

National Racquetball[®]

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Mandatory Eye Protection: What Are The Issues

**Racquetball and
Elbow Injuries**

**Racquetball at Best:
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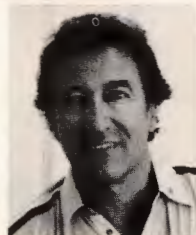
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Off The Wall

by Joe Massarelli



The Eyes Have It!

Each year, for the past few years, we have faced the issues surrounding mandatory eye protection for racquetball players. And, of course, we took the flak from those opposing such mandatory controls or the praise of those embracing such regulations.

However, 1987 brings with it a few new twists to an already knotty issue. Let me be specific.

Late last year, Canadian eyewear manufacturers — or at least five of them — joined efforts with leading medical authorities to reduce the number of eye injuries in racquet sports, with special emphasis on racquetball and squash.

The five firms subjected their eyeguards to a certification and testing program developed by a noted Toronto ophthalmologist who is also the chairman of the Canadian Standards Association (CSA). The CSA is equivalent to Underwriters Laboratories (UL) or the American Society for Testing Materials (ASTM) in the U.S. and it carries as much prestige and clout as its U.S. counterparts.

To obtain certification, according to CSA, the manufacturers were required to submit their sample products to rigorous testing called for in the Association's standard for racquet sports eye protection.

In a separate, but certainly not unrelated action, the Canadian Racquetball Association (CRA) published its official position on protective eyewear. Though the actual wording in their rules is ambiguous, the intent is very clear. Simply stated, all participants in CRA-

sanctioned tournaments must wear approved protective eyewear.

The CRA has not, as of this writing, gone so far as to say that the eyeguards must carry CSA approval, but most observers agree that CSA approval is imminent. The same observers realize that, if CSA approval is required, this will seriously affect all manufacturers — Canadian and U.S. alike.

The American Amateur Racquetball Association (AARA) is taking similar action south of the Canadian border. Among its top rules change considerations are mandatory eyeguards.

The January issue of *Racquetball in Review*, the official publication for the 33,000-plus membership, put the mandatory eyeguards issue on a ballot with seven other proposed rules changes upon which its membership at large will vote.

The results of this vote could mean that lensed eye protection could become mandatory at all AARA sanctioned tournaments.

The U.S. testing authority will be the ASTM mentioned previously. It will be their task to develop standards for optics and impact resistance so that all brands can be fairly tested and evaluated.

Now comes the rub. Strenuous objections have emanated from some factions at the supplier level that it is difficult, if not impossible, to develop a fair and equitable standard. Secondly, it certainly appears that both the Canadian and U.S. associations are indicating that only *lensed* eyeguards will be approved for tour-

nament play.

Third, and probably more important, does failure by a supplier to receive ASTM or CSA approval automatically preclude the use of its product in sanctioned tournaments? This becomes a hairy
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On the cover: Jean Heppeard displays the latest in eye protection. Cover photography by Robert Messmer, Dunedin, FL.

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Coors Cancer Classic

George Davidson wants to help cure cancer with a kill shot. That's the slogan of the Coors Cancer Classic Racquetball Tournament that George and two long-time friends organized in Richmond, VA eight years ago. The project began almost casually, George says — an idea that took

Society. We wanted to give the people who responded to our tournament their money's worth. And we wanted to put on an organized event that was very well run and that was recognized as a major event."

That they have succeeded on all three counts is self-evident. To

Moreover, the tournament is now one of the largest in the state, an accomplishment that is even more remarkable considering that it is a city tournament, open only to participants living within a 50-mile radius of the Virginia capital.

On average, the tournament has been drawing 150 to 200 players a year, enough to fill seven courts at Courts Royal, where the event is held. This year, George anticipates at least 200 individual players will participate, with as many as 32 corporate doubles teams, so the tournament will use two facilities — Courts Royal and the Robious Racquet Club.

One reason the event draws so well, George thinks, is that there are divisions for everyone from A players through novices, as well as a Master's division. There's also a consolation tournament for players eliminated in the first round of play.

Another secret of the tournament's success has been its crackerjack organization. "The mechanics of the tournament are so important," George says. "I think for anything to be successful it needs to run smoothly. And this is one of the big, big assets



George Moore (right) runs down Cesar Lopez's pass shot in the men's final match at the 1986 Coors Cancer Classic Racquetball Tournament.

shape at a party he attended with Greg Cuenin and high school buddy Gary Wilkins. The three friends shared two things in common — all were racquetball enthusiasts and each had recently lost relatives to cancer.

"It was just kind of natural how it all pulled together," George recalls. "Greg was running Courts Royal (a local racquetball facility his family partially owned) at the time, Gary was probably one of the top five players in the city, and I was a cancer volunteer worker. We just thought it was a nice idea. It gave us an opportunity to express our love for our family members openly, but our main concern was to raise money for the American Cancer Society."

From the beginning, the organizers thought big. "When we started the event there were three things we wanted to do," George says. "We wanted to raise money for the American Cancer

date, the annual three-day event (this year's will be March 20-22) has raised more than \$26,000 for the American Cancer Society.



Left to right: Tournament director George Davidson, Carey Lindsey, Mike Pastore, Armen Sharigian, Coors sales manager Jim Saunders. At the conclusion of the Men's B championships, Pastore beat Lindsey, but there are not hard feelings after the match.

we've had. Greg has been organizing our tournament and the flow has been very smooth." Indeed, even in 1982 when a sudden 12 in. snowfall blanketed the city, the tournament went off without a hitch.

"Under the circumstances we had a minimal amount of cancelled matches due to people not making it," George recalls. "In fact, quite a few of the participants spent the night at Courts Royal."

Corporate sponsors have also played their part in promoting the tournament. J.W. Phillips, Coors' distributor, has sponsored the event for the last four years, and this year George and his co-director have lined up more than 50 corporate sponsors, including a local rock radio station (EX104) and a sporting store (C.P. Dean) that will be donating, among other items, collared shirts for the event.

"I'm amazed by the number of yes's we get versus the number of no's when we go to a large

corporation and ask them for help," George admits. "We get 90 percent yes's. Then again, " he says with a modest smile, "it makes it a lot easier when you've had success with something. They don't mind being associated with success."

This year George expects to raise \$8,000 for the Richmond area office of the American Cancer Society. "There's no reason why this shouldn't be one of our most festive tournaments," he says. Marty Hogan will be appearing for one day and George anticipates the presence of the popular player will be a tremendous asset to the event. Exhibition games between Marty and Cesar Lopez and Glen Smith, two Richmond men who've dominated the tournament for the last six years, are expected to be highlights of the three-day contest. "We all want to see how our city champions fare against one of our national champions."

Hogan is only one of the

factors pumping up the excitement level among Richmond racquetball players. In addition to sponsorships, entry fees (\$25 for individuals, \$100 for corporate doubles teams) and anonymous donors, George has come up with a few more creative ways to generate funds. For example, an individual, group or corporation can sponsor one of the courts for \$200. Last year such sponsorships raised \$1,400.

One of the things George is proudest of is the fact that 95 percent of the entry fees goes directly to ACS, thanks to the backing of loyal sponsors. Furthermore, the tournament's organizers make no demands on the volunteer resources of that agency. "The support we get really comes from our friends and we consider this our baby," George says. "We want to do the work."

For the last two years the brunt of that work has fallen to

(continued on page 53)

"Call On The Silver Bullet..."



In the sport of racquetball, Marty Hogan is one name that is certain to draw a crowd!

As a five-time National Men's Professional Champion, Marty is a legend in racquetball circles. With a genuine desire to help racquetball continue to grow, he has teamed up with Coors Light—the Silver Bullet—to promote the sport in racquetball/athletic clubs everywhere.

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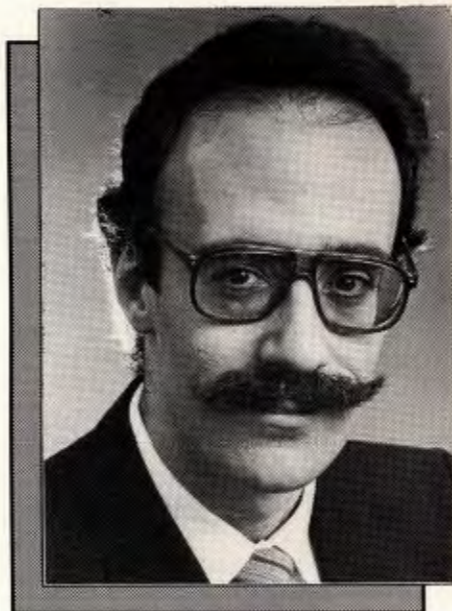


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Racquetball and Elbow Injuries

by Stuart I. Springer, M.D.



The sign of an elbow injury in a racquetball player can be as blatant as a sudden shooting pain or as subtle as a gradually creeping ache that gets more intense with each game. Learning to recognize the warning signs, and knowing when to treat yourself or when to seek professional medical advice, can lessen your chances of serious injury. Awareness is the key to keeping you on the courts.

Let's first look at the injuries that can afflict a racquetball player, and how to interpret the various warning pains that the body sends out. From there we'll look at the treatment; both medical and preventive.

Injuries can involve four parts of the elbow and the area surrounding it: tendons and muscles, ligaments, the bone and the nerves. The majority of injuries involve the tendons and muscles, followed by problems with the ligaments. Bone injuries, unless a player is hurt by falling, tend to occur mostly in older players or the very young, while nerves are affected rarely.

Far and away the most frequent development is tendinitis, or what is popularly known as "tennis elbow". The signaling pain can occur in either the lateral tendons, on the outer side of the elbow, or, less frequently, in the inner, medial muscles and tendons. Tennis elbow is believed to occur more frequently the older a player is, the longer he or she has been playing, and the more often he or she plays. Although tendinitis can develop from a direct blow to the muscles and tendons, it is most commonly the result of repeated stress at the origin of the muscles at the bone.

While frequent players are

most at risk, factors that can lead to tendinitis in any player include improper technique and the wrong equipment. If you're hitting the ball off-center, not following through, applying the wrong rotational force or flicking your wrist on a backhand, you are a prime candidate to develop the problem. Ditto if your grip size is wrong or the racquet's tension is strung too high or too low.

Damage to the ligaments, although more commonly seen in a throwing sport such as baseball, develops under similar conditions, because these conditions put continual stress on the elbow joint. Violent accidents, such as a blow or fall, can also affect ligaments. The warning signs of ligament injury include tenderness, pain, and/or swelling around the joint. A doctor might test for this condition by asking you to put your arm by your side, palm up. If your elbow wobbles as your doctor moves the arm away from your body or there is other evidence of instability, that's a strong sign that ligaments are involved in the injury.

Nerve injuries develop out of tendinitis on the inner side of the elbow as a result of constant force that leads to irritation of the ulnar or median nerves. Nerve damage is most often signaled by a tingling sensation in the littler finger, although pain on the inside of the elbow can also be a symptom, making it difficult to distinguish from tendinitis in some cases. If nerve damage is severe, it can lead to motor weakness.

Finally, there are a whole host of injuries involving the joint and bone. Most of them the result of a fall or a blow. Aside from obvious fractures, joint injuries can include synovitis, or

the inflammation of the lining of the joint, which is signaled by swelling, restriction of movement and pain. Both children and older players can develop "osteochondritis dissecans", or unexplainable bone degeneration. Children, in addition, can suffer from damage to their growth plate areas as a result of the repeated stresses of the game. The majority of bone injuries are diagnosed through x-rays.

Once you know the warning signals, many of the most common injuries can be taken care of with self-treatment.

As with most soft tissue injuries — whether the elbow, the knee or the ankle — the simple "Grandma" treatment is the best place to start. This applies especially to problems with the tendons or ligaments. The first and absolutely essential order of action is to stop playing as soon as the warning signs surface to avoid making the situation worse. From there, it's ice on the injured area, followed by moist heat compresses, an anti-inflammatory analgesic medication such as aspirin, and perhaps an elastic bandage to restrict movement.

If the symptoms don't go away after a week to ten days, it is time to see a doctor.

Let's look more specifically at the treatment of each of the injuries discussed.

Treatment of tendinitis depends on the intensity and

duration of the symptoms. In 90 to 95 percent of the cases, however, there is no permanent damage to the tendon, and the pain is simply an inflammatory response to repeated stress from hitting the ball. In those majority of cases, the "Grandma" treatment outlined above will do just fine. If the tendinitis persists, the doctor's options include prescribing physical therapy and extending the "Grandma" treatment, followed by a forearm brace or conditioning program, once you are well enough to return to the courts; cortisone injections, up to three of them spaced one month apart; or in the extreme cases, surgery to remove inflamed tissue.

Damaged ligaments are treated similarly, with an added emphasis on immobilization of the elbow in a brace or splint. Once you've recovered, your game may have to be modified to put less stress on the area, or you may have to play less often. If the ligaments are torn, your doctor will likely recommend surgery. Ditto for complications involving the nerves: conservative treatment first, followed, if necessary, by surgery to alleviate pressure on the nerves.

The majority of bone injuries, particularly fractures, are treated, of course, by setting the break in a splint or case. Surgery may occasionally be called for, either to remove bone fragments, articular cartilage or inflamed tissues. New medical advances are making such surgery, if necessary, less traumatic. A recently pioneered microscopic surgical technique called arthroscopy, allows a doctor to perform surgery on joints through a series of small puncture wounds no larger than a pencil. Besides reducing scars, chance of infection and pain, the technique generally can be performed on an outpatient basis.

Once you have resumed play, there are several measures you can take to prevent a recurrence of injuries, especially in the case of tendinitis. Forearm braces, for one thing, have a pretty good success rate in keeping problems from flaring up again. More impor-

tantly, in many cases, the best measure is to have a professional evaluation of your technique. Slow motion photography, for example, can be a very valuable aid in assessing your game and understanding exactly what it is you are doing wrong to cause a recurring injury. Likewise, it's a good idea to have a pro evaluate

your equipment; he or she can advise switching to a lighter graphite racquet, or changing the tension on the strings, if those turn out to be factors. In sum, a thorough and proper knowledge of your sport, constant awareness of your technique and periodic evaluation of your equipment

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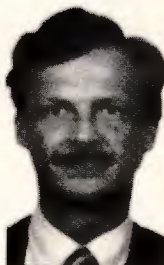
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For The Winning Hand

Association Roundup



RMA

Hosting A Professional Event

by Jim Hiser

This year, more than ever, I am receiving numerous inquiries from individuals desiring to host a men's professional racquetball event. Although the requirements are relatively simple, a brief guide may assist potential promoters.

First and foremost, the promoter is required to provide the entire prize money fund (\$17,500 for 1987-88). Currently numerous proposals are being evaluated by potential national sponsors; and if one is secured, funds may be available to assist with and/or increase the total purse. The promoter, in return, keeps all amateur and professional entry fees, seat sales and advertising revenue. A tournament guidebook listing vari-

ous ways of obtaining extra money is also included. Most tournaments average 250 to 300 amateur entries and 45 to 50 professionals with advertising revenues varying according to the efforts generated by each promoter.

In return, the tour includes the tournament as a ranking stop in its schedule of events. This guarantees the participation of the majority of players. The tournament date will appear in *National Racquetball* and the event will be listed on the official tournament poster distributed across the country.

As commissioner, I will be attending each event to make sure the proper guidelines and conduct, as outlined in the RMA/IMPRO rule book are followed. The players association, in conjunction with the commissioner, arranges for paid referees to officiate all matches from the quarters through the finals. Also available to each tournament is a public

relations individual responsible for arranging all pre- and post-tournament publicity.

An in-depth tournament media kit is especially prepared for each event and submitted to the tournament director as well as to local and national media.

To be included in the tournament schedule (which will be published August 15th), each promoter or host facility must return a signed contract and letter of intent to the commissioner by July 1st. Each tournament must also submit a designated down payment at least 60 days prior to the event. This money is totally refunded to the tournament director on the first day of the event.

