

RACQUETBALL

Juniors World



*Mixed 10 & under World
Doubles champs Kaitlin
Inglesby and Taylor Knoth*

INSIDE ...

- IRF World Juniors
- USRA Board Elections
- IRT & LPRA updates
- People, Global
- USAmPRO.org
- Instruction

U.S. Racquetball Association • 1685 West Uintah
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... on the cover ... Oregon's Kaitlin Inglesby and Taylor Knoth seem pleased with their success in Mixed doubles at Junior Worlds [sidebar, page 15]. Photo courtesy John Ferguson.





I draw the line at taking photographs. I'm just not particularly good at it, so — even though I'll snap one for a tourist every now and then — it's only because I don't expect to get called on it when their foreheads are missing later on. Photography is one of those things that falls under my bumper sticker guideline, of "If at first you don't succeed, quickly deny that you were ever trying ..." I've learned not to try anymore.

Just the same, I do know what I like, and I can line up a group shot like a drill sergeant (so that whoever *does* take the picture gets all the faces). I

know what I want when it comes time to match images with words, and when photos come in, I'm as picky as I can be with what we have to work with.

Which is where you come in. Now that practically everyone (*except me*) has a digital camera, here's what I've learned ("*if at first you don't succeed ...*"). It's convenient. It's simple! Over the past 18 months or so, the percentage of digital images submitted to, and used in, RACQUETBALL has risen to about half. This is good in pre-press, since scanning time goes way down. This is bad in production, since selection time goes way up (I can speed-flip through a hundred prints in about a minute; it takes me over an hour to pull up the same number of images from a CD). Then there's the ease and immediacy of being to accept emailed images on deadline. But sometimes resolution is high and the print quality is dependable; other times what looks good on screen doesn't "hold up" on paper. Most of the time, I can't know until it's too late ...

To my mind, there are two issues: time and quality (volume doesn't appear to be a problem). If you're a digital shutterbug, here's how you can help me address them, plus go one step further and — in so doing — greatly increase my fondness for you, and your photos.

Please do a preliminary "edit" of your album. On average, a feature story may carry up to 3-4 photos per finished page. If you are sending photos from a major event, take a hard look at what you have, and send in no more than 6-8 of your very best images. If you are sending in a 200-word story about a local event, give us your clearest, most-compelling 3-4 shots to choose from. Make sure that you've captioned everything with the names of everyone pictured, and don't forget the photographer. And your stock will rise dramatically if you rename your shots from the "DSC0002389" filenames assigned by your camera, to a more relevant text clue about the photo subject (*mysonontheawardpodium1.jpg*, for instance).

Finally, refer to the online guidelines for submitting photographs at www.racqmag.com > "guidelines". I'll be doing some research to learn a bit more about the subject (*without actually shooting any digital photos myself, mind you*) so that, by the time you read this, there will be some expanded technical tips for digital imaging available to help you get your stories and photos published. I'll be waiting ...

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RACQUETBALL™ is the official publication of the United States Racquetball Association. USRA memberships are available for \$30.00 per year (foreign=\$45.00 U.S.) and include a one-year subscription to RACQUETBALL™ and other USRA related publications. The USRA is recognized by the U.S. Olympic Committee as the national governing body [NGB] for the sport. All ideas expressed in RACQUETBALL™ are those of the authors or the Editor and do not necessarily reflect the official position of the USRA. Articles, photographs and letters are welcome and will be considered for inclusion. Acceptance of any print advertisement does not imply USRA endorsement of the product or service.

DEADLINES | Six weeks prior to issue release date.
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January/February November 15
March/April January 15
May/June March 15
July/August May 15
September/October July 15
November/December September 15

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POSTMASTER | Send address changes to USRA, 1685 W. Uintah, Colo. Springs, CO 80904-2906.
ISSN 1060-877X

PARENTS ON DECK

Recently I had the great pleasure of refereeing a match between my two sons, Dan and Tim, one Sunday morning at 9:00 am, for second place in a 10 and under tournament at the Orlando Fitness & Racquet Club.

The fact that second place was on the line isn't the story (nor who won the match). The story was a 40-something Dad, whose best racquetball is behind him, proudly watching his sons play with energy, enthusiasm, passion and skill, while obviously having fun doing it. A sizeable crowd gathered to watch and were overheard to remark, "great shot", "wow, these kids are good", "these two are brothers?" and "Poor Dad, having to ref them!" My wife and their mother was busy giving advice to both boys (sometimes turning away as she couldn't bear to watch). The reality is I couldn't have been more proud of them. You could see they already have a great love for this sport and I can't think of a better way to spend time with them.

So parents, if your kids want you to take them to the club to play, do yourself — and them — a favor and "just do it." You'll be glad you did.

Bob (Racquetball Dad) Lerow • Bradenton, Florida

WATERTOWN IMPRESSES

Watertown has something very special going on in its Recreation Center and I wanted to tell the people that work there what a wonderful job they are doing. A friend of mine asked if I would play doubles in Watertown, and I tried to talk him into going to Lincoln, Nebraska instead. He won and I'm glad he did.

Upon arriving we checked in at the to see what time and how many opponents we would play. I could not believe the number of junior entries — there were 36 kids playing! Now I travel to at least ten tournaments a year and I have never seen more than 10 kids playing in a single tournament (usually, about 6 juniors enter). Not only did they enter, but these kids played exceptionally well. You could tell they had been taught how to hit the ball properly, but most importantly, how to be good sports. I was impressed.

I know Dave Greenman, Mike McEheny and all of their staff have donated a good deal of time to the kids of Watertown and I believe they should be given a great deal of thanks (but maybe not in that order).

I play at the YMCA in Norfolk, Nebraska and kids are not even allowed on the courts so when I see a facility donating this much time and energy towards the kids I can't help but be impressed.

Larry Green • Norfolk, Nebraska

CLASS ACT

Congratulations, Tom Curran, on your second straight U.S. OPEN Pro/Am victory [Jan/Feb 2003, pg. 44]. I had the pleasure of playing with and against Tom at Robious Sports & Fitness in Richmond, Va. Always upbeat. A tough opponent. He's one of the nicer guys in the game, and knows how to make the game fun for everyone. A true class act. Hi, Tom. Hope you're doing well.

Pete Freund • Indialantic, FL

RATINGS RESPONSE

In response to your column [Jan/Feb], I'd just want to weigh in briefly from the trenches. I'm relatively new to racquetball (3 years) and joined the USRA last year. It was a bit of a tough decision, since I did not intend to play in many sanctioned tournaments at this stage of my life (with two young kids) and racquetball development (hmmm ... c? d?). But I enjoy the magazine, and I like the idea of connecting with the national organization of the sport in some small way.

Anyway — I very much like the idea of a computerized rating/handicap system. I remember my dad (though not a great golfer) religiously posting his scores to the pro shop and looking forward to getting a card every so often in the mail with his official handicap on it. This handicap was used in league play and of course bigger tournaments as well. Even more important to him, it was a measure of his improvement (or at least his standing) and a tangible connection the larger community of golf, even the pros on TV. I know the analogy between golf and racquetball is not perfect, since in golf you are really playing against "the course" which itself has a rating. But there's gotta be a way to do it for racquetball.

It might end up similar to schemes they have in college football computer ranking systems — results of a match adjusted using the rating of your opponent and the ratings of your opponent's-opponents, etc., etc. Would it really be all that difficult and expensive to do? Sure, it would be imperfect, and yeah, there would some debates. But I for one would like to have such a rating, and get a better idea of where I stand in the racquetball world. I'm still not sure if I'm a "C" or a "D" player.

It would be important to me to have the ranking as a "perk" of membership and not wait for the day I have time and money for more sanctioned tournament play; I could participate any given day, by playing any other rated player and turning the score in over the web. And those who do play in tournaments could have a greater assurance that they are in the correct division and not the victim of sandbagging or even an unwitting sandbagger themselves. Handicaps could be used at tournaments to keep play more competitive when divisions are combined. Maybe non-USRA members could

even use the ratings website for a couple of months for free or at very low cost, as a trial and a come-on. I can imagine a poster in our "Y" saying: New to Racquetball? Want to find out where you stand? Become a USRA-rated player! Talk to Wally Rehm [volunteer coordinator and poster of results for the non-web-ified] or go to USRA.org to get started!

If a site/structure were offered by the USRA, and it achieved critical mass with the racquetball-playing public, I believe it

would be a great step forward for both tournament and recreational players. Good luck and thanks for your time.

Wally Rehm • Cleveland, Ohio

[The USRA hears you ... and is definitely looking at options in many of these areas. But financial resources continue to be a factor and any added benefits have to be carefully budgeted and planned in order to succeed. Look for updates on the rating committee's progress in coming issues. — Editor]

Qualifying competition is REQUIRED to participate in the 2003 Ektelon 36th U.S. National Singles in Houston, Texas — no exceptions (regardless of age)! Take part in the largest nationwide event of the year! You'll accumulate high-level ranking points plus earn seeding consideration at "The Finals." WAIVERS: All legitimate waivers of qualifying competition at any of these events must be approved prior to the scheduled regional weekend. All waivers must be directed to — and approved by — the USRA Headquarters. Individual regional tournament directors may not approve exclusions from play, for any reason.

2003 ektelon adult regional qualifiers [level 4] ... nationwide

Date & Site	Location	Contact	Phone
March 27 - 30			
Orlando Fitness & Racquet Club	Orlando, FL	Bill Herr	407-880-7790 x552
Racquetball & Fitness Clubs	San Antonio, TX	Annie Muniz	713/895-8688
April 10 - 13			
Spectrum Club	Canoga Park, CA	Debbie Tisinger	818/884-5034
Southern Athletic Club	Atlanta, GA	Ric Crosby	770-923-5400
Glass Court Swim & Fitness	Chicago, IL	Geoff Peters	773/935-9685
Central Courts	Minneapolis, MN	Bill Bredenbeck	763/572-0330
Executive Health & Sports Center	Manchester, NH	Kelley Beane	603-759-2729
Sport & Wellness Clubs	Albuquerque, NM	Gary Mazaroff	505-266-8960
Sporttime of Syosset	Long Island, NY	Tom Keogh	718-429-8489
Strongsville Recreation Center	Cleveland, OH	Doug Ganim	614-890-6073
Southern Athletic Club	Oklahoma City, OK	David Watson	918-541-0722
Cascade Athletic Club	Gresham, OR	Brian Anchetta	503-665-4142
Tyson's Sport & Health Club	McLean, VA	Ed Willis	703-684-4146
April 24 - 27			
Vetta Sports Club of Concord	St. Louis, MO	Dan Whitley	314-842-6363 x3

other recognized qualifiers ... for seniors 45 & up

Jan.31-Feb.2	
Women's Senior/Master Championships	Orlando, FL Kendra Tutsch. 608-592-2497
March 12-15	
NMRA Masters National	Canoga Park, CA Ron Pudduck 734-426-8952
[These qualify 45+ entrants ONLY! ... 35+ & 40+ players in the preceding events must still take part in a regional qualifier — from the first group shown above — in order to compete at National Singles].	

junior qualifiers

To become eligible for play in the HEAD 29th U.S. Junior Olympics [June 25-29, 2003], entrants must first compete in any Level 3 State Championship, OR in a recognized junior regional event (not offered in all areas), OR in the National High School Championships. All players must compete in (not merely enter) the qualifying state, regional or national event, plus meet all age requirements and other entry stipulations.

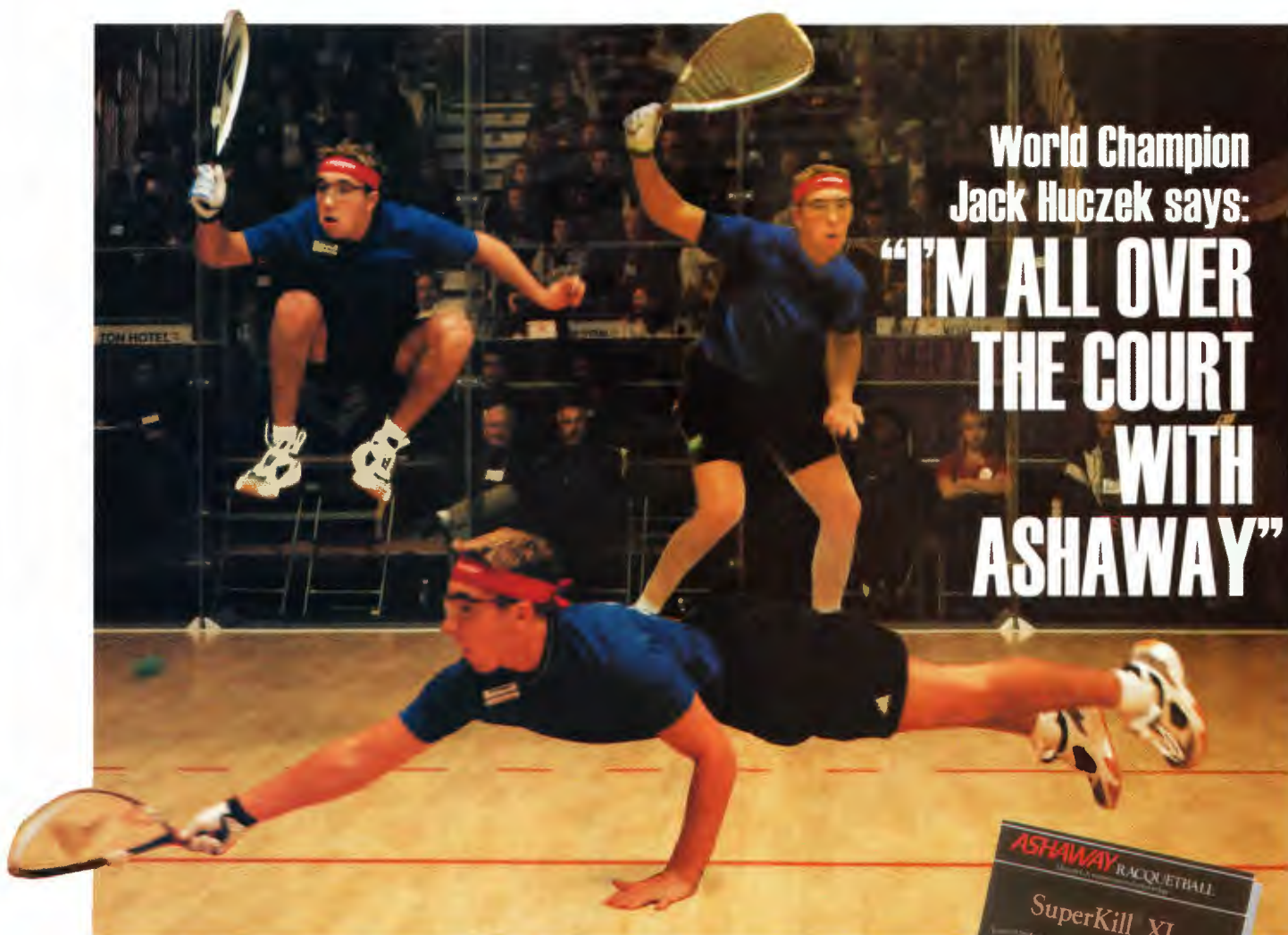
For more information about the upcoming regional championships, please contact Kevin Joyce at 719-635-5396, ext. 123 or kjoyce@usra.org. Or go online at www.usra.org

... qualifying tipsheet ...

This Sanctioned Event	Qualifies players for:
State Singles Championships	Junior Olympics
Recognized Junior Regional	Junior Olympics
National High Schools	Junior Olympics

National Intercollegiates	National Singles
Regional Qualifiers	National Singles
WSMRA Championship	National Singles [45 & up]
NMRA Championship	National Singles [45 & up]
U.S. Military Championships	National Singles

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First title win for Mexico at Junior Worlds





Facing page: Boy's 16- champ Agustin Tristan & runner up Gilberto De los Rios on the medal stand. Photo: courtesy John Ferguson. Team Mexico group shots on this page, courtesy Miguel Angel.

In an historic first, Junior Team Mexico narrowly defeated a young U.S. team by 31 points to earn the 2002 junior world team title at the ProKennex 14th World Junior Championships, presented by Penn Racquet Sports. The Orlando Fitness & Racquet Club hosted the Florida event in late December, where Mexico's strongest squad to date was able to overcome 13 years of U.S. dominance at the annual championship.



Going into the tournament the U.S. knew that the rest of the world was catching up with them on the court and this would be their toughest test to date. "The U.S. team should be pushed to their limit," USRA Executive Director Jim Hiser commented before the tournament. IRF President Keith Calkins agreed with Hiser and added, "Although the U.S. Team has never lost the Junior World title, the parity that has developed throughout the world should result in a very close competition."

Standing out for Mexico was Paola Longoria and Ruben Estrada, who each left Orlando with three gold medals in hand. They both won their respective 12- singles and 14- doubles, then teamed up to take the 12- mixed doubles title. Also shining for Mexico were Alejandro Cardona, Augustin Tristan, and David Ortega with two gold medals apiece. Ortega has yet to lose a world junior championship match.

However, it wasn't just a few key players that helped Mexico to its first world title, but an aggressively-recruited, solid team of juniors from 6- all the way to 18-. Going into the final two days of competition, Mexico found itself in a favorable position by often having two, and sometimes three players, in the semifinals, making it nearly impossible for the U.S. to overcome an early point deficit.

Heads held High

Although it marked the first time that the U.S. has lost a world junior championship, the young squad was not ashamed by the effort that they put forth. Understandably, the play-

ProKennex 14th World Junior Championships

Presented by Penn Racquet Sports • Remote coverage by Ryan John

March – April 2003

IRF WORLD JUNIORS TEAM RESULTS

Boy's Team

1. Mexico (813)
2. USA (674)
3. Bolivia (252)
4. Canada (180)
5. Venezuela (71)
6. Colombia (39)
7. Ecuador (14)
8. Puerto Rico (2)
9. Guatemala (0)
9. Ireland (0)

Girl's Team

1. USA (490)
2. Mexico (373)
3. Canada (136)
4. Bolivia (60)
5. Ecuador (51)
6. Guatemala (28)
7. Ireland (3)
8. Venezuela (2)
9. Colombia (0)
9. Puerto Rico (0)

Overall Team

1. Mexico (1186)
2. USA (1164)
3. Canada (316)
4. Bolivia (312)
5. Venezuela (73)
6. Ecuador (65)
7. Colombia (39)
8. Guatemala (28)
9. Ireland (3)
10. Puerto Rico (2)

For newly-compiled team results over the last decade, go to www.internationalracquetball.com, then follow links to Junior Recordbooks, then "Team Results". Mexico has been primed for this leap for quite some time — it has placed second in nine out of the ten years that team records were kept, since 1992.



Above: Charlie Pratt, Chris Coy, Jeni Fuller, Ben Croft, Danielle Pimental and Janel Tisinger. Right (l-r): Brittany Leggett and Shannon Inglesby show off their hardware. Photos courtesy John Ferguson & Tom Inglesby.



ers were disappointed, but the coaching staff feels that this was one of the best teams that they have placed on the court, not just in terms of skill, but also in character.

"I've never seen a tighter-knit group," said Head Coach Kelly Beane. "Usually as a coach you have to talk to the elder players on the team, the captains, and then mold the rest into a team. This group came in as a team."

First year assistant coach Shane Wood added, "I would rather come in second with these kids than have a first place trophy with another group."

The coaching staff also didn't view the loss as a sign that the U.S. is lacking in talent, but that Mexico is just getting that much better. "What a great program they (Mexico) have," stated Wood. "Their coaches have instilled a competitiveness that I love. Every one of their kids has the drive to become a world champion."

"Mexico has gotten better," Beane agreed. "I don't think our players have slipped, they've gotten better too."

Not that the U.S. is ready to give up and hand the title over every year. "I know that we need to go back and step it up to come back next year," said Beane. "We started next year, on the very next day."

A Brilliant Career Comes to a Close

Jack Huczek has been virtually unbeatable throughout his junior career. He is the only player in history to win two gold medals in each singles age group offered. He

has only ever lost one final, the 2000 18-and-under to fellow American Shane Vanderson, but was still able to capture the 16- title that year. But few, if any, challenges his age have even come close since then, and Huczek easily made the transition into the adult ranks, both pro and amateur.

A lot of criticism was directed at Huczek leading up to his farewell junior event. Players and fans wanted to know why he was still playing juniors after already winning adult titles at the IRF World Championships and USRA National Singles, plus having established himself on the men's IRT tour with an unheard-of No.4 ranking for one so young. His reason wasn't just to win another title or to set a record not likely to be broken for years to come, but the camaraderie of playing on the U.S. Junior National Team.

"Jack will be sorely missed. He's a class act and he really took his captains role to heart," stated Beane. "With him being ranked so high on the pro tour you might wonder if this (World Juniors) was important to him or if he was 'Mr. Pro Tour', but no, he was the Junior Team Captain first."

Much to Huczek's credit, he was not satisfied with setting the personal career mark with his double-gold medal performance. "My junior career has been very rewarding," he explained, "but it's disappointing to end with a second place team finish." He continued, "Although I won two gold medals in singles and doubles, the team trophy is what is important. I am proud to be a member of this team; they are all great

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* Based on IRT rankings as of 2/7/2003

Wake Up Call

As parity continues to improve among international teams, the need for a comprehensive U.S. junior developmental program becomes more and more important. Currently there are geographical pockets of development with excellent junior programs, but the overall U.S. national picture is weak.

We need a continued and concentrated U.S. effort, incorporating club owners, state associations and volunteer parents. The success of Oregon and St. Louis programs confirms that junior programs can be successfully promoted and developed.

The success of the Mexican junior team was predicted three years ago. The national popularity of the sport, along with media and club support, plus the cultural setting all combined to help the Mexican team succeed. Plus, they worked hard to do so, which simply means that the days of having the U.S. just show up to win the gold may truly be gone.

This event was a wake-up call for U.S. administrators, who now need to evaluate the entire junior program. We must recruit more players by bringing new programs into undeveloped states. The strength of any U.S. Team comes from a pipeline that develops the talent. In this case, the pipeline begins with a strong base of recreational junior players. The strength of our current system is our coaching staff, which includes the most knowledgeable coaches in the world. We need that coaching staff to be a more involved on an on-going basis, so that we can utilize their talents year-round. The strength of U.S. racquetball is in its long experience with international competition, and a broad knowledge base. We need to involve the many professional athletes who, themselves, came up through the pipeline of USRA junior programs. Their leadership and support would be a tremendous motivational lift for our juniors.

