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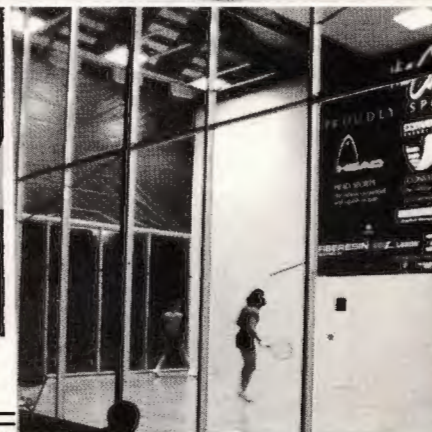
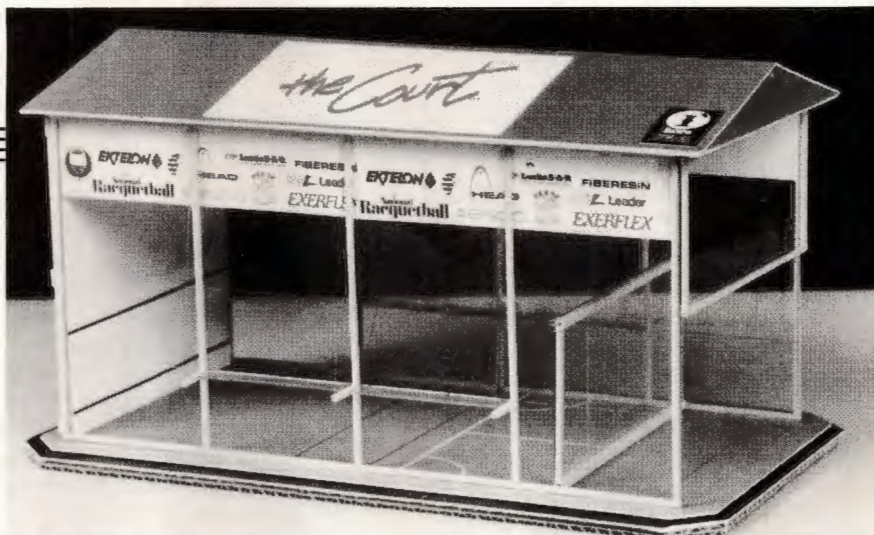


National Racquetball

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From The Circulation Director...

RIISING RATES

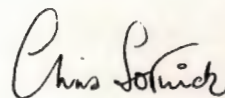
We at *National Racquetball Magazine* believe we put out a pretty good product when everything is considered. For two years the magazine has been published here in sunny Florida. For as many years as can be recalled, the price of the magazine has remained at \$18.00 for one year's subscription. We have maintained that price through the Middle East gas crisis, innumerable postal increases and substantial inflation. Although the magazine may, at times, have been a little late arriving, we have always managed to bring to our readers the best possible quality and the latest information available in the sport of racquetball.

Now, due to the fact that the paper costs have increased three times in 1988 and another increase is imminent in January, and also because of increased postal rates, we are forced to raise our subscription rates. Beginning January 1, 1989 the cost of our base subscription will increase to \$19.97 for one year's subscription. Other rates will increase proportionally.

We realize that many of you have been faithful readers of the magazine for many years, and rely on *National Racquetball Magazine* for news and information that is not available elsewhere, and it is with great reluctance that we take this action. However, if we are to continue to publish the magazine we have simply no alternative.

To our current subscribers, we thank you for your support and understanding. To our prospective new subscribers I say "We know that you will find excellent value for money in *National Racquetball Magazine* and we welcome you to our ever growing family of avid players and devotees to the sport."

Please allow the Circulation Department, which rarely has a chance to be seen in print, to wish all our readers and racquetball players everywhere a happy and prosperous 1989. O



Chris Sotnick
Circulation Director

LETTERS TO THE EDITOR

Not Wearing Eyeguards Is Hazardous To Your Sight — A Printed Warning

I read your article "Photo Dilemma" in the October 1988 issue of *National Racquetball Magazine*. My suggestion is that you put in regular print on the bottom of the picture the following — "Not wearing eyeguards is hazardous to your sight!" — (Just like the cigarette ads.)

My hobbies are riding motorcycles (street and dirt), canoeing, camping, backpacking and best of all racquetball. No one likes to be told they have to wear a helmet, life vest or eyeguards because we like to make that decision ourselves. But in most competition it is required to wear safety apparel. I have just gotten into tournament play, and all clubs require you wear eyeguards to participate. Since this is an AARA rule, this eliminates a lot of problems.

I don't know what the pro circuit rules are, but if they are not required to wear eyeguards, they should change their rules and regulations. Since they are the best, they should lead by their example.

Being in the vision care profession I see a lot of patients who have lost their sight due to disease and trauma. It's a real sad situation that is not necessary in quite a few cases and especially in racquetball. If there is any doubt about eyeguards, tape your eyes shut for 24 hours — I believe you will change your mind.

Dr. Joseph Fasold ○
Gulfport, MS

Racquetball VCR's?

I have subscribed to your *National Racquetball Magazine* for years and I must say it's excellent.

However, I understand that the game is difficult for TV viewers to observe. There should be something done to enable us to watch this game (every play) on the TV screen. Also the tapes of the best tournament games taped to make it possible for people to purchase these games and view them on a VCR.

Games featuring Hogan, Yellen, Harnett, Peck and many more would be fantastic to watch on a TV screen not mentioning the champion ladies also.

This was a thought. I have never seen a VCR tape of racquetball.

Charles Ballato
Weirton, WV

Editor's note: The WPRT televised the finals of the first two stops of this season. They may be ordered from WPRT for \$24.95. For information, call (313) 653-5999. ○

Help Needed

I do hope you publish this, I'm in need of a response!

I have enlisted in the Army and have been stationed in Germany. I'd like to hear from others who are over there, and how they like it? Also do they have a set schedule of events. If so could you list it?

Michael Dunn
Davison, MI

Editor's note: Anyone wishing to provide information to Michael may do so c/o the magazine. We will forward any responses to him. The European schedule of events is listed on page 47. ○

Where's the power?

I recently had my racquet strung, for the first time; and a question came to mind. How does one figure out what tension to string? The specifications for a Quantus Graphite is 40 lb. main and 40 lb. cross. I maintain for greater power the tension should be high, however for greater control the tension should be lower. When I ask this question, I get different answers. A certified USRSA stringer told me the direct opposite, and cited a stringers publication which stated the higher the tension the more control, the lower the tension the more power. This does not make any sense at all. Please help!

Larry M. Shank
Charleston, SC

Editor's note: To those of our readers who have written letters to the editor, asking about string tension when restringing a racquet. Refer to article on page 36. ○

Fast Ball Fan

There were a couple of articles in your September issue about the evils of "the fast ball" in racquetball. Sigmund Brouwer ended his editorial with the question, "Is it time to take serious steps towards getting a slower ball?" Well, I for one, hope not. Going to a slower ball just doesn't make sense. Maybe a slower ball is necessary in order to follow the game on TV (at least

with current television technology and a blue ball). But although most of us would love to see the game appear regularly on TV, we don't want to see it happen at the expense of our playing enjoyment.

As far as the effect of the fast ball on racquetball as a spectator sport, it's hard for many of us to judge, because unfortunately, we never had a chance to see matches from the Charlie Brumfield era. But I definitely don't have a problem with boredom at today's contests. One of the most enjoyable things to watch is the awesome speed of the serve at the pro level, and the reflexes that are required in returning those serves! People like to see power as well as strategy. I hear a lot of "ooohs and aaahs" for ace serves as well as for great gets.

The fast ball is not the reason for empty racquetball courts at clubs. (I wish they were empty courts more often at the clubs where I play! Apparently, racquetball apathy hasn't struck all clubs). Where there are empty courts, I think the problem has resulted from increased competition that arose as new courts were rapidly built during the profitable "growth years" of racquetball. Also, I offer one other possible (maybe farfetched!) reason for the current slowing of racquetball growth.

Racquetball seems to have developed a "macho" image that may be scaring off many of the more "social" players, especially beginners and women. Think about the kind of exposure that the general public has to racquetball. The only racquetball scenes I've noticed on TV, in the movies, or on the radio have been battles-to-the-death between a couple of macho men (one radio commercial I remember featured two men grunting their way through a game). There is such a competitive image that has been created for the game — rarely are people shown playing as a social activity (as a way to meet people, or just for fun).

In *National Racquetball Magazine*, advertisers love to stress winning, being the absolute best, even crushing or embarrassing an opponent. That probably makes sense for a particular audience, including most readers of your magazine. But many of the less serious players, those looking for a fun, social game, are being scared away.

If we're looking to make the game more popular and more profitable, there

(continued on page 50)

WPRA Alaska Tour Stop

CARYN McKINNEY WINS SILVER RACQUET



Way up north and far, far way there came a loud rumbling sound. People turned their heads and asked "What is that noise?" No one knew so they all shrugged their shoulders and went about their business.

But at the Alaska Athletic Club in Anchorage, the causes of the loud noise weren't about to settle down and be quiet. After all, they were watching and enjoying a close and intensely competitive women's racquetball finals. Caryn McKinney was right on the edge of stopping Lynn Adams from winning her second event of the 1988/89 season. The score was 10-6 in the tiebreaker and Caryn deliberately crouched down to serve and score the winning point. She hit a low, hard drive serve to Lynn's backhand and Lynn responded by flat rolling the return. Both Lynn and the crowd went nuts; Lynn by raising her fist and pacing the court, the crowd by cheering, whistling, howling and banging on the bleachers. It was deafening!

But before we hear the rest of the story, let's back track and see what led up to this spectacular finish. The Women's Professional Racquetball Association (WPRA) was playing their second stop of the 1988/89 tour, and it was the 10th annual women's pro stop at the Alaska Athletic Club. The name of the event is the Silver Racquet Pro Am and the first place trophy is a real silver racquet. It is a much coveted trophy and beautiful to behold.

The tournament started out fairly calmly with the exception of two matches. Caryn McKinney was pushed to a tiebreaker by Marcy Lynch, and was down 4-1 before coming back to win 11-5 in the fifth game. At about the same time Marci Drexler was fighting off Barb Faulkenberry and managed a 11-4 tiebreaker win.

The quarters had a lot more action and excitement. Lynn Adams defeated Jackie Paraiso, but not without a struggle, 11-1, 11-1, 4-11, and 11-7. Caryn McKinney stopped a determined Dottie Fischl 6-11, 11-4, 11-2, 11-2, but the matches to watch were between Molly O'Brien vs. Kaye Kuhfeld and Toni Bevelock vs. Marci Drexler.

Both matches pitted players with similar game styles against each other. Toni and Marci started out with a bang. Crunching backhand after backhand, Toni

took over the first game 11-6. Likewise, Marci showed her shotmaking talent in the second game and won 11-5. Marci was winning 10-6 in the third game but couldn't score that final point, Toni took advantage and came back to win 11-10. Actually, at 10-10, with Toni serving for the game, a rally ensued and Marci hit a shot that came off the back wall to Toni's forehand. The ball hit the wall a little funny and both players hesitated for a split second. Marci moved the wrong way and Toni couldn't get to the ball to take the shot. The referee called an avoidable hinder which gave the game to Toni. Marci was furious and stormed out of the court. Her emotion carried over into the fourth game and she destroyed Toni 11-2, setting up the fifth and final game. It was a close game all the way until the end, and then Toni decided to take control. She won 11-7 in an exciting match where very few ceiling balls were hit, and an abundance of kills and pinches were executed.

Kaye and Molly's match also went five games, but their match was played more slowly and strategically. Kaye took no prisoners the first game, winning 11-1. Likewise Molly returned the favor taking the second game 11-3. Molly couldn't hold her momentum though and seemed frustrated in the third game at her lack of consistency. Kaye won 11-5. Kaye continued to confuse Molly with her off pace shots and was winning the fourth game 10-3, when Molly suddenly came alive, hitting great shots and getting to everything. Molly whittled away the deficit point by point. She made a great comeback and won 11-10, setting up yet another tiebreaker game. Kaye was ready, and Molly seemed to have used up her reserves. The last game was quick and decisive, Kaye won 11-3.

The semifinals provided a new match-up and an established match-up. The first to play was Caryn and Kaye. The last time they played was at the Nationals where the winner would take the No. 2 ranking for the season. Caryn came out on top in a hard fought, close, four game battle. Both players wanted to win badly, for different reasons; Kaye to show she was ready to advance and take that No. 2 slot and Caryn to show she was truly dominant in her position.

Caryn held court, never really letting Kaye into the match. Showing a high level

of accuracy, Caryn seemed to do just about whatever she wanted to do with the ball. She shot killshots from her shoulder, off pace pinches and her serves kept Kaye slightly off balance, the match went rather quickly 11-6, 11-2, 11-6.

The second semifinal was in direct contrast both in terms of time and dominance. Where Caryn's match took 50 minutes, Lynn and Toni played for close to two hours. First of all, Toni has really advanced fast on the women's tour. She played her first full season last year, advancing all the way up to a No. 9 year end ranking. She was on the verge of some big wins all year last year, losing close in the tiebreakers to Kaye, Caryn and Molly. This year she is planning on making her mark, and she had a good start by finishing in the semifinals in the first stop of the 1988/89 season.

Toni wasted no time in announcing her intentions for the semifinal match against Lynn Adams. Hitting the ball extremely hard and with devastating accuracy, the first game quickly went to Toni 11-4. The crowd started buzzing. The second game was even more devastating than the first. Toni was dominating the court and missing nothing. A couple of times Lynn commented in frustration "Miss one Toni!" Toni didn't listen and won the second game 11-1. The crowd smelled blood and came alive. It's amazing how the thought of an upset ignites the appetite of the crowd!

Lynn isn't a champion by mistake though and it was a good bet that she would come out fighting in the third game. And fight she did! To the tune of winning the third game 11-0.

The fourth game had the same look as the third, with one exception. Toni looked visibly uncomfortable as if she was having pains in her chest. As the game progressed and Lynn was building point upon point, Toni became less and less accurate with her kill attempts. Lynn took game four 11-2.

The tiebreaker game was awaited with great anticipation, but became more of the same, as Lynn, determined she was not taking an early leave of the tournament, won decisively 11-3. As far as Toni's discomfort, it turned out she was having some physical difficulties. Toni has a heart murmur that is treated by a doctor and it started speeding up in the

match. Toni is a good example of overcoming physical obstacles to pursue a goal.

Now we arrive at the final match between two competitors who have played each other more times than even they can remember; Lynn Adams vs. Caryn McKinney.

The gallery was packed with fans. Not only in the stands, but watching two different televisions in other areas of the club. There was electricity in the air. Maybe because Lynn was trying to win her tenth straight Alaska championship or maybe because Caryn looked especially tough in her semifinal match. For whatever reason the crowd was primed.

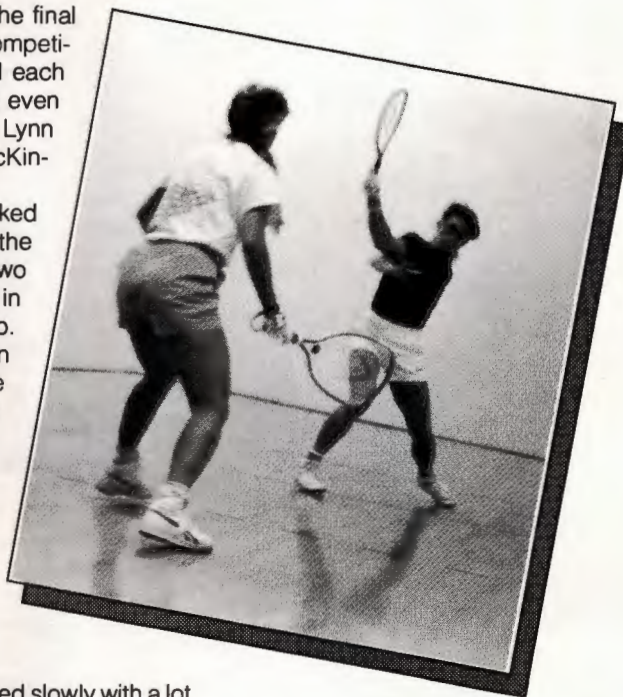
The first game started slowly with a lot of errors by both players. You couldn't really tell who had the upper hand because the players were scoring points on each others mistakes. In fact, Caryn won the first game 11-9 on two uncharacteristic late game skips by Lynn.

Game two saw Caryn step in and take charge. Shooting from deep court more than usual, Caryn aggressively moved the ball around the court and capitalized on any and every chance she had. Lynn looked sluggish and didn't have much zip to her swing. Caryn won easily 11-3.

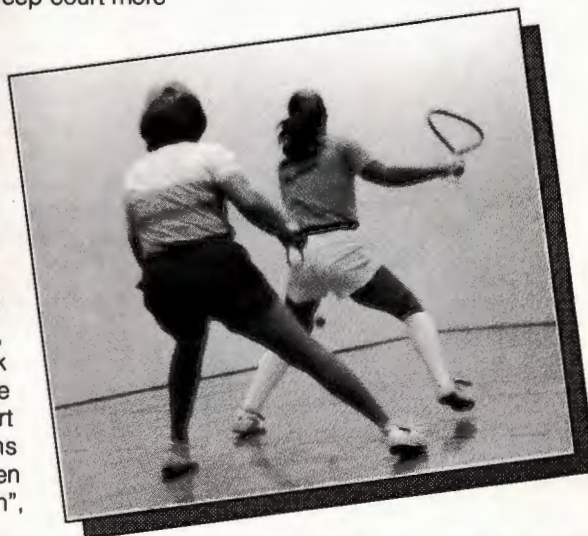
By now the crowd was really buzzing. It looked like a chance at an upset, but Lynn had come back the night before. As the players took to the court for game three, the fans cheered for their chosen player "Pump up Lynn", "Take it now Caryn", etc.

As expected Lynn didn't disappoint the crowd and started

(continued on page 6)



Toni Bevelock (left) defeated Marci Drexler in a quarter final match.



Caryn McKinney defeated Kaye Kuhfeld (foreground) in a three game semifinal match.

WPRA Alaska Tour Stop

(continued from page 5)



Lynn Adams (right) defeated Toni Bevelock in a five game semifinal match.



Caryn McKinney waves to the crowd after her upset victory against Lynn Adams.

Photos by: Kathy K. Wisthoff

advantage of a couple of skips, and flat killing two backhands, she had a lead of 10-6, and found herself serving for the match.

Which brings us back to the beginning of this story. We know that Lynn rolls out her service return and heads up to the service box. The crowd goes nuts and Lynn is holding on by a thread.

Serving 6-10, Lynn drives to Caryn's backhand, Caryn hits a low hard pass back down the backhand side, and Lynn steps over and pinch kills it in the corner. Lynn screams "Yeah" and clenches her fist. Serving 7-10, Lynn serves an ace to Caryn's forehand. The crowd is yelling, screaming, hitting the bleachers with their feet, and generally going wild. Serving 8-10, Lynn hits a short serve, and puts up a lob to Caryn's backhand. A rally ensues, but ends with Lynn's splat killing the ball with her backhand. Lynn is beside herself and the crowd is so wild the players can't continue with the next rally. A smile passes between Lynn and Caryn. It's obvious that they are enjoying the moment.

Serving 9-10, Caryn skips a return of serve, making the match a nerve rattling 10-10. Only one point will separate the winner from the loser. Serving 10-10, Lynn drives the ball to Caryn's forehand, Caryn returns a V-pass, Lynn chases it down, but skips it at the front wall.

Now the crowd is really nuts. The sound shakes the building.

Caryn serves at 10-10, drive serving to Lynn's backhand. Lynn puts up a ceiling ball, and Caryn returns a ceiling ball to Lynn's forehand. The ball drops a little short and Lynn shoots it, but the ball skips right at the front wall. Both players let out a scream and Caryn rushes over to Lynn and picks her up and swings her around.

The crowd was its usual wild, loud self. They had just seen an exciting match and a major upset all at the same time. It was the second time Caryn had beaten Lynn and she was elated. Her smile alone lit up the court. So if you heard the loud rumbling sound way off in the distance, now you know what it was.

There was also the fourth annual blind draw mixed doubles event, matching top open Alaska men with the women pros. It proved to be exciting and successful again, with the finals featuring Lynn Adams and Ellis Walthour vs. Kaye Kuhfeld and Steve Deaton. Adams and Walthour took the match 15-9, 15-13, making it the fourth straight year Adams has won the doubles with her various partners. ○

playing with fire in her eyes. Even so, the third and fourth games were battles. Both players fought with an intensity that could be seen and heard. Both games went point for point, no one taking a commanding lead. Lynn dove for a couple of shots, entertaining the crowd with some pretty ugly launches, and Caryn continued to push and drive for a tournament win. With the crowd loudly getting involved with every rally, Lynn won game three and four, 11-6, 11-7 to set up yet another do or die tiebreaker.

Before the tiebreaker, the two players showed their distinct personalities. Lynn paced and stalked around the court like a possessed tiger, while Caryn prepared more calmly and quietly.

The crowd was anything but quiet. The players had to wait to start the fifth game until the crowd quieted

down.

Game five started much like games three and four, in that the two players stayed close for the first five or six points. Neither player showed any tentativeness, both going for broke on their shots. But suddenly, Caryn broke away, and taking

GREATS OF THE GAME

Peggy Steding

Her toughness is, literally, legendary. When Peggy Steding was 41 years old, a spectator once approached her between matches at a major professional tournament. Since the tournament had a round-robin format, each game was played to 31 points.

"I'm wondering," the spectator asked, "why don't you ever take timeouts?" Peggy replied, "I don't get tired."

The straight forward reply was typical of Peggy Steding. The answer was also typical of her game. Steding, now in the AARA Hall of Fame, wore down her opponents, regardless of the usual 10 to 20 year age difference.

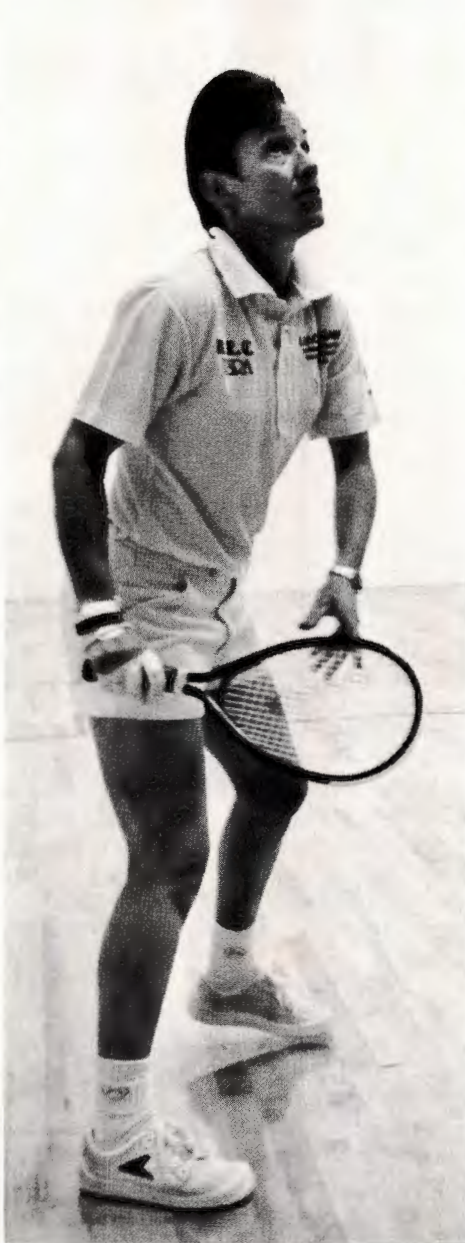
She won her last of three national pro titles in 1976, and placed second in 1977. At one stretch, she went more than two and a half years and 200 matches without losing to a woman opponent, and during that stretch she was forced to a tiebreaker only three times. She remained in the top 10 until she was 44 years old. She accumulated 15 national titles during her career, a feat especially amazing because she didn't start playing racquetball until she was 35 years old.

Despite her lack of size at 5'4", she was often described as a power hitter. Her game style included overhead drives and splat pinches, long before other players used those types of shots.

Peggy first tried the game at the invitation of a friend who had a membership at the local YMCA in Odessa, TX, where she still lives. "The game hooked me," she says. "I always liked fast paced sports." Within months, she was beating most of the men players in town. Two years later, she finally ventured to an out-of-town tournament, and won both the singles and doubles titles. As a way to introduce herself to the racquetball world, it wasn't a bad entrance — the tournament was the 1973 I.R.A. Nationals.

That win also reintroduced her to a lifestyle she thought she had left behind in her college days as a state champion tennis player. She started to travel again. She says she would not, and could not, have done it without the full support of her husband George.

"Friends are important on the tour, but it's the family support that you really need. After winning the first national title, I had



invitations to different places and I spoke about them to George.

"He said to me, 'If you're a national champion and the people want to see you, then they ought to be able to do so.'"

As a result, spectators did have a chance to see her entertaining matches for the next six years. When Steding played, she reduced age to a meaningless factor.

Now 52 years old, she continues to play four or five times a week, and leaves

her weekends open for tennis. It's part of her still intense approach to sports.

"As you get older, you've got to stay at the [intense] level," she recently told a reporter. "It's really not a struggle, but it's harder to get back there if you let yourself get out of shape."

How tough could she be? She won her 1976 national title in San Diego with a pinched nerve in her leg, the first time she'd been injured.

"I couldn't bend from the waist down," she says. "And then it turned out I had all the tough players in my bracket. I didn't take anything for it. I've got a pretty good resistance to pain. But three days later, I had such a severe charley horse, I could hardly even run."

That was on the eve of the title match. Her opponent was Shannon Wright, a player known for an abrasive court demeanor and excellent power game.

"Some of my friends suggested I forfeit," Peggy recalls, "but I said I wouldn't forfeit to her if I was on my deathbed. I used an elastic bandage, which at the least enabled me to run."

