

RACQUETBALL MAGAZINE

Volume 3, Number 5
SEPTEMBER - OCTOBER 1992
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**U.S. TEAM
WINS SIXTH
WORLD TITLE!**

**Players sweep
individual
title rounds**

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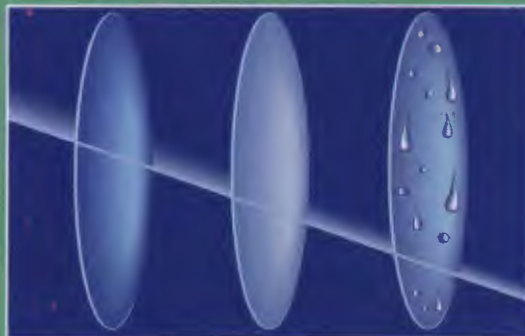
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Photo: John Foust

FROM THE EDITOR

By Linda Mojer

It seems that lots of people have very definite ideas about what RACQUETBALL Magazine should be. Some feel that it should be "user friendly," like a large scale state newsletter, packed with lists of weekend warriors and highlights of local events. Others want news about

the pro circuit and slick, colorful photography. Still others want to fine-tune their games by studying instructional articles and graphic illustrations of what to do and when. Some want to be kept up to date about the U.S. Team, international competition, national championships, qualifiers and the Olympic movement. Here at the national office, we want to give you all that, and more.

In coming months you'll be pleased to see even more of the news you want, along with an exciting instructional series from Ektelon and better coverage of the pro tours. We're still working on upgrading the overall look of the publication, as funds allow, and continue to surprise our critics with the pace of our improvements.

Still, we're counting on you, the readers, to contribute more to our pages. Depending on response, we'll experiment with a "names in the news" section that will publish the photographs and a short description of special players and their accomplishments. Not unlike Sports Illustrated's "Faces in the Crowd" department, we'll consider any verifiable submissions of special achievement in the sport. A first time tournament win. A state champion. A player who has overcome outstanding odds to succeed. One of your favorite people. Send a clear "head and shoulders" photo of your candidate, along with a paragraph recognizing their feat and we'll see where things lead. Your turn ...

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Double Trouble -- Features by Michael Topping and Bob Book take a different view of the upcoming doubles season. Get the inside look at what makes some of the top teams so hard to beat... and why you should try!

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ON THE COVER

The U.S. National Team holds the World Cup aloft, for the sixth time. Photo: Dr. James Hiser.

READER FORUM

VIRGINIANS SOUND OFF

In the May/June issue of RACQUETBALL Magazine on page 69 the article titles "Ohio Kicks Off Regional Series."

In this article the state of "West Virginia" was omitted. We are a part of this region and several persons participated including myself in this tourney.

I also feel that the organization is geared to and caters to the few elite players and the "mass" of the membership is overlooked. Maybe state directors on a rotating basis should be required to supply articles about their local efforts to promote the game and players in their areas.

James A. Wilkerson
Wheeling, West Virginia

[Editor: This is precisely what the Ohio Racquetball Association did in submitting its article about the performance of local players in the regional event. The article you refer to appears in the state news section, under the heading of Ohio, and was written from that viewpoint.]

Thought I would take a moment and send you some ideas that I would like to see that I feel would be beneficial to many readers.

A glossary of terms in the back of the magazine, I have been a player for many years and some of the terms elude me, like PARI.

Being a history buff each edition could contain a little bit of the history of the game, some stats from the early days on the players, how the equipment has evolved, some early unique rules, how pros came about in the game. I never knew who founded the game so the May/June issue was quite interesting to me.

These are but a few of the subjects that I would be interested in. I am sure that there are probably many readers whose interest also may be in this area.

I have been a player since 1975 and have enjoyed the sport since first learning to play. This is only my second year as a member of AARA and I enjoy getting all of the invitations to tournaments, which some I play in and others the wife and I go as spectators. The magazine is a good one but I would like to see it become a great one.

Lenard M. Smith
Centreville, Virginia

[Editor: I'm sure you'll enjoy the issues planned for the 25th anniversary year, which will contain much of the historical information you've requested. And PARI stands for the Professional Association of Racquetball Instructors. Thanks for taking the time to write.]

NEBRASKA'S RANKING DEBATE

Reprinted from Off the Court

VIEW ONE: *Differences Between Rankings and Standings* By Linda Moore

It seems that at many tournaments there is discussion about how a draw is seeded. Should the seeds be in exactly the same order as the point rankings? Or should the tournament director rely on personal knowledge of the relative skill of the players? Or should a combination of both be used?

In arriving at an answer, it's important to first consider the purpose behind seeding a tournament: to ensure a fair pairing of opponents, to promote the idea that no player should be elimi-

nated too soon, or too late, relative to his or her skill level. It is not in the interest of players or fans for many of the best players to be eliminated in the early rounds, while lesser players slip through to the semi's or finals.

Nobody likes a blowout resulting from a mismatch. Therefore, the #1 and #2 players should not be forced to meet each other in the first round, but should be seeded on opposite sides of the bracket so that they meet each other in the finals if they live up to their billing. Similarly, #3 and #4 should be split, and so on as far down as the seedings go. In this way, the chances of a great final are preserved - where top seeds meet rather than unknowns who may not deserve to be there since they did not have to play superior players in early rounds.

In order to have a draw that works the way it should, it is clear that a player's actual skill is what is important, and is what must be determined as accurately as possible. Unfortunately, the point ranking system cannot be relied upon to precisely indicate a player's actual skill. At best, the point system is only useful as a tool to estimate which classification level is probably appropriate for a player.

The system cannot be used to conclusively rank people in Open, A, B, and so on, because a player can significantly raise his point total merely by playing in many tournaments in a mediocre way. At the same time, a superior player who competes in only selected tournaments, but who always does well, accumulates fewer points. Unless all players were to play in exactly the same tournaments, the point ranking system can never amount to anything more than a rough approximation of actual skill.

So how should a tournament director go about determining seedings? The first step is to rely on personal

knowledge of the players involved to rank them in the order of their skill. While some might criticize such an approach as being too subjective, in reality it is not. After all, most of us would have no trouble at all preparing a ranking of players we were familiar with. Occasionally opinions might differ regarding players of equal skill, but for the most part the rankings obtained by such a method would be much more accurate than the point ranking system.

As a second step, the tournament director should seek out the opinions of other persons in determining the seedings of unfamiliar players. A few phone calls will be sufficient for this, since the number of seedable players unknown to tournament directors is small, and they are usually newer players in the lower categories.

As a third step, if the tournament director is still unable to make a seeding, either because the player is not well-known, or because it is felt that information about the player is not current, then the director should refer to the point system rankings to get some idea of the player's approximate skill.

As a last step, the tournament director should make a general review of the point system standings of all the players in the tournament to make sure that their own knowledge of the players is current. For example, is there an up-and-coming player who has played in a large number of tournaments this season, who might be progressing faster than the director was aware?

If the steps outlined above are followed, the tournament director will have the best chance for obtaining accurate seedings. And if the seedings are accurate, the overall tournament has the best chance of having satisfied players and spectators.

VIEW TWO: *Rankings Should Come First in Seeding Process* By Edna Acton

How should tournament draws be seeded? I think I share the opinion of many players in believing that the purpose of ranking players is twofold: recognition of past efforts, and a fair seeding in future tournaments based upon those efforts.

The Nebraska State Racquetball Association Board voted to use the AARA ranking system for seeding tournaments, and also voted to use Nebraska guidelines to determine skill division entries.

In the preceding opinion, Linda Moore recommends that tournament directors seed players according to their personal opinion of the players, and that the official NSRA/AARA rankings are only consulted if the director can't make up his or her mind.

I believe that players deserve better than this judgmental approach to seeding. Efforts have been made to maintain rankings that are accurate, and more work is needed continuously. Efforts on the part of players to accumulate points by winning matches should not be negated because the tournament director is of the opinion that Player A will beat Player B. This approach will guarantee a tournament plagued by argument and dissention, with no guarantee of a fair draw.

If the tournament director's goal is to run a quality event for the enjoyment of players and fans alike, the rankings should be the first criteria for seeding. Other factors, such as scheduling conflicts, or player home court should be evaluated. Players don't appreciate traveling several miles to play someone from home in the first round. The tournament director's opinion of a player's skill or circumstance should be used last, only to break a tie in the rankings or to resolve a conflict!

Here's how it works ...

Each time you reach the quarterfinals in a documented AARA sanctioned event, you earn points toward a season record that is maintained over a trailing 12-month period. Points accumulate for one year, and are automatically deleted in the thirteenth month. For example, points earned in February of 1992 will drop from your record in March of 1993.

Event Level & Description	Finish & Point Awards				
	1st	2nd	3rd	4th	5-8th
1 = Closed State Tournament	30	20	15	10	5
2 = Open Tournament	50	30	20	15	10
3 = State Championship	150	100	75	50	25
4 = Regional Championship	250	150	100	75	50
5 = National Invitational	300	200	150	100	75
6 = National Championship	600	400	300	200	100*

*In draws of 48 or more in a Level 6 event, the 9-16th place finishers are awarded 50 points.

INDUSTRY NEWS



PENN INTRODUCES NEW RACQUETBALL CAN

Penn Racquet Sports proud to become the first company in the industry to introduce a 100% recyclable racquetball can with a screw-on lid. In addition, an innovative foil liner ensures ball freshness.

"We have a strong commitment to recycling and the environment," said Penn president Gregg Weida. To celebrate the 25th anniversary of the sport, Penn not only introduced its new can, but imprinted the ball and can lid with the commemorative American Amateur Racquetball Association (AARA) logo.

"We conducted focus groups and our research indicated that players potentially had a safety concern when opening the metal lid on the racquetball can. Being a leader in the racquetball market, Penn took a proactive stance and developed a safer solution to this potential issue. The can is now cut-proof, recyclable and environmentally sound," said Steve Morris, Penn's racquetball product manager.

Mark Wentura, director of sales and marketing said, "We wanted to ensure players that every can of Penn racquetballs offers the same consistency in bounce and durability that players have come to rely on from Penn. Now we can do that with the inclusion of a foil liner."

The vibrant package has been enhanced to increase aesthetic value on the retailers' shelves and the red, white and blue label has been marked with a "made in the USA" logo.

Penn is the official ball of the AARA National Championships including the National Singles and Doubles tournaments. Penn balls are made with pride in America.

SPALDING ISSUES STATEMENT ON ASSAULT

Chuck Heidenreich, Product Manager at Spalding Professional Racket Sports would like to advise readers of *RACQUETBALL Magazine* of the company's position regarding the Assault racquetball rackets.

"Since January of 1992, Spalding has made available the Assault Graphite racket in a 21" length and the original 21.5" length. The purpose in doing this has been to allow players a chance to choose the longer 21.5" "waiver" racket, or the traditional 21" length racket. We plan to continue to make available to retailers both length rackets and are currently in stock for immediate shipment on both lengths."

[Editor's Note: Please refer to the July/August issue of *RACQUETBALL Magazine* for the final word on the racquet length issue. The test period "waiver" for the longer 21.5"

racquets expired on September 1 of this year, returning the maximum racquet length to 21" in all AARA sanctioned competition.]

MARTY HOGAN SWITCHES TO HEX STRINGS

After extensive play testing, Marty Hogan has switched to Hex Strings for Racquetball, from Hex Sports of Cleveland, Ohio. According to Hogan, a six-time national champion, Hex Strings are a technological breakthrough.

The patented strings are six sided, rather than round. When the racquet strikes the ball the six sharp edges grip and bite the ball to provide pinpoint control to the front wall, while the extra spin makes the return less predictable for the defender.

Hex Strings are manufactured in five models. For information, prices, or distributors contact: Hex Sports, U.S.A., 1-800/457-7804, P.O. Box 20230, Shaker Heights, Ohio 44120.

COAST TO COAST HOTLINE OFFERS ADVICE ON BACK PAIN

Physical therapists nationwide will celebrate National Physical Therapy Month by holding a hotline on back pain October 23-24 from 9 a.m. to 5 p.m. The toll-free number for service is 1-800-955-7848.

The hotline is sponsored by the American Physical Therapy Association to educate the

public about the treatment and prevention of back pain, although it is not intended as a substitute for personal health care. To handle the high volume of calls expected, APTA has installed telephone lines and recruited volunteers across the country for the two-day event.

Physical therapists suggest basic, everyday back care to avoid injury:

* Sit with care. Prolonged sitting in one position is a back hazard you might not suspect. Lumbar support and periodic breaks to move around are essential.

* Work on your posture. Don't slouch. Maintain the natural "arch" in your lower back whether standing or sitting.

* Lift with your legs. Don't bend over the object, bend your legs and keep your back straight. Most importantly, don't twist as you lift.

* Control your weight. Being overweight, especially if you have a "pot belly," puts added stress on your lower back.

The American Physical Therapy Association represents more than 53,000 physical therapy professionals. Its goals are the advancement of physical therapy education, research, and practice.

PARMELLY WINS WHEELCHAIR TITLE WITH PRO KENNEX

For the seventh time in his career, 35-year-old Chip Parmelly of Diamond Bar, Calif., a member of the Marty Hogan Racquetball technical advisory staff, became the men's wheelchair national champion of the American Amateur Racquetball Association.

Using a Graphite ASM, the revolutionary, asymmetrical racquet from the Marty Hogan Racquetball division of Pro Kennex, Parmelly defeated Gary Baker of Indianapolis (15-6, 15-9) for the title at the National Singles in Houston held over the Memorial Day weekend.

Parmelly's 1992 AARA championship trophy will vie for space on his mantelpiece with those he won in 1983-85, 1987-88, and 1990. He has played in the AARA wheelchair division since suffering an injury in an all-terrain-vehicle accident ten years ago. Parmelly also uses Pro Kennex racquet sports equipment to compete in tennis and squash tournaments.

When not playing racquet sports, Parmelly is busy with his fully-equipped motor home, which is frequently used as an on-location base of operations and recording facility for the production of television commercials.

PRO UPDATE

VCI CHALLENGE SERIES EXPANDS TO FIVE EVENTS

V.W. Credit, Inc. in conjunction with the TransCoastal International Racquetball Tour, announced in Los Angeles the expansion of the tremendously successful VCI Challenge Series to five events this coming season. In its initial year the series attracted all the top professionals in the game and drew rave reviews on Prime Network television. The VCI Series will be included in the 1992-93 IRT season tour of 20 cities.

TENTATIVE SCHEDULE FOR THE VCI CHALLENGE SERIES

September 23-27, Montreal
November 18-22, Baltimore
February 24-28, Atlanta
April 21-25, Los Angeles
June 16-20, Minneapolis

1992-93 TRANSCOASTAL INTERNATIONAL RACQUETBALL TOUR SCHEDULE

September 23-27	Montreal	VCI #1
October 21-25	Toronto	Airport Fitness
Oct. 28 -Nov. 1	Chicago	Woodfield Racquet Club
November 11-15	Riverside	Tournament House
November 18-22	Baltimore	VCI #2
December 9-18	Vancouver, BC	
January TBA	Memphis	Racquet Club of Memphis
February 17-21	Pittsburgh	Racquet Club of Pittsburgh
February 24-28	Atlanta	VCI #3
March 10-14	Las Vegas	Sporting House
April 21-25	Los Angeles	VCI #4
May 12-16	Seattle	TransCoastal Nationals
June 2-6	Portland	TransCoastal
		Tournament of Champions
June 16-20	Minneapolis	VCI #5

Sites currently confirming sponsor or date: Boston, Columbus, Boise, Alaska, Hilton Head (Pro Doubles), Dallas, Denver, Spokane, Syracuse.



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WORLD CHAMPIONSHIPS

U.S. TEAM CAPTURES SIXTH WORLD TITLE

*A*n unstoppable squad of U.S. National Team members took Montreal by storm last month with a clean sweep of individual world titles and an impressive 7-1 record in head-to-head team competition against the Canadians for the World Cup. Sponsored by Miller Lite, Wilson Sporting Goods and Leader Eyeguards, the VI International Racquetball Federation World Championships drew over 200

athletes and representatives from 32 countries to the Nautilus Plus in Anjou, just outside Montreal, for ten days of intense competition.

Played in two parts, the World Championships offered a "warm-up" to players in the initial segment. Preliminary round-robins separated the top countries from one another, then placed winners into a regular playoff leading into a final round. As expected, the top-four countries to advance were the U.S., Canada, Mexico and Japan, setting up an all U.S. vs. Canada battle for the World Cup. Televised by Prime Network, the #1 singles finals featured Michelle Gould vs. Heather Stupp and Tim Sweeney vs. Mike Ceresia. In a separate broadcast, local French affiliate RDS produced the doubles finals between Doug Ganim/Eric Muller vs. Roger Harripersad/Simon Roy and Malia Bailey/Robin Levine vs. Vicki Brown/Josée Grand'maitre.

World Cup Stays in the U.S.

In each of the six World Championships held since 1981, the U.S. National Racquetball Team has brought home the world cup. Although shared with Canada in 1986 due to a tied team competition, this year's world cup win was far from being as close a call. In the final round the U.S. logged a near clean sweep of singles and doubles matches, closing 7-1 after Chris Cole lost a marathon tiebreaker to Roger Harripersad 10-15, 15-5, 15-13.

Entering the team round, it was clear that the Canadian team was suffering the loss of two of its top players, Sherman Greenfeld and Hayden Jones, who were put on "injured reserve" just prior to the event, forcing Roger Harripersad to pull



World Champions: Top row, Eric Muller, Doug Ganim, Tim Sweeney. Middle, Chris Cole, Malia Bailey, Jackie Paraiso Gibson, Mike Bronfeld. Bottom, Robin Levine, Michelle Gould, Kaye Kuhfeld. Photo: Chantal Poirier.

double duty on both the singles and doubles rosters.

Once the U.S. had established a firm lead in the team standings, the remaining matches between the U.S. and Canada seemed more experimental, with the athletes testing each other for weaknesses that might be exploited later on in the individual title rounds. Facing a day off to re-group, players began to speculate about the next phase. Would the Canadians make stronger bids for individual world titles? Would Heather Stupp repeat her 1990 performance, losing the team round but coming back to take the individual title from Michelle in a tiebreaker? Would it be an all-U.S. final in singles? Could the new doubles teams repeat their wins? With its sixth world title already in hand, the U.S. team was primed to take it all.