A professional tournament is a tremendous vehicle for showcasing the nation's top players. Any club or individual interested in obtaining more information should contact me at (313) 653-5999. ○

WPRA

Safety on the Court

by Caryn McKinney

The subject of safety on the racquetball court seems to arise with increasing frequency. More specifically, eye protection and awareness of the action taking place behind us. Maybe it's due to the rising cost of health care or liability insurance, but whatever the reason, we're glad to see the recent surge of interest in safety.

Yes, your best bet for pro-

tecting those "baby blues" or "baby browns" is to wear quality protective eyewear. We, as professionals, believe we can make a contribution by being good role models. Clearly, 95 percent of the women pros wear eye protection. We suggest products that are recommended by ophthalmologists and have passed rigorous impact testing by the American Society For Testing and Materials.

Further, the only way you can protect the rest of your body from the ball or an errant racquet is to *pay attention* to the action, even when it's occurring behind you! Yes, you must turn and

watch so you *know* where the ball is and where your opponent is setting up. Obviously, you can only do this safely and confidently if you have taken precautions with eyewear.

One final tip — if you are like many racquetball players, you may have some poor habits along these lines of which you may not be aware. Please consult your local teaching pro and ask him/her to evaluate your play. A few small suggestions and appropriate changes in these areas can not only minimize injuries, but also dramatically improve your level of play. ○

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Racquetball Needs Commitment

by Luke St. Onge

In past columns we have dealt with the many facets of grass roots programming in which the AARA is involved. In addition, the services to our membership and affiliated organizations have been outlined, compared, dissected, discussed, argued and finally the tools needed to make our sport first-rate have been delivered. It remains to implement the programs, services, etc., through our national office and the state organizations.

There is one area in our sport that we have not come to grips with — the Olympic movement. In prior columns and articles, we've dealt with what the Olympics will mean economically to racquetball. A tremendous influx of money and visibility will take place, but that is not the primary reason that we should be a part of it. Racquetball cannot remain isolated from the sporting community if it is to grow and make a viable contribution to the world's physical and mental health and well being. The Olympic community is a melting pot of international sports federations and national Olympic communities, coming together to share and showcase the best their sports and nations can produce — their youth.

Racquetball, as an industry and sporting community, does not have the commitment to be a part of this movement. There are visionaries in racquetball who recognize this need but little has been done. Is the racquetball community ready to come out of the Dark Ages and compete with other sports in the general arena? We had better be. We had better be prepared to fight for racquetball, promote racquetball and defend racquetball as we move into the last 1980s. We had better take a long look at our sister sports. They have banded together with club owners, associations and manufacturers all aiming for the common goal of being accepted on the Olympic program. What sports, you say? Sports far less popular than racquetball are light years ahead of us: Curling — (a demonstration sport in the 1988

Winter Olympics), tae kwon do — (demonstration sport in 1988, medal sport in 1992), karate — (demonstration sport in 1988) and bowling (exhibition sport in 1988), just to name a few. In the wings are squash, rugby, windsurfing and powerlifting — and all have made a major commitment of resources and manpower to make their sports credible and competitive in the sports marketplace.

Is our industry ready to make a commitment? As I write this, I regret to inform you that I do not feel that it is. As I write this, members of our U.S. team are paying their own way to Europe to expose the 1992 Olympic Organizing Committee in Barcelona, Spain to racquetball. It's hard to believe that not one manufacturer or industry giant can see the importance of the team and be willing to commit the necessary funds. Growth of racquetball in the U.S. and worldwide expands the manufacturers' market and dramatically increases sales. Team appearance ultimately means profits for the manufacturer. There is little or no support from club owners who have a vested interest in racquetball becoming an Olympic sport. Ask any sport what an incredible increase in activity happens after each Olympics.

Even the AARA, at times, seems to lose sight of its responsibilities in this area. In fact, there is a strong vocal contingent within the AARA that feels that racquetball should have nothing to do with the Olympics. Fortunately, they are in the minority.

It's once again time to reassess our goals for racquetball. Do we want to remain an isolated minor sport or do we enter the main sports arena and compete with the big boys? Do we reflect 10 years from now and see no progress or do we see racquetball played in a 100 countries as well as by 20 million Americans? Do we see such sports as table tennis, squash, curling, bowling, windsurfing and waterskiing pass us by or do we lead the pack. The answer rests with you. Tell your club owners, tell the manufacturers, tell the AARA. We do not have a minute to waste. It's time to get our act together and move ahead dramatically. If not, racquetball will face the future of four-wall handball, a barely audible voice out of the past. ○

Racquetball Headquarters

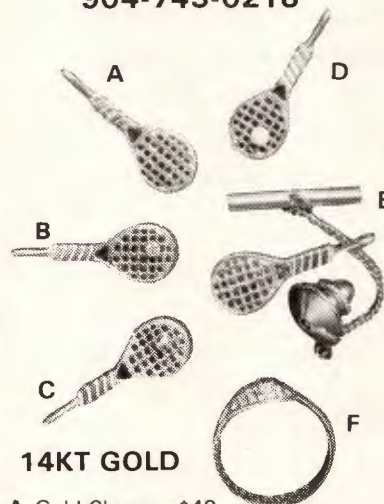
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Letters To The Editor

If you would like to write a letter to the Editor, please send your comments to: Letters to the Editor, National Racquetball, P.O. Drawer 6126, Clearwater, FL 33518-6126.

Give Us The Details

I'm writing in response to Vincent's suggestion in January's issue.

I disagree with his idea completely. I love to follow the pro tour. I wish I could be at the tournaments but since I cannot, the length and detail of the articles makes me feel as if I'm right there behind the glass watching the matches myself. Keep it up!

I'd also like to see some articles about the pro players themselves.

Thanks for listening.

A Fan in Sacramento

A Letter to Jean Sauser

National Racquetball magazine came today and I spent the evening reading it. Each time I read the magazine, I say to myself that I am going to write you a letter and express my appreciation for an article you wrote some time ago.

It was the article in which you recommended the book *Fit or Fat*. The last few years I had gained weight — and I just couldn't face going on one of the many diets available in order to lose those added pounds. When I read the book, it made sense and the logic behind it made more sense to me than anything I had ever read on dieting before. Moreover, I said to myself, "If Jeannie recommends the book and says it is a good way to approach conditioning and weight loss, then it is good enough for me." Well, I have tried it and it has worked wonders.

I have a sabbatical leave this year and Mary Lou and I are spending the year in Toronto where I am studying the history of mathematics at the University of Toronto. When we moved here in mid August, I joined the beautiful athletic center, located about one block from where we are living. I decided it was time to try out the principles set forth in

the book. I began a running program, starting out slowly and increasing the distance as I improved, always keeping track of my pulse rate and time rather than the distance covered or the rate per mile. It wasn't long before those "enzymes" began working and I have lost 20 pounds already, and I feel great. I can now wear my clothes rather than being stuffed into them. All thanks to your article!

Bob Troyer
Toronto

Is There A List?

I have been receiving your magazine for about two years and especially enjoy the tips on improving my game and seeing new products being developed for the sport.

My interests are not so much with pro rankings.

I have a question you could possibly answer if you please:

I enjoy participating in local amateur tournaments but have difficulty in getting entry blanks. To this point I must visit each club to see what they have. I live in the Baltimore/Washington area and am sure there are many tournaments scheduled.

Is there a mailing list I can get on? How can I receive the information?

Mike Whaley
Westminster, MD

Editor's Note: We are not aware of any such list but would be glad to hear from anyone who can tell us where this information is readily available.

More Opinions

What else, more opinions on refereeing and eyeguards.

It's obvious by the many letters published that people feel refereeing a racquetball match is an unpleasant event, so why not play without them. We already have a set of rules for playing with them (reference page 24 of the 1986 — 1987 Official AARA Rulebook). I

played in a no referee tournament and can't remember any problems.

I have discussed this with others and have heard comments such as "but there will be trouble with screens", and "there'll be no foot faults called". My observation is that these are the two most "non calls" made right now, so what are we giving up?

It's been my experience that when playing without a referee both players will agree to replay the point when there is a close call. But with a referee, the player that had the call made against him/her will argue the call, if for no other reason than to attempt to "influence" the next call.

Another problem is that when a referee makes a call that both sides know is wrong the player that "got the break" may not try to over-turn the referee's call thinking that "the bad calls will equal out at the end". And, after all, why should he or she feel bad, the referee made the call. Most people have a conscience, and probably would agree to replay the point when playing without referees.

Why not give it a try, at least to the semi's or finals?

Anyone who has read *National Racquetball* for any length of time knows that the goals of both the magazine and the AARA is to make racquetball a safe and enjoyable spectator sport. Why then is it that our neighbors to the north seem to be leading the way when it comes to making unpopular decisions that involve the safety of the players, or the improvement of the game. I speak of their recent decision concerning appeals, and their previous ruling mandating the use of eyeguards.

It seems that in 1984 it was recognized that the constant appeals witnessed while watching a professional racquetball match had a negative impact on the sport of racquetball in general and, therefore, needed to be addressed. In 1986 the Canadians

(continued on page 48)

Canadian Report

by Sigmund Brouwer



No Simple Answers

Righteous indignation — it is sweet to carry.

It is even sweeter to vent.

After a committee disallowed the Canadian Professional Racquetball Organization players from holding a draw at the national championships, the indignation began.

I heard it at racquetball clubs in Calgary, Alberta, the magnificent site of the '88 Winter Olympics, in the foothills of the Rocky Mountains.

Talk had it that late in November, the Canadian Racquetball Association and its board of directors said "no" to the CPRO event planned to be held at the 1987 National Championships.

The decision made no sense.

The pro stop would have drawn extra amateurs and spectators to the tournament.

Professionals, after all, are the lifeblood of any sport.

Who can argue that tennis or golf are not considerably more vibrant because of excitement generated by professional competition?

Weekend amateurs in both those sports let that excitement "fire them up" in their own games. It gives and lets them strive for a standard of excellence they would not have otherwise.

A weekend golfer sinks the long twisting putt he could not make twice in the same year, and flips his cap with a Lee Trevino grin. A wicked backhand volley transforms the lady at the net into a Chris Evert Lloyd — until she double faults three times back to reality.

That's what professionals do. With one or two absolutely true shots each game, for a heady moment, we are just like them, and a dozen terrible shots will not take the satisfaction away.

Racquetball needs the pros just as badly. Hit an overhead-reverse-pinch-kill and you can be, for a second of triumph, a Marty Hogan or Roger Harripersad.

Racquetball can also use the sponsorship generated through the professionals. Corporate sponsors pay more when the names arrive at tournaments.

And how about the media?

Racquetball could always use more exposure. The magic of professionalism draws print.

That is why CPRO is important to Canadian racquetball.

So I carried that righteous indignation until my return to Ottawa, 2,500 miles to the east, Canada's capital and also home of the CRA's national office.

From Calgary, I had already decided to vent my indignation in this column.

In Ottawa, I was glad to have waited with the column.

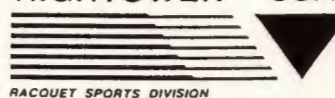
Bill Houldsworth, executive director of the CRA, explained why the decision had been made.

Sport Canada distributes government money for amateur racquetball. The amount is in the hundreds of thousands of dollars per year.

Sport Canada also "cards" an unprecedented seven Canadian amateur racquetball players to financial support of \$350.00 per month, plus tuition. (See January)

(continued on page 48)

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Off Court Fitness

by Jean Sauser



When Cheating Isn't Fun

I found myself particularly insulted the other day when I went to cheat on my nutrition program. Reading the bag of potato chips I was opening I found that, in the manufacturer's opinion the chips were very healthy. The copy on the bag could only have been written by a marketing genius.

It started off by stating that the chips had vitamin C and vitamin B6, in less than 10 percent increments per ounce. I figured out that I would have to eat the whole family size bag to get about 80 percent of my minimum daily requirement. In terms of weight control, I might just as well plaster the whole bag to my thighs.

"Come on guys," I thought to myself, "this health and fitness boom is a good thing, but stretching the facts to tie your products in with it is an insult to my intelligence."

As I took the chips out of the bag and the French onion dip out of the refrigerator, it occurred to me that when I want to eat junk food (defined as things that are not necessarily good for me, but that taste great), I've already thrown caution to the wind. In short, once in a while, I don't care if I eat something that has marginal nutritional value, as long as I do it in moderation, and it tastes good!

So here was this bag of chips telling me that the junk food I've been enjoying for years has suddenly turned healthy! Not only is that a blatant lie, in my opinion, but it also takes the fun out of cheating!

This little episode led me to

begin reading the labels of the products at my neighborhood supermarket. It was amazing to note the tie-ins to health and fitness some of these products were claiming.

I found out that some foods were "natural" but artificially flavored. How that is accomplished is beyond me. Others claimed they were less salty than cottage cheese or tomato juice but only tasted more salty because the salt was on the outside.

It was laughable and sad at the same time. Kind of like saying that Chernobyl was only a minor nuclear incident.

Even worse, some of these products did not have all of their contents printed on their labels. This meant that there really was no way you would even know if their claims were true.

"Aren't there federal laws protecting us from false claims about products and ensuring that all contents must be printed on the labels of these products?" I asked a racquetball buddy, who happens to be a lawyer.

"There are laws," he explained, "but there are so many products, almost too many products for the FDA to police properly."

"Wow," I said. "That means these false claims that are used to disguise the real ingredients listings have not only taken the fun out of my cheating, but are also causing a serious health problem."

"You got it," he replied.

It was pretty depressing news. What was even more depressing was that there were only two things I could do about it. One was to write my congress-

man and express my dismay about particular products and their marketing strategies. The other was to become more aware as a consumer about what I was really eating.

I made an immediate rule for myself: I would not purchase any products, healthy reputation or not, that didn't honestly divulge their contents, or that made claims that even a second grader knew were inaccurate.

Just when I thought it was going to be hard to cheat with junk food, due to the fact that everything from candy bars to bubble gum was called healthy, I found a great new product to cheat with. It was one that was refreshingly honest and open about its contents, with the best tag line I'd heard in years.

The product's name? Jolt Cola. "All the sugar and twice the caffeine," the label read.

"Now this is living!" I quoted Lynn Redgrave to myself as I put a six pack next to my Weight Watchers dinners in my shopping cart.

Researching the product because I was impressed with the manufacturer's honesty and sense of humor, I found that Jolt was doing very well due, at least in part, to its inventor's ability to target a market sick and tired of hearing about the health benefits of those yucky tasting diet drinks.

Calling a spade a spade worked very well for Jolt. One can only hope that in the future, other products will begin to follow suit so that once again, like my favorite new ice cream, we'll all be able to enjoy the guilt! ○

Passing Shots

by Norm Blum



Name Game — One must sympathize with a racquetball player whose first name is "Skip" . . . Here's a great name for a string company, Libby Laney's Fort Lauderdale-based "Broken Strings" . . . And how's this for the name of a racquetball club? "Racquetball Unique". It's located on Long Island.

A person who wears a tournament shirt from the Nationals automatically has a three-point edge . . . How modest is National Racquetball instructional columnist Charlie Garfinkel? Not very. He gives his credentials for almost five minutes when he calls the *National Racquetball* home office . . . The image of racquetball is changing. A Chicago company, which sells a notebook pad for yuppies, pictures a racquetball scene on the cover along with BMWs, Perrier, Rolex watches, a VCR and a Volvo station wagon.

Racquetball Biz — Professional racquetball will receive more corporate sponsorships when the business executives of tomorrow take control. Right now the decision makers are primarily interested in golf and tennis. The CEOs like to mix socially with the Jack Nicklauses and John McEnroes . . . If I were running the pro tour, I'd pick the brain of PGA Tour executive Deane Beman, who runs a first-class operation . . . Medical tip of the month: Drink plenty of fluids before and after you enter a whirlpool, steamroom or sauna . . . Biggest difference between racquetball facilities and spas is the owners' attitude toward the reten-

tion rate. Racquetball owners hope 70 percent of their members renew, while spa owners pray for the opposite. If the thousands of people who sign up for those \$99 memberships ever showed up all at once, it would create an impossible situation.