— James L. Hiser, Ph.D.
USRA Executive Director

players and great people. The team is young and I expect them to rebound next year."

U.S. Highlights

Huczek wasn't the lone bright spot for the U.S., as several other players came away from the tournament with gold medals.

In boy's singles, Chase Stanley earned the 8- title over fellow countryman Jose Diaz who in turn won the 8- multi-bounce championship over another American, Sam Reid.

On the girl's side, Adrienne Fisher repeated as the 16- champ then earned her first 18- title by narrowly defeating Janel Tisinger 12-15, 15-14, 11-10. Ashley Willhite (14-) and Elizabeth Brenner (8-) also won gold medals in girl's singles competition.

In doubles, David Chirban teamed with Huczek to take the boy's 18- doubles and Chirban might have had the quote of the tournament. After losing the first game to the Bolivian team, Chirban and Huczek switched to the "I" formation, with Chirban in the front and Huczek in the back. Chirban summed up his feelings on the situation. "I felt like I had a fly swatter in my hand and was being attacked by hornets, then I realized that the exterminator was right behind me."

Jansen Allen and Jonathan Doyle teamed up in 12- to take earn the only other boy's doubles title.

For the girl's Jeni Fuller and Janel Tisinger took home the 18- title. Shannon Inglesby and Brittany Legget earned the 12- championship, while Shannon's younger sister Kaitlin teamed up with Elizabeth Brenner for the 10- crown.

Kaitlin then paired with Taylor Knoth for her second gold medal and the lone mixed doubles title for the U.S.

Other Countries Moving Up

Mexico was by no means the only country making a move in the junior racquetball world. Bolivia just missed placing third over perennial powerhouse Canada by a scant three points.

Although the Bolivian team was small in numbers (14 players) they surprised everyone by winning 15 of their first 21 matches. Their highlights included a third place finish by Santiago Canedo and Sergio Rivera, who narrowly lost to Chirban and Huczek 13-15, 15-12, 11-6 in boy's 18- doubles. Carola Loma also placed third in the girl's 18- singles after losing to eventual champion Adrienne Fisher.

Ecuador also showed promise for the future after Veronica Sotomayor earned her country's first gold medal in international competition by downing Mexico's Yesenia Malvaez handily in the girl's 10- finals, 15-3, 15-6.

First Time Around

Anyone who has ever been around junior racquetball will tell you that it is an emotional roller coaster. Just ask first year U.S. assistant coaches Shane Wood and Mitt Layton.

"I picked Shane and Mitt to help round out our coaching staff," explained Head Coach Kelly Beane. "I knew Shane had coached at the collegiate level [Nichols College] and had played and won at the junior level. He was younger and might be more in touch with the kids than the rest of us. I had watched Mitt play and I really liked his style of play and the way that he handled himself on the court." [Layton holds over a dozen age group titles, and won the Bud Muehleisen Athlete of the Year Award in 1997].

Both Shane and Mitt knew that they had a tough challenge ahead, but perhaps didn't know how emotionally involved they would become or how rewarding the experience would be. "I played it (junior worlds) a number of years and I never got that emotional when I played," Shane said. "When you're coaching it's like you are playing within that kid."

"I was excited. I'm an emotional person anyway," agreed Mitt. "It is the first time I have ever witnessed a junior worlds. With all of the chanting and cheering it reminded me of a Davis Cup"

They also agreed that the challenge is something that they welcome and not anything they wish to give up. "I've enjoyed this past year in racquetball more than any other year and I have played for 23 years," stated Mitt. "I have never been so mentally exhausted after a tournament, but I wish it was still going on."

"I want to do it (coach) until the USRA tells me I can't," Shane agreed. "It is by far one of the best weeks I've ever had in racquetball."



Coaches pictured L-R: Layton, Gudinas, Beane, Wood.
Photo courtesy Kelley Beane.

"It Skipped" Part II

Some readers may remember Ruben Gonzalez's legendary skip call on himself against Marty Hogan in the finals of a 1985 pro-stop. Hogan was up 10-8 against Gonzalez in the tiebreaker when Gonzalez hit an apparent winner down the line to force a side out. The referee called the shot good, Hogan appealed and both line judges agreed with the call. There was only one problem — Gonzalez didn't step into the service box to start the next rally. Instead he stood hunched over at center court with his hands on his hips and a small smile on his face. He then shook hands with Hogan congratulating him on his win. Gonzalez called the skip on himself and gave away his first real shot at winning a pro tournament.



Fast-forward to 2002 and the Junior World Championships, where USA's Dan Sheppick was leading Mexico's Gilberto De Los Rios one game to none and serving for the match at 14-14. After a long rally Sheppick hit a shot to end it, which the referee called good. De Los Rios appealed to the line judges who agreed with the referee. Match over except for one problem ... Sheppick wasn't sure.

"The shot looked good but it sounded funny," he said. "I looked outside of the court at my teammates and half of them said it was good and the other half couldn't tell. I lost a match when I was younger on a bad call and I told myself then that I would never win that way."

Sheppick decided to play the point over and lost serve on the next rally. After a few more side outs he ended up losing the second game 15-14 and subsequently lost the tiebreaker 11-10, but he didn't end up losing his honor. "I ended up losing but I felt better about it because I didn't have to cheat to win."

"I'm so proud of him," said U.S. Junior Head Coach Kelly Beane. "To feel so strongly not to want to win on a questionable call says a lot about his character."

Everyone knows that Gonzalez went on to win many pro tournaments, national titles, world championships, plus was inducted into the Hall of Fame just a few years ago. If Sheppick can continue to follow a similar path he'll have a long and successful career in racquetball. But even if he doesn't, he can look back with pride. He did follow perhaps the most honorable steps that a player has ever taken on the court.

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great teams are hard to find

by U.S. Junior Team Head Coach, Kelley Beane

There is something about a great team that just draws you in; whether it's pure talent, or a tight group that truly cares about one another. In the case of this year's U.S. Junior Racquetball Team it was both.

I think one of the most important elements of a great team is the people that it is made up of, the players, the coaches and of course the parents. These people don't have to be superstars, but they need to want to be.

When I first started to see this team form in Chicago (at junior nationals) last year it was bittersweet. I saw some great matches and exceptional play by just about everyone. The problem is that I have worked with many of these kids either at Alabama's "Rumble" or on past U.S. Junior Teams, and they can't all be on the team. I knew once the semis had been played that we were really going to have something special this year, you could see it. With eleven new kids making the team, I wanted to make sure I met with all of the parents and team members before leaving Chicago. I wanted to let them know what we as coaches expected from them, and in turn wanted to know what the athletes expected of us. That set the groundwork for our U.S. Team camp in Colorado Springs, Colorado in August.

Typically at training camp we divide our days by training physically on the courts, then at night we try, with the help of the captains, to build our "team." I can honestly say that for the first time that I can remember this team never had to be "built." Each evening we all got together to discuss the day's events, go over our training and then talk about subjects that will remain sacred to only this team. There was lots of laughter and

lots of tears. No fronts. No attitudes. Just sincerity. Respect for each other and the coaches. When these kids spoke of friends, parents, and people important to them, it came from the heart. Heart is what it takes to be a champion.

Arriving at Worlds, we kept to the same schedule as training camp, and we had team meetings each night. Again, sincere and personal. We

talked about what we were up against. Captains Jack Huzcek and Adrienne Fisher led great team meetings and inspired us all. I've since learned that we were not picked to win the Worlds, and I'm glad no one dared to mention that earlier.

These kids went on to the court and brought everything they had. They played with integrity, desire and courage. Dan Sheppick, re-playing match point = integrity. Ben Croft, cramping so badly, up 7-2 in the tiebreaker = courage. Desire = everyone. As a coach I could not possibly ask for anything more from these athletes. It is an honor to be associated with this team and I am very proud of each and every one of them. We will bounce back, we already have. The e-mails we send almost daily are still flowing. The training schedules are being tweaked and we have made a new plan for next year. The other coaches, Cheryl Gudinas, Mitt Layton and Shane Wood are constantly working to improve our plan for next year.

The parents this year were so supportive and have given us great ideas, we will put them to use again. The Junior Council is meeting to help us with fundraising so that we can see the kids for more than four days a year to train. I look forward to seeing what the next year will bring.

In closing, this junior team can hold their heads up high knowing that they "dared to be themselves in the face of adversity. That they chose right over wrong, ethics over convenience, and truth over popularity. They traveled the path of integrity without looking back." That's what makes a championship team, in my opinion.

Team Photo: Courtesy Mark Chirban

Eee-ouu ... yours !

Everyone remembers their pre-teen years, when girls had "cootie's" (but the boys' were the worst). Oregon up-and-comers Kaitlin Inglesby, 11, and Taylor Knoth, 12, may still think that way, but they were able to overcome their apprehensions in dealing with the opposite sex long enough to win a mixed doubles world junior title in December.

"We started playing a little bit before (Junior) Nationals in June," said Kaitlin who plays the right side. "Our parents started talking and thought that we would be a really good team, so we started playing and started winning." In fact, Kaitlin went on to say that they have won every tournament that they have entered — including National and World Juniors in 10- mixed doubles.

And even though they're winners, they're still just kids. "We really don't talk to each other. We just kind of say 'hi' to each other," said Kaitlin. "We do call the ball on the court though ..."

When asked why they don't really talk very much off of the court Kaitlin didn't want to elaborate much further than, "Because our parents are really weird, and they say really weird things." What "really weird things" could the parents possibly say? "I really don't want to say it," she insisted.

We bet that the parents spend more than just a little time teasing the youngsters. Who could resist, after all, remembering what it was like (for so many of us) at that age? But sooner than we know it, Kaitlin and Taylor will grow up, as will their friends, and the teasing will diminish along with the fear of talking to the opposite sex. "That's what my mom says," Kaitlin said, sounding somewhat un-convinced. Until then their communication seems just fine, on the court.

11th IRF World Racquetball Champ



prokennex world juniors

Orlando, Florida
December 18-22, 2002

SINGLES

- Boys 18-: Jack Huczek (Rochester Hills, Mich.) def. Eduardo Ortega (Monterrey, Chihuahua) 15-5; 15-6
Boys 16-: Agustin Tristan (San Luis Potosi) def. Gilberto De los Rios (Monterrey, Chihuahua) 15-8; 15-1
Boys 14-: David Ortega (Monterrey, Chihuahua) def. Armando Landa (Monterrey, Chihuahua) 15-11; 15-5
Boys 12-: Ruben Estrada (Monterrey, Chihuahua) def. Ismael Aldana (Stockton, Calif.) 15-9; 15-8
Boys 10-: Alejandro Cardona (Monterrey, Chihuahua) def. Joseph Lee (Baton Rouge, La.) 15-8; 15-8
Boys 8-: Chase Stanley (Baton Rouge, La.) def. Jose Diaz (Stockton, Ca.) 15-4; 15-5
Boys 8-MB: Jose Diaz (Stockton, Calif.) def. Sam Reid (Portland, Ore.) 11-8; 10-11; 11-3
Boys 6-MB: Javier Estrada (Monterrey, Chihuahua) def. Nicholas Fonseca (Lawrence, Ga.) 11-0; 11-2

Girls 18-: Adrienne Fisher (Dayton, Ohio) def. Janel Tisinger (Simi, Calif.) 12-15; 15-14; 11-10
Girls 16-: Adrienne Fisher (Dayton, Ohio) def. Nancy Enriquez (Chihuahua, Chihuahua) 15-11; 15-12
Girls 14-: Ashley Willhite (Klamath Falls, Ore.) def. Marcela Moreno (Monterrey, Chihuahua) 15-12; 12-15; 11-10
Girls 12-: Paola Longoria (Monterrey, Chihuahua) def. Shannon Inglesby (Portland, Ore.) 15-10; 15-7
Girls 10-: Veronica Sotomayor (Cuenca) def. Yesenia Malvaez (Monterrey, Chihuahua) 15-3; 15-6
Girls 8-: Elizabeth Brenner (Portland, Ore.) def. Paulina Estrada (Monterrey, Chihuahua) 15-3; 15-5
Girls 8-MB: Paulina Estrada (Monterrey, Chihuahua) def. Kimberly De Luna (Monterrey, Chihuahua) 11-1; 11-1
Girls 6-MB: Kimberly De Luna (Monterrey, Chihuahua) def. Lucia Gonzalez (Monterrey, Chihuahua) 11-4; 8-11; 11-10

DOUBLES

- Boys 18-: David Chirban/Jack Huczek (USA) def. Carlos Bacmeister/Abraham Pena (Mex) 8-15; 15-5; 11-8
Boys 16-: Juan Arzate/Rene Enriquez (Mex) def. Gilberto De los Rios/Cesar Guzman (Mex) 15-6; 15-11
Boys 14-: Ruben Estrada/David Ortega (Mex) def. Roman Landa/Emilio Valenzuela (Mex) 15-11; 15-13
Boys 12-: Jansen Allen/Jonathan Doyle (USA) def. Sean McGrath/Harrison Slocum (USA) 15-1; 11-15; 11-6
Boys 10-: Alejandro Cardona/Pedro Gonzalez (Mex) def. Roberto Labrado/Santiago Lopez (Mex) 15-6; 15-5

Girls 18-: Jeni Fuller/Janel Tisinger (USA) def. Mayra Cordona/Jazmin Rivera (Mex) 15-8; 15-3
Girls 16-: Tere Meochi/Samantha Salas (Mex) def. Kelley Fisher/Elise Wilson (USA) 13-15; 10-15; 11-8
Girls 14-: Eleni Guzman/Paola Longoria (Mex) def. Marcela Moreno/Karen Torres (Mex) 15-12; 10-15; 11-3
Girls 12-: Shannon Inglesby/Brittany Legget (USA) def. Jenny Daza/Maria Vasquel (Mex) 15-6; 12-15; 11-4
Girls 10-: Elizabeth Brenner/Kaitlin Inglesby (USA) def. Frederique Lambert/Brigitte Richard (Canada) 15-7; 15-3

Mixed 18-: Carola Loma/Santiago Canedo (Bolivia) def. Adrienne Fisher/Mike Lawrence (USA) 15-12; 8-15; 11-10
Mixed 16-: Nancy Enriquez/Agustin Tristan (Mex) def. Samantha Salas/Rene Enriquez (Mex) 11-15; 15-11; 11-8
Mixed 14-: Jenny Daza/Jorge Zambrana (Bolivia) def. Eleni Guzman/Ivan Sanchez (Mex) 15-11; 15-13
Mixed 12-: Paola Longoria/Ruben Estrada (Mex) def. Brittany Legget/Jonathan Doyle (USA) 15-11; 15-3
Mixed 10-: Kaitlin Inglesby/Taylor Knoth (USA) def. Karen De Luna/Santiago Lopez (Mex) 15-12; 15-7

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want to donate as a group?

The IRT passed the hat ... and you can too. Just take up a collection to donate in the name of your league or club. We can't offer the "perks" individually, but your group will be listed among the campaign donors, in the level that you reach. Then, if you provide us with a list of who took part, we'll publish those names on the USRA donor webpage.

"Team IRT" Donors:

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WHY WE PLAY

by Randy Stafford

Until recently, the question of "why we play" wasn't one that I thought about much. I started because it was fun and convenient, good exercise, competitive, and offered great camaraderie. Everyone has their own reasons for participating in one of the greatest individual sports ever created ... and lately, I've tried to think more about "why we play" in the larger sense.

True competition is a large part of racquetball. Many of us came from other sports, like football, baseball, basketball, track or maybe swimming. The sports we played when we were kids were part of our heritage, where we competed one-on-one and team-against-team. The feeling that we can experience when competition is at its highest level can't be matched in any other type of activity. You win or lose, depending on your skill level, endurance, strategy, or perhaps just your own extra kick of adrenalin at a crucial moment. That will to win, and fight just a little harder until nothing is left, is

an incredible feeling. Until you have experienced it, it's impossible to describe, or replicate with any other activity.

Then, at some point in your life — for whatever reason — you happen to pick up a racquetball racquet, and there is that feeling all over again. With true competition, it's all about love for the battle, the war between you and your opponent. They react, you react. They hit harder, you hit harder. They use a different strategy, you change yours. They counter, you adjust your attack.

With racquetball, we're back in the hunt, something we experienced as a kid, and we can continue to enjoy these feelings for the rest of our lives. During a game you are sweating, moving quickly all over the court, stroking the ball, watching your opponent, trying different serves, working his backhand, splatting his ceiling balls, driving the ball down the line or hitting the pinch at just the right time and low enough to score the point. And better than just scoring, you made your opponent run after the ball really hard, just one more time, chasing a passing shot that was just out of reach. You love to watch them tire, when you're on top of your game. We all know how great that feels.

Racquetball is quite unlike most any other lifetime sport. Take tennis for instance. The skill level required to have fun and get a workout is very high and hard to attain. Then there's all that apologizing to the people on the next court! Golf is competitive in a different way, since it's main goal is just to improve your own score, against the course. Jogging is about time and distance, aerobics is about repetitive motion — and none of these has ever brought a smile to my face.

With most workouts, people will finish and immediately go about their business and leave. But after an hour (or two, or three) of racquetball, players will sit or lie on the floor, exhausted, but still wearing a smile. And there's even that "secret language" that makes you part of the club; outsiders have no idea what we are talking about when we refer to certain shots and serves. Not many sports offer such a great way to socialize

while you exercise, with the added benefit of being blissfully unaware that you're even working out. This is because it's too much raw fun to even notice the exertion until it's all over!

In the "off-tournament" season, my mental approach to the game changes and I don't play quite as hard or practice quite as much. Then racquetball becomes more social for me, and I may play a game or two and sit out before getting back on the court. It's more leisurely, but I still want to win, just maybe not quite as badly. I still receive all the same benefits: in an hour I can get all the exercise I need and finish with a smile on my face, win or lose.

Racquetball has a place for all types of players, from the tournament-tough "take no prisoners" type of person, to the recreational player who just enjoys running around with friends. Either way, win or lose, you have found your lifetime sport. Whatever your psyche permits, your level of competition, your willingness to run and do battle, or even your level of skill, racquetball offers you fun and fulfillment.

Players know what I am talking about: that during-and-after "high" we get is why we play the game. As warriors at whatever level, this feeling only comes from competition. It's you against them, one-on-one or two-on-two, within the confines of the court and the rules of the game, our equipment and the limits of our bodies. When it's all working in sync, we have achieved an exercise high that we wish we could enjoy everyday. Nowadays, I realize how special my court time has become. I no longer take these times for granted, but feel privileged to have played such an incredible sport for so many years. If you've ever felt this way, then you know exactly "why we play."

So what does all this have to do with fundraising? I wish I could tie it all up in a nice convenient way that would endorse our ongoing "players helping players" campaign, but I am not even going to try. I will say one thing though: If you can relate to any of what you've read here, then I appeal to you to please assist us in helping other players enjoy the same benefits that you've received from our great sport. I ask you to think about all the great times you've experienced through racquetball and make a donation that shows how much it's meant to you. We urgently need your support to do the hard work ahead of us. Large donation, or small, we need to hear from you. Please do whatever you can to help secure a brighter future for the sport we love.

**... We're almost three-quarters of the way to the \$100,000 goal set for this spring ... !
To take part in the "players helping players" campaign, use the fundraising card
bound between these pages, then select your giving level (and perks) ... or sign up
online at www.usrastore.com, under "Make a Donation" ... updated donor lists will
appear in the May/June and July/August editions to report our progress!**

the campaign trail

These "Players helping Players" donors continue to support the USRA's ambitious fundraising campaign, with gifts that total just over \$60,000 toward the first "phase" of a \$100,000 goal [by May 31, 2003].

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Randy Stafford, Tenn.

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The IRT [see box at far left]
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Doug Smith, Ga.

Total donated to date =

\$72,890

Of that total, anonymous donors (including a generous "kick-start" of a \$25,000 matching gift), have contributed \$35,350 to the cause, all without formal recognition. Special thanks go out to those "mystery" givers!

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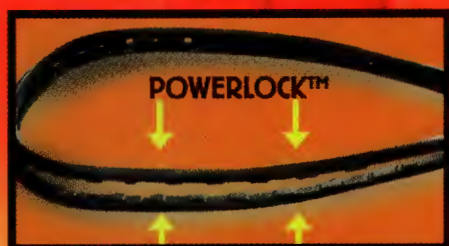


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rb:juniors!

ARIZONA JUNIORS STEP UP

By Frank Taddonio

The Arizona Juniors Tournament held last September at LA Fitness in Chandler, Arizona was, by all accounts, a huge success, drawing 50 entrants ranging in age from 6-18 years of age. Although open to all Arizona juniors, it was also the wrap-up event for an ongoing junior development program designed by Darold Key.

The program includes a series of eight, two-hour sessions leading up to the tournament, conducted by AmPRO certified instructors at facilities across the state. Program content is drawn from the techniques and procedures offered through the AmPro instructor certification program, and each session focuses on basic skills, conditioning, drills and other fundamentals of the game. The participants are also introduced to the club facility in a tournament environment, and trainers demonstrate exercises that support and enhance the youngsters' ability to play the game. This includes the use of free weights and machines; and juniors genuinely enjoy rubbing elbows with the grown-ups pumping iron in the club.

The event was held on the same weekend as the Arizona State Doubles Championship, which allowed the more experienced players to see the future of the sport and enjoy the youthful competition. In turn, the juniors were able to watch some very competitive doubles action on the part of the grown-ups.

One of the many highlights of this event was the silent auction conducted to help raise funds for the Arizona Juniors Program. Ektelon and Key Sports were major contributors, while USRA Membership Director Kevin Joyce was very helpful in sharing his expertise and

advice with Carolyn Callihan, mom of one of the participating juniors. Carolyn had no experience with "auctioning" but, with Kevin's guidance, she did a superb job and raised over \$400 for the junior program.

The event was filled with spirit, camaraderie and good sportsmanship. All the juniors received a quality t-shirt and the majority of them took medals home, since awards were given to each of the top four finishers.

