeat wins in the corresponding national doubles events in October. Janet Myers, was given the Steding Award for age group excellence for her 1992 win in the women's 40+ singles division, and follow-up win in mixed 40+ with Davey Bledsoe at national doubles.

Halverson Sportsmanship Award

Ralph Reeb of Columbus, Ohio was chosen as this year's recipient of the John Halverson Sportsmanship award and was given the surprise accolade at the banquet in Houston. The men's open and 30+ competitor was given Ohio's annual sportsmanship award at their state singles championships in April for his overall good

attitude on and off the court, then was nominated and selected for the national award by the AARA board of directors at its meeting in Houston.

Partied Out Prez

Julee Nicolia, President of the Pennsylvania Racquetball Association came to the Nationals for the first time, not to compete, but to participate in the festivities. But as the week wore on, Julee wore out. By Saturday night she was feeling a little peaked, tried to get 40 winks in her room before dinner, then slept through the whole banquet. In the meantime, she was awarded the surprise Presidential Award for 1993, in absentia.

Sobek Award Winner gives Thanks

A lot of folks gave microphone thanks at the award banquet in Houston — to coaches, sponsors, and parents, etc. When Mary and I were honored with the Joe Sobek award that evening, the temptation was great for us to do likewise.

I resisted, for more than one reason. First, the program was already running long, and second, Mary had used up our time allotment in scolding those who hadn't yet purchased tickets for the big raffle in Albuquerque. Besides, I really wanted to get to the dancing which followed. And how deeply committed to raising funds is my wife? Well, I had to buy some raffle tickets before she would do the Achy Breaky with me.

But I'd like to give my thanks now, so here's your chance to turn the page if you suspect that what's to follow is self-serving:



NICOLIA



WALKER



WALKER



EVANS

The person I want to thank is Jeff Evans, a player I didn't meet until Memorial Day, after he received a gold medal for winning the Men's 19+ division. Jeff, from Washington, was playing one of our southern California kids in a tough quarterfinal match when late in a close second game, the referee stopped play and Jeff walked off the court to inquire about the call. The referee said the rally was to be replayed because of a hinder. Jeff then argued, successfully, for an avoidable hinder on himself ...

Was that one ever in our wheelhouse? Our focus is on the youth and citizenship, more specifically the AARA's scholarship program. Jeff — with that single gesture — made worthwhile all the time spent cajoling and wheedling, frequently without success, soliciting product donations from potential sponsors of the Olympic Dream.

Jeff showed that to be a champion you don't have to taunt, you don't have to intimidate, you don't have to cheat. Exult and celebrate, bask in victory ... why not? But do it without humiliating your opponent. Simple enough credo, but have you watched basketball or football lately?

Anyway, to all those who had a hand in forever linking the Walkers with the father of racquetball, many thanks (though you're not forgiven for surprising us in front of all those people!). But it wasn't necessary. As long as there are kids out there like Jeff Evans, we'll shrug off the frustrations and keep on plugging. You've got us for life...

Cordova heads UNLV Racquetball

Devon Cordova of Pueblo, Colorado has been selected to head the intra and extra-mural racquetball program at the University of Nevada, Las Vegas in the fall of 1993. The 18 year old junior player will be responsible for scheduling

the campus racquetball facilities, organizing tournaments and rejuvenating the extra-mural college racquetball program. Cordova is enrolled at UNLV to seek an undergraduate degree in resort, hotel and restaurant management, from a program that is considered to be the best in the nation.

Untimely Loss

In a tragic automobile accident that claimed three other young lives, Memphis State University collegian Lance Nelson was killed on June 9. In his last year on the MSU racquetball team, Nelson earned silver medals in both the Men's #2

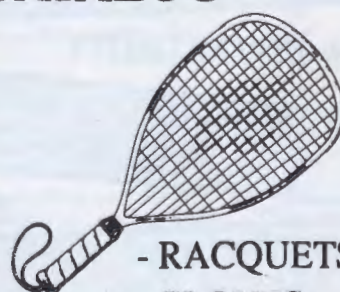
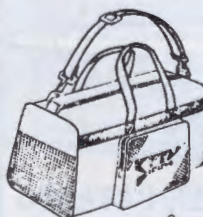
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CORDOVA



ST. ONGE

singles and doubles divisions at the 1992 World Intercollegiate Championships in Canton, Ohio. This promising young player will be missed in Tennessee, and among his many collegiate friends nationwide.