Hold The Phone — After trying several times to get hold of a club manager, I told the receptionist Mike Yellen was on the line and the manager was there within one minute . . . I know one player who feared his opponent so much while watching him warm up, he asked the referee for a timeout . . . You'll soon be able to show everyone you're a racquetball enthusiast by using your credit card. The AARA, in conjunction with the Olympic committee, will have its logo on a credit card. Details forthcoming . . . What kind of player is AARA Executive Director Luke St. Onge? I'll take him on soon and let you know.

Wising Up — Glad to see Ohio's Doug Ganim wised up and decided to allow pros ranked in the top 24 compete for prize money in his series of Ohio tournaments. With the exclusionary rule (no players in the top 24 were allowed) he was the odds-on favorite to win his own tournaments . . . Mike Yellen has a new house in Michigan and his livingroom ceiling is high enough to accommodate a basketball hoop. Usually when you call a person and they are too busy to talk, you receive a plausible alibi. I called Lynn Adams one evening

(continued on page 48)

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The Gar's Guide to Increasing Racquetball's Popularity

by Charlie Garfinkel

Having played on the tournament racquetball circuit for more than 20 years, I've been fortunate to have visited virtually every major city in the U.S. and Canada.

Although racquetball is still popular today, it doesn't enjoy the popularity that it had 10, or even five, years ago.

However, I feel that there are some positive suggestions that could increase the present popularity of the sport. Some of these suggestions follow:

• **Scoring Systems** — Up until a year ago we had the following scoring systems:

(1) Men's Pros — 3 out of 5 games. First player to score 11 points wins each game. Points can only be scored by the server.

(2) Women's Pros — 3 out of 5 games. First player to score 21 points each game wins the game. Points could be scored by either the server or receiver. Tiebreaker — first player to get 15 points. 14-14, player must win by two points.

(3) AARA — 2 out of 3 games. First two games played until a player reaches 15 points in each game. Points scored only by the player who is serving. Third game tiebreaker — first player to reach 11 points wins the match.

Although the men's and women's pro tours now have the same scoring system (3 out of 5 games to 11 points), the AARA still has 2 out of 3 games to 15 points; tiebreaker to 11.

No wonder there is so much confusion among racquetball players and spectators alike. What other sport has different scoring systems in the professional and amateur divisions?

I propose a uniform scoring system. The matches for all divisions of play, pro or amateur,

should be 3 games, each game to 15 points.

Why should the third game be shorter than the previous two games? A player has to completely readjust his psyche and often change his style of play in a shorter third game.

By having a uniform scoring system, racquetball players and non-racquetball players alike will have a much easier time understanding the game.

• **Tournaments** — Unfortunately, the number of tournament players is decreasing throughout the country. Of course, jogging, aerobics, nautilus and other fitness-related activities have attracted former racquetballers. However, there are still an abundant number of players at all levels who would like to play in tournaments. To attract these players to tournaments, my suggestions follow:

(1) *Get the entry blanks out early.* Entry blanks should be mailed out 4-6 weeks before the tournament begins. This gives each potential participant a chance to make his or her plans accordingly.

(2) *Offer private housing.* Many juniors and some adult players would play in more tournaments if they had a place to stay for the weekend, free of charge. This would greatly defray their tournament costs.

(3) *Hospitality.* Don't expect to see many players at tournaments where entry fees are \$25 or \$30 if the hospitality is poor or they have to pay for it. Hospitality should include muffins, bagels, fruit, juice and coffee (for those who feel they need caffeine for more get up and go) for breakfast; chicken, spaghetti or some other pasta, salads, fruits, vegetables, rolls and fruit juices for lunch and dinner.



To be avoided are cold cuts, hot dogs, pop, donuts and potato salad, which are loaded with empty calories, cholesterol and fat.

(4) *Try to keep matches on schedule.* Having played in the AARA Nationals and the Long Island Open for many years, I've always been impressed at how well Luke St. Onge and Al Seitelman, the respective tournament directors, and their committees have kept their tournaments running on or close to schedule. And they each have close to 1,000 entrants, year after year.

They are constantly on top of every match, no matter how many are in progress. They know approximately when each will end, and they have the next match ready to go.

Both tournaments, because of their excellent reputations, will continue to have large entries year after year.

(5) *Have awards available.* When a player wins or places in an event, he expects to receive his prize immediately. Telling a player his award will be mailed to him at a later date can be very deflating. Each winner has paid his entry fee and made a good showing. By not having his award ready, you could jeopardize his return next year.

(6) *Treat each player equally.* Every player wants to be treated like everyone else. (Of course, they can't all be given the Presidential Suite at the Hilton, a Mercedes for the weekend or \$5,000 in appearance money, as I request for each tournament and never

get.)

However, the tournament committee and players in the open and A divisions, can greatly enhance a tournament if they're cordial and receptive to all players' needs.

Often, players at the B, C, and novice level, will travel to tournaments for a number of reasons. Of course, they want to compete, but they also want to watch the better players' techniques.

In addition, they may want to ask one of the Open or A players some questions about their own style of play or strokes. I suggest asking the winner of the match, not the loser, after he has had a chance to shower and relax a little while, one or two questions.

Advanced players should be willing to answer questions or show other players a correct grip or stroke. Personally, I always make myself available — for an appropriate fee, of course. (Just kidding!)

Treating all players as equals will go a long way toward having the same players return to your tournament year after year.

• **Refereeing** — About five years ago, I wrote an article on refereeing for another publication. In it, I suggested ways to improve the refereeing system. One of the main points I stressed was to have losers referee. The other point was to charge an extra \$5 fee for each tournament entrant. Frankly, I'm extremely pleased that both of these suggestions have been implemented, although on a limited basis.

Having winners referee is ridiculous. In tennis, can you imagine John McEnroe defeating Boris Becker in a match, rushing to the locker room to shower and change, and then returning to the court to serve as the chair umpire for the next match between Ivan Lendl and Jimmy Connors? Of course not. However, we often do that very thing in racquetball.

Having losers referee makes more sense. Every player except the eventual winner of each division will have to referee only once. This is a fair and equitable system.

Even better is charging an extra \$5 in the entry fee. Any player who is willing to referee is

paid \$5 for each match he officiates. Except in extreme emergencies, winners or losers aren't forced to referee. Often, many players, especially those who have lost in the early rounds, are only too happy to referee. This also gives them a chance to recoup a good portion of their entry and tournament fees, especially if they do 8-10 matches a day, as I've seen some players do.

• **Court Etiquette** — Although most players exhibit good sportsmanship and court manners, there is still a small group at practically every level of play, that hurts the image of the game.

These players, especially the professional and open competitors, have to realize they're setting an example for all players.

If other players see the pros and open players arguing with the referee, swearing, yelling or having a temper tantrum, they are often inclined to do the same when they play.

Even worse are spectators or sponsors who are subjected to this sort of behavior. When they see this type of behavior being displayed on the court, they can only assume that most players act in this manner.

Therefore, it is imperative that all players exhibit sportsmanship and fair play at all times. It can only help the reputation of racquetball.

• **Reincarnate Charlie Brumfield** — Charlie Brumfield was the Muhammad Ali of racquetball. You either loved him or you hated him. But he was great for the game of racquetball.

Brumfield's skills were well known. But his charisma, sense of humor, psyching techniques and brashness have never been equaled in racquetball.

Who else but Brumfield would try to sneak in a can of racquetballs from the local pro shop to avoid having to play with the tournament's faster ball?

Who else would seek out the local news media when he arrived at a tournament to let them know how awesomely he was playing? (All right, I may have done it once or twice myself.) His quotes such as the following were legend, "I'm playing great. I don't expect my competitors to get more than 8-

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Racquetball at Its Best

by Tom Stacey

On a single court in the village of Coronado, CA, just steps from the Pacific Ocean, Steve Strandemo is teaching racquetball in a way it has never been taught before.

Strandemo, who was a school teacher before competing on the pro tour, has for 12 years pioneered the most ambitious instructional camp programs in racquetball. Today, at his private court on the island of Coronado, 10 minutes from San Diego International Airport, the veteran player and instructor is giving six players an instructive new look at how they play the game. It's high-tech and highly effective, say players who have attended the four-day sessions.

"We're teaching sound racquetball. This is the ultimate learning experience that I can give a racquetball player. We're taking all the water out of the sponge. We're maxing out their potential." The idea is simple, and the results are significant. Two video cameras are mounted behind a glass window in the center of the front wall of the court. While the cameras take in the action, Strandemo, wearing a remote microphone, directs the play session and provides a running com-



Hotel Del Coronado where Steve Strandemo holds his instructional camp.

mentary while putting the players through their paces.

It's truly interactive video. Strandemo focuses each player's attention on the fundamentals — the simple things that fade from memory all too soon for most non-professional athletes. Each player leaves the four-day session with about six hours of videotape of themselves in action on the court, complete with nonstop comments from Strandemo. At home they can replay the tape

and get an instant, highly-personalized coaching lesson from one of the leading experts in the game.

Players who have taken part in the Training Center say the audio part of the tape is perhaps more important than the visual element. Strandemo enthusiastically critiques each player's game while he or she is on the court, providing pointers on body movement, stroke, shot selection, dynamics and general strategy.

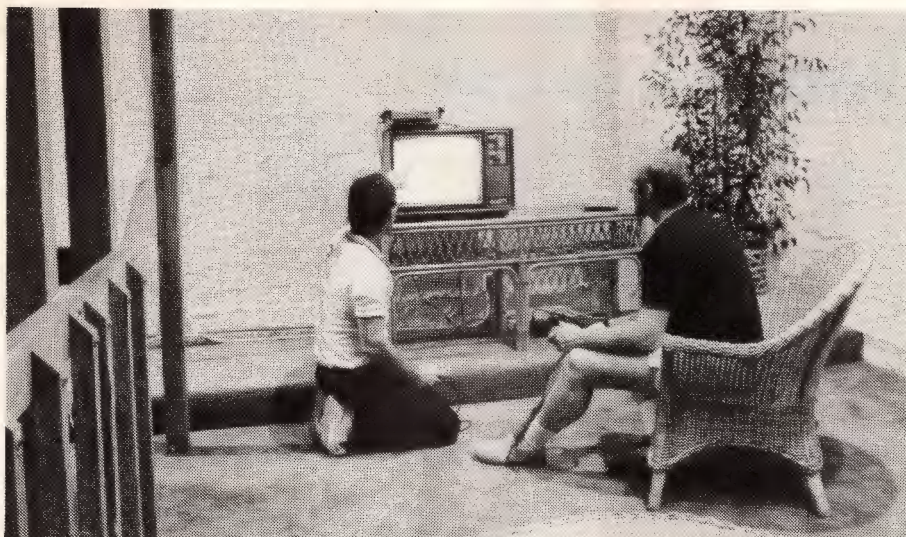
"I don't think any of us are capable of picking these things out on our own," said Al McClean, who took part in a recent Coronado session. "Watching yourself on tape can be startling — and educational. 'It's very revealing because you see yourself doing things you didn't know you were doing and not doing things you thought you were,'" said another player, Carl Appleby.

Strandemo accepts a maximum of six participants per session. Players come from all parts of the U.S. and range in age as well as ability levels.

The Training Center runs from 8:30 a.m. to 5:00 p.m.,



Steve shows a player how to improve his backhand.



Steve Strandemo points out a player's strengths and weaknesses as shown on videotape.

Thursday through Sunday, but neither players nor instructor seem to mind putting in extra time at the end of the day. Strandemo also mixes in a dinner with the players away from the court to relax and enjoy the atmosphere of the village of Coronado.

When asked how the Training Center differs from any of the 20 camp sessions he offers around the country, Strandemo replied, "I feel very good about our camps — that we travel throughout the U.S. I feel that they are well organized and offer players the best instructional programs available. Players get a lot of stroke work, strategy and video filming and they can make a significant change and upgrade their game.

"But in Coronado, because of the size of the group, we can take that personalization a couple of levels higher. With only six players, I can do a tremendous amount of work on their technique, as well as additional strategy analysis. Here, I am able to literally hold their hand, wrist, elbow, arm and bodies and physically move them through the proper mechanics over and over again. I can get them to feel the movement of a wrist snap or an elbow extension. With the ability to video every play session, we can critique them immediately and check all these areas a number of times throughout the day to help get them grooved into their game," he said.

As the players come off the

court, they sit down with Strandemo and analyze the tape. Using slow motion replay, instructor and player can watch point-by-point breakdown of the action that just took place. Strandemo points out wasted motions, poor shots and times when the player would have had a better chance to score had he taken a different offensive shot from that same position on the court. He points out bad habits and the way to perfect technique. Watching strategy on the video helps players see what they should (or

shouldn't) be doing, and ingrains mental discipline. They begin thinking ahead to where their next shot will be and where they should be positioned on the court. Players even learn from studying each other's tape.

"I'd love to have the other guy's tape," said John Lyon. "Just because Strandemo is giving advice to someone else doesn't mean I can't pick up some valuable tips also. Strandemo knows what he's talking about. He has written three of the best books available on racquetball."

"He's an absolutely first-rate instructor," said McClean. "He gets on your back, in a nice way. He's doing whatever he can to make you work hard — whatever it takes."

Despite the intensity of the four-day session, players who take part in the Training Center typically do not see their games improve immediately.

"You might lose to some players you regularly beat at first," said Doug Dickman. "But one or two months later, your game really picks up."

Strandemo is not afraid of radically changing someone's game if he feels it's necessary. Doug Dickman, who has worked with Strandemo before, said

(continued on page 49)



Steve Strandemo, left, discusses a player's videotape during a one-on-one session.

What's The Call

by Michael Arnolt



Editor's note: The following questions are those asked most frequently of Michael Arnolt, AARA's National Rules Commissioner, who answers them here. (The notation at the end of each answer is the rule and page reference from the 1986-87 Official AARA Rule Book.)

Q. When my opponent hit the ball, the ball struck the front wall, backwall and front wall before it hit the floor. Can I still make a legal return?

A. Yes. Regardless of how many walls the ball hits during a rally, the ball is still in play until it touches the floor twice. (Sec. 1.C., Page 5.)

Q. My opponent in a singles match was upset with our referee and wanted a change. I felt the referee wasn't anything special, but he was doing okay. What's the procedure for replacing a referee?

A. The rule calls for the change of a referee if both players in singles (or teams in doubles) agree to it. Very often, however, only one player or team is disturbed to the point that a change is requested. So, the player who either agrees with the referee's calls or has no particular opinion, is forced into the role of the bad guy. To relieve that pressure, the referee or player should request that the match be observed by the tournament director or official. Everybody is served — the referee is not unnecessarily replaced and the upset player gets a hearing. (Sec. 3.1.C., Page 7.)

Q. I'm a junior player who

always has worn eyeguards. I started with the open eyeguard and changed to a lensed eyeguard when a friend of mine got hurt by a ball that went through the open area. Another friend, who is 18, bought some racquet eyeguards and punched the lenses out. Is that legal?

A. No. The rule is clear that eyeguards may not be altered. If they are designed to have lenses, they must be in place. Failure to do so can result in a technical and forfeiture. (Sec. 2.E.2., Page 7.)

Q. I have played players who take a swing at a ball that's waist or shoulder high, intentionally miss it, and then take the ball off the backwall. Is this legal?

A. Yes. It is a deceptive practice to get the receiving players out of center court position and into clear view of the offensive player. While there's generally no problem in singles, the play can be dangerous in doubles because the receiving team moves into position quickly after what appears to be an offensive shot and runs the risk of running into the offensive player who is retreating to the backwall for a shot. The key is that as long as the player has not touched the ball, or the ball hasn't touched the floor twice, the ball is in play. (Sec. 1.C., Page 5.)

Q. A referee in one of my recent matches replayed a rally because she said the ball appeared to skid on a water spot. I thought the ball was replayed

only when the ball skids on the serve.