Gould shakes Jinx

It appears that married life agrees with her. Trim and newlywed, Michelle Gilman Gould finally broke the jinx that has kept her from winning a world title since she began competing internationally at the age of 14. With a straight game victory over Heather Stupp, Gould earned the undisputed claim to being the finest female racquetball player in the world. Her repeat of the low-scoring win over Stupp in the team round was an important goal.

"In Caracas, I took that loss as hard as I did because it was the most important thing in my life

at the time. Now, dealing with this tournament is so much easier because I have things more in perspective. I'm more relaxed and it's easier to stay positive and focused."

Heather Stupp, also newly wed to Robbie Meyer, almost missed her second chance at Gould after one of the most exciting matches of the tournament. In the semi-final against Jackie Paraiso Gibson, Stupp took a quick first game win 15-11, then lost the second just as quickly 15-12 to go to tiebreaker. There, Jackie trailed for most of the game, tied it at 10-10, then took the lead at 14-10 but couldn't find the final point. With the match in hand at least four times, Jackie's lead slipped as Stupp earned one point per side out until she nailed a forehand down the line to save her shot at a third title. A full gallery of local supporters nearly brought down the house with their applause for the hometown champ.

In their final, Michelle never let Heather gain any ground as she served up aces or forced weak returns that she promptly put away. All Heather's quickness, strength and shot-making seemed intact, but Michelle's accuracy rarely provided a chance for anything more than a defensive retrieval. "She hits as hard as any guy," observed Heather "and is more aggressive in shot-making than any woman ... that's the biggest change I noticed from Venezuela."

Cole takes Third Major Tournament Win

Going down to the wire on even making the tournament, Chris Cole was an on-again, off-again roster choice following a bout with an undiagnosed intestinal ailment and brief emergency room visit in July. Arriving in Montreal, Cole was diagnosed as having the "beginning" of a strep throat. He couldn't breathe, he couldn't run, but it didn't matter. He had to be there.

Positioned #2 on the men's team roster, Cole's early rounds were his hardest, right up to the team final against Harripersad. After that loss, Cole was disappointed about missing out on a clean sweep for the team, but proud of the men's team as a whole. "Everybody's been wondering how we'd do without the pros -- in Honduras and now here. I think we proved we could do just as well, or better."

Against teammate and #1 seed Tim Sweeney for the world title, Cole had a rematch of the national singles semi-final in mind. After a 15-2 win in the first game, with a crack ace on the final point, Cole observed "I had to visualize returning his drive serves like I did in Houston. But then when he came out with a lob serve in the second game I had to do some re-thinking." The change of pace gave Sweeney a 9-3 lead in the second game before Cole began scoring points again, but he couldn't quite catch up and avoid the tiebreaker.

WORLD CHAMPIONSHIPS

The 15-point international tiebreaker repeated much of the first game, with Cole jumping to an early 7-1 lead, then forcing errors from Sweeney to win points. "The basic premise and objective of my game is to mess up my opponent...not allow them to play well, and that's what happened today." Sweeney was the first to agree, "I play best at a faster pace, and what we played today was not the type of racquetball I'm good at." Canada's Mike Ceresia, who lost to Cole in the semi-final, summed it up "I think that anyone will tell you that Chris is a boring person to play, but that he's playing very well with that style. You can't take anything away from him for it."

Slow, deliberate and precise is not only how Chris Cole plays his racquetball, but it is also how he made his way up the ranks from serving as the U.S. team manager at the 1990 World Championships in Caracas to being its gold medalist just two years later. In the spring of this year, Chris Cole won his first international event, the Tournament of the Americas. He was a dark horse in Houston and won his first national title there. In Montreal, he capped an incredible season with his world title win and a sweep of these three major events back-to-back.

New Doubles Teams prove "Good as Gold"

Faced with the challenge of pairing two new doubles teams from a pool of highly talented athletes was one that U.S. Team Coach Jim Winterton took in stride. Uniting "youthful enthusiasm" in the form of Eric Muller and Robin Levine with the "veteran experience" of two-time doubles world titlists Doug Ganim and Malia Bailey turned out to be

gold-medal choices for the team and the players themselves.

Having to face the same opponents in both the team and individual title rounds left Ganim and Muller with little room for improvement, but they did it anyway, going from a tiebreaker win in their first meeting to a straight game win over Canada's Roger Harripersad and Simon Roy for the individual gold. "The first week," said Ganim "I felt like I was controlling the team. But this week Eric matured and he was definitely holding his own out there. He's a great kid."

"I think I have good instincts," observed Eric, "but Doug just understands doubles better than anybody. He knows where everybody is on the court, then he just hits the right shot at the right time. I still have a lot to learn."

In the women's case, defending world doubles champion Malia Bailey was paired with strong left-hander Robin Levine. Although Bailey had the option of playing singles, she chose doubles with Levine both as practice for national doubles in October, and to try for her third world title.

Their success as a team was quickly established in both the team round against Canada's Vicki Brown and Josee Grand'maitre with a 15-3, 15-7 win, followed by a 15-6, 15-8 rematch for the individual gold medal. Said Robin "I think it had a lot to do with our experiences as doubles players and our ability to communicate. There weren't many balls that went by without one of us saying who was going to hit it."

OVERALL TEAM CHAMPIONSHIP

1. United States
2. Canada
3. Mexico
4. Japan
5. Bolivia
5. Venezuela
7. Ireland
8. Costa Rica
9. Germany
10. Holland
11. Great Britain
12. Australia
13. Belgium
13. Puerto Rico
15. Korea
15. Chile
17. Dominican Republic
18. Argentina
19. Trinidad/Tobago
20. France
21. Italy
22. Uruguay
23. Panama
24. Columbia
25. Brazil
26. Peru
27. Austria
28. Phillippines
29. Belize
30. Guatemala
31. Israel
32. Haiti

U.S. Wheelchair Athletes take Demonstration Honors

Representing the U.S. in a demonstration of wheelchair racquetball, Chip Parmelly and Gary Baker took top honors over Canada's Jake Smellie and Ken Michaylenko. Accompanied by team manager Les Gorsline, the U.S. athletes took wins in a round robin flight, then brought home gold and silver when Parmelly defeated Baker in the final. Parmelly and Baker immediately went back on the road, heading to Barcelona for the 1992 Paralympics to provide another demonstration event.

Notes & Quotes

Australia fielded a full team for the first time and finished 14th in the women's standings, 13th among the men's teams and 12th overall. They all seemed to have a g'day.

Nadia Verilli competed for Italy for the first time. Nadia had previously competed for the Canadian team in 1988.

The youngest team came from Austria, represented by 12-year old Jan Lysakowski and his younger brother, 9-year old Ralf. The two played doubles against the U.S. team of Doug Ganim and Eric Muller, where left-handed Ralf rolled out several of Ganim's serves.

Jackie Paraiso Gibson's twin sister Joy came to watch and cheer her on. Many players did a double take when Joy was at courtside during Jackie's matches.

While reffing one of the U.S. team's early round matches, a member of the Japanese women's team was asked what she had written all over the back of the scorecard. Her reluctant answer: I love Tim Sweeney. U.S. team manager Steve Lerner later presented her with a racquetball autographed by her heartthrob.

The European Racquetball Federation has shown a dramatic rise in talent since the last world championship in 1990. Teams from Germany, Holland, Ireland, and Great Britain all showed remarkable development.

The Wilson ball was the official ball of the televised World Championships. The ball played extremely well with little or no breakage.

Referee Otto Dietrich received a lesson in international relations. After flipping a coin several times and asking for a call of "heads or tails" and receiving no response from one of the Korean players, he was advised to offer the call to the player who understood the most English. Otherwise, he'd be flipping Canadian pennies all day, while his players wondered what he was up to.

Luc Chauvin, General Manager of the Nautilus Plus host site, and his staff worked non-stop to make the Worlds a great success.

The closing banquet featured a five course dinner, a live

orchestra, and dancing into the wee hours of the morning.

A special thanks to Jim Hiser, Chief I.R.F. official, who once again did a great job of making sure qualified referees were assigned to every match.

Also a special thanks to Paul Henrickson who was the Head Floor Manager over the 10 competition days. Paul kept matches on schedule with little or no help at times. Paul has been I.R.F. Floor Manager since the 1984 I.R.F. World Championships in Sacramento, California.

Individual World Title Round Results

Men's Singles: #3 Chris Cole (Flint, Mich.) def. #1 Tim Sweeney (Chicago, Ill.) 15-2, 10-15, 15-6

Women's Singles: #1 Michelle Gould (Boise, Idaho) def. #2 Heather Stupp (St. Laurent, Quebec) 15-8, 15-8

Men's Doubles: #1 Doug Ganim (Powell, Ohio)/Eric Muller (Kansas City, Kansas) def. #2 Roger Harripersad/Simon Roy (Canada) 15-5, 15-14

Women's Doubles: #1 Malia Bailey (Norfolk, Va.)/Robin Levine (Sacramento, Calif.) def. #2 Vicky Brown/Josée Grandmaitre 15-6, 15-8

Men's Wheelchair: #1 Chip Parmelly (Diamond Bar, Calif.) def. #2 Gary Baker (Indianapolis, Ind.) 15-5, 15-4

ICENOGLA AND MANNINO TAKE JUNIOR OLYMPICS

Over 400 youngsters made an early summer pilgrimage to Salt Lake City to attend the Ektelon Junior Olympic Racquetball Championships. The 18th annual event, co-sponsored by Penn Racquet Sports, was held at the SportsMall in late June, where twenty-four singles and doubles division titles were on the line.

Elkova Icenogle of Auburn, California and Jason Mannino of Staten Island, New York both earned year-long appointments to JUNIOR TEAM USA for their 18 and under division title wins, marking a third appointment to a U.S. squad for Icenogle and a first for Mannino.

Icenogle goes for Three

A long-time winner of junior events, Elkova has held the Girls 18 and under title since 1990 as well as three U.S. National High School titles in the same period. While she will end her high school career this year and move on to intercollegiate competition as a freshman at Stanford next fall, she will still be able to seek a fourth 18 and under crown next year.

For this year's Junior Olympic three-peat, Elkova kept scores low and advanced quickly past challengers Stephanie Jacobs (Salt Lake City) 15-2, 15-3, Alicia Kinney (Spokane, Wash.) 15-5, 15-3, and Junior teammate #4 Rachel Gellman (Albuquerque, N.M.) 15-9, 15-5, before logging the straight game final win over Letisha Bussell of Boise, Idaho, 15-8, 15-12.

"I expected to see Letisha in the finals, since I had played her at the



Elkova Icenogle



Jason Mannino

Worlds and I knew she had the ability to beat everyone on her side of the draw. She's a very solid player, and real smart about taking the right shot at the right time."

Advancing from the bottom half of the draw, #6 seeded Bussell enjoyed one of her best career tournaments in Salt Lake City, with wins over Jennifer Gould (Ellisville, Md.) 15-2, 15-1, #3 Britt Engel (Bradenton, Fla.) 3-15, 15-14, 11-5, and Kerri Stoffregen (Cincinnati, Ohio) 15-7, 6-15, 11-9, before going up against the defending champion.

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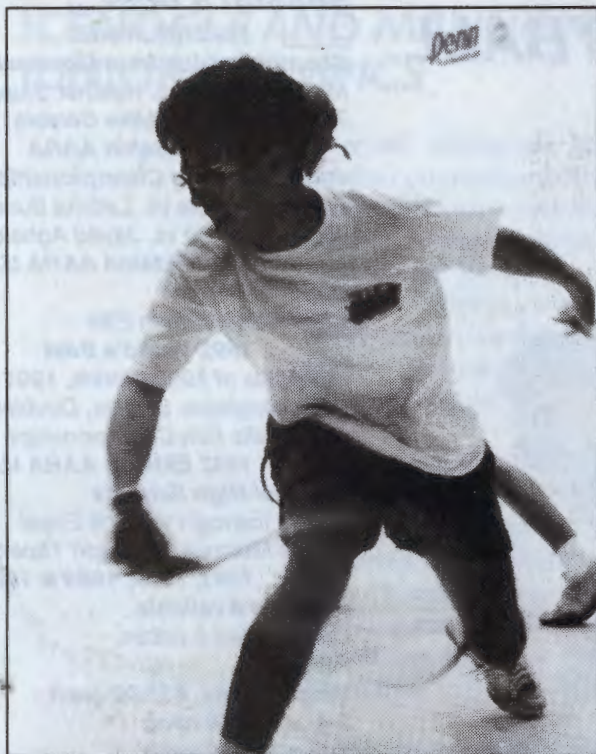
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NATIONALS



Seeded #4, Junior Team member James Mulcock lost to Javad Aghaloo in a close quarterfinal.

Photo: James Yorkey.

Letisha had no regrets after the match. "I was a lot more relaxed in the second game, but I started rushing a bit so I could get the game over and start the tiebreaker. But she got back in the game and I couldn't re-focus. She's got a great game, and she's a great person."

Mannino Moves into 18s

The 1991 Boys' 16 and under winner, Jason Mannino was no stranger to championship playoffs, but he earned his first television appearance for his wins in the 18 and under division this year. He too made quick work of early-round opponents, defeating Todd Guarino (Seekonk, Mass.) 15-5, 15-7, Chris Thomas (New Bern, N.C.) 15-7, 15-9, '92 high school runner-up Jason Thoerner (Martinez, Ga.) 15-11, 15-7, before going to a tiebreaker in the semi-final against recent Zoetermeer International champion #2 Allan Engel (Bradenton, Fla.) 13-15, 15-10, 11-3.

Against newcomer Javad Aghaloo of Corpus Christi, Texas in the final, Mannino returned to a straight game strategy to take the title 15-3, 15-5. A former national champion in younger age divisions, Mannino's win in 18s this year was a first and marks a successful transition into the final junior age bracket and future adult competition.

"I wish I could explain how it feels to win. It was great, but I was expecting a bigger final ... I really thought I was going to play Sudsy, and I was really disappointed."

Aghaloo not only eliminated top seeded Sudsy Monchik in an 11-10 tiebreaker in the quarterfinals, but took a close win over high school champion James Mulcock of Albuquerque in the semis. Down 14-11 in both games, Aghaloo took advantage of the appeal process to overturn game winning rallies by Mulcock on foot fault rulings, then come from behind to win both games and the match. In early rounds, Aghaloo advanced past Craig Hietpas (Little Chute, Wisc.) 15-1, 15-0 and Matt Meeker (White Bear Lake, Minn.) 11-15, 15-9, 11-9.

"I was doing well in the tournament overall, but didn't get my serves in against Jason. He killed most of them on the return, and he's so quick off the ball that he didn't miss much."

Junior Team Trials Set

Following an extensive review process which ended at the Junior Olympics, forty-six juniors were also selected to attend the Junior Team Trials in Colorado Springs, where a total of fourteen juniors will be chosen for the team in September. The group of team hopefuls are listed separately, and were named before the assembled guests at the annual Junior Banquet following a moving slide show.

Junior Team Appreciation

Members of Junior Team USA who had traveled to Holland (see separate article) to compete in the Floriade Invitational had surprises in store for their fellow teammates at the banquet. With Sudsy Monchik as their spokesperson, Allan



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NATIONALS

Engel, Elkova Icenogle and James Mulcock presented the entire team and its coaching staff with U.S. Olympic Training Center baseball jackets -- a purchase that exhausted their combined winnings from the international event.

New Coaching Staff Named

It was also announced that this year's Junior Team USA members will be selected at the team trials by new Head Coach Jerry Hilecher and Assistant Coaches Hart Johnson and Dot Kelly.

Oregon Wins State Title

The Oregon Junior Racquetball Association [OJRA] team won its first state team title with 429 points and a commanding lead over second place Minnesota with 315 points. California, New Mexico and Colorado rounded out the top five.

JUNIOR TEAM TRIALS

Paul Apilado
Brian Berlin
Brett Beugen
Jed Bhuta
Andy Clark
Todd Criger
Allan Engel
David Hamilton
Sonny Harrison
Tom Helfrich
Joel Koppel
Jason Mannino
Sudsy Monchik
James Mulcock
Brett Parker
Evan Pellowski
Craig Rappaport
Eric Storey
Jason Thoerner
Steve Uhlarik
Shane Wood
Andy Yambrek
Michael Zaytoun
Brent Zimmerman

Andrea Beugen
Tammy Brockbank
Leslie Buschbom
Letisha Bussell
Amy Crocker
Britt Engel
Shannon Feaster
Amber Frisch
Dawn Gates
Rachel Gellman
Jennifer Gould
Sadie Gross
Kristi Hale
Elkova Icenogle
Stephanie Jacobs
Jenny Meyer
Dawn Peterson
Lori Schreck
Marni Shute
Kerri Stoffregen
Stephanie Torrey
Vanessa Tulao

FINAL SINGLES RESULTS

BOYS 18- TEAM QUALIFIER: #3 Jason Mannino (Staten Island, N.Y.) def. Javad Aghaloo (Corpus Christi, Texas) 15-3, 15-5. BOYS 16-: #1 Shane Wood (Auburn, Mass.) def. Jason Armbrrecht (Winston Salem, N.C.) 15-7, 15-11. BOYS 14-: Mark Hurst (Panama City, Fla.) def. Alan Thomas (Westlake, Ohio) 14-15, 15-7, 11-7. BOYS 12-: Rocky Carson (Santa Maria, Calif.) def. #1 Gabe Gose (Albuquerque, N.M.) 15-5, 15-6. BOYS 10-: #1 Shane Vanderson (Dublin, Ohio) def. Jason Jensen (Detroit Lakes, Minn.) 15-1, 15-4. BOYS 8-: #1 Jack Huczek (Rochester Hills, Mich.) def. #2 James Gooden (Houston, Texas) 15-7, 15-2. BOYS 8- MB: Evan Honingsfeld (Houston, Texas) def. #1 Martin Trujillo (Aloha, Ore.) 15-5, 15-4.