Cross Training?

AARA Executive Director Luke St. Onge shocked the rest of his foursome at the USOC's 12th Annual Olympic Golf Classic and fundraiser in Colorado Springs in June when he hit the longest and straightest drive in the tournament. For the "shot" he was presented with a commemorative souvenir putter and a cool pair of Ray Ban's.



Marlins Fan

Cindy Doyle, engaged to marry Florida Marlins left fielder Jeff Conine on October 9, evidently wasn't the only Marlins fan in Houston. An autographed Marlins team jersey donated by Conine fetched the highest single-item bid in the AARA's Silent Auction, going for \$500.00 to high roller Allan Shepherd. A former junior national champion, Jeff plans to play mixed doubles with Cindy at national doubles in Phoenix following the honeymoon. "But only if he agrees to serve to the girl ..." insists Doyle.

New Addition for Fischl-Kelly

Former Junior Team assistant coach Dottie Fischl Kelly and husband Greg got a head start on their own junior team with the birth of their first son, Matthew Shane Kelly on May 5. Matthew weighed in at 7 lbs., 13 oz. and 20" long. Congratulations!



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NATIONAL DOUBLES CHAMPIONSHIPS

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone (Day) _____ (Evening) _____
 Birthdate _____ Age _____
 Regional Competed In _____
 Division in Regional _____ Finish _____
 Partner _____ Division _____
 Partner _____ Division _____

WAIVER -- I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the AARA, Ektelon, Penn Racquet Sports, the Lakewood Athletic Club and Holiday Inn or their respective agents for any and all injuries. By registering to compete in this event, I consent to drug testing as administered according to AARA/USOC guidelines.

Participant Signature & Date

MEN'S DIVISIONS:	WOMEN'S DIVISIONS:	MIXED :
___ Open	___ Open	___ Open
___ Jr. Vet - 19+	___ Jr. Vet - 19+	___ Mixed 19+
___ Jr. Vet - 25+	___ Jr. Vet - 25+	___ Mixed 25+
___ Seniors 30+	___ Seniors 30+	___ Mixed 30+
___ Seniors 35+	___ Seniors 35+	___ Mixed 35+
___ Seniors 40+	___ Seniors 40+	___ Mixed 40+
___ Masters 45+	___ Masters 45+	___ Mixed 45+
___ Masters 50+	___ Masters 50+	___ Mixed 50+
___ Golden Masters 55+	___ Golden Masters 55+	___ Mixed 55+
___ Golden Masters 60+	___ Golden Masters 60+	___ Mixed 60+
___ Golden Masters 65+	___ Golden Masters 65+	___ Mixed 65+
___ Golden Masters 70+	___ Golden Masters 70+	___ Mixed 70+
___ Golden Masters 75+	___ Golden Masters 75+	___ Mixed 75+
___ Golden Masters 80+	___ Golden Masters 80+	___ Mixed 80+
___ Men's A	___ Women's A	___ Mixed A

ENTRY FEES AND PAYMENT :

First event (per player) (\$60.00) _____
 Second event (per player) (\$30.00) _____
 AARA Membership fee (\$15.00) _____
 Tax deductible donation to U.S. Team \$ _____

TOTAL DUE: \$ _____

MAIL COMPLETED ENTRY AND FEES TO:
 AARA NATIONAL DOUBLES--815 NORTH WEBER
 COLORADO SPRINGS, COLORADO 80903-2947

ENTRIES MUST BE POSTMARKED BY FRIDAY, OCTOBER 8, 1992

October 20-24
City Square Sports Club
Phoenix, Arizona

U.S. TEAM AND U.S. OLYMPIC FESTIVAL QUALIFIER:
 Winning teams in men's and women's open will be appointed to the U.S. National Racquetball Team for one year. Semi-final finishers in men's and women's open will qualify for the 1994 U.S. Olympic Festival in St Louis, Missouri.

ENTRY FEE: \$60.00 first event per player (includes referee fee), \$30.00 second event per player. Two division limit.