The grassroots movement is alive and well in Arizona and all the youngsters and their parents departed asking when the next session and tournament would be scheduled. If anyone is interested in taking part in the Arizona Junior Program, would like to get involved in some way, or just wants information, send an email to Darold Key at azra@racquetball.com.



Houston Y Hosts Youth Outreach

by Mike Lazarow, photos by Ralph E. Smith

A playwright once asked "What's in a name?" Well, if that name is "Tiger" it's 33 professional golf tour first place finishes and huge paychecks. If "Michael" it's sinking the last-second basket that nails down a "three-pete" for another huge paycheck. "Venus" and "Serena" conjure up a world class head-to-head confrontation of two sisters for the most prestigious international tennis championship, and two huge paychecks. To the youngster faced with making his way in a world that has the cards stacked against them because of race, religion, national origin, gender, or economic status, these names offer hope. They are real-life super-heroes who have overcome these very same obstacles, to make it big in a world that fought them all the way.

Unfortunately, racquetball doesn't have the luxury of such recognizable images. We can't snap on the TV and see an intense competition every day of the week. There are no huge paychecks, no household names, no notoriety, and no hero worship, except among the hard core devotees of the sport. We have a great sport, but not one that the next generation knows much about. We needed to start from square one.

Last summer the downtown YMCA kicked off a Youth Outreach Racquetball Program geared to introduce inner city youth to the game. Thirty two youngsters were hand-picked to participate, by leaders of various neighborhood centers as a reward for hard work and dedication to community projects as well as personal scholastic achievements.

Eight courts were reserved for the event, with two instructors and four students assigned to each court. The first hour was set aside for teaching and demonstrating safety gear, safety procedures, and basic playing rules. Instructors then played teacher-student instructional games with each of the four kids so they could experience game conditions. *[Top photo: coaches briefing]*

For the kids it was a totally new experience. Most had never seen a racquetball game much less played in one. Instructors were dedicated to making it a positive learn-



ing experience. They were directed to control the instructional game by

- putting the ball in play with a soft returnable serve
- keeping rallies alive so the kids could enjoy the interplay
- letting the kids win rallies so they could serve and score
- giving out a lot of "attaboys" to instill a sense of accomplishment
- not overteaching, so the game didn't turn into a task
- keeping it fun for the kids

Then two students were paired off to play a 15 point game with one instructor refereeing, while the other instructor remained with the other two students to explain the interplay and field questions. At game end the positions were swapped and the observer students played while the first pair watched and picked up pointers from the instructor. A head to head "court championship" was played by the victors.

Peyton Dorsett, head of the Houston Racquetball Association, indicated that this event was only the beginning. Students from the two sessions will become the nucleus around which to build a competitive league, and later traveling teams that will compete against youngsters from other youth centers. The instructors included active tournament level competitive players ranging in age from 35-75 years of age.

Youth Outreach Committee head John Bright was the workhorse who spearheaded the "Kickoff" event by organizing activities, selecting participants, supplying

rb:juniors!

refreshments, and providing transportation for the students. Without his efforts none of this could have happened. Sixteen player volunteers donated their time, efforts, and "gathering dust in the closet" racquets and eyeguards. They included Ed Cortez, Jim Denny, Donlo Delisi, Payton Dorsett, Bob Fernandez, Ed Hanel, Floyd Hanks, Felicia Jackson, Sam Koster, David Long, Mike Lazarow, Bill Maguire, Sandy McCall, Paul Setzler, Ralph Smith, Steve Vacek, Mario Velazquez, and Randy Williams. The kids had a great time, and all wanted to know when they could do it again, while the instructors took delight in a bunch of smiling faces, and the thanks of a super group of delighted kids..

The future of the sport is in the kids that are the next generation players. This is the type of program that can be implemented with minimal cost at any club with a little initiative on the part of owners, club pros, and dedicated players.

New Jersey Inspiration

by Ray Ferrara

I've been a Racquetball Magazine reader and USRA member for several years now, and I wanted to take a moment to acknowledge someone who has been quite an inspiration in my racquetball career.

Ron Van Horn at the Warren Racquets Club in New Jersey does a lot for the game. Outside of being an instructor and running three round robins per week, he does a lot to attempt to get the youngsters into the game we all love so much. Twice a year, Ron invites myself, and some other dedicated players, to assist in a Junior Clinic. It's great to see some of these kids compete. I think these types of clinics are what can keep this game alive and it's important to acknowledge Ron and all those who proactively put these types of events together. *Ron is shown below, second from the left, the author is third from the left.*



California Dreamin'

by Brian Dixon

Kids from beginning 7-year-olds, to 16-year-old Intermediates are learning the ins and outs of racquetball at Petaluma Valley Athletic Club. Every Saturday the beginners meet from 11-12:00, followed by the Intermediate/Advanced group from 12-1:30. These classes are run by Brian Dixon with the assistance of Jesse Rockowitz. Between the two groups, there are currently over 30 students.

Beginners learn the basic strokes and gameplay. Different drills are used to keep the kids interested, like "Frisbee day" (utilizing Frisbees to understand the back-hand stroke). The student who hits the instructor the most wins a prize. Students who master the basic strokes and have an understanding for the game, move to the intermediate level at the next session.

Intermediate players work on varied shots and strategy, with a different "subject" to study each week (i.e. Center Court). Instructors try to get on the court with students, to emphasize ball placement and center court positioning. Students are encouraged to play each other during the week as well as introduce the sport to their friends.

The next session runs from mid-January through May. During the Summer, there will be supervised challenge courts.

Have a junior program in your club? Send in a brief write-up with the basics, and why it's successful. Include a photo and we may be able to share it in a future issue, or on the website!





ProFILE Tour News



Mile-High Surprises

by Tom Rall

In mid-December, the Lakewood Athletic Club Holiday Pro/Am in Denver featured the usual brand of excitement that comes with a major event of this size and scope. Like any pro stop, the level of play was the very highest, which proved to be a real treat for many Coloradans. The "ooo's" and "ahh's" from the gallery testified to the crowd's awe, as they marveled at the way racquetball is played by the pros.

Pro Commissioners Dave Negrete and Ed Willis are individuals whose presence is both appreciated and respected, by club owners, tournament management, spectators and players alike. It was great to see these two key people at work managing what turned out to be a very and large well attended joint pro stop. Lakewood Athletic Club Owner, Hank Krousman, said, "It was a delight having this event here. Racquetball is sport that you just can't help but love once you get playing. And to see these pros play, well, it's amazing!"

Both the men's and the women's draws were large, with several qualifying rounds prior to the main draw. Unfortunately, Kane Waselenchuk, then-ranked No.3 and one of the tour's most exciting players, was suffering from a chronic ear infection that had already flared up three times previously to prevent the star from competing this season.

Still, the IRT draw was forty players deep and chock-full of talent. Qualifying started early, and saw seventeen-year-old Agustin Tristan, of Mexico, make quite a name for himself as he advanced through all three of his qualifying matches to earn a round-of-16 berth. Ironically, he eventually lost to fellow countryman Alvaro Beltran (*shown bottom right*), but not before putting the tour on notice. He's an up-and-comer, with solid skills.

The round of sixteen held no surprises, as all of the top seeds advanced. Top seeded Jason Mannino stayed ahead of Shane Vanderson 8,7, (8),13, but the match was close throughout, punctuated by Mannino retrievals. From the No.2 spot, Cliff Swain made quick work of Brian Pointelin 10, 3, 4. Pointelin played steady and remained very focused in the first game; however, his focus and consistency, unfortunately, seemed to wane in the next two. Swain, on the other hand, seemed to be focused on every point!

John Ellis (*top right*), seeded No.4, played steady in hitting serves that kept Dan Llacera off balance, as he advanced in three games of 7, 8, 7. Sudsy Monchik, the No.3 seed, had his hands full with Denver's own lefty, Woody Clouse, who pushed the match to four games. After losing the first two 4 and 5, Clouse took the third 11-7 with some outstanding retrievals and exceptional shot-making that surprised Monchik. The fourth and final game went to Monchik, with a very close and exciting 12-10 finish. Derek Robinson, playing at the top of his game, defeated national champ Mike Guidry in four, (9), 5, 7, 10. Robinson just seemed to be everywhere on the court and retrieved almost everything in the process. His shot-making was exceptional, he was mentally focused and all pistons were definitely firing well. Mike Green, a former Canadian national champ, did not seem to have any serious problems with the very talented and exciting Jason Thoerner, who was retired in four games of 8, (2), 4, 4.



ellis vs. beltran final



Quarters

Robinson logged a huge upset in the quarterfinal by defeating Mannino in four (8), 3, 7, 8, in much the same way that he defeated Guidry the round before. Robinson made an endless number of gets and then made the right shots when they counted. Mannino, clearly the most talented, consistent, and gymnastic player in the game today, became visibly frustrated. The game play was tight, but Robinson simply scored more points when it counted and went on to win one of the biggest matches of his career.

Ellis was in 'the zone' and Green could do very little to keep from losing three in a row, 4, 3, 3. When Beltran and Monchik squared off it was quick, exciting, and great to watch. Each game was very, very close; and each rally was very, very long. Points were slow in coming, there were lots of side outs, and nearly all the rallies were drawn out. In the end it was Beltran who survived the grueling match in four 10, (9), 12, 5 to advance.

Aside from the Robinson vs. Mannino battle, the match between Swain and Carson was probably the next best played all week. Carson was tuned into Swain's serve (if that's possible), which eliminated the ace-serve-point pattern so routine for Swain, and increased the number of rallies. After winning the first game 11-7, Swain promptly lost the next two 10-12, 7-11, leaving the door wide open for Carson. In the fourth, both players were highly focused and made very few errors. They retrieved well, made strategic shots and seemed to have enough stamina to play for another two hours! The pace picked up, and both players spent more time running down balls than anything else, as it turned into an 11-8 win for Swain. But the score doesn't reflect the urgency of each point and the many, many side outs that took place. The tiebreaker opened with Carson in control, but Swain found two ace serves that he'd misplaced through all four of the previous games, and ran a string of points to take game five, 11-6.

Semifinals

Both semis were as interesting as they were different. As well as Robinson had been playing, he definitely had his hands full with Ellis, whose serve was on just well enough to dominate. Derek played very, very well, but Ellis ended Big D's excellent tournament run with a straight game win 9, 6, 10. The remaining semifinal saw Beltran defeat Swain in four 7, 8, (1), 11, through an incredible final game, and a few controversial calls. But in the end Beltran was simply able to get to more balls than Swain, and that seemed to make the difference. Swain, now thirty-six years old, is still playing like he

was twenty-six. Beltran still thinks he's eighteen and tosses himself all over the court gracefully and with ease. Overall this was a great match. With the top three seeds out, it set the stage for a No.4 vs. No.5 playoff.

As much as the spectators were hoping for a close match, it was all Ellis who kept his momentum to win it in three 8, 9, 2. Beltran played well for having a bloody nose for much of the match (due to the altitude and dry climate), but Ellis again seemed to be in 'the zone' and just outplayed his opponent. Even with some controversial calls and close-quarter rallies, both players displayed fine sportsmanship.

Cleveland Open

by Tim Deighan

There were an abundance of story lines as the pros came to Cleveland January 9-12 to kick-off the second half of the IRT season. Could Ellis make it two in a row? Could Sudsy Monchik, said to have been disinterested in Denver the previous month, recapture the momentum that was his leaving Memphis in November? And what of the best player on the planet, Jason Mannino? Could anyone derail his march to a season ending No.1 ranking? And then there were the young guns, Kane Waselenchuk and Jack Huczek, neither of whom attended the previous stop in Denver? Waselenchuk has battled inner-ear problems since October and Huczek seems to be having trouble recapturing the success he enjoyed last season. Well, the fans of Cleveland were anxious to see how these scenarios unfolded, and indeed, they showed up in droves, even packing the Severance Athletic Club for the early qualifying round.

The hometown folks were rewarded on Thursday evening as three local players made the cut and earned spots to play in the round of 16 the next day. Hard-hitting Mike Dennison, and Baldwin Wallace students Andy Hawthorne and Shane Vanderson proved their mettle as they won matches and earned shots at the best in the world.

Sixteens

In the 16s, the draw pretty much played to form as all the top seeds advanced with the exception of Rocky Carson, who lost to Mike Green in four. Green, a recent Harrow signee, was steady throughout, mixing in an effective array of passing shots and right corner pinches.

While the fans would like to have seen one of their own make a run on Friday, it never materialized. Andy Hawthorne got in a few licks against Kane Waselenchuk but the Canadian can turn it on and off like a faucet

and that's what he did once he got accustomed to his surroundings, which took about 40 minutes. Once Cliff Swain measured up Mike Dennison's photon drive serves the match was, for all intents and purposes, over. Dennison did score 10 one game, but it was as if Cliff was doing the crowd a favor. Finally, Shane Vanderson was Jason Mannino's first opponent of the weekend. Shane's got a great left corner splat, but unless it was perfect, the JMan was there to gobble it up. Shane couldn't find a serve that bothered the top seed either. Jason took care of Shane in about an hour.

Quarters

Jason Mannino then held a clinic for Jack Huczek, who couldn't figure out how to attack a man with no weakness. Short lobs were buried in the front left corner, numerous times. More often than not, Jack thought he had passed Jason, only to see Mannino flick the ball to the ceiling and return to center court and wait. Huczek did have a couple of opportunities to grab game one, and in fact led 10-7, before missing an easy forehand at the dotted line. It was all downhill from there, as the Mannino Clinic proceeded to a 10, 7 and 3 finish.

At precisely 5:30 Kane Waselenchuk took to the main court against fellow Canadian Mike Green. Green, looking right at home in his new sponsor garb, did a lot of head shaking as the wonderkane displayed not only a blistering array of forehands, backhands and splats, but a deft touch as well. Many in the crowd had never seen the kid play, but by the end of the evening, they were shaking their heads, too. Kane tidied everything up in 40 minutes, 11-6, 11-2, 11-9.

John Ellis defeated Alvaro Beltran (6), 6, 9, and 4 in a rematch of the Denver final a month earlier. It looked like Beltran's night early on but in game two Ellis found a groove and dominated the rest of the match.

Earlier in the week, when folks had first eyed the draw, they couldn't help but notice a possible match up if everything went to form: Monchik vs. Swain. This was Ali-Frazier. Affirmed-Alydar. Or perhaps even, Agassi-Sampras, for much like last years US Open in Tennis, it's hard to know how many more times this sort of match

Not again ... !

Early website reports in January suggested that Sudsy's season just might be over — again — after a shoulder injury. But RACQUETBALL has learned that the four-time U.S. OPEN champ may not be going under the knife after all. Scheduled for surgery on February 3, Sudsy was actually being prepped when he found out the good news. "I was in the room and they had my shoulder shaved and everything," Sudsy said via telephone interview. "I was very excited that the doctor said to wait."

The reason for the scheduled surgery in the first place was that Sudsy developed a s.l.a.p. lesion on his right shoulder, which limited his range of motion and forced him to play in pain for much of the season. Because of the nature of the injury, it usually doesn't show up on MRI scans, so the surgery would have been partially exploratory, which gave Sudsy and his wife Lisa doubts in the first place. "I am really glad that we (he and his wife) had a lot of time to talk in the waiting room before surgery," he explained. "We really went over the pros and cons of the operation and then when the doctor came in with the good news it made it that much easier to decide against it (the surgery)."

What the doctor did say was that Sudsy's shoulder showed progress even without any physical therapy, giving him reason to believe that they might be able to fix the problem with an aggressive treatment program. "Any time you don't have to go under the knife, it's good," Sudsy responded. "The doctor said that I didn't have anything to lose by waiting another four weeks to see if there is progress."

Even though he may not have to undergo surgery, Sudsy wanted to make it very clear to his fans that he will not be on the court anytime soon. "It's very important not to play on it (during the treatments). I might be able to play Pro Nationals, but we'll just have to see."



might come together. On this night, both players were healthy, hungry, and "on." Between them, they own the season-end top ranking in each of the last eleven tour circuits.

It deserved to be a Saturday or Sunday match. It was standing room only, and the crowd (including many fellow pros) was electric from the get go. Cliff had trouble finding a serve early but stuck with the hard stuff, finally getting an ace to Sudsy's forehand to make it 1-4. Suds stuck with high- and half lobs to Cliff's backhand, and the game see-sawed as the players traded blows like Apollo Creed and Rocky Balboa. Down the stretch, Cliff became steadier to win game one, 12-10, with a Z drive, and a skipped return. The crowd went berserk.

In game two, Cliff gained confidence to make it to 5-3 with two forehand kills, but Suds couldn't care less and

charged right back, grabbing a 6-5 lead with a no-look backhand pinch that caused jaws to drop. Two winners off weak lob returns took him to 9-6 and Swain battled back with three straight winners before Monchik regained the serve with a forehand flat rollout. Swain missed a gimme to make it 10-9 and Sudsy finished him off with a high lob, followed by the irretrievable backhand pinch.

In the third, Suds raced out to a 5-1 lead, but Cliff caught up, 4-5, with a forehand pinch. From here on out neither man held a lead of more than a point. An avoidable on Cliff at 9-10 — when his serve kicked out and Monchik hit him on the return — raised boos but ref Jason Thoerner upheld his call. Back on serve, Sudsy went up 2-1 after he rekill a set up return from Swain.

Swain found his groove in game four and jumped to 7-0, but an unfazed Monchik quickly brought it back to 3-8 and then 8-8 with five unanswered points. After three chances at 10-9, Cliff finally succeeded in sending the match to a fifth game with a backhand winner too low for Sudsy to retrieve. The crowd went crazy, not really caring who might win but rather that there would be another game!

Unbelievably, both players had scored equal points in the first four games and Thoerner had to re-flip a coin to begin the fifth. Monchik won the toss and seemed to smell blood as he went up 5-1 on winners and two unforced errors. The lead widened to 7-2 with a close up backhand kill, and Swain grabbed the serve a couple of times, but his hard Z had worn out its welcome. At 3-8, with the crowd pulling him along, Swain went to work, scoring with a Z that finally stuck to the back wall, a backhand winner down the line, a forehand pinch winner and a forehand off the back wall that rolled out. With his lead narrowed to 8-7, Suds looked back at Cliff and the crowd, then muttered, smiling, “I don’t know what to serve.” After getting the serve back (at 9-9 when Cliff missed an eye-level shot at 39’) Suds earned the final two points on a down the line winner and a skip. An appreciative crowd saluted the players with a standing ovation, recognizing one for the ages.

Semifinals

Fans had hoped for another classic when Kane Waselenchuk and Sudsy Monchik took to the court for Saturday’s first semifinal. These two hit the ball as hard as anyone and it was apparent in warm ups; their shots made noises that many had never even heard before. Games one and two were all Kane, who appeared ready to make quick work of Monchik. He was having success with high lobs to Sudsy’s forehand that nicked the side-

wall perfectly. In addition to hitting the ball hard, Waselenchuk’s soft hands displayed artistry, with numerous McEnroe-like drop volleys that died up front in the corners. We knew the kid’s forehand was gifted but the backhand looked rock steady too.

In game three, the crowd pleaded with Sudsy to “bring the heat” and it appeared to pay off with a 7-3 lead. But Kane wouldn’t go quietly, and he brought it back to 7-7 with a number of nicely placed lob serves and re-kills of left up fodder. The crowd though, solidly in Monchik’s corner, pushed him to an ace-serve ender.

Game four began with Kane believing they were still playing game three. He had thought that the ace serve had been short, and couldn’t believe that Thoerner hadn’t made the call. The non-call seemed to stick in Kane’s head for the first half of game four as Monchik took a 7-4 lead. Waselenchuk recovered to bring it to 8-9 but Sudsy forced the tiebreaker with a forehand overhead from 39 feet and kill shot for point 11.

The rally of the tournament took place at 2-0 in Waselenchuk’s favor, when both players went to the floor numerous times to save seemingly unretrievable passes. An overhead pinch by Monchik finally ended the rally and the crowd was stunned. At 2-2, Kane asked for divine intervention, but it wasn’t to be. Sudsy pulled away, earning a spot in the finals with an 11-6 win.

Mannino and Ellis had a tough act to follow, but after Jason dove five times in the first rally, the crowd realized that it was in for another treat. Jason moved out to an 8-4 lead mainly on the strength of his deadly left front corner pinch. But Ellis replied with six unanswered points, including a climb of the wall in the back forehand corner, then finished with a backhand winner to close it, 11-8.

Both players made a series of runs in game two; Ellis gaining a 4-0 lead, Mannino battling back to pass it at 6-4. Ellis answered to 9-6 and had opportunities to grab a commanding 2-0 lead ... but Jason has never seen a ball he couldn’t get. He closed the gap to 9-9 and grabbed game two, as his relentless diving ability and half lobs to John’s backhand took their toll.

Game three was all Jason as he brought the momentum along. With the rekill game going, he gained a 9-0 lead in just a matter of minutes. Playing Jason is like water torture. He forces you to be too fine, leading to pressure and left up shots. John kept battling, but fell, 11-3.

... IRT ... continues on page 51 ...



irt-tour.com

Racq-sta' Rap

Headliner Shawn "Puffy Daddy" Royster re-recorded the racquetball rap he introduced in Memphis, at the U.S. OPEN Party with the Pros. In it, he busts a rhyme on each of the top IRT players, and administrators, for a few minutes of fun at their expense. Will it go platinum?

Want a copy for yourself? Send \$15.00 (postage paid) to:
Shawn Royster
1849 South Bentley Ave.,
#104, Los Angeles, CA 90025.
Be sure to include
your shipping address!