GIRLS 18- TEAM QUALIFIER: #1 Elkova Icenogle (Auburn, Calif.) def. Letisha Bussell (Boise, Idaho) 15-8, 15-12. GIRLS 16-: #2 Tammy Brockbank (Boise, Idaho) def. #1 Andrea Beugen (Golden Valley, Minn.) 15-7, 15-7. GIRLS 14-: #1 Sadie Gross (Apple Valley, Minn.) def. #3 Debra Derr (Ormond Beach, Fla.) 15-9, 15-12. GIRLS 12-: #3 Jamie Trachsel (Duluth, Minn.) def. Erin Rogers (Klamath Falls, Ore.) 15-3, 15-8. GIRLS 10-: #2 Rebecca Doloff (Hobbs, N.M.) def. Kristen Walsh (Salt Lake City, Utah) 11-15, 15-6, 11-10. GIRLS 8-: #1 Molly Law (Denver, Colo.) def. Kim Markins (Phoenix, Ariz.) 15-3, 15-3. GIRLS 8- MB: #1 Molly Law (Denver, Colo.) def. #2 Kim Markins (Phoenix, Ariz.)

FINAL DOUBLES RESULTS

BOYS 18-: #2 Allan Engel (Bradenton, Fla.)/Bret Parker (Ballwin, Mo.) def. #1 Sudsy Monchik (Staten Island, N.Y.)/Jason Mannino (Staten Island, N.Y.) 15-8, 15-11. BOYS 16-: Jason Armbrrecht (Winston Salem, N.C.)/Shane Dodge (Boise, Idaho) def. Jaron Icenogle (Auburn, Calif.)/Miguel Hernandez (Sacramento, Calif.) 15-6, 9-15, 11-8. BOYS 14-: Brent Zimmerman (Grand Rapids, Mich.)/Eric Storey (Provo, Utah) def. Tyler Siggins (Fullerton, Calif.)/Rocky Carson (Santa Maria, Calif.) 15-8, 15-8. BOYS 10-: Dan Thompson (Sun Prairie, Wisc.)/Shane Vanderson (Dublin, Ohio) def. Lane Mershon (Snellville, Ga.)/Jason Jansen (Detroit Lakes, Minn.) 15-7, 15-4.

GIRLS 18-: Rachel Gellman (Albuquerque, N.M.)/Elkova Icenogle (Auburn, Calif.) def. Dawn Peterson (Eau Claire, Wisc.)/Britt Engel (Bradenton, Fla.) injury forfeit. GIRLS 16-: Andrea Beugen (Golden Valley, Minn.)/Shannon Feaster (Washington, D.C.) def. Tammy Brockbank (Boise, Idaho)/Allison Thomas (Westlake, Ohio) 14-15, 15-10, 11-4. GIRLS 14-: Vanessa Tulao (Hixson, Tenn.)/Rhonda Rajsich (Phoenix, Ariz.) def. Colleen Maginn (Portage, Wisc.)/Katie Thompson (Sun Prairie Wisc.) 15-10, 14-15, 11-1. GIRLS 12-: Liana Kerwood (Beaverton, Ore.)/Booie Markus (Klamath Falls, Ore.) def. Sara Borland (Bettendorf, Iowa)/Lynn Hansen (Hudson, Iowa) 15-10, 13-15, 11-10.



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INTERNATIONAL

JUNIOR TEAM USA TRAVELS ABROAD

By Carol Pellowski



Early in June, Hart Johnson, Rusti and Elkova Icenogle, Allan Engel and I met at Chicago's O'Hare Airport to begin the 1992 Junior Team USA trip to Holland. Our first stop was Newark, New Jersey, where we added the infamous Sudsy Monchik to our party. At the same time, Jim Hiser was scheduled to meet James

Mulcock in Denver and then join Heather Dunn in Washington, D.C. The master plan had us all meeting in London and completing the last part of the journey together. You'll notice I said 'had.'

Our flight across the Atlantic was an overnighter, but the excitement and anticipation kept us awake most of the time. The eight hours of airtime was passed talking, playing cards, watching movies, and making the amazing discovery that Rusti and Elkova could fall asleep anytime, anywhere. Those first hours were when we began to become a group...sharing the fun of the first European trip for the team.

Sometime the following day, depending on whose clock you were watching, we arrived at London's Heathrow Airport expecting to find Jim Hiser and party waiting for us. We were beginning to drag a little, but were surprised when we had to leave for Holland without the others, since their flight had been delayed in the States. At this point we could

only hope that someone would be on hand to meet us in Amsterdam.

We had no need to fear... local organizer and all-around wonderful person Renee had no trouble spotting us beside our stacks of overstuffed USA bags. Even luckier was our "overpacking" since we found out later there are no laundromats in Holland! Our first impressions of Holland (through the glazed eyes of fatigue) were very positive.

The country is clean, flat and compact, which is ideal for the great many bikes and excellent bike paths that seem to be the major method of transportation. We continued on to the city of Zoetermeer, about 30 miles from Amsterdam, which was the location of both the club and our hotel. Our first stop was the club, for a luncheon of what would become the first of many staple daily meals -- ham and cheese sandwiches.

After some introductions, we were off to the hotel, which was smaller than most American motels but very space efficient. Our rooms were not quite ready so Sudsy, Elkova, Rusti and I found a spot to crash, while Allan and Hart tried to find somewhere to exchange our currency. Four sleeping bodies draped on available pieces of furniture became an interesting sight for those trying to check into the hotel. Jet lag had hit everyone in a big way!

Jim and his group finally caught up with us after we'd checked into our rooms. Without dressers, there wasn't a great deal of unpacking to be done...it seemed that we'd live out of our bags for the duration of the trip. Finally complete as a group, we headed back to the club to meet some



JUNIOR TEAM USA ON TOUR: Allan Engel, Sudsy Monchik, James Mulcock, Heather Dunn, Rustl and Elkova Icenogle. Photo: Jim Hiser.

of the other athletes and eat supper. By this time we were getting a general idea of what we'd be doing for the next week and how the tournament would be run. All of the other competitors were adults, so this would prove to be an interesting time for our young people.

After finally getting some sleep in a real bed, we were up and ready to make our appearance at the Floriade, a very large floral show and part of the reason we were in Holland. This type of celebration takes place every ten years, and they were sponsors of the racquetball tourney, so all the partici-

pants were walking around with their tourney shirts on, trying to be as visible as possible. It's unbelievable how many people were at this show on a Tuesday, and they really took their time looking at all the displays.

After some shopping and browsing, we decided to take a trip into Amsterdam for the rest of the day. Our trip was by train, and we somehow managed to make our way without getting lost. For a group of non-smokers, this is our first exposure to the type of smoke that the Dutch create. Their cigarettes are either Camels or 'roll-

your-own' and they smoke continuously. There is no such thing as a non-smoking area, so the trip was long.

Amsterdam is everything you'd expect...historical, with cobblestone streets, lots of bikes, beautiful old buildings, many canals, some very different people, and the lure of the Red Light district. After stopping at McDonald's for some American type food (where they charge extra for the catsup, but mayo for your fries is free ...), we head for the district.

It's safe to travel this area -- it's daylight -- but we've been warned to be very careful. It's an education for all of us...humorous, outrageous, and many other adjectives describe our reactions to the sights that we see. We follow this with a tame canal boat ride, find our way to the train station and begin our trek back to the hotel. One error along the way and we found ourselves on the train to nowhere! We were heading for Zoetermeer, but it was the wrong side of the city. This is when we found out that most Dutch will give you the basic directions of 'five minutes that way.' After a two plus hour trip, we finally got to the right spot and back to the hotel. Tourney play would begin the next day, so it was time for some serious rest.

After the opening ceremonies with all the local dignitaries, we were ready to start the play. There were eight countries represented and some other

INTERNATIONAL

Americans participated in addition to our group. The club's three courts had concrete walls, glass back walls and very little air circulation. At this point we discovered that there are no drinking fountains in Holland, and a glass of water is not a common beverage request.

The tourney format was round robin pool play, with play-offs at the end. All of our players were also scheduled to play doubles -- Hart and Sudsy, Allan and James, and Heather and Elkova, while Rusti teamed with Vickie Brown from Canada. There were some good players, but the next few days showed that the American youth are highly skilled athletes. When all was said and done, Allan defeated Sudsy in the finals, and James took fourth. Elkova wins first place, Heather third, and our doubles teams are first and third for the men, first and second for the women.

On Saturday morning, we conducted a clinic for some of the local Juniors and it was a big hit, despite the language barriers. Our team is popular with the other players, but we now have the youth, who want nothing more than an American souvenir. Once more, we can be proud of our team and what they are sharing with our hosts and the others.

In between the many hours of tourney play, we made time for side trips to Delft, to a local squash club, and some outings to play pool with our Japanese friends. On Saturday night we were hosted to a party at the club for all the players and local dignitaries, followed by some nightclubbing. After our finals and the awards on Sunday, we planned a

quick trip to the beach by the North Sea to see a giant sand castle. More sightseeing and socializing with the athletes, and then back to the hotel.

Since we had early morning flights, we decided to spend our last night with our Dutch friends, and travel to a club that will be open until 5 a.m. We danced the night away and returned to the hotel in time to catch a quick shower, finish packing and head for the airport. Heather, Allan, Sudsy, Hart and I fly to London, where Hart and I leave the kids crashed on couches waiting for a flight to Washington, D.C., while we fly on to New York. Once again we were hit by fatigue, but it's a good feeling. We'd done more than we hoped and our trip was most successful.

What will we remember the most about our trip? The hospitality and warmth of the Dutch people; their compact style of life; the bikes and bike paths; the support of the other athletes; the fun we had as a group; the maturity, social skills and athletic talents displayed by our team; and so much more. For any parent or coach who has questions about this program, there is not a doubt that our young people performed and behaved in the most positive fashion. Their enthusiasm and good sportsmanship was evident all the time. We have many reasons to be proud of them and the impression that they made on the other athletes.

To Heather, Elkova, Rusti, James, Allan, and Sudsy, a very big thanks for making this trip everything that we had hoped for. We shared some great moments, and I hope these memories will always bring a smile when you think of Holland!

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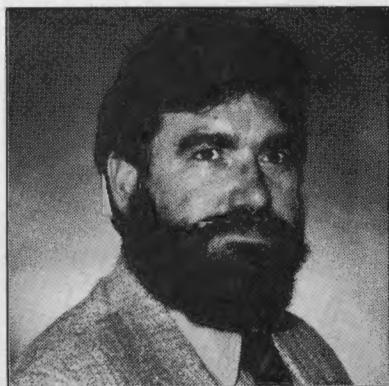
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FEATURE

DOUBLE VISION

By Michael Topping



Throughout time immemorial there have been great pairs, joined in pursuit of the elusive "holy grail" of excellence. Adam and Eve, Fred and Ginger, Mantle and Maris, Stan and Ollie. In racquetball, our greats have successfully sought out the other half of ideal couplings that combine rawbone talent, speed, strength, agility and drive

with a hellacious forehand, or backhand for that matter.

Yet, how do such unions occur, matching the square jawed, chiselled brow power player with the gazelle-like, graceful control fiend? When it's right, racquetball's most outlandish duos saw their chance, captured the flag, dragged their games kicking and screaming up to the next higher level and began beating their opponents on a regular basis. Successful doubles partnerships are an art ... so, how do they do it?

Researching the formula of a successful doubles partnership leads naturally to the list of past national doubles champions and to the roster of the U.S. National Team. Brief telephone interviews with some of these champions shortened the learning curve and, considering summertime vacation schedules and one honeymoon interruption, the responses magnified the intrigue and mystery of doubles.

To a person, each player stressed three basic tenets for competent

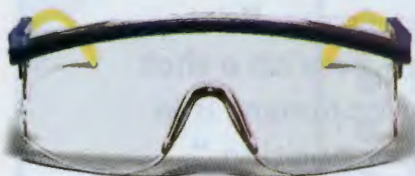
partnerships on the court, stemming directly from the experience level of play regardless of race, creed, division, age, or sex.

The number one factor was *communication*. In addition to the standard verbal variety ("yours, no mine"), you need the maturity and tact to "stroke" your partner to elicit the necessary emotional response at the right time of the match, and be able to give or take "constructive criticism" in the heat of the moment. This basic winning trait extends far beyond the court into the social contest of competition in the real world as well.

***... how do such unions occur,
matching the square jawed,
chiselled brow, power player
with the gazelle-like, graceful
control fiend?***

Kim Russell, '91 Olympic Festival doubles champion, cites an episode during a match when her partner skipped three shots in a row, plummeting them to a dangerously low point in the game. Yet, after each missed shot, Kim screamed encouragement until on the fourth try the tide turned and her partner rallied to win them the match. Afterwards her partner thanked Kim for not losing faith in her as a just reward.

"I know that once we go out there, we're working as a team..." says Kim, "...focused. I have to be consistent." She quickly reacts to any sign of hesitation or uncertainty by her opponents and steps up her game to take advantage of that basic flaw - a lack of communication.



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At the '91 Olympic Festival, Robin winds up a forehand while Kim covers back court.

Photo: Steve Lerner

"Partner selection is based on game style and attitude," she adds, "partners have got to be supportive." Known for her "wallpaper" lob serve that clings to the side wall, Kim depends on her partner, left-hander Robin Levine, to put away the set-ups without error, and to pull taut an imaginary string that cuts

the court diagonally and gives them both full access to powerful forehands. Kim on the right gives her the front court forehand position and freedom to control the corners with power and finesse. On the left, Robin compliments the arrangement with "smart shots" and an overextended wind-up for down-the-line forehand passes and straight in kills.

"Shot selection minimizes errors," reminds Kim, "Know when to pass on a shot if your opponent is in better position." One weakness can be when the left side player is too aggressive and takes the right side partner out of the game. "Each partner must relate well," Russell concedes, a factor important both on the court as well as off. She adds a training tip of a nutritional diet regime two to three weeks prior to a match -- no sweets and light on the meats "leaves me light on my feet."

The second factor for doubles play is an *aggressive mindset*. Armed with a few instructions from your club pro

and the notched victory list of sweaty battles with all those who'd chance a game of cutthroat with you, you're ready to find a partner and hunt up some doubles play. But first heed a few words of wisdom from Tim Hansen, '90 national doubles champion:

"Doubles, overall is a different game from singles. Think like a singles player with the benefit of a partner. Always play all out, with reckless abandon and you'll click together as a team." Tim dominates the court with his large frame and a "cruise control" forehand pinch. Early in his career, Tim gained experience from his squash-playing father, who shaped Tim into an outdoor then to an indoor racquetball player.

"Shot selection minimizes errors. Know when to pass on a shot if your opponent is in better position."

"To improve, I always played up one notch above my current level, against a more experienced player," Tim advises, "I knew I'd lose only to come back with a win the next time after learning my lesson." Tim extols the virtues of pinpoint accuracy "be precise, think out your shots ahead of time, play a mixture game, not strictly power or lob, slow down your power and adapt."

Partnered with Michigan's Jim Floyd, an agile, smaller man with a great backhand and service to match, Tim



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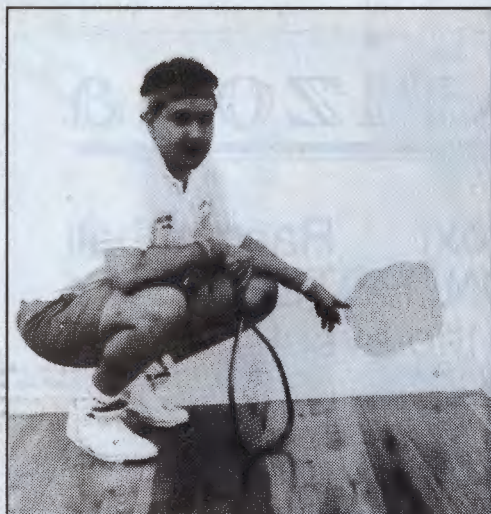


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Hansen points out his favorite shot in doubles, the forehand pinch.

best describes their style as "our game sets the pace, and causes *them* to follow." For a sure win "ease off on power and use finesse." It may sound foreign to most racquetball players but it's coming from a winner.

Floyd concurs, agreeing to the "harmonic convergence" of their doubles partner-

ship. Front court aggression and back court quickness is his description of their winning combination. Jim equates himself to a chess player, thinking three shots ahead. Compounding lady luck with cross-court, down the line and ceiling shots, Floyd proves that running mid-distances and skipping rope accents their skill as a team. Floyd's agility and reflexes serves him well when he's needed to re-kill, cover any miscues, and force opponents to shoot from back court - their overall game plan. "We're a fun team to watch," Jim offers, "and have only ourselves to blame when we trip up."

Taking a "crowd-pleasing" attitude onto the court helps persuade spectators and referees alike to enjoy the game while gaining respect for its intricacy. Keeping a cool head doesn't hurt, either. "Practice and play often," Hansen adds, "participate in tournaments. Learn to play under different circumstances and against different styles. And get involved in that spectator experience for a perfect psyche job. It's great!"

Younger up-and-comer John Ellis, defending national doubles champion, echoes Hansen's words of wisdom. By the next national doubles championship in Phoenix, the twenty year old will have been playing racquetball for half his young life. His creed - "total power, drive serve to backhand, to a weak return. When my forehand is groovin' (translated-overpowering) my partner needs to just cover and serve. When we're out of sync, we need just to slow down." On a fullride racquetball scholarship at Southwest Missouri State University, Ellis plans to stay amateur through 1995, after gradually advancing from junior to adult competition, then hopes to be appointed to the 1995 U.S. Team and appear in the Pan Am Games.

For a sure win "ease off on power and use finesse."

Intuition is the third ingredient in the recipe for a blue ribbon, award-winning doubles masterpiece. Like verbal communication, unspoken confidence in your partner's reactions to certain shots, plus the control and patience required to make the correct shot at exactly the proper moment make all the difference in fast-paced play. The ability to "know" which shots to leave to your partner, when to switch sides and cover a passing shot, and when to go for the jugulars of your opponents, are crucial to good doubles strategy.

Continued...



