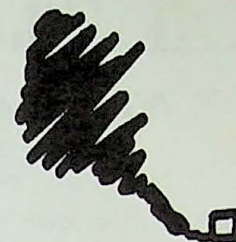




Florida Racquetball News



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Scott Reiff "rolls" in the Holiday Cash Classic

The annual **Holiday Cash Classic** tournament was held at the **Orlando Fitness & Racquet Club ("The Club")** November 20-22nd. The lure of a \$500 cash prize brought out some players seldom seen at recent Florida tournaments, including **Armando Alonso**, **Corey Brysman** and **Scott Reiff**.

Hometown hopefuls **Phil Murray**, **Pete Soltren**, **Scott Rubin**, **Vinnie Ganley** and **Terry Fluharty** all went down in first round matches in the field of 18. Terry's match against **Julio Junkie** was one of the most exciting of the tournament, with Julio edging past him 11-5, 9-11, 11-8, 10-12, 11-8 (pro rules and scoring used in the cash event).

Corey Brysman eliminated the always tough **Tim Hansen** in the quarterfinals, only to fall to **Scott Reiff** in his semifinal match. **Armando Alonso**, a former 2 time State Singles Champion who recently returned to the state,

advanced through 3 rounds, including a close win over **Matt Fontana** in the semifinals - 3-11, 12-10, 12-10, 11-8. Other quarterfinalists included **Julio Junkie**, **Scott Cullins** and Miami's **Hector Capo**.

Reiff played very well all weekend as he breezed through

his four rounds without losing a game. In the final, Scott defeated **Armando** 11-8, 11-1, 11-4. For his efforts Scott was awarded \$500 and **Armando** was presented with \$250 for his second place finish.

Another of the weekend's winners was **Guy Meadows** who correctly predicted the outcome of every match in the entire Men's Open draw! The contest was sponsored by **Racquetball-Online**. Guy's outstanding guesses earned him a holiday turkey. Congratulations to Scott, **Armando** and **Guy**! *Complete results, pg 7*



Kassi Herr presents Scott Reiff & Armando Alonso with their winnings.



1998
US Open
Championship



Don't Miss It!

The '98 US OPEN will be televised by ESPN-2. Here on the east coast, the event will be shown beginning at 2am EST on the 14th of February.



'99 State Singles to return to Sarasota.

The FRA's largest annual event will be hosted by the **Sarasota Bath & Racquet Club** and the **YMCA** once again. *Tournament applications are inserted into this publication.*



1999 Regional Singles set for The Quad.

The **Quadrangle Athletic Club** in **Coral Springs (Ft. Lauderdale)** has been selected to host the 1999 Regional Singles Championships. *See page 9 for details.*

IN THIS ISSUE...

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Rankings, Scoreboard...
...and much more!

Off The Wall by Mary Lyons

New Years Resolutions

New equipment promises... we've all seen them... "The new Plutonium G2000 will enable you to hit that rocket ace serve, and give you the "bad as I want to be" game that will blow the competition away. It's lighter, longer, stronger, stiffer, more flexible. It will give you more power AND more control and turn you into "Super rollout-man"!

Wow! If only a racquet could do all of that! While it is true that advances in technology have revolutionized the game of racquetball, all the equipment on the market cannot replace good technique. Unfortunately there are too many players out there that purchase the newest equipment offered and don't take the time to improve their game. When their expectations fall short, they blame the equipment. "Maybe this year they'll make a racquet for me". "One that can run down all of those great shots that my opponents are making -with their new plutonium powered racquets". "A racquet that will live up to all my expectations and make it possible for me to finally achieve my ultimate goal (whatever that is)".

Here's a little tip for all of you techno-players... take some advise and make a few New Years resolutions. Try making your game, your conditioning and your mental attitude better this year. Combine that with the latest in "grip-it and rip-it" technology and you just may make 1999 the year that you've been hoping for.

1999 Racquetball Resolutions

*I will take a series of racquetball lessons from a certified/qualified professional and learn what **I need to do** to get my game "on track".

*I will meet with a fitness consultant and determine what **I need to do** to begin the process of getting in shape to play competitive racquetball.

***I will set up and begin a workout schedule** which will include on court drills - designed to improve my offensive and defensive shot making skills.

***I will set up and begin a workout schedule** which will include strength, cardiovascular and speed training to make me a better player.

*I will take advantage of my "new & improved" skills and physical capabilities and begin to **think more positively about my game**. **I will read a "positive thinking" book** (I suggest Inner Tennis) which will help me learn how to relax and to focus mentally and will enable me to play my very best.

***I will make a plan and I will stick to it. I will not procrastinate - I will begin TODAY.**

Note that all of the above resolutions start with "I WILL DO"... something. In order to become a better racquetball player you must DO something about it. Wishing for a better game will ultimately end in frustration and failure so set some realisting goals and make a few resolutions to get out there and DO something for yourself and for your game. I hope that 1999 will bring you all you wish for - both on and off the court. Good luck with all of your New Years resolutions.



The Bids are In. The FRA Board of Directors has completed the bidding process for the **1999 Florida State Championship Series**. Both Penn and Ektelon presented bids for the 4 major events - State Singles, State Doubles, Sunshine State Games and State Outdoor Championships. The goal of the bidding process is to secure a one year sponsorship for the FRA State events which will prove to be the most beneficial to the players of the state of Florida. As in past years, the bids were very competitive; when the votes were tallied, Penn was selected as the Official Sponsor for the FRA State Championship events for 1999. The **Penn Blue** ball will be used for all of these State events. As in '98, the Penn Pro (green) balls will be used for Regional competitions. We look forward to working more closely with Penn to continue to promote racquetball here in Florida.

Titanium Racquetballs?

Reports are coming in that new Titanium racquetballs have been spotted all over the state... and they're purple! See Penn's media release on page 4 for more information.

State Singles fast approaching! Just a reminder that the FRA State Singles Championship is coming up soon... All players will have to mail in their entries so make your plans **TODAY!** The application for this event is inserted in this newsletter. Make a copy and give it to a friend.