"She hit mostly ceiling balls and the good Lord must have been putting rings on it for me. I hit nine straight overheads and rolled out each one."

Asked recently if she missed professional competition, she said, "I miss the people more than the competition, even though I never tired of playing the game of racquetball."

"I would not trade the friends I made in the early years of this sport for one minute of the game. With me, what's always been more important than whether I won or lost has been the impression that I left with people as a representative of a sport that I love. The sport has a way of revealing a person's true personality when they play, and I have tried to show that being a good sportswoman can be expressed through my playing of the game."

That she achieved her goal was shown by her induction into the Hall of Fame last May, at the 1988 AARA Amateur National Championships.

"I was more nervous about going to Houston for that than I had ever been for any tournament. Someone told me I should have put a racquet into my hands and it would have been no problem!" O

SERVICE ACE HOW RACQUETBALL RANKS IN THE MILITARY

by Tom Slear

It was my first tournament. For reasons that I still can't understand, I let myself be talked into entering as a "B" player. Back then (1977) there were only three classifications — A, B, and C — and predictably, I got hammered in the first round. But the next morning, in a consolation match, I discovered a power serve and managed to win in the third game. Afterwards, my opponent, a solid "B" player, made small talk to hide his disappointment and humiliation.

"I haven't seen you around at any tournaments," he said. "Whereabouts do you play?"

To rub it in just a bit, I told him that this was my first tournament. Then I explained that I picked up racquetball a year earlier at Fort Riley, KS, an army post 40 miles west of Topeka, where the tournament was being held.

"So you're in the military," he said, lifting a self-imposed burden off of his shoulders. "That explains a lot. You guys have it fat..."

For the next ten minutes I listened patiently to what I thought were excuses. Not until I became a civilian did my opponent's diatribe ring true. I did have it fat. Not perfect, but awfully good. Plenty of encouragement, plenty of court time, plenty of competition, and all for free. The popular recruiting jingle, "Be all that you can be," should be changed for racquetballers to, "Be more than you should be." If I had stayed in, I would be an "A" player. Now I am just a hacker.

Perhaps the biggest plus of playing racquetball, or any sport in the military, is summarized nicely by Tom Hlavacek, the deputy director of Armed Forces Sports.

"Fitness is a key ingredient of any military service," he told me last spring at his office in Alexandria, VA. "What we are trying to do is help promote the feeling within the services that fitness is important, that it is worth spending time on."

At Hlavacek's level, near the locus of military power in Washington, D.C., his philosophy translates into money for train-

ing programs and for sending military athletes to international competitions. At the distant units, where most soldiers work, his message is twisted some.

Many times, almost daily, in fact, I stretched lunch hour to the breaking point. When the boss became curious, my co-workers would explain casually, but firmly, "Sir, he is doing PT (physical training). He'll be back shortly."

"Oh, PT, that's good. Have him see me whenever he gets back."

If I were attending my mother's funeral, he would have been upset. If I were trying to put out a fire at my house, he would have been furious. But PT in any respectable form received dispensation. To insure this special status, I showered and changed quickly, so as to return to the office with wet hair and a flushed face. Criticizing me in such a state would have been tantamount to dressing down a Medal of Honor winner. Only rarely would my boss pass on a mild reprimand, something like, "How was the game?" asked in such a way that didn't invite an answer.

Within this environment, the numbers of athletes in all sports, including racquetball, is high. Competition is never a problem. Dan Samek, who was once the AARA commissioner for the military, told me about his introduction to racquetball.

"I got started when I was stationed in Okinawa (an unaccompanied tour). There was nothing else to do, so I would often play four or five hours a day in the afternoon when I finished work. There was never any trouble finding people to play."

The services recognized this pent-up demand for racquetball and made adjustments. In 1983, the Air Force started building enough courts to match the need. Now it is the largest operator of racquetball courts, military or civilian, with 270 courts worldwide. The Army is a close second.

"We could use more courts," says Stephen Ducoff, director of the Air Force's sports office and an avid player, "be-

cause racquetball is one of the most popular sports in the military. The courts we have are nearly always in use from 7:00 a.m. to 10:00 p.m."

The Air Force has gone a step further than the other services by incorporating their courts in a fitness center atmosphere.

"We are trying to provide facilities just as good as those available off-base," says Captain Kim Ritsche, who is another racquetball player in Ducoff's office. "So there isn't any need to go outside the gate."

Since I left active duty, I've played at many different Army and Air Force bases throughout the United States as a reservist. I've never seen a bar or a pro shop, but other than those minor extras, Ritsche's assessment is not far off. Most courts are in good shape; maybe I should just say that on any base, you can always find some courts that are good to play on. Regardless of the quality, however, no one complains too loudly. The price of admission is only the showing of a valid military or dependent's ID.

The essence of military life is change. One day you are in the office trying to keep awake at your desk, and the next day you are in Germany trying to keep dry in a pitch-black forest. Such moves play havoc with a racquetball routine.

Just after I left active duty, I talked to Barbara Pagano, an open player and an Army ordinance officer. At the time, she was stationed at Rock Island Depot, IL, and working as a buyer of small caliber ammunition. In six months, she would move to Monterey, CA, to attend the Defense Department's language school prior to an assignment in Greece a year later.

"Every change means finding a new pool of players on my level, which is a time-consuming process," she said.

My experience at Fort Riley was similar, but with an ironic twist. Of the four players who traveled with me to the tournament in Topeka, two left the Army shortly

thereafter, another assumed command of a tank company and had little time to play, and the fourth was reassigned to the DMZ (De-militarized Zone) in Korea. I stayed at Fort Riley but my pool of players didn't.

Soon enough, however, I found other players. Meanwhile, all the services started sponsoring tournaments. Initially, they were small, local competitions. Then an Air Force major took matters into his own hands and held an unofficial military championship at West Point, NY. The bureaucracy got the hint. In 1980, an official interservice championship was held at Lackland Air Force Base in Texas. By 1988, the annual tournament had

grown considerably. Ten players participated from each service in singles and doubles, in three men's and two women's age categories. This year's tournament will be held in May at Chanute Air Force Base, near Champaign, IL.

But competition is not the focus of racquetball in the military. It's mainly about young men and women using an enjoyable game for conditioning. For every player trying to make the interservice team, there are thousands of others burning up the phone lines, trying to reserve courts so they can workout and stay in shape. Who wins or loses is unimportant, I won't hesitate to tell him that he "has it fat." ○

Top Gun

Barbara Faulkenbury's success with racquetball goes back to 1979, when she won the AARA intercollegiate championships as a freshman at the Air Force Academy.

"I arrived at the Academy at the right time," she says. "I was in the third class with women, and since I was pretty good at a sport, I was good PR."

To enhance Faulkenbury's exposure, the Academy gave her the time and the opportunities of a member of an intercollegiate team, even though she was the only player and racquetball was not a varsity sport.

"I traveled more than the football team," she recalls. Meanwhile, she improved enough to place third at the amateur nationals. But after graduation, she imposed "censorship" on her racquetball drive.

"When I became an officer, racquetball had to go completely in the back seat," she says. "I didn't want the perception to develop that I was not taking my job as seriously as racquetball."

Still, she has won four of the last six interservice championships (in 1985 and 1988, she could not compete because of duty commitments). Observers generally agree that she is the best racquetball player in the military.

As a navigator on a KC-135, a huge air refueling plane, Faulkenbury has to contend with irregular hours and job demands which limit her practice time to 90 minutes, three times a week. However, she has no complaints.

"The military is very supportive of me when I do get a chance to compete," she says. "The limitation on racquetball is not something I fight. It is just the way it is. I've freely chosen the military and if I had to say now, I plan to make it a career." ○

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It was an awesome sight; the portable court set up under a red and white canopy in the Justin Herman Plaza in the Embarcadero Center in San Francisco — set up right in the middle of the financial district and close to the ferry entrance, where thousands of people saw it every day for almost two weeks. They saw it as they went to and from work and they came out to watch, ask questions and even participate during lunch break.

Surely the most impressive and ambitious undertaking yet to bring court sports to the public, the portable court was set up as part of the World Corporate Games which took place in San Francisco in late October. The court had made its first appearance in Arcadia, CA at the Santa

Anita Fashion Mall, and it received a great deal of attention, but this was different.

For the first time large numbers of people were able to observe racquetball and squash being played at firsthand.

At lunch time, they came out of the surrounding offices and shops in their thousands and surrounded the court and watched the action. They stopped on the way home and some returned in the evening with their families. And they were all fascinated.

The excitement and interest generated by the portable court and the program put together by Joe Garcia, gave racquetball and the other court sports, an opportunity never before presented, to

showcase their sport. It was also an ideal situation in which to observe the court and the reaction it received. It left no doubt that this could be one of the answers to attracting people to our sport.

The interest generated by Garcia's program was overwhelming and at times there were over a thousand people standing around watching the play. There was a standing invitation to all spectators to play on the court and a large number of them took advantage of the offer. Garcia provided eyeguards, shoes and racquets and it was quite a sight to see men in business suits, minus jacket and tie, running around the court competing with players from What A Racquet (where the World

(continued on page 12)

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12/88



Left: Spectators examine product. Below: Marcy Lynch explains the game. Bottom: Lynn Adams gives a clinic.

Games racquetball tournament was held) or taking instruction from Lynn Adams.

It wasn't just the men either. A number of ladies gave it a try and both men and women were unanimous in their decision — racquetball is fun. As one young stockbroker said, "This is great. I've never played racquetball before but I'm definitely going to take it up."

On hand to assist with the program were Lynn Adams, Marcy Lynch and Molly O'Brien of the Women's Professional Racquetball Tour, who were on their way to the Alaska Pro stop. All three pros expressed the opinion that the court represented an unbeatable opportunity for racquetball. They provided instructional, demonstration games and commentary and mingled with the crowds talking about racquetball and encouraging people to give it a try.

Aside from encouraging new participation in the sport the court has unequalled potential as an advertising and marketing tool. Nowhere was this more obvious than in San Francisco.

Head Sports, a sponsor of the court, displayed a number of squash and racquetball racquets and the interest exhibited by passersby was amazing. People who have never played or even heard of racquetball stopped to examine the equipment. The same was true of Converse Shoes, who also sponsored the event. People picked up the shoes on display and asked a thousand questions about how they were made, how much they cost and where they could buy them.

The Court is an 18,000-pound, fully enclosed, regulation size racquetball court with two Lucite viewing walls, which can be converted to squash court. It takes six men about 36 hours to erect it and more than 1,000 pieces of wood,

metal and Lucite are assembled to create this unique playing arena.

Designing and building the court took hundreds of hours, thousands of dollars and total dedication by Joe Garcia, the inventor. It was built by an Indiana manufacturer who specializes in high-quality court construction.

The appearance of the court in San Francisco was sponsored by Converse, Head Sports, Penn Athletic Products, Fiberesin Industries, Leader, Fin USA, *National Racquetball Magazine* and *Squash News*.

All the sponsors view this moveable exhibition court as an exciting vehicle to aid them in reaching potential customers.

"Right now, we're competing in a consumer arena where it's becoming harder and harder to find a distinctive message, and get that message heard," said Cathy DeBease of Converse, who is using the court to promote its new Energy Wave shoe design.

Crawford Lindsay, Senior Product Man-





Prototype for new court.

ager of Head Sports, who was on hand for most of the event, said that he is very excited about the potential of the court for increasing the growth of racquetball and squash and that he was very pleased by what he observed.

Penn's Dick Roberson also explained

that he saw the court as an excellent way to bring racquetball and squash to everyday people. "At the World Corporate Games thousands of people and potential players will be exposed to events they wouldn't see otherwise."

And, for us here at *National Racquet-*

ball Magazine, we have been amazed at the response to our circulation offer and hope that we will have the opportunity to participate in future events.

We can only hope that lack of funds and support for Joe Garcia and his court won't doom his efforts. He plans to build a new court (see photo) which will weigh less than the present structure and which will take only ten hours to erect. It will be interesting to see if the industry has the foresight to support his efforts. O



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THE BEST BROTHER/SISTER COMBO EVER

Cindy and Tim Doyle

by Steve Lerner

When a children have parents who own a racquetball club, it is not unusual for them to become racquetball players. It's also not unusual for them to spend a lot of time at the club and, perhaps, become very good players. It is rare, even for juniors with club-owning parents, to become an amateur champion and touring professional player. It is really incredible, that a brother/sister combination would both reach that level of accomplishment in racquetball. Yet Cindy and Tim Doyle have made the incredible seem routine.

Merrilee and John Doyle owned the Four Wall Courts Club in Buffalo, NY while their children were growing up. While their oldest daughter Kris, played a little

racquetball, she was primarily an accomplished gymnast at Michigan State University. Their two younger children, Cindy and Tim, now 18 and 19 respectively, had different attitudes towards racquetball. Both began playing eleven years ago, while spending days with their parents at the club. A club pro there took time to show them the right way to play the game; within a year both of them were playing tournaments in their age groups.

Immediately, Tim broke into the national racquetball spotlight by winning the consolation draw of the 10 & under division of his first Junior Nationals. Since that consolation win, Tim has finished fourth place or higher each year at the Junior Nationals, and won gold medals in

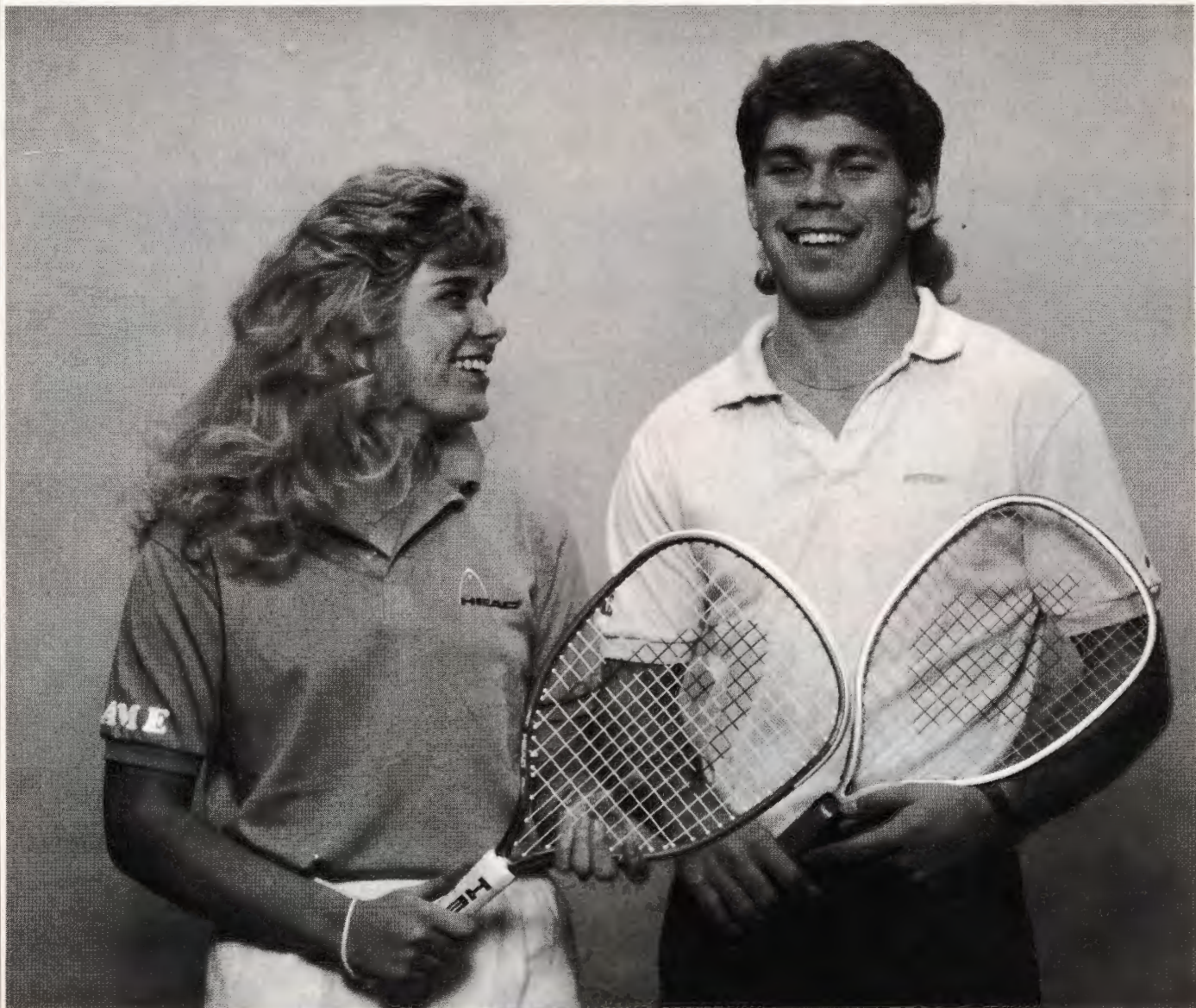


Photo: Steve Lerner.

Cindy & Tim
growing up.



the 12 & under and 16 & under divisions.

Cindy began Junior National competition two years later and has never finished below the quarter finals. She has won three silver medals, including two in the last two years in the 18 & under division.

Both Tim and Cindy have won numerous Junior National Doubles titles in their careers. They have each consistently been ranked the number one women's and men's open players in Western New York. Tim never lost a junior regional and won the adult regionals twice. Once, at age 14, Cindy competed in four events at her junior regionals (18 singles, 18 doubles, 16 singles, 14 singles) and won all four; the following year, Cindy became the youngest winner ever in the women's open at the adult regionals.

Why have both become such accomplished players? Probably because they enjoy the game. While racquetball was encouraged by their parents, it was never pushed on them. Their parents were insistent on good manners and sportsmanship, and they were taught to always play their best but to remember that it was only a game.

They also had good coaching early; Dr. Jim Sylvis coached Cindy and Jim Winterton coached Tim. Both coaches are well respected in upstate New York racquetball circles. Jim Winterton was especially instrumental in their training and playing styles, helping them both develop as strong, powerful players. Cindy and Tim are recognized as being among the hardest hitting players in the game today.

Coming from a supportive family, if Tim was 'pushed' in any direction, it was towards baseball, admits his father. To this day John believes that his son had greater potential as a baseball player than as a racquetball player. Despite the fact that Tim played four years of varsity basketball in high school he loved racquetball. After graduating, Tim moved to Columbus, OH to attend college. From that point on he devoted his athletic abilities to racquetball.

Ohio has a reputation as a strong racquetball region. A large part of that strength comes from the Coors Light Racquetball Series of tournaments, run by former U.S. Team member Doug Ganim. Both DoYLES travelled there often to play in the Coors Light tournaments,



and it seemed natural that Tim should move there to work on his game, especially since he could spend practice time with Ganim, who is experienced in international amateur competition as well as professional tour play.

"It's funny," Tim says. "I've been playing racquetball for so long, it seems like it's all I've wanted to do. Motivation is no a problem. I enjoy the game, and I want to get better. That's what keeps me going."

Cindy was also 'pushed' into another sport. Like her older sister, she was a promising gymnast as a child, and she might have followed in her sister's footsteps and continued to university level, but a broken left wrist ended her career as a gymnast. (Cindy is a lefty, but she plays racquetball right-handed because the players she watched and learned from all played right-handed.)

For Cindy, racquetball is not something she always enjoys. "While I really like the game, in the last year sometimes

(continued on page 16)

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The Doyle's

(continued from page 15)

it has really tired me. I think part of that has been the transition to attending university and still competing hard in racquetball.

"When I don't want to play, I take a few days off, because I don't think being on the court would accomplish much anyway. During those few days, I think of the goals I want to reach in racquetball, and what it feels like to play hard and win. That fires me up again."

University, for Cindy, is not as simple as it might be for other students. For a start, she is torn between majoring in journalism, law or communications. On scholarship, she attends Memphis State University, one of the intercollegiate powerhouses in racquetball. As the team's number one position player, she cannot afford to relax for too long. Cindy is also playing on the Women's Professional Racquetball Association (WPRO) tour this year, and that adds pressure to her studies as well.

She says, "My most immediate goal is to win the intercollegiate. I think I should have a pretty good chance if I keep working hard."

"The interesting thing is that the person I feel I have to beat is last year's champion Robin Levine. We used to play doubles together. The last time we played against each other was probably six years ago, and I'm looking forward to our next meeting."

Tim's racquetball goals have been put on hold because of the cancellation of this year's men's pro tour. It is all the more disappointing, because one of the highlights of his career was his exciting start this season in Davison, MI where he made it to the semifinals before losing a four-game match to Bret Harnett.

"Davison was terrific. I've wanted to play professional racquetball ever since I was a little kid, so when it all came together that weekend, it was definitely the most exciting thing to happen to me

in racquetball. The important part for me was beating Gregg Peck. After that, it gave me a little more confidence going into my next matches."

With his tournament schedule uncertain, Tim is back at university part-time studying business marketing. He still practices racquetball for roughly a half hour every morning, then returns in the afternoon to lift weights and play for another hour and a half.

His other major racquetball disappointment occurred during his last attempt to win the ultimate crown in junior amateur racquetball, the 18 & under championship.

pointments too — four of them.

"In major tournaments, I have won silver medals four times. [Including two in two consecutive years at the Junior Nationals]. Those keep haunting me. In fact, those four medals are the only extras I brought with me to university. I hung them on the wall over my bed to remind me that I want to get past them."

Both their futures look bright in racquetball. Cindy consistently finished in the quarter finals against the best women players in the world, the WPRO professionals. In her last six tournaments, she has reached the quarter finals four times; her major victory to date has been over fifth-ranked Molly O'Brien.

Tim reached his number 24 ranking in only three stops on the men's tour. His victories include Gregg Peck, Corey Brysman and Egan Inoue.

It is not an understatement to say both players have the potential to become national champions, at the professional or amateur level. Despite their youth, they have accomplished a great deal in their already long careers and Cindy and Tim have the potential to win gold medals and eventually become the highest ranked players in the world. That would only solidify their reputation as the best brother/sister combination ever to play racquetball?

And what happens when they compete against each other? When they get on the court against each other, which is rare since their travel schedules take them so far apart, Tim has an obvious size and reach advantage at 6'2", and he is grateful for it. The last time he watched her play at the Junior Nationals, he could only shake his head. "Where did she get that backhand from?" he asked ruefully. "I hate playing against it." O



Tim & Cindy on the court — eyeguards in place.

"I was playing Dave Simonette in the finals, and I was up 10-9 in the tiebreaker. I served an ace to his forehand. He was actually walking up to shake my hand when the ref made a delayed foot fault call. Having it, then having it taken away, really hurt and I lost the next two points. The other part that hurt was not making the U.S. Team as a result, and missing the trip that year to Ecuador."

Cindy has had her share of disap-

RACQUETBALL IN TWO CULTURES

THE FRENCH AND THE DUTCH OF ST. MARTIN/ST. MAARTEN

by Victor Block

Some destinations become meccas for repeat visitors, attracting vacationers to return time after time; the French/Dutch island of St. Martin/St. Maarten in the Caribbean is one of these.

Why is it so popular? Well, among other things, it has white sand beaches, outstanding food, a fascinating dual culture — and a place to play racquetball in the court-scarce Caribbean.

The island is ringed by three dozen beaches, ranging in size from busy stretches of pure white sand adjacent to major hotels to tiny, isolated crescents hidden at the end of dirt roads.

Do you enjoy golf? There's only one course, at the Mullet Bay Resort, but it's well-maintained and open to guests of other hotels when starting times are available.

Water-related activities, not surprisingly, are plentiful: sailing and parasailing, windsurfing, scuba diving, fishing; and snorkelers will discover colorful reefs and even more colorful fish to delight the eye.

What makes St. Martin/St. Maarten unique is its dual culture. Here, on the smallest land mass in the world shared by two governments, the visitor encounters different styles of architecture, separate ways of life, and distinctive methods of cooking.

The island promotes itself as "Delightfully Dutch, Fantastically French." One resident described it another way: "A combination of Dutch conservatism and French sex appeal."

Visits to the Dutch capital of Philipsburg and the French capital of Marigot provide instant introductions to the differences. While shops in both towns offer outstanding bargains on perfumes, jewelry, watches, crystal and other imports, those in Philipsburg line Front Street in the orderly manner of the Dutch. Stores in Marigot, by contrast, sprawl around the town. Marigot also resembles a French village in other ways, as it is complete with tiny cafes, tempting patisseries, and a lively little harbor.

When it comes to dining, even residents of St. Maarten confide that the best restaurants are in "la partie française." More than a few gourmets rank the food on St. Martin among the best in the Caribbean, combining as it does French flair with West Indian and Creole touches.

While many restaurants are pricey, outstanding French and Creole specialties can be enjoyed for \$9-\$12 at Mark's Place in French Cul-de-Sac. There is also surprisingly good Italian fare in the \$10-\$12 range at Don Camillo's in Marigot.

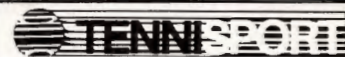
Lest the vacationer contemplating a visit to the island consider skipping St. Maarten altogether, he or she should keep in mind what happens there after the sun sets. That's when the wheels begin to turn and dice clink at casinos in eight hotels on the Dutch side. Those dreaming of paying for their Caribbean caper at the gaming tables, have their chance.

When it comes to sightseeing, visitors to St. Martin/St. Maarten certainly should venture outside the two main towns by rental car, taxi (expensive) or the minibuses which link most points at very reasonable rates. A drive around the entire island takes about an hour, depending on the traffic. Along the way you'll drive over rolling tree-blanketed hills, follow the coastline (spotting nearby Anguilla and, on especially clear days, other neighboring islands) and pass through tiny towns and near quiet beaches where you may decide to pause for a stroll or dip in the aqua ocean.