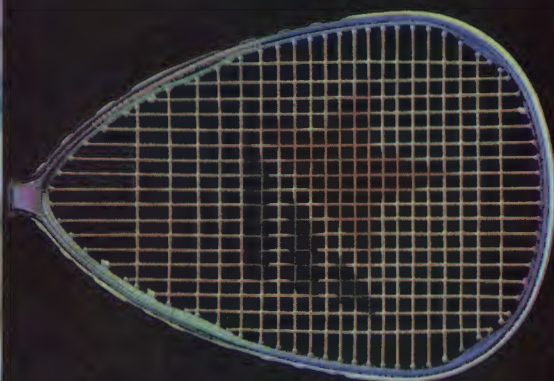
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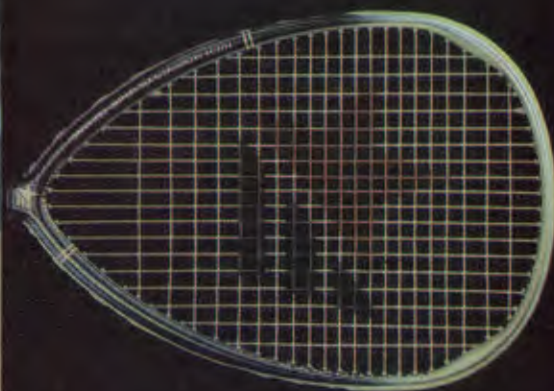
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FEATURE



In her last doubles title win in 1989, Cindy Doyle (center) played close in against her opponents, ready to cover anything down the forehand side.

Former intercollegiate champion and 1989 doubles winner Cindy Doyle, still recovering from a shoulder injury, is preparing for the October national event. "Skill, accuracy, and exploiting the opponents weaknesses," she claims, "creates victory! All styles of play are compatible to compete against." This statement underlines the experience/maturity angle cited earlier and is rapidly followed with "I love the fun!"

Naturally left-handed Doyle plays racquetball with her right, but threatens to turn ambidextrous if the injured shoulder continues to cause her some irritation. As a junior, she took a casual approach to the sport, but the "honeymoon" is definitely over as an adult player. She rides a self-described "bullet train hellbent on success racing past opponents." Partnered with former college roommate Holly Gray in the 19+

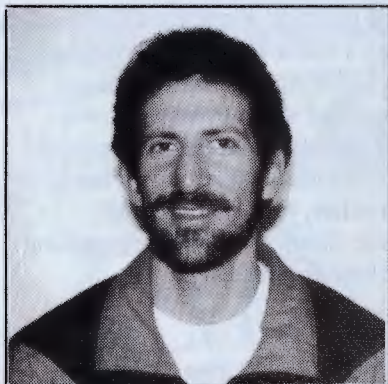
division, the two could make quite a showing in October.

A cursory examination of the amateur and pro singles rankings validates these theorems for doubles, for the names of several players mentioned here also appear in the upper echelon of the sport. Dan Obremski, two-time world doubles champion with Doug Ganim, agrees that each phase of an individual's progress from a competent and competitive player into a formidable and worthy doubles partner must take into account the three basics

-- communication, assertion and intuition -- to succeed.

"learn the differences in doubles, then teach them all a lesson ... that you are having f-u-n."

Michelle, formerly Gilman, now the newlywed Mrs. Gould, responding from her lovenest, honeymoon "batcave" secreted away from photographers, reporters and penguins, offered this single bit of advice "learn the differences in doubles, then teach them all a lesson ... that you are having f-u-n." Well said.



GANG VIOLENCE INCREASING?

By Bob Book, PARI Certified Professional Instructor

It was a typical, peaceful Sunday morning, and Police Officer Mason was on a routine patrol in his cruiser. His police radio had been relatively quiet for several

hours, when suddenly his patrol number was called. "Car 42-42, proceed to 917 Douglas Street, gang fight in progress." As he began his race across town, follow-up information came in that those involved were armed with deadly weapons. He picked up his pace and quickly called for additional back-up units.

As Officer Mason came to a screeching halt at the Douglas Street address, a person waving frantically for him was yelling, "Hurry, before someone gets killed!!" Mason rushed inside and heard loud shouts and what sounded like gun shots, but was confused when he also thought he heard cheering. He was immediately escorted to an area where a crowd had gathered, and found himself observing what looked like a game of racquetball, yet it seemed to have no rules and resembled total chaos. "What's going on here?! We received a report of a gang fight in progress!"

"Chill out, dude. They're just playing doubles. Great game, Oughta try it. Really fun. Great to watch. Mind movin' a little to the left?...Thanks, dude."

"Doubles?! What about the report of gang warfare with deadly weapons?"

"Well, I guess you could call it that, but they sure seem to be having a good time!"

Mason rushed inside and heard loud shouts and what sounded like gun shots, but was confused when he also thought he heard cheering.

Does this sound a little farfetched? Actually, it's not too far from how many people perceive the game of doubles racquetball. Newcomers to the sport often have a difficult time believing that four people on a court isn't a guarantee of decapitation. Many intermediates are certain that they'll receive grapefruit-sized bruises on their calves and walk with a limp for the rest of their lives! Even some advanced players mistakenly think they couldn't possibly benefit from playing doubles.

Fortunately, it only takes a couple of tries (with a little extra regard for safety) to discover that the fun, excitement, skill, strategy, and teamwork in doubles make it in many ways even more rewarding than singles! If you haven't had an opportunity to play, it's definitely worth a "shot" and here are just a few of the reasons why...

Continued...

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COACHING POSITIONS

Qualified individuals interested in the volunteer positions of Head Coach, Assistant Coach, Team Manager and Team Leader for the U.S. National Racquetball Team should call the national office at 719/635-5396 for complete job descriptions and application materials. Final interviews will be conducted during the U.S. National Doubles Championships in Phoenix, Arizona from October 21-25.

HALL OF FAME

Nominees to be considered for induction to the AARA Hall of Fame need to be identified by DECEMBER 1 to be brought before the nominating committee and placed on the ballot. For a copy of nomination procedures, please contact Al Seitelman at 516/360-0979 (evenings), or call the national office at 719/635-5396.

GRAPHIC ARTISTS

Freelancers for posters, logos, t-shirt design and special event projects. Send letter of inquiry, samples and rates to Linda Mojer, Editor, RACQUETBALL Magazine, 815 North Weber, Colorado Springs, Colorado 80903-2947.

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Send a close-up photo of your racquetball license plate, along with your name and address, for reprint in an upcoming issue of RACQUETBALL Magazine. We've received one or two already, but need more! Please send to Linda Mojer, Editor, RACQUETBALL Magazine, 815 North Weber, Colorado Springs, Colorado 80903-2947.

BOARD CANDIDATES

Four positions on the AARA Board of Directors will become vacant in May of 1993. Board terms are for three years and require that the individual hold a competitive license, serve responsibly and take a leadership role on committees. See article in AARA News section for details on receiving petition paperwork and submission requirements.

It's a Heck of a Lot of Fun and Very Exciting!

At all levels of play, doubles has a way of generating some incredibly amazing shots, spectacular acrobatic maneuvers, thrilling rallies that seem to last forever, and even some occasional confusion that leaves players and spectators chuckling! Bodies flying everywhere, partners shouting to each other, rallies lasting an eternity, and when the dust clears, everybody's smiling and the crowd is on their feet applauding!

It takes a lot of Skill!

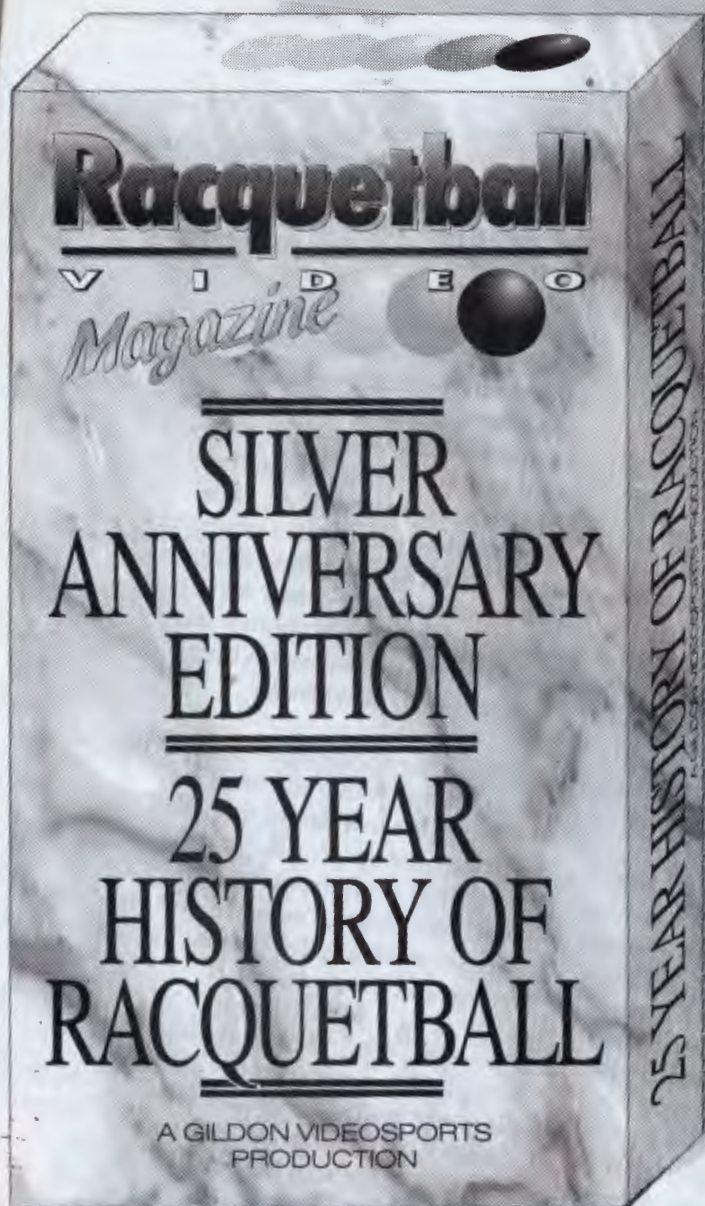
The more doubles you play, the more you realize the great amount of skill involved. Shots that would have been accurate enough to beat your opponent in singles are now easily retrievable by your opponent's partner. Shot selection now becomes something that must take into account three other players on the court, not just one! So shots must be more carefully chosen and executed, forcing us to hit with even greater care and accuracy to win each point.

Teamwork and Strategy

Prior to your first doubles experience, you only had to take into account the strengths, weaknesses, positioning, strategy, and serves of you and your opponent. Now, you've got your hands full! Twice as many potentially different serves coming at you, two opponents who are analyzing and discussing your game, half the space in which to execute your shots, and twice as many styles of play to decipher and counteract! Yes Dorothy, this isn't Kansas any more! Things are now a lot more complex than the singles you knew so well, and you and your partner must determine and implement the type of game plan most suitable to defeat the combined talents of your equally worthy opponents. You'll often find yourselves between games analyzing, evaluating, theorizing, and debating the best ways to handle the opposition the second time around!

So, the next time someone suggests a game of doubles and you are about to say, "Are you crazy?? I've got a wife and kid to think about!!" perhaps you'll give it a try. If you do, you'll discover the incredible fun, excitement, skill, and teamwork involved in the game.

And the next time Officer Mason shows up at your racquetball courts, tell him to relax, hand him a racquet, and just maybe you'll have found yourself a new doubles partner!



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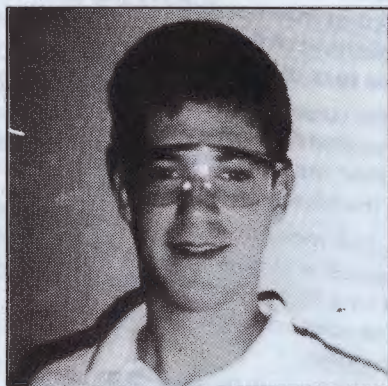
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FEATURE

DEVELOPING THE HANDICAPPED RACQUETBALL ATHLETE

By Joel L. Koppel

PARI Advanced Instructor



Today many handicapped individuals are looking for employment and recreational activities in the mainstream. They are also beginning to participate in many recreational activities such as racquetball. I'm fortunate in being able to relate personal experiences in instructing and working with the handicapped.

As an assistant instructor at What-A-Racquet Athletic Club just outside of San Francisco, I volunteer to instruct individuals in our Special Olympics Racquetball Program. The instructional sessions are held every Tuesday afternoon and our local Center for the Handicapped arranges transportation to the club. The format for each session is similar to that of our junior program. We start with a group warm-up where each person leads with their own exercise and everyone joins in. This is followed by shuffle drills with racquet prep and later shuffle and hit drills. Encouragement through cheering is essential to these exercises. After that we have individual sessions. Here each instructor is more of a helper, dropping the ball for them and keeping the ball in play while the students get valuable exercise.

What a Racquet has been involved with employing and helping the handicapped with such sports as racquetball for the past eleven year. In 1988 the club received a special

award from the San Francisco Special Olympics office for their contributions.

The person most responsible for the successful development of this program is the club's Director of Racquetball, Dave George. If you want to start a program for the handicapped at your club, Dave suggests that you contact your local or state Special Olympics office to locate your nearest center for the handicapped. He also points out some differences in instructing handicapped individuals.

"Rather than focusing on the specific skill of a down-the-line or serve, concentrate more on motor skills with exercise such as the shuffle drills. Start with the athlete, not the sport" says Dave, "exercise, fun and excitement should be emphasized throughout the sessions."

One of the leaders from the San Francisco Recreational Center for the Handicapped is Ron Jones who, coincidentally, was Dave George's former high school basketball coach. Ron considers Dave a pioneer in the field of handicapped employment and recreational development. Ron indicates that benefits for a club offering this type of program are that the club is open to a larger and more diverse population, and that these programs can take place during non-prime-time hours. Ron appreciates another feature of the program -- the emphasis Dave George places on safety by having all players wear eyeguards under supervised play.

Another positive aspect of Dave's program is awarding trophies to

Continued on Page ____

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1. Kip Atwell, TX
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1. Rick Decastro, MA
2. Robert Matheny, FL
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4. Mark Green, TN
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8. Carlos Cespedes, TX
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5. Tony Duarte, CA
6. John Bareilles, VA
7. Jimmy Miller, NC
8. Bill Beesley, UT
9. Richard Davis, TX
10. Tex Hoesch, IL

MEN'S 70+

1. Earl Acuff, NC
2. Nick Sans, CA
3. Luzell Wilde, UT
4. Don Goddard, MT
5. Carlos Sena, FL
6. Allen Shepherd, MD
7. Cam Snowberger, PA
8. Irv Zeitman, KY
9. Charles Russell, CA
10. Andy Trozzi, MA

MEN'S 75+

1. Allen Shepherd, MD
2. John Pearce, TX
3. Andy Trozzi, MA
4. George Drake, MN
5. Jack Daly, VA
6. Fred Felton, TX
7. Joe Sawbridge, AZ
8. Jimmy White, TX

MEN'S 80+

1. John Pearce, TX
2. Jack Daly, VA
3. Tony Zengaly, NJ

WOMEN**WOMEN'S OPEN**

1. Dot Fischl-Kelly, PA
2. Kersten Hallander, FL
3. Kim Russell, GA
4. Malia Bailey, VA
5. Corinna Banks, WA
6. Michelle Gould, ID
7. Diane Adams, CO
8. Terry Latham, NM
9. Marianne Walsh, UT
10. Cheryl Gudinas, IL

WOMEN'S A

1. Beth Katz, NY
2. Dee Jenkins, CO
3. Andrea Beugen, MN
4. Naomi Morgan, TX
5. Karen Locke, GA
6. Cari Kresa, FL
7. Cindy Tipton, WA

8. Beverly Hale, TX
9. Susy Bobenrieth, CA
10. Kristi Hale, NC

WOMEN'S B

1. Hilda Reedem, NJ
2. Diane Pearson, MI
3. Helen Thomas, NJ
4. Lynne Beresford, VA
5. Jessica Rogers, TX
6. Susie Beris, CT
7. Liz Hietala, CO
8. Jan Stelman, NC
9. Mickey Girup, IL
10. Lori Schreck, NY

WOMEN'S C

1. Ann Mocchi, CO
2. Sue Smith, ND
3. Anna Tang, CA
4. Nancy Rocha, IL
5. Roxanne Asay, WA
6. Tina Steele, CA
7. Katherine Mendez, CO
8. Dawn Evans, WA
9. Natalie Russell, NJ
10. Betsy Lorenz, MO

WOMEN'S D

1. Tracy Parfenchuck, MA
2. Kim Grasso, NJ
3. Wendy Chesters, NE
4. Rochelle McHugh, WA
5. Kathy Collins, NC
6. Holly Schieber, AR
7. Candi Kirchhoff, OH
8. Karen Lewis, NC
9. Anna Ross, GA
10. Stephanie Strong, TX

WOMEN'S NOVICE

1. Donna Everett, CA
2. Treena Muller, NY
3. Marci Carter, AR
4. Kelly Deeb, NY
5. Toni Dilorenzo, RI
6. Lisa Ferguson, SC
7. Karla McVey, NJ
8. Sue Rinehart, OH
9. Sabine Brown, NM
10. Victoria Romero, AZ

WOMEN'S 19+

1. Cheryl Gudinas, IL
2. Amy Kilbane, OH
3. Stacy Sour, CO
4. Susan Cox, FL
5. Kim Russell, GA
6. Ellen Crawford, NY
7. Karen Forbes, OH
8. Diane Gronkiewicz, IN
9. Debra Bryant, NC
10. Heather Dunn, MA