**If you've got a news "tidbit" that we might be able to use, fax it to FRA NEWS:904-270-0395.*

**1998 Promus Hotel
Corporation
U.S. OPEN
Championships
Memphis, Tennessee
November 10-15**

As results from this, the third US OPEN Racquetball Championships unfolded, the story remained the same... The excitement of the Professional matches provided the amateur players with all the excitement that they could handle. And thought the Professional matches are definately the focus of the event, the amateur divisions proved to be just as thrilling and help to insure that the overall event is a success. Team Florida, as always, made a big impact on the event as players from the Sunshine State returned home bearing Gold & Silver. Leading the team were three Floridians who earned Gold in '97 and repeated in '98.

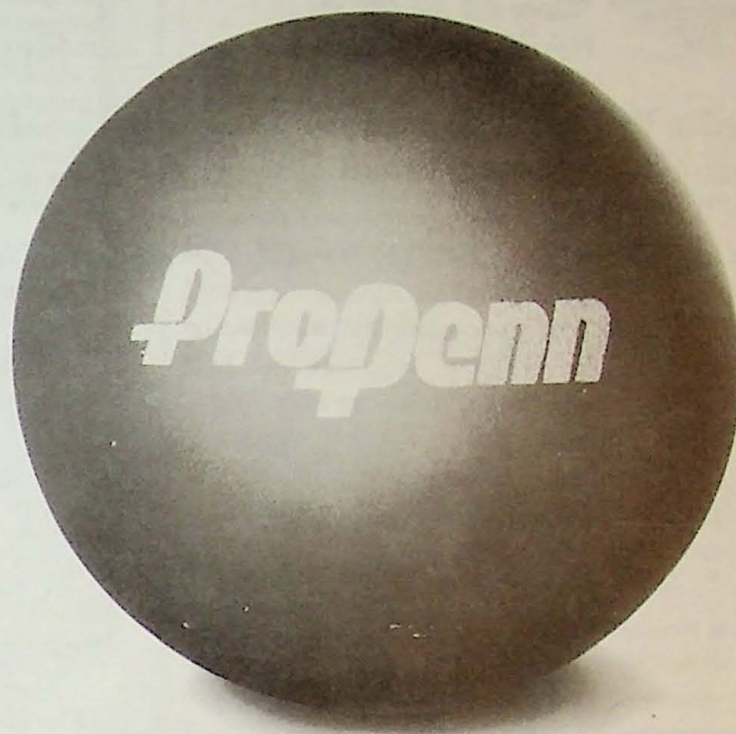
Making the trip and proving that she really has recovered completely from hip replacement surgery **Jo Kenyon** once again captured the 60+ title, this time defeating B.J. Calloway from Buford, Georgia in an exciting 3 game match. Game one was as close as it could be with Jo

squeaking by 15-14 and B.J. captured game two 15-10. In game three Jo showed just how tough she is as she dominated taking the title with an 11-0 tiebreaker. She is definately "back"!

Also repeating the '97 victory was Jacksonville's **Mitt Layton**. Mitt swept through the draw and defeated Ohio's Dominic Palmieri 15-6, 15-5 to capture yet another Mens 45+ US OPEN title. Clearwater's **Rick Fusari** enjoyed his second trip to Memphis as he repeated his '97 feat and captured his second consecutive Mens 50+ US OPEN Championship title. This year Rick rolled through the draw defeating Richard Bocanegra of Topeka, Kansas in the final 15-10, 15-13.

Silver, albeit not quite as prescious as gold remains one of the world's most sought after metals. Three Floridians seeking gold were stopped short... but just barely. The trio, who have nothing to be ashamed of played well but were defeated in the finals. **Lori Lepow**, from Orlando, competing in the Womens 25+ Open division played very well all week but was stopped just short of her goal by Mukai Youku from Chiba, Japan 15-14, 15-3. Miami's **Vivian Gomez** was stopped in the Womens 25+A/B final by Jill Nelson from Bartlett, Illinois in a very exciting 11-7 tiebreaker. **Karen Weins**, from Palm Harbor competing in the Womens 45+A/B division was defeated in the finals by Sharon Huczek from Rochester Hills, Michigan 15-10, 15-2. *Congratulations to all Team Florida players.*

**Special Thanks to Bill & Kassi Herr for providing the "Team Florida" US OPEN photos on pg. 10.*



**OFFICIAL BALL OF
THE IRT/WIRT.**



Media Release: Penn Introduces New Titanium Racquetball

PHOENIX, ARIZONA, SEPTEMBER 21, 1998 Penn Racquet Sports, maker of America's #1 selling racquetballs, announced the introduction of its new Penn Titanium Racquetball. This innovative addition to the Penn racquetball family adds Titanium, the metal of the millennium to a superior Penn racquetball design. The result is an extremely durable racquetball that translates into speed and power for the player. Another notable change with the Penn Titanium Racquetball is the ball's purple color. Penn play testing has shown that purple is easy to track with the eye, speeding up reaction time to the ball and enhancing any player's game. The new Titanium Racquetball joins Penn's racquetball family of Ultra Blue and Pro Penn Green balls.

"The Penn Titanium Racquetball exemplifies our effort to offer fresh, innovative products and to grow the game of racquetball," said Mike Curtis, Director of Marketing for Penn Racquet Sports.

For more information, visit Penn Racquetsports at: www.pennracquet.com

**Note: The FRA will be using the Penn Ultra BLUE ball for all '99 State Championship events and the Pro Penn GREEN ball for all Regional Championship events. The new Titanium Racquetball is not slated to be used for any Level 3 or above events, at this time.*



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F.R.A. and the



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Stay informed with
the FRA Website



- *Keep up with your current rankings...
 - *Check out the very latest tournament results...
 - *Plan your '99 tournament schedule...
- ...and much more at:

www.racquetball-online.com/fra

Florida Racquetball Association Tournament Ranking System

	Tournament Level					
	1-local	2-open	3-state	4-regional	5-invnt	6-national
1st Place	30	50	150	250	300	600
2nd Place	20	30	100	150	200	400
3rd Place	15	20	75	100	150	300
4th Place	10	15	50	75	100	200
5th Place	5	10	25	50	75	100

*The FRA (through Racquetball-online) currently maintains all state rankings, using results provided by tournament directors.

*FRA rankings reflect only points accumulated in indoor 4 wall events.