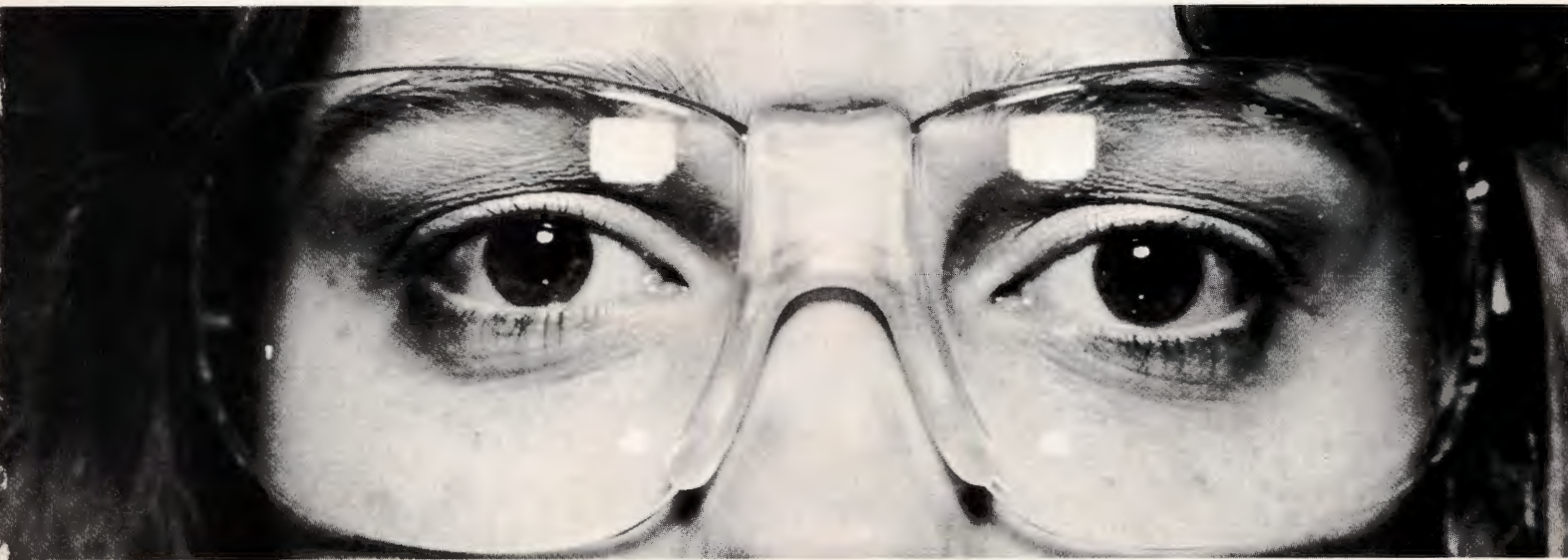
A. The RMA tour rules recognize the wetball hinder call on the serve only. AARA rules call for a replay, or dead-ball hinder, any time the ball appears to skid. It is a referee call; however, a player shouldn't hesitate to call it to the referee's attention by raising the non-racquet hand as on any protest. (Sec. 3.11.A.7., Page 16.)

Q. The rules say that it is a dead-ball hinder and the rally is replayed when any unintentional interference "prevents an opponent from having a fair chance to see or return the ball". Why isn't a rally replayed when a player obviously loses footing from perspiration on the floor that occurred when the opponent dove for a shot?

A. Good question. I can only surmise that it was judged to be too difficult to determine precisely whose sweat created the hinder, therefore, the determination was that such a situation would not result in a replay, regardless of how obvious. The question may create some discussion by the Rules Committee. ○

Note:
Rules questions
should be directed to
Michael Arnolt,
c/o National Racquetball,
or to Mr. Arnolt at
8444 Seabridge Way,
Indianapolis, IN 46240.

Eyeguards: Take Your Pick



by Helen Quinn

We receive many letters here at *National Racquetball* but perhaps the one that stands out most was from a professional racquetball player who had lost an eye due to an injury sustained while playing in a tournament. He asked us to do all we could to encourage racquetball players to wear eye protection, but not to publish his name as he still played racquetball and didn't want anyone to know about his handicap.

Normally sane people, who would be astounded if you accused them of being reckless, expose themselves to the "little blue ball" without a thought for the possible consequences. And, their reasons for not wearing eyeguards are varied and usually not valid. They include such pearls as "I'm always careful when I play." "They're so ugly they make me look awful." "They distort my vision." So what? Better a little discomfort than a permanent injury.

As you will read in other articles in this issue of *National Racquetball*, there is a strong movement towards making eyeguards mandatory equipment in AARA tournaments. Isn't it time that the RMA also required professional players on the pro tour to use them as well? Unmodified eyeguards have been mandatory since May 1986 for squash players and for Canadian racquetball players since 1978.

While "mandatory" is a dirty word for Americans, there comes a time when someone has to take the responsibility and it is amazing that it hasn't been club owners who stand to lose a great deal if they are sued by an injured player.

Safety Standards

According to Bob Hvistendahl of Viking Sports, it costs about \$3,000 to gain ASTM approval and \$2,400 for CSA approval. Although the ASTM (American Society for Testing and Materials) and the

CSA (Canadian Standards Association) have adopted similar standards but they are just different enough to require certification by both countries.

"The standards should be identical," says Hvistendahl. "There's no reason why, if you pass in one country, you shouldn't automatically pass in the other. They tell me it's political and that I can pass the cost on to the consumer. Well, the consumer should not have to pay for politics."

Even after initial approval is given, both the CSA and ASTM require that one of their representatives visit the manufacturer's factory twice a year at the manufacturer's expense. This means that in addition to testing fees each time, there is the cost of airfares and all other related expenses plus an hourly fee of \$50.

However, Dr. Tom Pashby, chairman of the CSA committee says, "My feeling is that we'd like to have a common standard." He explains that the difference at the present time is that the U.S. has included a "racquet impact test" which Canada has not at the present time because it would have delayed certification for another year. "We are willing to learn from the ASTM," he adds.

Eyeguards

There is such a great variety of eyeguards available today, that there really isn't any excuse for not taking precautions to protect one of your most valuable assets, your sight.

On the following pages you will see eyeguards without lenses; eyeguards to wear over prescription glasses; eyeguards wraparound sides; eyeguards which meet ASTM standard F803-86; eyeguards which meet CSA standard P400-1-M-1982; goggles; and glamorous eyeguards in every imaginable color. So, take your pick, but do it before your next game.





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Ektelon offers eight styles of eye protection. The Interceptor, has adjustable, flexible nylon frame, wraparound ear piece and scratch-resistant polycarbonate lenses. Regent, a one piece polycarbonate eyeguard with full field distortion free peripheral vision, molded nose bridge to absorb shock, add comfort. Sentinel, designed for wear over prescription glasses. Has light-weight scratch-resistant lenses with special venting to prevent fogging. Court Goggles, the one piece wrap-around eyeguard with full-field peripheral vision. New Specter is also a one piece eyeguard with oversized polycarbonate lenses and molded nose bridge to absorb shock. Deflector, lightweight hingeless style, with strong durable frame and fogging reduction vent. Court Specs and Court Specs Jr. both feature extra strong lenseless polycarbonate frames with unique orbital, scalloped protrusions to keep ball further away from eyes than typical lenseless models. Jr. model for 8-13 year olds. Ektelon, 8829 Aero Drive, San Diego, CA 92123, (619) 560-0066.

Shown from left front to right: Court Goggles, \$18.95; Regent, \$16.95; Interceptor, \$29.95; Sentinel, \$24.95; Deflector, \$14.95; Specter, \$10.95 (center front).



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Leader offers the ultimate in style and comfort in high-impact protective eyewear — the Marty Hogan Pro Series, designed specifically for racquet sports. All three styles, the Dallas, New Yorker and Albany offer one-piece molded lens with wrap-around styling; UV screened, optically correct; exclusive Tri-Tech™ three layered lens system; baked on Permavue® anti-fog inner lens coating; hard-molded Lexan polycarbonate lens core; and anti-scratch Silitec® hard coating on outer lens. They have 10 times the shatter resistance of hardened glass. In addition, each model has its own style. The Dallas is a revolutionary wrap-around design which distributes impact force along the wearer's forehead — not across the bridge of the nose and cheek bones. The New Yorker features a hingeless "bubble" design and the Albany has a wrap-around, hingeless frame design. Both New Yorker and Albany eyeguards are in compliance with CSA and ASTM safety standards. For more information, contact: Leader Sports Products, 60 Lakeshore Road, Essex, NY, 12936-0271, (800) 847-2001.

Shown from left to right: New Yorker, \$25.00; Dallas, \$30.00; Albany \$22.00.

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Diversifieds Product's Klearview™ Sports-glasses were designed for the serious sports competitor. They are constructed of a light, but strong polycarbonate, have a transparent temple and nose padding which provides comfort as well as ventilation. Frame design is full to ensure unimpeded peripheral vision and has an elastic head band which can be adjusted to fit all sizes. For more information, contact: Diversified Products, Opelika, Alabama. Shown at left: Klearview, \$22.00



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Super Specs™, which have a full 180 degree view with no distortion. Made of shatterproof polycarbonate with anti-scratch, hard coating on lenses they feature silicone pads for perfect fit. Pro Specs™ are the ultimate in 180 degree full-view eyeguards with no distortion. Made of indistructable polycarbonate, lenses are treated with hard coating to minimize scratches with silicone pads for true fit. This model meets ASTM F803 standards. Sport Specs™ are made of polycarbonate and have interchangeable lenses which are available in clear, gray and mirrored gray. Rec Specs™ are designed to fit prescription lenses. They come fitted with a polycarbonate lens and non-allergenic clear silicone pads. Fashion Racket Specs have frames which meet ANSI standard 287.1 and are available in clear and amber. Lenses can be replaced with prescription lenses. Available in two sizes, large and small. Eyeglass Protector is a super light, super tough plastic frame that fits over any size head and any size prescription glasses. The nose, eyes and temple are also protected.

Shown clockwise from left: Fashion Racket Specs \$17.98; Super Specs \$11.95; Pro Specs \$19.95; Rec Specs \$19.98; Sports Specs \$16.98; Eyeglasses Protector \$19.98 (center).







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Action Eyes "Thor" is the perfect eye protection from racquets and balls that can travel in excess of 100mph. Wrap-around unitary construction reduces weight and eliminates the need for metal hinges, corewires and screws. Additionally, there is more protection from side blows. Action Eyes Thor lens grooves have a 1.00mm raised posterior lip. This gives a smaller posterior aperture which will resist the lenses pushing back through the frame towards the eye on impact. Headband slots arc shaped so that the band cannot slide out during active use. A proper tilt is required for satisfactory vision through plane or prescription lenses. The frame is machined from solid 5.00mm Celulose Acetate sheet stock using the pantographic method, much the same procedure used by the aircraft industry for the production of parts. Since the material is worked under low pressure, the frame is more durable and the chance of failure under stress is reduced. The lens grooves are machined after contouring and bridge forming and are free of distortion. Thor eye protection complies with CSA P400-1-M-1982 and ASTM F803-85. For more information, contact: Viking Sports at (800) 535-3300.

Shown left to right: Medium Thor, Large Thor, both \$23.95.



VIKING SPORTS

Action Eyes, which were designed and engineered by Bausch & Lomb, have been recognized as one of the leaders in fashion eye protection. The new "Limited Edition Action Eyes" continue the tradition with the largest selection of colors on the market today. They are now available in 14 different fashion colors including the popular clear frames. All frames come with 3mm polycarbonate lenses, which can be replaced with prescription lenses. They are available with white, red, green, lilac, mahogany, rose, blue, teak, plum, yellow, black and clear frames. Action Eyes meets the impact standards of ASTM F803-86.

Shown at left : Action Eyes in white, red, mahogany, green and blue, \$39.95. Clear and turquoise, \$29.95 (not shown).



JONES OPTICAL COMPANY

Jones Advantage and Adventurer models both come with Carbonite 360 lenses. The clear lenses, as well as the other 14 other available tints, are guaranteed for life against breakage! Just the kind of guarantee you need for a sport like racquetball. Carbonite 360 is highly scratch resistant, distortion free and blocks out 100% of the ultraviolet rays (even clear). The Advantage model comes with an attached strap, (it's floatable for those of you involved in watersports too) and also has a moisture/sweat deflecting brow pad. The Adven-

turer has adjustable/interchangeable temples. The wrap-around cable temples are great for sports and the straight paddle temples for daily wear. Jones also offers 23 other models which are available with Carbonite 360 lenses. Other court colors would be amber, brown or grey. A special high altitude cadmium-oxide tint is also available for sensitive eyes. For more information, contact: Jones Optical, P.O. Box 3096, Boulder, CO 80307, (800) 321-8300. Shown from left to right: Advantage, \$59.00 and Adventurer, \$50.00.

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The Real Value of The 25 Foot Dotted Line

by Steve Strandemo

From the referee's point of view, the 5 ft. line exists to keep the receiver from encroaching through the imaginary plane on his opponent's lob serve attempt. Unfortunately, it is nearly an impossible call for the referee, server or receiver to make because of the angle from which the play is seen by all three concerned. In reality, very few players actually attempt to cut off or short hop a lob serve. So the line in regard to these serves doesn't come into play as much as we think.



Serving: In order to make the low drive serve bounce twice before the backwall, the server must strive to have the first bounce occur between the 20-25 ft. lines.

From my instructor's point of view, the 5 ft. dotted line is a very critical reference point. A player's ability to win games and matches can be influenced significantly by his relationship with that red dotted line, especially when attempting a low drive serve, returning a low drive serve or when establishing your defensive position against your opponent's low zone offensive shots.

Low Drive Serve Target

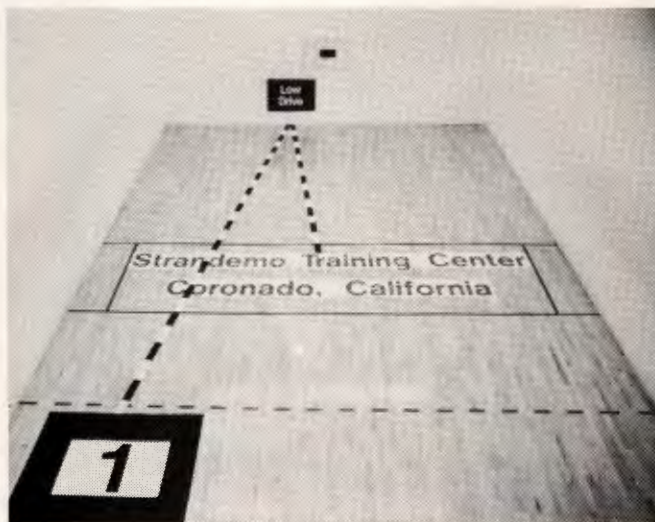
First, we use the dotted line as the back boundary for the area in which we want our low drive serve to take its first bounce. If racquetball players can make their serve land between themselves and the sidewall on the floor between the 20-25 ft. area, there is a great chance their serve will take two bounces before the backwall. This is the server's paramount goal. Far too many players don't take good care in this area and serve too many low drives off the backwall. A player's thinking on low drives should be to serve the ball well (land in the 20-25 ft. range and take two bounces before the backwall) or serve the ball short so he or she can come back with a well-directed lob second serve that, hopefully, forces their opponent to the ceiling.

Unfortunately, many players make front wall ball contact higher than they should and have too many low drive serves rebound off the backwall for an offensive setup.

When practicing by yourself, you should strive to direct your shots into that area. My guess is that after your personal practice session, your conclusion will be that it's a lot harder to hit in that 20-25 ft. zone than you thought.

Returning Low Drive Serves

In a very similar vein, the receiver should be alert in returning low drive serves and whenever he or she sees the ball angling towards the back corner *without* taking its first bounce until it has traveled beyond the dotted 5 ft. line, they can be assured their opponent's serve will rebound off the backwall. In such cases, you must then anticipate whether the ball will come off the sidewall, then backwall; or backwall then sidewall; or rebound directly off the backwall. In all cases, your shot selection should be offensive.