ENTRY DEADLINE: Postmarked no later than October 8, 1993. IF any entries are accepted after the deadline an additional \$15.00 late fee will be assessed. All entries are FINAL, with absolutely no refunds after the deadline date.

AARA MEMBERSHIP: Non AARA members should add \$15.00 for a one-year competitive license membership. (Note: If you have recently joined the AARA and have not received your membership card, you must present your receipt copy of the membership application or a cancelled check upon registration.)

STARTING TIMES: Will be available after 5:00 pm on Monday, October 18. Call _____.

PLAY BEGINS:

Men's Open, A, 19, 25, 30, 35, 40+	Wed. 10/20
Men's 45, 50, 55, 60, 65+	Thu. 10/21
Women's Open, A, 19, 25, 30, 35, 40+	Thu. 10/21
All Mixed Divisions	Thu. 10/21
Men's 70, 75, 80+	Fri. 10/22
Women's 45, 50, 55, 60, 65, 70, 75, 80+	Fri. 10/22

OFFICIATING: \$5.00 will be paid for every match you referee. Director of Referees: Otto Dietrich, AARA National Rules Commissioner.

OFFICIAL BALL: Penn Tournament

DRUG TESTING: Random testing will be performed. For more information about specific medications call the Drug Hotline at 1-800-233-0393.

TOURNAMENT DIRECTOR: Margo Daniels, AARA National Tournament Commissioner, 815 North Weber, Colorado Springs, CO 80903-2947. PH: 719/635-5396.

LODGING: The Lexington Hotel offers a room rate of \$70.00 per night for up to four persons per room. To receive the special rate, mention the national doubles when you make your reservations by calling 602/279-9811. **TRANSPORTATION:** Super Shuttle service from airport to hotel.

UNITED AIRFARE DISCOUNT: United offers you 5% off any published United fare regardless of cost. Phone United's toll-free number at 800/521-4041, daily between 8:30 am and 8:00 pm EST and use AARA account number 529WW.

MEN

MEN'S OPEN

1. John Ellis, CA
2. Michael Bronfeld, CA
3. Brian Simpson, IN
4. Jimmy Lowe, KY
5. Doug Ganim, OH
6. Randy Olson, ME
7. Dan Fowler, MD
8. Sudsy Monckick, NY
- 9T. Lance Gilliam, TX
- 9T. Sean Graham, CT

MEN'S A

1. Bryan Stanley, TX
2. Eric Harper, FL
3. Steve Kalal, IL
- 4T. Thomas Evans, TX
- 4T. Glenn Garrison, NJ
6. David Murillo, CA
- 7T. Rick DeCastro, MA
- 7T. Scott Gurnin, MA
9. Richard Sampson, VA
10. Peter Appel, NY

MEN'S B

1. Mohan Shishir, NJ
2. Gabe Gose, NM
3. Vic Horton, MA
- 4T. Walt Charlton, OK
- 4T. Mike Petrin, TN
- 4T. Wally Miller, TN
7. Sal Acosta, TX
8. Randy Krantz, UT
9. Tony White, AL
10. Vern Schmitz, NY

MEN'S C

1. Jim Conlong, NY
2. Lawrence Flores, TX
3. John Smith, IN
4. David Bartscher, NE
- 5T. Clint Ashby, OK
- 5T. Steve Barnhouse, NM
7. Jong Chandrickson, CA
8. Mike O'Haver, IN
9. Todd Maynes, AR
10. Brit Berkey, IN

MEN'S D

1. Mike Walsh, NJ
2. David Kersten, AR
3. Dan Ames, NJ
4. Rhett Collins, TX
5. Jordan Fought, NM
6. Noel Farmer, CA
7. Preston Gaster, NC
8. Bruce Pietsch, UT
- 9T. Scott Boyd, UT
- 9T. George Walley, CA

MEN'S NOVICE

- 1T. Craig Bradford, MA
- 1T. Pierce Buller, NY
- 1T. Tom Cerniello, NY
- 1T. Frank Dispenza, FL
- 1T. Jason Dyer, CO
- 1T. Shef Emani, TX
- 1T. Miguel Figueredo, NC
- 1T. Denny Kupferman, NY
- 1T. Chris Lancaster, AR
- 1T. Ricardo Rivas, FL