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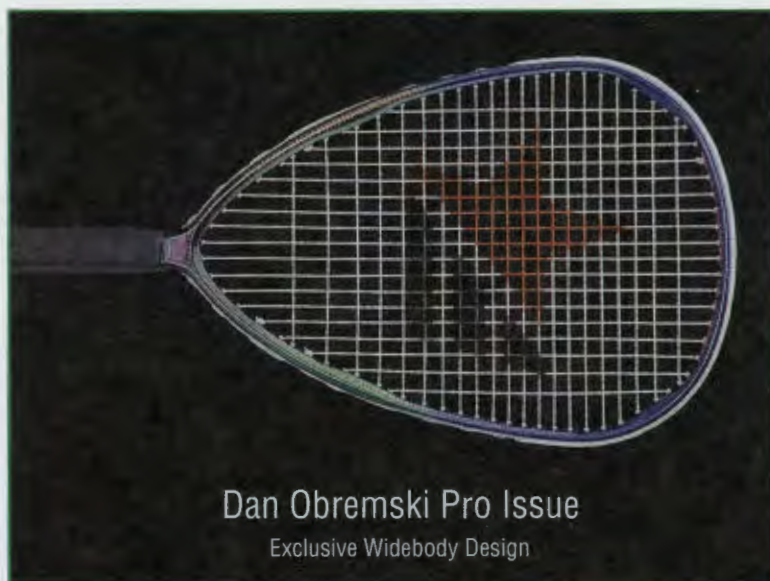
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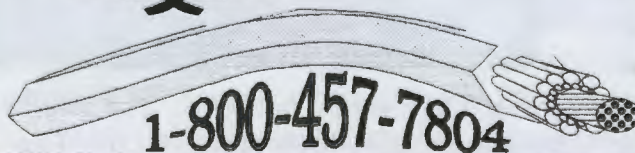
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1. B.J. Ehrigott, CT
2. Lorraine Galloway, NY
3. Megan O'Malley, IL
4. Kersten Hallander, FL
5. Amy Anair, AZ
6. Debra Bryant, NC
7. Holly Desportes, VA
8. Teri Gatarz, NJ
9. Joann Slater, TX
10. Ilene Sofferman, NY

WOMEN'S 30+

1. Brenda Kyzer, SC
2. Kathy Treadway, TN
3. Dee Ferreira-Worth, CA
4. Marianne Walsh, UT
5. Mary Bickley, PA
6. Janet Tyler, FL
7. Carol Bastien, IL
8. Jill Guthrie, TX
9. Ansula Liu, MN
10. Martha Lenoir, GA

WOMEN'S 35+

1. Vicki Luque, GA
2. Cindy Baxter, PA
3. Val Shewfelt, UT
4. Janelle Marriott, RI
5. Linda Moore, NE
6. Laurel Davis, IL
7. Gloria Eggers, ID
8. Susan Morgan-Pfahler, FL
9. Terry Latham, NM
10. Madelon Eichhorn, CO

WOMEN'S 40+

1. Janet Myers, NC
2. Shelley Ogden, OH
3. Agatha Falso, FL
4. Willie Grover, GA
5. Dorothee Buchanan, UT
6. Darcy Chastain, MN
7. Madelon Eichhorn, CO
8. Gerri Stoffregen, OH
9. Elaine Dexter, CA
10. Andi Glansberg, NY

WOMEN'S 45+

1. Agatha Falso, FL
2. Gerri Stoffregen, OH
3. Nidia Funes, CA
4. Jan Howard, VA
5. Marta Groess, MN
6. Merijeane Kelley, CA
7. Sylvia Sawyer, UT
8. Pat Tarzon, IL
9. Sharon Hastings-Welty, OR
10. Jean Heckman, NY

WOMEN'S 50+

1. Sharon Hastings-Welty, OR
2. Sylvia Sawyer, UT

3. Marion Johnson, TX

4. Jo Kenyon, FL
5. Kathy Mueller, MN
6. Mildred Gwinn, NC
7. Pauline Kelly, IL
8. Nancy Kay Butts, WI
9. Jean Tull, VA
10. Marion Crawford, NY

WOMEN'S 55+

1. Jo Kenyon, FL
2. Kathy Mueller, MN
3. Norma Carlisle, UT
4. Joanna Raida, PA
5. Mary Walker, CA
6. Mary Low Acuff, NC
7. Cleata Ching, PA
8. Susan Embry, CA
9. Helen Dunsmoor, ID
10. Sue Graham, CO

WOMEN'S 60+

1. Mary Low Acuff, NC
2. Lola Markus, IL
3. B.G. Railey, CA
4. Jane Peterson, FL
5. Rita Turner, FL

WOMEN'S 65+

1. Mary Low Acuff, NC
2. Joann Jones, CT
3. Dorothy Vezetinski, WA
4. Phylis Melvey, ND

WOMEN'S 70+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR

WOMEN'S 75+

1. Eleanor Quackenbush, OR
2. Zelda Friedland, NM

WOMEN'S 80+

1. Zelda Friedland, NM

JUNIORS

BOYS 8 & UNDER

1. Jim Godden, TX
2. Jack Huczek, MI
3. Jon Hellner, OR
4. Matt Trujillo, OR
5. Josh Epstein, NY
6. Bo Galbreth, NM
7. Johnny Miller, FL
8. Matthew McElhiney, FL
9. Geoffrey Mora, CA
10. Daniel Rogers, KS

MULTIBOUNCE

1. Evan Honigsfeld, TX
2. Chris Meyer, OR
3. Geoffrey Mora, CA
4. Tyler Hollingsworth, OR
5. Matthew Trujillo, OR
6. Jim Gooden, TX
7. Jon Hellner, OR
8. Jon White, GA
9. James Boykin, DE
10. Alexis Martinez, IL

BOYS 10-

1. Shane Vanderson, OH
2. Lane Mershon, GA
3. Jason Kerwood, OR
4. Jason Jansen, ND
5. Jordan Fought, NM
6. Jason Jensen, MN
7. Jim Gooden, TX
8. Jon White, GA
9. Jeff Markins, AZ
10. Juan Martinez, IL

BOYS 12-

1. Rocky Carson, CA
2. Gabe Gose, NM
3. Jeffrey Gamer, AL
4. Willie Tilton, CO
5. Brent McDade, TN
6. Flan Levy, TX
7. Sam Bottomley, OR
8. Andrew Tucknott, NE
9. Wes Bateman, PA
10. Brandon Henline, GA

BOYS 14-

1. Mark Hurst, FL
2. Eric Storey, UT
3. Alan Thomas, OH
4. Brent Zimmerman, MI
5. Bucky Freeman, TX
6. Chris Gose, NM
7. Tony Puggioni, Jr., NY
8. Abe Valdez, OR
9. Brandon Terry, OR
10. Jed Bhuta, AL

BOYS 16-

1. Shane Wood, MA
2. Geoff Heskett, PA
3. Jason Armbricht, NC
4. Brian Berlin, NY
5. Shane Dodge, ID
6. Jack Long, NM
7. Chance Mims, NM
8. Joel Koppel, CA
9. Brian Siegel, NJ
10. Andy Gross, MN

BOYS 18-

1. Jason Thoemer, GA
2. James Mulcock, NM
3. Jason Mannino, NY
4. Craig Rappaport, PA
5. Javed Aghaloo, MO
6. Sudsy Monchik, NY
7. Morgan Silver, FL
8. Chris Thomas, NC
9. Adam Anderson, UT
10. Geoff Heskett, PA

GIRLS 8 & UNDER

1. Molly Law, CO
2. Kim Markins, AZ
3. Sarah Breneman, FL
4. Jeni Fuller, NM
5. Megan Hollowell, NM
6. Jessica Fuller, NM
7. Ashley Markus, OR
8. Amy Jo Hollingsworth, OR
9. Larissa Rohan, TX
10. Melissa Jones, FL

MULTIBOUNCE

1. Molly Law, CO
2. Kim Markins, AZ
3. Leslie Luna, NM
4. Amy Jo Hollingsworth, OR
5. Laura Roth, IL

GIRLS 10-

1. Kristen Walsh, UT
2. Rebecca Doloff, NM
3. Molly Law, CO
4. Lisa Brookens, CO
5. Lindsay Ringle, MD
6. Sara Borland, IA
7. Kristen Darr, OH
8. Starr Beardsley, NM
9. Melanie Mueller, CO
10. Elizabeth Smith, OH

GIRLS 12-

1. Boogie Markus, OR
2. Erin Rogers, OR
3. Jamie Trachsel, MN
4. Jennifer Hardeman, TN
5. Sara Borland, IA
6. Rhessa Grady, FL
7. Katie Gould, MO
8. Sharon Lacher, MD
9. Kelly Ruhl, CO
10. Courtney Sawyer, UT

GIRLS 14-

1. Sadie Gross, MN
2. Debra Derr, FL
3. Erin Frost, OR
4. Vanessa Tulao, TN

5. Amy Meyer, CO
6. Leslie Buschbom, GA
7. Rhonda Rajsich, AZ
8. Dianne Torrey, MA
9. Mandi McClure, GA
10. Colleen Hallaran, GA

GIRLS 16-

1. Tammy Brockbank, ID
2. Jenny Meyer, CO
3. Shannon Feaster, DC
4. Kristi Hale, NC
5. Mandi Hubble, OR
6. Andrea Beugen, MN
7. Andrea Luque, GA
8. Amy Gurley, GA
9. Stephanie Torrey, MA
10. Britt Engel, FL

GIRLS 18-

1. Britt Engel, FL
2. Rachel Gellman, NM
3. Elkova Icenogle, CA
4. Letisha Bussell, ID
5. Amber Frisch, TX
6. Dawn Peterson, WI
7. Kristi Hale, NC
8. Leslie Reeder, AL
9. Tammy Brockbank, ID
10. Heather Dunn, MA

Wheelchair

1. Chip Pamelley, CA
2. Gary Baker, IN
3. Steve Kuketz, MA
4. Les Gorsline, WI
5. Joe Hager, PA
6. Bob Nichol, MA
7. Joe Soares, FL
8. Doug Champa, MA
9. Mike Bond, FL
10. Tom Bosco, MA

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2. Ron Tkachuk, WI
3. Richard Nell, WI
4. Tim Stanton, OH
5. Michael Cole, OH
6. Tim McNutt, OH

Rankings Dated July 30, 1992

INSTRUCTIONAL

PARI TIP #12

By Fran Davis

U.S. Assistant National Team Coach



Welcome to our 12th PARI tip. Last issue I introduced one of the most important shots in the game of racquetball...The **SERVE**. I gave you a good overview and explained the philosophy of the serve. Let's quickly review the key thoughts of the serve:

Key Points of the Serve

1. It is the #1 weapon in the game today.
2. It is the only time you are in total control.
3. It is the only time you can score a point and win a match.
4. The purpose is to force a weak return.
5. A weak return is accomplished by creating variety in your arsenal of serves.
6. Variety is established by changing the height, speed, angle and the type of serve.
7. There are over 40 serves in the game to choose from...so don't become predictable. Mix up your serves depending on your opponent's strengths and weaknesses. (The lower the level of player the longer you can stick with one serve that works because they don't adjust very quickly, if at all. The higher the level of player the sooner you should change the serve because they adjust more quickly.)
8. Be like a pitcher in baseball...deceptive.

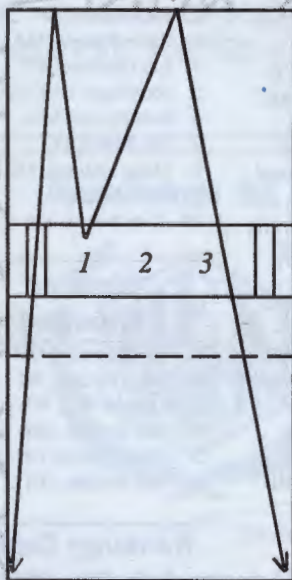


Diagram 1

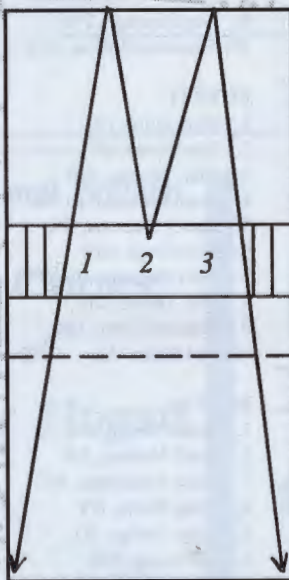


Diagram 2

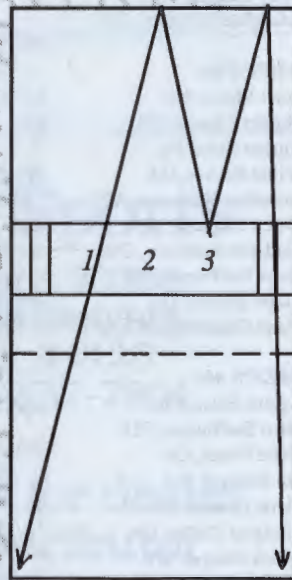


Diagram 3

Now that we've covered the general principles of the serve let's move to the serves themselves. We'll learn each type of serve along with the contact point, position in the box, and the trajectory of the ball. We'll start with the most widely used and popular serves in the game: The **DRIVE SERVE**.

The Drive Serve

a) The basic drive serve hits the front wall, then should hit on its first bounce between 21 and 25 and then bounce two times before reaching the back corner (see diagrams 1, 2, & 3). The ball should not hit the sidewall at any time. There are two speeds: hard and soft (or off speed).

b) The more advanced drive serve (wrap around or jam) hits off the front wall, then should nick off the sidewall on the fly at the 25' mark or behind, then jam the opponent or wrap around the opponent (see diagrams 1a, 2a, & 3a and diagrams 1b, 2b, & 3b respectively).

Contact Point

a) The ball height on the front wall and in your lifting zone is determined by the speed of the ball. The harder the ball is hit the lower on the front wall it should go (hard drive). The softer or slower the ball is hit the higher on the front wall it should go (soft speed drive).

b) Contact point on your body, as a general rule, should be shin to knee high.

c) Contact point in your lifting zone depends on whether you want the ball to go to the right side or left side of the court. You either want to hit a little further out in front of you (photo 1) or a little further back (photo 2).

Position in the Box:

To create different angles you must move in the box to positions 1, 2, or 3. By creating different angles off the game serve you are developing the variety and deception we talked about in PARI Tip #11, which

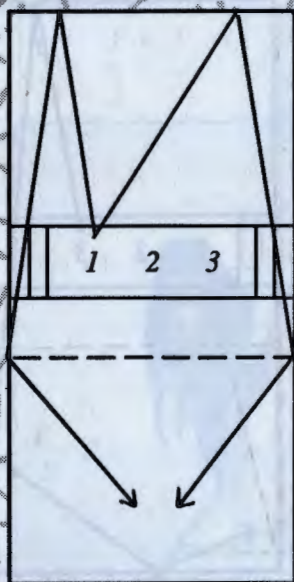


Diagram 1A

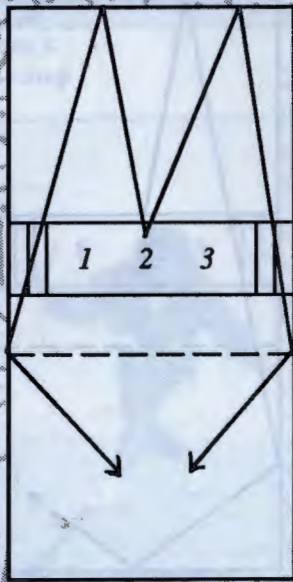


Diagram 2A

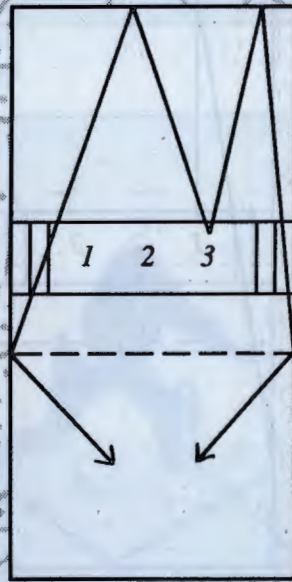


Diagram 3A

INSTRUCTIONAL

keeps your opponent off balance. Remember some players can handle one angle, but not the other, so test your opponents abilities.

Trajectory of the Ball

It is critical to watch the full path of the ball. You should watch the ball from the time it is bounced to the time it hits the racquet, to the time it hits the front wall, to the time it bounces again. Most players either take their eyes off the ball too soon or they don't even watch it at all. **WATCH!**

Footwork and Ball Toss

Last, but not least you want to have proper footwork during

the drive serve. No matter what, you always want to step into the serve like you would for your basic forehand or backhand. The object is to create power and deception so to cut down on your opponent's reaction time as well as keep them off balance. There are two basic motions:

- a) One step - feet are side by side (see photo 3), slightly flexed near the short line. Drop the ball at full extension, slightly out in front, then step toward the front wall.
- b) Two step - feet are lined up one behind the other, slightly flexed near the short line (see

photo 4). Step with back leg first (see photo 4a), then drop the ball at full extension slightly out in front, then step forward with the front leg (see photo 4b).

The Rundown

Well now you have it. Just with the drive serve alone there are 21 variations of serves for you to choose from:

- 6 Basic hard drive serves (Diagram 1, 2, or 3)
- 6 Basic off-speed drives (Diagram 1, 2, or 3)
- 9 Advanced drive serves
 - 6 Jam serves (Diagram 1a, 2a, 3a)
 - 3 Wrap around (Diagram 1b, 2b, 3b)

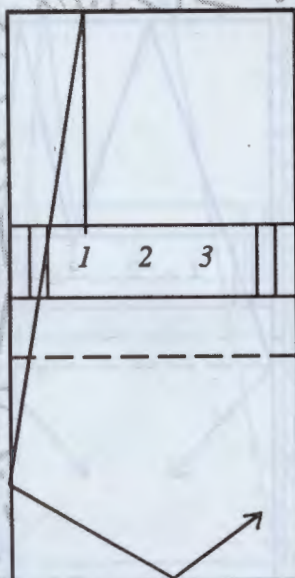


Diagram 1B

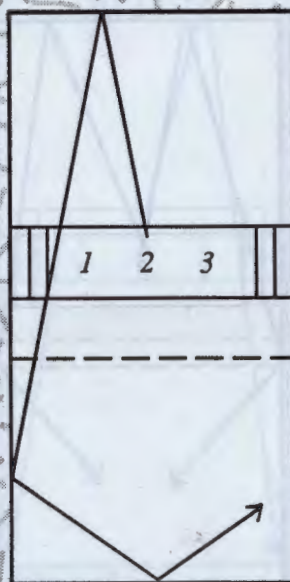


Diagram 2B

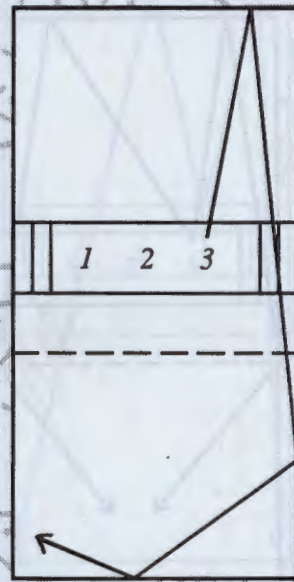


Diagram 3B

Summary

Remember the serve motion is the SAME for all the drive serves to create deception, it is the height, speed and angle of the serves that change to create variety. Good luck in experimenting and developing your arsenal of serves. Begin first with the basic hard and off speed drives, then move into the more advanced drives. The jam and wrap around, keeping in mind your level of play.