If the receiver sees a low drive serve landing behind the 5 ft. line, he can get ready for an offensive shot off the backwall.

Defending Against Low Zone Shots

Whenever your opponent is attempting to score by hitting low zone shots, (down-the-line, cross-court, pinch or splat) you should position yourself behind the 5 ft. line to cover what he leaves up. I see far too many players in the 20-25 ft. zone trying to cover their opponent's kill attempts, when they would be far better off behind the dotted line, preparing to take advantage of their opponent's left-up shots.

Why is this? When we chart matches at our camps and our Training Center, it often surprises people to see what a very low percentage of shots



Top left, From a slightly deeper offensive position with his backhand, the defender's coverage should be approximately 3 ft. behind the dotted line. Right, When the offensive player has a pretty good setup, the defensive coverage for a good C/B player will be 1 ft. behind the dotted line.

are actually kill shots (15 percent) and what a high percentage turn out to be left-up shots (70 percent). According to my definition, left-up shots are non-kill, non-skip shots that rebound back to your opponent in the 25-38 ft. range. Unfortunately, all players (pro's included) kill the ball less frequently than they think. Therefore, a high percentage of our offensive attempts hit slightly higher on the front wall, causing the ball to rebound further back in the court. This pushes the defender back in his coverage (behind the 25 ft. line) so that these left-up shots don't jam him and force him to wastefully punch the ball back to the front wall.

Staying back seems to be one of the hardest concepts for players to grasp, yet without it firmly implanted in your game, competitive racquetball will always be an uphill battle.○

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Mandatory Eyeguards an Issue Major Rule Changes in Store?

by Michael Arnolt

It has been 37 years since Joe Sobek took a platform tennis paddle on the courts in a Connecticut YMCA and racquetball continues to evolve.

The sport has matured from a rather pure ceiling ball and passing game to today's sophisticated offering of reverse pinches, splats and controlled power. With this has come the need to define more clearly and alter the current rules, and adopt new ones.

Some of this year's proposals to the AARA, you will agree, meet those needs. Some you will feel do not. What's important is that you can play a role in the decision-making through the ballot in the January issue of *Racquetball In Review* sent to all AARA members or by sending a letter to the national office.

Mandatory protective eyewear long ago left closed-door discussion and has emerged as the biggest social, safety, legal and economic issue in racquetball. The proposal is to make lensed eye protection required apparel for players in all sanctioned tournaments. The eyewear must meet ASTM optic and impact standards adopted by the National Society to Prevent Blindness.

Eyeguards — Social, Safety, Legal Issue

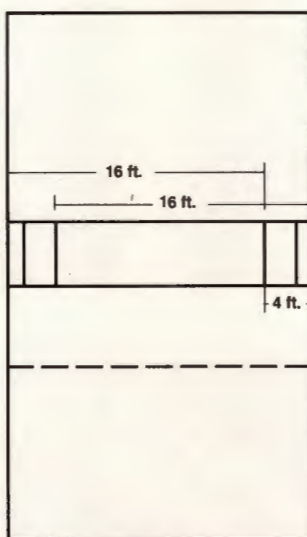
The issue is social because, like safety glasses in the workplace and seatbelts in the auto, it's a requirement. It's legal because failed eyewear and failure to require eyewear on the court is prompting litigation. It's economic because most players will have to buy certified eyewear. And, it's safety because there are 70,000 eye injuries a year in racquet sports, according to research by Paul F. Vinger, ophthalmologist and author from Concord, MA.

Two Bad Shots

The screen serve and the out-

of-court ball — two bad shots which now do not carry a penalty — are coming to a vote.

Calling a screen serve a fault was adopted several years ago by the WPRA. Associations in Michigan and Indiana are using the rule with nearly unanimous acceptance, according to the state directors.



If drive serving to the left, the player must start and finish the service motion in the 16-ft. area outside the line on the left side of the service zone. Just the reverse is applied for drive serves to the right. The zones do not apply for cross-court and other serves.

Sixty-two percent of the AARA members who returned rule ballots last year voted in favor of the screen serve rule, though the board of directors did not. The measure has gained more support. Just as it is in the WPRA, the call or non-call, would not carry an appeal.

As far back as 1978, Sobek, the game's inventor, said the out-of-court ball — the one which strikes the front wall and flies back into the gallery — is a bad shot that should result in the loss of the rally. His plea, and that of former rules commissioner, Jim Austin, is

now part of the AARA agenda.

Receiving Lines, Drive Serves

A change in the current receiving (five ft.) line rule is sought by officials of the New Jersey Racquetball Association. Citing safety as the reason, proponents want to eliminate the follow-through into the safety zone during the return of serve and call it a receiving line violation. The call comes into play primarily during the fly return and short-hopping of a lob serve.

Perhaps the most interesting proposal in the hopper is a drive serve rule, which prevents the player from standing close to the sidewall while serving in a deliberate attempt to hide the ball from the receiver. Variations of the rule are used by the men on the RMA tour and all tournament players in Michigan and Indiana.

As proposed, the rule basically divides the service zone into two 16 ft. areas for the drive serve only. (See diagram.) A player who drive serves to the left must start and finish the service motion in the 16 ft. to the right. Just the reverse is true for drive serves to the right. The zones are not utilized for cross-court drive serves, Z-serves, lob or half-lob serves.

The speed of the game and the attempted deception have prompted some players to call for serving to a zone, as is practiced in squash.

Other Proposed Changes

Also on the ballot are resolutions which allow for a change in doubles partners so long as the team's first match hasn't begun, and restricting men and women to their respective divisions during regional and national events.

In an effort to promote the development of women's racquetball, numerous states permit women to play in men's divisions when a comparable women's skill

(continued on page 47)

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Boulder Pro-Am

The unpredictable Colorado winter weather provided an appropriate atmosphere for one of the season's most exciting tournaments. The rapid change in temperature, from a balmy 68 degrees on qualifying day, to below freezing and a 12 in. snowfall the next day, set the tone for some of the tour's most surprising upsets.

The 32s

Going into the Boulder tournament only one player, Ruben Gonzalez, remained undefeated in the round of 32s. After 130 professional matches, his streak ended. Noticeably weakened by a recent bout with the flu, Ruben fell to #19 seed, Lance Gilliam, in four games.

In other upsets, Canadian champion Roger Harripersad defeated #9 seed Dave Peck in four games, while Jim Cascio from Penn-

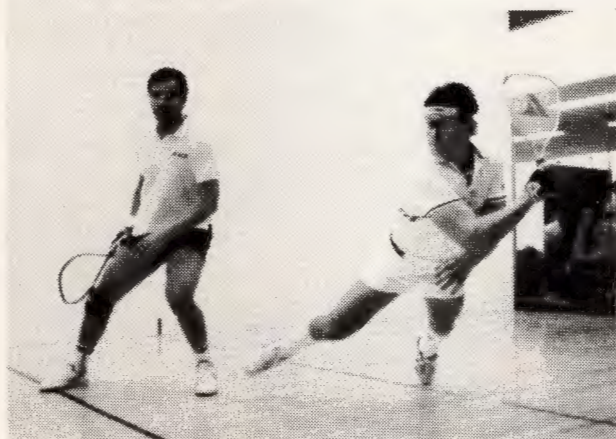
feating #6 seed Mike Ray. Mike continued to have problems in front of hometown sponsor, Head, as he repeated last year's second round loss performance. Roger seemed to be in better condition as he out ran Mike and won the tie breaker 11-3.

Jerry Hilecher utilized his many years of experience to pressure

Jim's persistence that outlasted the hot shooting Gilliam. Lance easily won the first two games, hardly missing any shots. Fortunately for Jim, Lance cooled off in the third game allowing Cascio to get back into the match and eventually claimed victory.

Mike Yellen, Gregg Peck and Bret Harnett all easily defeated

Gregg Peck and Mike Yellen jockeying for center court.



With his back to the wall Hogan shoots a diving backhand.

sylvania outlasted #13 seed Gerry Price 11-7 in the fifth. Although Peck had been steadily improving, going into Boulder he was unable to execute his wide angle passes, leaving Roger set up in center court. The Cascio/Price match was a seesaw battle with Gerry seeming to tire at the mile high altitude. The remaining 32 match-ups found the top seeds advancing to the next round.

The 16s

In the 16s Roger Harripersad maintained his momentum by de-

feating Cliff Swain into five games. In a closely fought battle, Jerry won games 1 and 3 (10 and 8) and lost games 2 and 4 (both 7). Although Jerry runs around his backhand to utilize his superior forehand shot, in this match he exhibited an uncharacteristically deep backhand kill. Jerry seemed to control the rhythm of the match but it was Cliff's superior drive serve that proved the difference as he aces Jerry three of the last four points.

Jim Cascio fought back from a two-game deficit to defeat Lance Gilliam 11-3 in five games. It was

their respective opponents Aaron Katz, Steve Lerner and Andy Gross.

Ed Andrews survived a first game loss to Dan Obremski to win the next three 8, 6 and 9. Although Dan's retrieving and excellent conditioning kept him in many rallies, it was Ed's ability to make difficult shots at crucial times that made the difference.

Quarters

In the first quarter final match-up, Marty Hogan easily controlled Roger Harripersad. Although Marty lost twice to Roger last season, on their last two meetings Marty has dominated Roger, winning in three games.

Ed Andrews started out hot, defeating Jim Cascio 6 and 8 in their first two games. As against Gilliam, Cascio continued to work away at his opponent and won game three 11-0. At 10-10 in the fourth it looked as if Cascio would force a tiebreaker but he missed an easy forehand pinch for the game. Andrews finished the game and

match with a crack-out serve.

Mike Yellen, returning after a two month absence from the tour, struggled to beat Gregg Peck 11-6 in the tiebreaker. Mike's passes and patented backhand pinch from center court were inconsistent. Gregg relied, once again, on his backhand splat but was unable to handle Mike's backhand lob serve along the glass wall. Three unforced errors in the tiebreaker cost Gregg the match.

Bret Harnett continued his bar-



Bret Harnett jumping to avoid Cliff Swain's forehand shot.

rage by easily beating Cliff Swain 11-4 in both of the first two games. Although Swain served his way to a third game victory, Harnett came back to win the match with a fourth game victory.

Semifinals

Ed Andrews accomplished what many have failed to do in recent years. He not only controlled the pace, but also seemed to have four-time national champion Mike Yellen confused most of the match. Ed's ability to short hop all lobs and second serves resulted in his winning over 75 percent of Yellen's second serves, many without even a rally. Although other players on the tour have resigned themselves to go with hard second serves when playing Ed, Mike continued to use soft second serves. Without a doubt the best short-hopper on the tour, Andrews devoured Mike's defensive serves and won the match in four games.

The other semifinal was a

typical Hogan/Harnett battle to the finish, go for broke exhibition. Both players were visibly exhausted at the end of the 2 hour and 15 minute marathon. As usual, Marty began by serving strong drive serves to Bret's backhand. With Marty getting his first serve in, Bret had no option but to return ceiling balls which Hogan rekilld from deep court. As the match progressed, Hogan's drive serve regressed with Marty getting in less than 25 percent. This allowed Bret to become more offensive resulting in victories in games 2 and 3. In the tiebreaker, Bret seemed to tire and skipped three of Marty's final four points to give Hogan the win and advance him to his second straight finals.

Finals

Andrews began the first game by serving perfect drive serves to Marty's forehand. Marty's weak returns left Andrews easy shots in center court for an 11-3 first game victory.

In the second game, Ed seemed to disappear into never-never land. Skipping nine of Hogan's 11 points, Ed was never in

Hogan went ahead 8-6 in the fourth game but then skipped four straight points to give Andrews a 10-8 lead. Although Ed had numerous chances to put the game away at 10, he was never able to get the elusive 11th point. Marty dove his way back into the match with an 11-10 victory. It looked like Ed might once again let a tournament win slip away.

In the tiebreaker Ed quickly went ahead 7-3. Marty, never giving up, managed to tie the score at 8-8. Ed then did what he had been doing throughout the tournament — made a difficult shot at a crucial time. From deep court and in the corner, Ed hit a backhand splat roll out for the point. He then won the match on a forehand kill.

This was Ed's second tournament win, moving him into fourth place, 29 points out of first place. If he continues to improve as much in the second half of 1987 as he did in the first half, he could challenge for this year's national championship.

Tournament Notes

Debbie Nohstadt from Head and Bobby Rodriquez from Flat



With the glass sidewall to his advantage Andrews shoots a backhand pinch.

the game.

In the third game Marty again began to leave his first serves short allowing Ed to pressure Hogan's second serve. Although Marty had more success than Yellen, Andrews continued to put Marty on the defensive with wide angle returns and won the third game 11-8.

Iron Athletic Club overcame numerous weather and maintenance problems to present one of the nations most organized events . . . Debbie hosted a number of professional players at her chalet for a few days of skiing immediately after the tournament — any broken bones?

(continued on page 43)

Doubles For The Fearful: A Survival Manual

by Dave Doehr

Doubles. The word alone is like fingernails on a chalkboard for some. For others, however, it's a dream come true: a chance to scan through the catalog of racquetball skills and pick whatever you are missing. A court codger, for example, aged with experience, but lacking mobility, can regain lost youth by choosing a thoroughbred as a partner. Or a one-armed bandit with only a forehand can pick a partner with a reverse affliction. Apart, these players are incomplete. But together, as a team with a precise *modus operandi*, they can defeat a team of even the most accomplished singles players.

How? Synergy, in a word. By merging their individually limited resources, the two players grow into a stronger unified force. They learn each other's moves and patterns of play. They know exactly where, when and how their partner will react in any situation.

What follows is a condensed doubles survival manual, a nutshell analysis of the innermost secrets of doubles, aimed at minimizing the confusion and indecision between players and maximizing two players abilities as a team.

Choosing a Partner

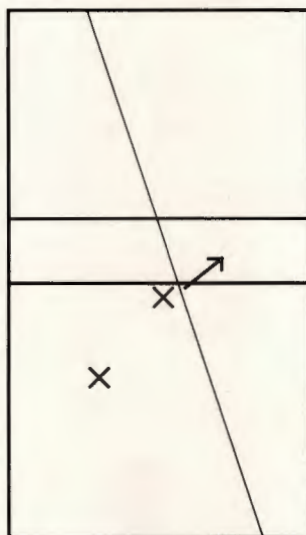
As mentioned earlier, you should look for your alter ego. Not someone whose game is a clone of your own. That's about as sensible as a football team of punters. Look for someone with every racquetball skill you never developed. The trick is to round out your strengths. Eliminate your weaknesses.

Now that you've imported this labor-saving device, there is only one problem . . . how do you work the damned thing? It does, after all, have a mind of its own. Thus, the ability to communicate should be high on your list for a partner. All the skills in the world are great, but they aren't worth a cup of coffee if you can't function as a team.

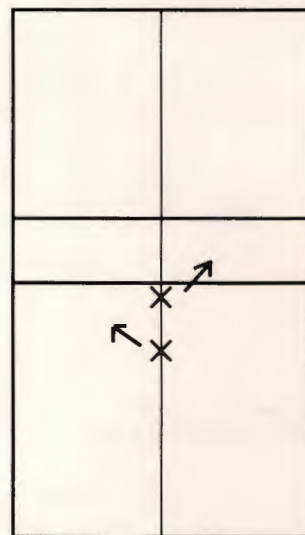
Together, you must devise a schematic, a concrete *modus operandi*, as it were, on how to position yourselves to maximize each others strengths.

Indecision is the major problem blocking successful teamwork. Which player to take which shot? It can never be eliminated, but it can

ers. Each player must be made responsible for any shot that enters his coverage zone. There is little need for backup from either partner. In fact, if you move into your partner's territory, you will be disrupting the entire system — not to mention chancing a head-on collision.



Flight hander-right hander - left side player covers more court because he is stronger and has a better backhand. Notice position of players.