MEN'S 19+

- 1T. Jeff Evans, WA
- 1T. Tim Sweeney, MO
3. Brian Fredenberg, TX
4. Jeff Stark, CA
5. Jason Thoerner, FL
- 6T. Adam Anderson, UT
- 6T. Joel Bonnett, MI
8. Matt Fontana, FL
9. Grant Giles, GA
10. Will Epperson, AL

MEN'S 25+

1. Chris Wright, MO
2. Jim Hamilton, MI
3. Ron Hendren, MD
4. Brad McCuniff, IA
- 5T. Tony Boscia, CO
- 5T. Dave Cardillo, NY
- 5T. Alan Sheppard, NC
8. Tom Montalbano, NY
9. Bryan Stanley, TX
10. Andy Goode, GA

MEN'S 30+

1. Jimmy Lowe, KY
- 2T. Rob French, IA
- 2T. Scott Worthy, MI
- 4T. Bill Serafin, NJ
- 4T. Kevin Thiessen, AR
6. Tom Adams, NY
7. John MacLean, NE
8. Carlos Hill, SC
- 9T. Bill Kelley, CT
- 9T. Bill Lyman, IL

MEN'S 35+

1. Dane Crisp, TX
2. Jim Young, PA
3. Mitch Smith, PA
4. Scott Worthy, MI
5. Dave Peck, TX
- 6T. Bobby Corcoran, AZ
- 6T. Keith Tidd, OH
8. Howard Walker, TX
9. Rick Lansing, NJ
10. Joe Hassey, AZ

MEN'S 40+

1. Tom Travers, OH
- 2T. Jim Bailey, VA
- 2T. Gary Mazaroff, NM
4. Walter McDade, TN
5. Rick Vanderlind, MI
6. Dave Kovanda, OH

- 7T. Howard Walker, TX
- 7T. Glen Withrow, MN
9. Steve Chapman, FL
10. Dave George, CA

MEN'S 45+

1. Bill Wolfe, NY
2. Jay Schwartz, FL
3. Johnny Hennen, TN
4. Bob Gravelyn, MI
5. Jim Winterton, NY
6. Ray Huss, OH
7. Paul Redelheim, TN
8. Craig Olsen, NE
9. Jack Crowther, CA
10. Bill Welaj, NJ

MEN'S 50+

1. Ron Johnson, IL
2. Jerry Davis, OH
3. Ron Galbreath, PA
4. Fred Letter, NJ
5. Tom Chodosh, TX
- 6T. Charlie Garfinkel, NY
- 6T. Jim McPherson, OK
8. Jim Pruitt, PA
- 9T. Jim Connor, MI
- 9T. Lynn Corbridge, UT

MEN'S 55+

1. Rex Lawler, IN
2. Art Johnson, CO
3. Paul Banales, AZ
4. Ron Adams, CA
5. Dario Mas, DE
6. Obed Oas, NE
- 7T. Don Alt, FL
- 7T. Russ Bates, CA
- 7T. Fred Dorman, IN
- 7T. Hank Gates, MI

MEN'S 60+

1. Don Alt, FL
- 2T. Paul Banales, AZ
- 2T. Lynn Hahn, MI
4. Max Fallek, MN
5. Walter Shur, NY
- 6T. Red Horton, CO
- 6T. Don Maxey, MO
8. Geroqe Sherman, ID
- 9T. Fintan Kilbride, Can
- 9T. Jim Railey, TN

MEN'S 65+

1. Joe Lambert, TX
2. Fintan Kilbride, Can
3. Pierre Miller, IN
4. Mal Roberts, FL
5. Glenn Melvey, ND
6. Tony Duarte, CA
- 7T. Earl Acuff, NC
- 7T. Earl Dixon, IN
- 9T. Carl Buschner, MA
- 9T. Richard Davis, LA

MEN'S 70+

1. Nick Sans, CA
2. Earl Acuff, NC
3. Luzell Wilde, UT
4. Cam Snowberger, PA
- 5T. Bernard Cramer, RI
- 5T. Bob Keough, NJ
- 5T. William Matotan, NM
- 5T. Robert McAdam, TX
- 5T. Jeff Nero, NY
- 5T. Fred Rapoport, FL