And racquetball? St. Martin/St. Maarten has a few of the very scarce courts in the Caribbean. A deluxe beach resort on the French side, they are found at L'Habitation, a lovely setting with impressive facilities, including 189 rooms and 49 one-bedroom suites. The 150-acre grounds encompass a 1,600-foot beach, two freshwater swimming pools and a marina. The fitness center includes two lighted outdoor racquetball courts, four squash and six tennis courts, an exercise room, shooting range and other facilities. Many activities — including daytime racquetball, squash and tennis, snorkeling, use of canoes and pedalboats, miniature golf and archery — are free. For more information or reservations, call L'Habitation toll free at 800-847-4249 (in New York State, 212-757-0225; in Canada, 800-255-3393).

A vacation on St. Martin/St. Maarten really does combine the best of two worlds. And should the visitor seek a respite from the sun and sand pleasures of a Caribbean idyll, there's always the opportunity to enjoy a few games of racquetball as you soak up a tan. O

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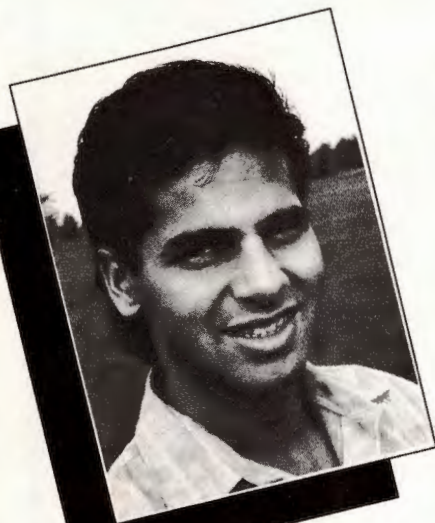
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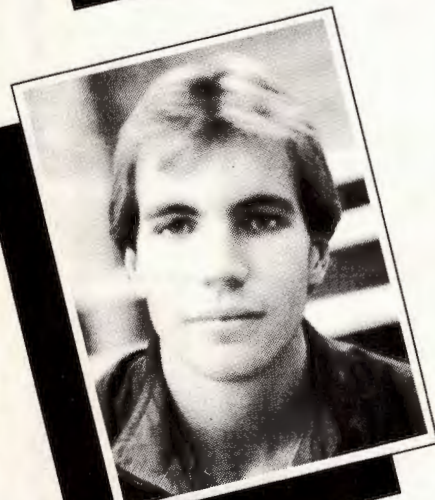
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Roger Harripersad



Fran Davis



Mike Ray

Roger Harripersad, *I've been getting into trouble lately when I try to hit pinch shots. What advice can you give me on when to hit punches and what kind to try?*

G. West, Backfalls, Alberta

The best rule of thumb is to pinch the ball when your opponent is behind you. This accomplishes several things. One, your opponent will have to move the maximum possible court distance (from back court to front court) to reach the ball. Two, your opponent will not be able to see the ball clearly. Three, you will be able to keep your center court position.

Pinch to the side on which your opponent is waiting. For example, if he or she is behind you to the right, pinch into the right side wall. The ball then will carry to the left half of the court, making it even more difficult to reach.

Most of the time it is not a good idea to attempt pinch shots when your opponent is in front of you; those are the times you want shots to force him or her out of center court. If you miss-hit your pinch it will do the opposite and carry into center court.

However, occasionally you should try a pinch from deep court. Do it when your opponent is hanging back waiting for pass shots. When you do go for these pinches, aim for six inches above the floor instead of trying to go for a rollout.

There is one other type of pinch you might want to use, and that is a reverse pinch. These are the pinch attempts you try to hit into the left corner from the right side, or vice versa. Reverse pinches, although more difficult to make, are good to use occasionally if you play someone who is anticipating your shots well.

Fran Davis, *lob serves are tying me into knots! How do I deal with them?*

R. Montuse, Rolla, MO

The best thing to do is be aggressive on the returns. If the serve is going to bounce very close to the five-foot line, then obviously you cannot move up and cut the ball off before it bounces. With these serves, still move up, though, and contact the ball at waist height as it rises after bouncing. With your backhand, play it safe and hit a ceiling ball. By moving up and hitting the ceiling ball early, you have

gained valuable court position close to center, and you have also forced your opponent to react quickly. On the forehand side, go to an overhead pass or to a ceiling ball for the same reasons.

If the ball is going to bounce well back of the five-foot line, then you should definitely move up and contact it before it bounces. Hit a pass or pinch, depending on what feels more comfortable.

Finally, if the serve is really terrible and will come off the back wall, wait and set up for it. The only disadvantage with this is you are also giving your opponent time to leave the service box and time to prepare for your return.

Mike Ray, *racquetball is my favorite sport without a doubt. In fact, I would like to be using other sports as a way to improve my racquetball. Which ones do you feel are compatible?*

S. Weible, Tulsa, OK

Funnily enough, golf is a good game to keep in mind. It won't help your conditioning — or if it does you have an interesting way of playing — but the stroke is almost identical to the racquetball stroke. Time on the practice range will definitely groove your way of swinging for both sports.

The logical choice is squash. Any time you spend on the squash court is time that teaches you the shot selection strategy which is important in racquetball, plus it doesn't hurt your swing, as tennis might, and it is very good for conditioning.

The disadvantage of squash is that it might change your attitude. Squash is more conservative in terms of attack, and you should guard against losing the aggressive edge that lets you go for the kill at the first opportunity in racquetball. You also don't want to play so much squash that you start hitting your kill shots 18 inches high!

Another good sport to help your racquetball is badminton. The back yard friendly style of badminton, though, is not what you need. Stick to competitive badminton; it is a superb way to work on foot quickness as well as hand quickness. Badminton at this level is also a great conditioner. ○

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PROFESSIONAL ADVICE TO JUNIORS

by staff writer

It takes hundreds of hours of practice and extensive travel and dozens of nights away from home. There's 24 hour-a-day commitment, sometimes injuries, which slow progress or must be ignored for one more game or match, and most of all, there are no guarantees of winning.

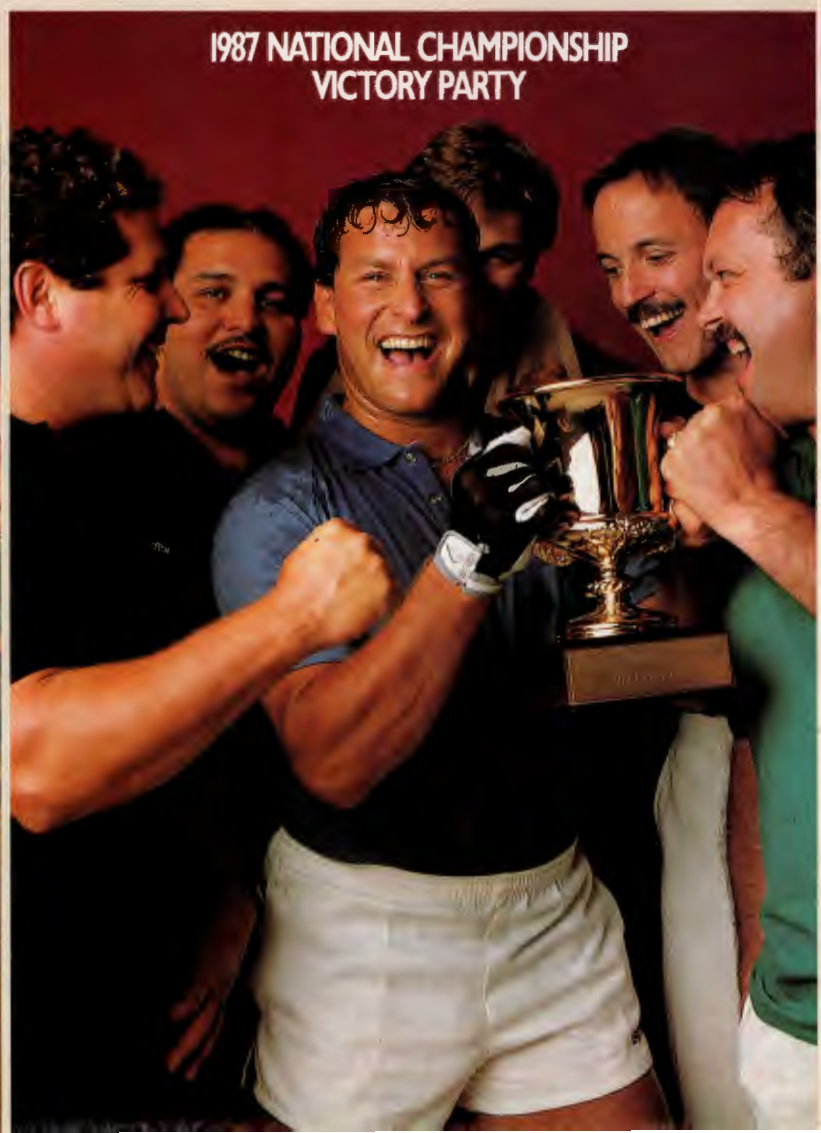
Any professional racquetball player will tell you that reaching the pinnacle of a racquetball career is very difficult. It's not impossible, but is very demanding. More importantly, they can also give helpful advice to juniors wanting to improve

their games or reach the pro levels of racquetball.

Women's Professional Racquetball Association (WPRA) touring pro Molly O'Brien suggests that juniors should "seek knowledge from as many sources as possible. Many young players seem to feel they know all there is about the game. And, don't eliminate the mental side of the game," and she adds, "Set goals for yourself."

One of the most common hints the pros have for juniors is to get good, solid

THE TORON GRAPHITE N WITH A THIRD PARTY EN



instruction. "Especially get good instruction as a beginner!" WPRA player Linda Porter advises. "A good instructor can inspire confidence and provide encouragement and motivation to his or her students."

Caryn McKinney's advice is no different. She says juniors should seek a quality instructor "who's dedicated to helping you improve over the long term, and will be committed to your development as a player and person." McKinney adds that juniors should also seek input from trained

personnel concerning nutrition, training, and mental skills. "But most of all," she says, "Do what you do for yourself — not for anyone else, and make it a priority to enjoy what you're doing."

There is no doubt enjoyment is important to the game. Without it, constant practicing and playing would become boring and non-productive — two very destructive ingredients, and constant practice is very important for juniors.

"They must realize that a lot of dedication is needed," says men's pro Enson

Inoue. "Hard work, determination and an open mind are very important."

Egan Inoue, known for his devastating drive serves, says that juniors should "be dedicated and remember that practice makes perfect."

Former 1982 national junior champion and current touring pro Corey Brysman also stresses juniors should keep an open mind. "You have to be eager to change anything that could possibly make you a better player and have the utmost confi-

(continued on page 39)

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TWELVE COMMON FOREHAND MISTAKES

by Fran Davis

As a clinician, I see these common mistakes made by players who have been playing only a few months, as well as those who have been playing for five to six years. Usually, more experience means fewer of these common mistakes, but most of us are guilty of one or more of them. This article is the first of a series designed to help you recognize — and correct — the all-too-easy bad habits in your game. Once you make the appropriate correction, you will undoubtedly hit the ball with more power and control, and play smarter with better court position and a variety of serves. Give it a shot! Good luck.

The basic strokes are crucial in the game of racquetball. You cannot play and reach your potential if your strokes have major flaws. Building your game is like building a house. You need a solid foundation, building from the ground up, not from the roof down. You need to make your strokes strong and solid first (the foundation) rather than worrying about fancier splat shots or overheads — the advanced shots (the roof of your game).

The following is a very detailed, but simplistic way of looking at the basic forehand stroke. The picture will assist you in making it clear and precise. Remember the old saying, "a picture is worth a thousand words."

Incorrect Techniques

Correct Techniques

1. Grip-club



1. Grip-shake hands with racquet



2. Stance-face front wall



2. Stance-face side wall



3. Racquet-down



3. Racquet-up



4. Bend at waist



4. Bend at knees



5. Step, lead with shoulder, then wrist snap, step too wide



5. Step, lead with hips, then elbow, the wrist snap, step comfortable



6. Shoulders dipped



6. Shoulder level



Incorrect Techniques

Correct Techniques

7. Step toward side wall, toe closed



7. Step toward front wall, toe open



8. Elbow close to body



8. Elbow at full extension from body



9. Contact point-off back foot, racquet head down, pendulum



9. Contact point-off big toe inner of lead foot, racquet head level, flat swing



10. Back foot straight, back leg straight



10. Back foot pivots, back leg bent



11. No follow-through-swing stopped short belly button sidewall non hitting hand in way.



11. Good follow-through-racquet fully around belly button faces front wall non-hitting hand fully rotated



12. Standing up and erect



12. Staying down-bent



WHAT'S THE CALL

by Michael Arnolt



John Warget, a previous contributor to this column, returns with some well-conceived questions which will be considered in revisions of the AARA Certified Referee advanced tests. Warget is the AARA State Director from Rhode Island.

Grab a pencil and paper and test yourself. (P.S. The answers to John's questions won't be found in the rulebook. They require interpretation.)

Hinder On A Rollout?

Q: *Player A dives at the receiving line to retrieve a shot and hits a rollout, while at the same time he hits and staggers Player B. What's the call?*

A: Your choices are: 1) Hinder. Replay the rally; or 2) Player A wins the rally.

Whether Player B is nudged or knocked from his feet, there can be no consideration for a hinder call. Player A's rollout makes it an irretrievable shot.

Forced Into Position

Q: *On a ceiling ball return, Player A extends both arms while backing up and forces Player B into the left back wall corner. Player A's front wall shot bounces at the short line near center court, but Player B is unable to get out of his rear court position to retrieve the ball. Is it a hinder or loss of point for bad court positioning?*

A: Players very often are blocked from returning a shot because they play the opponent rather than the shot. Sensing this the offensive player, rather than take a shot immediately, will let the shot drop to knee-level or lower, trapping his opponent against the rear wall or side wall. That's good racquetball. On the other hand, taking a circuitous route to the ball or spreading out your arms and legs in an effort to force your opponent out of position is not. Of the choices offered, hinder is the only call.

The continued ploy of Player A to force Player B out of position could draw a technical call for unsportsmanlike behavior, or if Player A maintained his spread eagle after taking the shot he could look forward to a call of point hinder for blocking.

Sudden Movement Permissible or Prohibited?

Q: *Playing doubles, the left side receiver suddenly charges forward as the server starts a lob serve to the left side. The server flinches and serves a short serve. What's the call?*

A: Slight movement — moving on the balls of the feet, swaying side-to-side — has never been objected to by players or the referee. Nor has casually walking to a position closer to the receiving line when a lob serve is obvious. But, just as the server is required to come to a set position before serving, the receiver, also, is expected to be set. The sudden charging forward by the receiver while the server is in a set position should be construed as unsportsmanlike behavior to distract the server. Issue a technical.

Lip Service Cause To Bite Lip

Q: *After the referee calls a short serve, the server is angry because he thought the serve was good and as he prepares for his next serve loudly comments: "Is this your home club?" It obviously was directed toward the referee. What's the call?*

A: It's a tempting opportunity to reply: "I'm a lifetime member", or "I'm a probationary member and you're playing the owner." Forget it. The least said the better. Least in this case would be three words. "Warning (obviously referring to technical warning). Second serve." ○

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FOUR STEPS TO A BETTER OVERHEAD

by Bret Harnett

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

The ceiling ball is one of the best defensive shots in the game. As a result, players looking for ways to stay on the attack are learning to hit aggressive shots on all but the most perfectly placed ceiling balls.

The most common aggressive returns occur when the ceiling ball is hit either too short or too long. On ceiling balls which are short of the back wall, the best attack is the standard one; wait for the ball to drop into the contact zone, and go for a low winning shot. With long ceiling balls, the ball comes off the back wall — sometimes not much more than a foot — and again, smart players wait for the ball to drop into the contact zone before attempting a kill or pass shot.

There is a place, however, for aggressive return shots against the perfect ceiling ball, the times when an opponent has the "perfect touch" and every ceiling shot seems to handcuff you a defensive return from deep court. When that happens, it's a good time to try some forehand overhead shots.

Be warned, however, that a good overhead takes practice. Fortunately, that's as easy as booking a court, and hitting ceiling balls! By alternating your own ceiling balls with overheads, you get to practice both shots.

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

Step 1: Get back early and establish your position.

Before you decide to hit an overhead, you need to know where you are on the court. After all, if you are 10 feet from the back wall, chances are you can let the ball drop low and go for an attempted rollout. On the other hand, you don't want to be arching back and reaching to hit an overhead as you step into the back wall.

Ceiling balls are among the easiest shots in racquetball to anticipate. Your opponent either telegraphs it by looking upward with his or her racquet cocked

well back, or is scrambling and barely able to reach your previous shot. Either way, you will know the ceiling ball is coming.

Get to the back of the court as soon as possible. This way, if the ceiling ball is a poor one, you can plan your shot immediately. The key to knowing your position without taking your eyes off the ball is a simple one. Reach behind you with your racquet and feel for the back wall (photograph one). If you are arm and racquet length from the back wall, you're in position to attempt an overhead shot.

Step two: Plant your feet.

Never, never attempt to hit an offensive overhead shot while off balance. If you did anticipate well however, and you have time to plant your body before attempting an overhead, plant your feet parallel to the side wall (photograph two). Your toes should be pointing more to the front wall than the side wall, but your feet need to be aligned one behind the other as you face the oncoming ceiling ball.

Step three: Contact the ball in front of your body.

For an effective overhead, you need to be hitting downward. To do this, you must contact the ball in front of your body, not beside it.

The best way to do this is to make sure you don't hit any shots when the racquet is parallel to the side of your head. In other words, don't hit the ball after it has passed into your peripheral vision. Hit it early, while you are still focusing on the ball in front of your head (photograph three). This will guarantee a downward angle on your shot.

Step four: Follow through onto your front foot.

The overhead shot is a power shot. You can't hit soft overheads and expect them to be as effective as soft ceiling ball shots.

To drive the ball you must transfer your body weight completely. As you begin your stroke, you arch back and put your weight solidly on your back foot. The stroke must carry your weight into the ball so, you must be pivoting your weight from the back foot to the front foot.

(continued on page 50)

STEP 1



STEP 2



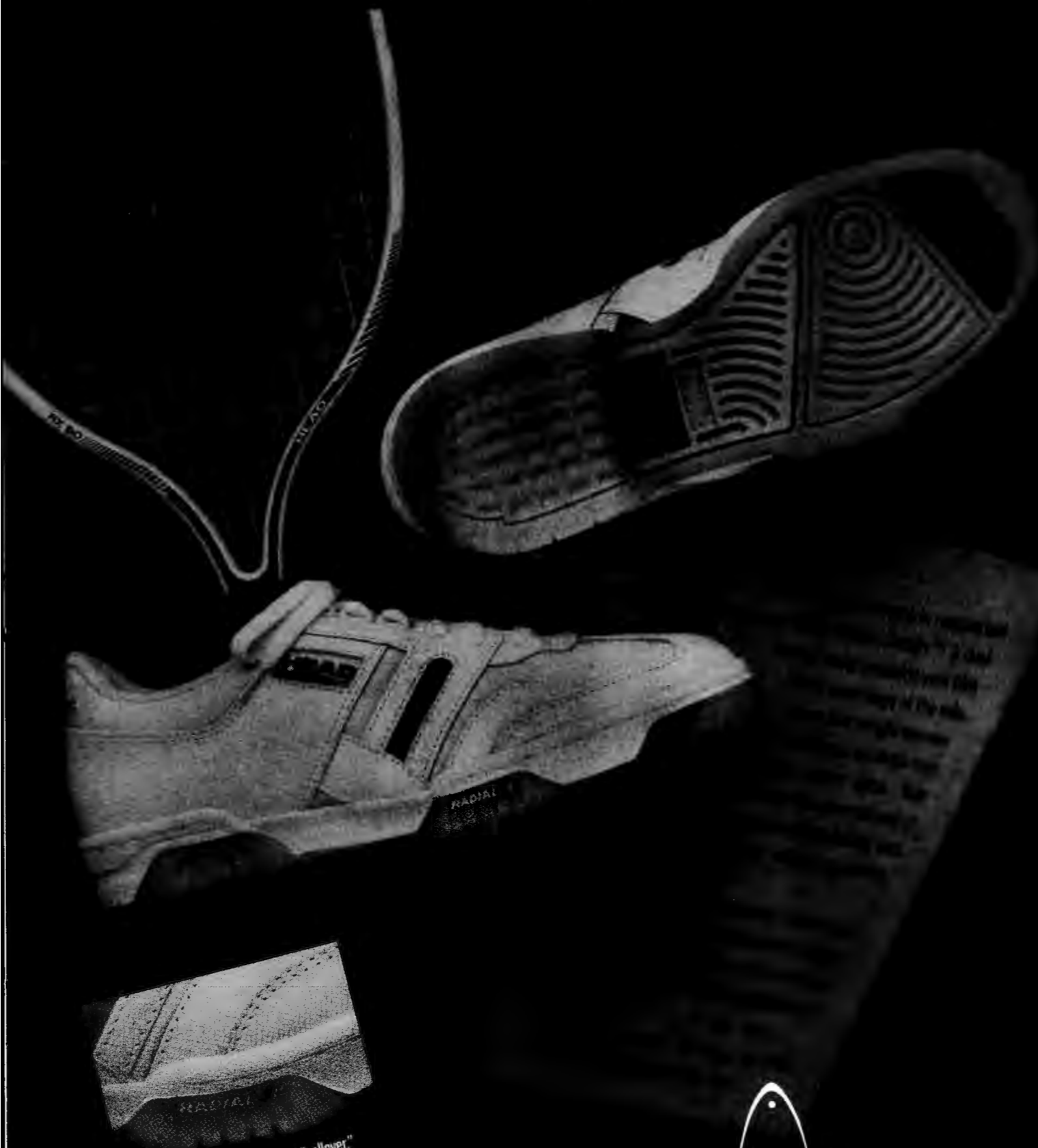
STEP 3



STEP 4



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A QUICK DRAW FOREHAND

by Dave Peck

Dave Peck won the 1982 men's professional championship. He is one of the top coaches in the game today.

Now that power racquetball is here to stay, it's time to look at some fundamental principles. And what better way to discuss them than in the most critical situations — situations in which a player doesn't have time to set up for a picture-perfect power shot.

Those situations arise when you are up against the side wall and your opponent jams the ball at you, or you are in the middle of a center-court slug out, or when the ball takes a bad bounce and catches you off guard. Most players in those situations either tap a pitter-patter ball back to the front wall, or hit it somewhere, anywhere, just to get it back into play. But advanced players know better than that. They dig out from their bag of tricks a rapid-fire shot that goes invariably for a winner.

Basic Principles

There are four factors involved in hitting a quick-draw forehand: flexible wrist action, good contact point, whip-like arm motion, and controlled weight transfer.

Flexible wrist action is the most important part of the shot. If necessary, you can drive or kill a normal shot with a moderately stiff wrist, but there's no way you can react fast enough to a blazing-fast shot with slow, stiff, weak wrist action. You need to adjust the wrist for any timing problems caused by the rest of the swing, or to generate power when you don't transfer enough weight toward the target area.

The contact point can be much deeper than called for in the classical forehand. In fact, a quick forehand can be hit with lots of pace even when the ball is behind the body. Because the contact point is deep in the stance (closer to the back foot), you will have more time to react to the ball than when you try to contact the ball closer to the instep of the left leg as in the classic forehand.

You will need to learn how to react to the ball with a continuous whipping-arm motion rather than a jerky one. Finally, even under very severe time limitations, some weight transfer toward the target area can add enough speed to the ball to make the shot a winner rather than just a

dink. A tremendous amount of ball speed can be generated by combining just a few of these principles in a rapid-fire forehand.

The rule of thumb is to hit the ball away from the other player, but as I will demonstrate later there are certain situations in which the rule can be bent to give you an extra advantage in the long run. This has to do with the mental part of your game.

The principle of practice and more practice puts emphasis on flexibility, adaptiveness, and creativity. It's great to be able to calculate all sorts of trivial measures such as force and momentum, but those things are only good in locker-room or bar talk. When you have only a split second to respond to a ball coming at 100 miles-per-hour, you have to react naturally and *feel* the shot, not think the shot. Practice should be centered on getting this feel and reacting comfortably to the balls being shot at you.

Let's look at some factors involved in how to hit the quick-draw forehand. Along with the major factors of flexible wrist-action, good contact point, whipping swing, and directed weight transfer, you also have to concentrate on footwork, grip, ball spin, and position recovery.

There's not much you can do about foot position if the ball is already on top of you. But the thing to remember is that you can still hit the ball pretty hard, even with an open stance facing the front wall. You just have to learn how to stay calm without trying to get into the ideal position for every shot. Hit the ball within an open stance or in whatever stance you happen to be in at the time.

But do it with an offensive purpose, not a defensive one. You'll notice that even with the feet parallel to the front wall, you can still turn your upper body almost parallel to the side wall. This movement in fact winds you up like a rubber band, ready to be unwound into the ball (i.e., rotating the upper body back parallel to the front wall).

If you do not have a chance to move, then I recommend moving the right foot away from the approaching ball rather than stepping into the ball with the left foot. By beginning the swing during this



turning motion, you'll be ready to meet the ball as soon as, or sometimes even before, the right foot gets into place. This movement takes only a split second — about the amount of time you'll have! Of course, if you have more time than this, you may want to

move farther away from the ball to contact it from a lower position.

What about grip? Although the top players will tell you they only use one or two grips, they really have probably five or six different grips, one or two of which are used when they have time to set up for a shot. Grip is only important when you are trying to hit with maximum efficiency. When you're jammed, go with what you have. The one-grip player has an advantage because his or her primary grip is always the same. The two-grip player is wise to choose one grip (backhand, forehand, or in between) to use in all cases except when there is time to change the grip. But in either case, don't worry about the grip.

You can adjust the direction of the shot by modifying the wrist-snap and sometimes the swing. But the wrist-snap is the most important part of making a quick-draw shot work. That's why it makes sense sometimes to practice hitting from off-balance positions using irregular grips. It's not so much that you will want to practice those shots a 100 times in a row, but you want to feel comfortable making fine adjustments with the wrist.