*Once a player reaches the "cut off" limit in a skill division, that player is no longer eligible to compete in that division and MUST move up to the next higher skill level. Players may NOT drop back down to a lower skill level once their ranking points drop below the cut-off limit.

Skill Division Cut Off Limits					
Division	Men	Women	Division	Men	Women
A	250	400	C	150	250
B	200	350	D	100	200

*Players ranked in the top 10 in any skill level may NOT compete in a lower skill level and will NOT be listed in the rankings.

*Cut off limits apply to skill level and age+skill level divisions.

*Once a player has won a skill division in a Level 3 event, he/she may NOT compete in that skill division in future Level 1-2-3 events. He/she may compete in the Level 4 event that year but must move up following that event. This rule applies to doubles and also applies even if the player has not reached the designated cut-off limit.

**If you have any questions regarding the ranking system or your status, please put your question in writing and mail it to the FRA.

**The rankings provided in this newsletter are maintained by Racquetball-online... check it out and let us know what you think of our new format.*

FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA RANKINGS *

Junior 8 & Under

1	250	McNutt, Mike
2	150	Godwin, Calvin
3	150	Slocum, Harrison
4	105	Parrish, Sarah
5	80	Scodras, Pete Jr.
6	50	Allen, Matt
7	30	McDonald, Melissa

Junior 10 & Under

1	450	Godwin, Jamin
2	250	Parrish, Timmy
3	150	Reynolds, Connor
4	145	Walker, Brendan
5	110	Kovalick, Marc
6	75	Hunter, Geoffrey Jr
7	50	Dublosky, Mitchell
8	30	McDonald, Melissa
9	20	Kane, David
10	15	McNutt, Mike

Junior 12 & Under

1	250	Akes, Chris
2	250	Slocum, Brad
3	200	Godwin, Jamin
4	195	Kovalick, Marc
5	125	Haber, Scott
5	125	Haber, Zach
6	95	Zahner, David
7	85	Walker, Brendan
8	70	McDonald, Kevin
9	60	Parrish, Timmy
10	50	Deegan, Brandon
11	50	Polak, Justin
12	50	O'Neal, Raymond
13	50	Kovalick, Corey
14	30	Lynch, Tom
15	20	Deluccia, Brett

Junior 14 & Under

1	480	Burris, Clay
2	430	Meadows, Justin
3	210	Kovalick, Corey
4	125	Miller, Johnny
5	95	Davison, Bill
6	75	Slocum, Brad
7	50	Paez, Carlos
8	50	Akes, Chris
9	50	Davidson, Bill
10	30	Paez, Carolina
11	30	Deegan, Brandon
12	20	Bushek, Dan
13	20	Zahner, David
14	15	Nation, Troy
15	15	Lynch, Tom

Junior 16 & Under

1	750	McElhiney, Matt
2	390	Harmon, Mike
3	210	Akes, Danny
4	150	Hawk, Nick
5	125	Best, Jeremy
6	100	Lupo, Benny
7	80	Meadows, Justin
8	65	Burris, Clay
9	10	Slocum, Brad

Junior 18 & Under

1	265	Hawk, Nick
2	180	Akes, Danny
3	75	Welch, Jayson
4	75	Lupo, Benny

18 & Under Continued

5	50	Harmon, Mike
6	50	Feldman, Todd
7	20	Best, Jeremy

Junior Girls 8 & Under

1	150	Parrish, Sarah
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MENS OPEN

1	630	Metcalf, Aaron
2	510	Fontana, Matt
3	290	Hansen, Tim
4	180	Scargle, John
5	160	Capo, Hector
6	160	Xynidis, Nick
7	150	Burris, Ron
8	145	Martino, Mike
9	145	Junkie, Julio
10	100	Cuesta, Ralph
11	100	Lorello, James
12	95	Fluharty, Terry
13	80	Cabana, Orlando
14	75	Layton, Mitt
15	75	Greenberg, Ross

MENS-VALLAGE

1	600	Petrella, Don
2	400	Erker, Scott
3	250	Harper, Eric
4	240	Harmon, Mike
5	150	Xynidis, Nick
6	110	Jennings, Ron
7	100	Pujolar, Alain
8	70	Best, Jeremy
9	70	Peek, Larry
10	50	Schwartz, Jonathan
11	50	Perez, Horacio
12	50	Bledsoe, Jason
13	50	Friderich, Todd
14	50	Johnson, Chris
15	50	Davis, Brad

MENS-19

1	50	Pujolar, Alain
2	50	Rostran, Silvio
3	50	Harmon, Mike
4	30	Sanchez, Jose
5	20	Avelar, Fabrizio
6	15	Frederick, Todd
7	10	Bledsoe, Jason
8	10	Caballero, Ralph
9	10	Inigo, Jesus
10	10	Marino, Vincent

MENS-24-

1	150	Pujolar, Alain
2	100	Harper, Eric
3	75	Peek, Larry
4	50	Newcomer, Derek
5	25	Avelar, Fabrizio
6	25	Barnes, Marcus
7	25	Lynch, Jeremy
8	25	Perez, Horatio

MENS-25

1	550	Fontana, Matt
2	400	Metcalf, Aaron
3	190	Ledig, John
4	180	Cuesta, Ralph
5	150	Lorello, James
6	115	Martino, Mike

Mens 25+ Continued

7	100	Bishop, Matt
8	100	Frazier, Steve
9	100	Mitchell, Blaine
10	80	Dettmore, Don
11	75	Greenberg, Ross
12	50	Hodgkinson, Mike
13	50	Moore, Troy
14	50	Murray, Phil
15	50	Sanchez, Jose

MENS-30

1	475	Capo, Hector
2	365	Canuel, Joe
3	250	Scargle, John
4	250	Winter, Curtis
5	225	Cuesta, Ralph
6	205	McNutt, Norman
7	155	Junkie, Julio
8	130	Kemp, Adam
9	130	Levy, Dana
10	115	Bell, Cedric
11	95	Mitchell, Blaine
12	95	Cooperider, Darryl
13	85	Diaz, Greg
14	80	Harper, Ken
15	80	Hodgkinson, Mike