MEN'S 75+

1. Luzell Wilde, UT
2. Jack Daly, VA
- 3T. Fred Felton, TX
- 3T. Andy Trozzi, MA
5. Allan Sheppard, MD
- 6T. Ed Hagen, AZ
- 6T. Charles Russell, CA
- 8T. George Drake, MN
- 8T. Ralph Greco, FL
- 8T. Sol Kay, NY

MEN'S 80+

1. John Daly, VA
2. John Pearce, TX

WOMEN

WOMEN'S OPEN

1. Elaine Hooghe, OH
2. Rachel Gellman, NM
3. Ellen Crawford, NY
4. Michelle Gould, ID
- 5T. Lorraine Galloway, NY
- 5T. Molly O'Brien, PA
7. Diane Gronkiewicz, IN
8. Robin Levine, CA
9. Kim Russell, GA
10. Leesa Smith, ME

WOMEN'S A

1. Grace Hastings, TX
2. Claudia Andrade, FL
3. Bridgett Barron, TX
- 4T. Rita Flamm, IL
- 4T. Jessi Slaughter, SC
6. Kim Brady, MA
7. Helen Thomas, NJ
8. Jessica Rogers, TX
9. Mary Kucel, CA
10. Julie Decker, FL

WOMEN'S B

1. Laura Brandt, FL
2. Cheryl Gistand, TX
3. Karen Green, MI
4. Mandi McClure, GA
5. Shelley Jafferis, AR
6. Pat Harder, CT

7. Laurie O'Donnell, FL
8. Ruby Kersten, AR
- 9T. Wendy Chesters, NE
- 9T. Jan Nick, LA

WOMEN'S C

1. Teresa Buck, AR
2. Martha Allen, NM
3. Krista Moyle, NE
- 4T. Nancy Page, FL
- 4T. Barbie Wilson, TN
6. Cheri Prickett, AR
7. Laura Nastasia, NY
- 8T. Neda Browing, IN
- 8T. Judy Cummings, NC
10. Karla McVey, NJ

WOMEN'S D

1. Teresa Plaza, OH
- 2T. Erin Burns, NM
- 2T. Bobbie Ross, NC
4. Jean Staley, IN
5. Virginia Corcoran, MA
6. Jen Mayadas, NY
7. Jana Moore, AR
8. Sharlene Henry, FL
9. Barbara Limehouse, SC
10. Lizette Bonachea, FL

WOMEN'S NOVICE

1. Starr Welty, NM
- 2T. Kim Gurnett, MA
- 2T. Camille Hatcher, FL
- 2T. Chris Levitt, NJ
- 2T. Jenn Sulim, NY
- 6T. Treena Muller, NY
- 6T. Rosa Sanchez, NM
- 8T. Ana Barraza, NM
- 8T. Julie Giuffridi, NY
- 8T. Jane Gray, DE

WOMEN'S 19+

- 1T. Rachel Gellman, NM
- 1T. Amy Kilbane, OH
- 3T. Cheryl Gudinas, IL
- 3T. Tanya Spangler, CA
5. Ellen Crawford, NY
6. Renee Lockey, CA
7. Heather Dunn, MA
8. Diane Gronkiewicz, IN
- 9T. Tracy Watson, TN
- 9T. Jen Yokota, MO

WOMEN'S 25+

1. Lorraine Galloway, NY
2. Kersten Hallander, FL
3. Rhonda Pannell, TN
4. Megan O'Malley, IL
- 5T. Debra Bryant, NC
- 5T. Julie Decker, FL
7. Naomi Morgan, TX
- 8T. Donna Beldring, NM
- 8T. Tina Churchwell, TN
- 8T. Carrie Healy, TN

NATIONAL RANKINGS

WOMEN'S 30+

1. B.J. Ehrigott, CT
2. Laura Fenton, NE
3. Mary Bickley, PA
4. Janet Tyler, FL
5. Karin Sobotta, PA
- 6T. Peggy Ludwig, OH
- 6T. Marianne Walsh, UT
8. Mary Lyons, FL
- 9T. Tracey Smith, TN
- 9T. Shawn Williams, CO