Ball spin is sometimes helpful but not in the tennis sense. I never purposely try to use spin for any advantage because it's more trouble than it's worth. A racquetball just doesn't react like a tennis ball. But if I'm jammed and the ball gets behind me, I'll come over the ball from behind my right hip and put it into a corner or down-the-line. The purpose of the topspin is not deception, but protection and control. If I use a regular flat shot with the ball that far behind my body, I'll either throw my shoulder out or send the ball sailing out of control. So the topspin is used in an effort to allow me swing with full force but still be able to control where

I want the ball to go.

The last point I want to make is that the quick-draw shot has to be followed up. Think in terms of offense. Even if the shot was a great one, the other player may still return it. Think ahead. Anticipate where your opponent's return will go and jump on it.

One other point about flexible wrist action: The wrist-snap is the last point in the sequence involved in hitting any shot. Once your motion starts for any shot, there's very little adjustment you can make — except to modify the wrist-snap. You must be able to feel the plane of the racquet face and, with a few exceptions, snap the wrist in such a manner that the racquet face comes straight through the ball rather than over or under the ball. This means that you can hit a forehand with a backhand grip.

The sooner you learn to hit every shot with lots of wrist-snap, the sooner your wrist will be conditioned to make the adjustments mentioned here. Wrist adjustment isn't easy at first, so you'll have to build up to it. But if you start by consciously hitting all the basic shots with wrist-snap, the transition from intermediate to advanced player will be much quicker.

In order to get maximum power, you have to pull back the arm and shoulder as far as they will go. Too often, the beginner will not bring the arm all the way back because of the misconception that if the ball takes a bad bounce or the ball isn't in a perfect position, the best way to adjust is by contacting the ball early.

Not true. The wrist adjustment serves that exact purpose, unless you misjudge the ball by a foot or more. Also, some players don't realize that they have not drawn the racquet back to its maximum possible position. You can tell if that position has been reached if the arm will not pivot any farther when someone pushes on the shoulder.

The swing itself must be a fluid, whipping motion. Imagine yourself in your good old childhood days when you tried to snap someone with a towel. The motion is similar, although not identical, for a quick-draw forehand. The difference is that the arm motion has to adjust to the height of the ball and the lack of time you have before contact.

Proper weight transfer is the third ingredient necessary to gain good velocity on the ball. Even in an awkward body position, you should strive to start with the weight deep in your stance and then transfer it with your legs and hips in the direction of the intended shot. This motion

may be as little as thrusting the knees about six inches toward the front wall or as much as a full transfer of your hip weight from rear to front foot. This motion, along with the uncoiling of the upper body, should be sufficient to hit the ball with good pace.

One major mistake is to make contact with the ball too late. The result is usually a ball which sails far off line. That's why the ball needs to be contacted deep in the stance — the uncoiling motion, while in an open or irregular stance, transfers itself to the front wall. The follow-through in this case is simply for balance.

The Shots

Once you have some control over the quick-draw forehand, you should still strive to put the ball in the best place. The easiest choice is to hit the ball where the other player isn't. This choice, as simple as it is, will always work to some extent, but there are some situations where other choices may be warranted.

A pinch shot is called for under two conditions. If the other player is caught between you and the side wall or is in deep court, a pinch has the added psychological effect of demoralizing the opposition because he or she is helplessly frozen against the wall. This opens the doors for less precise shots that you may have to, or want to, hit later in a match.

Practice Drills

Practicing the quick-draw shot can be dangerous because you start believing that every shot should be hit with the motion described earlier. But with that warning, I'll describe two drills that will make life a little more comfortable under quick-draw situations.

In the first drill, you should stand behind the back service line and face the front wall. Tap the ball to the front wall with your feet planted in the open stance. Get the feel of the deep contact point. Then, after a few minutes, come closer to the front wall. Do this until you get to the front service line. Then move back and do the same thing but add more wrist and arm motion into the shot to pick up the pace. The final stage is to alternate between setting yourself up and whipping a forehand down the wall (with an open stance). If you have a partner, trade off setting the other person up with faster and faster shots. The ultimate shot is the pinch from this position.

In the second drill, alternate from side to side, continuously hitting pinch shots

(continued on page 50)

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THREE EASY WAYS TO IMPROVE YOUR DRIVE SERVE

by Lou Fabian

The serve is the only area in racquetball where a player has the opportunity to be completely in control. The key elements for success are present in each and every serve. These elements include when the ball will be served, where the ball will be served, and what serve will be used. Accordingly, the player who best controls the serve almost always has the best chance of controlling the match.

The drive serve is the most popular serve in racquetball today and many accomplished players build their service games around it. If you can make the ball bounce just past the short line, and not hit the side and back walls, you will minimize the effective returns of even the strongest of opponents. In addition to model form, three factors contribute to an effective drive serve. They are; proper starting positions, correct front wall targeting, and mental practice of your serve.

Starting Positions

The starting position for a drive serve to either side of the court is for your racquethead to be at the midpoint of the

serve box (10 ft. from the side wall), with your feet on the short line. For reference, we will label this position #3 (see Diagram 1). From position #3, the beginning player should master the drive serve to both sides of the court. Remember,

the drive serve must not carom off the side or back walls. Intermediate players should perfect drive serves from position #3 to the four corners of the service area (see Diagram 2). For reference, the corners are labeled left near corner (LNC),

left far corner (LFC), right near corner (RNC), and right far corner (RFC). Diversity in serving gives you more opportunity to exploit your opponent's weaknesses

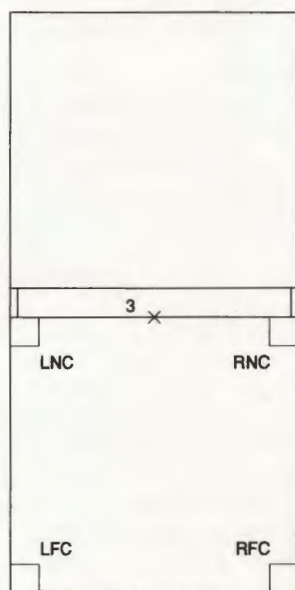


Diagram 2

are shown in Diagram 3 and measured as follows: position #1, straddling the short line where it connects with the left doubles box line; position #2, is midway between #1 and #3, standing on the short line; position #4 is midway between #3 and #5, standing on the short line; and position #5 — standing so the sweet spot of the racquet is on the short line where it meets the right side doubles box line. If you play with a restricted service box (16 ft.), shorten the distance between points. Place tape on the short line to use as a guide when practicing, and, above all, warm up before a match from all five positions.

The main reason for this type of service game is to keep your opponent off balance; it also helps you to achieve greater flexibility in your serve game. For example; suppose your opponent's greatest weakness is the drive serve to the backhand and the opponent begins to handle your service because you have only been serving from position #3. Do not change your serve to a lob or Z, which you know the opponent can handle. Instead, switch your drive serve position. From these five positions, you can have

up to ten drive serves to the backhand in your repertoire (see Table 1).

Positions #1 and #5 require a slight modification in your form, due to the acute angle of the serve. If you are right-handed, walk out one or two steps from position #1, then angle your entire body movement in the direction of the serve to change direction and also maintain your power.

From position #5, the right-hander may back up a step before changing directions toward the serve. Generally speaking, the direction of the serve is altered by your entire body motion and/or the ball toss. Some players

think this is telegraphing; however, from the wide spectrum of positions #1 and #5, the receiver cannot easily distinguish change of direction. Many people incorrectly use an arm swing or a wrist snap to change the direction of a serve, thus causing them to lose power and consistency.

Front Wall Targets

Next is the selection of front wall targets for the drive serves. Many people have target boxes on the front wall. However, with 20 drive serves, as indicated earlier, the box would extend the entire width of the front wall. A simpler technique for beginners through advanced players to employ is taping a line on the front wall (see Diagram 4). Beginners would begin with a line at 18" high. Intermediate players would place their line at 12" high, advanced players at 9" high, and professionals at 6" high. This

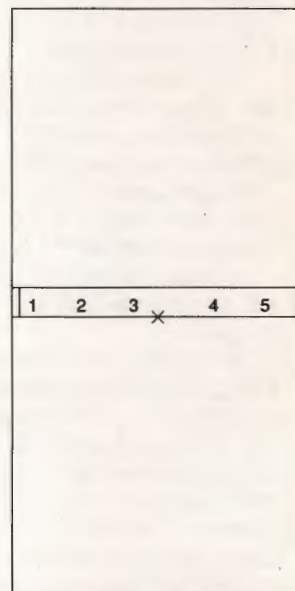


Diagram 3

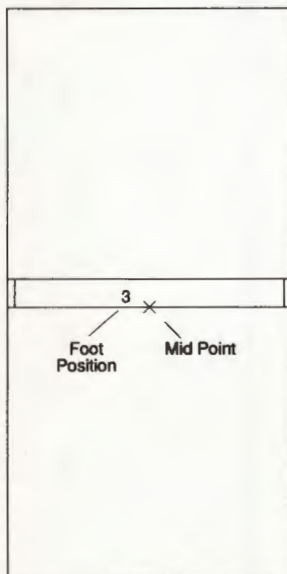


Diagram 1

Table 1: Drive Serves From Different Starting Positions

Position 1	LNC ^a	LFC	RNC	RFC ^a
Position 2	LNC	LFC	RNC	RFC
Position 3	LNC	LFC	RNC	RFC
Position 4	LNC	LFC	RNC ^b	RFC

^a Drive left near corner, Drive right far corner

^b Serves which crack out winners are points even if they are screens.

sophisticated serving technique is best developed with one-half hour practice session, alone on the court, and with practice games (drive serves only) to seven points with a partner.

Mental Practice

Generally speaking, the height of the ball on your drive serve is controlled by the height of contact, the plane of the racquet face, and the power you are able to give to the ball. The direction your ball takes depends upon the start position and the direction your body and the racquethead take. A front wall target point isn't always necessary if your starting point and body momentum are correct. You can't always tape targets on the wall during a match. You can, however, mentally practice the direction you want the ball to take after contact. Mental practice is the most important element necessary to perfect an accurate drive serve. Mental practice is simply the ability to envision in your mind's eye what you are going to make happen just before you hit the ball.

Begin by standing at position #1, ready to serve the ball (DRFC). Imagine with your eyes and your mind a dotted line to the front wall target line and back across

the short line to the spot on the floor where you want the serve to end. Serve the ball along this imaginary dotted line. Repeat your service until the ball finishes where you want it to. This mental practice should be repeated for all four serves from all five positions.

The value of the preparation of mental practice must be stressed! A half-hour practice session on the court twice a week will improve your service game dramatically!

Aspiring players should use this mental practice off the court to refine their racquetball skills even further. This technique is simple, and only requires 20 minutes three times a week. In a quiet room, begin by sitting or lying in a comfortable position. Close your eyes and imagine yourself entering a racquetball court going to position #1 and setting up to serve the ball.

Repeat the following procedure for all serves from all positions:

1. Imagine looking at a receiver (preferably someone better than you) and select a serve to defeat the receiver's position.
2. Serve the ball and see it clear the short line for an ace.
3. After you serve the ball, drop into a setup position behind the short line and on the side of the court where the ball was served.
4. Anticipate what shot the receiver would have hit had he/she retrieved the ball and take a position to rekill the third shot for a winner.

Champion players mentally practice

these situations while they are playing a match during the the seconds they have before serving. Remember, success at the most advanced level of racquetball requires pinpoint accuracy of your serve. The

Front Wall View

18"	Beginner
12"	Intermediate
9"	Advanced
6"	Professional

Diagram 4

slightest error in your serve can result in a setup for your opponent and a sideout for you. There are four things can help you to minimize error and force your opponent to play your ball on the run. These include model form, a precise starting position, front wall targeting, and a lot of mental practice. Good luck! ○



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If there is one word which describes the attitude of America towards fads such as jogging, dieting, lifting, clothing trends and so forth, and that is boredom. Whether it's Jim the jogger, Harry the lifter, or Denise the dieter, their complaints always center on the fact that they grew tired of their new kick after a few months. This ongoing scenario plagues millions of out of shape, but hopeful, Americans. The only problem is, they wait too long between trends to actually put their bodies and hearts into the shape they desire, deepening the boredom from lack of improvement.

If complacency has hit you in your conditioning program, maybe this "Cycle Training Routine", will carry you through a whole lifetime of consistent training, consistent improvement, and hopefully, a leg up on your pooped-out competitors! For those of you who aren't bored with your routine, the addition of this one will make you a more rounded and complete athlete.

In general, most people become bored with something because of repetition. Don't get me wrong, it is important to be repetitive in an exercise to improve your endurance, but the extended repetition, day in and day out, of the same exercises will lead to dissatisfaction.

A perfect example is the player who gets to the club an hour before his match, and rides the bike for 30 minutes every day. Another is the athlete who runs three miles a day, five days per week. To alleviate this problem of boredom, and at the same time, improve your fitness level, try diversity in different movements, and soon your general attitude towards conditioning will improve dramatically.

Cycle Training

I was once a culprit of the 30-minute bike, or the 30-minute run, or the 30-minute stairmaster routine. One day, I decided to train for my daily 30-45 minutes, but to try three or four aerobic exercises to maintain my training heart rate. It worked like a gem. The time flew by, I wasn't bored, and, my body had a better workout than ever before. I knew I could improve my fitness level without having to train for an hour or two daily.

The basis of this program is to do a combination of three different exercises a day, five days a week. Your level of fitness will determine the amount of minutes, and the intensity, you use in each exercise. Beginners might start with five minutes, at a slow pace on each exercise, thus totaling 15 minutes. More advanced people might start at eight minutes, very intense in all three exercises, totaling 24 minutes.

CYCLE TRAINING

by Dan Obremski

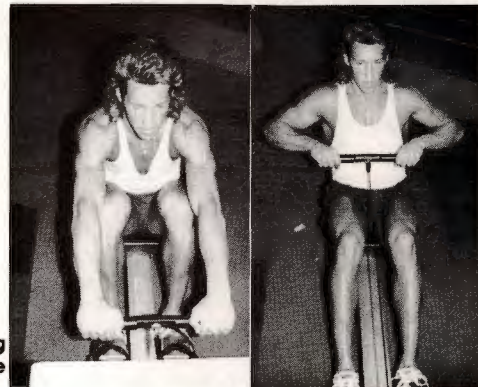
Following are examples of a beginners routine and a little more advanced routine:

Note: You can increase the time, and the intensity, as your fitness level increases. Do no more than 15 minutes of intense work on three exercises, totaling 45 minutes of hard work.

Exercises:

(R) Rowing Machine
(L) Lifecycle
(J) Jump Rope
(SU) Step-Ups
(RU) Running
(SH) Shuffle Drills

Rowing Machine



Beginners

Exercise	MON	TUES	WED	THU	FRI	SAT	SUN
1	5 min. (SU) level 3	5 min. (R) level	OFF 3	5 min. (J)	5 min. (SH) easy	5 min. (SU)	OFF
2	5 min. (J) easy	5 min. (SU) easy	OFF	5 min. (R) level 3	5 min. (SU) (J)	5 min. (J)	OFF
3	5 min. (RU) easy	5 min. (L) level 3	OFF	5 min. (L) level 3	5 min. (RU) (R)	5 min. (R)	OFF

Step 4: Increase the time one minute per week.
Increase the level of intensity one level per week.

Medium to Advanced

Exercise	MON	TUES	WED	THU	FRI	SAT	SUN
1	7 min. (RU) medium	OFF	7 min. (S) level 6	7 min. (SU) medium	OFF	7 min. (R) level 7	7 min. (SU) level 5
2	7 min. (L) level 5	OFF	7 min. (SH) medium	7 min. (RU) medium	OFF	7 min. (SU) level 6	7 min. (L) level 5
3	7 min. (SH) medium	OFF	7 min. (R) level 7	7 min. (L) level 5	OFF	7 min. (SH) medium	7 min. (RU) medium

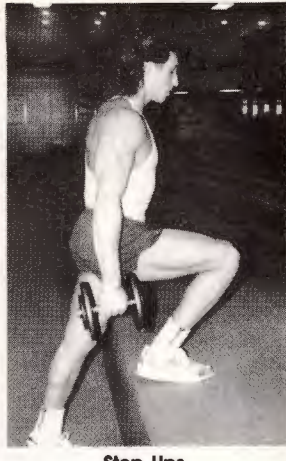
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The challenge, hosted by the Cable Beach Hotel & Casino in Nassau, Bahamas, includes a 1000 meter run, grip strength tests, the broad jump, step-ups, flexibility and stationary bike competitions. The results will be seen on ESPN in January (tentative date, January 18).

Should Dan be among the top five winners, he'll go to Moscow in August to compete against the Russians. O



Step-Ups

Stairmaster



All seven exercises are cardiovascular. Your rest between exercises should be 30-60 seconds. If you know any other exercises, just add them.

Note: Consult your local trainer for proper form on machines.

1. Rowing Machine — available at most clubs, works the arms, back, legs and heart.
2. Stairmaster — works all leg muscles and the heart.
3. Lifecycle — legs and heart.
4. Jump Rope — legs, shoulder, heart (make sure this is a safe exercise for you).
5. Step-Ups — find a bench or step 15-18 inches high and walk up, touch both feet and step down. To incorporate more leg muscles and arms, hold weights in each hand.
6. Running — works legs, heart (start very slowly).
7. Shuffle Drills — legs, heart (do around the court shuffling sideways foot to foot facing the wall).

This diversified program should boost your fitness level, your confidence on the court, and your enthusiasm. Good luck! O



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THE ALL-IMPORTANT PRE-GAME MEAL

by Steve Phillips

A continuing problem facing racquetball players before they compete in a tournament is, "should I eat before I play, and if so, what should I eat?" The solution to the problem is a simple one. However, before you worry about that one meal before the big game, there are other things to consider. The athlete's total diet background and what he eats two to four days before the pre-game meal will also affect performance.

Most obvious and too often overlooked is your general diet background. "First of all, the athlete should be eating proper food at all meals, since he or she is participating in athletic competition," said Dr. Ken Knight, an athletic trainer and PhD. in athletic training exercise at Indiana State University. As he explains, athletes need protein, fats and carbohydrates in their diets. The carbohydrate group is the one that plays an important role in the days leading to the pre-game meal.

Carbohydrates are divided into three groups: Monosaccharides, simple sugars like glucose, fructose and galactose; disaccharides, which include table sugar and sugar in milk; and polysaccharides, a group which includes starches.

"If you are getting ready for a tournament, it's a good idea not to do a lot of heavy exercising a few days before," said Dr. Duane Eddy, a professor of physiology and science at Ball State University. "Carbohydrates are stored in the liver, muscles and body tissue until they are ready to be used. By not exercising, you can store the energy which carbohydrates create until you are ready to play. The pre-game meal helps you reach a storage peak."

In other words, eat sensibly all the time, cut down on your exercise just before

the tournament, and then worry about your pre-game meal. As for the pre-game meal itself, here's some advice:

When should you eat? Some athletes eat before their match only to rid themselves of hunger, but others choose not to eat a pre-game meal since they believe it causes cramps or indigestion.

However, a pre-game meal is vital because it gives you energy and proper hydration before you play. A cramp or indigestion problem is not due to eating before a match. Most of these problems are from overeating, eating the wrong kinds of food, the poor conditioning of an athlete, or from nerves or tension.

In the meals leading up to a pre-game meal, don't eat:

- Distasteful foods
- Spicy foods
- Gas-forming foods such as gravy, jams, onions and cabbage
- Fatty foods, as they prevent the stomach from emptying
- Too much protein, as acidity will build
- Tea or coffee if you suffer from jitters

Do eat:

- In moderation approximately three to four hours before a match
- Easily digestible foods
- Plenty of carbohydrates, including potatoes, toast and oatmeal
- Skim milk instead of whole milk
- Fluids, especially in water form, to prevent dehydration

Also:

- Exercise moderately the day or two before your match. This allows your body to store carbohydrates and energy in the liver and muscles.

"To decide when to eat, you must first decide how much you're going to eat," said Dr. Eddy. "If you eat a large meal, you would need to eat earlier than if you were to eat a small meal."

How much to eat? The amount of food needed is different for each person, so it must be your decision on that fine line between providing enough fuel or overeating before a match. By the time you play, it's best to have little food in the stomach to prevent gastric disturbances

during competition.

According to Dr. Eddy, "If you were to eat an average-sized meal, I would say most of it would be digested in three hours, depending on what you decide to eat." If you are nervous during the match, then three to five hours may be needed to allow proper time for digestion.

The best way to learn how much you can eat is by careful monitoring of your meal habits before tournament play.

What to eat? "There is no magical food that we can eat and expect to get energetic," said Olivia Bennett Wood, an assistant professor in the Department of Foods and Nutrition at Purdue University.

"We need a variety of foods, but in the pre-game meal, we need something that will digest fast."

"It's really important to be careful what you eat in your pre-game meal," according to Dr. Eddy. "If you eat any foods that are fatty or if you drink milk or a milkshake, it may take up to eight hours to digest. It's just going to lie in your stomach and not do you a bit of good."

In your pre-game meal, avoid: Fried, rich and fatty foods, overdone meat, cheese, cellulose covering on beans and peas, nuts, underdone starch foods, sweet foods, and large quantities of cold food and cold drinks.

Good ideas for the pre-game meal include: Pancakes, cereal grains, potatoes, spaghetti, peanut butter sandwiches and macaroni. (If you are eating something that isn't suggested, but it doesn't affect your digestive system while playing, then of course there's no need to change.)

If you ever eat liquid meals, (a combination of protein, fats and carbohydrates which come in vanilla, strawberry, chocolate or other flavors), be sure to examine the ingredient label for contents and nutritional value.

Be sure not to ignore liquids. "Liquid is very important in the pre-game meal," said Dr. Knight. "Water is best, but athletes need more than just water for a pre-game meal."

Athletes in other sports, especially

(continued on page 50)

EATING TREATS!

by Marcy Lynch



As a worker in the field of nutrition, my own diet is the subject of much scrutiny. People are often surprised when I tell them that some of my favorite foods are cheeseburgers, chocolate chip cookies and buffalo wings.

"You eat that?!" they say with a mixture of shock and relief.

"Of course," I nonchalantly reply.

Most mutter to themselves, "How does she stay so thin? I just look at the food and gain weight!"

The subjects of diet and nutrition push a lot of sensitive buttons in all of us. Since birth, we've been nurtured, loved, cared for, and even disciplined through food. As babies, all we did was eat and sleep. During childhood, we were told to clean our plates or 'no dessert'. For worse punishment, we were sent to our rooms. Later, while teenagers, we were told to have extra helpings because it was "good for us." And now as adults, most of our social and private interactions involve eating and/or drinking — only now, it's no longer a matter of survival. It has become entertainment.

But food, like cigarettes, caffeine, alcohol, and drugs, can be addictive. There are three food ingredients which foster addiction: fat, salt and sugar. Foods containing large amounts of any of these ingredients often trigger compulsive eating and/or cravings for more of that particular food. Unfortunately, these ingredients are what makes food taste better. After all, what is pizza without cheese?

The point is to recognize the foods which contain such ingredients and treat them as "special-sometime" foods. They should be treated this way, not because they're bad for you, but because they're addictive in nature and they foster dependency. In other words, consume these foods sparingly and consciously, rather than without thought in ample amounts.

Like a reformed alcoholic must avoid any type of alcohol, a severe food addict may have to avoid certain foods altogether. But, as with social drinking, allowing ourselves a treat occasionally — as long as 'occasionally' is the key word.

Unfortunately, 'occasionally' can be

interpreted to mean different frequencies. I've had people tell me they only eat ice cream occasionally. To them, this means once or twice a week. To others, 'occasionally' might mean once or twice a month!

Frequency is defined by three things: your activity level, your metabolic rate and your goals. If you exercise every day, you may be able to treat yourself more often, because a lot of the calories are burnt up. If you have a high or low metabolic rate, you must choose accordingly. Also, if your goal is to maintain your body weight, you will have to make different choices than if your goal is to lose pounds. All of these factors must be considered when making a decision about how often to eat "special" foods.

I myself, am very physically active and I consume a fair number of calories each day. The temptation to eat my favorite foods is increased by the knowledge that I can afford it. But I also know that if I eat those foods too often, I start to crave them more and more.

The price I pay for frequent indiscretion is not only decreased energy levels, but decreased self esteem. I know the food is not the best for me and the food starts to control me rather than me control the food. I also start to feel "fat" and "sluggish". Although fat is relative, I would start to gain weight if I continued to eat those foods on a regular basis, regardless of the amount of exercise I get.

So where does this knowledge leave us? Hopefully encouraged.

No longer does any food have to be considered off limits. Your favorite junk food is out there in abundance and you can decide when, where and how you'll treat yourself to it, as long as you do it properly.

Next time you're tempted to eat a "special" food, ask yourself, "Is this a choice, or am I eating this out of habit?"

If it's an uncontrollable habit, you may need some nutritional counselling to restructure your eating habits. If it's truly a choice — then choose it. Leave guilt behind, effort and go ahead and enjoy every bite. ○

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EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT STRINGING BUT WERE AFRAID TO ASK

by Jill Magoon

A wise old philosophical type once expounded: what you don't know about what you don't know can surely put your money into the pockets of people who don't know either. Loosely assimilated into the realm of racquetball stringing, the saying does have its meaning.

If you take your racquetball seriously (enough to break into a cold sweat when down 0-3), then perhaps you take your equipment seriously too. There's always an excuse for that 15-1 loss — your shoes were on the wrong feet, you tangoed 'til dawn, you left your contacts in your extra set of eyes, etc., etc., ad infinitum. Yet there is one excuse the average racquetballer may not have considered; an excuse which is not entirely ludicrous. Your strings, man — blame the strings!