Next issue ... the LOB SERVE



Photo 1.
Racquet out in front



Photo 2.
Racquet a little further back.



Photo 3.
One Step



Photo 3b.
One Step



Photo 4. Two Step



Photo 4a. Two Step



Photo 4b. Two Step



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PARI NEWS

*By Connie
Martin*

Fall 1992 Clinic/Exam Sites

Please contact Jim Hiser or Wanda Krasovetz at the national office for the current Fall 1992 Clinic I/II schedule. We will send you a Site Brochure. If you are interested in the PARI Association, please call 719/635-5396 to have your name added to the interest list.

Level III Clinic/Exam

Our first Level III Clinic/Exam will be held at the Olympic Training Center in Colorado Springs, Colorado and the Lynmar Athletic Club on Thursday, October 1st through Saturday, October 3rd. Space is limited to the first 25 people who register for the clinic. Instructors who may attend are those who are current PARI members, certified as Level II Instructor, Advanced Instructor or Professional. Applications have been mailed to current PARI members.

The clinic will include 2½ days of instruction, followed by a five-part exam for Level II Professionals or the upgrade exam for those not yet ranked as Level II Professionals. Included in the clinic will be personal video analysis, challenging teaching theories, goal setting techniques, new drills, speed-quickness-agility drills, round table discussions, games night, the making of an athlete, lodging and meals at the Olympic Training Center. For more information, please contact Jim Hiser at the national office.

PARI Clinics Fall 1992 & Winter 1993

Oct. 09 & 10	San Juan, Puerto Rico
Nov. 12 & 13	Natick, Massachusetts (Boston area)
Nov. 19 & 20	Durham, North Carolina
Nov. 23 & 24	South Plainfield, New Jersey
Dec. 18 & 19	Hershey, Pennsylvania
Jan. 17 & 18	West Allis, Wisconsin (Milwaukee area)

Contact instructor Fran Davis for details at 908/560-0647 or the AARA at 719/635-5396.

New PARI Members

Congratulations to the following people who have completed the Clinic I & II Exam in June: Dave Sparling, CA; Albert Villalobos, CA; Rosita Cornelius, CA; Dana Cornelius, CA; Lance Morris, CA; Oscar Bazan - upgraded to Professional, CA; John Quackenbush, MT; Stuart Karl, WA; Dell Dejerling, WA; Bill Meader, WA; Yvonne Calavan, WA; Donna Triemstra - upgrade, WA; Becky Shirk, MN; Barry Becklin, MN; Dana Sibell, MN; Teri Peterson, MN; Brett Beugen, MN; Bill Priest, MN; Peggy Clark, MN.

PARI PRO FOCUS

**KARIN
SOBOTTA**

Erie, Pennsylvania



Originally from Herminston, Oregon, Karin's story of how she started out playing racquetball is similar to so many others. A friend took her to the college courts to play and she became hooked.

From there, Karin's story differs slightly. Karin had completed her B.S. at the University of Idaho-Moscow in Sports Science with an emphasis in Sports Psychology. She was on scholarship there for both tennis and basketball. Working on

INSTRUCTIONAL

her masters degree, and a bit tired of tennis, she tried racquetball with a friend, fell in love with the fast paced sport and kept playing while working on her thesis, mostly to keep her sanity.

After graduating, she left Idaho for Pennsylvania and began a teaching and coaching career at Penn State-Behrend, leaving racquetball on the back burner for a while. Then a friend talked her into competing in the Racquet Quad, a four sport competition of tennis, racquetball, squash and

badminton. After experiencing her first racquetball tournament, Karin's enthusiasm grew even more when her friend Julee Nicolia talked her into playing in some local tournaments and then traveling to some area tournaments. In fact, in 1987, Karin won the A's at the WPRA Pro Am Nationals at Ft. Worth, Texas.

Presently, Karin has become one of the top Women's Open players in Pennsylvania. She has been runner-up or champion for the past two years in the Women's Open and 30+.

Her level of play, enthusiasm for the sport and interest in teaching has provided her with the opportunity to conduct the Pennsylvania Racquetball Association (PRA) Racquetball Clinics with a grant awarded by the AARA. Their main emphasis is the growth of their women and junior players in the state. Karin is the PRA Juniors Program Director.

Karin is presently perfecting her game as she plays out of the Nautilus Club and Pennbriar. She also teaches tennis and racquetball at the Pennbriar

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Schaumburg, IL	Oct. 10 - 11	Negrete/Sweeney
Minneapolis, MN	Oct. 10 - 11	Newman/Roberts

<u>City</u>	<u>Date</u>	<u>Instructors</u>
Denver, CO	Oct. 17 - 18	Newman/Roberts
Riverside, CA	Nov. 7 - 8	Newman/Gonzalez
Erie, PA	Dec. 5 - 6	Ganim/Gonzalez
Des Moines, IA	Dec. 5 - 6	Newman/Roberts

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Club while going back to school for a masters degree in physical therapy. Karin still finds time to snow ski, waterski and play softball. Her softball team (Karin plays shortstop) just qualified for the Nationals in the Open Division in which they will play the end of August.

We are lucky to have Karin involved in our sport and we all wish her good luck in school!

AMERICA'S MOST WANTED INSTRUCTION

How to Prepare for a Tournament

By Jack Newman

In the last issue we gave you some excellent practice drills that can be done with a partner. If you combine these drills with the drills we gave you previously you will be on your way to improving your game. Remember that you must practice to make your game more tournament tough.

This article will describe the way to prepare for a tournament. We will break down the week day-by-day to show you how the pros at "America's Most Wanted" prepare. You will notice that 80% of our practice is spent on drills, while the other 20% is spent playing matches.

Preparing for the Friday-Sunday Tournament

Monday - Make sure you stretch and warm-up properly before you get on the court. I recommend riding the Lifecycle at a slow pace for approximately 5-10 minutes. Then go down to the courts and stretch for 20-30 minutes. This will insure that you won't injure yourself. Monday is day one for your practice drills. By yourself practice doing drop and hit, shuffle and hit, and ceiling ball drills. Make sure you work on all shots (pinch, pass, kill), from both sides of the court. This early week practice will give you the confidence for the weekend tournament. I also recommend practicing all your serves for about 30 minutes. Hit drives, Z's and lobs to both sides of the court. You should spend 45 minutes practicing shots and 30 minutes practicing serves. To end practice for day one, stretch when you are finished to have your muscles loose for the next day.

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Tuesday - Repeat what you did on Monday. Really start to mentally prepare for the tournament. When you are practicing by yourself, picture hitting winning shots. You can practice just who you would want to hit the shots against during the tourney. It is very important that you stretch before and after your workout.

Wednesday - Time to break up the monotony of practicing by yourself. Your game should be in a

good groove from the first two days of practice. Today we want to play an actual match. It is important to warm up well with a combination of Lifecycle and stretching. Play all out because it is only Wednesday and you have two days before the tourney starts. It would be good to play one to two hours. You don't want to overplay. Work hard during practice, just like it was a tournament. Practice different serving strategies (one game all drives, one game all lobs, etc.). This will help to show you what is working for the weekend. It is important to not worry whether you win or lose. You need to concentrate on working on your game. Remember to stretch when you are finished.

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Thursday - This day is optional! If you feel your body needs rest for Friday's match, then don't play! Too many people practice for hours on Thursday only to find they are sore for Friday's match. Don't cram for the tourney, make your preparation all week long. If you choose to practice on Thursday, make it a light workout, maybe only 30 minutes by yourself, just to work on different shots and serves. If you practice make sure to stretch before and after. You are now ready to win the tournament.

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PLAYING DOUBLES: WHEN TWO BECOME A TEAM

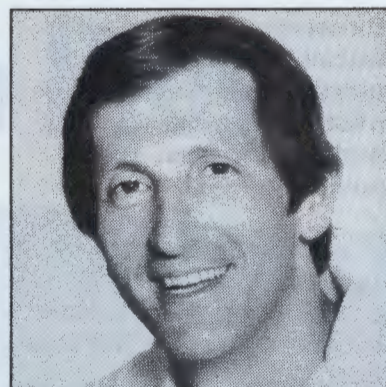
By Charlie Garfinkel

In 1979 it was Charlie Brumfield and Steve Serot. Steve Strandemo and Dave Charlson. Mike Luciw and George Rudysz. All familiar names in the annals of racquetball doubles players and former IRA national doubles champions. It goes without saying that they were excellent teams. Today it's John Ellis and Eric Muller. Michelle Gould and Jackie Gibson. Jim Floyd and Tim Hansen. Malia Bailey and Toni Bevelock.

Yet, these players are more than just national champions. They're also good friends on and off the court. They respect each other as players and individuals.

And that's the first thing to remember about playing doubles, whether you are a "C" player or a national champion: you should enjoy playing with your partner. Choosing your partner, in fact, may well be the most important decision you will make as a doubles player. It is certainly a crucial factor in making a successful doubles team. It will also make the game much more fun.

The second point to remember about doubles is that you shouldn't attempt to play with someone else until you're reasonably proficient playing on your own. In other words, learn to play singles first. Otherwise, you may be in for



some very frustrating doubles play.

In singles you only have to know where your opponent is. In doubles, however, you must know where both your partner and the two players on the opposing team are at all times. And because there are many weird bounces and caroms in racquetball, shots are naturally more difficult to return with four players on the court instead of two.

Continued ...



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Almost everyone can play doubles but there are certain rules that will greatly help you in both the enjoyment and the playing of the game. You should know that:

1. *Scoring in doubles and singles are the same.*
2. *Your opponents are entitled to a clear view of the ball at all times.*
3. *You shouldn't crowd your opponents or get in the way when they are hitting the ball.*
4. *When your partner or either of your opponents is attempting to hit the ball, you should carefully watch the player start the swing. This will give you a much better idea of where the ball is going.*
5. *Always encourage your partner; don't discourage him or her.*
6. *Never say "I'm sorry." Your partner knows you didn't mean to miss the ball on purpose.*

There are two primary formations in doubles. Teams may play side-by-side or up-and-back on the court. Although both formations have some merit, the far better formation for most situations is to play side by side. Each player is then responsible for taking shots hit on his side of the court. By contrast, when the two players on the team play up-and-back they often find themselves scurrying about and constantly out of position.

Then playing side by side, imagine a line running down the middle of the court, dividing the court in half. The player

playing the right side would take all shots that are hit on the right side of the line. The player playing the left side would take all shots that are hit on the left side of the line.

Deciding on which player should play the right or left side is very important. You should utilize each player's strengths for optimum effectiveness.

If one player is left-handed and his partner is right-handed the choice is relatively easy. The right-hander would play the right side and the left-hander would play the left side. In this way, any shots that are hit anywhere on the court, including the hard down-the-line shots, could be taken on the forehands of the righty-lefty combination.

This can make for a very frustrating situation for the opposing team because of the difficulty of hitting a shot to the righty-lefty team's backhand. As a result, an exceptionally good righty-lefty team is tough to beat.

However, most teams usually consist of two right-handers. In these instances the better backhand player should play the left side. He will be better able to handle the difficult shots that are hit down the left sidewall.

This player would also take most of the shots that come down the middle of the court, as they are on his forehand. The right-side player would handle

the shots that are along the sidewall.

There are two primary formations in doubles... side-by-side or up-and-back...

Then one player would also take most of the shots that come down the middle of the court, as they are on his forehand. The right-side player would handle the shots that are along the right sidewall.

When one player is appreciably superior to his partner, he should always play on the left side of the court. The reason is that most of the play in racquetball tends to go to that side. Each team constantly tries to keep the ball in the deep left corner. Therefore, the player on that side must be able to shoot the ball well from that position.

The left-side player must also be in excellent mental and physical shape. Since he will be taking most of the shots he will be acting as the "court general." This can be extremely tiring mentally and physically.

Strategy and Play

Before the doubles match starts you and your partner should discuss some important points. You should both understand what your roles on the court

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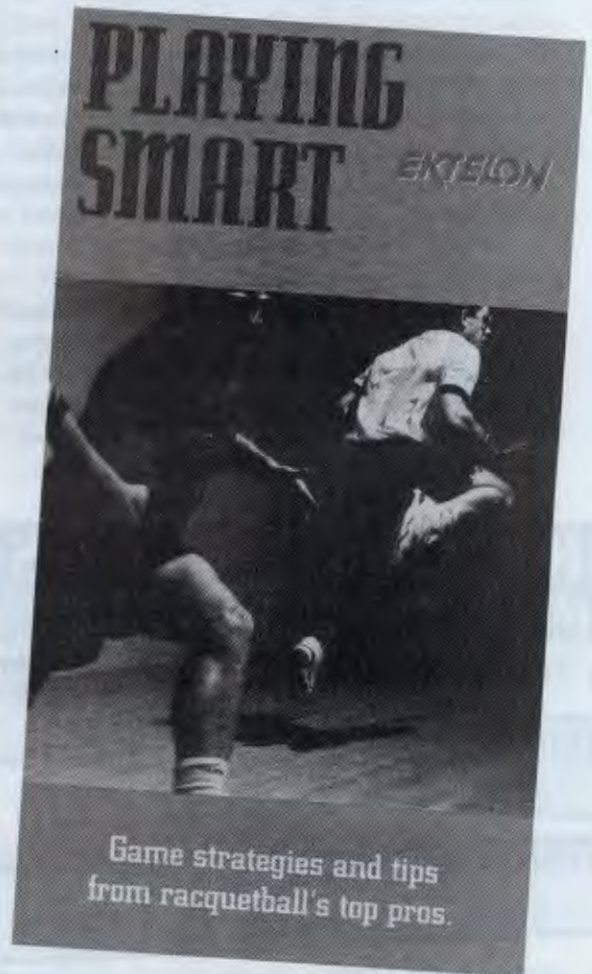
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will be. The more effective server should serve first. You should also decide who will be taking the shots that are hit to the middle of the court. Equally important is to decide upon the different types of shots and strategy that you feel will best enable you to defeat your opponents.

By determining all this before the match, you and your partner will be much better prepared to play a winning game. You will find that you're in the proper position to hit the ball most of the time. You won't have to worry about constantly deciding which shot is yours or your partner's. You will be a cohesive team.

In racquetball, as in tennis, the team winning the coin toss has the choice of serving or receiving. In tennis you may elect to serve or receive serve, depending on your strategy. Never do this in racquetball! The reason: In tennis you score points whether you are serving or not. In rac-

quetball you only score points when you are serving. Naturally, then, you should always serve first if your team wins the coin toss. You should then try to win as many points as possible at the start of the game.

The more effective server should serve first...

In doubles you are wise to serve many hard drives and Z serves. Your first serve should especially be of this variety. Because there is a smaller hitting area to return the ball than in singles, a good first serve can force many errors. You should also attempt to keep your serves out of the middle of the court, thereby giving your opponents too much room to hit the ball.

Your partner would be wise to stand in the service box on the side of the court that he is playing on. He will then be able to move back a foot or two to his side of the court more easily and quickly.

When you hit your hard drive or Z serves it is wise to serve to the deep corners in back of the court. You may also try serving just over the short line. However, this is a very risky serve if you don't hit it just right.

As for your second serve, you should serve a soft Z or lob serve. It is amazing how many teams double-fault in racquetball by trying a hard serve on their second serve. My advice: Play it safe and get the ball in play.

Remember that the team that is serving is always trying to control the center of the court. They should be in front of their opponents. If the serving team will constantly be in a defensive position, as the center of the court is blocked.

In doubles you can serve to the weaker player as often as you want. This may not seem fair, but

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the point of any match is to win, whether it's in practice or a tournament. So exploit the opposing team's weakness.

In fact, it is possible to keep one partner out of the play altogether. By continuously hitting the ball to the opposite side, your opponent's partner can become very flustered when it is evident that he is not getting many balls to hit.

When your team is serving you should think offense almost completely. You should use as many kill shots, sidewall pinch shots and passing shots as possible. You want to keep the pressure on. Remember, if you miss a shot you only lose your serve; if your opponents miss a shot they lose a point.

However, if your serving game is in trouble you should play it safe by hitting ceiling or Z balls. Short hops or on the fly shots (which means to take the ball out of the air) are especially good if both opponents are in the back of the court and you're up front.

When either player on the serving team is hitting a shot from the back of the court, the partner should move up towards the front court on his/her own side. If the partner's shot is returned, he/she will then be in a better position to return a shot that is hit in the area from the short line to the front wall.

Sometimes you may wind up on the opposite side of the court

due to a mix-up. Don't be upset. Simply take your shot and then switch back to your regular side.

As for the receiving team, they should also have a game plan ready. Both players should play defensively. They should have patience until they have an opportunity to put the ball away or pass their opponents.

The receiving team should be about 3 to 4 feet from the wall and about 5 feet from the sidewall. However, you may have to move forward or backward if the serves are causing you a great amount of trouble.

When your team is serving ... think offense

If the serving team is constantly serving to one player and the superior player isn't returning any serves, it may be wise to place the weaker player off to the side until the superior player returns the serve. Each player would then move back to his respective side after the serve is returned.

When returning serves in doubles the receiving team should try everything possible to return the ball to the ceiling. You want to move the serving team out of the center and

assume that position yourselves.

If you attempt to shoot the ball for a winner and it hits too high off the front wall, you will be giving the serving team an easy shot to hit as they are already in front court. If you try to pass and the ball rebounds high off the back wall, you are again giving the serving team an easy shot. Therefore, hit your ceiling balls in such a way that the shots don't come off the back or side walls.

Remember, when you're receiving serve you're in a defensive position. Winning the rally will get the server out of serve, but losing will cost you a point. So don't take unnecessary chances.