WOMEN'S 35+

1. Peggy Ludwig, OH
2. Susan Pfahler, FL
3. Roz Petronelli, MA
- 4T. Mary Shaffer, VA
- 4T. Val Shewfelt, UT
6. Linda Moore, NE
7. Laura Patterson, MI
8. Karen Green, MI
9. Vicki Hillard, TN
10. Janet Insko, MI

WOMEN'S 40+

- 1T. Dorothee Buchanan, UT
- 1T. Janell Marriott, RI
3. Janet Myers, NC
- 4T. Julie Jacobson, WI
- 4T. Joanne Pomodoro, MA
6. Willie Grover, GA
- 7T. Shelley Ogden, OH
- 7T. Gerri Stoffregen, OH
9. Agatha Falso, FL
10. Jean Tull, VA

WOMEN'S 45+

1. Agatha Falso, FL
2. Linda Miller, IN
3. June Riggs, TN
- 4T. Bev Powell, IL
- 4T. Paula Sperling, NM
- 4T. Gerri Stoffregen, OH
7. Gwen Benham, AR
- 8T. Mildred Gwinn, NC
- 8T. Kendra Tutsch, WI
10. Donna Huss, OH

WOMEN'S 50+

- 1T. Mildred Gwinn, NC
- 1T. Sharon Hastings-Welty, OR
3. Sylvia Sawyer, UT
4. Jean Tull, VA
5. Jo Kenyon, FL
- 6T. Nidia Funes, CA
- 6T. Pauline Kelly, IL
8. Nancy Loomis, VA
- 9T. Nancy Butts, WI
- 9T. Renee Hebert, LA

WOMEN'S 55+

1. Jo Kenyon, FL
2. Kathy Mueller, MN

3. Joanna Raida, PA
4. Marion Crawford, NY
5. Jean Tull, VA
6. Mary Walker, CA
7. Susan Embry, CA
- 8T. Marilyn Brandt, LA
- 8T. Helen Dunsmoore, ID
10. Carol Hardiman, CA

WOMEN'S 60+

1. Lola Marcus, IL
2. B.G. Railey, TN
3. Jo Kenyon, FL
4. Judy Fetherston, NM
5. Mary Low Acuff, NC
6. Betty Railey, TN
- 7T. Reta Harring, WI
- 7T. Rita Turner, FL
9. Sally Polk, NM
10. Ann Toya, NM

WOMEN'S 65+

1. Mary Low Acuff, NC
2. Phyllis Melvey, ND
- 3T. Joann Jones, CT
- 3T. Dorothy Vezetinski, WA

WOMEN'S 70+

1. Mary Low Acuff, NC
- 2T. Pete Jones, CT
- 2T. Eleanor Quackenbush, OR
4. Zelda Friedland, NM

WOMEN'S 80+

1. Zelda Friedland, NM

BOYS

BOYS 8 & UNDER

1. Jack Huczek, MI
2. Jim Gooden, TX
3. Evan Honigsfeld, TX
4. Ben Weaver, AL
5. Brandon Shoemaker, OH
6. Ryan James, WI
7. Matt Trujillo, OR
- 8T. Clay Burris, FL
- 8T. Jacob Karmelin, MD
- 8T. Roylee Luna, NM

MULTIBOUNCE

1. Evan Honigsfeld, TX
- 2T. Matthew Schulman, FL
- 2T. Matthew Trujillo, OR
4. Clay Burris, FL
- 5T. Jon Hellner, OR
- 5T. John Miller, FL
- 5T. Dain Taylor, IN

- 8T. Ryan James, WI
- 8T. Roylee Luna, NM
- 8T. Brandon Shoemaker, OH

BOYS 10-

1. Shane Vanderson, OH
2. Dan Thompson, WI
3. Juan Martinez, IL
4. Lane Mershon, GA
- 5T. Jim Gooden, TX
- 5T. Jason Jansen, ND
- 7T. Jack Huczek, MI
- 7T. Richie Williamson, OH
9. Adam Taylor, IN
10. Jon White, GA

BOYS 12-

1. Gabe Gose, NM
2. Jeffrey Garner, AL
3. Willie Tilton, CO
4. Rocky Carson, CA
5. Brandon Henline, GA
6. Seth Taylor, IN
- 7T. Jason Jansen, ND
- 7T. David Liakos, NE
9. Ryan Staten, KS
10. David Pearson, WI