MENS-35

1	620	Scargle, John
2	500	Cullins, Scott
3	200	Ganley, Vinnie
4	200	Hansen, Tim
5	190	Consoli, Scott
6	170	Stoner, Greg
7	165	Scodras, Peter SR
8	150	Kristijansen, Jeff
9	140	Huber, Brent
10	125	Bell, Cedric
11	125	Diaz, Greg
12	120	Levy, Dana
13	100	Davis, Bruce
14	100	Arrowsmith, Ken
15	100	Fluharty, Terry

MENS-40

1	600	Fluharty, Terry
2	400	Layton, Mitt
3	365	Burris, Ron
4	345	Arrowsmith, Ken
5	205	Pfahler, Randy
6	190	Perconti, Sal
7	180	Ford, Bob
8	155	Davis, Bruce
9	120	Godwin, Randy
10	110	Greaney, Bill
11	100	Kristijansen, Jeff
12	100	Pember, Greg
13	90	Carter, Don
14	90	Grayson, Jacky
15	90	Morgan, Robert

MENS-45

1	900	Layton, Mitt
2	445	Prater, Don
3	335	Perconti, Sal
4	270	Fusari, Rick
5	270	Corsaut, Oscar
6	205	Distefano, Mike
7	195	Hooley, Ken
8	195	Kovalick, Joe
9	150	Dubolsky, Van

Mens 45+ Continued

10	100	Marseco, Ron
11	100	Machotka, Sam
12	75	Bateman, Lee
13	70	Salsano, Jerry
14	65	Crea, John
15	50	Thibodeau, Mike

MENS-50

1	900	Fusari, Rick
2	420	Winslow, Mike
3	305	Deegan, Russ
4	180	Kantowitz, Steve
5	160	Green, John
6	150	Machotka, Sam
7	135	Handley, Lee
8	125	Rand, Jerry
9	115	Davis, Tom
10	105	Vineyard, Jim
11	100	Feldman, Steve
12	100	Miller, Harvey
13	95	Kachel, Dean
14	90	Pease, John
15	80	Storey, Ed

MENS-55

1	355	Rand, Jerry
2	250	Vineyard, Jim
3	250	Alt, Don
4	210	Borgan, Frank
5	200	Houser, David
6	190	Kehrig, Bill
7	160	Bourque, Leo
8	135	White, Fred
9	115	Sussman, Jack
10	100	Ross, Jack
11	100	Shumer, Frank
12	100	Mencinsky, Bill
13	80	Silverstein, Martin
14	50	Black, Earl
15	50	Davis, Tom

MENS-60

1	250	Alt, Don
2	250	O'Brien, Bob
3	200	Silverstein, Martin
4	150	Shumer, Frank
5	100	Miller, Joe
6	100	Weins, Mike
7	100	Finkel, Nate
8	90	Roberts, Mal
9	75	Verweibe, Eugene
10	50	Day, Dan
11	50	Turney, Milas
12	30	Gonzales, Alex
13	30	Weeks, Jim
14	25	Fyfe, Jim
15	20	Harper, Robert

MENS-65

1	400	Alt, Don
2	250	Turney, Milas
3	150	Miller, Joe
4	50	Harper, Bob
5	50	Day, Dan
6	50	Mojer, Mike
7	50	London, Shelly
8	30	Fyfe, Jim
9	30	Minicus, Lee
10	30	Von Wiebee, Eugene
11	20	Verweibe, Eugene
12	20	Furco, Jim

Mens 65+ Continued

13	15	Weins, Mike
14	10	Hooley, Dick
15	10	Silverstein, Marty

MENS-70

1	450	Roberts, Mal
2	400	Landy, Mike
3	50	Spear, George

MENS-A

1	200	Stoner, Greg
2	175	Farias, Mark
3	150	Silverman, Steve
4	150	Lopez, Jose
5	140	Corlew, Tim
6	125	Avelar, Fabrizio
7	120	Kovalick, Joe
8	100	Dewilby, George
9	100	Slater, Mitch
10	95	Rivard, Dennis
11	70	Hawk, Nick
12	70	Middleton, Bruce
13	60	Grossglass, Randy
14	60	Vittito, Ron
15	60	Ford, Bob

MENS-B

1	170	Carter, Don
2	150	Sotolongo, Paul
3	150	Marrero, David
4	130	Lynch, Jeremy
5	105	Reaves, Dennis
6	100	Mathis, Jay
7	95	Kachel, Dean
8	85	Silva, Andy
9	80	Davis, Bruce W.
10	75	Kash, Brett
11	70	Taylor, Trent
12	60	Hersey, Clark
13	50	Caballero, Rafael
14	50	Cuellar, Joel
15	50	Prater, Don

MENS-C

1	130	Wolfenberger, Tony
2	125	Bec, Ed
3	100	Hamrick, Alex
4	100	Lupo, Benny
5	100	Pratt, Donald
6	95	Huber, Bart
7	90	O'Neal, Tracy
8	75	Milne, Chris
9	65	Lear, Mike
10	50	Aronson, David
11	50	Gough, Carl
12	50	Inigo, Jesus
13	50	Medina, Carlos
14	50	Stewart, Charles
15	50	Golin, Neil

MENS-D

1	100	Antepara, Vincent
2	100	Fowler, Daniel
3	100	Dollinger, Brad
4	100	McBride, Pat
5	80	Davison, Bill
6	75	Haber, Scott
6	75	Haber, Zach
7	75	Hires, Lamar
8	75	Lindquist, Don
9	70	Thompson, Fred
10	65	Kovalick, Corey

FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA RANKINGS				
Mens D Continued				
11	60	Parrish, Timmy		
12	50	Suero, Will		
13	50	Kochanowsky, Paul		
14	50	Rodriguez, Manuel		
15	50	Materazzi, Todd		
MENS-NOVICE				
1	150	Holes, Clint		
2	150	Parrish, Timmy		
3	110	Kovalick, Corey		
4	50	Smith, William		
5	30	Williams, Tyler		
WOMENS-OPEN				
1	455	Tyler, Janet		
2	380	Pfahler, Susan		
3	305	Delbusto, Yesenia		
4	250	Britton, Melanie		
5	180	Hann, Sue		
6	175	Lawrence, Teri		
7	150	Cox, Sue		
8	150	Lyons, Mary		
9	150	Marseco, Helen		
10	130	Powl, Patty		
11	115	Brandt, Laura		
12	110	Slaughter, Lynn		
13	85	Harmon, Melissa		
14	60	Lepow, Lori		
15	60	Trimble, Jean		
WOMENS-ALLAGE				
1	250	Delbusto, Yesenia		
2	250	Delgado, Isabel		
3	170	Powl, Patty		
4	150	Cox, Sue		
5	140	Geels, Kathy		
6	125	Gomez, Vivian		
7	115	Trinkowsky, Rachael		
8	105	Lawrence, Teri		
9	100	Polak, Alina		
10	100	Tyler, Janet		
11	60	Butler, Leslie		
12	50	Thomas, Stephanie		
Womens All Age-Cont.				
13	50	Baker, Sue		
14	30	Hann, Sue		
15	30	Weins, Karen		
WOMENS-24-				
1	150	Delbusto, Yesenia		
2	100	Harmon, Melissa		
3	75	Butler, Leslie		
4	50	Trinkowsky, Rachael		
5	25	Gibbs, Sam		
6	25	Jacklitch, Kim		
WOMENS-25+				
1	200	Lepow, Lori		
2	150	Cox, Sue		
3	130	Gomez, Vivian		
4	100	Powl, Patty		
5	75	Fitzgerald, Teresa		
6	50	Couden, Michelle		
7	30	Delgado, Isabel		
8	25	Wilson, Jennifer		
9	10	Karnback, Corinne		
WOMENS-30+				
1	655	Lepow, Lori		
2	275	Powl, Patty		
3	100	Butler, Melody		
4	100	O'Neal, Robin		
5	100	Willis, Valerie		
6	95	Lawrence, Teri		
7	75	Wilson, Carolyn		
8	50	Hann, Sue		
9	40	Brandt, Laura		
10	30	Geels, Kathy		
11	10	Robb, Christine		
12	10	Lavastida, Lourdes		
13	10	Salsano, Carolyn		
WOMENS-35+				
1	400	Britton, Melanie		
2	255	Hann, Sue		
3	250	Marseco, Helen		
Womens 35+ - Continued				
4	250	Tyler, Janet		
5	150	Turnbull, Corinne		
6	125	Brandt, Laura		
7	120	Watson, Jan		
8	50	Christiansen, Jennifer		
9	30	Dodson, Michelle		
10	20	Butler, Melody		
11	15	Arnold, Judy		
12	15	Kresa, Cari		
13	10	Jones, Jackie		
14	10	Rubin, Blanch		
WOMENS-40+				
1	800	Pfahler, Susan		
2	625	Trimble, Jean		
3	250	Bouchard, Karen		
4	150	Moss, Dori		
5	100	Chang, Angela		
6	80	Kresa, Cari		
7	75	Adams, Sue		
8	75	Chikalla, Patti		
9	75	Silva, Maria		
10	50	Weins, Karen		
11	25	Cablich, Kathy		
12	25	Fish, Renee		
13	25	Kerrigan, Jan		
14	10	Salsano, Carolyn		
15	10	Rogers, Barbara		
WOMENS-45+				
1	475	Weins, Karen		
2	415	Fish, Renee		
3	270	Chang, Angela		
4	125	Rogers, Barbara		
5	100	Jones, Jackie		
6	50	Bouchard, Karen		
7	25	Arnold, Judy		
8	25	McNeish, Paula		
9	10	Rubin, Blanche		
WOMENS-50+				
1	100	Kenyon, Jo		
WOMENS-60+				
1	600	Kenyon, Jo		
WOMENS-A				
1	400	Delgado, Isabel		
2	350	Turnbull, Corinne		
3	225	Herr, Kassi		
4	225	Polak, Alina		
5	225	Weins, Karen		
6	150	Watson, Jan		
7	130	Fasano, Nancy		
8	110	Trinkowsky, R		
9	90	Alford, Carla		
10	90	Gomez, Vivian		
11	80	Butler, Leslie		
12	75	Adams, Sue		
13	65	Christiansen, J		
14	50	Cablich, Kathy		
15	50	Hinsdorff, Darcy		
WOMENS-B				
1	180	Kent, Becky		
2	175	Karnback, Corinne		
3	150	Steeley, Sharon		
4	125	Chikalla, Patti		
5	100	Trinkowsky, R		
6	100	Willis, Valerie		
7	80	Williams, Rachael		
8	75	Kerrigan, Jan		
9	75	Meadows, Mindy		
10	75	Zacco, Laurie		
11	70	Crabb, Patricia		
12	60	Rogers, Barbara		
13	60	Jolliff, Laurie		
14	50	Halula, Debbie		
15	50	Walker, Linda		
WOMENS-C				
1	180	O'Neal, Robin		
2	150	Gibbs, Sam		
3	150	Thomas, Stephanie		
4	125	Hench, Terri		
5	110	Matto, Ann		
Womens C Continued				
6	100	Couden, Michelle		
7	100	Tome, Patricia		
8	75	Jacklitch, Kim		
9	75	McNeish, Paula		
10	50	Arellano, Tania		
11	50	Bell, Teresa		
12	50	Johns, Tami		
13	50	Rubin, Blanche		
14	50	Avchen, Alice		
15	45	Stowell, Melanie		
WOMENS-D				
1	225	Lindquist, Jojo		
2	150	Wilson-, Carolyn		
3	100	Aguirre, Crysti		
4	100	Hornbuckle, Kay		
5	100	Pero, Paula		
6	75	Hunter, Tracy		
7	50	Moore, Heather		
8	50	Sixto, Margarita		
9	50	Blandon, Miryan		
10	50	SanBorne, Sari		
11	50	Matto, Ann		
12	50	Hirsch, Kathy		
13	30	Smith, Jessica		
WOMENS-NOVICE				
1	80	Bradshaw, Debbie		
2	50	Pratt, Chris		
3	30	Quiones, Barbara		
4	20	Williams, Darcia		
5	20	Hodgson, Gina		
6	15	Wallick, Sarene		



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*Make checks payable and mail applications to: FRA, at the above address.