INTERNATIONAL RACQUETBALL TOUR SEASON RANKINGS

[Rankings through Coral Springs]

	Points	Player	Hometown	Last Issue	Last Year
1.	4636	Jason Mannino	San Diego, CA	1	2
2.	3992	Kane Waselenchuk	Alberta, Canada	2	11
3.	3413	Cliff Swain	Braintree, MA	3	1
4.	3280	John Ellis	Stockton, CA	5	3
5.	3143	Sudsy Monchik	Staten Island, NY	7	7
6.	2991	Alvaro Beltran	Tijuana, Mexico	6	5
7.	2669	Rocky Carson	Laguna Miguel, CA	8	4
8.	2508	Jack Huczek	Rochester Hills, MI	4	10
9.	2486	Derek Robinson	Kennewick, WA	9	8
10.	2194	Mike Green	Ontario, Canada	10	12
11.	2193	Mike Guidry	Carrollton, TX	11	9
12.	1452	Jason Thoerner	Canton, GA	17	N/R
13.	1298	Javier Moreno	Chihuahua, Mexico	15	19
14.	1289	Dan Fowler	Rockville, MD	13	14
15.	1189	Chris Crowther	Riverside, CA	12	16
16.	1185	Ruben Gonzalez	Staten Island, NY	14	15
17.	1025	Dan Llacera	Rehoboth Beach, DE	18	25
18.	680	Mike Dennison	Twinsburg, OH	21	28
19.	570	Shane Vanderson	Dublin, OH	29	40
20.	536	Nick Irvine	Stockton, CA	23	N/R

• men's tour rankings • scorecard • schedule

2002-2003 INTERNATIONAL RACQUETBALL TOUR SCORECARD

SPONSORS • ASHAWAY • CREW-WEST • E-FORCE • EKTELON • HEAD • PRO KENNEX • PROPENN

New Orleans	Kane Waselenchuk def. Alvaro Beltran	7-11, 11-2, 7-11, 11-9, 12-10
Stockton	Jason Mannino def. Alvaro Beltran	13-11, 10-12, 11-9, 11-2
Denver	Sudsy Monchik def. Jason Mannino	11-8, 8-11, 11-7, 5-11, 13-11
Chihuahua	Kane Waselenchuk def. Jason Mannino	11-8, 6-11, 9-11, 11-8, 11-6
McLean	Alvaro Beltran def. Jack Huczek	2-11, 11-8, 3-11, 11-6, 11-5
Chicago	Jason Mannino def. Kane Waselenchuk	11-5, 11-4, 11-8
Riverside	Sudsy Monchik def. Jason Mannino	1-11, 11-7, 11-8, 11-6
Memphis	Sudsy Monchik def. Cliff Swain	12-10, 12-10, 11-7
Denver	John Ellis def. Alvaro Beltran	11-9, 11-9, 11-8
Cleveland	Jason Mannino def. Sudsy Monchik	11-8, 11-7, 11-13, 11-6
Long Island	Mike Guidry def. John Ellis	12-10, 11-2, 11-0
Coral Springs	Jason Mannino def. Kane Waselenchuk	11-7, 11-1, injury
Austin	Kane Waselenchuk def. Jack Huczek	11-8, 11-6, 11-9

2002-2003 INTERNATIONAL RACQUETBALL TOUR SCHEDULE

Feb.27 - Mar.2	San Diego, CA	San Diego Open @ American Athletic Club, 619-477-2100
March 20-23	Boston, MA	Foxwoods Pro Am @ Metro South Athletic Club, 508-588-3444
April 3-6	Greensboro, NC	NC Open Championships @ Pyramid Health & Fitness
April 24-27	Chesapeake, VA	Virginia Beach Open @ Greenbriar North YMCA, 757-366-9622
May 1-4	Phoenix, AZ	Pro Nationals @ Arizona State University

For information concerning any IRT events, contact Dave Negrete at 630-430-1IRT [1478] or send e-mail to negretz@mindspring.com, or go to www.irt-tour.com.



ProFILE Tour News



Double-Duty in Denver

by Tom Rall

For their part in the shared pro spotlight at the Holiday Classic in Denver, the women offered their own brand of outstanding racquetball right from opening rounds. In the round of 32 there was some amazing play, and some that was simply unbelievable! Also, for the first time in a long time, all of the eight top seeds advanced. There were no true 'upsets' to report; but there was one match that will be remembered here in the foothills for a long, long time.

Quite a First Round

For her first match, No.11 seeded Laura Fenton, champion of too many national and world tournaments to mention here, went up against Colorado's own Lourdes Sanders [pictured below]. Right off the bat, Sanders surprised her veteran opponent by handing her an opening game loss, 11-8. Sanders had served well and seemed to select just the right shot at just the right time. But Fenton's own shot capabilities, variety of serves, and the patience of a saint, brought her back strong to take the next two 11-7 and 11-3. Any fourth game becomes a test of mental toughness and court strategy, and these players pulled out all the stops. They each abandoned the classic serve and volley game for a



more defensive approach, with greater emphasis on court positioning, patience, and ball pace. At the same time, many well-executed serves were returned as out and out winners, and it was Sanders who pulled out the 11-8 win to tie it at two games apiece.

The fifth opened with Sanders serving a drive that came off the back wall that Fenton flat rolled for the sideout. Taking the service box, Fenton stood motionless holding the ball in one hand and staring

at the sidewall for what seemed to be a good fifteen seconds. Then she served, and what followed was simply amazing. In an alarming and aggressive display of racquetball at its absolute finest, Fenton ran up 10 straight points. She simply did not miss, and covered

the court as if she had radar. The match looked all but over. Some spectators left, while others exchanged surprised glances.

The general consensus seemed to be that it was only a matter of time before it was over, and not much at that. At 0-10 Sanders took a time out. When she returned, she took her now familiar stance and was ready to receive. Fenton served. Sanders attacked the ball before it traveled anywhere near the back wall and hit a return winner straight in. Sanders then served for two points. Fenton served for match, and Sanders again rolled it out for a winner. Sanders then served for three points. With the next sideout, she took another timeout, at 5-10. It was a good run, as they say, but everyone was still pretty much convinced that it was just about over. Sanders quietly returned to the back court. Fenton's hard serve came off the back wall, Sanders moved quickly into position, and again hit a return winner. It was Fenton's turn for a timeout. When she returned Sanders won another two points to bring it to 7-10.

At this point the crowd started to wander back to what had become quite a match. Fenton served for match, and again Sanders blasted in another clean winner. Then neither player could buy a point, but each returned service for a series of sideouts. Finally, Sanders earned another point, then another. At 9-10, Fenton took another timeout, but when she returned, Sanders snagged point 10. The game that started off as a landslide was suddenly dead even. The two exchanged serve twice more before Sanders went up 11-10 ... but you have to win by two. She served again to begin a long rally that, much to the amazement of the crowd and the dismay of Laura Fenton, ended on Sanders' final shot in the series. It was a winner, and so was she. The crowd showed their appreciation with a very loud standing ovation for both players. Laura, somewhat stunned and amazed as anyone would be, was very cordial and showed good sportsmanship congratulating Lourdes on a match well played. Clearly this was the most exciting comeback of the event, and a performance peak for Sanders.

Sixteens

The round of 16's saw upsets for two of the top seeds - No. 8 Susana Acosta was defeated by No.9 Adrienne Fisher in an exciting five game match (3), 8, (8), 2, 1, and No. 7 Kristen Walsh was eliminated by No.10 Lori-

.. LPRA .. continues on page 51



KYZER SURPRISES

Former pro tour regular Brenda (Poe) Kyzer jumped six points since the last published rankings, after pushing Rajsich to four games in Denver, defeating Walsh in straight games in Cincinnati, and taking a tiebreaker over Susy Acosta in Nashville. The crafty veteran combines plenty of experience with a killer backhand to surprise the top seeds ...

Ladies Professional Racquetball Association Season Rankings

[Rankings through San Diego]

	Points	Player	Hometown	Last Issue	Last Year
1.	813	Cheryl Gudinas	Lisle, IL	1	1
2.	634.75	Jackie Paraiso Rice	El Cajon, CA	2	2
3.	425.75	Kerri Wachtel	Cincinnati, OH	4	3
4.	354.5	Rhonda Rajsich	Phoenix, AZ	3	4
5.	203.75	Kersten Hallander	San Diego, CA	5	5
6.	185.75	Kim Russell	Austin, TX	6	9
7.	149	Adrienne Fisher	Centerville, OH	9	17
8.	145.5	Kristen Walsh	Salt Lake City, UT	7	7
9.	138.25	Susy Acosta	Chihuahua, Mexico	8	11
10.	106.75	Brenda Kyzer	Lexington, SC	16	23
11.	102.5	Lori-Jane Powell	Calgary, Alberta, Canada	10	8
12.	94	Amy Foster	Fairlawn, OH	15	N/R
13.	93	Jennifer Saunders	Winnipeg, Manitoba, Canada	12	14
14.	86.5	Rosy Torres	Rosarito Beach, Mexico	17	40
15.	77	Laura Fenton	Overland Park, KS	11	10
16.	76	Doreen Fowler	Rockville, MD	18	15
17.	67	Denise Mock	Allen, TX	14	13
18.	65	Rachel Gellman	Phoenix, AZ	15	21
19.	57.25	Tammy Brown	Boise, ID	19	N/R
20.	55.75	Johanna Shattuck	Denver, CO	22	19

• women's tour rankings • scorecard • schedule

2002-2003 LADIES PRO RACQUETBALL ASSOCIATION SCORECARD

OFFICIAL SHOE OF THE LPRA: EKTELON

Rosarito Beach.....	Cheryl Gudinas def. Jackie Rice.....	11-7, 11-7, 11-6
Charlotte	Cheryl Gudinas def. Jackie Rice.....	11-2, 11-4, 13-11
Albuquerque	Jackie Rice def. Rhonda Rajsich.....	3-11, 11-8, 11-2, 11-2
Colorado Springs	Cheryl Gudinas def. Jackie Rice.....	9-11, 11-6, 7-11, 11-4, 11-4
Memphis	Cheryl Gudinas def. Jackie Rice	11-5, 11-5, 9-11, 11-6
Denver.....	Jackie Rice def. Cheryl Gudinas	11-8, 3-11, 12-10, 11-13, 11-5
Cincinnati	Kerri Wachtel def. Cheryl Gudinas	11-4, 11-7, 11-9
San Diego.....	Cheryl Gudinas def. Jackie Rice.....	11-1, 11-0, 11-0
Nashville.....	Cheryl Gudinas def. Kerri Wachtel.....	11-7, 7-11, 4-11, 11-3, 11-8

2002-2003 LADIES PRO RACQUETBALL ASSOCIATION SCHEDULE

March 13-15	Baltimore, MD	Make-a-Wish Open @ Merritt Athletic Club/Towson
March 28-30	Saskatoon, Canada	River Racquet Athletic Club, 306-242-0010
May 1-3*	Phoenix, AZ	Pro Nationals @ Arizona State University

*Combined IRT/LPRA stops feature a Saturday final. For LPRA information, contact Jim Hiser at 719-635-5396, ext. 130, or email JHiser@usra.org, or Ed Willis at Ewillis1@aol.com, or go to www.ladiesproracquetball.com.

What's Your Profile?

AMP® technology products for the business of sport address the promotion of racquetball in two ways. First, AMP technology products help put fun back in racquetball, which is the reason people started playing in the first place. Second, AMP products improve the experience of players, fans and coaches.

Imagine if you could play every racquetball opponent to your full potential based on knowing your game *and* theirs! The AMP Profiler™ can help you do just that under real game conditions.

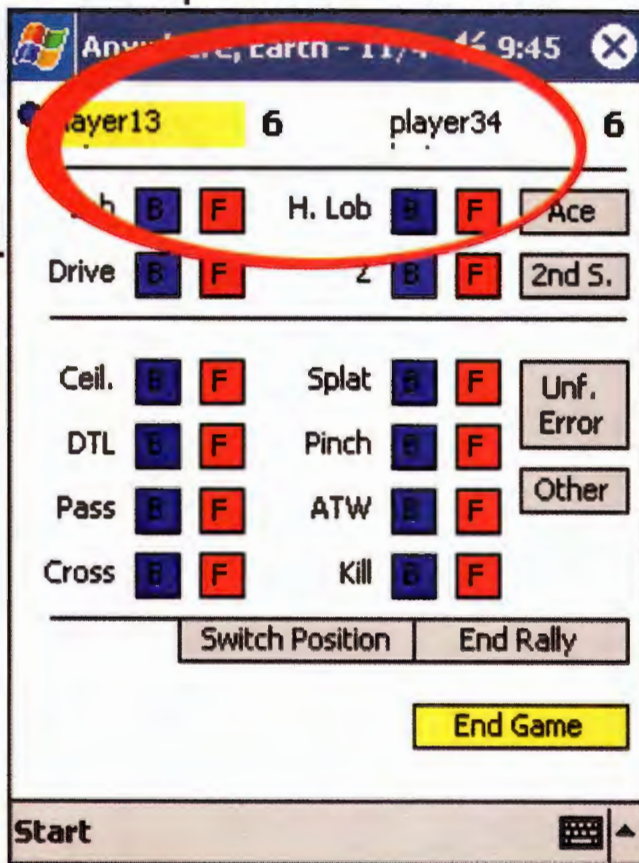
By "profile" we mean record and analyze a player's serve types, shot selection, unforced errors, court position and performance tendencies. The AMP Profiler™ generates vivid bar graphs of key game features right on a PocketPC device and one of 16 different Player Profile Types™ that the play represents. Other AMP products in development address the dynamics of tennis and golf.

Hit me

The AMP Shooter™ is the best made product for racquetball training and practice on the market. The AMP Shooter™ was designed with teaching and training in mind to deliver balls anywhere on the court.



Fully portable and adjustable, the set-up is complete in just minutes. No need for a generator as this unit shoots from 300 to 700 hundred shots on a single charge from its rechargeable battery.



AmPRO

... Clinic Schedule ... Clinic Schedule ...

Date	Site	City	Contact	Phone
March 19-20	Mt. Vernon Health and Racquet Club	Alexandria, VA	Gary Mazaroff	(505) 266-8960
March 22-23	Charlotte YMCA	Charlotte, NC	Ed Remen	(919) 363-4439
March 22-23	Gold's Gym	Syracuse, NY	Jim Winterton	(315) 884-5945
March 29-30	What A Racquet Athletic Club	Daly City, CA	Dave George	(650) 994-9080
May 19-20	Downtown YMCA	Houston, TX	Ken Woodfin	(281) 434-4775

Want to host a Clinic? Schedule options are — •Traditional Weekend: Fri. 7-9PM; Sat. 9AM-6PM; Sun. 9AM-5PM. •Pre-event (two consecutive weekdays): 9AM-6PM preceding a national event •Two weeknights: 3PM-10PM (Mon/Tue, Tue/Wed). Call Gary Mazaroff at 505-266-8960.

find updates at usampro.org



junior racquetball

Cincinnati "Big Hitter" Andy McGuffy and Paige Hunter of Naples, Florida, showed their stuff on the glass court at the U.S. OPEN last fall.
Photos: Vicki Hughes.

Following are a series of outlines that can be used by any teacher, parent or certified instructor interested in promoting junior racquetball in their area, using a gradual progression from one-wall (gymnasium or outdoor) racquetball to a more advanced junior league program. Developed for players from age 6 through 18, these levels may be applied and used in any participating club or school.

LEVEL ONE

Recreational In-School Program (1 wall)

Skill Level . . . None, to moderate, racquet skills

Facilities . . . One Wall, 20' x 40'

Floor space . . 20' x (Gymnasium is excellent)

Equipment . . Racquet, ball, eyeguards, gym shoes

Lesson Plan

Week 1: Explain equipment, safety, basic rules, show basic grip, allow children to "just play" (45 minutes).

Week 2: Show basic forehand stroke; show basic serve (go over service line) to right side of court; show basic return to front wall; Allow students to "play."

Week 3: Show basic serve to left side of court; Lob serve which hits high on front wall and is hit just hard enough to go over service line; show basic return strategy and moving to center of court; Allow students to "play".

Week 4: Inform students of 4-wall racquetball; Explain there are games with three and four persons; Allow student to play 7-point games utilizing basic rules of racquetball; Give students information about clubs; professional side of sport; USRA.

Instructor Guidelines

- Cover the basic rules of one-wall racquetball, basic safety and court etiquette, basics of grip and stroke.

LEVEL TWO

Recreational Club Program (2, or 4 wall)

Skill Level . . . None, to moderate/advanced racquet skills

Facilities . . . Outdoor (2 wall), or indoor (4 wall) courts

Equipment . . Racquet, ball, eyeguards, gym shoes

Lesson Plan

Week 1: Basics of equipment, safety, (45 minutes); Basic grip and forehand stroke; Rules (one bounce for 10 and over, two bounce for 8 and under); Don't worry about floor lines; Let kids "play," and run around the court.

Week 2: Instructor sets up the ball for student to hit after first bounce; Instructor "rallies" with student (either one or two bounce); Teach basics of forehand; Let students just "play" and run around the court.

Week 3: Teach basic rules of service; Show forehand "Drive"

1, 2, 3, go!

serve (any serve that goes over line to right side); Show basics of return; Let students "rally" serve and return.
Week 4: Show basics of backhand; Instructor sets up ball for students to hit after one bounce; Show return or serve on backhand side; Allow students to rally.

Instructor Guidelines

- Provide information on more advanced lessons and inter-scholastic racquetball. For development of lesson plans beyond Week Four contact your local AmPRO Instructor.

LEVEL THREE

Inter-school/club, PE Class Option

Skill Level . . . None, to moderate, racquet skills
Facilities Court or Club near the school
Equipment . . Racquet, balls, eyeguards (required)

Developmental Plan

- A. Contact club regarding non-prime time use of courts
- B. Contact school (Athletic Dept/Administration) to arrange off-campus Phys Ed racquetball class.
- C. Development of an educational (teaching) plan with qualified instructors.
- D. If the Physical Education teacher is qualified, develop a plan with them. If there is no qualified club or PE teacher, find a certified instructor to teach classes.
- E. Develop curriculum by consulting with an AmPRO certified instructor [usampro.org]
- F. Verify transportation requirements to the club with all parties (school-club-instructors).

LEVEL FOUR

Inter-school/club, Competitive Leagues

Skill Level . . . Moderate to Advanced racquet skills
. Primary or Secondary School
Facilities Club, donating "non-prime time" hours
Equipment . . Each student should have their own equipment (racquet, glove, eyeguards, shoes, workout wear).
Assumption . . Students have established skill level/knowledge, which allows them to participate in a competitive setting.

Development Plan

- A. Contact clubs to verify usage
- B. Contact schools to obtain administrative approval
- C. Organize volunteer group to assist with organization/events
- D. Recruit "Key" individuals in each school as liaisons
- E. Distribute information
- F. Recruit students

Recommended References [at www.usrastore.com]:

- Programming for Racquetball
- Coaching Racquetball Level One
- Winning Edge Series - Racquetball



Want more information? Contact:
John Ferguson [USRA Junior Council Chairman]
4250 SW Council Crest, Portland OR 97201
503/223-4087 (h) — ferguson85@attbi.com
[Request "Oregon Junior Racquetball Organizational Handbook"]

United States Racquetball Association
1685 West Uintah, Colorado Springs, CO 80909
719-635-5396 — www.usra.org
email: racquetball@usra.org

In the last two issues you learned some very different types of serves, my Magical "Backhand Drive Serves" and "Backhand Lob Serve." Remember the main reason they were so effective was because they were different: a different angle, a different side, just different. And anything different usually affects your opponent adversely. That's why I want to teach you my Magical "Overhead Z and Jam Serves" because, again, they're different: a different angle, a different trajectory, just different. They will keep your opponent off balance and guessing ... which usually forces a weak return, which is your main objective with any serve.

Before we examine the techniques of my Magical "Overhead Z and Jam Serves," trick-by-trick, I want to define the two. The name speaks for itself — they are both hit from an overhead position: The Overhead Z follows the same trajectory as the Magical "Hard Z Serve" I discussed in the July/August 2002 issue, except slightly higher on the front wall, about shoulder high.

The Overhead Jam does exactly what the name says: it jams your opponent, ideally up the middle of the court. First, the ball should hit about 2/3 to 3/4 of the way up the front wall, then bounce right at your opponent's feet, then fly off the back wall while your opponent is jumping out of the way of the ball coming right at them.

Everything is the same for both serves — the ready position, the step, the swing and the follow-through — the only thing that is different is the contact point (bottom of facing page, Trick #4):

Overhead Z Serve — racquet is at a 45-degree angle toward the right corner (for a righty and reverse for a lefty).

Jam Serve — racquet is square to the front wall so the ball comes in and out right at the opponent.

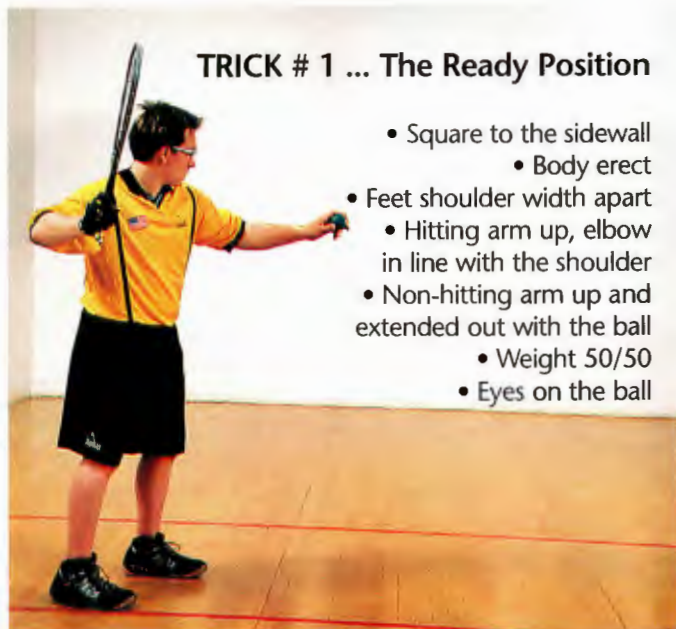
Having the same motion and standing in the same position for both serves creates deception, the most critical part of the serve.

Well now you have two more serves to add to your arsenal: my Magical "Overhead Z and Jam." Just keep building the number of serves you have in your game, since — just like a pitcher in baseball throws different pitches to keep the batter off balance and guessing — you want to do the same in racquetball. This ultimately forces weak returns, which is the purpose of the serve.

A handful of pros and I are now using these serves because they work. They are higher percentage serves than a regular drive or jam, and with only one serve in the pro game we have to find more and more serves that have a better rate for success. These do!