A nicely hit racquetball travels fast (anywhere from 100 to 150 mph) and connects with those strings some 150 to 400 times per game. If you've ever felt the sting of a racquetball, you'll understand the constant tension on your racquet, and on your racquet's strings. When the strings go, so do your shots. And the problem may never be as obvious as one or two broken strings. Often the string is just 'tired'; it has been in your racquet so long, it has stretched enough to lose its tensile strength.

So...for \$12.00 to \$18.00, you can get a new string job which, depending on the stringer, will either completely revitalize your racquet...or will virtually destroy its playability.

Consider the case of Rocco, who holds the distinction of bottom position on our club's B ladder. Rocco's racquet recently met its demise during a diving attempt for an overhead reverse pinch kill shot.

Wham! He won the point — at the expense of a broken main (or vertical) string.

Since our club doesn't have a stringer, Rocco took his racquet to a local tennis shop. Unfortunately, Rocco is not hitting kill shots anymore.

You see, Rocco didn't know what tension was right for his racquet and the tennis stringer set his machine at 72 pounds — acceptable for some tennis racquets, but roughly akin to playing racquetball with an oaken plank. Rocco's shoulder will be better in a week or so. His racquet, alas, will not. It sits in the trash bin marked 'terminally warped'.

As far as tension is concerned, if you have not already determined a preference, you'd do best to follow the advice of the racquet manufacturer. For standard-size racquets, (rapidly becoming extinct among most serious players), manufacturers usually recommend tensions of 22-30 pounds, depending on the model and composition of the racquet. Usually, a flexible racquet is strung loosely (22 to 24 pounds) for control, while a stiff racquet is tighter 28 to 30 pounds) for power.

Mid and oversize racquets are usually strung between 30 to 55 pounds, so if your stringer recommends 75 pounds, reread the first paragraph, that part about how what you don't know can put your money into the pocket of people who don't know either. In other words, find yourself another stringer. Preferably one who knows racquetball.

Your stringer may question how and why the string broke (keep this one around, he's conscientious and very likely a pro at what he does). If the break is near the center of the racquet, it usually indicates worn strings finally snapping after a hard swat at the ball. If the string breaks at the frame (and here is where your stringer's curiosity is likely to pique), the cause could be a broken grommet (the ring or hole through which the string is threaded), or a rough spot in the frame. A good stringer will easily determine if either of these causes is, in fact, the case. If so, both are easily remedied.

A stringer can smooth out a rough spot with abrasive cord and he can replace a broken grommet with grommet tubing. Regardless, before stringing your racquet, he may want to determine the

cause of breakage and should take any measures necessary (if he can) to prevent it from happening again.

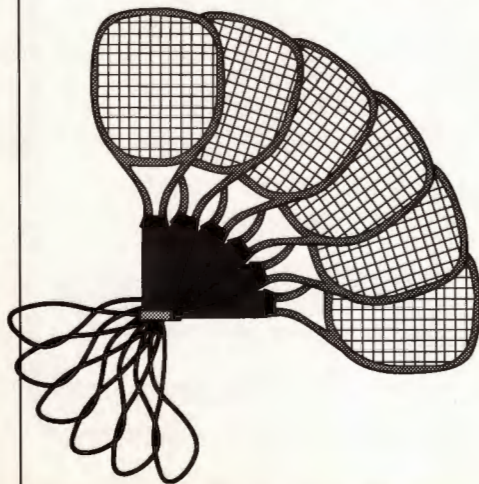
Many racquetball clubs are not fortunate enough to employ an in-house stringer. Often, you will have to leave your racquet at the front desk and someone will come by next Tuesday or Friday to pick up whatever batch awaits new string jobs. Obviously, it's not the ideal situation. You have no chance to confer with the stringer and no chance to evaluate his competence. You can only determine his stringing abilities after your racquet is returned to you. (He may be, of course, the Van Gogh of his profession.)

Even the best stringers have come upon the Saturday Nigh Special. If such is the case with your racquet (either one of the \$12.98 variety, or a good one worn out over the years), chances are it will come back to your warped. Because the racquet was already in questionable shape, chances are too, that it is not your stringer's fault. (If it looks like he's used it to chop wood, do complain.)

But warpage is a considerable problem to stringers. An average racquetball racquet is subject to some 850-pounds of pressure. (Tension of 25 pounds, for example, x 16 vertical strings for 400 pounds, plus 25 pounds x 18 horizontal strings for 450 pounds equals 850 pounds of tension.) The stringer, then, is in a somewhat precarious position being responsible for the application of that pressure. His stringing technique can determine the effect of those 850 pounds. He can and should take certain steps to prevent the distortion of your racquet; or he can warp it irreparably.

The most crucial preventive measure a stringer can take is to be sure that the racquet is braced securely in the stringing machine before he applies any tension. If the machine parts are not adequately tightened to brace the racquet, then the frame is at the mercy of those pounds and warpage is almost guaranteed.

A second logical step in preventing distortion is called alternate main stringing. It involves stringing the center two mains (or vertical strings) first, then alternately stringing one or two mains on each side (right and left). Alternate main stringing sustains an equalization of pressure



on the frame throughout the stringing of the mains. Both of these techniques involve very little effort by the stringer, but they could make the difference between a revitalized racquet and a racquet quite effectively destroyed.

One way to ensure that your stringer has access to the information necessary to string your racquet properly, is to choose a member of the United States Racquet Stringers Association (USRSA). The USRSA is an organization of over 1,800 professional racquet stringers dedicated to stringing for maximum playability of the racquet. Its members are kept informed as to current procedures and innovations in stringing for all racquet sports. The USRSA, in fact, developed the concept of alternate main stringing. Ask your stringer if he's a USRSA member. If so, that spiffy racquet of yours is in good hands.

Okay, so let's say you've discussed tension and you're ready to entrust him with your most prized possession. You will have one more decision to make — which string to choose, even though for the most part, players — including the pros — find that the string makes no difference to how the racquet plays.

Most racquetball companies use a 15 gauge, multifilament nylon string in their racquets. Consequently, most stringers do the same. Because 15 gauge string is relatively thick and can withstand high tensions, it is well suited to tennis stringing, but it may not be ideal for racquetball players.

At least two string manufacturers market a string expressly for racquetball. Ashaway Line and Twine and Technifibre make racquetball-specific strings, but according to John Boudman, a USRSA stringer, well known in amateur and professional circles for his mail-order racquet stringing business, there are other lines of string which work well too.

"Threelines in particular play extremely well over a wide range of conditions, and yet are durable. These are the Head string lines, and the string made by Winn, and Tennex's Gamma Gut XL and Gamma Gut II.

"As well, the new thin Prince string and the string made by Gosen is very good."

Boudman emphasizes using thin string, and says players should look for 16 or 17 gauge string. (The higher the number, the thinner the string.) Most tennis string, since it is designed for extremely

high tension and a heavier ball, is 15 gauge and too thick, too stiff, too inconsistent, and too insensitive to low tensions to be an effective string for racquetball.

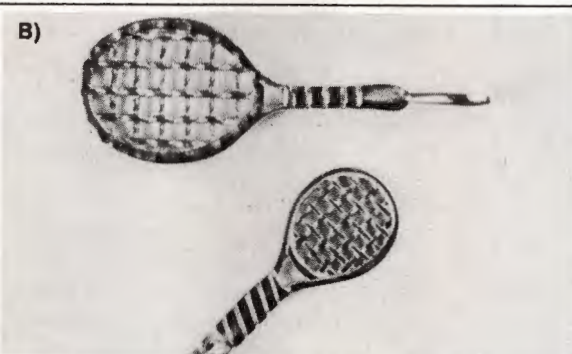
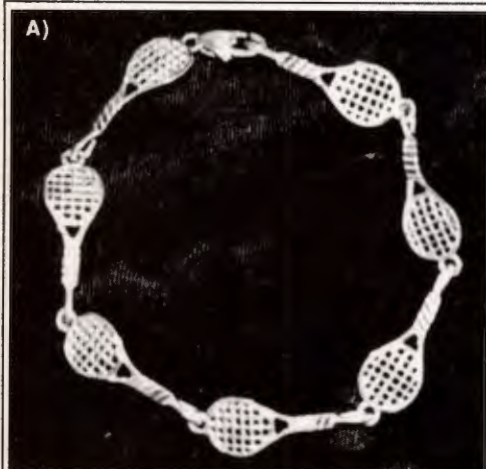
"There is the consideration of string breakage, of course," says Boudman. "If you are breaking strings a lot at 17 gauge, go to a 16.

"But Caryn McKinney for example, uses a thinner Ashaway squash string and gets the benefit of its playability in racquetball, because her game style tends not to break strings."

There is one other consideration when choosing a string, something that Boudman doesn't mind discussing, but is reluctant to draw attention to any specific string manufacturer. That is the stretch of a string.

"Some strings stretch badly. When I use them, and only at a player's insistence, I will pre-stretch them before stringing. If you don't they almost immediately loose tension in the racquet."

It's a good idea to know more about your racquet and its strings. Find a good stringer, and go back to him or her for advice — and stringing! ○



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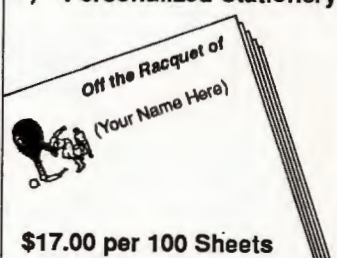
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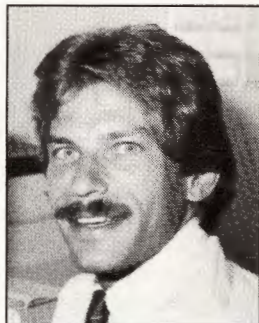
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IF IT HURTS...

by Dr. Paul Ross, D.P.M.



You have reached the final of the tournament. You just tied the match up at one game each. Now you are playing the tiebreaker. Into the game you are winning 9-7 when all of a sudden there is this pain in your arm. No time or energy to think about it, just two more points for the match. Somehow you block out the pain, concentrate just a little more, and crouch down for a drive serve to the backhand that rolls out for an ace. 10-7. One more point. The pain is now so severe that you don't even think about a drive serve. A high lob Z-serve, also to the backhand, ends with a weak return that you roll out in the corner. Point, game, match and now incredible pain.

How were you able to complete the game? Should you have stopped at the first sign of pain? Was any additional harm caused by continued play? Pain, and its perception, is a very complex issue that defies definition.

There is the pain of losing in the first round of a tournament and there is the pain of exhaustion after three days of playing into the semifinals of two separate divisions. Possibly, there is the pain of your sweetheart walking out on you because so much of your time is spent on the court.

Is it pain or is it suffering? According to several experts studying this subject, suffering is pain with the anticipation of dire consequences. In racquetball dire consequences would be withdrawing from the match when you are up 9-7 in the tiebreaker. If you don't anticipate dire consequences you don't suffer as much. You may hurt as much, but you don't suffer as much.

Many elite athletes describe the difference this way. "Pain applies to injuries. Suffering applies to pushing yourself to maximum effort and potential. One is out of your control; one is not. Pain goes away; suffering does not unless you quit. Suffering is the price you pay to win. Those who suffer the most, win the most." In other words, our perception of pain is affected by our mind.

There is, however, a physiological and biochemical reason for why we experience pain. At the time of trauma or injury, damaged cells release two biochemical

substances known as bradykinin and histamine. They stimulate nerve endings to cause the sensation of pain that is transmitted to the brain. In the brain a network of neurons, the reticular system, passes through the medulla and thalamus areas. These work to filter out unwanted stimuli and at

times, pain.

Knowing how to interpret your body's signals takes experience. Dr. Robert Nirschl an orthopedic surgeon in Arlington, VA has devised a simple scale to help. He has done this by dividing the pain experience into several phases:

Phase 1: Soreness, after activities, that goes away in less than 12 hours.

Phase 2: Soreness, after activities, that takes more than 12 hours to go away or disappears with warm-up.

Phase 3: Pain with activity, but the pain is not enough to cause you to change your activity.

Phase 4: Pain with activity that causes you to modify your activity.

Phase 5: Pain at rest.

Phase 6: Pain that disrupts sleep.

In phases one and two his advice is to improve strength, endurance and flexibility of the sore area. Also take aspirin or ibuprofen and consider rest or change of activity. Phase three does not require you to reduce activity, but be alert that you are near to phase four, where you must.

Tenderness and swelling are all part of phases three, four and five. After this point see a sports oriented doctor for you may be damaging muscles, tendons and ligaments. Dr. Nirschl states that the pain scale has not been researched but has helped in allowing athletes to think about their pain and possibly avoid injury.

Pain can be a teacher. To reach your maximum potential requires enough mental toughness to endure some pain. But it must be sensible pain, pain that is part of an educational, not barbaric, training program. Your pain has to be productive. Health first, results second. ○

RACQUETBALL MEDICAL FORUM

Question: Dear Dr. Ross is there anything special I should take into consideration as a result of the cold winter weather?

Answer: With the weather change and shorter daylight hours we find time to be inside and play more. Players often jump from playing an average of two to three days a week to four or five. Also the amount of tournaments available now can keep you busy virtually every weekend. By increasing the amount of time you are on the court from three to five hours per week, up to eight to ten hours it is easy to see how there is an increased risk of injury.

To compare this to those of us who run, in one hour of racquetball you usually cover three to five miles. There is no way the body can adjust to this rapid increase in playing and remain injury free for a prolonged period of time. You must build up to this additional time over several weeks. This can be accomplished by adding an extra thirty minutes a day of playing time for one to two weeks. Then add one day of playing time each one or two weeks thereafter. Thus slowly increase your playing to avoid multiple abuse type injuries.

In the fall and winter months, depending on the area of the country, most courts are significantly cooler than during spring and summer. So where it used to take ten to fifteen minutes to get warmed up it may now require twenty to thirty minutes. A good regimen would be to peddle on the stationary bike at the club for ten minutes at a low resistance level with a cadence of 80 to 90 rpms. If a bike is not available then run in place. Then stretch both upper and lower extremities for about ten minutes being sure not to do any bouncing type stretching. Lastly, five to ten minutes of hitting on the court at 70 to 80% of maximum power to ease into the motions of your strokes. Now you will be ready to "shoot to kill" from the first point played.

Be sure that when you've finished playing not to just sit down or jump right into the shower. You must also stretch as you did before the game because if the club is cool and your muscles are warm there will be an increased chance of cramping.

A few sensible precautions will help you ensure an injury free winter season. Make sure you warm up and cool down — and allow plenty of time to do it. ○

\$10,000 WINNER TAKES ALL Inoue Wins

by Jean Chastain

The Capital Athletic Club, Sacramento, California, hosted the Clifford N. Gamble, Sr. Memorial Pro-Am Racquetball Tourney, November 3-5, 1988.

The Pro Division featured Ed Andrews, Bret Harnett, Marty Hogan and Egan Inoue. The prize was \$10,000, winner takes all, with a big screen T.V. as the consolation prize. Many spectators, crowding into the usual small space available, were viewing their first pro match. They were not disappointed.

Harnett and Inoue began the event with some spectacular rallies to the pleasure of the audience. Inoue battled to stay on top and won the match in three straight wins; 11-9, 11-9, 11-9. (This seemed to set the pace in scoring for the rest of the weekend — all victories were three-game wins.) Hogan gained a spot in the finals with his win over Andrews, 11-8, 11-8, 11-6.

The final day brought a new twist to pro racquetball in the form of a consolation round. Har-

nett was in top form and beat Andrews 11-1, 11-7, 11-2 to win the consolation prize.

Then came the final event where Inoue could do no wrong. His powerhouse serves were almost invisible and Hogan had a difficult time just getting the ball into play on his returns. Inoue swept the finals 11-3, 11-8, 11-8. His prize, \$10,000.

This mini tournament, was an event that will long be remembered by those in attendance. ○



Inoue receiving pointers.

Advice For Juniors

(continued from page 23)

dence in yourself and your ability to compete against the pros."

He cautions, however, "Be modest about personal talents and never be cocky or overconfident. There's always someone out there who can beat you on any given day."

Top ranked WPRA player Chris Evon advises juniors to start working early on the mental game.

"Natural physical talent will only take you so far," she comments. "Also, I think

junior players should be committed to improving all aspects of their game, but they especially need the discipline to continually work on their weaknesses."

Perhaps the best advice of all is that given by two of the best players in the game today — Ed Andrews and Lynn Adams.

Adams, who has returned to college, says to juniors, "Don't give up school! You can play and go to school." And Ed Andrews, known for speaking his mind, has equally valid advice, "Go to school and prepare yourself for the day you retire." ○



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AARA

by Luke St. Onge



It is my pleasure to report the first "New Directions" column of 1989, the highlights of the AARA Board of Directors meeting held in October at the Olympic Training Center. During that session, the following items were brought before the national board for action and approval:

1. A full audit report of the AARA finances was submitted to the board by Ken Waugh and Associates, CPA.
2. The new Rulebook is now available and has been delivered to the membership on schedule.
3. The AARA Junior Program has received permission from the USOC to be called Junior Olympics.
4. Indiana was approved as the National Site for the Junior and High School Championships.
5. The following were appointed to the Junior Council: Carol Pellowski, WI; Scott Winters, CA; Pat Powers, FL; Mary Ann Czupor, CO; Renee Penley, OH; and Gene Hanson, IA.
6. Accepted the Intercollegiate Council minutes and designated New Orleans as the site for the 1989 National Intercollegiate Championships.
7. Designated State Championships as well as Regional Championships for qualification for the National Elite Training Camp.
8. Designated Penn as the official ball of all major AARA events, including Regionals and National events.
9. Designated Minneapolis as the site for the 1989 National Doubles.
10. Voted Andy Roberts, Memphis, TN, and Toni Bevelock, Phoenix, AZ, as the USOC sportsman and sports woman of the year as well as nominating both athletes for the AAU Sullivan award.
11. Voted in favor of entering into a contract with Bill Battle Enterprises to represent the AARA in marketing AARA logo merchandise to the vast retail market such as Sears, K-Mart, J.C. Penney, etc.
12. Voted to enter into a three-year agreement with the Albuquerque local organizing committee to host the Seniors-Masters World Championships on a yearly basis. The tournament will be held the weekend after Labor Day.
13. Voted to accept the final report of the Strategic Planning and Vision Com-

mittee with the final form to be published by January of 1989.

14. Nominated Otto Dietrich, GA, Linda Mojer, FL, Al Seitelman, NY, and Renee Penely, OH, for the AARA Board of Directors term to be voted on in 1989.
15. Voted to start the 1989 Ektelon U.S. National Championships in Houston on Wednesday because of the growth of the event to 1,200 entries.
16. Names Larry Liles, Memphis, TN, head coach of the U.S. National Team, Stu Hastings, Clarkston, MI, technical coach for the men, Fran Davis, Middlesex, NJ, technical coach for the women and Neil Shapiro, Albany, NY and Gary Mazarooff, Albuquerque, NM as assistant coaches.
17. Voted to pursue an additional three-year contract with Ektelon. ○

ACRA

by Neil Shapiro



How To Start A College Team

The American Collegiate Racquetball Association (ACRA) would like to see organized racquetball teams at all colleges and universities throughout the United States. Existing teams both here and in Japan, Costa Rica, Mexico and Canada are providing a new competitive outlet for the game. More teams will mean more and tougher competition.

It's not difficult to organize a team. You need only one motivated, interested person on campus who is willing to put in some time and effort. It's an advantage if that person is a staff member rather than a student, since staff people usually have a more permanent position, but it is not a necessity.

The first step is to approach the student association and present a plan for starting a racquetball team and asking for funding. More than likely only a small amount of money will be needed to host one or two tournaments and to purchase some equipment and uniforms. Fortunately, in the initial stages, this funding will only be minimal.

Most colleges and universities have funds, which are available for distribution by student government, to fund various clubs on campus. To secure funding organizers usually need to establish their club formally, which means submitting a constitution or charter and filling out the

appropriate forms. At many schools the student government is more liberal with their funding when they see some sort of matching funds provided by club members. Hence it is usually a good idea to charge club member's dues.

Considering that most colleges and universities in this country have courts on campus, or at least a club nearby, it should be no trouble to find playing facilities. By advertising team tryouts (which should be held as early as possible in the academic year), in the school newspaper, on bulletin boards, in dormitory suites and near racquetball courts, organizers can reach interested players.

Team personnel do not necessarily need to be just advanced players. In fact, choosing players who are willing to work hard for the team and are underclassmen or women with potential to improve their games, is as essential to making the team efficient and successful as having advanced players.

A vital ingredient in a successful program is having an advisor to oversee practice sessions and to help take care of administrative matters. Most colleges with current programs find them from among members of the school staff. If it proves impossible to find someone on campus, there are usually people in the local community who would be interested in working with a college racquetball team.

There are three basic types of competition for intercollegiate racquetball players. These are: dual meets in which college A plays college B; multiple meets where tri or quad teams may play each other; and state, regional and national team competitions which are scheduled by the ACRA and take place annually.

A very successful formula for a dual meet is the one used by the Eastern Collegiate Racquetball Conference.

Each school fields a team of eight men singles, five women singles, three men's doubles and two women's doubles. At the end of the meet you have a men's champion, a women's champion and an overall champion. Play usually begins with the doubles team and then continues with the singles. This provides an easier transition of players during the match, as the same players usually play doubles and singles. A running total is kept in a visible place, and the meet is often decided by the last few matches.

This is only one example of how to set up a team. If you are interested in setting up a team at your school, or would like more information on intercollegiate programs, write to ACRA at 128 Lancaster Street, Albany, NY 12210. They will be happy to provide assistance or information. ○

CRA by Bill Houldsworth

The Canadian Racquetball Association is pleased to announce the appointment of David B. Hinton as the new Technical Director. Well known to the racquetball community in British Columbia, David has been a provincial and national board member, as well as the chairman of the Wheelchair committee. An enthusiastic individual, he was a key person in the recent acceptance of the CRA wheelchair program by the Canadian Wheelchair Sports Association. By all reports, the racquetball wheelchair program is ready to explode as more and more people become involved in one of the fastest growing areas of the Association.

Congratulations go out to International Executive Director Luke St. Onge and Pan American President Keith Calkins for the fantastic effort in the presentation to get our sport into the Pan American games. Coupled with the fact that in Canada racquetball is back into the Winter Games in 1991, this news has advanced planning for the sport in Canada, not to mention that in years to come this will also help us receive some additional Sport Canada funding as a Pan Am sport.

Just prior to Christmas, the CRA along with the other 65 national sport organizations, moved into the new Sport Administration Centre. Although there were the usual initial problems with telephone lines and misplaced furniture from the move, we managed to survive and the official opening is scheduled for January 13, 1989. Our new address is: 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4. Gloucester is a suburb of the city of Ottawa. The telephone, fax and telex numbers remain the same at (613) 748-5653, (613) 748-5706 and 053-3660 respectively.

The new CRA rulebook which incorporates the changes from the 1988 Annual General Meeting will be available in January as well as two brochures promoting the publications and promotional material available from the Association. The level III coaching manual which was originally to be published by December, has been delayed until our new fiscal year of April 1st for budgetary reasons.

From the 1989 Senior Nationals in Toronto (May 23-27) comes the good news that Pro Kennex, Converse and Air Canada have been signed as corporate sponsors. All arrangements are for cor-



porate sponsorship in cash as well as product. The junior nationals scheduled for Kelowna, B.C. received a big boost when Canadian Airlines International purchased the title sponsorship. The 1989 event is from July 5-8. More news on both the Senior and Junior events as the dates come closer.

WPRA by Chris Evon

One of the main goals of the WPRA is to increase our visibility and to enhance the image of women's racquetball. The AARA has repeatedly acknowledged the fact that strong professional organizations are vital to the continued growth and stability of racquetball. There has to be another step for Junior players, National Team members, and open players to aspire to. There also has to be a level for all amateur players to watch, learn from and imitate.

The WPRA is very concerned with how we are perceived by the public, and how we can motivate women to put in the dedication to be professional players. Like most professional organizations, the WPRA works closely with tournament directors to put on events that showcase players in a way that is exciting for both spectators and sponsors. We put on clinics before tournaments, either at the host club or in the community, to reach all levels of players including the "never played before division". We work closely with the media to assure maximum coverage of the event. We provide exciting, competitive matches throughout the weekend, and we are known for being available to talk with people and help them out with their game whenever possible.

Unfortunately our efforts are only a small way to affect the public's awareness and perception of Women's Professional Racquetball. If you feel that you would like to see or hear more about women's racquetball in general, please write not only to racquetball publications, but also to national sporting magazines. Also write to your local newspapers, and to your cable T.V. stations. If you'd like to see manufacturers help showcase women's racquetball through their advertising, player programs, etc., please write and express your opinions.

It's a small way that you can help entice more women to the sport, and help improve the public's awareness and perception of women's racquetball. O



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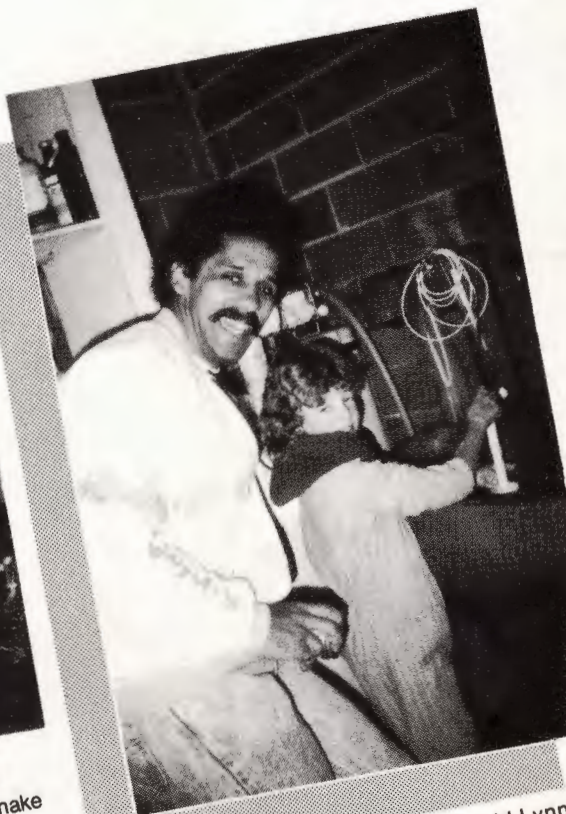
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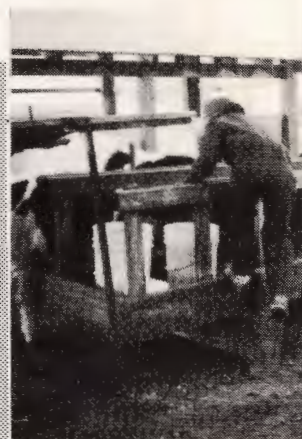
Ruben Gonzalez — 1988 Men's Professional Racquetball Champion



On to the field. Lynn and Ruben make husking an ear of corn a 2-man job.