BOYS 14-

1. Mark Hurst, FL
2. Jed Bhuta, AL
3. Brit Berkey, IN
- 4T. Brent McDade, TN
- 4T. Ben Williams, NY
- 6T. Bucky Freeman, TX
- 6T. Chris Gose, NM
- 6T. John Stanford, Jr., FL
- 6T. Eric Storey, UT
- 6T. Alan Thomas, OH

BOYS 16-

1. Shane Wood, MA
2. Chris Choukalas, AZ
3. Brian Siegel, NJ
4. David Hamilton, OH
5. Drew McElwee, PA
- 6T. Jason Armbrrecht, NC
- 6T. Erik Ekman, MA
- 6T. Tim Gallien, IN
- 6T. Mark Hurst, FL
- 6T. Evan Pellowski, WI

BOYS 18-

1. Jason Mannino, NY
2. Sudsy Monchik, NY
3. Jason Armbrrecht, NC
4. Toby Lepera, IN
5. Craig Rappaport, PA
6. Allan Engel, FK
- 7T. Javed Aghaloo, MO
- 7T. David Hamilton, OH
9. Shane Dodge, ID
10. Joel Marsh, NE

GIRLS

GIRLS 8 & UNDER

1. Molly Law, CO
2. Kimberly Markins, AZ
- 3T. Jeni Fuller, NE
- 3T. Kimberly Irons, OH
5. Leslie Luna, NM
6. Jesi Fuller, NM
7. Melissa Jones, FL
8. Nicole Steketee, MI
9. Khara Williams, NM

MULTIBOUNCE

1. Molly Law, CO
- 2T. Kimberly Irons, OH
- 2T. Kimberly Markins, AZ
4. Melissa Jones, FL
5. Leslie Luna, NM
6. Feliciano Moreno, WI
- 7T. Jeni Fuller, NM
- 7T. Jesi Fuller, NM
9. Derai Darling, OR

GIRLS 10-

- 1T. Molly Law, CO
- 1T. Kristen Walsh, UT
3. Rebecca Dolloff, NM
- 4T. Eve Bateman, PA
- 4T. Kimberly Markins, AZ
- 4T. Margo Rainey, AZ
- 4T. Kristin Walsh, UT
8. Kimberly Irons, OH
- 9T. Jeni Fuller, NM
- 9T. Valerie Kaye, NM

GIRLS 12-

1. Jamie Trachsel, MN
2. Lindsay Sears, IN
- 3T. Sara Borland, IA
- 3T. Katie Gould, MO
- 5T. Erin Rogers, OR
- 5T. Katie Thompson, WI
- 7T. Boobie Markus, OR
- 7T. Brittany Morris, AL
9. Becki Bowman, IN
10. Megan Bals, NE

GIRLS 14-

1. Sadie Gross, MN
2. Debra Derr, FL
- 3T. Rhonda Rajsich, AZ
- 3T. Vanessa Tulao, TN
5. Melisa Boyd, UT
- 6T. Erin Frost, OR
- 6T. Bobbie Ross, NC
8. Colleen Maginn, WI
- 9T. Erin Burns, NM
- 9T. Katie Gould, MO

GIRLS 16-

1. Tammy Brockbank, ID
2. Shannon Feaster, DC
3. Andrea Beugen, MN
4. Debra Derr, FL
5. Erin Burns, NM
- 6T. Adrienne Bennett, DE
- 6T. Colleen Maginn, WI
- 6T. Jenny Meyer, CO
- 9T. Sadie Gross, MN
- 9T. Andrea Luque, GA

GIRLS 18-

1. Elkova Icenogle, CA
2. Kerri Stoffregen, OH
3. Tammy Brockbank, ID
4. Rachel Gellman, NM
5. Letisha Bussell, ID
6. Mindy Duff, IN
- 7T. Shannon Feaster, DC
- 7T. Amber Frisch, TX
- 7T. Cathy Tellier, NM
10. Andrea Beugen

WHEEL CHAIR

- 1T. Gary Baker, IN
- 1T. Chip Parmelly, CA
3. David Kiley, CA
4. Les Gorsline, WI
5. Steve Kuketz, MA
6. Marc Fenn, IN
7. Joe Soares, FL
- 8T. Wayne Dake, WI
- 8T. Audie Kemp, IN
- 8T. George Norton, MA