Photos: Tony Biggs



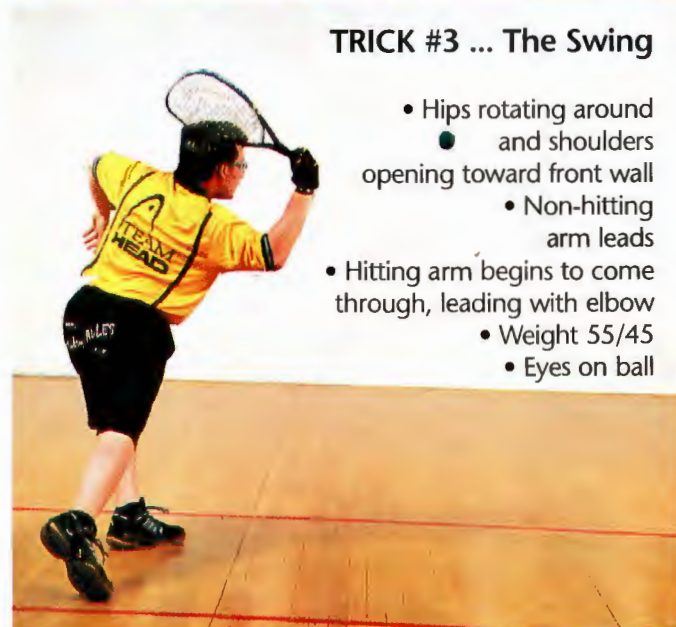
TRICK # 1 ... The Ready Position

- Square to the sidewall
 - Body erect
- Feet shoulder width apart
- Hitting arm up, elbow in line with the shoulder
- Non-hitting arm up and extended out with the ball
 - Weight 50/50
 - Eyes on the ball



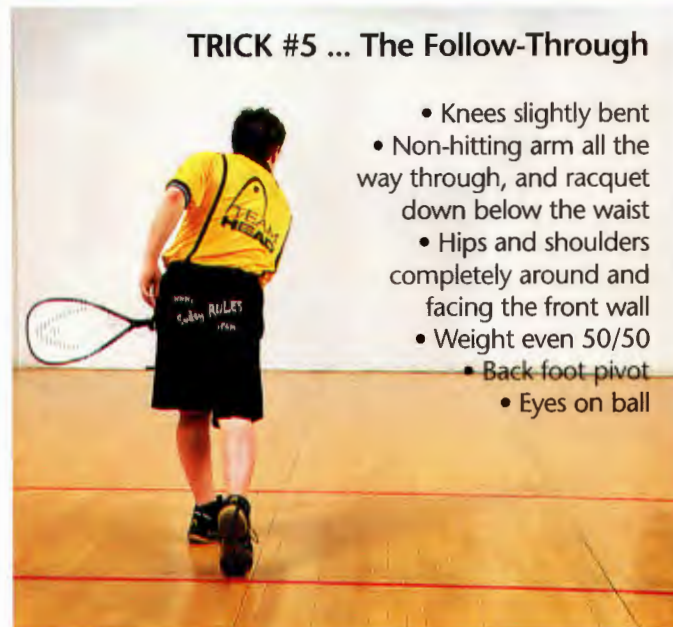
TRICK #2 ... The Step

- Still square to the sidewall
- Lead foot steps straight ahead
 - Knees slightly bent
 - Hips begin to rotate
- Racquet comes back slightly
 - Non-hitting arm to release the ball
 - Weight 60/40
 - Eyes on ball



TRICK #3 ... The Swing

- Hips rotating around and shoulders opening toward front wall
- Non-hitting arm leads
- Hitting arm begins to come through, leading with elbow
 - Weight 55/45
 - Eyes on ball



TRICK #5 ... The Follow-Through

- Knees slightly bent
- Non-hitting arm all the way through, and racquet down below the waist
 - Hips and shoulders completely around and facing the front wall
- Weight even 50/50
 - Back foot pivot
 - Eyes on ball



TRICK #4 ... The Contact Points < Overhead Z Overhead Jam >

- Hips and shoulders open toward front wall
 - Non-hitting arm coming through
- < • Racquet at a 45 degree angle toward the corner for an overhead z
- Racquet straight ahead for the overhead jam >
 - Weight relatively even 50/50
 - Back foot pivot
 - Eyes on ball



Wilson Game Plan: Swing Away!



Wilson Game Plan instructors are (l-r, above): the legendary Cliff Swain, top teaching pro Chris Evon, and top IRT pro and "Big D" RoadShow clinician, Derek Robinson.



quote
this ...

"Remember, your racquet should just be an extension of your hand." — Cliff Swain

Who says you can't practice your racquetball swing outside? Many of you, although avid racquetball players, are starting to get the itch to dust off those golf clubs, and head to the links. The great thing is, the dynamics of hitting a racquetball and hitting a golf ball are very similar.

The pictures on the facing page illustrate the reasons why Cliff and Derek generate so much power, whether they are swinging a racquetball racquet or a golf club. They both hit a racquetball in excess of 180 mph ... and can each drive a golf ball (with the Wilson Deep Red Driver of course), over 330 yards!

Now, you may think you would never be able to do this, but if you follow these simple pointers, you'll be amazed at the results. Take a look at the photos, top to bottom, on the facing page, to get a clear visual on each of the three stages of a solid swing.

Backswing

- Good angled posture, wide solid base, and comfortable flex in knees.
- Great hip and shoulder rotation.
- Weight shifted to back foot, ready to transfer forward.
- Eyes focused on ball.

Extension

- *Clean extension!* At impact, the racquet face will be parallel to the floor.
- Great transition. Sharp, quick hip rotation.
- Weight transfers forward.
- Hitting into a *solid* front leg.
- Head down, eyes focused on ball.

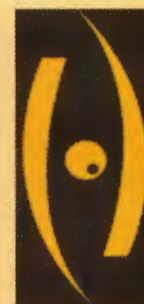
Follow Through

- Racquet keeps moving around your body.
- Follow through is just below or at shoulders.
- Front leg solid.
- Complete hip and shoulder rotation.
- Solid stance, with weight shifted toward target.
- *Smile* as you enjoy your perfect swing!



Harrow Tipsheet

by Mike Ceresia



The simple drop and hit drill, coupled with the rapid repeat drill, are two outstanding tools that will help improve your game. And a few variations will put some spice into your practice sessions and/or warm-ups for matches.

The traditional drop and hit drill is aimed at a) controlling the ball by hitting it down the line; b) working on contact point, both forehand and backhand and c) flattening your strokes. Here is a variation on these simple drills.

Pick a spot on the court you would like to own. For example, the back left corner about three feet from the side wall and the same distance from the back wall. This drill is outstanding for backhand improvement (that would be the back right corner for you south-paws). Use this spot for the following warm-up drills and practice sessions for three weeks.

Here's the drill: Start with your racquet in the ready position. Drop the ball and make contact about a foot from the floor. Focus very tightly on your target. Work on repeating the same motion time after time. Try and make each shot mean something. Work on down the lines, pinches and cross-court passes that crack out at the hash mark.

Pro Tip: Make sure you have made a huge follow-through and have extended your arm through impact.

Do not move on to the next drill until you have hit your target twice in a row for a beginner and 5-10 times for the more advanced player.

Fly Kills Variation: Repeat this same drill but drop the ball from waist height and make contact at the same point as the previous drill but before the ball bounces. This drill will improve your timing, hand-eye coordination and your balance. Once again, strive for consistency and to make every shot mean something to you.



Q: I get so distracted when I play, and so many things bother me. I've lost so many matches because of this scenario ... what can I do to remedy this problem?

You are surely not alone as this is a very common problem among amateurs as well as pros. Let's start with a true story about a major distraction that should make you feel like you are in good company:

The night before his first match at the 2001 Pro Nationals in Vegas, now-

No.1 Jason Mannino, confided in me that he hated the glass court (front wall/side wall) and had never made it past the quarters in this tournament, ever. I remembered a technique taught by James Loehr, the #1 sports psychologist in tennis, and shared it with him. I told Jason he needed to look in the mirror three times each day, and tell himself, "I love this court" 25 times. Every time I ran into Jason I asked him about the court and he told me, "Fran, I love this court." Not only did he make it past the quarters, but he won the tournament, for his first time. He'd never done this exercise before, but let me tell you at our camps he recounts this story and swears by this advice.

So, now let's go over some common distractions, along with some tools and techniques I've picked up in sports psychology books and learned from Diana McNab, former sports psychologist of the U.S. Team:

Tools and Techniques

1. *A bad call by the ref ...* Accept the fact that the ref is human and will make some bad calls, on both sides...it all evens out in the end. Expect five bad calls a game and rehearse them so when they happen you do not get so upset and lose not only the point from that bad call, but the next three points because you are still mad. Let it go and be in the present moment, not the past.
2. *Matches do not run on time; they are often late ...* Accept the fact that tournaments rarely run on time or that your opponent in a league match could be late from work. Before you start warming up and going into your pre-match routine, check with the tournament desk on the status of your match, then warm up accordingly (approx. for 30-45 minutes).

3. *No courts to warm up on ...* Generally you know there will probably be no courts to warm up on, so I recommend first warming up on the cardio machines. Once you've warmed up there, you can hop on a court in between time outs/games/matches and hit. Just keep doing that until you are ready for your match.
4. *Crowd cheering for your opponent ...* Accept it, but don't feed into it. Say to yourself, "that's okay, I can do this, no problem." Also do not look up at the crowd and embrace them, rather find something to focus on that supports you.
5. *Opponents cheat; take double bounces ...* Accept the fact that you will play opponents that do this ... nicely confront them ... this plants the seed that they-know-you-know and maybe they will be more honest.
6. *Opponents take their time serving and receiving, and that drives you nuts ...* Accept this; it's a good habit for you to use as well. Learn to love it. Use it to your advantage by catching your breath, regrouping, visualizing, figuring out why you lost the previous rally, etc. Taking your time is good; when you rush you make mistakes.
7. *You hate playing on glass because you can't follow the ball and you lose it in the glass ...* The more you do this the more comfortable and confident you will be with it. Use the same technique I used with Jason in Vegas. Also, put yourself on a glass court as often as possible in practice and just over time you will get used to it.
8. *You hate the green ball and can only play with the blue ball ...* Learn to love it by using the mirror routine.
9. *There is no food at the club ...* Don't ever leave your success in other people's hands. Bring your own supply of fruit, power bars or bagels so you can eat something to replenish whenever you need to.

There you have it ... the distractions, and some tools and techniques you can use right away to remedy the particular problem. Remember the top pros, male and female, also suffer from the same problems that you do, but it's how they deal with it that is different. Many of them know that 80-90% of the game is mental so they read mental toughness (sports psychology) books and practice these tools and techniques daily.

Smarter Head, Better Game — by Fran Davis • Distraction Tools

email your questions to: fran@frandavisracquetball.com

MAINS & CROSSES: Thin is In

By Steve Crandall
Vice President, Ashaway Sales & Marketing



Every player has his or her own unique style and preferences — and sporting goods manufacturers understand that. That's why we generally offer a spectrum of choices and try not to push our personal preferences.

Thus, as many of you know, I have, for the most part, held to a neutral party line regarding the thick vs. thin string controversy. When asked, I have been known, very diplomatically, to explain that thin strings provide more trampoline power and deeper ball penetration, and offer lower wind resistance and weight — while thick strings offer greater directional control, stiffness and durability. Then I leave it to the player to weigh their stringing goals and take their pick.

Well, a new day has dawned on this topic, and today I say, "Thin is in!" Here's why.

Core Issue

Until fairly recently, nylon strings — at relatively thicker sizes (up to 1.40 mm) — accounted for the majority of racquetball strings in use. New string manufacturing technologies over the past decade and a half, however, have given rise to an evolution toward thinner string, creating the 17-gauge super-strings of today that measure in at 1.25 mm. One of the reasons for this is that, about 15 years ago, a new high temperature, engineering grade polymer known as PEEK (poly-etheretherketone for short!) entered the marketplace.

Marketed as Zyex®, this material offered resilient, yet compact fibers that allowed for the manufacture of thin

and energetic cores for racquetball racket strings. Unfortunately, the early manufacturing process for Zyex was difficult to control, resulting in fibers with inconsistent thickness and strength. It was possible to make a good string from this material, but not a great one.

However, technological advances over the past few years have resulted in vast improvements in the quality of Zyex. Further, the development of new design and manufacturing techniques has allowed string makers to take full advantage of this material's unique properties. Ashaway, for example, has developed a multifiber process to manufacture second generation Zyex racket string cores for our PowerKill® line of strings. The improved "packing density" of the Ashaway designed Zyex core has yielded the thinnest strings yet, while "packing" in more Zyex filaments per cross-section (for better strength) than ever before — a perfect blend for hard-hitting racquetball enthusiasts who are not willing to give up power.

Here's a look at some of the benefits these super-thin Zyex strings provide:

Dynamic Stiffness. The best scientific measure of playability is called "dynamic stiffness," and low dynamic stiffness equals better playability. Low dynamic stiffness means the strings continue to stretch throughout more of the stroke, forming a pocket around the ball — instead of flattening it. This equals more power, as the ball is catapulted off the strings. Zyex strings feature extremely low dynamic stiffness when compared to other string materials, such as nylon.

More Bite. Because the super-thin strings present less surface area, they bite into the ball better, making it easier to re-create your signature shot. This bite results in more control over spin and direction.

Minimal Tension Loss. When nylon is strung on a racket, it loses up to a quarter of its original stringing



The improved "packing density" of the Zyex core designed by Ashaway yielded the thinnest strings yet, while "packing" in more Zyex filaments per cross-section (for better strength) than ever before—a perfect blend for hard-hitting racquetball enthusiasts who are not willing to give up power.

Zyex string will maintain its tension for years. As time goes by, players will have to make few, if any, adjustments in their playing style to accommodate changing string tension in their frame.

Weatherability. Heat and moisture are enemies of racket string. Amazingly, high humidity (and temperatures between 60 - 300 degrees F) have virtually no effect on Zyex strings. For an indoor sport like racquetball, this may not seem like a big advantage. However, anyone who has stored their racket in the trunk of their car on a hot, humid day, or in a damp basement during the off-season, will appreciate this quality immensely.

Thicker racquetball racket strings aren't going away anytime soon. Some players simply prefer the way they play and feel. But, lower weight and wind resistance, maximal tension holding, minimal weathering, better bite, power and playability tip the scales, for me at least, in favor of the right thin string.

I have one more interesting tidbit to add: not only do Zyex strings offer greater durability in a thinner package, they also *sound* better than other string materials. No joke. High-end instrument manufacturers use the material for strings on violins and violas. In fact, if we did not add a sound-dampening step into the manufacturing process, some of us would be making more lively music on the racquetball court as well.

Zyex is a registered trademark of ZYEX Limited.



Winning Racquetball Top 10 Strategies

by Marcy Lynch

In November when I was coaching in Guatemala, I was discussing court position and strategy with the team. They asked me if I would compile a list of what I was telling them so they could remember and refer to it. I thought at the time that it would make a great "Top Ten" list for the magazine. The idea behind these strategies is to play the percentages. There are, of course, exceptions to these rules, but if you follow these strategies 80% of the time, you will put the odds in your own favor rather than your opponent's. Here are my top-10 strategy basics:

1. Do not re-pinch a pinch. The highest percentage, successful response to retrieving a pinch is down the line.
2. Pinch when you are in front court and your opponent is behind you (when you can't see your opponent in your peripheral vision).
3. Hit a down the line or cross court pass when your opponent is in center court and/or in front of you.
4. Set up your killshots with passes rather than aiming for bottom board every shot.
5. The object of the serve is to elicit a weak return (not to ace).
6. The object of the return of serve is to move the server out of center court (not kill the ball).
7. In the rally, hit to open court (where your opponent isn't standing).
8. Position yourself in center court *behind* the dotted hash mark line, *not* in front of it.
9. Never change a winning game plan or strategy. Force your opponent to adapt before you change, rather than assuming they will.
10. Always change a losing strategy.

Now I know that most of these are common sense. However, how often do you hold yourself to these standards? As easy as it seems, a lot of us forget all about 'common sense' in the heat of the rally. Next time you play a match, pick one of these strategies to focus on and check yourself out — how often do you choose the high percentage shot? Better yet, videotape your next match. Mastering any one of these strategies will add points to your game. But don't take my word for it, try it yourself and see!

Marcy is a personal coach specializing in racquetball, fitness, and sports performance. She currently coaches the Guatemalan National Racquetball Team and consults for the U.S. National Racquetball Team. Send an e-mail for Marcy's free on-line newsletter to marcy@marcylynch.com and visit the web page at www.marcylynch.com. Copyright, Marcy Lynch 2003.



Training through Illness

by **Tim Scheett, Ph.D** timscheett@hotmail.com

At one time or another you have most likely had to play a match while you were suffering through a cold or some other viral illness. Athletes, coaches and trainers in a wide variety of sports continually debate whether or not an athlete should be allowed to play through the illness. In most cases, it's fine to engage in competitive sports just as long as the athlete understands that their performance may suffer and that, in some cases, partici-

pation in rigorous exercise for several days may prolong the illness. This occurs because the body is already expending energy to fight the illness. When the person engages in physical activity the body then has to "re-shift" the energy being used to fight the invading organism (virus or bacteria) away from the immune system and to the muscles of the body in order to perform the physical activity.

Most people recover from the common viral cold in 7-10 days; but intense physical activity may lengthen this time period. In a worst-case scenario an individual who does not take the time to allow the body to recover from an illness may end up having to deal with a much more severe illness such as mononucleosis, or in some situations, some stage of a pneumonia. Both of these illnesses will greatly prolong recovery time and can actually lead to much more severe and life threatening illnesses as well.

Now don't be too alarmed ... there is a relatively simple and easy regimen to follow in order to recover from a viral infection. Yes, Grandma was right ... eat well-balanced, nutritious meals, drink plenty of fluids and get as much sleep as possible. Research has shown that the body heals itself much more rapidly if a person gets as much sleep as possible. And that's *sleep* — not rest! During sleep, the body can "shut down" many of its systems and re-direct as much energy as possible to the immune system. Simply lying on the couch, resting, does not allow the body to "shut down" and thus it can not re-direct as much energy.

Eating a well balanced diet high in foods containing antioxidants (i.e. Vitamins A, C and E, and selenium, a mineral) will aid the immune system in fighting illnesses. Examples of such foods are: citrus fruits, dark green, yellow, orange or red vegetables. On a similar note, the whole chicken soup notion might actually have some credibility! The healthy benefits reported from eating chicken soup may actually come from the healthy foods that are used to make it. These foods (e.g. protein from chicken, vitamins and minerals from vegetables, carbohydrates from pasta and water) are generally high in their respective nutrients. In addition, the warm fluid is often soothing to a sore throat, the chicken soup tastes good so you want to eat, even though you may not be hungry, and it is easily digestible — thus the body does not need to expend much energy to digest it.

If all else fails — remember, the average cold only lasts 7-10 days. So, buy an extra box of tissues, reschedule your racquetball matches for the following week and give your body the time it needs to recover.

THE TAO OF RACQUETBALL

Who would have thought that that pounding a little rubber ball against a wall in an enclosed room 40 feet long, 20 feet wide and 20 feet high can reveal profound truths about life?

When I first started playing racquetball and had some speed and agility I played as if every ball was gettable. And I won a lot of games simply by never giving up on a play. And so it is in life. People who consistently give an all-out effort and push themselves to do more than they or others think they can succeed more often.

The downside was that I often hurt myself crashing into walls or pulling muscles trying to get to balls beyond my reach. Now, with growing physical limitations, I'm more strategic. I think more about the game than the point and I choose my battles more carefully. In sport and in life, if we put everything on the line, physically or emotionally, regardless of the stakes or the likelihood of success, we are bound to disable ourselves from winning more important battles.

Finally, I used to think that the best way to win was to pulverize an opponent, so I always hit the ball as hard as I could. Yet placement and positioning is much more important than raw force. Racquetball rewards those who think about the angles and develop the predictive skills to know where the ball is going after its hit and the patience to let the ball come to you. It's the same in life. If we think about the likely consequences of everything we say and do, we will find great power in patience and self-restraint.

To receive my commentaries weekly by e-mail at no charge, visit www.charactercounts.org
This is Michael Josephson reminding you that character counts.

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PSYCHOLOGY

MATCH OF THE DECADE: RACQUETBALL VS. PROZAC

by Dr. Les Barbanell, Psychologist

One in every ten Americans and over 18 million people suffer from depression, with twice as many women than men falling victim to the disease. With over 60% of adults and over 20% of adolescents fighting obesity, it's likely that incidents of depression will increase in the years ahead. The good news is that there are both traditional and newer methods of treatment that can lead to cure in over 65 % of cases.

In the last 15-20 years there have been significant advances in the improvement of a group of anti-depressant medications [including Prozac and Zoloft] that "feed" the brain a neurotransmitter called serotonin. Research shows that the increased serotonin levels improve concentration, memory, cognition, emotional expression and interpersonal skills — all abilities that can be lost during depression. Don't care to medicate? In this article I'd like to suggest that racquetball is just as effective as Prozac in combating depression ... with fewer side effects.

For some of the most notable psychiatric facilities in the country, such as The Menninger Clinic in Houston Texas, The Austin Riggs Foundation in Stockbridge Massachusetts and Sierra Tucson in Phoenix Arizona, exercise is a mandatory part of the treatment and recovery program for depression. These are some of the reasons:

1. Exercise does, naturally, what anti-depressants do artificially (see above with regard to Prozac).
2. Exercise is synonymous with active behavior and minimizes lethargy, idleness and being "locked-up" in negative thought patterns.
3. Exercise discourages isolation and withdrawal and provides opportunities for social participation, camaraderie and companionship.
4. During depression a person has little or no structure, no plan and can stay in bed all day. Exercise provides structure in terms of having a plan, a time and a place to do it.
5. The activity of exercise "forces" attention on the "here and now" and prevents the projection of thought into the future and the preoccupation with past traumas, failures and disappointments.

Racquetball is a sport that provides all of the above advantages and more. Have you ever noticed the aggres-

sive nature of racquetball terminology? "Drive", "splat", "pinch", "cut-throat", "killshot", "overhead slam", "roll-out", are just a few commonly used terms. In my view, racquetball is in the same category as football, boxing and martial arts in providing a healthy outlet for anger and aggression. Many mental health experts define depression as "anger and aggression turned inward". When depressed clients begin to release their angry feelings in treatment they begin to progress. Racquetball can accomplish this without psychotherapy and without medication.