Here, then, is a summary of the main points to consider when playing doubles:

1. *Choose your partner carefully.*
2. *Decide which player will play which side.*
3. *Have a definite game plan.*
4. *Concentrate extremely hard when serving.*
5. *Play as offensively as possible when serving.*
6. *Play defensively when returning serve.*
7. *Enjoy yourself. After all, doubling the number of players can mean doubling the fun, too.*

**Reprinted from
RACQUETBALL Magazine
1979**

INSTRUCTIONAL

WHAT'S THE CALL?

By Otto Dietrich

AARA National Rules Commissioner

Question: I have two questions. If the receiver hits the server with the ball on the return or serve, what happens? Also, how can I get a copy of the Official Rulebook? Michael Martin, Carrollton, Texas.

Answer: The answer to your first question is found in rule 4.12(e) and you'll be able to look it up in the copy of the Official Rules of Racquetball that the national office is sending you. The rule states that the return of serve is, with only a few exceptions, subject to the provisions of rules 4.14 through 4.16. Assuming that the return didn't obviously lack the speed or direction to reach the front wall, a hinder should be called. If the



hinder wasn't "avoidable," then the score wouldn't change and server would get two more serves. But if the hinder was "avoidable," then the proper call would be "sideout" and

the receiver would get to serve. Rules 4.15 and 4.16 detail the conditions of both types of hinders.

Rulebooks are one of the many benefits of membership in the AARA. They are automatically mailed to members whenever they renew their membership or can be picked up at most AARA-sanctioned events. Non-members may purchase the rulebook for \$2.00 from the national office. Reduced rates are available for bulk orders.

Question: Who should have possession of the ball during a timeout? Often, after I have called timeout, I will hit the ball a few times only to have my opponent ask for it to do the same. I feel that since I called the timeout, I should have possession of the ball if I choose to do so. Is there any rule on this? Bev Benda-Moe, Grand Forks, North Dakota.

Answer: You're right -- there is no rule on this. The situation you describe happens rarely, but when it does, it can be quite traumatic for the players and referee alike. Lynn Adams, long time professional champion, often would pace around the perimeter of the court dribbling the ball during timeouts. Sometimes her opponents wanted to practice hitting the ball (since Lynn wasn't) but she usually refused to give up possession. Confusion and frustration resulted.

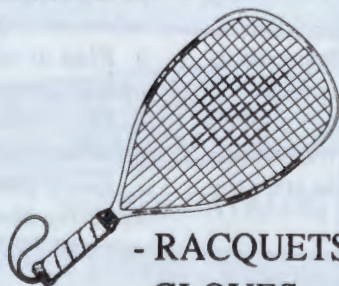
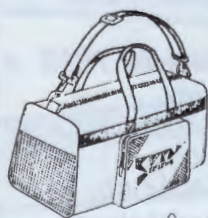
Certainly a case can be made for letting the person who called the timeout have first choice at possession of the ball. But, having seen this

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occur a few times, I now feel that racquetball should adopt the basketball practice of having the referee hold the ball during all timeouts. Of course, the referee should only do this when there is a possession dispute between the players. So, my ruling is that if there's a dispute, the referee should hold the ball.

Question: When I serve I occasionally throw the ball down making it bounce shoulder high. When I hit the ball at that height and drive it into the corner, it rebounds off the back wall higher than a normal drive serve. During "challenge court" someone said that my serve is illegal because you can only drop the ball on the serve, not throw it down to make it bounce high. Is my serve illegal? Allan Booth, Jr., Newport, Rhode Island.

Answer: Your serve is LEGAL! Rule 4.3 states only that "...the ball must be bounced on the floor..." You are allowed to "bounce" the ball on the floor as hard as you want. By the way, for a serve to be legal, the next surface the ball touches after touching the floor, must be your racquet (not ceiling or wall.)



*By Dr. Rhett K. Rainey
Orthopaedic Surgeon,
U.S. National
Racquetball Team*

RACQUETBALL ACHES AND PAINS: A GUIDE TO PREVENTING KNEE INJURIES

In past articles I have concentrated on specific conditions that occur with overuse or injury to those particular anatomic parts. This month I thought it would be interesting to focus on maintaining a healthy knee and prevention of injury to your knees.

Whether you are recovering from a knee injury or getting in shape for the racquetball season, a simple workout can be done to improve your knee's flexibility and strength. This can be done in conjunction with weight training or when you're

without weight facilities, such as on vacation, you should be able to keep your knees in peak condition.

The knee joint sustains a significant amount of stress and is prone to injury. Once your knee has been injured, it can be reinjured easily unless you build up the surrounding muscles that support it. These muscles provide strength for joint movement and stabilize your joint to relieve excessive stress and strain.

In the following paragraphs you will find simple exercises designed to increase strength and flexibility to muscle groups of the lower extremity that all affect how your knee works. These exercises can be done without any specific equipment and minimal time expended.

Thigh Stretch (Quadriceps)

Thigh stretches are designed to make your quadriceps musculature more flexible:

1. Position yourself an arm's length away from a wall facing straight ahead.
2. Keep one hand on the wall for balance. With your other hand, grasp your ankle and flex it towards your buttocks. This will stretch the quadriceps musculature or muscles on the front part of your thigh. Hold this position for a count of 10 then relax. Repeat 10 times and switch legs.

Hamstrings

Hamstring stretch affects the back half of your thigh musculature.

INSTRUCTIONAL

lature. The function of your hamstring musculature is to flex your knee, therefore to stretch this group of muscles you must extend your leg fully and bend at the waist.

1. Sit on the floor with one leg straight. Flex your other knee placing it in front or behind you. INSTRUCTIONAL2. Lean forward, keeping your back straight without bending the knee of your straight leg. You will feel the back of your thigh stretch. Hold this position for 10 seconds then relax. Repeat 10 times and switch sides.

Calf Stretch

The calf stretch is important because it stretches muscles that cross both the knee and ankle joint. This allows your legs to be more flexible and will prevent conditions such as plantaris or achilles tendon strains or rupture.

1. Position yourself braced against a wall with one foot 3 feet behind the other. Point both feet

straight ahead.

2. Bend your front leg, keeping both heels on the ground and your back leg straight. Hold for 10 seconds, then relax. Repeat 10 times and switch legs.

After this stretching routine is completed you are ready for strengthening exercises for the lower extremity.

Straight Leg Raise

The straight leg raise strengthens the quadriceps muscles on the front part of your thigh. This will give you more explosive power for quick starts and jumping.

1. Sit on the floor with one leg bent and the other straight. Flex your ankle so the toes of your straight leg come towards you.
2. Raise your leg six inches and contract or tighten the thigh muscles. Hold for a count of 10 seconds and relax. Repeat 10 times and switch sides.

Short Arc Quad

1. Position yourself as you did with the straight leg raise. Place a rolled towel under your thigh, behind the knee.
2. Straighten your knee, lifting your lower leg off the ground and tighten the thigh muscles. Hold for 10 seconds, relax and repeat 10 times, switch sides.

For greater resistance during these exercises you may use weights around your ankles.

Wall Slide

The wall slide simulates the squat motion which improves knee stability and lifting strength. This exercise will help make your initial movement in racquetball more explosive.

1. Position yourself with your back and head against a wall, looking straight ahead. Keep your shoulders ahead and your feet at least 12 inches from the wall.
2. With your back against the wall, slowly slide down to a sitting position. Do not go further than

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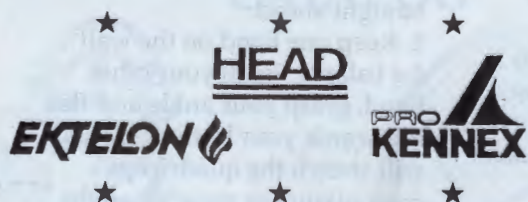
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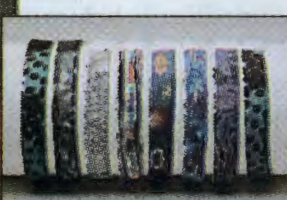
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the sitting position which could put too much stress on your knees. Hold this position for 10 seconds then slowly slide back up the wall. Repeat this 10 times.

Leg Lunge

The leg lunge builds the buttocks, hamstring and quadriceps muscles. This motion stimulates many strokes in racquetball so is quite beneficial.

1. Stand erect with your feet in a normal stance.
2. Step out as far as you can forward, keeping balanced and your back straight. Return smoothly to the starting position. Alternate legs 10 times each and rest, then repeat 5 times.

Toe Raises

Toe raises strengthen your calf musculature which will aid your racquetball by improving push off and prevent injuries to your achilles and plantaris tendons.

1. Stand with both feet flat on the ground shoulder width apart.

2. Raise up on the balls of both feet and sustain this portion for 5 seconds. Make sure your calf muscles are tight. Relax and repeat 10 times.

The key to healthy knees are flexible, strong muscles in the entire lower extremity. With just a few minutes every day of diligent exercise, you'll be rewarded with long-lasting results.

COACHES CORNER

By Jim Winterton

U.S. National Team Head Coach

In the last issue I discussed the prematch duties of a coach and athlete to improve performance in

match play. In this issue I want to move on to post-match coaching and the use of the black book.



Post-match feedback is extremely important, win or lose. I urge

the U.S. Team athletes to use a small notebook to jot notes in. This "black book" becomes a reference for tough match situations, it will serve as a mood diary, and it can work as a fitness diary as well. When notes are jotted down during practice sessions they can help win matches.

An example could be the following journal entry: March 5, 1992. Today I had problems with my forehand. I imagined ten balls in a row when I hit and this forced me to stay on the ball longer. I felt like I had more power and control.

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This entry would then be added to the match play section titled "forehand." If the player ends up in a tight match situation and is having problems with the forehand, all they have to do is look in the book under "forehand" and the problem could be corrected. The player should go through the notebook prior to the tournament and compile those notes that will help in match play situations. Some categories to monitor would be forehand, backhand, serve, serve return, ceiling ball, defense, positioning, and concentration.

Another purpose for the black book is to jot down things that went well or did not go well during a match. An example of this type of entry: March 5, 1992. Although I won today, I was inconsistent with my drive serves. I must work on drive serves to get ready for the Milking Cow Open.

Of course, in order for the black book to work, the player must be able to objectively look at his/her game and be able to analyze strengths and weaknesses. If the player does not have that analytical experience, then the coach is needed.

The good coach should point out what the athlete did well before getting to the improvement part. The things the player needs to be working on and the "whys" should be written by the coach as the match goes on. Bear in mind that the player can't change most things during a tournament, but something



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that's been worked on in practice can be changed. An example:

"John, we've worked on your shooting down the line, but you're pounding everything crosscourt and your opponent is able to run the ball down. Don't you think you could go down the line more?"

If the athlete agrees everything goes well, but let's suppose that the athlete replies: "No way. I'm kicking his butt this way. I can do it." Then the coach has to react with "Ok, but if you get in trouble remember it's open."

The shot has probably been worked on in practice but the player doesn't feel comfortable with the shot. Therefore the coach lets the player go on with

the match and jots the note down to go over with the player after the match. Win or lose, if the coach feels the athlete needs to go down the line more, the player has to understand that. For the coach to be insistent that the athlete change his shot selection right there in the middle of the match when the player does not feel right with it would be wrong and result in not only diminished performance, but an erosion of the coach/athlete relationship.

Another purpose of the black book is to keep a running account of opponents and how to play them. Sometimes a player will be on the way home from a tournament and will remember beating the opponent with lob serves, but never

serving one in the tiebreaker. The black book would be a place to record such vital information. Each player should have a section of the book devoted to their opponent's strengths and weaknesses.

The post-match conference will serve to keep the athlete on the right track. In the most ideal situation, a competent coach is the person leading such a conference with the player. If done correctly, the post-match conference will motivate and correct the athlete. The black book will serve as a reference to opponents, as well as a resource book for help on game specifics, but most of all, the black book and the postmatch conference will add up to more victories and better practice sessions.



FROM THE PRESIDENT

By Keith Calkins

It's been some time since my last message and several things have changed within the Board of Directors. Three new members were elected by the membership in May, and congratulations go to Otto Dietrich, Van Dubolsky, and Neil Shapiro. We also have two new athlete representatives, Kaye Kuhfeld and Doug Ganim, both of whom are active on the U.S. National Team and will make excellent additions to the Board. We also welcome Kelly

Powell, the new Military Representative.

New officers for next year are: Keith Calkins, President; Carol Pellowski, Vice President; Van Dubolsky, Secretary; and Steve Lerner, Treasurer. Otto Dietrich was selected as the National Rules Commissioner and Margo Daniels was reappointed as the National Tournament Commissioner. It will again be my pleasure to serve as President in the coming year.

1992-93 promises to be an exciting season for the AARA. In order to function as a strong unit we have finalized committee assignments for the year and given the chair of each committee responsibility for its work. If you have questions or input for any of our standing committees please contact the committee chair. The complete list of committees and chairs is reprinted on the following page for your information.

One committee I would like to mention is the newly-formed Nominating Committee. This committee is made up of only one Board member and the other six members were chosen by the Board from the general membership. This nominating committee will select the slate of potential Board members for the election. As always, individuals may choose to go through the petition process to get on the ballot, but we believe that this new nominating committee will bring another dimension to our election process and provide greater opportunities for individuals who wish to run for the Board.

In closing I will remind you that next year we will be celebrating our 25th year as an organization and we have a special committee who will be working on promotional ideas for the year. Please send your ideas to Luke St. Onge at the National office. We hope to make this a super year for our sport. Please feel free to contact me if you have any questions about AARA issues.

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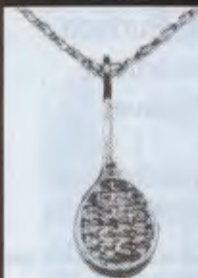
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AARA Signs with Sprint

The AARA has signed an agreement with Sprint as its official telephone sponsor. AARA members who participate in the special program will be able to support the association while receiving an additional 10% discount on all their long-distance telephone service.

MBNA Renews Credit Card Promotion

After a three year promotion hiatus, the AARA MBNA Credit Card will once again be marketed to the membership. The AARA Affinity Credit Card under MBNA has agreed to aggressively market the extremely popular AARA Credit Card. Watch for the new promotion soon.

Regional Tournament Series Grows

The AARA Metro Regional Tournaments have been expanded from 21 to 24 for the 1993 season. Under the new Metro Regional Tournament Program the regionals have expanded from 15 in 1991 to 24 in 1993.

Powerade sponsors National Doubles

Powerade, the official isotonic drink by Coca Cola Foods will be the official beverage of the 1992 National Doubles Championships in Phoenix, Arizona.

Prime Network to Air National Doubles

Prime Network, the national television network for regional sports will carry the finals of the National Doubles in Phoenix, Arizona. Prime Network has carried six AARA telecasts and four professional telecasts this year. The AARA is currently in negotiation with Prime Network for

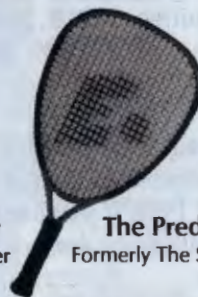


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the 1993 television broadcast schedule and it is expected that Prime will expand its coverage of racquetball next season.

Olympic Congress Set for Miami

The 1992 Olympic Congress will be held at the Fontainebleau Hilton Resort and Spa in Miami Beach, Florida October 7-10, where innovative educational opportunities promise to set the program apart from other conferences.

Specialized topics will focus on organizations' Olympic needs such as Community Sports Development, Sports Marketing and Media, Administration and Management, and Athlete Issues. The Congress Exposition will also create a dynamic environment for exchange between sports organizations of the U.S. Olympic Movement and the business world, with discussion of such diverse topics as sponsorships, licensing, member services, host cities and events, manufacturers, and service providers. Demonstrations and interactive displays will allow participants to experience new products "first-hand," as well as the sports themselves.

To register or exhibit contact Sheila M. Walker, Director, Olympic Congress of the USA, United States Olympic Committee, 1750 E. Boulder Street, Colorado Springs, CO 80909, or call 719/578-4711 or fax 719/632-9802.

Election Procedures Announced

Four persons will be elected to the AARA Board of Directors in May of 1993. If you are interested in becoming a candidate there are two ways in which you may do so:

- 1) Submitting your name and resume to the Election Nominating Committee for consideration or;
- 2) Submitting a signed petition to have your name placed on the ballot, with the signatures of 100 licensed AARA members.

Although September 1 was the deadline for utilizing the first option, petition candidates still have plenty of time to get on the ballot. To obtain official petition forms, make your request in

writing to: AARA Election, 815 N. Weber, Colorado Springs, CO 80903-2947.

Signatures must be obtained between October 1 and December 1, 1992 and the forms must be received at the AARA office for verification by December 15.

The names of both the committee nominees and petition candidates will appear on a ballot published in the March/April edition of RACQUETBALL Magazine. All candidates are required to provide the following for inclusion in the "election issue" of the magazine:

- *Biography (a statement of 200 words or less outlining your qualifications to be on the Board of Directors)
- *Statement of 200 words or less "Why I Want to Be On the Board of Directors"
- *Black and white photograph

The term of office is three years and includes the commitment to attend two meetings annually (Thursday through Saturday, the first week in October or last week in September; and Monday through Wednesday, the week of National Singles in Houston). Members must also commit to serve responsibly and take a leadership role on committees.

The thirteen-person board is comprised of ten elected members (with a minimum of two female representatives) plus two athlete representatives and a representative from the armed forces.

Leadership Seminar Dates Set

The annual AARA Leadership Seminar in Colorado Springs has been scheduled for January 13-17. The conference is held at the U.S. Olympic Training Center, and is designed to update state presidents, program directors and officials on AARA goals, projects and plans for the coming year. Contact your state association board for details.

Junior World Dates Finalized

The 1992 IRF World Juniors will be held December 19-22 at RacquetPower in Jacksonville, Fla.



COLLEGIATE UPDATE

By Neil Shapiro

Frequently I'm asked for information about college racquetball scholarships and I have given many different answers over the past

ten years. The current situation for racquetball scholarships is that only two schools offered them in 1991-92, Southwest Missouri State University and Memphis State University. Whether those schools will continue to offer scholarships in the 1992-93 academic year is an administrative decision, so please contact either school if you need official information about scholarships.

Needless to say, you can receive other types of college scholarships, based on academics, need or athletics, and still play racquetball for that college or university.