TOURNAMENT SCOREBOARD

Results from the Steve Chapman Memorial Quadrangle East/October 9-11 th, 1998

DIV	WINNER	2ND PLACE	SEMIFINALS	SEMIFINALS
Open	Silvio Rostran	Jason Bledsoe		
B	Peter Silver	Warren Einiger	Fabian Kopetman	C Hieronymus
C	Eduardo Bec	Juan Santiago	Jeff Kinnl	Mike Driscoll
D	Mike Dolitsky	Jose Nivela	Steve Bogusky	Pedro Pena
M45+	Mike Dauphine	Jerry Keller	Dean Kachel	Ken Blitz
B14-	Corey Kovalick	Marc Kovalick		
WOpen	Helen Marseco	Laura Brandt		
Age	Helen Marseco	Vivian Gomez	Laura Brandt	
DOUB	WINNER	2ND PLACE	SEMI-FINALS	SEMI-FINALS
Open	Bob Ford	Jerry Kelleher		
	Silvio Rostran	Herve Bony		
A	Steve Feldman	Greg Stoner		
	Todd Feldman	Carlos Lopez		
B	Shane Dewitt	Neil Scher		
	Dean Kachel	Ron Hidalgo		

Results from the Univ. of Fla.Gator Classic UF Rec. Ctr./October 23rd-25th, 1998

MENS	WINNER	2ND PLACE	SEMIFINALS	SEMIFINALS
Open	Tony Shawver	Vinnie Ganley	Joddy Stahl	Brent Huber
A	JB Burns	Nelson Olayo	Robt. Yanchis	Dniel Escobar
B	Alex Hamrick	Carl Williams	Matt Fischler	Dan Hanes
C	Steve Barfield	Juan Santiago	Sean Hawes	Arthur Bastidas
Novice	Craig Hoffarth	Sean Kudla	Rick Melzer	Martin Lenz
25+	Tony Shawver	Scott Erker	Mike Mondello	Alex Hamrick
35+	Greg Neimeyer	Don Petrella	Jeff Nordberg	Carl Gough
50+	Wayne Tinny	G Bartkiewitz	Frank Shumer	
Doub	Brent Huber	David Cato	Greg Neimeyer	Carl Gough
	Vinnie Ganley	Joddy Shahl	Gary Zetrouer	Jeff Nordberg
A Doub	Marion Douglas	Daniel Escobar	Nell Bickman	Dave Schilling
	R Trinkowsky	Peter Pierre	Ken McGurn	Tim Stophel
B	C Tschumper	Matt Fischler	Devina Bloom	
	Arthur Bastidas	Samit Pethe	Pat Sargeant	
Women	WINNER	2ND PLACE	SEMI-FINALS	SEMI-FINALS
Open	Laura Brandt	Pat Sargeant	Devina Bloom	Teresa Cato
B	Sam Gibbs	Donna Pope	Tiffany Tuttle	
Age	Laura Brandt	Sam Gibbs	Teresa Cato	Donna Pope

Results from the Paul Gorman Memorial Interbay YMCA/October 23-25th, 1998

DIV	WINNER	2ND PLACE	SEMIFINALS	SEMIFINALS
Open	John Scargle	Mike Martino	Orlando Cabana	Blaine Mitchell
A	Tim Corlew	Brent Chatham	Steve Aluto	Joe Dornier
B	Dennis Reaves	Reno Birt	Trent Taylor	Dan Shupsky
C	Bill Crabb	Stephan Naiman	Bill Davison	
D	R Guttbreht	Patricia Crabb	Patrick McBride	Brett Deluccia
24/25	Mike Harmon	John Ledig	Mike Martino	Derek Newcomer
M30+	John Scargle	Scott Consoli	Brent Chatham	Joe Dornier
M40+	K Arrowsmith	Ron Burris	Sal Perconti	Jacky Grayson
M45+	Sal Perconti	Mike Thibodeau	Joe Kovalic	Steve Buffum
B14-	Clay Burris	Bill Davison	Cory Kovalic	
B12-	David Zahner	Mark Kovalic	Brett Deluccia	
WD	Kathy Hirsch	Kay Hornbuckle		
DOUB	WINNER	2ND PLACE	SEMI-FINALS	SEMI-FINALS
Open	Cedric Bell	Sal Perconti	Orlando Cabana	Pete Soltran
	Blaine Mitchell	Robert Morgan		
A/B	Tim Corlew	Reno Birt		
	Steve Aimo	Dennis Reaves		

Results from the Quad West Winter Classic Quad West/December 4-6th, 1998

MENS	WINNER	2ND PLACE	SEMIFINALS	SEMIFINALS
Open	Alan Engel	Scott Reiff	Matt Fontana	Hector Capo
A	Nick Hawk	Clay Burris	Tim Corlew	Bruce Middleton
B	Andy Silva	Joe Dornier	Don Carter	Francis
C	Richard Graves	John Crowe	Howard Sonn	Joe Brooks
D	R Guttbreht	Jason Herman	Scott Haber	Dennis Macaleer
M24-	Matt McElhiney	Mike Harmon	Jeremy Best	Adam Kemp
M25+	Scott Reiff	Alan Engel	Mike Martino	Hector Capo
M30+	Derek Kazakos	Joe Camuel	Daryl Cooperrider	Scott Windle
M35+	John Scargle	Tim Hansen	Terry Fluaharty	Eric Bell
30-40B	Warren Einiger	Joe Dornier	John Emerson	Don Carter
M40+	Derek Kazakos	Sal Perconti	Ron Burris	Robert Morgan
M45+	Bob Riley	Sal Perconti	Don Prater	Ken Hooley
M50+	Harvey Miller	Jim Vineyard	Bruce Peterson	Alex Aversa
M60+	Dan Day	Jim Fyfe	Mike Weins	Jim Furco
B14/16	Justin Meadows	Clay Burris	Cory Kovalick	Brad Slocum
B10/12	Scott Haber	Marc Kovalick	Peter Scondras	
Women	WINNER	2ND PLACE	SEMI-FINALS	SEMI-FINALS
Open	Janet Tyler	Lori Lepow	Sue Cox	Jean Trimble
A	C Karnbach	Melody Butler	Karen Weins	Kassl Herr
B	Becky Kent	Trisha Crabb	Ann Matto	Alice Avchen
C	Alice Avchen	Ann Matto		
Age	Sue Adams	Karen Weins	Becky Kent	Trisha Crabb