Another unique feature of racquetball is that it is the antidote for self-absorption and loneliness. Just going to your local club brings you in contact with familiar faces, a comfort zone and a playful environment. It's almost impossible to feel down when surrounded by a "group energy" and an up-spirit. Doubles amplifies the feeling of being part of something and having an interpersonal connection. Furthermore, if you play in tournaments regularly, you can develop friendships for life and become part of a racquetball "family". Networking and a sense of community is strong component of a balanced lifestyle and an effective wellness plan.

In preparation for this article I spoke to some of my racquetball buddies about depression. Bill Wolfe, winner of the 2001 Nationals (Houston, 55's) said: *"Whenever the real estate business gets me down, I step on the court and my worries are over."* Fred Letter, a previous national age-division champion said: *"What's best for my mental health, racquetball or marriage? ... tough choice."* John Fedenick, another top tournament player hardly ever gets depressed. He told me: *"The last time I was depressed was when I lost to you in a practice match ... it's been years since that happened."*

We need to keep playing and encourage more women and children to play not only for the love of the game, but because racquetball can enhance mental health and could even save lives. It's certainly worth a try!

Questions? Send email to: Racquetlesdoc@aol.com





Training ACL Injuries

by Aaron Haydu, D.C.

Playing racquetball involves many motion patterns, including rapid acceleration/deceleration, cutting, twisting, and lateral movement, making it very demanding on the joints, especially those of the lower leg. Injury to the anterior cruciate

ligament, or ACL, is common, but it can be minimized or prevented with smart training habits.

The ACL is a thick, internal knee ligament joint that prevents excessive glide and rotation of the joint. Injury is most common when the foot is planted and a twisting force is generated at the knee, especially when a rapid motion is attempted. Though it's a strong ligament, various knee positions can stress the fibers of the ligament, making it susceptible to tear or sprain. When completely torn, the injury always requires surgery followed by intense rehab. Because of the importance of the ligament to knee function, even a sprain can result in a significant loss of activity in sport for an extended period.

There are some factors that can be controlled to minimize the occurrence of this difficult injury. A proper warm-up, weight training, and stretching routine before

play is essential because it allows your muscles to more effectively protect the joint and its ligaments. Strength training for the legs should focus on the hamstring muscle group; a muscle whose common weakness and tightness will prevent the muscle from controlling knee stability. Additionally, if you are an individual with flat feet, consistent use of your orthotics will help normalize knee motion by preventing excessive rotation at the joint.

Unfortunately, female athletes are at a greater risk for this injury due to several factors. First, females have different skeletal architectures which create a greater angle (and greater stress) between the hip and knee. Second, studies have shown that the female hamstring muscle group contracts later, and with less force, during rapid knee activities compared to men. This allows a longer time and greater stress to be placed on the ligament without help from the surrounding musculature. Finally, ligament laxity can also be related to hormonal changes, particularly around the middle of the menstrual cycle. It is for these reasons that female athletes need to be especially diligent in preventing this knee injury.

Prevention of this common and painful injury can be difficult in a sport as demanding as racquetball. Utilizing the above techniques consistently before play and between playing days can help decrease, but not eliminate the risk. Understanding the risk factors is an important step in prevention of an injury that could keep you off the courts for a long time.



CHEYENNE MOUNTAIN RESORT
BENCHMARK HOSPITALITY

USRA Summit in the Rockies ... Sept. 4-7, 2003

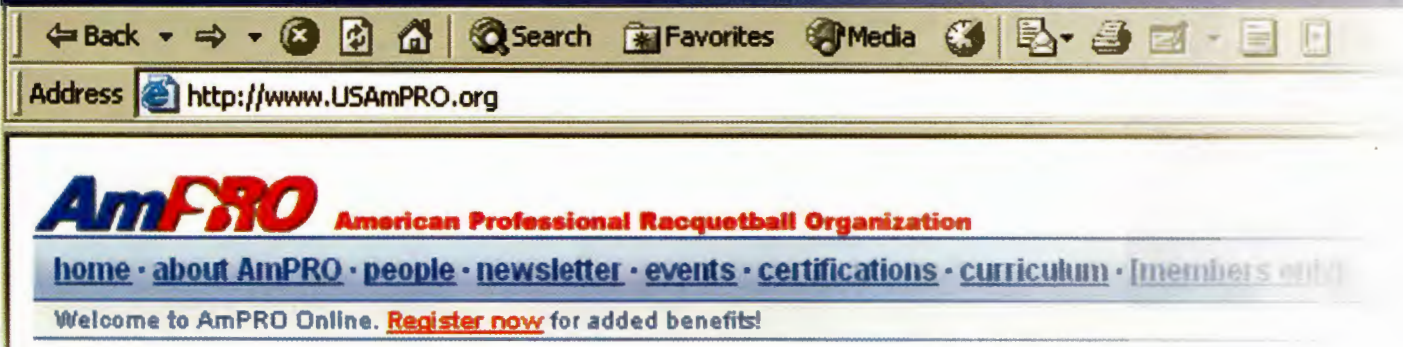
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In an effort to revitalize the USRA's annual leadership conference, the 2003 "Summit in the Rockies" will offer an exciting environment for industry leaders, club members and owners, State Associations and volunteers, USRA and international members to come together to create a new direction and focal point for the sport. This will be a open meeting, for anyone who wishes to attend and take part.

Everyone will stay at the Cheyenne Mountain Resort located in Colorado Springs, which offers dramatic views, championship golf course, beautiful recreation complex (including racquetball courts), business service center, award winning dining facility, and Will Rogers Lounge. Registration and check-in will begin on Thursday September 4th. Fees will include: Room (double occupancy), breakfast and lunch each day, breakout sessions, summit registration fees, wine reception, Saturday night Banquet/Live Auction admission, Summit souvenir, and all Summit materials. Summit Cost —\$450.00 per person (Value: \$650.00). Look for more details in upcoming issues, and online, at www.usra.org and www.racquetballmagazine.com

the AmPRO online experience @ www.usampro.org



Crossroads Access, in partnership with AmPRO, offers a new web resource for training, clinics, certification and AmPRO guidelines. You'll find personnel directories, clinic curriculums, newsletters and a variety of helpful tidbits to help you enjoy the game.

AmPRO Online focuses on the community of certified people and the ways they add value to the game for those different segments; recreational, collegiate player, junior player, tournament player, and fan. Specifically, here are 10 things AmPRO Online is about:

1. Promoting fun when you play racquetball
2. Providing more exceptional court experiences inside and outside the courts
3. Saving courts
4. Helping the states address their constituents' needs that are diverse and dynamic
5. Using technology to help enjoy the game
6. Attracting youth, what brings back those that have strayed and why it's a life-long sport
7. Relating racquetball to our Health IQ in relation to other activities like diet, exercise, sleep and mental acuity
8. Demonstrating what certification can do for the individual, the fan, the club and the tournaments that players attend
9. Cooperating with the USRA, IPRO, IRF and YMCAs, health clubs, IHRSA and athletic clubs
10. Presenting information about the value of certification to everyone remotely interested in racquetball

All in all, the things that AmPRO Online addresses are the things that touch why most of us got involved in the first place — fun, exhilaration and a lot of decent people.

Here are a few of the features and benefits of the new AmPRO Online for members and non-members alike.

Read about and sign up for several kinds and levels of AmPRO Certifications.

Certifications

AmPRO is rearchitecting its certification courses, materials and strategy. Much of the older philosophy and material will be retained. However, the levels and courses will follow more along the lines outlined below.

AmPRO offers a variety of certifications:

Course Completion
One attends the course and partakes in all of the activities, including the testing. They do not pass all of the tests at the minimum requirement.

Research and download recent/relevant curriculum intended to supplement your training and instruction programs.

Edit your AmPRO membership information anytime so other players, instructors and enthusiasts can find you.

Edit Registration

If you haven't had a chance to check out the latest Registration Levels (Basic, Premium and Certified), [check them out now!](#) AmPRO is growing and we want you to be a big part of it!

email:

NEW password (leave blank if you don't want to change your password)

Check up on the latest AmPRO events in your area.

Address <http://www.usampro.org/events.php>

February 17-20, 2003
What: IRF Level 2 Coaching Certification Camp
Where: Midtown Sports & Wellness, Albuquerque, NM
Directors: Jim Winterton (315)884-5945 & Gary Mazaroff (505)266-8960

February 28-March 2, 2003
What: Certification Courses

Locate instructors and peers in your area. You can browse by professional type and by state/region.

Address <http://www.usampro.org/people.php?listID=4>

1) Look for AmPRO members who are:
[Instructors](#) | [Adv. Instructor](#) | [Pro. Instructors](#) | [Clinicians/Coaches](#)

2) Filter your selected member list by region:

Person	Phone Number	Region	Bio
Ellis Walther	907-338-2881	Anchorage, AK	coming soon
[Name]	907-677-7880	Anchorage, AK	[Bio]

In addition to these great features, AmPRO Online members also receive the following benefits:

1. Online content for classes, clinics and more
2. No print stuff / no way to lose course content, exclusive materials
3. Always fresh due to electronic updated materials and content
4. Charter AmPRO online member logo business cards
5. Online payment
6. Exclusive website content
7. Email address: "YourName@USAmPRO.org"

Are you an existing AmPRO Certified Coach, Clinician or Instructor? If so, AmPRO probably already has your information. Just enter your email address here:

The Future of AmPRO Online

AmPRO Online continues to improve. In the future, members and non-members will be able to:

1. Set notification emails up for events in your area
2. Read and download a comprehensive specially-published AmPRO racquetball handbook
3. Register for new certifications and achieve new certification levels
4. Read biographies of certified professionals, submit your own biography
5. And much much more...

And finally, AmPRO will shortly announce the creation of the Save-A-Court program. This program will help the racquetball community keep more courts in the clubs and schools and take better care of the courts. Save-A-Court registered courts will be certified by AmPRO to ensure court integrity, upkeep, sole racquetball use, and future improvement.



Whew! AmPRO Online is moving fast! Don't wait, log on now www.USAmPRO.org and check it out.

Crossroads Access is a Web-based software innovation, promotion and services company. (<http://www.CrossroadsAccess.com>), that helps companies de-mystify technology and navigate their objectives.

The company uses Web Coagulation methodology to align the way customers use the World Wide Web to conduct business and communicate with members, customers and vendors. From assessment through development to deployment, Crossroads Access provides solutions involving e-commerce, reengineering, and brand management.

Besides design and web content services, Crossroads Access has designed and deployed web software packages that address technically or procedurally difficult scenarios in business for some of the smartest and best known companies in America. Providing solutions to businesses that blend cultural processes and financial objectives, they deliver on the promise ... "You Get More."

rb:people & places



Royster performed as "Shawn-Puffy" at the U.S. OPEN, and later re-recorded the pro-rap for his fans [see pg. 27 to get your copy ...].

Prime-Time Royster

IRT emcee Shawn Royster was highlighted in a people & places segment in the September/October issue, citing his emergence on late-night date-show television, and his greater Hollywood aspirations. Now those aspirations seem a little closer to reality after he made an outstanding showing on Fear Factor and landed a "part" in an upcoming film starring Ben Stiller, Brian Brown, and Jennifer Aniston.



Shawn auditioned for Fear Factor in the summer of 2002 during an open call at Jay Leno Studios. "There was a huge line forming at Jay Leno Studios and after getting through the line they just do a quick interview," he explained. "I got called back for another interview after that and another one after that. There were about three on-camera interviews, in all, after getting through that line."

After all of the interviews, Shawn learned that he had been chosen as a contestant and filming would be in October. The airdate for the show was January 27 and Shawn had to keep the results secret until then.

He started the show off hot with the first challenge. Contestants were set on top of a huge, spinning wheel that forced them to keep their balance, running, while the wheel rotated. The first few contestants stayed on the wheel less than a minute, but Shawn easily surpassed that mark. "I knew all I had to beat was 41 seconds to advance to the next round so after I beat that I started talking some trash," he said. "I started saying stuff like 'Who is gonna beat me?' and 'I am never going to fall off of this thing.'" He never did fall off of the wheel and they finally stopped it after nearly two minutes.

The hardest part of the contest for Shawn was eating a pizza, but it was no ordinary pizza. If you have a weak stomach, skip to the next paragraph. *No, really.* The pizza "crust" was made of hardened cow bile and the "sauce" was coagulated pig blood. Toppings included outdated cheese and live, yes live, worms. "It was nasty, man."

He got through that and soon the field was narrowed down to two finalists, Shawn and another contestant. The final challenge involved shackling the contestants' hands and feet followed by lowering them into a pool of water with three keys. One of the keys unlocked their hands, the other their feet, and the last key did nothing. Shawn's opponent hit the jackpot on his first two tries and quickly freed himself and swam out of the pool. The first key Shawn tried didn't work either lock so he proceeded to the next key to unlock his hands and finally his feet and swam to the surface, just seconds behind the other contestant, and was eliminated. "I was kind of disappointed with the last challenge," he said after the show. "All of the other challenges involved some type of mental or physical challenge and then they end it with something that was more luck." The winner received the big bucks, and Shawn got zip, "not even a t-shirt."

Shawn's next gig was more lucrative when he was hired as the technical professional for a scene in the new John Hanberg (Meet the Parents, Zoolander) film starring

Brian Brown (Cocktail, FX) and Ben Stiller (Meet the Parents, Zoolander, Something About Mary). Brown portrays a wealthy but eccentric older man that lives an extreme lifestyle and Stiller is a life insurance agent with doubts of offering coverage to Brown.

Shawn was called in to help with a scene involving Brown playing racquetball as part of his extreme lifestyle. "I think that it is really cool that they used racquetball to show that he lives an extreme life," Shawn said. "They grouped us together with other sports like skydiving and bungee jumping. It will be really good to show that our sport is a tough sport that has a lot of physical and mental demand, not some sissy sport."

Shawn was responsible for helping direct the players movements during a racquetball game and helped with their stroke mechanics and game situations. The director then asked Shawn if he wanted a part in the film and he was given a line even though Shawn heard that "it might get cut" from the film. Even if his line is cut, Shawn sees it as no big deal. "When the movie comes out I will be able to go to the theater and see scenes and movements that I created on screen," he explains. "I think it is great exposure for our sport and it was awesome working on a film like that."

2003 Women's Senior/Master

by Kendra Tutsch

Nearly 100 women from as far away as Alaska gathered to enjoy the Florida sunshine, southern hospitality and plenty of competition in the 14th Annual Women's Senior/Master Racquetball Championships at the Orlando Fitness and Racquet Club in late January. The weather was perfect as players arrived early to check out the courts with doubles play on Thursday, thanks to organizer Andee Glansberg. It was a great chance to get used to the courts, renew old friendships and catch up on the past year.

At the players' meeting to go over the format and draws, several additional contests were announced. Former FRA President Laura Brandt, who works for the U.S. Fish and Wildlife Service, explained that this is the 100th Anniversary of the National Wildlife Refuge System and that the first such refuge was established at Pelican Island in Florida. Laura conducted a research project by having all players mark a map with pins showing which refuges they had visited, and promised a prize for the player who had visited the most refuges.

Top-ranked Florida players Susan Pfahler and Karen Bouchard organized a silent auction of racquetball equipment and apparel with the proceeds going to the

Next Generation?

The West Coast pros got together to size up the next generation ... by lining up the firstborn sons of IRT regulars Jason Mannino, Adam Karp and John Ellis. All born last summer, it will be awhile before they're in a rookie season, and we can't tell from the photo, but at least one of them just *might* be a lefty ...

*Pictured L-R:
Jason & Jennifer Mannino with
Jason Albert Mannino Jr. (6/18/02)*

*Adam & Angela Karp with
Damon Adam Karp (8/6/02)*

*John & Jennifer Ellis with
Julius Aaron Ellis (6/26/02)*



rb:people

Florida State juniors program and the Women's Senior/Masters Racquetball Association (WSMRA).

Round-robin play in all age groups began early Friday morning. The tournament committee kept everything running smoothly and on-time — a definite necessity with only 10 courts for over 400 matches! The tournament desk was manned almost non-stop by "iron-man" Joe Trimble during the entire weekend. In the age groups with flights, the quarterfinals were played on Saturday afternoon before the banquet with seeding determined by flight position, while play continued into Sunday for divisions with one flight.



As usual, the banquet was the highlight of the weekend, and a chance to have some fun, let off some steam and generally raise ... the roof. After a great dinner, Susan Pfahler announced that over \$1000 had been raised through the silent auction! Laura Brandt announced that we had collectively visited over 80 of the 540 wildlife refuges and Jane Bentley won the prize for having visited 20 of them. Karaoke followed and many hidden talents were revealed, including how much dancing and singing can be done by women who are still "in training" for the big match!

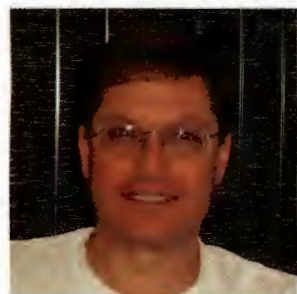
Sunday dawned with a full schedule of semis and finals in the 40's, 45's and 50's as well as continuing round-robin play in most other age groups. By noon on Sunday the winners were decided and as the players left, most vowed to play next year, when the tournament will be held in the San Francisco Bay area.

Lots of praise was generated by the event: Jean Heckman of Florida, returning after several years out of the tournament said "I had forgotten how much fun it is to be on the court and to be with all my friends. I really missed it." Felicia Mann, playing in the tournament for only the second time after being a tournament director the previous year said: "I had a great time and I am hooked for life. I will be back!" Players also expressed their appreciation to local tournament committee members Mike Mojer, Jean & Joe Trimble, Kassi Herr, Terry Sprosty and Randy Forrest, along with club owners Merrill and Sherri Brick, for their support of women's racquetball.

By Sunday afternoon, all the champions had been crowned. In 35+, Solanna Taragan of California beat newcomer to the tournament Anthnita Dickerson of Michigan by total points in their round robin flight. In the 40+ division, three-time winner Debbie Tisinger was out of commission with an injury, which

... CONTINUED ON PAGE 50

**board
candidates
(top to bottom)**
• galloway • gilliam
• peters • rall
• taddonio



2003 usra board of directors election

*One chance ... the postcard
ballot is the ONLY method
by which to vote ... send
yours in today!*

Lorraine Galloway • Jamaica Estates, New York

I was first introduced to racquetball at Binghamton State University. After college, I began teaching intro classes at the YMCA in Manhattan. In 1995 I began teaching junior racquetball at the YMCA in Queens and I've sent juniors to nationals through this program. I coached a ladies travel league from 1990-1993.

I've played in National events since 1985 and started playing professionally in 1992, then served on WPROA board. I became AMPRO certified and a level two referee and was voted onto the New York State Board. I'm on the rules committee for the USRA and a clinician for AMPRO.

I am now Racquetball director and reception manager for Sunrise Health and Racquet Club in Long Island. I am also currently an ERC for Ektelon. I've been involved in every aspect of the game from playing at national events to administering behind the scenes.

For all that know me I like to see things done the right way. I'm very dedicated to women's and junior racquetball. Racquetball is in my blood and I feel very passionate about it's success and growth. Vote for me and I will help take racquetball to the next level.
[email: LVGRB@aol.com]

Lance Gilliam • San Antonio, Texas

Promoting and advancing the sport of racquetball is one of my life goals. I feel like I can approach any stranger and talk about playing racquetball because I truly believe that it is the greatest sport ever invented.

I began playing Junior racquetball tournaments in 1976. With only a one-year lay-off in the past 26 years, I have competed in local, state, regional, national, professional and international racquetball events. I have been a sponsored player for 25 years. I have also taught racquetball for over 20 years. I am currently the Treasurer for the Texas Racquetball Association. I feel that my financial background as a Certified Public Accountant will be an asset to the Board of the USRA.

It has also been my pleasure to start a grass-roots racquetball program in San Antonio, Texas (acraracquetball.com). The future of racquetball will depend on how we advance these grass-roots programs around the country. I believe that the Internet can be utilized to create interest, increase organization and enhance communication.

The dawn of a new era for Racquetball is approaching. Working together, there is no limit to how far this sport can go! I would appreciate your support. [email: Lance@gilliamcpapc.com]

Geoff Peters • Chicago, Illinois

Racquetball is growing again! Our numbers are increasing and the mission of the USRA - to develop competitive players at all levels of our sport, is bringing a focus to our efforts!

As a State Board Member (20 years), Tournament Director (37 State/Regional Events), Club Owner (7 court facility), former USRA Board Member (Finance, Hall of Fame Committees) and avid player (yes, still in the A's after 30 seasons!); I have the background to represent both the players and our sport. In particular, I would like to ensure a voice for: Juniors, High School and Collegiate players - for whom we compete with other organized sports; Female players - who represent a huge potential pool of crossover participants; Club players -

who unknowingly benefit from the structure that the USRA brings to the sport; Mature players - who understand that racquetball is a lifetime sport.

In the 9 - 5 (I only wish those were the actual hours) world, I am a Director of Procurement for Sears, having traded my frequent flyer bonuses and consulting assignments for more of a work/life balance. I look forward to bringing my business and financial expertise to the USRA. [email: gpete05@sears.com]

Tom Rall • Denver, Colorado

Involved with racquetball for over thirty years as a player, organizer, teacher, coach and promoter, there are many reasons why I'd like to serve on the USRA Board. None stands out more than my interest in promoting and expanding the sport of racquetball. Many have said, "The sport's dying a slow death..." It's just not what it used to be." I agree there are ebbs and tides in everything. Racquetball's no exception.