Another frequently asked question concerns eligibility, particularly that of graduate students. The rules, as they now stand, allow for fully matriculated, full-time graduate students, who have not exhausted their four years of eligibility to compete in the regional and world competitions. The above criteria must be provided, in writing, to the tournament director prior to commencing tournament play.

If you have specific questions about your eligibility please write to me at the AARA office or at 128 Lancaster St., Albany, New York 12210.

I'd like to thank everyone who voted to elect me to the AARA Board of Directors. In that position I have been asked to chair the Education/Research Committee for the AARA and I would hope that some collegians might be interested in doing some work that might be of value to racquetball as well as fulfill their course requirements. Some areas

Continued on Page 66 ...

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September 18

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Northeast Racquetball Club
Columbia Heights, MN
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Regional Doubles
Racquetpower
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King's Court
Lyndhurst, NJ
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September 19

SC State Doubles
East Cooper Athletic Club
Mt. Pleasant, SC
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September 25

Fat City Open
Quail Lakes AC
Stockton, CA
209/951-3795

Open Tournament
Roanoke Athletic Club
Roanoke, VA
703/989-5758

PA State Doubles
Racquet Club of Pittsburgh
Monroeville, PA
412/856-3930

TBA

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Morehead City, NC
919/726-7070

September 30

Fall Kick-Off
Alaska Athletic Club
Anchorage, AK
907/562-2460

Peanut Festival
Suffolk YMCA
Suffolk, VA
804/934-9622

Plantation Foods Open
Waco Athletic Club
Waco, TX
817/776-1480

Pro/Am Cash Bi-Rak-It
Southlake Athletic Club
Morrow, GA
404/968-1798

Series-Stop #2 Shoot-Out
R/B & Nautilus Fitness Ctr.
Thoms River, NJ
201/444-0859

October 9

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

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Salinas Athletic Club
Salinas, CA
408/757-8331

Octoberfest Open
Auburn Court House
Auburn, CA
916/885-1964

Pepsi Series #1
Sportsbridge Athletic Club
Richardson, TX
214/241-3590

Shadowbrook Open
Shadowbrook Resort
Tunkhannock, PA
717/836-2151

United Cerebral Palsy Open
Butler Racquet Club
Butler, PA
412/285-5775

VA State Doubles
Downtown Athletic Club
Norfolk, VA
804/625-2222

October 10

AR State Doubles
Fitness Unlimited
Benton, AR
501/778-2571

October 16
Chili's Shootout
Schoeber's Athletic Club
San Jose, CA
408/629-3333

Fall Kick Off
The Ahtletic Club
Fairbanks, AK
907/456-1914

OCTOBER

October 2

Clayton Valley Open
Clayton Valley AC
Concord, CA
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San lando Park
Altamonte Springs, FL
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3RD Annual Pro-Am
Lake Country Hlt & Rac
Forest Lake, MN
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October 20
Huntsman Chemical World
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St. George, UT
801/378-6010

October 21
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National
Doubles
City Square
Sports Club &
Lexington
Hotel
Phoenix, AZ
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October 23
Cocoa Halloween Open
Cocoa Court Club
Hershey, PA
717/533-4554

Country Fair Open
Nautilus Fitness Ctr.
Eric, PA
814/459-3033

Great Pumpkin Open
Midtown Athletic Club
Sacramento, CA
916/441-2977

March of Dimes Tourna-
ment at Orlando Fitness &
Racquet Club
Orlando, FL
407/645-3550

Open Tournament
American Family Hlt & Fit
Richmond, VA
804/330-3400

Riverbend Masters
Tournament
Winona Family YMCA
Winona, MN
507/454-1520

Tournament of Terror
Racquetball World
Canoga Park, CA
818/884-5034

October 30
Williamsport Open
Nautilus Racquetball Club
Williamsport, PA
717/667-2209

NOVEMBER

November 4
Racquetball Classic
Alaska Athletic Club
Anchorage, AK
907/562-2460

November 6
Capital A.C. Slugfest
Capital Athletic Club
Sacramento, CA
916/442-3927

Fitness Plus Open
Fitness Plus-Days Inn
Johnstown, PA
814/288-5040

Halloween Shoot-Out
The Club at Woodbridge
Woodbridge, NJ
908/634-5000

New England Invitational
The Executive Health & Fit
Manchester, NH
603/627-4552

Open Tournament
Skyline Clubs/Crystal
Gateway
Arlington, VA
703/756-8623

St. Croix Animal Shelter
Fund Open at River Valley
Athletic Club
Stillwater, MN
612/439-7611

TBA
Los Caballeros Sports Vlg.
Fountain Valley, CA
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World Island Open
Royal Athletic Club
Burlingame, CA
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Auburndale R/B Complex
Auburndale, FL
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November 13
Cross Court Open
Cross Court Athletic Club
Woodland, CA
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First Coast Classic
Racquetpower
Jacksonville, FL
904/268-8888

MI Mid West Senior/
Masters Invitational
Grand Blanc Court Club
Grand Blanc, MI
517/887-0459

Midwest Pro-Am
Tournament
Northgate Racquet Club
Rochester, MN
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Pennbriar Holiday Classic
The Pennbriar
Erie, PA
814/825-8111

Turkey Trot
The Athletic Club
Fairbanks, AK
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Sarasota Family YMCA
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NOV. 15



NATIONAL & INTERNATIONAL CALENDAR

OCTOBER 21-25 EKTELON AARA National
Doubles Championships
Phoenix, AZ

DECEMBER 19-22 IRF World Junior Championships
Jacksonville, FL

COLUMNS

...Continued from
Page 63

that you might want to examine could be: how do people learn psychomotor activities?, can our equipment be improved upon?, how can serious students find the best techniques for training with limited time available?, can we devise a mechanical training apparatus that does not presently exist?

The list could go on and the questions could be a lot more specific. I'm only suggesting that the AARA is very interested in stimulating research in racquetball and colleges and universities are ideal places for that work. If you are interested and need any materials or support, please contact me and we'll work on a way to get whatever you need.

Enjoy your summer and if your school is interested in hosting the 1993 World Intercollegiate Championships, please let us know.



NOSTALGIA

*Compiled by
John Mooney*

At this year's meeting, the AARA board of directors voted down the proposed rule change which would have allowed the overall length of the racquet to be a maximum of 21½

inches. Since the controversy over racquet size isn't new, I thought it might be interesting to take a look at all the changes that have taken place over the years.

Did you know that the first rule change made by the International Racquetball Association (now the AARA) occurred 23 years ago, in May of 1969, at their first annual board of directors meeting? That rule change involved the dimensions of the racquet. The board voted that: "The official racquet will have a maximum length head of 11 inches and width of 9 inches. The handle will not exceed 7 inches. The total length and width may not exceed a total of 27 inches."

The first set of rules developed by Joe Sobek in 1952 established the racquet as: "The racquet shall have a wooden head similar to a small tennis racket except that its entire length will not exceed seventeen inches. It shall be strung with gut or a suitable substitute, provided it is not metal".

The 1956 Official Paddlerackets Rulebook noted the following change: "Official Paddle Racket: A short handled wooden

racket with strings as the hitting surface. Its length plus width should not exceed 26 inches."

In 1959 the rule read: "The racket shall have a wooden head similar to a small tennis racket except that its entire length will not exceed seventeen inches. It shall be strung with gut or a suitable substitute, provided it is not metal."

Then in 1969 the rule was changed as indicated earlier, and stayed the same until 1980 at which time the rule was revised to read: "The length of the head, measured from the top of the handle to the top of the head, may not exceed 13½ inches. The head width may not exceed 9 inches. These measurements are computed from the outer edge of the racquet rims. The handle may not exceed 7 inches in length."

The rule changed again in 1984 and read: "The total length and width of the official racquet may not exceed 27 inches. The total length of the racquet may not exceed 20½ inches and the head width may not exceed nine inches"

In 1985, a one year waiver was approved on a experimental basis to allow any shape racquet as long as the overall length did not exceed 21 inches. This specification became the official rule in 1987.

In 1990, a change in the overall length of the racquet was once again proposed and a waiver was granted for the racquet length to be over 21 but not to exceed 21½ inches in all sanctioned events, with the exception of regional and national events. As stated earlier, the board disapproved this change and the 1987 rule remains the official racquet dimension standard.

Joe Sobek invented the game of racquetball using a platform tennis paddle -- not a sawed off tennis racquet as has so often been reported. Joe drew up his blueprint of the first racquet and took his design to the Magnan Racquet Manufacturing Company, a manufacturer of Tennis Racquets in Attleboro, Mass., where the engineers made a few



Racquet Evolution: The original 1950 Sobek, the trendsetting 1989 Ektelon Toron and the new Head LaserSpeed.

minor alterations before putting it into production. The first order was placed in November of 1950 for 25 racquets, and another order for 28 racquets followed in June of 1951. Sobek's contract with the Magnan company netted him a .25 cent royalty on every racquet sold by the company. His royalty check in the first year amounted to \$13.25.

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COLUMNS

INTERNATIONAL NEWS

IRELAND: Bobbi Brennan Named Sportswoman of the Year

Bobbi Brennan of Ireland was recently selected as Sportswoman of the Year in Tipperary. She won the award for her racquetball achievements in 1991, including the womens singles and doubles titles at the European Championships in Antwerp, Belgium. In addition to taking both European titles she also won the womens singles events at the 1991 Ulster Games and the Tralee International singles titles in 1991 and 1992.

Bobbi is not only known for her skill as a tough, skillful racquetball player. She is equally admired for her fine sportsmanship both on and off the court. Our congratulations to Bobbi on her excellent achievements and well deserved award as Tipperary Sports Star.

BELGIUM: Antwerp International

Since the beginning of this season, Belgian racquetball has proven to be on the rise! A steadily growing group of enthusiastic player, "oldies" as well as new talents, have picked up the old trail and have played several tournaments in "the neighbourhood" of France, Belgium and Holland.

The Antwerp International at Indoor, was marked by keen competition, especially in the categories of Mens C and Womens Open. In both events, several newcomers proved promising. Nathalie and Michele De Wever (better known as the Twins) from Brussels and Sonny Kunnos from Paris are names that will certainly appear again in the near future.

The Mens Open and B were put into one bracket, with the consolation round serving as the B division. Erik Devis, a squash player who made his first appearance last year at the European Championships, made life very difficult for Philippe Lecomte in the semi-finals, as he did last year with former Dutch champion Raymond Postma. Eventually Philippe won the tournament by a 2-0 victory over Ronald Schmid of Holland.

Results: Mens Open; 1. Philippe Lecomte (France), 2. Ronald Schmid (Holland). Mens B; 1. Tim Radder (Holland), 2. Dirk Smolders (Belgium). Mens C; 1. Niklaas De Boutte (Belgium), 2. Mark Verlinden (Belgium). cons; Ludo Loomans (Belgium). Womens Open; 1. Angelique Baart de la Faille (Holland), 2. Cathy Tritsmans (Belgium), cons; Sonny Kunnos (France).

CANADA: Dan Stone Retires

Dan Stone, past President of Racquetball Canada and Chairman of the National Team Committee announced his retirement from all active participation in the business of the association at the special general meeting in February.

Dan has been involved in racquetball since 1973 when he took up the sport. He became involved in the Nova Scotia Racquetball Association in 1974 and was active in the provincial association for six years before moving onto the national

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scene, where he served as President of Racquetball Canada for six years.

Dan was also active at the international level, serving as the representative of the North American Zone and Vice-President on the International Racquetball Federation Executive Committee.

COLOMBIA: Federation Re-Organizes

The Colombian Racquetball Federation has reorganized and is interested in supporting its national players. For more information, contact:

Liliana Casasfranco, President
Federacion Colombiana de Racquetball
Tel: (573) 616135 or (573) 644474
Fax: (573) 650273 Cali

IRELAND: Top U.S. Coach Visits Belfast

Larry Liles, Head Coach at Memphis State University, flew to Belfast to conduct a course of advanced racquetball coaching at Beechmount Leisure Centre. The course was organized by Liam McCarney as part of the Old Bushmills International Academy for Coaches.

This year nineteen courses covered a range of activities from gymnastics to yoga and football to fencing. Due to Liam's initiative, racquetball was included for the first time.

All affiliated clubs in Ireland were invited to nominate coaches to attend the course, and nine participants were

named, including Marie and Philip Duignan, Kathleen Curran, Rose Mary Morrissey, Michael O'Toole, Malachy Crudden, Marty McCone, Pat Loy and Liam McCarney.

The six-day course covered essential skills, practice sessions, offensive and defensive play, slot selection, singles and doubles strategy, fitness and nutrition, conditioning and psychology of the game.

ENGLAND: Wheelchair Racquetball Goes International

Ms. Joan Scruton MBE, Secretary General of the International Stoke Mandeville Wheelchair Sport Federation recently announced that the Organizing Committee of the 1992 Paralympics (COOB '92) has granted "unofficial" demonstration status to the sport of Wheelchair Racquetball.

"After almost two years of lobbying and on very short notice we have been accorded this excellent opportunity to promote international interest and education in our sport," says Hinton. "Athletes from Canada, Great Britain and the United States will be on site to offer demonstrations, instructional and administrative information."

For additional information contact: David Hinton, Technical Director, Racquetball Canada, Suite #303, 1600 James Naismith Drive, Gloucester, Ontario, Canada K1B 5N4, 613/748-5653.

CLIP AND SAVE RULE CHANGES

Clip these changes to your current rulebook so you'll be up to date on September 1st, then look for official wording and text in the 1992-93 Official Rulebook, released later this fall!

UNCHANGED RULE 2.4 Racquet Specifications. The waiver permitting the use of longer, experimental racquets expires on August 31st. Racquets may not exceed 21 inches in length after September 1st, in any sanctioned event.

NEW RULE 2.5(c) Warm-Up Requirements. Approved eyeguards must be worn and wrist thongs must be used during any on-court warm-up period. The referee should give a technical warning to any person who fails to comply and assess a technical foul if that player continues not to comply after receiving such a warning.

REVISED RULE 5.13(a) 2. A person may compete in more than one adult regional singles and one adult regional doubles tournament, provided they do not enter the same "championship event" in that same year.

STATE OF THE MEMBERSHIP

By Kevin Joyce

STATE RANKINGS: July 1, 1992

- | | |
|---------------|-------------------|
| 1. California | 6. New York |
| 2. Florida | 7. Pennsylvania |
| 3. Texas | 8. Minnesota |
| 4. Ohio | 9. Colorado |
| 5. Illinois | 10. Massachusetts |

REBATES:	FIELD*	RENEWALS**
1st Quarter	\$38,964	\$17,247.50
2nd Quarter	28,691	11,193.00

* Field rebates are monies directly withheld from collected membership dues by state associations. All figures are based on the purchase of one-year competitive license memberships.

** Renewals are quarterly rebates on renewal fees to states that qualify by publishing and distributing one newsletter each quarter. Only 54% of the state associations have qualified for second quarter rebates and may withhold a portion of the total.

DISABLED ... Continued from Page 34

every participant. To reduce the cost of this practice, Dave requests that members of the club contribute their old "dust collecting" trophies. The labels are removed and new ones added and thus become recycled trophies. Now both the person that contributed the trophy and each athlete are happy. Everyone becomes a winner when each athlete receives a trophy. Too many people go through life and never get a trophy.

The other volunteers and I have gained many valuable lessons from working with these athletes. One time, employees from our club went to the rec center to play basketball with the athletes. During play, when the blind athlete got the ball, everyone stopped. Someone got a cane from the sideline and began to clang on the rim. This allowed him to "see" the rim. SWISH! Everyone cheered and some almost cried. This proves that everyone can play somehow.

An individual sport like racquetball can give athletes socialization and self confidence skills, and I've seen it happen in this program. They are able to practice on their own at the rec center against a wall in their free time. Giving these athletes this type of opportunity makes this world better.

In the beginning of this program, there were many athletes who suffered from idiot savant syndrome (like Dustin Hoffman's character in Rain Man) who knew a lot about a little. All of a sudden these players learned more and more about everyday life. By experiencing life outside of the rec center, they've learned not to be afraid of it.

In addition to the recreational and social values gained by this program, there is another benefit to racquetball instructors and club owners. With the recent passage of the Americans with Disabilities Act, new opportunities are available to employers. Employers can receive federal tax credits for hiring workers with developmental disabilities. If you have any questions about starting a Special Olympics program at your club, please contact Dave George or me at 415/994-9080.

THE*CLUB RACQUET

The AARA Club Recreational Program News



Club Profile: Rancho Arroyo Racquet Club

Rancho Arroyo Racquet Club, located at 85 Corona Road in Petaluma, California was one of the first to sign up as an AARA Recreational Club Member. Owned by Kathleen Perdue and managed by Alison Bratina, the 42,000 square foot complex has programs galore. Its facilities include:

- * Six Racquetball Courts (three with glass backwalls)
- * Seven outdoor Tennis Courts (four lighted)
- * 1,500 Sq. ft. Aerobics Area (offering 28 classes/week)
- * 2,000 Sq. ft. Weight Training Area. Combined Nautilus/workout area with Stairmaster, Windracer, Lifecycles, Rowing Machine and Free Weights.
- * 100 Sq. ft. Pro Shop
- * 700 Sq. ft. Restaurant & Lounge
- * 25 X 60 foot Swimming Pool, heated year round

Judy Prokop, Ron Rocco, and A.J. Maldanowo head up the extensive activities and programs for the membership, which include three major club racquetball tournaments (the Empire Open, Senior Open and an Outdoor Tournament). They also offer an Off-hand racquetball tournament, Halloween costume tournament, three leagues (individual and team), monthly adult clinics, group and private lessons, Junior Development, a weekly challenge court, monthly socials and doubles challenge night. Other programs include three club tennis tournaments, USTA adult and junior tennis leagues, monthly social tennis activities, Wallyball and Basketball leagues, Smacknetball, Handball challenge court, aquatic fitness classes, swim and scuba diving lessons, Kempo Karate, an annual Golf tournament, Microfit fitness evaluations and CPR/first aid classes.

We thank the owners and management of the Rancho Arroyo Racquet Club for sharing this information. For any club owner, manager, program director or pro interested in contacting Rancho Arroyo, call 707/759-5461.

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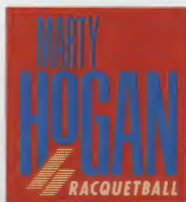


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