Lefty-righty - if both players are equal in ability, they should divide the court in half.

be significantly reduced. The first step is to divide the court into zones-of-coverage which maximize each player's strengths, while minimizing his or her weaknesses.

Once done, each player's responsibilities must be discussed and defined. The term *teamwork* has been largely misunderstood. It projects the image of each player covering up for his partner whenever a difficult shot is hit. Nothing would be more defeating. If one player is constantly worried about his partner, he won't be focusing 100 percent concentration on his own responsibilities.

No, the court should be divided to maximize strengths and minimize indecision between play-

Zones-of-Coverage

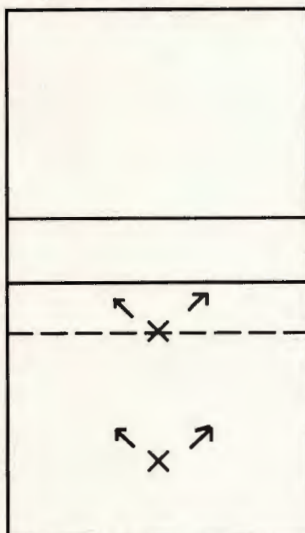
Of course, as in any sport, the chalkboard has been stained white from various theories on how to best apportion the court. In the following, we'll cover the most conventional methods — side-by-side (righty-righty), side-by-side (lefty-rights) and the "I" formation — saving anything more complex for locker room banter. Having done that, we'll wrap up this thumbnail manuscript with some suggestions about how to best handle center court, serves and general strategy.

Side-by-Side (for two right-handed players) is the most common system used in doubles. In this formation, the left side player is

responsible for covering any shot that enters the left quarter of the front court or the left two-thirds of the back court (see diagram). Any other area is the rightsider's responsibility.

The left side player — The person playing the left side should naturally be the stronger of the two; that is, he should have the strongest backhand. Not only does he have more court to cover, but he must hit all of the backhand shots that travel down the left wall. Endurance and a good backhand — these are the basic requirements.

The right side player — Because he generally plays a little farther up in the front court than his



The almost defunct "I" formation used with strong rear court player and fast front court player.

partner, he must decide quickly whether to hit a shot or leave it for his partner. He should, therefore, be the quicker of the two players. It's no wonder that he is considered the gardener. With fast hands, quick feet and lightning quick reactions, it is his job to dig up any of the opponent's kill shot attempts. Also, the rightsider will seldom hit a backhand.

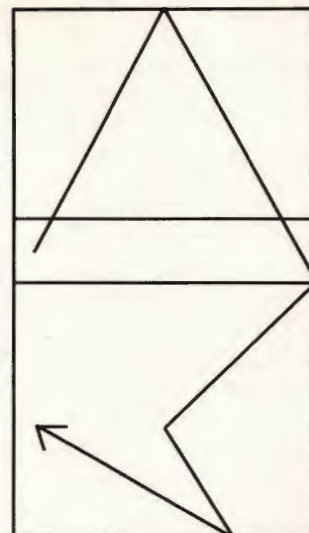
His position cannot be over-emphasized. He must plant himself on top of the imaginary line that divides the court lengthwise, primed for action. From here — and only here — can the rightsider maximize his strength and hit almost every shot in his zone with his forehand. Any more to the right, and his opponents' shots would pelt his midriff, forcing him to

use his backhand. Clearly, he would not be maximizing the strength of his forehand.

But doesn't this central position leave the entire right alley open for an opponent's pass shot? Well, it certainly looks wide open. But it's really a play called "baiting the trap". The alley looks open, and is tempting enough for the opposing team to try to sneak a pass shot by. Privy to their intentions, however, the rightsider is ready to pounce on this ball and put it away.

As you can see, just because the rightside player gives up the backhand, his job isn't easier. He must always be alert, perched for attack whenever the opportunity arises, yet he must contain himself with the thought that if he leaves the shot, his partner may have a better opportunity.

The Grey Areas — The grey area is where indecision runs wild. It is the undefined area where zones-of-coverage overlap. To consolidate the strengths of the team, the left-side player should take all shots along this line of play. The



The "jam & fly" can be hit from either side and puts the opponent into a "death spin".

reasoning is simple. In a power and accuracy contest between the leftsider's forehand and the backhand's backhand, the forehand usually reigns. (Of course, if the opposite occurs and the rightsider's backhand is the strongest, (continued on page 42)

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A Survival Manual

(continued from page 41)

by all means, use it!).

In an attempt to reduce confusion further, whenever a grey area arises, the leftsider should yell "mine!" or "yours!" clearly, delegating responsibility for the shot. Why the leftsider? His deeper position grants him a few extra milliseconds to evaluate the rally and decide which player should take which shots. It's not a lot of time, but usually enough.

The commands should be short and to the point. Obviously, there is seldom time to ramble off a sentence or two. If the rightsider disagrees, he should quickly reply with his own command, again keeping it short and to the point. The leftsider should comply. Time for discussion has run out.

Side-by-Side: (for left hander and right hander) is probably the strongest team combination for effective doubles. The advantage is that there is no wall played by a backhand. Both players can use forehands to scrape the "wall-paper" balls off the sidewalls.

Most left-right teams use the side-by-side formation, with a slight modification. The court must be divided straight down the center of the court, with *both* players positioned on the dividing line, primed to cover the sidewall alleys (see diagram). In this way both players are maximizing their forehands. Remember: consolidate your strengths.

As you can see, there is a large grey area right down the center of the court — an area where both backhands are exposed. Before the game, decide who is responsible for the majority of these shots. The strongest backhand is elected.

"I" Formation

The "I" formation has one player positioned on the short line and the other about five feet from the backwall, with zones-of-coverage divided by the short line (see diagram). The front court player is responsible for covering the entire front court. He is usually the quicker of the two, a good retriever with quick hands and feet and reactions. The back court player re-

quires power, accuracy and control of shot.

The "I" formation is seldom used these days, mainly because it does little to reduce indecision. Quite the opposite, really. Because a player doesn't have eyes in the back of his head, it is difficult for him to decide whether to take a shot or leave it for his partner. He doesn't even know where his partner is. And speaking of eyes, the back court player is often screened by his own partner. And let's not forget the two major weaknesses: (1) two backhands are exposed on the left wall, and (2) almost every ball travels between each players' coverage zone, making decisions about responsibility difficult.

Center Court

Hugging a side wall or hiding in a corner is a natural tendency. Intimidated by the social pressures (ie. kicking, biting, gouging, etc.) that come from four people in a space for two, primal fight-or-flight kicks in. The best solution is obviously . . . *panic!*

Actually, there is no defined area where you must stand. The proper place to stand comes from understanding doubles' strategy and rules of play. Naturally, you want to stand very close to just behind the short line. Ninety percent of all shots come within a quick step of this area, and you can hit your most accurate shots from here. The problem is, the opposing team wants this area too. There's not a lot of room. Who gets the space?

The answer comes in stretching the singles rules to a doubles definition. When one team is hitting a shot, the opposing team should be allowed a clear path to retrieve it. It's that simple. How much room must you make? A clear path — just enough room for your opponents to retrieve the ball. Don't worry. It's not as much room as you're thinking. In most cases, a half step is usually sufficient. Which is little enough, and it still allows you to maintain center court positioning.

The Serve

The doubles serve has the same aim as in singles: to ace or obtain a weak return from your opponents. Try to expose and ex-

ploit a weakness of the opposing team. Concentrate all forces on the weakness. In doubles, this often means bombarding the weaker player with all the serves. But not always.

When both opponents are equal in ability, you must search for each individual's weakness. For example, if both receiving players have weak backhands, hit the serve to the rear left corner. If the receivers both have weak forehands, hit the serve down the center of the court or to the right rear corner. Obviously, playing a lefty-righty team, the serve should travel down center court. Recognize and expose any apparent weakness on the opposing team.

There is one serve — the "jam & fly" — that continues to baffle even the best doubles players. After a few of these, it is said, the player on the receiving end is never quite the same (see diagram).

As you can see, the server strikes the ball from a wide angle on the court. The crisply-hit serve strikes the front wall in the center and rebounds off the side wall, which it contacts about two feet above the short line. It doesn't take its first bounce until it is about five feet from the backwall, between the opposing players. Then it ricochets off the backwall into the sidewall, plunging to a quick death.

The receiver usually waits too long, not returning the ball until after its first bounce. Then, of course, he's in trouble. As the ball caroms off the backwall toward the sidewall, the player is forced to turn with the ball. Otherwise, he loses sight of it. At this point he is in trouble . . . caught in the clutches of "the death spin".

Basic Strategy

Two quick things about strategy. The more you understand it, the more comfortable you will be with three other people on the court, and more safety-conscious as well. Also, the more you know about your intentions, the less you'll feel haunted by the evils of indecision.

In singles, matches are won by exposing an opponent's weakness until he gives in. The same holds true in doubles. While it may not be the nicest prospect, doubles matches are won by bombarding

the weaker player of the opposing team (aka "the weakness") with as many shots as possible. Barring that, expose and exploit individual weaknesses, as with the serve.

If both players are equal in ability, then you must concentrate on playing basic racquetball doubles strategy, attempting to freeze one of the players. To do this, try to move one of the players to an extreme position inside his coverage zone. Once done, hit the next shot again into his coverage zone, but to a point too extreme for him to retrieve. For example, you can move one player into a deep corner and follow up with a kill shot into the front corner of his coverage zone. I know, it looks easier on paper than in actual practice but you'll get the hang of it quickly. Here are a few more guidelines.

Hit the kill shot, and all shots for that matter, at photon pace. Even a miss-hit ball missed at torpedo speed will be difficult for opponents to handle. A softly hit kill shot, on the other hand, takes longer to bounce twice, and gives the opposition a few extra milliseconds to move in and return the ball.

Hit a lot of pass shots and hit them hard. They reduce the do-or-die pressure of a kill shot, and they also cross over the opponents' lines of responsibility, exposing grey areas of indecision. And, of course, as in singles, the pass shot drives an opponent deep into the rear court, where it is difficult for anyone to be accurate.

Racquetball's Ol' Faithful, the ceiling ball, is a great way to slow down the rally and open up center court for comfortable occupation. Also, in order to win off a ceiling ball, the opposition must be pinpoint accurate. Thus, the ceiling ball seriously limits their shot options as well.

Here's an advanced tip: Whenever possible, hit the ball on the fly, before the first bounce. The ball will be moving before the opposition has had time to react and regain position. They will have little time to communicate and will be forced to hit indecisively, off balance.

Conclusion

This thumbnail summary is meant as a guide, not a bible. Let's

face it, the fast pace of doubles makes it pretty tough to consult this article during the fury of a rally. The thing to remember, above all else, is safety, which comes from a command of the game. Second to that, you should do everything possible to keep returning the ball to the frontwall before it bounces twice. All the techniques, strategies, pills and magic elixirs are useless if you fail in this one regard. Hopefully, this article has defined the techniques to maximize team strengths to get you closer to that end. ○

*About the author:
Dave Doebr played
on the pro tour in
1980-82. He was
one of those who
worked hard but was
sidetracked by other
commitments. He still
has an avid interest
in racquetball and
plays regularly.*

Boulder Pro/Am

(continued from page 39)

... Dan Obremski showing off pictures of his newborn son ... Despite below zero weather and blizzard conditions, the Colorado racquetball community managed to sell out the semifinals event ... Tim Hansen introduced a new serve in the amateur open division — "The Overhead Head Missile".

32s

B. Harnett d. M. Levine 2, 10, 10;
A. Gross d. D. Johnson 8, 0, 4; J.
Hilecher d. Mike Martinez 2, 3, 6; C.
Swain d. B. Rodriguez 8, 5, 5; M.
Ray d. B. Sell (11), 4, 3, 8; R.
Harripersad d. -D. Peck 8, (10) 4, 8,
8; D. Gross d. T. O'Neil (10), 9, 6, 8;
M. Hogan d. T. Anthony 8, 2, 9; E.
Andrews d. J. Egerman 9, 6, 9; D.
Obremski d. T. Hansen 8, 10, 9; J.
Cascio d. G. Price 8, (5), (9), 9, 7; L.
Gilliam d. R. Gonzalez 8, 1, 4, 6; G.
Peck d. J. Newman 2, 8, 4; S.
Lerner d. C. Nichols 10, 2, (4), 7; A.
Katz d. B. Parodi 10, 6, (10) 4; M.
Yellen d. S. Graham 6, 3, 2.

(continued on page 47)

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The 10th Annual Long Island Open

The 10th Annual Long Island Open, sponsored by Lite Beer from Miller, Frozfruit, Diversified Products, Pizza Hut Restaurants, the L.I. Marriott Hotel, and Penn Athletic Products, continued to be one of the premier tournaments in the country, drawing 894 entries from 18 States (including California, Texas, Massachusetts and Florida) to the Sportset Clubs in Syosset and Rockville Centre, Long Island, NY, November 13-16, 1986.

Continuing its commitment to ensuring that every player and spectator goes home feeling like a winner, the tournament staff, headed by Allan Seitelman, with Ernie Fraas, Bob Supple, Regina Corrigan, Jim Mortimer and Mike Jones, provided a quality tournament with a multiplicity of tournament souvenirs. They ran 1,500 matches on time, awarded 247 laser-engraved plaques in 38 divisions, awarded prizes to every winner and 300 players whose names were drawn at random.

The banquet at the L.I. Marriott was unequaled, with 200 prizes being given out. Windjammer Cruises, DP equipment, Foot-Joy sneakers, bags, socks and hats, American Air Gun Game certificates, Pizza Hut dinners, pictures with Lee Meredith, Pro Kennex hats, A'ME grips, Club Getaway

vacations, Tacki Mac Grips, Lite prizes, Penn gloves, Thorlo socks, Frozfruit shirts just to name a few.

Combined with the banquet, the hundreds of door prizes, the



Women's Open Doubles champs Maryanne Cluess, left, and Fran Russo with tourney directors Allan Seitelman.

presence of Lee Meredith, Lite Beer All Star, the prizes for the winners, and the rest of the festivities made one wonder if this was a tournament or a four day party. However, one look at the intense competition on the courts provided an answer to this question — the answer was both.

The action off the courts, with

Lite Beer All Star, Lee Meredith providing entertainment, was almost as exciting as the play on the courts. Every winner had a chance to have their picture taken with Lee Meredith and then have her sign each one. Lee was in attendance for over ten hours, signing posters, presenting awards and being a gracious celebrity. Her presence helped to make the tournament more enjoyable for everybody attending. Now, on to the courts and the matches.

Players of all skill levels, beginner to National Champion, and ages nine to 72, provided fierce competition in 38 categories. Over 230 women proved that they constitute a meaningful force in tournament racquetball.

The Long Island Open still continues to be one of the most prestigious titles to hold in the east, while attracting and satisfying the beginning player. For over 15 percent of the players, this was their first tournament. Eleven National Champions competed in various divisions.

Historically, the interest in any tournament focuses on the open division. This interest was well deserved at the Long Island tourney.

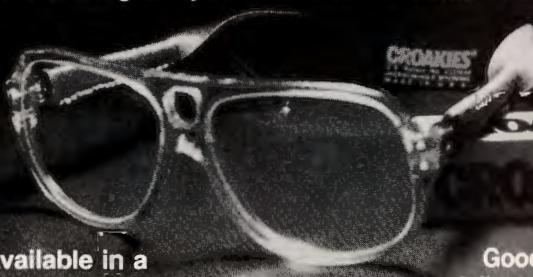
Men's Open Singles

The draw sheet for Men's Open Singles Division read like a who's who of racquetball for the east coast, with claimants to the throne coming from as far away as Texas, California, Florida and Massachusetts. Players accustomed to meeting each other in the finals of tournaments were forced to play each other in the first round, since the overall quality of the division was so high.

Some examples of tough first round draws included Oscar Gonzales from Florida vs. Ron DiGiacomo from Long Island, Nolan Glantz vs. Tom Montalbano, Steve Ruben vs. Tim Doyle or Scott St. Onge of Massachusetts vs. Joe Cline of New Jersey. The number

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Joe Cline swings as Fred Calabrese gets ready for the return in the Men's Open Singles finals.

of tiebreakers from the early rounds are an indication of the quality of the field. Out of the last 15 matches from a round of 16, there were 9 matches that went to tiebreakers.