We care about the sport; however, few are in a position to do anything that will positively affect it. As one with over thirty years of business marketing experience, I know I can contribute in this area. Racquetball also needs a Hall of Fame facility. Our women deserve equal reward. And our junior programs need expansion. As a former U.S. Olympic Diving Team member, National Rugby Team player, and 10-time national-level racquetball champion, I know sports on the national level. I've served on State Boards, the Advisory Staff for Ektelon, and write for Racquetball Magazine, attributes that make me a good person to serve on the USRA Board. If you vote for me and if elected, I will devote myself to making these positive things happen for racquetball! [email: trall@ix.netcom.com]

Frank Taddonio • Gilbert, Arizona

I strongly desire to be an elected member of the USRA Board of Directors because our sport is at an extremely important point in history. I've served as Military Representative to the USRA for two years and currently serve as interim Secretary for the USRA Board of Directors. I want to be instrumental in fostering initiatives and working on existing projects to improve our sport. I've been playing for over twenty years, continuously striving to keep pace with ongoing developments.

As a retired military officer, my assignments across the USA and around the globe enabled me to be an ambassador for racquetball, through volunteer service to programs in California, Washington, Virginia and Arizona. Noteworthy was my membership on the Virginia State Board as the rules commissioner and contributions to various committees for the Arizona State Board. I also compete in local, state, regional, and national level tournaments. I am an Ektelon-sponsored player, an AmPro certified Professional Instructor and certified as a Level II referee. If elected, I'll be in a position to help with future developments in racquetball at all levels and I'll work diligently to improve as many aspects of our sport as possible. [email: franktaddonio@att.net]

To vote, please follow the directions published on the pre-printed ballot bound between these pages. Ballots are provided to adult USRA members only (voting is limited to those over 18), and voting will not be included with the National Singles entry. If your ballot is missing, you may request a numbered ballot by calling the national office at 719-635-5396 and presenting your membership number. Deadline for receipt of completed ballots is FRIDAY APRIL 25, 2003.

rb:people & places



Team Wisconsin (l-r): Linda Covault, Sue Rowe, Kendra Tutsch, Reta Harring, Roz Gusinow. Photo: Courtesy Kendra Tutsch.

left the division wide open for a new champion. That final featured a match-up of two New York players, with Cheryl Miosi defeating Lorraine Galloway in the title. In the 45 final, two Florida players, Susan Pfahler and Jean Trimble, met after advancing out of the largest division, which needed three preliminary flights of play to set up the medal round. Both players had already contributed more than their share to the tournament, Jean as a director and Susan as auction coordinator, but they still brought plenty to the court, even though they must have been exhausted. In the 50+, Debbie Chaney of Indiana, playing in the division for the first time, defeated Terry Rogers of California. In the 55+, Merijeane Kelley of California defeated Jackie Jones of Florida by total points to take her first win in the 55+. The 60+ top standings were a repeat of last year with Sharon Hastings of Oregon taking first over Mildred Gwinn of North Carolina. Other winners were Jo Kenyon (FL) over Naomi Eads (MO) in the 65+, Lola Markus (IL) over Reta Harring (WI) in the 70+ and Mary Low Acuff in the 80+.

Next year the tournament will be held in Burlingame, California (the San Francisco Bay area), the weekend of January 16-18, 2004, under the direction of Terry Rogers (650/349-9533). This is a level five tournament (and regional qualifier for 45+ players). For the best in racquetball competition, fun and friendship, plan to attend and bring your friends. For more information or to join the WSMRA, please contact Kendra Tutsch, 7562 Fellows Road, Lodi, WI 53555 (608/592-2497) or send e-mail to kdtutsch@facstaff.wisc.edu

The Cussing Man

by Dan Carter [Akron, OH]

When my wife and I first joined our local health club, we would walk the track around the racquetball courts for exercise, and hear the most awful cussing. I didn't even know how to play racquetball at the time and wondered who would want to play with him. From the track it sounded like he was calling his opponent every name in the book. We found out later, when I started playing, that he was calling himself all of the names and not his opponent. Since we didn't know his real name we started to refer to him as The Cussing Man.

The cussing man must have had a very stressful job to be playing so hard and yelling all the time. So we thought. We later found out that he was a florist whose store was in a house across the street from our health club. We just couldn't imagine what stress a florist would have.

He is one of my favorite people to play, because he is there everyday and plays for the love of the game. A lot of people won't play with him because of the vulgar language. It doesn't bother me any longer. I'm used to it. We sometimes play cut-throat with some local clergymen.

He still cusses like a sailor, some three years after I first saw him. I give him lots of credit though, because if my son gets in the court with us the cussing stops. He starts using those funny words like jezzow and sheeswizz and doggone it. He will not say the cuss words in front of the kids. He has a big heart and he would do anything for my son or me.

He has helped me with my game over the last two years, although I'm starting to beat him on a regular basis. I tell him it's his own fault for playing so much with me, and for showing me strategy that I would have never known.

The old handball players, of which he is one, can teach a lot to us new racquetball players. I hope all the old handball players have better tempers. I will play with the cussing man until he can't play anymore. He is in his upper 50's and has bad leg problems. I enjoy playing with him. He is a great friend and also a great racquetball player, and yes, I do know his real name!

The number one seed wasn't about to let a finals appearance with his buddy Sudsy Monchik slip away. His relentless style of play continued through a close game four, with John holding a 9-6 lead at one point, but Mannino left the impression that he would get it done in crunch time. And he did, winning the fourth, 13-11.

Final

Okay, so the final was a letdown ... but it had been a blast getting there. Sudsy Monchik seemed out of sorts and couldn't seem to get anything going. Some guessed it was a sore leg of some sort, as he wasn't getting a lot of balls. Others speculated that his arm must have been sore, since the drive serve stayed in the trick bag [see sidebar on page 25].

But the fact remained that the guy had come off back-to-back tiebreakers with Cliff Swain and Kane Waselenchuk, and then had to face Mannino. Even Batman would have a tough time battling the Joker, the Penguin and Mister Freeze, back-to-back-to-back.

The match was a four-gamer but truth be told, there was never any doubt. Credit goes to Jason Mannino, who just can't be rattled. "Irretrievable" is not in his vocabulary. And he's a much better killer of the ball than people give him credit for. He may also be one of the few players on tour that are not intimidated by Sudsy Monchik. Every time he takes the court, he expects to win. He may be able to hold onto the No.1 spot for quite awhile.

Jane Powell 2, 8, (10), 5. The other six seeds advanced (including Kim Russell over Sanders in four), with only a few dropped games and one full-fledged tiebreaker (when Brenda Kyzer pushed Rhonda Rajsich to five).

Quarters

Cheryl Gudinas made short work of Adrienne Fisher in straight games of 3-points each, while it took four games for Jackie Rice to defeat Lori-Jane Powell 4, (5), 1, 1. Kerri Wachtel defeated Kersten Hallander in three 8,6,2, and Rajsich logged another exciting five-game win over Kim Russell (4), (4), 9, 6, 3. The semis shaped up into a standard format, to pit No.1 Gudinas against No.4 Wachtel in the top end of the draw, and No.2 Rice vs. No.3 Rajsich on the bottom half.

Semifinals

Moving quickly toward the final, Gudinas, winner of seven straight LPRA stops the top ranked woman on tour, defeated Wachtel, '01 U.S. Open Champion 4, (2), 3, 7. Wachtel played very well, and on more than one occasion had Gudinas tripped up and against the ropes. But Gudinas dug deep to beat the one opponent of only two to have beaten her in the preceding twelve months. It was a very exciting match and both players showed great speed, shot making ability and strategy. In contrast, the remaining semifinal saw Rice take control of the match from start to finish, ending it in three straight 11, 7, 3. With the exception of the first game, Rajsich, one of the strongest and most dynamic players on the tour, was never really in the match and Rice advanced again to yet another LPRA final against Gudinas.

Final

It was standing room only for the LPRA final, sandwiched between the IRT semis on Saturday. Once again it was the now-familiar faceoff, that seems to end the majority of the ladies tour stop. Many favored Gudinas from the statistics; she'd beaten Rice 78% of the time. Others hoped for an upset and chatter began early as locals speculated about a Rice victory. As the match began the chatter seemed to ring true, as Rice took the first game 11-8. Then second game, unlike the first, was quick and went to Gudinas 11-3. Not to be outdone, Rice raised the level of her game, particularly her shot-making, and won the third game 11-5.

The fourth was crucial for Gudinas. Lose it and go home with a second place check (the first in a long time). But the fourth game proved to be anything but easy for both players. It was one of those 1-1, 2-2, 3-3 creepers, in which neither player really ran off any points. Gudinas managed to win, but she did so by the very narrowest of margins 13-11!

The fifth game was a surprising one. Right from the start it was all Rice. She seemed not only to control the pace of the game, but also came up with several back-to-back excellent shots to win the fifth 11-5, for her second tour victory of the season.

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PRE-Payment is required. Added fees may be applied for withdrawal; no refunds after the deadline.

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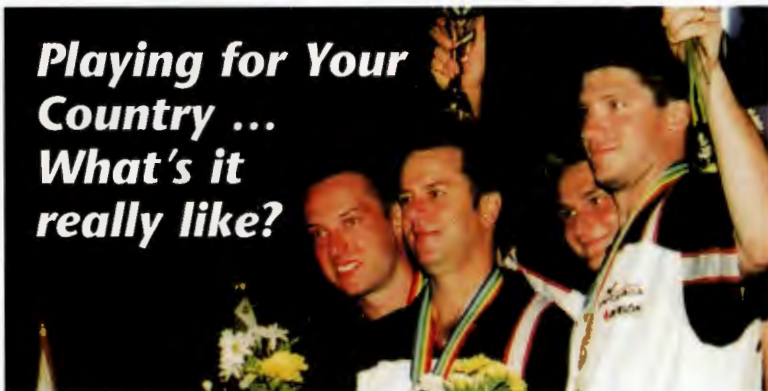
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Playing for Your Country ... What's it really like?



by Mike Ceresia

Wearing your country's colours, playing for your teammates on foreign soil ... no big deal, right! *Wrong!*

Watching John McEnroe throw his heart and total self into Davis Cup was as red, white and blue as baseball used to be. USA ... USA! He always wore his heart, and every other part of him, on his sleeve, but even more so when his country's reputation was at stake. *Why?*

Wayne Gretzky was left with a crushed Olympic Dream in 1998 when Dominic Hasek did his impression of the front wall of a racquetball court. Gretzky has done, and won, everything imaginable in the game and yet he was so debilitated by the 1998 loss that he launched himself back into the forefront for Canada's Olympic gold medal hunt for 2002. *Why?*

In 1999 Justin Leonard and his Ryder Cup teammates went ballistic when Justin pounded home a 40-foot bomb to steal victory from a European Team that appeared to have the Ryder Cup sewn up. We saw tears spring from multi-million dollar athletes, both in victory and defeat, and more emotion than at any other times in their athletic lives ... in public. *Why?*

Racquetball's bi-annual World Championship is our Olympics, our Ryder Cup, our Davis Cup and our Stanley Cup!

The IRF World Championships are more than two decades old and the World Cup is the storied trophy in our sport. Each national team fields top players and the championships move from country to country. The World Title is the ultimate professional goal and Basketball's Olympic Dream Team and the NHL players participation in the Olympics have erased the line between amateur and professional.

L-R: Mike Green, Mike Ceresia, Kane Waselenchuk and Brian Istace at World Championships. Photo: James Perez.

What are the events like? The huge Opening Ceremonies in Cochabamba, Bolivia in 1998 were held in the City Square, followed by racquetball staying in the media forefront throughout the event. Spectators, autograph-seekers and local media mobbed players all week long. It was the first time Bolivia had hosted a World Championship in any sport, so singing, chanting and yelling were only some of the things enthusiastic fans did during matches. They were freaked-out, geeked and over-the-top thrilled to be involved in the event.

Just last summer there was Ruben Gonzalez in San Juan, at age 50, playing tough as always. But somehow this was different. Ruben, showing emotion that he hasn't shown since finishing No.1 on the Pro Tour in 1988, was intense, physical and verbal. Ruben Gonzalez, verbal? Yes, he was pumped. He wanted to win for his teammates, his good buddy, a re-vitalized Mike Guidry and of course for the red, white and blue.

A player from Brazil, relatively new to racquetball had to wipe tears from his eyes at the opening ceremonies in 1988 in Hamburg, Germany. Tears again ran down his face at the beginning of his matches against the US, Canada and Mexico, the powerhouses of racquetball. When asked why he simply said, 'It is an honor to represent my country, I am thrilled to be part of this event and it is something I will brag about to my grandchildren.'

Why is there extra emotion, why is there added pressure and intensity?

The weight of the World descends on each athlete at the opening ceremonies when opposing flags are quivering. Feelings that last throughout the competition remain with you for many years.

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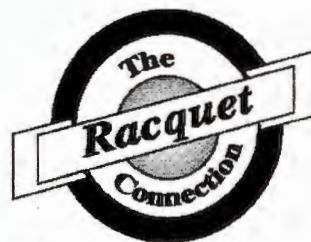
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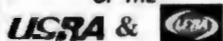


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MEN

Men's Open

1. Mitch Williams, NC
2. Mike Guidry, TX
3. Ben Croft, IL
- 4t. Jack Huczek, MI
- 4t. Josh Tucker, MO
6. Nate Gagne, ME
7. Jason Thoenner, GA
8. Chris Wright, MO
9. Shane Vanderson, OH
10. Mike Locker, MN

Men's Elite

1. Matthew Anderson, GA
2. Richard Maggard, MO
3. Raymond Maestas, NM
4. Craig Allen, WA
5. Maurice Barros, KS
6. David Guentert, CO
- 7t. Matt Anderson, IN
- 7t. Mike Gann, OK
9. Filip Vesely, IN
10. Wayne Gonsalves, NY

Men's A

1. Chris Coy, OK
2. Andres Ramirez, FL
- 3t. Kipp Atwell, LA
- 3t. Myron Brough, OH
5. Marcelo Laprea, TX
6. Mike Gaffney, PA
7. Jay Mathis, GA
- 8t. Drew Toland, AR
- 8t. Alex Zamudio, IN
10. Marty Hammond, PA

Men's B

- 1t. Carlos Ramirez, FL
- 1t. Vito Rubiano, IL
- 2t. Bryan Shaw, MO
4. Tony Gonzales, IL
5. Michael Miller Jr., GA
6. Joe Appleman, MA
7. John Reed, CO
- 8t. Mike Kaiser, MN
- 8t. Tony Rosselli, IL
10. Tony Gonzalez, IL

Men's C

1. Harold Beshaw, PA
2. Mike Belvedere, IL
3. Jon Soike, IL
4. Garry Carter, CA
- 5t. Kevin Chan, OH
- 5t. Jerry Garcia, CO
- 5t. Richard Morris, TX
- 8t. Mark Burd, SD
- 8t. Scott Schmidt, MO
- 8t. Brandon Stanley, LA

Men's D

1. David Sadler, TN
2. David Aguirre, CA
3. Felipe Veracochea, TX
4. Jansen Allen, TX
- 5t. Suneel Battula, OH
- 5t. Mario Giancola, MN
- 5t. Joseph Lee, LA
8. Gene Desruisseaux, MA

9. Alex Brown, OH
10. George Bazinet, AR

Men's Novice

- 1t. Todd Anderson, NH
- 1t. Bruno Guerrero, FL
3. Josh Redding, KY
- 4t. Terry Bahr, CA
- 4t. Andrew Carter, OH
- 4t. Orlando Gonzalez, TX
7. Alfredo Alvizo, FL
8. Justin Watson, OK
- 9t. Larry Hicks, KY
- 9t. Hector Ramirez, FL

Men's 24-

1. Mitch Williams, NC
2. Ben Croft, IL
3. Jack Huczek, MI
4. Alejandro Herrera, FL
5. Brent Walters, NC
- 6t. Mike Harmon, FL
- 6t. Darrin Prince, MN
- 6t. Shane Vanderson, OH
- 9t. Sanjay LaForest, NY
- 9t. Marcelo Laprea, TX

Men's 25+

1. Mike Orr, PA
2. Tom Fuhrmann, AZ
3. German Herrera, FL
- 4t. Gared Edmunds, KY
- 4t. Shawn Royster, CA
6. Kyle Veenstra, WI
- 7t. Mike Dennison, OH
- 7t. Nate Gagne, ME
9. Ryan Griffin, IN
10. Jason Colangelo, MD

Men's 30+

1. Brian Fredenberg, TX
2. Brian Pointelin, UT
3. Kelly North, KY
4. Toby Devore, LA
5. Julio Junki, FL
6. Pete Ulliman, OH
7. Cary Slade, IL
- 8t. Tom Keogh, NY
- 8t. Tim Stanton, OH
- 8t. Dale Valentine, CA

Men's 35+

1. Jim Minkel, TX
2. Eugene Coyle, IL
3. Jimmy Lowe, AK
4. Jim Frautschi, MN
5. Doug Ganim, OH
6. Alan Sheppard, NC
7. John Barrett, PA
8. John Collison, DE
- 9t. Bobby Haab, CT
- 9t. Donald Sims, AE

Men's 40+

- 1t. Scott Cullins, GA
- 1t. Dave Watson, OK
3. Bobby Haab, CT
- 4t. Dave Eagle, OH
- 4t. Glenn Leib, PA
- 6t. Tony Feldstein, CO
- 6t. Tim Hansen, FL

- 6t. Tom Travers, OH
9. Bill Lyman, IL
10. Tom Utterback, IL

Men's 45+

1. Randy Stafford, TN
2. Mitch Smith, PA
3. Ruben Gonzalez, NY
4. Dave Milazzo, IL
5. Patrick Gibson, TX
- 6t. Rick Howick, WA
- 6t. Len Knudsen, FL
- 8t. Greg Benson, CA
- 8t. Greg Campbell, CT
- 8t. Robert House, MD

Men's 50+

1. Mitt Layton, FL
2. Frank Taddonio, AZ
3. Jim Luzar, WI
4. Howard Walker, TX
- 5t. David Dennis, AR
- 5t. Tom Rall, CO
7. Darryl Warren, CA
8. Gary Mazaroff, NM
9. Mark Daigle, NY
10. David Olson, IL

Men's 55+

1. Bill Wolfe, NY
2. Horace Miller, IL
- 3t. Terry Albright, MO
- 3t. Tom McKie, TX
- 3t. Sammy Robles, TX
- 3t. David Steiger, ME
7. David Warner, MN
8. Joe Quirke, IL
9. Dennis McKee, IL
10. Ron Combs, CA

Men's 60+

1. Glenn Allen, VA
2. Ed Sword, KY
3. Leland Rients, MN
4. Chris Segura, UT
5. Warren Reuther, LA
6. Roger Wehrle, GA
7. Jim Trammell, MO
- 8t. Mitch Milewski, NH
- 8t. Kyle Smith, TX
10. Pat Taylor, IL

Men's 65+

1. Michael Jackson, CT
- 2t. David Jordan, NJ
- 2t. Jerry Northwood, AZ
4. Dave Snyder, TX
5. Jerry Holly, CA
6. Charlie Hamon, WA
7. Lee Graff, OR
8. Ken Moore, CA
9. Cy Dietrich, GA
10. Alan Dwyer, FL

Men's 70+

1. Don Alt, OH
2. Sean Reid, NV
3. Robert Miller, SC
4. Joe Lambert, TX
- 5t. Marty Donohue, FL
- 5t. Frank Trask, ME

- 7t. Jim Dunn, CA
- 7t. Emil Kuenzler, NY
- 7t. Don Maxey, TX
- 7t. John O'Donnell Jr., IL

Men's 75+

1. Duane Russell, MI
2. Dick Kincade, CO
3. J.W. Studak, TX
- 4t. Earl Acuff, NC
- 4t. Joe Lambert, TX
- 4t. Victor Sacco, NY
7. Mal Roberts, FL
- 8t. Hank Richard, NC
- 8t. Cam Snowberger, SC
10. Philip Dziuk, IL

Men's 80+

1. Robert McAdam, TX
2. Earl Acuff, NC
3. Sam Harry, PA
4. Cam Snowberger, SC
5. Bill Matotan, NM
6. Hank Richard, NC
- 7t. Don Goddard, MT
- 7t. Bill Weinacht, OH
9. Samuel Harry, PA
10. Albert Romero, NM

Men's 85+

1. Bill Sherman, TX
2. Ben Marshall, TX
3. Luzell Wilde, UT
4. Walter Gardner, UT

WOMEN

Women's Open

1. Cheryl Gudinas, IL
2. Vallana Perrault, MI
3. Aimee Roehler, NJ
4. Brenda Kyzer, SC
5. Laura Fenton, KS
6. Denise Mock, TX
- 7t. Elaine Albrecht, OH
- 7t. Jackie Rice, CA
9. Heather Dunn, MA
10. Lourdes Sanders, CO

Women's Elite

1. Aimee Roehler, NJ
2. Solanna Taragan, CA
3. Janel Tisinger, CA
4. Jeni Fuller, NM
- 5t. Heather Dunn, MA
- 5t. Susan Hann, FL
7. Vivian Gomez, FL
8. Jill Crouse, CA
9. Janet Eminger, IL
10. Jessie Carbajal, CO

Women's A

1. Susan Lichtman, NY
2. Vicki Taylor, MN
3. Leah Upshaw, GA
- 4t. Grace Jaworsky, MO
- 4t. Claudia Ramirez, FL
6. Candi Hostovich, VA
- 7t. Tina Joslin, TX
- 7t. Shirley Parsons, CO
9. Karen Mickel, GA

10. Kathy Welker, IL

Women's B

1. Sara Noyes, FL
2. Cheryl Kirk, IL
3. Elizabeth Shaia, TX
4. Diana Courtney, MI
5. Joan Van De Kieft, IL
6. Patty Barrows, MA
7. Susan Bertelsen, CO
- 8t. Stephanie Gordon, MO
- 8t. Hiromi Iida, NY
- 8t. Rhonda Kochis, OK

Women's C

1. Ann Barnes, MS
2. Marci Laramie, TN
3. Cheyenne Hayes, WA
4. Patty Barrows, MA
5. Beth Gainer, PA
- 6t. Janet Christie, IL
- 6t. Robin Maestas, CO
8. Peyton Myers, NC
9. Alyson Webb, OH
10. Jean Lerch, NH

Women's D

1. Jean Lerch, NH
2. Victoria Pickard, FL
3. Janice Bell, GA
4. Janet Christie, IL
- 5t. Laurell Burrows, FL
- 5t. Laura Davis, GA
7. Jennifer Fenton, KS
- 8t. Kim Berryman, KY
- 8t. Claire Brooke, MO
- 8t. Nancy Gager, NJ