After the calves are fed, 7-year old Lynn, washes the bottles with Ruben supervising.



Brad feeds the steers he has purchased for his project.



Calf feeding time as Ruben holds the bottle and Blair looks on.

While in Waterloo, Iowa, Ruben visited the dairy farm of Jay and Jeanne Hansen, Hudson, where the family farms 240 acres and milks 100 registered Holstein cows.

Early to rise, Ruben discovered there was really life before noon. At 6:30 a.m. his chauffeur to the farm arrived at his motel room.



Blake, 9 years old, is assisted by Ruben in hauling feed to a cow. Ruben is seen here shaking cream to make butter for his corn.

After a nap till noon, Ruben enjoyed his quota-? of Iowa sweet corn with his homemade butter before taking his memories back home.



Like all visitors, Ruben tries his hand at milking a cow. He concluded his grip was not adequate.



Ruben is looking over the cows while getting the thrill of touching the electric fence. His Adidas saved him from shock.



After the tour, time for a picture with Jay and Jeanne Hansen and their family: Brent—15, Brad—13, Blair—10, Blake—9, and Lynn—7.

Ruben's Comments:

It's overwhelming; kids this young out in the early morning hours, each having responsibility for getting the work done. What an experience! It's fantastic!

Down on the farm — An alternate career?

EUROPEAN CHAMPIONSHIPS

by Rene Hehemann

A weekend of great fun for the pioneers of racquetball in Europe took place in Brussels, Belgium from October 28 to November 1, 1988. During the first two days of a four day weekend men from six countries and women from five countries participated in the Second European Championships Masters.

The first Championships was held in Zoetermeer, Holland in 1986. The winner of the men's division was Germany, with Ireland second and in the women's division, Holland with Ireland again taking second place. The overall Championship was won by Ireland, which had the high-

Switzerland.

Belgium and Holland played for fifth and sixth place with Belgium winning all the singles and Holland taking the doubles 3-1.

Ireland qualified for the finals by winning over France 3-1, but it was a tough effort and France, who was playing in the Championships for the first time, proved to be a formidable opponent. The match was unexpectedly close and in the doubles went to a breathtaking finish with a tiebreaker. Germany won 4-0 over Switzerland which was expected.

Ireland and Germany played the finals

finals much better. The doubles match was only a formality with Ireland taking one point. The German men once again won the men's title.

On the women's side of the draw the two main contenders for the title were Holland and Ireland. Holland, the defending champion, was missing Dineke Kool who is European Champion. Holland took the first match against Germany 4-0 and Ireland against France, also 4-0.

In the finals Holland beat France 4-0 in a very tough round which went to multiple tiebreakers. Ireland easily disposed of Belgium 4-0 and won the title giving away only two tiebreakers. Belgium and Holland ended the game with the same score, but the negative score of previous games resulted with Holland in third place behind Belgium.

For the singles championships the seeding was done right after the finals. The results of the previous days were included in the seeding.

On Monday the singles event started at 9:00 a.m. and didn't hold any surprises in the beginning. It appeared that the seeding committee had done a good job.

The 35+ category was completely dominated by the Irish women with Orla Ryan, #1 seed taking the title. Rose Madden, her opponent in the finals was injured in the semi's and had to drop out in the second game.

In the 30+ category the #1 Dutch player, Carla Kruizinga, #2 seed surprised the Irish delegation by eliminating Geraldine Byrne, #3 seed with unexpected ease, and although an easy victory was expected for Ciss Kennedy #1 seed, Carla was totally unimpressed and took the title. Ciss Kennedy was unable to find a strategy that worked against Carla and only twice in both games was she anywhere near

Carla.

There is no doubt that the women's title in 30+ belonged to Carla Kruizinga. Carla lost only one match during the whole



The German team
Men's Champions 1988.

The Dutch team.



est combined scores and second place went to Holland.

In the 1988 Championships the men's teams played in two divisions and the women's teams played round robin. The Dutch men were surprised by the Swiss team in the first match of the men's division and the Swiss won 4-0. Germany also won 4-0. Ireland then beat Switzerland 3-1 and France narrowly slipped by Belgium and qualified for the semi's where they faced Ireland and Germany confronted

of the team championship and all the single matches were won by Germany. The Germans have a much more experienced team and they handle the stress of



Overall winners — The Irish team.

weekend. In a direct confrontation with Orla Ryan she lost in two games.

Orla Ryan was indisputably the strongest woman at the Second European Masters.

In the women's doubles it was an all-Irish match-up between Ryan/Kennedy and Byrne/Kennedy with Ryan/Kennedy winning in record time.

In the men's singles, Jimmy Ryan #1 seed from Ireland, was nervous as he faced Willi Wenzel of Germany. He had seen Willi playing at other meets and he appeared to be in top shape. He beat Rene Hehemann in the quarter finals and showed great improvement since he played in the last Championships. He also had disposed of Belgian Dirk Coopman in the semi's but in the finals the flame died and Ryan allowed him one gamepoint and then finished the match abruptly.

Willi had played in both singles and doubles during the four days and it turned out to be too much for him. In an equal match he certainly would have had a good chance of winning, but doubles and singles during this short period of time drained his strength.

In the last match of the weekend Jurgen Denk, #1 seed from Germany, met Phillipe Ospital, #2 seed from France. In the team championship match, Jurgen Denk was the only player who could control the rapidly improving Phillipe. Throughout the whole final the two players were never more than two points away from each other. At 14-12 Philippe got his first match point and after a total of seven lost the second game 14-15. The tiebreaker was almost an exact copy of the second game but this time Jurgen had two match points. In a final all or nothing rally Ospital dived and scored match point.

This final match between Denk and Ospital was definitely the most exciting match of the weekend. Off the court Ospital cried for joy as he took the 35+ title.

It was the end of an exciting weekend for racquetballers in Europe and Erik Meyer, "headgoof" of the organizing committee wished everyone "Bon Voyage" and hoped to see them again two years from now at the Third European Championships Masters in 1990. O

1989 European Schedule Of Events

January 13-15

6th Belgium Open
Brussels, Belgium
Erik Meyer

January 13-15

Winter Open
Bad Tolz, Germany
Dave Mattingly

January 27-29

5th Eigel Tower Open
(new 5 court facility west of Paris)
City Forme, France
Stephen Glasgow

February 17-19

8th German Open
Hamburg, Germany
Armin Schroder

February 17-19

3rd European Open
Hamburg, Germany
Armin Schroder

February 17-19

7th Irish Open
Tralee, Ireland
Phil Duignan

February 25-26

2nd Antwerp Int.
Antwerp, Belgium
Erik Meyer

March 17-19

11th Dutch Open
Zwijndrecht, Holland
Wim Vink

May 10-15

5th European Championships
Barcelona, Spain
E.R.F./S.R.A.

May 26-28

6th Bavarian Open
Munich, Germany
Willi Wenzel

June 30-July 2

5th Hamburg Open
Hamburg, Germany
Armin Schroder

RESULTS

MEN		Points	WOMEN		Points	COMBINED		Points
1	Germany	6	1	Ireland	5	1	Ireland	10
2	Ireland	5	2	Belgium	4	2	Germany	7
3	Switzerland	4	3	Holland	3	3	Belgium	6
4	France	3	4	France	2	4	France	5
5	Belgium	2	5	Germany	1	5	Holland	4
							Switzerland	4



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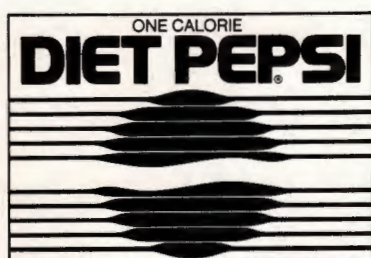
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Molly O'Brien at (215) 822-1951

AARA Official Rankings November 2, 1988

Mens Open: 1-A. Roberts, TN; 2-T. Hansen, FL; 3-D. Ganim, OH; 4-C. Nichols, FL; 5-T. Sweeney, IL; 6-C. Cole, MI; 7-J. Cascio, PA; 8-B. Erickson, MN; **Mens A:** 1-S. Reiff, FL; 2-S. Arizmendi, NY; 3-J. Bonnett, MI; 4-J. Allen, MS; 5-B. Jackson, WV; 6-D. Hall, CO; 7-S. Lerner, OH; 8-J. Mylar, WV; **Mens B:** 1-B. Schirmacher, MN; 2-T. Altenburg, MI; 3-D. Berl, GA; 4-J. Fuchala, OH; 5-R. Miller, WA; 6-R. Sandello, CA; 7-A. Lich, MT; 8-B. McCormick, TN; **Mens C:** 1-H. Bergman, NJ; 2-T. Thompson, MA; 3-G. Giles, GA; 4-J. Clark, FL; 5-T. Krogman, OH; 6-R. Johnson, GA; 7-J. Kolen, AL; 8-N. Osborne, CA; **Mens D:** 1-W. Zapata, WA; 2-S. Martin, MA; 3-J. Martyniak, IN; 4-J. Fetterman, CA; 5-J. Eliasik, IL; 6-T. Dawson, OH; 7-F. Galan, TX; 8-T. Linn, GA; **Mens Novice:** 1-R. Cain, TX; 2-D. Delong, WA; 3-J. Fallabell, PA; 4-D. Fields, OH; 5-J. Moran, SC; 6-R. Rangle, CA; 7-J. Shulgodi, NY; 8-B. Dougan, NJ; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-J. Worthington, CO; 3-M. Jenkinson, WV; 4-L. Gonstin, WI; 5-S. Mixon, CO; 6-R. Benevides, FL; 7-S. Hickey, WV; 8-J. Rocks, CO; **Mens Beg.:** 1-D. Cox, AK; 2-S. Tucker, SC; 3-J. Williams, CA; 4-K. Ainsworth, GA; 5-R. Medina, CA; 6-K. Vanderark, AK; 7-B. Beardmore, AK; 8-J. Conway, CA; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-S. Huggins, FL; 4-R. Thompson, AL; 5-G. Gose, NM; 6-S. Redelheim, TN; 7-G. Manzuri, CA; 8-R. Remen, VA; **Mens 8:** 1-J. Gautreau, TX; 2-M. Saad, CO; 3-S. Huggins, FL; 4-G. Gose, NM; 5-T. Siggins, CA; 6-T. St. Pierre, FL; 7-K. Wilken, NM; 8-W. Tilton, CO; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-C. Locker, MN; 5-R. Buchanan, MD; 6-S. Rodd, VT; 7-J. Gautreau, TX; 8-T. Samaria, MN; **Mens 12:** 1-A. Thompson, WI; 2-J. Armbricht, NC; 3-J. Icenogle, CA; 4-S. Zimmermann, MI; 5-J. Mannino, NY; 6-S. Wood, MA; 7-J. Xynidis, FL; 8-A. Gross, MN; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-J. Ellenberger, WI; 4-S. Monchik, NY; 5-J. Aghaloo, TX; 6-R. Davis, IN; 7-C. Pfaff, OH; 8-J. Kolen, AL; **Mens 16:** 1-J. Ellis, CA; 2-J. Bonnett, MI; 3-E. Muller, KS; 4-B. Simpson, IN; 5-R. Walden, FL; 6-B. Sawyer, NC; 7-T. Brennan, CO; 8-J. Gillooly, MA; **Mens 18:** 1-M. Guidry, TX; 2-J. Floyd, MI; 3-M. Locker, MN; 4-M. Engel, MD; 5-E. Ramm, CA; 6-J. Waggoner, FL; 7-T. Jelsko, NM; 8-J. Lorello, FL; **Mens 19:** 1-M. Bronfield, CA; 2-B. Erickson, NM; 3-T. Sweeney, IL; 4-J. Jeffers, TN; 5-M. Lowe, CA; 6-C. Winter, FL; 7-B. Rodriguez, CA; 8-R. McKinney, PA; **Mens 23:** 1-M. Morrison, FL; 2-D. Negrete, IL; 3-B. Lyman, IL; 4-R. French, MN; 5-J. Gillhouse, AL; 6-T. Neill, NM; 7-A. Manditch, MA; 8-V. Ganley, FL; **Mens 30:** 1-B. Corcoran, AZ; 2-D. Kovanda, OH; 3-J. Peterson, NY; 4-D. Hardan, WA; 5-T. Lavo, MN; 6-R. Derr, IL; 7-S. Worthy, MI; 8-J. Young, PA; **Mens 35:** 1-S. Hastings, MI; 2-D. Kovanda, OH; 3-T. Lavo, MN; 4-M. Layton, FL; 5-R. Woolard, OH; 6-E. Garabedian, PA; 7-G. Owen, FL; 8-B. Fulkerson, IN; **Mens 40:** 1-M. Stephens, MI; 2-J. Schwartz, FL; 3-J. Hennon, TN; 4-F. Ciociola, NY; 5-B. Brookings, CO; 6-H. Chastain, MN; 7-M. Winslow, FL; 8-R. Rounds, OH; **Mens 45:** 1-R. Hutcherson, IN; 2-R. Galbreath, PA; 3-B. Parra, CA; 4-R. Wehrle, GA; 5-T. Perna, OH; 6-N. Shapiro, NY; 7-C. Garfinkel, NY; 8-R. Lawler, IN; **Mens 50:** 1-R. Adams, CA; 2-S. Marcus, FL; 3-B. Sanders, OH; 4-R. Lawler, IN; 5-D. Mas, DE; 6-J. Fay, TX; 7-A. Johnson, CO; 8-B. Schram, IL; **Mens 55:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MN; 4-D. Weinberg, NY; 5-L. Cox, IN; 6-F. Kilbride, CAN; 7-P. Miller, IN; 8-D. Ryan, MA; **Mens 60:** 1-P. Miller, IN; 2-F. Kilbride, CAN; 3-J. Lambert, TX; 4-J. Bareilles, VA; 5-R. Carretti, MI; 6-S. Eller, IL; 7-R. Johnson, CA; 8-M. Roberts, FL; **Mens**

Men's Pro Tour Official Rankings October 26, 1988

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

65+: 1-L. Wilde, UT; 2-N. Sans, CA; 3-E. Acuff, VA; 4-R. Craig, Jr., IN; 5-A. Shepherd, MD; 6-D. Goddard, MT; 7-R. Picard, MA; 8-B. Cloud, IL; **Mens 70+:** 1-L. Wilde, UT; 2-C. Russell, CA; 3-A. Shepherd, MD; 4-J. Singer, CA; 5-I. Gumer, KY; 6-G. McDougall, SD; 7-H. Minor, CO; 8-A. Beette, SE; **Mens 75+:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

AARA Official Rankings November 2, 1988

Womens Open: 1-T. Bevelock, AZ; 2-S. Morgan, FL; 3-M. Dee, NH; 4-L. Anthony, CA; 5-L. Ecker, MI; 6-M. Gilman, OR; 7-M. Wihlessen, CO; 8-R. Levine, CA; **Womens A:** 1-H. Gray, VA; 2-P. Musselman, PA; 3-L. Galloway, NY; 4-C. Collins, MI; 5-S. Huczek, MI; 6-L. Merrill, MN; 7-C. Clark, FL; 8-L. Daniel, AL; **Womens B:** 1-A. Kinney, WA; 2-S. Ruhl, CO; 3-D. Westerkon, NY; 4-S. Evans, MA; 5-S. Dardak, IN; 6-D. Bean, TX; 7-D. Bercili, PA; 8-M. Hawkins, SD; **Womens C:** 1-B. Duncan, TN; 2-D. Leon, FL; 3-S. Rosling, MT; 4-S. Turner, CT; 5-M. Davis, CO; 6-P. Saad, MI; 7-K. Locke, GA; 8-G. Guy, VT; **Womens D:** 1-D. Tracy, MA; 2-N. Sloan, IN; 3-W. Raft, TX; 4-M. Reese, SC; 5-C. Staats, WA; 6-B. Vanderson, OH; 7-C. Kruse, MI; 8-H. Hall, IN; **Womens Novice:** 1-B. Beveney, NY; 2-J. Bulle, NJ; 3-J. Williams, TX; 4-S. Klein, NY; 5-S. Ross, GA; 6-C. Paoli, DE; 7-A. Angerillo, AZ; 8-A. Ballard, TN; **Womens Beg.:** 1-C. Ehart, GA; 2-L. Sides, GA; 3-B. Barber, GA; 4-J. Brody, GA; 5-B. Butcher, GA; 6-C. Greene, NC; 7-M. Moore, SC; 8-L. Poulrot, SC; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-J. Quinlan, FL; 5-K. Thompson, WI; 6-J. Degutis, MI; 7-J. Koppel, TX; 8-M. Manzuri, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Quinlan, FL; 4-M. Manzuri, CA; 5-J. Hardeman, TN; 6-Jill Trachsel, MN; 7-J. Koppel, TX; 8-L. Wooten, FL; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-A. Meyer, CO; 4-J. Koppel, TX; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-V. Tulao, AL; 8-B. Knitter, WI; **Womens 12:** 1-A. Beugen, MI; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Boland, MT; 7-E. Icenogle, CA; 8-S.

WPRA Official Rankings December 11, 1988

1T	L. Adams	180.0
1T	C. McKinney	180.0
3	T. Bevelock	105.0
4	M. Drexler	95.0
5	K. Kuhfeld	83.8
6	Jackie Paraiso	73.8
7	M. O'Brien	63.8
8	C. Doyle	60.0
9	D. Fischl	41.3
10	M. Lynch	36.3
11	S. MacTaggart	30.0
12T	C. McFetridge	28.3
12T	S. Robson	28.3
14T	S. Cantu	25.0
14T	C. Evon	25.0
16T	L. Alvarado	20.0
16T	R. Whitmire	20.0
18	A. Katz	16.7
19	R. Goblish	15.0
20T	J. Grimaldi	13.3
20T	L. Porter	13.3
22	K. Langlotz	12.5
23T	L. Alexander	10.0
23T	C. Barcelo	10.0
23T	F. Davis	10.0
23T	B. Faulkenberry	10.0
23T	G. Ferguson	10.0
23T	R. Lockey	10.0
23T	V. Panzeri	10.0
23T	Joy Paraiso	10.0
23T	R. Petrini	10.0
23T	T. Petrocy	10.0

Linskey, CT; **Womens 14:** 1-E. Icenogle, CA; 2-J. Spangenberg, CA; 3-B. Engel, FL; 4-A. Kinney, WA; 5-H. May, CA; 6-A. Crocker, CO; 7-D. Peterson, WI; 8-A. Simmons, FL; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-H. Gray, VA; 5-A. Melville, MN; 6-N. Sloan, IN; 7-M. Carmona, CA; 8-A. Simmons, FL; **Womens 18:** 1-D. Sibell, MN; 2-M. Gilman, OR; 3-H. Gray, VA; 4-L. Coutu, DE; 5-S. Cox, FL; 6-C. Doyle, NY; 7-A. Prentiss, NY; 8-C. Matherly, IN; **Womens 19:** 1-L. Ecker, MI; 2-C. Gudinas, IL; 3-K. Hallander, FL; 4-L. Anthony, CA; 5-R. Olson, MA; 6-L. Coburn, MD; 7-L. Cardwell, MN; 8-M. LaBonne, IN; **Womens 25:** 1-M. Bailey, VA; 2-M. Lyons, FL; 3-G. Grigsby, KY; 4-R. Petrini, UT; 5-C. Collins, MI; 6-L. Screeton, IN; 7-J. Llacera, MA; 8-S. Dicola, IL; **Womens 30:** 1-S. Morgan, FL; 2-B. Harrison, OH; 3-P. Clark, MN; 4-C. Shields, IL; 5-M. Bickley, PA; 6-B. Kowalski, OH; 7-D. Adams, CO; 8-B. Lepley, TN; **Womens 35:** 1-C. Dattisman, PA; 2-A. Falso, FL; 3-M. Copley, TN; 4-T. Hokanson, CA; 5-F. Iffert, PA; 6-M. Kelley, CA; 7-S. Armstrong, CO; 8-M. Eichorn, CO; **Womens 40:** 1-M. Kelley, CA; 2-A. Falso, FL; 3-G. Benham, AR; 4-G. Low, MA; 5-M. Weldin, DE; 6-A. Carvajal, TX; 7-D. Hinkin, PA; 8-L. Miller, IN; **Womens 45:** 1-J. Schmidt, FL; 2-K. Mueller, MN; 3-M. Johnson, TX; 4-C. Lombardi, VA; 5-M. McNutt, FL; 6-S. Busch, MO; 7-J. Kenyon, FL; 8-C. Pellowski, WI; **Womens 50:** 1-J. Kenyon, FL; 2-M. Crawford, NY; 3-K. Mueller, MN; 4-S. Elgaway, FL; 5-J. Gartland, MA; 6-L. Hunt, TX; 7-M. Walker, CA; 8-J. Tull, PA; **Womens 55:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, ND; **Womens 65:** 1-M. Acuff, VA.



Letters To The Editor

(continued from page 3)

Fast Ball Fan

are lots of approaches to take. We can change the game's image through a different advertising approach; start a national youth league that will introduce lots of future racquetball consumers; develop the technology required to properly televise the game; or perhaps change the color of the ball, if that helps to televise it. But going to a slower ball changes the game itself, in a way opposed by the vast majority of players. Let's not sacrifice the players enjoyment for the sake of profit.

Ken Fichthorn
California ○

A Quick Draw Forehand

(continued from page 29)

from the back service line. Increase the tempo as your body loosens up. At first, concentrate individually on each separate point I've made but stay loose. The most important things to try are wrist adjustments and the whipping motion. When it seems easy, try moving closer to the wall.

Doubles games are excellent to test what you've learned because you are often at close quarters slugging it out with two opposing players. The action is fast and the adrenalin is flowing.

The basic principles outlined here apply to both the forehand and the backhand. In fact, they apply to all shots. You may not be able to follow every aspect of what I've described, but this should give you a glimpse of what is possible. As you become accustomed to hitting quick-draw shots you can refine their execution. Then there will be a day when it will seem like old hat — the day when you've really entered the realm of the advanced player. ○

Excerpted from "Dave Peck's Championship Racquetball System" written by Dave Peck with Armen Keteyian, published by Simon & Schuster, Inc., New York.

Pre-Game Meal

(continued from page 34)

runners, have included beer in their pre-game meals, but doctors don't advise this for racquetball players.

"I wouldn't recommend consuming

beer," said Dr. Eddy. "Because the resultant increase of your liver rate of lactic acid is not a good idea for racquetball players. Runners don't accumulate lactic acid, but racquetball players do since they use so many more different muscles."

Some athletes may already eat a certain pre-game meal and feel good as a result, but Olivia Wood said the food may not be providing a physiological boost.

"Some foods have a psychological effect rather than a physical effect," she said. "The athlete may feel he needs to eat a certain food to help him perform better, but it's only a mental thing."

"It's like the old fallacy that football players needed 12 ounces of steak before a football game. No physical effect, but rather a psychological one. I talked to some wrestlers who said that if they didn't have a Hershey's candy bar before a match, they wouldn't perform well."

Watch out though, that you don't become too superstitious about your pre-game meal. "If the food isn't dangerous," Wood added, "then let the athlete eat it. But if the athlete thinks all he needs is a candy bar and a Coke before the event, then it can become a problem."

After a match? The urge for food may occur, and if you have another match in a few hours, then a light meal or snack is advised to allow quick digestion to give you fuel to burn. ○

Better Overhead

(continued from page 26)

The easiest way to check this in practice is to stop after hitting an overhead. Is your weight completely on the front foot, as in photograph four?

Shot selection.

The overhead shot, by definition, means that you are hitting the ball downward. As a result, after the ball hits the front wall and the floor, it will bounce in an upward direction.

For that reason, overhead pinches are very difficult to hit. The slightest mistake takes an overhead pinch attempt into the center of the court, the worst place possible. Instead of keeping your opponent off balance, you then give him or her a setup in the middle of the court — while you are still in the back court!

Overheads, then, should generally be down-the-line or cross court. You are not trying to hit a complete winner. Instead, by forcing your opponent to scramble to reach the ball, you are simply keeping the pressure on, which hopefully, will lead to an easy chance later in the rally to kill the ball.

One last thing. Instead of hitting a backhand ceiling ball take one step closer to the side wall and hit it with your forehand instead. Ceiling balls usually give you enough time for that extra step to pivot around your usual backhand stance. ○

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WRPA Official Tour Schedule 10th Anniversary Season 1988-1989

February 2-5, 1989

Atlanta Sporting Club
1515 Sheridan Road N.E.
Atlanta, GA 30324
Contact: Caryn McKinney
(404) 636-7575

1 Highpoint Drive
Chalfont, PA 18914
Contact: Molly O'Brien
(215) 822-1951

Contact: Robin Chilcoat
(717) 533-4554

May TBA

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

April 13-16

CoCoa Court Club
1249 Cocoa Avenue
Hershey, PA 17033

February 23-26

Shawnee-at-Highpoint

Newsbrief

Court Places 100% Of The Pittsburgh YMCA On Tax Rolls

On November 22, 1988 the Common Pleas Court in Pennsylvania ruled that 100 percent of the Pittsburgh YMCA's \$7.5 million downtown facility should be taxed. The decision, issued without a written opinion, will require the YMCA to pay \$212,970 in city, county and school district property taxes each year.