DEAF

1. Victor Solano, FL
2. Don Parrish, FL

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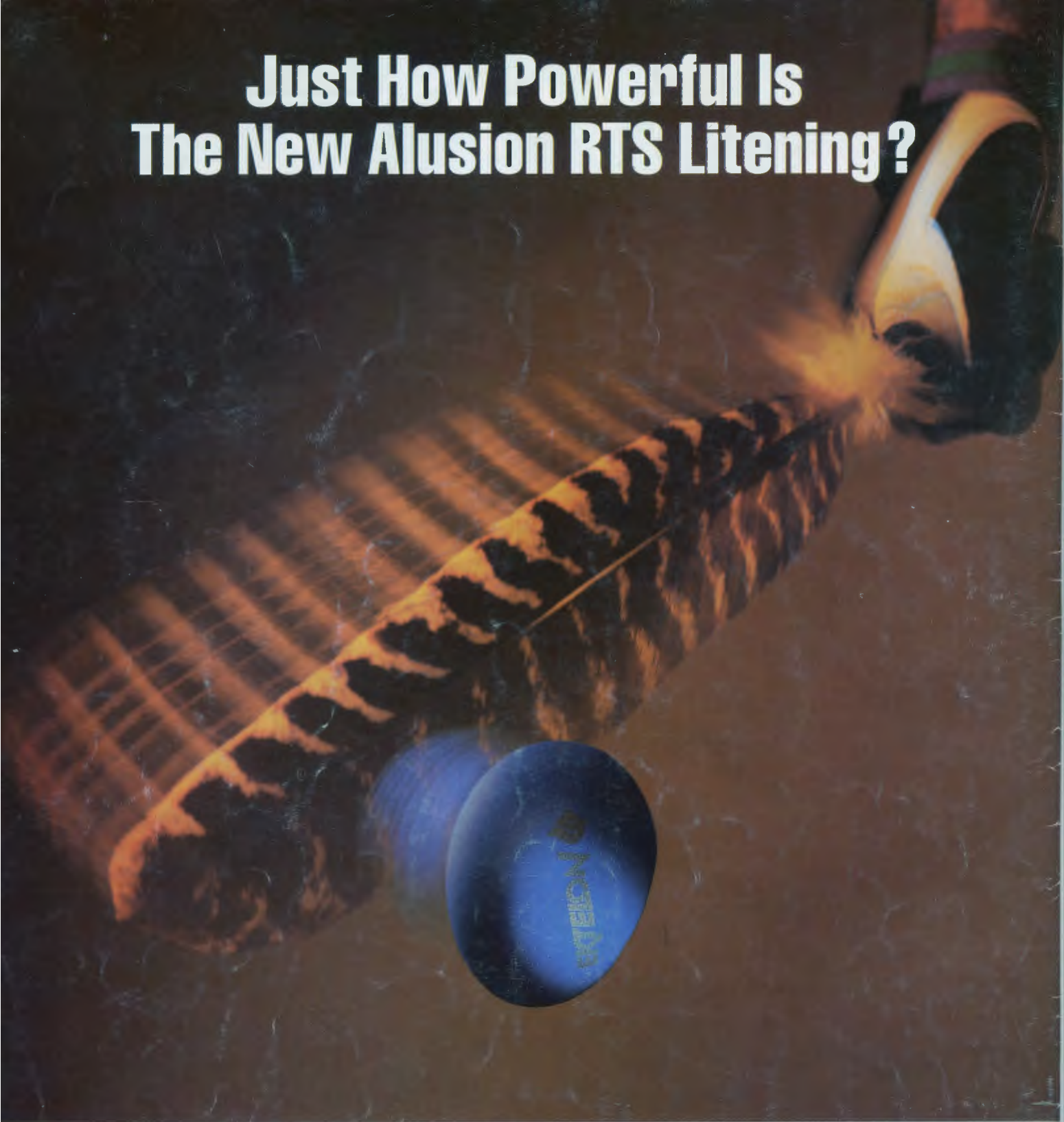
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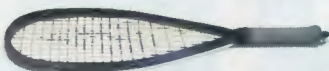
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