The quarter final pairings featured Bill Sell (California) vs. Ron DiGiacomo. Sell emerged victorious 15-9, 15-12. Fred Calabrese avenged his semifinal loss in last year's L.I. Open, by besting Tom Montalbano 15-9, 15-7.

The bottom half quarterfinals saw Joey Cline continuing his streak going by beating Tim Doyle 13-15, 15-1, 11-5.

The semifinals proved to be tough for Bill Sell and Aaron Katz. The top semifinal pitted #1 seed Bill Sell vs. #5 Fred Calabrese. Bill jumped to a 15-13 win in the first game. Fred Calabrese responded by winning the 2nd game 15-14, with both players serving at game point. The tiebreaker appeared to belonged to Bill when he jumped to a 9-1 lead. Somehow, Fred fought and clawed his way back to 9-8. Sell scored another point and served three times for a match. Fred refused to lose in the semifinals again and outshot Sell to a 11-10 victory.

The bottom semifinals match featured #6 seed Joe Cline vs. #2 seed Aaron Katz. They split both games with Katz winning the first 15-8 and losing the second 3-15. The tiebreaker belonged to Cline

with an easy 11-5 victory, the same score as his quarterfinal tiebreaker.

The finals, witnessed by over 1,000 spectators, proved to be

worth the wait. Joey Cline started off by repeating his quarterfinal and semifinal matches — losing the first game by a wide margin and winning the second by a wide margin. However, Fred Calabrese broke this pattern by pounding the ball to a 11-7 tiebreaker win.

Women's Open

The strong competition of this division is once again demonstrated by the fact that, except for the first two L.I. Opens, no woman has ever been able to win a title more than once. Number 1 seed Dot Fischl marched to the championship match by beating Amy Woodruff in the quarterfinals and Val Paise in the semifinals. Dot seemed driven to avenge her loss in last year's tournament. Dot dominated the championship match with scores of 15-10, 15-8.

The Women's Open Doubles had several upsets. Maryanne Cluess and Fran Russo beat Sarah Ali and Cindy Doyle for the title.

(continued on page 46)



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Long Island Open

(continued from page 45)

Maryanne was last seen walking on cloud nine. She demonstrated that she still has the skills that once made her a top ranked player.

Men's Open Doubles

The Men's Open Doubles draw was of a quality equal to the Men's Open Singles. Top nationally ranked teams, including the #2 team in the nation, competed for the championship. Tim Doyle and Bill Sell, the #1 seeded team in the tournament and #2 in the country, played their first tournament together since the Nationals, where they missed being crowned National Champions by the scarest of margins. However, the other teams in the draw refused to be intimidated. Doyle/Sell advanced to the semifinals with an extremely hard fought victory over Nolan Glantz and Jon Peterson. Glantz/Peterson won the first game 15-14 and were winning the second game 13-4, when Doyle/Sell finally woke up and took control of the game. They outscored Glantz/

Peterson 11-1, to manage to squeak out a 15-14 victory. The tiebreaker belonged to Doyle/Sell by the score of 11-2.

On the bottom bracket, #2 seed Cline/DiGiacomo were advancing in a comparatively easy win over St. Onge/Llacera. The finals proved to be a tightly contested match, with Cline/DiGiacomo winning the first game 15-10, and Sell/Doyle winning the second game 15-13. The crowd did not stir from their seats between games for fear they might not catch the tiebreaker. Cline/DiGiacomo did not disappoint the crowd and emerged victorious with an 11-9 tiebreaker win, thereby avenging, somewhat, their loss in the quarterfinals at the National Championships.

Junior Vets (25+)

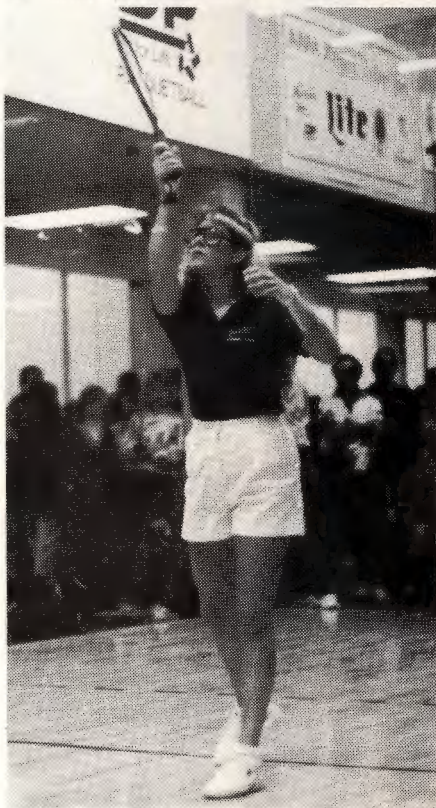
John Peterson continues to defend his claim that the Men's 25+ L.I. Open title belongs to him. He has never lost a match in this division at the L.I. Open. Neil Fudim finished second.

Pat Musselman beat Angela Chaang for the Women's 25 and

over title.

Men's 30+

This age division in the L.I. Open is among the strongest in the country. The fact that every quarterfinal match went to a tiebreaker indicates the overall quality of this tournament. Number 1



Cindy Doyle following lob serve.

seed Jim Deritis worked his way to the finals by beating Harry Gordan and Kevin Dautrich. Jim Young made it to the finals by beating Ed Garibedian and Ken Teape. The finals was a reversal of last year's match, with Jim Young beating Jim Deritis 15-4, 15-13.

Men's 35+

Mark McCarthy returned to defend this title and managed to do so in tiebreaker wins over Roy Burke and Bruce Schafer.

Men's 40+

Jim Winterton emerged as the champion of this division, which was the first year it was run. However, Jim did not have an easy path. He won the quarterfinal by the slightest of margins over tricky Harry Nelson in the tiebreaker. His semifinal win over A. Garelich was no easier, with an 11-8 tiebreaker win. He managed to gain strength

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and beat Mark Steinhoff 15-12, 15-13 in the finals. This was Jim Winterton's first championship in the L.I. Open after several tough defeats in previous years.

Men's 45+

Charlie Garfinkel, despite an eye injury which he had suffered before the tournament, managed to dominate this division. He beat Don Costleigh 12-15, 15-8, 11-4 in the finals. Joe Rizzo finished third.

Men's 55+

Dan Llacera won his second consecutive Golden Masters title with a win over Lou Van Wart.

Men's 30+ Doubles

The National finalist team of Deritis/Teape, beat Diemar/Murphy in the finals.

Men's 40+ Doubles

Sabatino/Martorana managed to pull off several upsets in claiming this title. They beat Vannore/Steinhoff in the semifinals and Costleigh/Garfinkel in the finals.

Juniors

Matt Nagel won the Boy's 18 and under, with Oscar Gonzalez finishing second. Adam Priamo won the Boy's 16 and under without losing a game. Ray Abady finished second, and B.J. Gruber finished third in the Boy's 16 and under. Perry Barrett Jr. emerged victorious in the Boy's 14 and under, with a win over Erick Crawford. Scott Russell Jr. finished third in the Boy's 14 and under. ○

Rule Changes

(continued from page 34)

division isn't available. The division's qualifications rule, although unwritten now, merely clarifies the AARA's position on regional and national championships. It does not alter the right of states to allow women to play in men's divisions.

If these proposals evoke an emotion, take the time to make yourself heard, either by the ballot in *Racquetball in Review*, or a note to the AARA, 815 N. Weber, Colorado Springs, CO 80903.

Though the rules will be voted upon by the AARA Board at its annual meeting in May, opinion is needed by March 15. Do it for yourself — and Joe Sobek. ○

*About the author:
Michael Arnolt,
a freelance writer
from Indianapolis, is
the AARA National
Rules Commissioner.*

Boulder Pro/Am

(continued from page 43)

16s

B. Harnett d. A. Gross 2, 2, 1;
Swain d. J. Hilecher (10), 7, (8), 7;
7; R. Harripersad d. M. Ray 7, 7, (2),

(7), 3; M. Hogan d. D. Gross 8, (8), 2, 6; E. Andrews d. D. Obremski (9), 8, 6, 9; J. Cascio d. L. Gilliam (8), (1), 6, 6, 3; G. Peck d. S. Lerner 9, 6, 6; M. Yellen d. A. Katz 7, 4, 10.

Quarters

B. Harnett d. C. Swain 4, 4, (10), 7;
M. Hogan d. R. Harripersad 2, 5, 7;
E. Andrews d. J. Cascio 6, 5, (9), 10; M. Yellen d. G. Peck (3), 7, (3), 3, 6.

Semifinals

M. Hogan d. B. Harnett 6, (6), (6), 8, 8; E. Andrews d. M. Yellen 4, (8), 9, 8.

Finals

E. Andrews d. M. Hogan 3, (5), 7, (10), 8.

Qualifiers

Mike Martinez - California, Bob Rodriguez - Colorado, Todd O'Neil - Vermont, Tim Anthony - Ohio, Tim Hansen - Florida, Charlie Nichols - Florida, Bill Parodi - Arkansas and Sean Graham - California. ○

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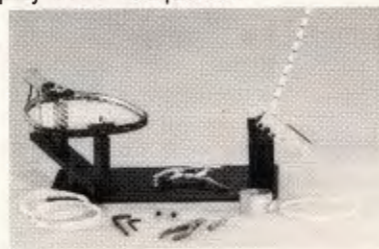
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issue, since testing by independent laboratories is often very costly and time consuming for the manufacturer, depending upon the complexity of the test procedures involved.

The eyeguard issue is just heating up. So where do we stand?

First, we believe in — and we'll continue to push for — mandatory eye protection in tournament play.

Second, we'll strongly urge recreational players to consider the risks involved in not utilizing eyeguards. According to the Consumer Product Safety Commission (CPSC), a federal watchdog organization, more than 40,000 eye injuries occurred in 1985 — mostly racquet sports related.

Third, we *will not* get into the testing and evaluation business. That's the responsibility of testing laboratories or the suppliers themselves. It's our job to report the issues. If we perform our job well, racquetball in general will benefit from it. ○

Passing Shots

(continued from page 15)

and her sister said she was working out on the "Versa Climber", a device which simulated climbing stairs . . . Nicki and John Xynidis might be facing a dilemma by the time they turn 18. The Junior National champs haven't reached their teens, but if they progress according to schedule, they'll have to choose between representing the U.S. or Greek national team. Both, along with their dad, currently represent the Greek National Team.

Tour Blues — Tim Hansen, Florida's top player, is learning that it isn't easy on the pro tour. At one pro stop he played four rounds in one day to qualify for the main draw. After finishing his last match at 11 p.m., he had a 9 a.m. match the following day. "It was like playing four open finals," Hansen said . . . After eight years in Anaheim, the Ektelon Nationals will be moved to northern California. Remember when San Diego was the racquetball mecca? The sport could use a shot in the arm . . . Women racquetball players say there would be more tournament participation if clubs opened their nurseries during the weekend . . . The teaching field in

racquetball is gaining more respect. WTS, a Maryland-based company, provides clubs with teaching pros/ program directors. The company, which specializes in tennis, saw a similar need for racquetball . . . If you heard racquetball pro Ed Andrews was in prison, it's true. Ed gave an exhibition and clinic at a Michigan prison.

How Do You Spell Racquetball — You know a newspaper isn't sending its ace reporter to cover a tournament when he spells racquetball without the "c" . . . Dumbest question by a TV sportscaster: "Isn't racquetball a lot like indoor tennis?" . . . You know a person is vain when he shows you through his house and points out the trophy room first . . . If you want a great buy, join the Women's Professional Racquetball Association for a mere \$25. Members receive discounts on racquetball equipment and the best deal is the bargain price they receive for subscribing to *National Racquetball*. Yes, guys can join, too. Write Lynn Adams, Department NR, 3097 Fernheath Lane, Costa Mesa, CA 92626 . . . On a more personal note, I'd like the world to know how supportive my mother, Ruth, who passed away in January, was. She didn't know a thing about racquetball, but read my columns religiously. ○

Canadian Report

(continued from page 13)

These seven players are among the best in Canada, representing the country in international competition so well that Canada is one of the best countries in the world (gold medal at the 1986 World Championships).

Sport Canada also requires its carded athletes in all sports to play at the respective national championships. And that is where the dilemma lies.

If CPRO runs its draw at the national tournament, there would be little to stop the amateurs from entering both the 'A' and CPRO events, since any money won can be funneled by amateurs.

CRA organizers feared that if a player reached important matches in both draws, a not unlikely possibility, the amateur match would get second effort.

CRA did not want to risk of having a Canadian amateur champion who was not one of the best amateurs. Call it fear of embarrassment, or call it smart politics, but their best solution was to prevent the split in competition by not allowing the CPRO event.

Unfortunately the decision looks more like a showdown between the amateur and professional factions of Canadian racquetball. It may be, and then the argument is simply a continuation of a long debate that is familiar to players on both sides of the border.

And unfortunately, as proved by the length and size of the debate, there are no simple answers.

As for righteous indignation, the next time I lose money on the Blue Jays to my doubles partner in Michigan because of lousy umpiring and blind-lucky pitching by a shaky Detroit Tiger team. ○

Letters

(continued from page 12)

adopted a three appeals limit, and we're still studying it.

The Canadians have mandated the use of eye protection; why haven't we? I find it hard to understand why an organization that recently added a rule that would protect a player from being struck in the butt with a racquetball (safety zone rule) because they felt the player's safety was in jeopardy, does not have the courage to man-date the use of lensed eye guards for all tournament players; isn't the loss of an eye as important as a black and blue in the butt? The American Squash Association has mandated the use of lensed eye protection.

It's hard to comprehend how an organization which openly recognizes a condition to be detrimental to its members, and endorses the efforts of others in their attempt to correct that condition, can idly sit by and allow the condition to continue. Come on AARA, you've polled your members and from what I've read most seem to agree that the use of eye protection is in the best interest of the association. Majority should rule.

Dick Lowell
Dover, NH ○

Racquetball at Its Best

(continued from page 21)

Steve completely restructured his game. After that, Doug started slowly, then moved up an entire level.

It's clear that most participants think that combining Strandemo's expertise with voiced-on video technology is a good idea.

"He's one of the best players in the history of the game; he has seen the game at its best," said Dickman. "The play of the participants in the camp doesn't always approach beauty, but Strandemo still brings an intense personal interest and a strong professional commitment to teaching the game."

Always striving to upgrade what he offers the avid racquetball player, Strandemo Training Center is only the latest contribution Strandemo has made to the sport. Now he can also instruct in a personal setting and his players can take their lessons home.

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Elbow Injuries

(continued from page 7)

ment (including shoes) can go a long way toward eliminating any potential problems.

Finally, setting aside injuries and worse case scenarios, the fact remains that most of the ailments I've described can be avoided altogether through the most basic of preventive measures. As any serious player knows, there is no substitute for a thorough routine of warm-up exercises — or at a minimum, a basic stretching out before a match — followed afterward by a cooling down session before hitting the showers and the bar. You should also consider asking an expert for a workout to strengthen and condition your forearm to withstand the stresses of the game. It may seem an extravagance to get a coach to help you develop proper techniques and routines and select proper equipment, but in the long run, think of what it can save you

in doctor's bills, lost court time and the possibility of an injury becoming serious enough to force you to give up the game. It's an old adage, but from a doctor's standpoint, it still holds true: prevention is the best medicine. ○

Gar's Guide

(continued from page 17)

10 points. If I'm really lousy, they may get 12. (Of course, games

Wherever Brumfield played, controversy was sure to follow. However, that's what made Brumfield special. You never knew what to expect.

were to 21 points in the early 1970s.)

Wherever Brumfield played, controversy was sure to follow. However, that's what made Brumfield special. You never knew what to expect. He'd make a shot, a remark or a gesture at a crucial time. His opponent would go berserk, but the fans would love it.