Results from the Holiday Cash Classic Orlando Fitness & Racquet Club November 20-22nd, 1998

Single	WINNER	2ND PLACE	SEMIFINALS	SEMIFINALS
Open	Scott Reiff	Armando Alonso	Matt Fontana	Corey Brysman
A	Tim Corlew	TJ Pastuch	Joe Kovalick	Don Dettmore
B	James Russell	Steve Ritzl	Bruce W Davis	Rafael Lopez
C	John Yonkowsky	Chris Milne	Jack Guthrie	Jason Herman
M25+	John Ledig	Don Dettmore	Scott Rubin	Chuck Teschke
M30+	Hector Capo	Julio Junkle	Norm McNutt	Joe Canuel
M30B	Ron Briggs	Robert Sheppard		
M35+	Scott Cullins	Scot Consoli	Teddy Koukoulis	Randy Forrest
M40+	Bill Greaney	Pete Freund	Bill Herr	Mark Murray
M40B	Rafael Lopez	Dee Parrish		
M45+	Steve Silverman	David Bishop	Don Prater	Joe Kovalick
M50+	Ed Storey	Russ Deegan	Mike Winslow	Lee Handley
M50B	Tom Davis	Marty Donohue		
M55+	Bill Kehrig	Jim Adler	Tom Davis	Frank Borgon
B16-G	Justin Meadows	Clay Burris	Corey Kovalick	Timmy Parrish
B16-S	Bill Davison	Mark Kovalick		
Jr8-MB	Cameron Pfahler	Chris Greaney	Sarah Parrish	Ben Forrest
WOpen	Lori Lepow	Sue Hann	Jean Trimble	Laura Brandt
WA	C Karnbach	Lori Maras	laurie Joliff	Carolyn Salsano
WC	Alice Avchen	Ann Matto	Blanche Rubin	
WNov	Kris Pratt	Debbie Bradshaw	Gina Hodgson	Sarene Wallick
WAge	Lori Lepow	Sue Hann	Laura Brandt	Kathy Geels
W30B	Alice Avchen	Kris Pratt		

Doub	WINNER	2ND PLACE	SEMI-FINALS	SEMI-FINALS
MOpen	David Petterson	Paul Owens	Tim Hansen	Armando Alonso
	Craig Farrand	Randy Pfahler	Teddy Koukoulis	Vinnie Ganley
MA	Tim Corlew	Mark Murray	Tim Perez	Fabrizio Avelar
	Ron Vittitoe	Jerry Salsano	Steve Silverman	Paul Sotolongo
MB	Bruce W Davis	Mac Mclerkin	Sean Martineau	Jimmy Bissell
	John Lee	Willie Williams	Steve Ritzl	Mike Thompson
MC	James Mayhugh	Carlos Avila	Randy Forbes	Chris Milne
	John Yonkowsky	Frank Kerwick	Jose Delgado	Jack Guthrie
M35+	Paul Owens	Randy Forrest	Bill Herr	Ed Cantelli
	Craig Farrand	Wayne Ivey	Guy Meadows	Rey James
M45+	Terry Thomas	Bruce Hodgson	Frank Borgon	Harvey Sussman
	Ed Cantelli	Jim Adler	Allan Rubin	Don Burt
Mix A	Bill Mencinsky	David Bishop	Rafael Lopez	Guy Meadows
	Laurie Joliff	Corinne Karnbach	Lori Maras	Mindy Meadows

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'99 Regional Singles Championships - QUADRANGLE

The Quadrangle East Athletic club in Coral Springs with the Weston Athletic Club as an overflow site, will host this years only Regional singles event in Florida. In previous years there have been two Regional events in Florida but this year there will be only one event for players to compete in order to qualify for the US National Singles Championship.



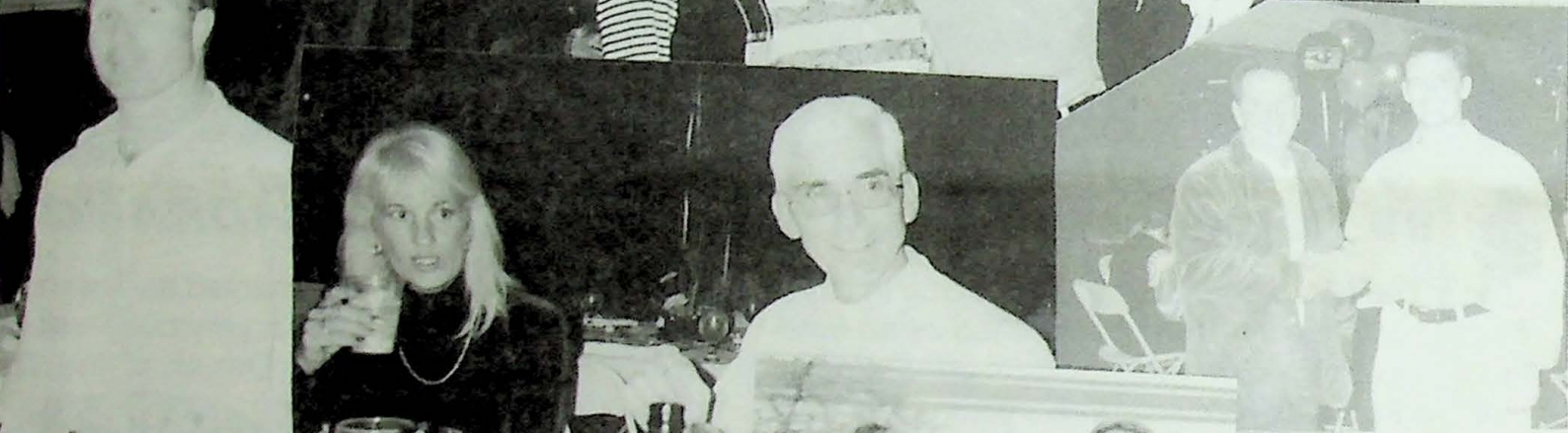
The Quadrangle Regional will be run the weekend of April 16th-18th along with 9 other

events - Atlanta, GA - Haverhill, MA - Baltimore, MD - Canton, OH - Eau Claire, WI - St. Louis, MO - Denver, CO - Houston, TX - Portland, OR. Three other Regionals have been scheduled Chicago, IL /April 8-10 - Las Vegas, NV/ April 23-25 -Birmingham, AL/ April 30-May 2.