The Pittsburgh decision represents a national trend to place upscale YMCA's on the local tax rolls. Last month, the Oregon Tax Court upheld an earlier decision of the Oregon Department of Revenue to place two YMCA Fitness Centers in Portland on the property tax rolls.

The Pennsylvania court's decision upholds and expands on a January 1988 decision of the Allegheny County's Board of Property Assessment, Appeals and Review to place 14 percent of the Pittsburgh YMCA on the tax rolls.

In attempting to capture the middle and upper income classes, the county and health club operators assert that the YMCA failed to provide service to the people whom a charity traditionally serves. Only 3.5 percent of the Pittsburgh YMCA memberships have been given free of

charge, or at a reduced rate, on account of the individuals inability to pay. The City Club, a for-profit health club in Pittsburgh provides subsidized memberships to three percent of its members. Rob Goldman, general manager of the City Club noted that "just because you offer some subsidized programs, that does not make you a charity."

The YMCA plans to appeal the court's decision. They argue that the YMCA is a charitable organization that should not be taxed at all.

City and county officials — supported by an organization of nine local for-profit health clubs and IRSA, a trade association of 1,400 health and racquet clubs — disagree. They believe that the downtown YMCA, which opened in 1986, is not fulfilling a charitable function. Rather, the facilities were designed to compete with the for-profit clubs for the upscale adult fitness market.

The YMCA's facilities equal or exceed the facilities of the for profit clubs in the area and include an Olympic swimming pool, indoor running track, plush locker rooms, a massage room, tanning beds, advanced weight training and nautilus equipment, squash and racquetball courts, a pro shop, steam and whirlpool baths, and other state-of-the-art facilities. ○

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February 2-5, 1989 3rd Annual Warren Finn Tournament

This year's tournament at the Jewish Community Center will feature Men's and Women's Open Division(cash prizes totalling \$3,000), Men's & Women's A through Novice and Men's Veterans (over 30), Men's Masters (over 40), Men's Vet-

erans Masters (over 50). Tournament is designated as the Texas State Juniors Championship for boys and girls 7 -18. Aaron Katz will conduct free Juniors clinic on Saturday, Feb. 4. Info. Barry Schumer, (713) 729-2433 x 239. ○

PASSING SHOTS

by Norm Blum



STILL SMILING — Ektelon employees were a bit jumpy around the water cooler at the end of 1988. With Ektelon on the trading block, both Penn Athletics and Prince Manufacturing, Inc. were interested in purchasing the company.

Prince, for an estimated \$12 million, won the game (pun intended). Although both offers were similar, Prince was willing to leave Ektelon management intact in San Diego. According to sources, Penn would have made sweeping changes.

Penn's **Matthew Dingman**, vice president of marketing and sales, said the company was disappointed, but was looking into developing new product as well as future acquisitions.

Prince, the leading manufacturer of tennis racquets in the U.S., was quite pleased with the purchase.

"This acquisition is in keeping with our objective of bringing premier products and brand names to consumers around the world," said Prince chairman **Jack Sullivan**.

FUGITIVE — This tale hardly has the makings of an investigative police story. In fact, it could be discussed in Detective 101 at Fingerprint U.

An open player bought a truck but failed to make payments. The dealership wanted its vehicle back, but was unable to locate the player.

The dealer found out the person was a racquetball fanatic and that if money was being offered at a tournament he would be there. The dealer didn't have to graduate magna cum laude from FBI School to crack this caper. He went to a local club, saw some tournament flyers and picked the one that offered the most money. The rest was easy. At the tournament while the player was on the court, the tow truck operator removed the vehicle. That, folks, is how you track down a racquetball fugitive.

POTPOURRI — No one can accuse me of not being a romantic. A couple that had an enduring long distance relationship met for a weekend rendezvous at a tournament. Not wanting them to have to spend the entire weekend at the club, I quickly disposed of my foe in the first round so he could spend more time with his sweetheart...How many "First Annual" tournaments have made it to the second

year?...You know a person is hard on his luck when he wins a silver tray as an award after competing in more than 40 tournaments, only to see it tarnish after two weeks on the self.

WET SPOT RULE — With today's athletes bigger, quicker and stronger, diving is becoming part of the repertoire.

However, there has been some controversy. Former five-time champ **Mike Yellen**, who isn't known for his diving, but instead moving the ball around, feels something needs to be done.

"It's always been part of the game, but it's being done a lot more often," **Yellen** said. "I'm in control of the rally and my opponent needs to dive to return some of my shots. He's obviously sweaty and wet from the pace of the match. I slip and fall on his wet spot. I might swing and miss. I'm penalized for controlling the ball. That doesn't seem right and we need to look at it."

POTPOURRI PART II — Ektelon's product manager **Greg Ryan** is no longer with the company...January money-making idea: This free tip is for club pros. Are lessons stagnating? Offer a new twist — video lessons. Not a bad idea, huh?...Biggest disappointment of 1988 was the cancellation of the men's pro stop in Miami.

The World Professional Racquetball Tour needs all the details of each tournament completed at least six months prior to the event. Without such organization the WPRT won't be a viable group...The manager of the club at which I play bugs me to put his name in this column each month. Okay. Nah, maybe next month, **Lawrence**...Hey guys, chomp on this tidbit from *USA Today*. Exercise increases a woman's sexual appetite...Glimpsed at a T.V. show the other night and saw an older man with a younger woman. After they did their thing they went off to play racquetball. They didn't jog or ride a bike. They played racquetball. That kind of message can only help the game.

HONESTY THRIVES — What is it about racquetball players named **Gonzalez**? Several years ago, **Ruben**, last season's No. 1 ranked player reversed a referee's call which would have given him his first professional win. Last year it was **Sergio**

Gonzalez' turn. At the National Doubles Championships, **Sergio** and his partner, **Tim Hansen**, were serving at 10-7 when **Bill Sells**' ball apparently skipped. **Sell** and partner **Brian Hawkes** had the dejected look of losing while **Hansen** raised his fist in the air in triumph. But **Sergio** knew it was premature. While none of the other players knew it, **Sergio** told referee **Otto Dietrich** that the ball hit him. **Sells** and **Hawkes** regained the serve and went on to win 11-10 in the tiebreaker...Details are sketchy, but **Cliff Swain** is no longer with Ektelon. He was with Burt last year and switched to Ektelon at the beginning of the season. At the first two pro stops in 1988 he wore Ektelon clothing but was given permission to use the Burt Racquet enabling him to make the transition. Insiders say he had a change of heart because Burt had a **Cliff Swain Signature Racquet** in stock and centered its advertising campaign around him. Ektelon agreed to let **Swain** go. More details next month.

RACQUETBALL TIP — For you older players, (or is the term veteran more diplomatic?) here are some suggestions from a pro: "Be more tactical. Dump the ball in the corner, become more of a technician. Cut off balls in center court."...For you club managers thinking of adding courts, big windows are in. "It's a good way to sell racquetball memberships. While 3' x 4' or 4' x 6' windows will allow spectators to see most of the action, a 4' x 8' viewing area is ideal.

MISCELLANEOUS — Reaction from the competition on Prince's acquisition of Ektelon: "I think everybody nodded their heads and said it's a natural fit," Pro Kennex Product Manager **John Weaver** said...Discount fares are important to **Egan Inoue**. The Hawaiian native can fly from Hawaii to Florida for \$900 round-trip as opposed to more than \$1,500. The recent increase in airline fares will hurt pro players who can't book in advance.

THINGS I LIKE — The honesty of **Sergio Gonzalez**, late night racquetball and the rare times I hear a crowd cheer one of my winning points.

THINGS I DISLIKE — Doubles partners who wear identical outfits, early morning racquetball and New Year's resolutions. O



PRESIDENT'S COLUMN

by Van Dubolsky

According to the official point tallies of the 1988 Ekke-ton/U.S. National Doubles Championships of Racquetball, Florida once again ran away with the state team title by a margin of 64 points over its nearest competitor. This makes a clean sweep of the National Adult Championships in 1988 for Florida, but other state teams are not far behind. Thirty-one states were represented at Doubles, and placed as follows:



	State	Overall	Men's	Women's	Mixed
1	Florida	146.0	59.0	53.0	34.0
2	Pennsylvania	81.5	31.5	21.0	28.0
3	Virginia	70.5	27.5	37.0	6.0
4	California	68.0	47.0	21.0	0.0
5	New York	65.5	33.5	14.0	18.0
6	Ohio	53.0	41.0	10.0	2.0
7	Minnesota	52.0	34.0	12.0	6.0
8T	Connecticut	32.0	4.0	8.0	20.0
8T	Illinois	32.0	18.0	14.0	0.0
10T	Tennessee	22.0	20.0	2.0	0.0
10T	Utah	22.0	22.0	0.0	0.0
12	Texas	20.5	14.5	0.0	6.0
13T	Arizona	20.0	13.0	6.0	1.0
13T	New Jersey	20.0	5.0	3.0	12.0
15	Michigan	15.0	13.5	0.0	4.0
16T	Colorado	14.0	12.0	0.0	2.0
16T	Delaware	14.0	4.0	6.0	4.0
16T	Maryland	14.0	5.0	5.0	4.0
19	Kentucky	12.0	12.0	0.0	0.0
20T	Georgia	9.0	9.0	0.0	0.0
20T	Massachusetts	9.0	4.0	4.0	1.0
22	North Dakota	8.0	8.0	0.0	0.0
23	Montana	7.0	7.0	0.0	0.0
24	Indiana	6.0	6.0	0.0	0.0
25	New Mexico	5.0	5.0	0.0	0.0
26T	Missouri	3.0	3.0	0.0	0.0
26T	Wisconsin	3.0	1.0	2.0	0.0
28T	North Carolina	2.0	0.0	0.0	2.0
28T	Oregon	2.0	0.0	2.0	0.0
30	Nebraska	1.0	1.0	0.0	0.0
31	Vermont	0.5	0.5	0.0	0.0
All others = 0.0					

FROM THE EDITOR

by Linda L. Mojer



It's hard to believe that an entire year has passed since the AARA and *National Racquetball* joined forces to produce the first edition of "AARA in Review." In that year, the "rear guard" section of the magazine has settled comfortably into its niche and provided racquetball players across the country with a fascinating view of the amateur side of a fast-paced, on-the-rise sport. What's more, many of the articles and ideas published in the section have been provided by the players who organize, promote and develop racquetball programs at the local level — your state and regional directors, newsletter editors, and club owners.

In a Baltimore airport shuttle after National Doubles, I had a rare opportunity to explain the design and intent of "AARA in Review" to some readers who had come to the conclusion that it was basically an outlet for Florida and California news. It had been a long tournament, and at first my protest was weak. Yes, regions four (the Carolinas, Georgia and Florida) and fourteen (California, Nevada and Hawaii) get a lion's share of attention, but they also boast the largest AARA membership rosters according to national office figures. Otherwise, all items submitted for inclusion in the section are considered on equal merit.

Submitted, they queried? You mean articles and photos and results must be sent in to be published? Well yes, perhaps that hadn't been made quite clear.

Over the past twelve months, "AARA in Review" has tapped the resources of fourteen state newsletters and nineteen independent authors to fill its ninety-six allotted pages worth of magazine. And they weren't all from Florida, either. So if it still hasn't been "quite clear," we would like to thank the following authors and contributors, without whose help "AARA in Review" would not have made it past the first six months: Mike Arnoldt, Ron Coates, Otto Dietrich, Van Dubolsky, Jim Easterling, Barbara Harrison, Hart Johnson, Joe Koppel, Steve Lerner, Ed Martin, Gary Mazaroff, John Mooney, Stacy Okonowski, Ron Pinnell, Judi Schmidt, Sid Williams, Bill Schultz, Mary Walker; New England Racquetball Association News, Editor Paul Henrickson; Green Mountain Racquetball Association News, Editor Sue Woods; New York Racquetball Association News, Editor Al Seitelman; Florida Racquetball Association News, Editor Linda Mojer; The Wall-Nut Journal, Editor Mike Dimoff; Georgia State Racquetball Association News, Editor Mike Brooks; Wisconsin Racquetball Association Newsletter, Editor Carol Pellowski; The Racquetball Reporter, Editor Jim Easterling; Racquetball Around Ohio, Editor Steve Lerner; Hoosier Racquetball, Editor Pat McKeand; Minnesota State Racquetball Association News, Editor Marta Groess; The Rollout, Editor John Foust; The New Mexico Racquetball Association News, Editor Felicia Duran; Sierra Racquetball Association Newsletter, Editor Clint Koble.

So, if your state is not receiving enough attention, don't blame *National Racquetball*, or me, or any of the people listed here. Instead, contact your state association and encourage its board to consider a newsletter, or submit your own articles about local racquetball personalities, outstanding organizers or first-rate tournaments directly to me at: 915 North Kentucky Avenue, Winter Park, Florida 32789-4736. With your help, we can maintain our headstart for amateur racquetball as it enters the 1990's — and its third decade. O



1988 EKTELON/U.S. NATIONAL DOUBLES CHAMPIONSHIPS

Merritt Athletic Club — Baltimore, Maryland

October 27-30

by Linda L. Mojer

An approach, from any angle, to the Merritt Athletic Club in Baltimore, Maryland revealed none of the familiar cues that mark a National Racquetball Championship. The dull thud of balls careening off exterior walls was noticeably absent, and the building itself is neatly tucked into an industrial complex and camouflaged to resemble neighboring warehouses. Once inside, however, it was business as usual for the almost 600 entrants in the 1988 Ektelon/U.S. National Doubles Championships.

Setting yet another participation record, the AARA processed, researched, seeded and placed 487 teams into the draws of twenty-nine age and skill divisions. Attention remained riveted on the qualifying Mens and Womens Open Divisions, with good reason, throughout the weekend. The winners of these particular draws would wind up on the U.S. National Racquetball Team, and represent the U.S. at the Olympic Festival in Oklahoma City later this year.

Forty-eight teams started out in the Mens Open, but by bedtime on Thursday only sixteen had survived the first two rounds of play. Not surprisingly, defending champions Doug Ganim and Dan Obremski breezed through, along with the top teams of Andy Roberts/Tim Anthony, Tom Montalbano/Todd O'Neill and Bill Sell/ Brian Hawkes. It was in round of sixteen action on Friday that "breeze" turned into an "ill-wind" in the form of some outstanding performances by a matched set of junior teams in the lower half of the draw.

In their second match of the tournament, #2 seeded Roberts and Anthony were apparently stunned by the quickness and the tenacity of Texans Mike Guidry and Drew Katchik. The low scoring, two-game match was over in record time, and the crowd shifted its attention to a similar upset in progress between #3 seeds Montalbano/O'Neill and Jimmy Floyd of Michigan and Mike Locker of Minnesota. This match took a little longer, but the results were the same as another seeded team took a tumble. It was apparently no fluke that Guidry, Locker and Floyd had placed first, second and third, respectively, in this year's Junior National Championships.

The following round was not quite as impressive for the younger teams, but not due to any lack of enthusiasm or drive. Floyd and Locker were defeated by Sergio Gonzalez and Tim Hansen of Florida in two games, while Bobby Rodriguez (CO) and Jack Nolan (AZ) dashed the hopes of Guidry and Katchik in a tiebreaker.

Top seeds Doug Ganim and Dan Obremski were eliminated by Tim Doyle and Jeff Evans of New York in a fateful quarter final upset. At 9-9 in the tiebreaker, a racquetball dream came true for Jeff Evans who rolled out two crack serves in a row to win the match in a matter of seconds. Following up with a pair of two-game semifinals, Doyle and Evans fell to Sell and Hawkes, while Gonzalez/Hansen defeated Rodriguez/Nolan, setting up a coast-to-coast battle for the championship title.

The gallery was packed with "team Florida" supporters; camera crews were strategically placed above, behind and beside a freshly painted all-white court; U.S. Team coach Larry

Liles was wired for sound, and National Rules Commissioner Otto Dietrich had carefully chosen his vantage point from which to call the match. Throughout the first two games, Florida did "the wave" for its team, the crews kept pace with the court action, Larry studied while Otto orchestrated. After uneventful split games, the first going to Sell/Hawkes 15-5, the second to Hansen/Gonzalez 15-8, the atmosphere truly began to favor the calm before the storm.

Back on the court for game three, Hansen and Gonzalez moved into a slight, but comforting, early lead. In September, Gonzalez was accepted to Memphis State University and the team training there showed results as his backhand found its mark time after time. Hansen was intense, and equally accurate, on the forehand side. The two reached point ten. On a rare serve to the right, Hawkes swung wild and dashed the ball into the floor — but not without grazing Sergio's right leg before going down. Although his partner was already airborne in celebration, Sergio owned up to the nick, replayed the point and the two eventually "sided out."

Sell and Hawkes were at seven. Sell had been under pressure for most of the match, yet kept his wits about him as the rally opened. A set-up to the lefty's forehand came dead center off the back wall with Hansen positioned in the back right corner. Electing the forehand pinch, Sell shot the ball and skipped it by a hair. Except — there had been a door hinder on the set up, and the referee allowed the replay. Visibly shaken by the call, Gonzalez drove the next return of serve into the floor (point eight), Hansen took a turn (point nine), Sell found his favorite inch-high target on the right corner (point ten), then drilled it again at the first opportunity (game over).

In Women's Open new teams where everywhere, including Floridians Diane Green and Trina Rasmussen, who were seeded first in a field of eighteen. Mona Mook/Lisa Anthony of California headed up the opposite of the draw in the #2 position, followed by #3 Toni Bevelock (AZ)/Malia Kamahoahoa Bailey (VA), and #4 Dot Fischl (PA)/Tammy Hajjar (CA). After two rounds, only one seeded team had been eliminated [Fischl/Hajjar were defeated in their semifinal bid by Michele Gilman (OR) and Cindy Doyle (TN)].

Hoping to recapture a national doubles title, the 1985 Women's Open champion team of Toni Bevelock and Malia Kamahoahoa Bailey were deliberate in their advance through the draw, slowing for a third game only once against Mary Lyons and Susan Morgan of Florida before getting past Mook/Anthony to reach the finals. The same held true for Green/Rasmussen. Toni's formidable backhand did justice to every set up off the back wall, while Malia never hesitated to conclude a rally when she had the chance.

Both qualifying finals were truly as exciting as anyone could have hoped for, and the opportunity to capture every moment of them on videotape was an important one. To view both finals for yourself, copies of the video may be obtained from the

(continued on page 56)

Behind the Scenes at the U.S. National Doubles

AARA



From top left: Gary Mazaroff & Van Dubolsky with Luke St. Onge. Robin Levine helps out at the U.S. Team Auction on Saturday night. Marta Groess, John Mooney & Kathy Mueller. Steve Strandemo, Bill Sell, Brian Hawkes & Leif Elsmo. Stu Hastings & Dot Fischl, partners in the doubles mixed 25+. Toni Bevelock & Malia Bailey.



U.S. National Doubles

(continued from page 54)

National Office, or you can check the listings of these local cable sport networks for showtimes in your area: Hometeam Sports, Home Sports Entertainment, Sunshine Network, Prime Sports, Dimension, Madison Square Garden, New England Sports Network, Sportsvision, Pass and Tempo.

Had anyone been truly aware of the special circumstances of the Men's 40+ final, it too might have been filmed for posterity. As it was, California finalists Craig Kunkel and George DeLuca were content to maintain a low-profile throughout the four-day event. In a draw nearly as large as the Men's Open (with 44 teams), DeLuca and Kunkel were seeded second and advanced through four rounds without a tiebreaker, but with a secret.

It seems that, on the Monday prior to the tournament, George DeLuca decided to try a slightly different training routine and tried mountain biking with his partner. A strategically placed boulder gave the idea a new twist; DeLuca took a spill and snapped his left collar bone in two. Ever the trooper, DeLuca saw his physician, was advised to lay off altogether for six to eight weeks, then hopped on a plane to Baltimore.

On each of the four days of competition, Kunkel would first commandeer the roomy handicapped stall in the men's locker room, then assist in taping and immobilizing his partners shoulder, beyond the prying eyes of their opponents. He then helped out on the court by covering as much area as possible and running interference for his injured team-mate whenever bodily contact was imminent.

Simply reaching the finals, under the circumstances, was a feat in itself — but the win was not to be. The two lost to Johnny Hennon and Ed Remen of Virginia in two close games of 15-13, 15-13, but will retain their #2 seeding for the 1988 event, when they return and compete together for a fifth consecutive year. No one ever claimed that being a racquetball addict was easy.

Popular new mixed age groups for 25+, 30+ and 35+ pairs drew large numbers of entrants and spectators alike, plus gave Martha and Greg McDonald the opportunity to take two national titles. The Florida couple swept both the 25+ and 30+ divisions, but not without getting their money's worth from six highly competitive teams from across the country. They were so excited on Saturday night, in fact, that they contributed over \$500 to the U.S. Team coffers in exchange for one original Seoul Olympic warm-up offered at the AARA Auction.

Former Chicago Bear Revie Sorie raised a record-breaking \$4,100 for the U.S. team at the auction, with a combination of wit and hard-hitting salesmanship. All of the sponsor efforts and contributions were a success, including the Penn & Head reception, words of encouragement and support from Ektelon's Teresa Nunn, and the well-attended Saturday night banquet hosted by the Ramada Inn.

Without question, entrants in the 1988 Ektelon/U.S. National Doubles Championships spent the four days before Halloween competing at one of the nicest facilities on record. With courts left and right, behind the locker rooms, and below the lounge, the Merritt Athletic Club didn't even have to inconvenience its regular membership. Less than 20 of the 24 available courts were booked at any one time, so players could still get a court with a little advance planning. Viewing throughout the club was

excellent, from above and below, the exhibition court gallery was spacious, and even the big screen T.V. in the lounge was equipped to carry a closed circuit live broadcast of the finals as they were being taped. The staff was friendly, the hospitality first-rate and the club management offered the players and staff every courtesy. It was exactly what an AARA National Championship should be, and then some. O

Results

Men's Open: #4 Bill Sell (Huntington Beach, CA)/Brian Hawkes (Santa Ana, CA) def. Tin Hansen (Boynton Beach, FL)/Sergio Gonzalez (Tampa, FL). **Women's Open:** Toni Bevelock (Phoenix, AZ)/Malia Bailey (Norfolk, VA) def. #1 Diane Green/Trina Rasmussen (Orlando, FL) 15-3, 15-8. **Mixed Open:** Dana Sibell (Columbia Heights, MN)/Mike Guidry (Arlington, TX) def. Bill Kelly (Norwalk, CT)/Kris Kolb (Branford, CT) 15-4, 15-13. **MEN'S DIVISIONS — Men's A:** Tim Harcharik/Brian Jorgenson (PA) def. John Clary/Josh Messina (MA) 15-2, 15-9. **Men's 19+:** Gus Farrell/Hart Johnson (MN) def. Joe Cline/Ron Digiacomo (NY) 15-11, 15-8. **Men's 25+:** Mark Morrison/Brent Huber (FL) def. Jack Nolan (AZ)/Dan Ferris (MN) 15-10, 15-12. **Men's 30+:** Pat Page (MN)/Stan Wright (CA) def. Dave Kovanda/Ron Woolard (OH) 15-4, 11-15, 11-10. **Men's 35+:** Stu Hastings/Rick Vanderlind (MI) def. Pat Page (MN)/Stan Wright (CA) 10-15, 15-5, 11-9. **Men's 40+:** Johnny Hennon/Ed Remen (VA) def. George DeLuca/Craig Kunkel (CA) 15-13, 15-13. **Men's 45+:** #1 Graig Shaak (FL)/Roger Wherle (GA) def. Tom Chodosh/Bob Lindsay (TX) 15-14, 10-15, 11-6. **Men's 50+:** Otis Chapman (OH)/Bobby Sanders def. Allen Schattner/Carmen Felicitti (PA) 2-15, 15-14, 11-2. **Men's 55+:** Don Alt (FL)/Otis Chapman (OH) def. Paul Banales (AZ)/Tom Waltz (CT) 15-8, 15-14. **Men's 60+:** Jack Burnstein/Don Berk (IL) def. Russ Carruth/Norm Skanchy (UT) 15-14, 15-13. **Men's 65+:** Earl Acuff (VA)/Luzell Wilde (UT) def. Don Goddard (MT)/Art Goss (CO) 15-14, 15-8. **Men's 70+:** Earl Acuff (VA)/Luzell Wilde (UT) def. Ike Gumer (KY)/Stan Berney (CA). **WOMEN'S DIVISIONS — Women's A:** #4 Becky Shark/Cindy Tilbury (MN) def. #2 Donna Christian/Ryka Shaffer (OH) 10-15, 15-8, 11-9. **Women's 19+:** (round robin) 1-L. Balanger/T. Pitts; 2-Robin Chilcoate/Tracy Ingram (PA); 3-Bonnie Lasek/Suzanne Mallon (NY). **Women's 25+:** Lisa Hjelm/Kari McDonough (CA) def. Robin Chilcoate/Tracy Ingram (PA) 15-9, 11-15, 11-9. **Women's 30+:** #1 Mary Lyons/Susan Morgan (FL) def. #2 Chris Evon/Pat Tarzon (IL) 15-2, 15-5. **Women's 35+:** #4 Carol Frenck/Betty Lewis (VA) def. #1 Jeanie Farrell-Ove, Severna Park/Marilyn Ross (PA) 15-11, 15-2. **Women's 40+:** (round robin) 1-Agatha Falso (FL)/Pat Tarzon (IL); 2-Kathy Mueller/Marta Groess (MN); 3-Judi Schmidt/Jo Kenyon (FL); 4-Jackie Jones/Carol Lombardi (VA); 5-Tawn Wolfe (CA)/Michelle Persinger (VA); 6-Marion Crawford/Lenore Shapiro (NY). **Women's 45+:** (round robin) 1-Judi Schmidt/Jo Kenyon (FL); 2-Joyce Solberg (OH)/Jean Tull (VA); 3-Marian Crawford/Lenore Shapiro (NY). **Women's 50+:** Marion Crawford (Minda, NY)/Lenore Shapiro (Jamesville, NY). **MIXED DOUBLES — Mixed 25+:** #2 Greg McDonald/Martha McDonald (FL) def. #1 Dot Fischl (PA)/Stu Hastings (MI) 15-14, 15-12. **Mixed 30+:** #1 Greg McDonald/Martha McDonald (FL) def. Brian McDermott/Kathy St. Juste (NY) 4-15, 15-11, 11-5. **Mixed 35+:** Fredina Iffert/Scott Johnson (PA) def. Randy Brenner/Lucy Zarfes (PA) 15-10, 15-14. O

REGIONAL REPORTS



Region Ten: Indiana and Kentucky

"Women's Team Indiana"

by Renee LaBonne

Indianapolis, Indiana — the proud home of Kaye Kuhfeld, the Indy 500 and Women's Team Indiana.