Obviously, Brumfield can't return to the pro tour at the age of 39. However, it would help the game of pro racquetball to have personalities such as Brumfield playing today.

With my apologies to Mike Yellen and Marty Hogan, the two greatest racquetball players ever, there was only one player who could bring the crowd to fever heights, time after time — the Brum.

Editor's Note: The comments and opinions expressed in this article are solely those of Charlie Garfinkel. If you have any comments please address them to Letters to the Editor.

Editor's Note II: Actually, Charlie wrote the first "editor's note". He thinks he's controversial. If you agree, take his advice and write us. (We expect Mr. Yellen's and Mr. Hogan's letters will arrive first!) ○

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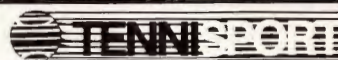
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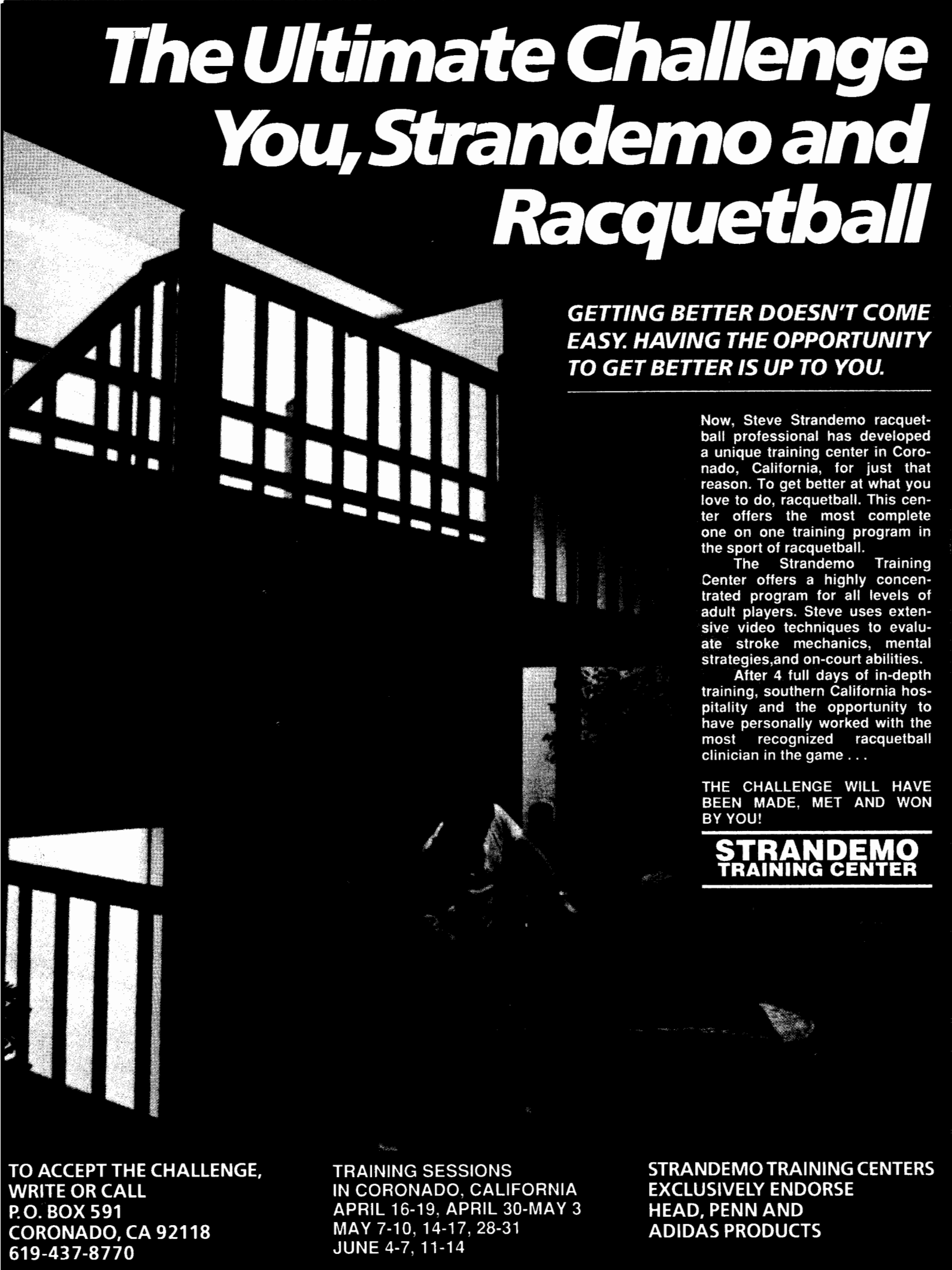


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RANKINGS

The sources for these national rankings are as follows: Men's - Official RMA Pro Racquetball Tour rankings; Women's - Official WPRA Tour rankings; Amateur - Official national rankings.

RMA Pro Racquetball Official Rankings January 18, 1987

1	B. Harnett	408.93
2	M. Hogan	400.57
3	M. Yellen	392.94
4	E. Andrews	379.18
5	C. Swain	307.18
6	G. Peck	268.47
7	R. Gonzalez	221.60
8	M. Ray	211.72
9	D. Peck	168.76
10	S. Lerner	167.62
11	J. Hilecher	166.18
12	A. Katz	141.80
13	D. Obremski	138.83
14	G. Price	130.03
15	R. Harripersad	127.42
16	A. Gross	120.17
17	L. Gilliam	118.14
18	D. Gross	105.47
19	D. Cohen	98.79
20	J. Cascio	95.79
21	S. Oliver	90.97
22	E. Inoue	90.89
23	J. Eggerman	86.73
24	J. Newman	86.22
25	M. Griffith	72.87

WPRA Official Rankings February 1, 1987

1	L. Adams	200.00
2	C. McKinney	148.75
3	M. Drexler	147.50
4	V. Panzeri	83.75
5	M. O'Brien	58.75
6	L. Alvarado	53.33
7	M. Lynch	52.50
8	T. Rasmussen	48.33
9	F. Davis	45.00
10	J. Paraiso	41.66
11T	T. Gilreath	38.33
11T	M. Mook	38.33
13T	C. Evon	36.25
13T	S. Robson	36.25
15T	D. Fischl	35.00
15T	K. Kuhfeld	35.00
15T	B. Stoll	35.00
18	C. Nichols	31.66
19	A. Katz	23.33
20	J. Marriott	20.00
21	T. Bevelock	16.66
22T	L. Porter	15.00
22T	K. Treadway	15.00
22T	R. Whitmire	15.00

AARA National Rankings Men's Open February 2, 1987

1	A. Roberts
2	D. Ganim
3	K. Vantrease
4	T. Hansen
5	T. Montalbano
6	D. Negrete
7	C. Nichols
8	A. Katz
9	J. Sumner
10	S. Moskwa
11	D. Kelly
12	M. Lowe
13	D. Aceto
14	V. Ganley
15	F. Calabrese
16	J. Cline
17	M. Morrison
18	D. Obremski
19	M. Spugnardi
20	R. Gonzalez

AARA National Rankings Women's Open February 2, 1987

1	T. Rasmussen
2	C. Baxter
3	M. Dee
4	M. Mook
5	C. Evon
6	E. Mardas
7	C. Fried
8	C. Doyle
9	T. Latham
10	L. Basch
11	L. Diamond
12	S. Robson
13	K. Despain
14	N. Higgins
15	M. Lyons
16	J. Kelleher
17	M. Labonne
18	K. Kuhfeld
19	F. Davis
20	J. Paraiso

Coors Cancer Classic

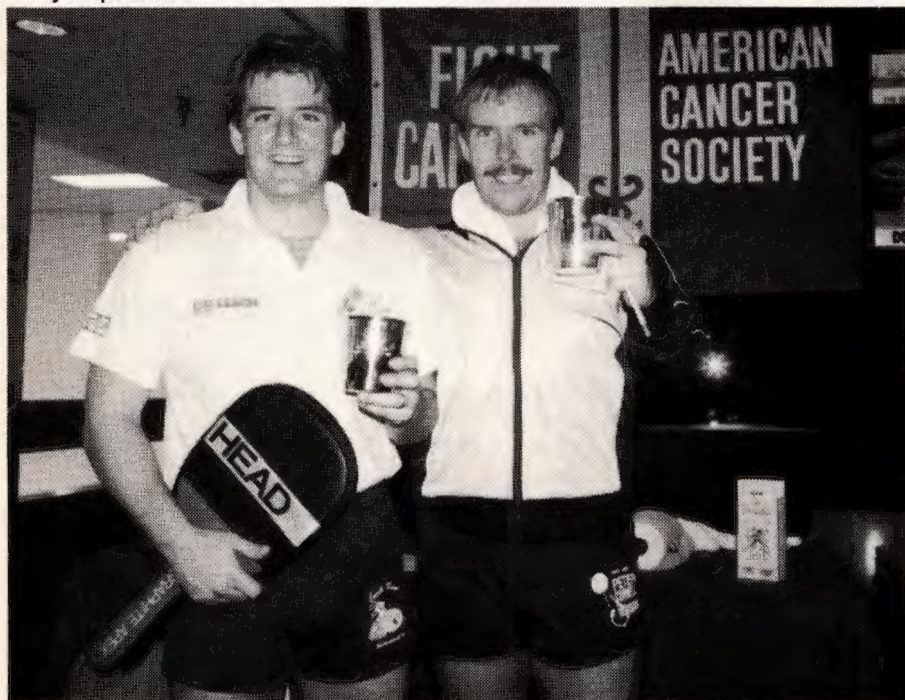
(continued from page 5)

the 33-year-old bachelor. "Gary and Greg have gotten married and each have two children, so their time, understandably, has been diverted a bit." Handling co-director chores for the 1987 tournament is Armen Sharigian.

"Armen is a door-banger," George says admiringly. "He's also organized many successful tournaments in the past, so he handles the mechanics, which is very important."

he could never walk away from the tournament entirely. "I'd never give up this racquetball tournament. This is something that's very important to me. It gives me an opportunity to see my old friends and make new ones. I can't think of a much better way to spend your time than getting a bunch of your friends together for some nice strenuous exercise and competition and still have the opportunity to raise money for a very worthy cause."

Ironically, these days George rarely finds time to actually play



Brothers John (left) and George Moore after their victory in the 1986 Douglas segment of the Coors Cancer Classic Racquetball Tournament.

Not content to coast on past successes, George and his co-director already have plans for making the 1988 tournament bigger and better. For one thing, he'd like to see increased participation by women. He'd also like to open a division for players in the under-18 age bracket.

Beyond that, George foresees a time when his participation will be more of an advisory nature. "The Richmond Jaycees have expressed an interest in taking the tournament over," he says. "They're now in their third year of helping us. I don't have to go out seeking manpower. Their organization is just outstanding when it comes to giving us willing, hard-working bodies."

George admits, though, that

racquetball. A self-described "weak B player" who took up the sport in 1972, George's main source of exercise now is running. (He has successfully completed eight Richmond Newspapers' Marathons, raising more than \$16,000 for the ACS.) Still, he has no regrets about the way he spends his time.

"I enjoy doing it more than anything else," he says. "It makes it easy. And, also, whatever I've given has come back to me one hundredfold. Since my brother's death, I've had two uncles pass away with cancer and close friends whose families have also been touched. And it just gives me peace of mind. At least I know I'm doing my part. And that makes me feel good." ○

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Schedule of Events

1987 RMA SCHEDULE

March 11-15

International Health Clubs
Honolulu, HI
Contact: Don Schmidt
(916) 441-2977

March 25-29

Arizona Athletic Club
Tempe, AZ
(602) 894-2281

March 4-8

6th Annual Ventimeglia
Invitational
Lynmar Racquet Club
Colorado Spgs, CO 80918
Bernie Nunnery
(303) 598-4069

March 6-8

Adult Region 10
Championships
Greenbriar
1275 West 86th St.
Indianapolis, IN 46260
John Franks (317) 257-3261

March 6-8

Burlington Open
Burlington YMCA
1346 South Main St.
Greensboro, NC 27215
Gerald Turney
(919) 227-2061

March 6-8

Delaware State Singles
Branmar Racquetball Club
1812 Marsh Road
Wilmington, DE 19810
Debbie Mayhart
(302) 475-2125

March 6-8

Intercollegiates NE Region
Peterson Recreation Center
River Avenue
Providence, RI 02918
(617) 922-9988

March 6-8

Lite Beer Olympian Open
4 North Dubois Avenue
Elgin, IL 60120
Al Danielwicz
(312) 748-6223

March 6-8

MA State Singles
Championships
489 Washington Street
Auburn, MA 01527
Maureen Henrickson

March 6-8

March of Dimes Tourney
Butler Racquet /Health Club
215 North Duffy Road
Butler, PA 16001
Bob Martini

March 6-8

NH State Singles

Championships
Lakes Region Racquet &
Health Club
Laconia, NH

March 6-8

NJ State Open Doubles
King George Racq. Club
17 King George Road
Greenbrook, NJ 08812
Jon Denley (201) 851-0070

March 6-8

RI State Singles
Championships
Celebrity Courts
500 Quaker Lane
West Warwick, RI 02886
Frank Rawcliff
(401) 826-1800

March 6-8

Super Seven 7
Grand Blanc Court Club
2308 East Hill Road
Grand Blanc, MI 48507

March 6-8

3rd Annual Cougar Classic
Newnan Racquetball &
Health Club
246 Bullsboro Drive
Newnan, GA 30263
Raymond Sensing
(404) 253-3577

March 7-8

Glens Falls Championships
Glens Falls YMCA
Glens Street
Glens Falls, NY 12801
Dennis Beadle

March 10-14

Cottonwood Heights
7500 South 2700 East
Salt Lake City, UT 84121
Carla Vietti (801) 943-3190

March 11-15

State Age Group
Tournament
Aurora Athletic Club
2953 South Peoria
Aurora, CO 80014
John Foust (303) 750-3210

March 13-15

American Cancer
Society Open
Off The Wall

Nashau, NH
(603) 889-5520

March 13-15

Arizona State Singles
10424 South 46th Way
Phoenix, AZ 85044
Donna Angelopolus
(603) 893-7655

March 13-15

Haven House Classic
Highwoods Racq. Club
2912 Highwoods Blvd.
Raleigh, NC 27604
(919) 876-3648

March 13-15

Kansas State
Championships
Body by Schliebe
6100 East Central
Wichita, KS 67208
Jo Frederick (316) 681-1573

March 13-15

Nautilus Sports &
Fitness Center
109 Granville Court
Rocky Mount, NC 27801
(919) 440-6276

March 13-15

Pizza Hut/AT&T
Racquetball Challenge
Atlanta Sporting Club
1515 Sheridan Road, N.E.
Atlanta, GA 30324
Caryn McKinney
(404) 636-7575

FOR RMA INFORMATION

Contact: Jim Hiser,
Commissioner
(313) 653-9602

FOR WPRA INFORMATION

Contact: Caryn McKinney
(404) 636-7575

FOR AARA INFORMATION

Contact: Luke St. Onge
(303) 635-5396

1987 WPRA SCHEDULE

February 26-March 1

\$12,000
Holy Redeemer Sports
Medicine Pro/Am
Shawnee at Highpoint
Chalfont, Pennsylvania
Molly O'Brien
(215) 822-1951

March 12-15

\$10,000
Pizza Hut/AT&T Racquetball
Challenge
Atlanta Sporting Club
Atlanta, Georgia

May 28-31

WPRA National
Championships
RiverBend Athletic Club
Fort Worth, Texas
Mary Pat Sklenka
(817) 284-3353

1987 AARA SCHEDULE

March 3-7

Logan Recreation
195 South 100 West
Logan, UT 84321
Roger Hansen
(801) 752-3221

March 4-8

Point Challenge
Point AC
533 Van Gordan St.
Lakewood, CO 80226
Jurgen Denk (303) 988-1300



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