Fred White has been named as Tournament Director and is preparing for a very busy weekend. According to Dean Kachel, Owner of the Quad, transportation problems were a serious concern last year. To solve the problem shuttle service has been arranged for players going between the two clubs. As for meals, Dean also reports that **DiSalvo's Italian Restaurant** (South Florida's BEST Italian cuisine and long-time racquetball tournament sponsor), **G.W. Sharkey's** and **Einstein Brothers Bagels** have been secured as meal sponsors...*mmmmm!*



Look for your tournament application in the mail or call **954-753-8900** for more information.



Overuse Syndromes

by: Grant P. Smith D.C.

(Reprinted from *Racquetball Magazine*)



Overuse syndromes occur in:

10% of all children under age 12

30% of high school athletes

75% of college athletes

100% of professional athletes

Racquetball has always been a great way to knock the body out of alignment. Remember, the walls don't move when you hit them, and being a one-sided sport with all its twisting, lunging, and diving, the game does tend to wear on the body. Racquetball players are notorious for ignoring their own limits. If you have been playing the sport injury-free for more than one year, I salute you.

In sports, the most common causes of injury are poor fitness, strength imbalance, limb misalignment, and inflexibility. The recurrence of the same injury will wear on the joints, ligaments, and tendons, which in turn can lead to overuse syndromes. What is meant by an overuse syndrome is that there is no single, specific causative agent that has lead to the injurious overload of biochemical stress on a particular body part. Instead, as its name suggests, an overuse syndrome will result from repeatedly performing the same movement. Once such an injury is sustained, those who continue to increase their level of competition can also expect a rise in the rate of injury as they mature. Those injuries most commonly incurred on the court are those to the elbows and shoulders. Knees follow close behind. In fact, many of the IRT pros are known to wrestle with these types of injury-related problems. But not because these guys are out of shape! Rather, many of these conditions are caused by overuse syndromes, a particular body part or parts being repeatedly taxed without adequate time for recuperation in between. These kinds of injuries can erode a player's ability to perform competitively and should be taken seriously. Adequate rest is a good start. Make sure you get enough of it during your weekly training schedule so your body can work to its maximum potential. However, if rest isn't your thing, try cross-training. If your playing arm is giving you problems, try playing offhand. There are plenty of ways to remain active while still providing the necessary relief to an injured area. Just remember, rest is vital for a full recovery. Without it, healing will remain incomplete.



Check it out!

USRA

The November/December issue

of **RACQUETBALL MAGAZINE**

is loaded with GREAT information.

*AmPRO doubles strategy - "up & back" vs "side to side"
*IRT & WIRT Updates * Head & Wilson instructional articles * Current USRA National Rankings * US National Doubles wrap-up * New Products * World Senior and NMRA Championship results * USRA National Calendar... and much more. Get a head start and check out the next issue at www.racqmag.com



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1999 Florida Racquetball Association Calendar of Events

<i>Date</i>	<i>Level</i>	<i>City, Site/ Tourn. Director</i>	<i>Date</i>	<i>Level</i>	<i>City, Site/ Tourn. Director</i>
January 22-24	2	Coral Springs, Quadrangle East Athletic Club Goodwin Inst. for Cancer Research Tourn. Tourn. Director: Fred White 954-753-8900	March 20-22	2	Ormond Beach, Omega 40/ Hog Classic Tourn. Director: Nick Xynidis 904-672-4044
January 23-24		Jacksonville, Racquetpower Women's Weekend Out For Info: Susan Pfahler 904-246-3812	March 26-28	2	Tampa, Harbour Island Athletic Club Tourn. Director: Adam Kemp 813-881-1088
Jan 29-31	2	Gainesville, DB Tennis & Racquetball DB Winter Classic Tourn. Director: Brent Huber 352-377-9580	April 2-4	2	Clearwater, Quadrangle West Athletic Club Quad West Spring Classic Tourn. Director: Ken Hooley 813-535-4901
February 5-7	2	Orlando, Orlando Fitness & Racquet Club The Players Racquetball Tournament Tourn. Director: Mike Mojer 407-645-3550	April 2-4	2	Coral Springs, LA Fitness Spring Cash Classic Tourn. Director: James Lorello 954-340-8969
February 6	1	Clearwater, Quadrangle West Athletic Club No Crybaby Warm-up State Singles Tourn. Director: Ken Hooley 813-535-4901	April 16-18	4	Coral Springs, Quadrangle East Athletic Club USRA Regional Singles Championship Tourn. Director: Fred White 954-753-8900
February 19-21	3	Sarasota, Sarasota Bath & Racquet Club/ YMCA FRA State Singles Championship Tourn. Director: Ken Arrowsmith 813-909-9152	April 30-May 2	2	St. Petersburg, Lifestyles Tourn. Director: Adam Kemp 727-347-7701
March 5-7	2	Sarasota, Sarasota Family YMCA Rik Harmon Cash Classic Tourn. Director: Derek Newcomer 941-957-0770	May 14-16	2	Orlando, Orlando Fitness & Racquet Club Spring Fling Cash Classic Tourn. Director: Mike Mojer 407-645-3550
March 13-15	2	Gainesville, University of Florida Rec Center UF Gator Spring Classic Tourn. Director: Don Petrella 352-332-3334	May 26-31	6	Houston, Texas/ US National Siingles
March 13-14		Ft. Lauderdale, Quadrangle East Athletic Club Women's Weekend Out For Info: Laura Brandt 954-252-5173	June 4-6	2	Tampa, Interbay YMCA Interbay Classic Tourn. Director: Orlando Cabana 813-839-0210
			June 26-28	2	Sarasota, Sarasota Family YMCA Tourn. Director: Derek Newcomer 941-957-0770

Information provided is subject to change. Contact the Tourn. Director for more information.