Women's Novice

1. Debra Mathis, FL
- 2t. Theresa Brodzik, OH
- 2t. Malorie Johnson, ME
- 2t. Kristi Zonfrelli, MA
5. Yvonne Grinnell, NM
- 6t. Judy Bress, NH
- 6t. Donna Margwarth, NM
- 6t. Martha Robinson, NH
9. Bambi Brown-Lynch, NM
10. Jen Bezruczyk, PA

Women's 24-

1. Adrienne Fisher, OH
- 2t. Janel Tisinger, CA
- 2t. Kristen Walsh, UT
4. Krsytal Csuk, IL
5. Lauren Deutsch, CA
6. Jeni Fuller, NM
- 7t. Melissa Borgwat, CA
- 7t. Rhonda Rajsich, AZ
9. Kris Alatorre-Martin, AZ
10. Kelley Fisher, OH

Women's 25+

1. Aimee Roehler, NJ
- 2t. Heather Dunn, MA
- 2t. Kerri Wachtel, OH
- 4t. Rachel Gellman, AZ
- 4t. Claudia Ramirez, FL
6. Stephanie Bird, OK
7. Jennifer Lynch, CO
8. Ramona VonOndarza, FL

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9t. T.J. Baumbaugh, VA
9t. Shannon Feaster-Stewart, MD

Women's 30+

1. Jo Shattuck, CO
2t. Elaine Albrecht, OH
2t. Debra Bryant, NC
4. Vivian Gomez, FL
5t. Amy Foster, OH
5t. Lorraine Galloway, NY
5t. Tina Joslin, TX
5t. Hideko Uchiyama, PA
9. Kelley Beane, NH
10. B.J. Ehr Gott, CT

Women's 35+

1. Lorraine Galloway, NY
2. Solanna Taragan, CA
3. Anita Maldonado, NY
4. Debra Tisinger, CA
5t. Debra Bryant, NC
5t. B.J. Ehr Gott, CT
7. Felicia Mann, MI
8t. Lori LePow, FL
8t. Lisa Papp, GA
10. Julie Vincent, IL

Women's 40+

1. Debra Tisinger, CA
2. Kim Machiran, MO
3. Malia Bailey, VA
4. Denise Mock, TX
5. Marianne Walsh, UT
6. Cheryl Miosi, NY
7t. Anita Maldonado, NY
7t. Terri Thornton, MN
9t. Shari Coplen, MO
9t. Meena Evans, NC

Women's 45+

1t. Marsha Berry, KY
1t. Marcia Richards, CO
3. Meena Evans, NC
4. Linda Moore, NE
5. Susan Pfahler, FL
6. Karen Key, AZ
7t. Mary Keenan, CO
7t. Joanne Pomodoro, MA
9. Val Shewfelt, UT
10. Jean Trimble, FL

Women's 50+

1. Janet Myers, NC
2t. Debbie Chaney, IN
2t. Elaine Dexter, CA
2t. Nancy Kronenfeld, IL
5. Kathy Dunham, IL
6t. Renee Fish, FL
6t. Terry Ann Rogers, CA
6t. Gerri Stoffregen, OH
9. Andee Glansberg, FL
10. May Barber, VA

Women's 55+

1. CeCe Palaski, CA
2. Agatha Falso, FL
3t. Sharon Hastings-Welty, OR
3t. Meri Jean Kelley, CA
3t. Gerri Stoffregen, OH
6. Mildred Gwinn, NC

7. Nidia Funes, CA
8. Paula Sperling, NM
9t. Margaret Hoff, IL
9t. Paul Sperling, NM

Women's 60+

1. Sharon Hastings-Welty, OR
2. Marquita Molina, CA
3. Mildred Gwinn, NC
4. Gail Schaefer, MD
5. Sylvia Sawyer, UT
6. Gloria Piscoran, OR
7. Joy DeSantis, CA
8. Annabelle Kovar, NE
9. Shirley Crouse, IL
10. Mary-Low Acuff, NC

Women's 65+

1. Jo Kenyon, FL
2. Lola Markus, IL
3. Mary-Low Acuff, NC
4. Barbara Anderson, VA
5. Marilyn Hoagland, MN
6. Carol Brown, AZ
7. Jeanne Leben, AZ

Women's 70+

1. Lola Markus, IL
2. Reta Harring, WI
3. Louise Kiss, NM
4. Marilyn Hoagland, MN

Women's 75+

1. Mary Lou Kackert, NM
2. Mary Wysocki-Schwartz, WI

Women's 80+

1. Mary-Low Acuff, NC

BOYS

Boy's 6-

1t. Zachary Pellowski, WI
1t. Jesse Van Valkenburg, UT
1t. David Zingale, AZ
4t. Kyle Einstein, AZ
4t. John Katner, WI
6t. Ross Brandvold, WI
6t. David Diaz, AZ
8t. Dustin Anderson, AZ
8t. Sam Bredenbeck, MN
8t. Brandon De La Rosa, FL

Boy's 6- Multi-Bounce

1. Anthony DiMatteo, CT
2. Zachary Pellowski, WI
3. Kyle Ulliman, OH
4. Logan Nance, CA
5. Sam Bredenbeck, MN
6t. Nicholas Fonseca, GA
6t. Chris Vosberg, MA
8. Reid Penny, OR
9. Thomas Santilli, CT
10. CJ Coffee, VA

Boy's 8-

1. Sam Reid, OR
2. Chase Stanley, LA
3t. Jose Diaz, CA
3t. Marco Rojas, CA
5. Timothy LeRow, FL

6. Ryan Coates, OH
7. Keegan North, OH
8t. Doug Brenner, OR
8t. Josh Hirsch, FL
10. David Negrete, IL

Boy's 8- Multi-Bounce

1. Sam Reid, OR
2. Jose Diaz, CA
3. Doug Brenner, OR
4. Keegan North, OH
5. Ryan Coates, OH
6. Josh Hirsch, FL
7. Jackson Rogers, NM
8. Luis Quinones, FL
9. Andrew Lee, KY
10. Graydon Clarke, NM

Boy's 10-

1. Joseph Lee, LA
2. Taylor Knoth, OR
3. Trevor Snyder, IL
4. Taylor Regier, OR
5. Jake Bredenbeck, MN
6. James Fahey, CT
7t. Matthew Hunter, FL
7t. Brad Kirch, NY
9. Dylan Reid, OR
10. Logan North, OH

Boy's 10- Multi-Bounce

1. James Compton, NC
2. Daniel Martin, NC
3. Parker Martin, NC

Boy's 12-

1. Danny Lavelly, OH
2. Sean McGrath, IN
3t. Ishmael Aldana, CA
3t. Taylor Knoth, OR
5. Andrew Clarke, NM
6. Brad Kirch, NY
7. Billy Wainwright, OR
8. Harrison Slocum, FL
9t. Chad LaForest, NY
9t. John Sanderson, UT

Boy's 14-

1. Scott Rieders, OR
2. Chris Coy, OK
3. Zachary Apperson, OH
4. Richard Sledzik Jr., MA
5. Andrew Gale, UT
6. Graham Seaders, OR
7t. Mike Keddie, NH
7t. David LaForest, NY
9t. Stephen Brown, NM
9t. Nathan Chirban, MO

Boy's 16-

1. Dan Sheppick, OR
2. Ben Croft, IL
3. Charles Pratt, OR
4. Matt Emmel, NY
5t. Brady Prince, MN
5t. Daniel Stewart, KY
5t. Drew Toland, AR
8. Zachary Apperson, OH
9. Scott Manship, MA
10. Ronnie Hubbard, OH

Boy's 18-

1. Jack Huczek, MI
2. Ben Croft, IL
3. Marc Moccia, MA
4t. David Chirban, MO
4t. Ryan Lindell, OR
6. Clay Burris, FL
7. Josh Epstein, NY
8. Dan Cramer, OR
9t. Richard Terry, UT
9t. Travis Woodbury, VA

GIRLS

Girl's 6-

1. Abbey Lavelly, OH
2. Elizabeth Vargas, CO
3. Brooke Lynn Rushefsky, AZ
4. Jessica Noll, AZ
5. Madison Gilluly, AZ

Girl's 6- Multi-Bounce

1. Abbey Lavelly, OH
2. Emily Hathaway, MN
3t. Antonia Duran, NM
3t. Danielle Soltren, FL
3t. Elizabeth Vargas, CO
6. Tessa Feamster, WA

Girl's 8-

1. Elizabeth Brenner, OR
2. Natalia Canovas, FL
3. Annelise Albrecht, OH
4. Abbey Lavelly, OH
5. Lauren Neilan, MA
6t. Rebecca Berryman, KY
6t. Dawn Jones, NC
6t. Alexis Templeton, NM
6t. Jordan Ward, ID
10. Alexandra Duran, NM

Girl's 8- Multi-Bounce

1. Abbey Lavelly, OH
2. Lauren Stanley, LA
3. Annelise Albrecht, OH
4. Nicole Bruns, VA
5. Kendra Henderson, OR
6. Emily Hathaway, MN
7. Natalia Canovas, FL
8t. Rebecca Berryman, KY
8t. Nike Onimole, NM
8t. Samantha Rosado, CT

Girl's 10-

1. Kaitlin Inglesby, OR
2. Nicole Grundman, MN
3t. Sally Blakemore, VA

3t. Courtney Chisholm, MA
5. Elizabeth Brenner, OR
6. Melissa Quinones, FL
7. Danielle Key, AZ
8t. Marisa Miosi, NY
8t. Julia Negrete, IL
8t. Emma Scheer, MO

Girl's 12-

1. Shannon Inglesby, OR
2. Brittany Legget, OR
3. Sharon Jackson, IN
4. Holly Hettesheimer, OH
5. Emily Melgaard, ID
6. Shanae Taylor, IN
7. Paige Hunter, FL
8. Wesley Toland, AR
9t. Jennifer Fenton, KS
9t. Ashley Wetherall, NJ

Girl's 14-

1. Ashley Willhite, OR
2. Sarah Hettesheimer, OH
3. Kara Mazur, CT
4. Dannielle Pimental, OR
5. Alyson Webb, OH
6. Jenny Epstein, NY
7. Shannon Inglesby, OR
8. Rebeka Kopf, NY
9. Sarah Moyle, OR
10. Sharon Jackson, IN

Girl's 16-

1. Adrienne Fisher, OH
2. Elise Wilson, CT
3. Katie Ferguson, OR
4. Kimberly Walsh, UT
5. Kelley Fisher, OH
6. Ashley Willhite, OR
7. Da'Monique Davis, TX
8. Ashley Legget, OR
9. Elizabeth Ferguson, OR
10. Jaimie Campanelli, MI

Girl's 18-

1. Adrienne Fisher, OH
2. Janel Tisinger, CA
3. Cari Mitlitsky, NY
4. Jeni Fuller, NM
5. Veronica Baldwin, OR
6. Melissa Gransbury, OR
7. Bethany Dundon, OR
8t. Kelley Fisher, OH
8t. Ashley Legget, OR
10. Tina Chung, OR

EVENT LEVEL/ DESCRIPTION

FINISH/POINTS

	1st	2nd	3rd	4th	5-8	9-16
1 = Club/League Event	30	20	15	10	5	0
2 = Open Tournament	50	30	20	15	10	0
3 = State Championship	150	100	75	50	25	0
4 = Regional Championship	250	150	100	75	50	0
5 = National Invitational	300	200	150	100	75	25*
6 = National Championship	600	400	300	200	100	50*

At selected national events:

Round of 16 finishers receive added points (in draws of 48 or more)*

Blue division winners receive 20 points (in draws of 16 or more)

Red division winners=15 points; White division winners=10 points.

march...

March 06-09	Annual Fun Tournament @ Colorado Athletic Club - Aurora	Aurora, CO	303-680-5569
March 07-09	Body Mill Spring Classic @ Body Mill	Clearwater, FL	727-538-0778
	Ektelon Doubles-LPRA Stop @ Central Courts	Columbia Heights, MN	763-572-0330
	Joe Connors & Gary Hornsby Memorial @ Rock Springs Civic Center	Rock Springs, WY	307-352-1420
	March Madness Racquetball Frenzy @ Courts Plus Fitness Center	Fargo, ND	701-237-4805
	March Points Rally @ The Alaska Club Fairbanks	Fairbanks, AK	907-452-6801
	Omni 41 Amatulli Open @ Omni 41	Schererville, IN	219-865-6969
	Arizona State Singles @ Las Fitness - Arrowhead	Phoenix, AZ	480-830-0213
	Connecticut State Singles @ Downtown Health & Racquet	New Haven, CT	860-632-1281
	Maryland State Singles @ Cedardale Athletic Club	Haverhill, MA	978-521-1867
	Maine State Singles @ Central Maine Athletic Center	Lewiston, ME	207-786-4820
	New Hampshire State Singles @ Executive Health & Sports	Manchester, NH	603-759-2729
	Pennsylvania State Singles @ Penn State University	State College, PA	717-599-7806
March 8	5 Seasons Super 7 Shootout Series @ Five Seasons Country Club	Westlake, OH	440-871-2811
March 11-15	Luck Of The Heights @ Cottonwood Heights	Salt Lake City, UT	801-974-6923
March 12-15	Masters National Championships @ The Spectrum Club	Canoga Park, CA	818-884-5034
March 12-16	Spring Fever Doubles @ East Side Athletic Club	Milwaukie, OR	503-659-3845
March 13-16	Make A Wish @ Merritt Athletic Club-Towson	Towson, MD	443-394-8884
	Members & Friends @ Pike's Peak YMCA	Colorado Springs, CO	719-329-7240
	Shamrock Shootout @ Glass Court Swim & Fitness	Lombard, IL	630-629-3390
March 14-16	E-Force Xtreme Tour #12 @ Southview Athletic Club	St. Paul, MN	651-450-1660
	Killshot Classic @ John Brown University	Siloam Springs, AR	479-204-1000
	New York State Singles Championships @ The Court Club	Albany, NY	518-438-3935
	Pirate Country Blast @ Pulse Athletic Club	Greenville, NC	252-756-9175
	Spring Fling @ Crystal Gateway Sport & Health	Arlington, VA	703-416-0469
	St. Paddy's Day Open @ Club Ultimate	Bedford, OH	440-942-2700
	The Luck O' the Irish Open @ Springfield Athletic Club	Springfield, OH	937-399-2360
	The MAC Open @ Michigan Athletic Club	Grand Rapids, MI	616-956-0944
	Idaho State Singles @ 24 Hour Fitness Courthouse	Boise, ID	208-368-9737
	Missouri State Singles @ Concord Sports	St Louis, MO	314-533-0294
	Tennessee State Singles-Doubles @ Nashville YMCA	Nashville, TN	615-895-3679
March 20-23	Red Swain Pro-Stop @ Metro South Athletic Club	Brockton, MA	781-982-6029
	Colorado State Singles @ Family Fitness & Racquet Club	Broomfield, CO	303-738-9797
March 21-23	Baywinds Spring Open @ Baywinds Athletic Club	Huron, OH	419-433-2750
	E-Force Xtreme Tour #13 @ Northwest Athletic Club - Hi-way 100	Brooklyn Center, MN	763-535-3571
	Greater Gator Spring Cash @ University Of Florida	Gainesville, FL	352-262-9867
	March Madness @ Edens Athletic Club	Chicago, IL	773-286-6700
	Spring Classic @ Vision Sports	Asheville, NC	828-232-0668
	Spring Kick Off V @ Central Penn Fitness	Harrisburg, PA	717-564-4171
	Wyoming State Juniors @ Green River Recreation Center	Green River, WY	307-872-0511
	Nebraska State Singles @ Sports Courts	Lincoln, NE	402-454-2765
March 22-23	Indiana State Singles Championships @ Greenbriar Athletic Club	Indianapolis, IN	317-897-5481
March 22-24	New Jersey State Singles @ Classic Athletic Club	Fairfield, NJ	973-389-9978
March 27-30	USRA Regional - Florida @ Orlando Fitness & Racquet Club	Orlando, FL	407-880-7790
	USRA Regional - Texas @ Racquetball & Fitness Clubs	San Antonio, TX	713-895-8688
	North Carolina Open Championships @ Sportscenter Triad	High Point, NC	336-841-0100
March 28-30	Mauui Wauui Racquetball Fun Fest @ Tumwater Valley Athletic Club	Tumwater, WA	253\848-9493
	Regional Warmups @ Gold's Gym	Dewitt, NY	315-449-0400
	Arizona State Singles & Juniors @ World Class Fitness	Ft Smith, AR	479-646-4022
	Delaware State Singles @ Kirkwood Fitness & Racquetball	Wilmington, DE	302-674-9468
	Idaho State Doubles @ Fitness Inc	Pocatello, ID	208-233-8035
	Maine State Doubles @ Portland Racket & Fitness	Portland, ME	207-775-6128
	Michigan State Singles @ Players Athletic Club	Warren, MI	810-217-8668
	Minnesota State Singles @ Northwest - Hi-way 100	Brooklyn Center, MN	952-920-6652

april...

April 03-06	Illinois State Singles Champ @ Chalet Fitness Center	Willow Springs, IL	708-246-4030
April 04-05	April Points Rally @ The Alaska Club	Fairbanks, AK	907-452-6801
April 04-06	Johnston Willis Chappewan Open @ Robious Sport & Fitness	Richmond, VA	804-330-2222
	North Dakota State Singles @ Courts Plus Fitness Center	Fargo, ND	701-237-4805
	Wisconsin State Singles @ Wisconsin Athletic Club	West Allis, WI	414-321-2500
	Wyoming State Singles @ Sheridan YMCA	Sheridan, WY	307-674-7488
April 5	Super 7 Shootout Series @ Five Seasons Country Club	Westlake, OH	440-871-2811
April 05-06	Western New York Championships @ University Of Buffalo	Buffalo, NY	716-639-0621
April 10-13	USRA Regional - California @ Spectrum Club	Canoga Park, CA	818-884-5034
	USRA Regional - Georgia @ Southern Athletic Club	Atlanta, GA	770-923-5400
	USRA Regional - Illinois @ Glass Court Swim & Fitness	Chicago, IL	773-935-9685
	USRA Regional - Minnesota @ Central Courts	Columbia Heights, MN	763-572-0330
	USRA Regional - New Hampshire @ Exec Health & Sports Center	Manchester, NH	603-759-2729
	USRA Regional - New Mexico @ Sport & Wellness Clubs	Albuquerque, NM	505-266-8960
	USRA Regional - New York @ Sportset Of Syosset	Syosset, NY	718-429-8489
	USRA Regional - Ohio @ Strongsville Recreation Center	Cleveland, OH	614-890-6073
	USRA Regional - Oklahoma @ Southern Athletic Club	Oklahoma City, OK	918-541-0722
	USRA Regional - Oregon @ Cascade Athletic Club	Gresham, OR	503-665-4142
	USRA Regional - Virginia @ Tysons Sport & Health Club	McLean, VA	703-684-4146
April 17-20	Spring Blast @ Sport Forum	Woods Cross, UT	801-298-3231
April 19	Indiana Junior Regional @ Shelby County Athletic Club	Shelbyville, IN	317-879-8100
April 24-27	USRA Regional - Missouri @ Vetta Sports Club Of Concord	St Louis, MO	314-842-6363
April 25-27	Florida Junior Regional @ The Quad Athletic Club	Coral Springs, FL	954-753-8900
	Gathering Of The Greatest @ Nautilus Fitness & Racquet Club	Erie, PA	814-459-3033
	Season's End @ Cedardale	Haverhill, MA	978-521-1867
	Sports Courts Open @ Sports Courts	Lincoln, NE	402-454-2765
April 26-27	Wisconsin State Juniors @ Eau Claire Athletic Club	Eau Claire, WI	715-833-2201

may...

May 01-04	Charity Racquetball Tour for NF @ Pro Sports Club	Bellevue, WA	206-361-8853
	Cinco De Mayo @ Pueblo Athletic Club	Pueblo, CO	303-738-9797
May 02-04	All Military Champs @ Greenbriar North YMCA	Chesapeake, VA	757-366-9622
	Cancer Tournament @ Laurel Sport Fit	Laurel, MD	410-269-1976
	IAC Racquet For The Cure @ IAC-Boise	Boise, ID	208-345-7599
	Key Sports @ LA Fitness - Chandler	Chandler, AZ	480-633-2736
	North Carolina State Singles Championships @ The Sports Center	Fayetteville, NC	910-947-3202
May 10	Spring Fling @ Classic Athletic Club	Fairfield, NJ	973-389-9978
May 14-18	Oregon State Championships @ Lloyd Athletic Club	Portland, OR	503-287-4594
May 17	Junior Regionals @ Wisconsin Athletic Club	Waukesha, WI	262-544-4111

2003 national event listings ...

March 12-15	NMRA U.S. Masters Championships [5]	Canoga Park, California	734-426-8952
April 2-6	E-Force 31st U.S. Intercollegiate Championships [6]	Tempe, Arizona	719-635-5396
April 10-13	Ektelon USRA Regional Championships [5]	Nationwide	usra.org
April 11-19	PARC 16th Tournament of the Americas [5]	Santo Domingo, Dominican Republic	719-635-5396
May 21-26	Ektelon 36th U.S. National Singles Championships [6]	Houston, Texas	usra.org
June 25-29	Head 30th U.S. Junior Olympic Championships [6]	TBA	719-635-5396
July 23-26	NMRA Masters International Championships [5]	Minneapolis, Minnesota	nmrba.org

• The majority of listed, sanctioned events are level two events; where titles indicate a "state" "regional" or "national" tournament, a higher level of point earnings may be applied. • Please note: USRA memberships are processed by month, not date ... when expiration is shown as 04/03, you must renew in the month of April in order to play in any sanctioned events held that month. For expanded calendar listings, refer to the online edition of RACQUETBALL at www.racqmag.com. For online entries, go to www.usrastore.com.

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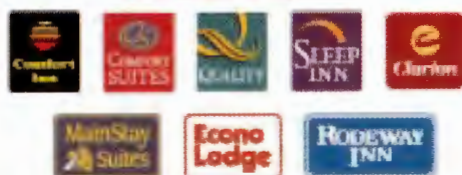
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