Kaye Kuhfeld is one of the nation's top-ranked professional racquetball players, and the Indianapolis 500 is one of the oldest and most famous auto racing events in the United States. Now, Women's Team Indiana (WTI) has just concluded its first year of operation, and shows equal promise for a future every bit as successful and prominent as either Kaye's or the Indy's.

Born of a desire to promote racquetball among women, WTI was formed by the Indiana State Racquetball Association. Board members Mary Luchini and Connie Hagler initiated the project and ran the show. They chose the top five women players from each skill division — women who exemplified court sportsmanship and dedication to the wholesome development and growth of racquetball. After the team selection was completed, WTI moved to resolve its first obstacle: obscurity.

Making others aware of your existence is the first hurdle faced by any new group. WTI, however, turned the issue into a challenge and began tackling it by writing to all club owners in the state to explain the team format and outline its clinic approach to boosting female participation in the sport. Clinics offered by WTI consist of an orientation session, a discussion of rules and sportsmanship, a critique of skills (including the opportunity to play against top-ranked players to determine true skill levels), stretching and training tips, information on tournament play, a specialized game assessment and a question-and-answer period.

The team tested the waters with four clinics that attracted fifty-five women players. From that experience, the team now has a better understanding of the time investment required of each member, and the organization needed to both streamline and broaden its efforts. New plans include an invitational to be held at the end of the season as a way of allowing participants from all clinics to meet and play new people in their same skill level. The team also plans to revise the structure of the clinics so that more time is spent on the court.

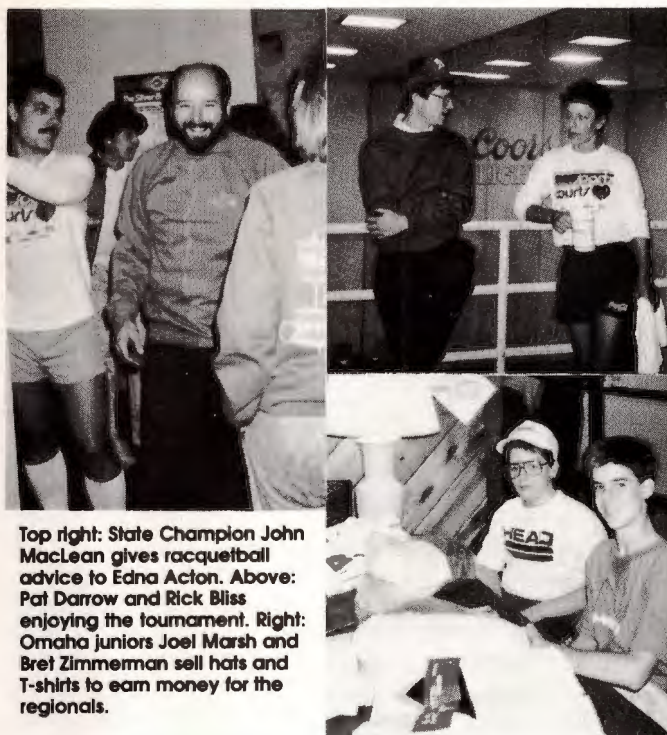
Due to the initial success of the concept, the team has been increased to twenty-four members, and added the category of "contributing member." Since many women were enthusiastic about the team, but were unable to make firm travel commitments, contributing members are asked to assist by organizing and conducting clinics in their own clubs. Women's Team Indiana is a unique way to inspire women players in the state, and can easily be adapted to fit the needs of any AARA-affiliated state association. Just remember, you heard it here first! ○

Region Eleven: Minnesota, Nebraska, North Dakota

"Nebraska Holds Its First Sanctioned Event"

submitted by Penny Missirlian

The Sports Courts in Omaha, Nebraska offered an alternative to National Doubles during Halloween weekend with its



Top right: State Champion John MacLean gives racquetball advice to Edna Acton. Above: Pat Darrow and Rick Bliss enjoying the tournament. Right: Omaha juniors Joel Marsh and Bret Zimmerman sell hats and T-shirts to earn money for the regionals.

"Fall Racquetball Quest." The club made its AARA debut for 140 players, all of whom enjoyed the facility and the many hours of competition in thirteen divisions of play. Sponsored by Head Sports, Inc. and Smacks local convenience store franchise, the event featured excellent souvenirs and hospitality, plus encouraged tournament director Penny Missirlian to make things even better in the next go round.

Sports Courts Health Club Fall Racquetball Quest

Mens Open: (1) John MacLean (Omaha); (2) James Lockhart (Omaha); **Mens B:** (1) Steve Otte (Omaha), (2) Chuck Mann (Omaha); **Mens BC:** (1) Dick Pfeil (Norfolk), (2) Dick French (Council Bluffs); **Mens C:** (1) Ron Zimmerman (Lincoln), (2) Rober Morford (Omaha); **Mens D:** (1) Robert Dycus (Omaha), (2) Todd Criger (Omaha); **Mens Seniors:** (1) Obed Oas (Omaha), (2) Roger Heinle (Sloan, IA); **Mens A Doubles:** (1) John MacLean/Rich Weems (Omaha), (2) Jim Brown/Doug Reiber (Omaha, Hastings); **Mens B Doubles:** (1) Jack Irons/Ron Bartee (Lincoln); **Mens CD Doubles:** (1) Eric Victor/Dan Domcheski (Omaha), (2) Mark Sandiland/Dave Sandiland (Omaha); **Mixed Doubles:** (1) Roger Heinle/Chris Peterson (Sioux City); **Womens A:** (1) Karen Fiedor (Omaha), (2) Lynette Froehlich (Lincoln); **Womens C:** (1) Deniese Eckert (Lincoln), (2) Vanessa Teten (Lincoln); **Womens D:** (1) Edna Acton (Hastings); (2) Michelle Dean (Omaha).

That "next go round" will be the 11th Annual Coors Light Open, which has already been scheduled for this month, and includes a special appearance and exhibition by Marty Hogan. Pro Kennex and local sponsor, the Stockade Restaurant, promise an exciting tournament opportunity for up to 250 players. [Editors Note: Penny Missirlian is in the process of re-energizing the Nebraska State association and would welcome any comments, suggestions, or news as to the whereabouts of Steve Keeley. If you think you can help her out in any way, please contact her at: Sports Courts, 4812 South 114th Street, Omaha, NE 68137, (402) 339-0410.] ○

Region Fourteen: California, Hawaii, Nevada

"The Changing Face Of Racquetball In Nevada"

by Clint Koble

Racquetball in Nevada had a new beginning in June, 1987, when several northern Nevada clubs formed the Sierra Racquetball Association (SRA). Prior to that time, the California Amateur Racquetball Association had organized and sanctioned tournaments in the state. With only 188 active members and a few bucks in the bank, the SRA drafted a constitution, had it approved by the AARA and began to function.

With only four clubs involved (the Reno Athletic Club, Capitol Courts, South Tahoe Fitness Center and the Incline Court House) it was difficult to raise the necessary funds for printing and distributing tournament calendars, newsletters and rankings. Yet the membership grew, and Nevada advance from the #38 position to #27 on the national roster by early 1988. Tournaments were sanctioned, their results computed by the national AARA office and rankings later distributed by the SRA. With things going so smoothly, the SRA set goals of 1) increasing membership, 2) updating rankings, 3) reducing sandbagging, 4) introducing racquetball to local high schools, and 5) extending the association into southern Nevada.

Meeting these goals went slowly at first, but perseverance on the part of volunteers (who made sure that the AARA membership requirement was enforced at the registration desks of all sanctioned tournaments) certainly paid off in terms of increased memberships.

One of the first encouraging signs of solid growth was a racquet sponsorship from Richcraft Racquets for several high school teams. The generous gift of 20 Graphite Turbo racquets and 20 Richcraft shirts enabled many students to play without having to purchase expensive equipment and uniforms.

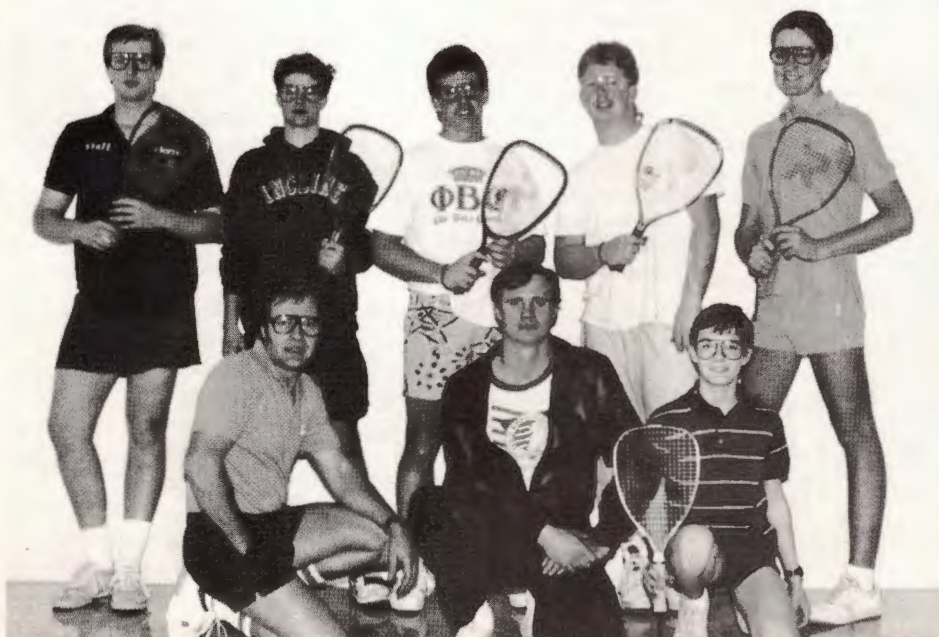
Another milestone in the association's brief history has been the inclusion of Las Vegas clubs, thus doubling the number of sanctioned tournament sites for the 1988-'89 season. With the addition of southern Nevada, the association has taken on a new name to reflect the broader, statewide base of its operations — the Nevada Amateur Racquetball Association.

Many problems still exist for the NARA. The association is still small in numbers, has limited financing, and the distance between northern and southern clubs makes it difficult to create unity. However, the association has a strong, high-profile new president who is willing to travel as much as possible to promote the sport across the state.

Marcy Tiexiera is a skilled organizer, and does just about everything — such as recording singles and doubles results for the state rankings, writing newsletters, registering new members at sanctioned tournaments, composing the tournament calendar and visiting clubs to increase club membership in the association. Marcy, her husband Roger and family live on the north-shore of Lake Tahoe in Incline Village, NV. In addition to being an avid player, Marcy is the racquetball director of the Incline Court House. With cooperation, Marcy eventually hopes to solidify and expand the association, and dreams of reinstating the Nevada State Championships as an annual event of prestige. ○



Marcy Tiexiera
NARA President



Richcraft High School
Racquetball Team,
Incline Village, Nevada.



SCHEDULE OF EVENTS

January 10-14

Town & Country Open
Town & Country Racquet Club
2250 So. 800 West
Wood Cross, UT 84087
801-298-3231

January 12-14

Newington Open
New England Health & Racquet Club
At Newington
375 East Cedar Street
Newington, CT 06111
Edward Mazur
203-563-1491

January 12-15

11th Annual DAC Invitational
Denver Athletic Club
1325 Glenarm Place
Denver, CO 80204
Steve Holzappel
303-534-1211

January 12-15

1989 Annual ARA Kickoff
La Camarilla
5320 East Shea Blvd.
Phoenix, AZ 85028

January 13-15

Alamance Open
Alamance Racquet & Fitness Club
607 Alamance Road
Burlington, NC 27215
Sue Cumpston
919-227-6565

January 13-14

Broadwater Classic
Broadwater Athletic Club
4920 Highway 12 W.
Helena, MT 59601

January 13-15

Cystic Fibrosis Open
Colonie Court Club
444 Sand Creek Road
Albany, NY 12211
Barry Russell/John Martin
518-459-4444

January 13-15

Delaware State Singles
Branmar Racquet Club
1812 Marsh Road
Wilmington, DE 19810
Dario Mas
302-475-2125

January 13-15

Douglasville Invitational
The Health & Athletic Club
8741 Hospital Drive
Douglasville, GA 30134
Neil Bird
404-949-7507

January 13-15

Dyna-Jet
Campbell Recreation Center
1000 Douglas Highway
Gillette, WY 82716
Jim Crisp
307-682-7406

January 13-15

Gail Singer Memorial Open
Manchester Court Club
1 Leclerc Circle
Manchester, NH 03101
Pam & Allen Wright
603-668-8375

January 13-15

Harvest Classic
Racquet's Edge
4 Morse Drive
Essex Junction, VT 05452
Gail Wolfe
802-879-7734

January 13-15

Michigan Super Seven #4
Ann Arbor Court Club
2875 Boardwalk
Ann Arbor, MI 48104
Jim Hiser
313-653-5999

January 13-15

Revie Sorey Celebrity Classic
Glass Court Swim & Fitness
830 East Roosevelt Road
Lombard, IL 60148
Anita Efron
312-474-2440

January 13-15

Royal Racquetball Championship
Royal Spa & Court Club
Farmington, NM

January 13-15

Fitness Connection
74 Westminster
Box 1961
Lewiston, ME 04240

January 13-15

2nd Annual Hall Of Fame Tournament
Greenway Athletic Club
1300 Nicollet Mall
Minneapolis, MN 55402
Bob McNamara
612-343-3131

January 13-15

4th Annual Ball Buster Invitational
Capitol Courts
3759 Gross Circle
Carson City, NV 89701
Ron Percivalle
702-882-9566

January 13-15

4th Annual Maureen Caughlin Tournament
Dahill Tournament
Boston Athletic Club
Boston, MA
Jim Daley
617-269-4300

January 13-15

5th Annual Bud Light Cash Clash
Ohio Valley Health & Racquet Club
St. Clairsville, OH 43950
614-695-3055

January 19-21

Briargate Singles
Lynmar Racquet & Health Club
2660 Vickers Drive
Colorado Springs, CO 80918
Pete Dean
719-578-4069

January 20-21

Coors Light Racquetball Series
Waycross Athletic Club
Cincinnati, OH
614-548-4188

January 20-22

Jefferson City Open
Jefferson City Racquet Club
Jefferson City, MO 65101

January 20-22

3rd Annual M & L Jewelers Open
Chancellors Racquet Club
6535 Dumfries
Houston, TX 77096
Barbara Schaffer
713-772-9955

January 20-22

Northeast Snowflake Tourney
Northeast Racquetball Club
5160 Central Avenue NE
Columbia Heights, MN 55421
Dana Sibell
612-572-0330

January 20-22

Open Tournament
Johnson County YMCA
101 S. Klondike Drive
Buffalo, WY 82834
John Driskill
307-684-9558

January 20-22

Riverview \$1000
Riverview Racquet Club
4940 Plainfield
Grand Rapids, MI 49505
Ed Ray
616-363-7769

January 20-22

Scandinavian Courtrooms
1610 NE 27th Drive
Ft. Lauderdale, FL 33334
Randy Enos
305-565-8030

January 20-22

The Sports Center Open
The Sports Center
5951 Cliffdale Road
Fayetteville, NC 28304
Jean Tiberi
919-864-3303

January 20-22

2nd Annual New Hampshire
Seacoast Open
Off The Wall Health Club
Albany Street Extension
Portsmouth, NH 03801
Greg Sheine
603-431-1430

January 20-22

7th Summit City Open
Summit City Court Club
5928 Trier Road
Ft. Wayne, IN 46815
Janet Coffee
219-485-1671

January 24-28

Club Open
Club Fitness
1640 South State Street
Orem, UT 84058
Roger Flick
801-224-7999

January 25-29

The 5th Annual Birthday Bash
Front Range Sports & Courts
2095 West 6th Avenue
Broomfield, CO 80020
Nick Eichhron
303-469-6651

January 28-29

Tom Young's Invitational
Tom Young's Athletic Club

2250 Wyoming NE
Albuquerque, NM 87112
505-298-7661

January 27-29

Sierra Sportsplex Cash Classic
Sportsplex Inc.
500 Gadsden Highway
Birmingham, AL 35235
Tim Wallace
205-595-1938

January 27-29

Chilly Racquetball Tourney
Life Center Plus
Akron, OH
216-655-2377

January 27-29

Billings Pro-Am
Billings Athletic Club
777 15th Street W.
Billings, MT 59102

January 27-29

East Coast Open
The Club At Woodbridge
585 Main Street
Woodbridge, NJ 07095

January 27-29

Indiana Women's Classic
Indiana Athletic Club
411 S. Harbour Drive
Noblesville, IN 46060
Renee LaBonne
317-255-7730

January 27-29

Iron Range Open Racquetball Tournament
Supreme Court Racquetball &
Fitness Center
519 1/2 Chestnut, MN 55792
Val Weinert
218-749-8318

January 27-29

Sportscenter Open
Sportscenter
233 Country Club Drive
Concord, NC 28025

January 27-29

Tennessee State Doubles
Sports Farm
6001 Leahbun Drive
Knoxville, TN 37919
Julia Vinson
615-584-6272

January 27-29

The Maine Open
Holiday Health & Racquet Club
424 Odlin Road
Bangor, ME 04401
Barry Lord

January 27-29

The Maverick Open
The Maverick
1919 W. Pioneer Parkway
Arlington, TX 76013
Mike Guidry
817-275-3348

January 27-29

Wedgewood Open
Wedgewood
Road #1
Montpelier, VT 05602
Fred Fortman
802-223-6161

(continued on page 60)



SCHEDULE OF EVENTS

January 27-29

WOKQ/March Of Dimes Open
The Works Athletic Club
246 Route #16
Somersworth, NH 03878
Susan Churinoff
603-742-2163

January 28-29

Children's Miracle
Woodrail Racquet Club
Columbia, MO 65201

January 28

6th Annual Doubles Only
Sunshine Sports Complex
Springfield, MO 65808

January 31-February 4

Alta Canyon Open
Alta Canyon
9565 Highland Drive
Sandy, UT 84092
Jerry Cole
801-942-2582

February 2-5

WPRA Pizza Hut Racquetball Challenge
Atlanta Sporting Club
1349 Sheffield Way
Atlanta, GA 30329
Caryn McKinney
404-636-7575

February 2-5

3rd Annual Finn/Tara St. Junior
Jewish Community Center
5601 South Braeswood
Houston, TX 77096
Mike Grossman/Barry Schumer
713-729-2433

February 3-5

Coors Light Racquetball Series
Severence Athletic Club
Cleveland, OH
614-548-4188

February 3-5

Fitness Barn Open
Fitness Barn
810 N. County Road 330 W.
Valparaiso, IN 46383
Janie Siddall
219-762-3191

February 3-5

Goosetown Classic
Goosetown Racquet & Health Club
909 E. Front
Box 1392
Anaconda, MT 59711

February 3-5

In House
Olympic Fitness
Joplin, MO 64801

February 3-5

March of Dimes
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young
302-239-6688

February 3-5

Sports Stop/Ole's
Sheridan YMCA
417 North Jefferson
Sheridan, WY 82801
307-674-7488

February 3-5

St. Paul Winter Carnival Pro-Am
Carlton Fitness Club
600 Carlton Avenue

Maplewood, MN 55119

Kevin Stich
612-738-3539

February 3-5

Tiebreaker Open
Davison Racquet & Fitness Club
G-2140 Fairway
Davison, MI 48423
Randy Minto
313-653-9602

February 3-5

2nd Annual Bud Light Presidential Classic
Lakes Region Health & Fitness Club
O'Shea Industrial Park
Laconia, NH 03246
Joyce Pochilly
603-524-2540

February 5-10

8th Annual Military Tournament
2800 E. Freemont
Las Vegas, NV 89104
Steve Ducoff
800-634-3484

February 9-12

New Mexico State Juniors
Highpoint Racquet & Swim Club
4300 Landau NE
Albuquerque, NM 87111
505-293-5820

February 9-12

The Aurora City Open
International Athletic Club
3191 So. Vaughn Way
Aurora, CO 80014
Mike Richardson
303-696-9313

February 10-12

Country Courts Pro-Am
Country Courts
1130 East Spruce Street
Fairmont, MN 56031
Dave Martens
507-235-6691

February 10-12

Cupid Classic
Courthouse At Cromwell
10 Hillside Avenue
Cromwell, CT 06416
Debbie Didato
203-635-5400

February 10-12

Generic
Casper Wyoming Racquet Club
455 Thelma Drive
Casper, WY 82609
Loni Westby
307-265-6928

February 10-12

Lonely Hearts
Olympiad
70 Farrell Drive
So. Burlington, VT 05403
Bill Moore
802-863-4299

February 10-12

Michigan Super Seven #5
Rose Shores East Racquetball
31950 Little Mack
Roseville, MI 48066
Jim Hiser
313-653-5999

February 10-12

Midwest Intercollegiate Region
Charlie Club
Palatine, IL 62451
Jerry Gray

February 10-12

St. Valentine's Massacre
Court Sports
Kansas City, MO

February 10-12

Sweetheart Doubles
Sawmill Athletic Club
Columbus, OH
614-889-7698

February 10-12

Valentine's Tournament
Racquetball International
Route 302
Windham, ME 04062
Leesa Smith

February 10-12

12th Annual St. Valentine's Day Massacre
Killshot, Ltd.
321 Edgewater Drive
Bloomington, IL 60108
312-893-9577

February 10-12

2nd Annual February Shoot Out
Executive Health & Fitness Club
1 Highlander Way
Londonderry, NH 03108
Claude Benjamin
603-668-4753

February 10-12

3rd Annual Valentine's Day 30+
Universal Sports & Courts
903 13th Avenue S.
Great Falls, MT 59406

February 10-12

5th Annual 7-Up Classic
Reno Athletic Club
920 Matley Lane
Reno, NV 89502
Tim Murdock
702-788-5588

February 11-13

American Court & Fitness Winter Classic
500 American Avenue
King of Prussia, PA 19406
Ed Lisinski/Daryl Rosidivito
(215) 265-8520

February 14-18

Redwood Multi-Purpose Open
Redwood Multi-Purpose Center
3060 Lester Street
West Valley, UT 84119
Ruth McGovern
801-974-6923

February 16-19

Supreme Courts Open
Supreme Courts
4100 Prospect NE
Albuquerque, NM 87110
505-888-4811

February 16-19

The Point Challenge
Point Lakewood
533 Van Gordan Street
Lakewood, CO 80228
Dave Mimich
303-988-1300

February 16-19

1989 Masters Invitational
La Moncha Athletic Club
2331 N. 23rd Avenue
Phoenix, AZ 85308
Paul Banales

February 16-19

9th Annual T & R/Michelob Light

Track & Racquetball Club

6800 East Genesee Street
Fayetteville, NY 13066
Marion Crawford/Fred Klemperer
315-446-3141

February 17-19

Adult Regionals Region 9
Mt. Clemens Racquet Club
40501 Production
Mt. Clemens, MI 48043
Jim Easterling
517-887-0459

February 17-19

Highwoods Open
Highwoods Racquetball Club
2912 Highwoods Blvd.
Raleigh, NC 27604
Greg Steele
919-876-3648

February 17-19

Lafayette Classic
Levee Court Club
334 Brown Street
W. Lafayette, IN 47906
Mike Maciejewski
317-743-2187

February 17-19

Miller Light Open
Salem Racquet & Fitness Club
Manor Parkway
Salem, NH 03079
Al Parchuck
603-893-8612

February 17-19

Snowflake Open
Players West Racquet Club
208 McConnell
Laramie, WY 82070
Mario Ibarra
307-742-8136

February 17-19

So. Central Region
University of N. Texas
P.O. Box 13857
Denton, TX 76204
Bob Maughan

February 17-19

The Heart & Soul Racquetball
Championships
Sports Club of Las Vegas
3025 Industrial Road
Las Vegas, NV 89109
Martin Padilla
702-733-8999

February 17-19

The Snowball Open
The Fitness Club
Elm Plaza
Waterville, ME 04901
Mike Brad

February 17-19

1989 Norwich Open
Norwich Health & Racquet Club
Two Wisconsin Avenue
Norwich, CT 06360
Ed Mazur
203-563-1491

February 17-19

5th Annual Snowflake Pro-Am
Lake Country Health & Racquet Club
1356 3rd Avenue SW
Forest Lake, MN 55025
Dan Zeller
612-464-1840

C A U T I O N

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Action Eyes "Limited Edition" series lets you suit your individual style and taste with the largest selection of colors ever available.

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Left: Standard models available in crystal (shown) and tortoise.

Below: Caryn McKinney, #2 on the WPRA pro tour, uses Action Eyes exclusively.

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