

RACQUETBALL



High School Record-setter

Fisher takes Four

**What's Next
for the LPRA?**

**Swain tapped
for Hall of Fame**

An LPRA regular, Adrienne Fisher is currently No.7 on the women's pro tour

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INSIDE ...

- National High Schools
- Houston Predictions
- IRT & LPRA updates
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- Athlete Awards

ATTITUDE

HIGH OCTANE

ADRENALINE

ENERGY

INTENSITY

WE GAVE IT
POWER.
YOU FIGURE OUT
HOW TO
CONTROL IT.

MEGA BLAST
TECHNOLOGY

MEGA BLAST 17.5

POWER CHANNELS

HEAD

Subject:
Sudsy Monchik

5-Time Pro World Champion

Racquet:
MEGABLAST

HEAD

"You
thought I
hit the ball
hard before...
wait until you see
me hit with MegaBlast!!!
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I have to admit to a deep, dark, secret: I sometimes think that I should be doing something more worthwhile with my life. You know ... something noble and righteous that will enrich the lives of others and leave me with a nice warm, fuzzy feeling at the end of the day ... that sort of thing. Racquetball is, after all, just a *game*. Shouldn't everyone use their talents in the pursuit of more and greater good-deed-ness?

But as I daydreamed of other virtuous and more uplifting career options, I had to take a closer look at some of what we actually *do* accomplish and was forced to admit that there is considerable

good-deed-ness going on in my general vicinity.

In this issue alone, you'll learn that a small group of organizers, with help from some dedicated women pros have – in a four-year period – multiplied a base contribution to the Susan G. Komen Foundation (supporting breast cancer research) 25 times over. It started small, and it's still small, but the feel-good quotient in handing over even the "sorta-big check" is way up there. I missed the photo op (sometimes that's best), but later fielded an email reminding me that these types of donations save lives. Racquetball saves lives? Well, okay then.

On the other end of the spectrum, another letter let me know how much the sport can mean to someone, when they aren't as fortunate. A grief-stricken mom wrote about the passing of her only son, recalling how racquetball had given him a great deal of joy. I didn't know the gentleman personally, but I was moved to learn that we'd touched his short life in some small way.

In this issue's feature on the LPRA, lady pros are pictured with a St. Jude's patient during the U.S. Open, which has generated over \$100,000 for the hospital since 1996. The IRT has supported Fibromyalgia research for many years. In recent issues, we've covered everything from a benefit for the Neurofibromatosis Foundation to a player "tournament training" an assistance dog, to long-running memorial events for fallen friends and family. You'll find a comeback story in this issue (and another in the next), illustrating how racquetball can motivate recovery from serious injury. Randy Stafford wraps up the campaign series with a moving story about how his life was shaped through the generosity of a fellow player in the early 70s, and how he dedicated his life to the sport as a result.

And just before press time, I received a letter from someone who had asked for a subscription to the magazine a long time ago, and caught me on a good day. As it turns out, the publication helped him through a difficult time, and he now works with diabetics, urging them to play racquetball as part of a healthy lifestyle. He also wanted to tell me that he'd authored a series of books on the subject in his "down time," and dedicated them, in part, to the association's generosity. The magazine changed someone's life?

So, here's another dirty little secret: that last one made me bawl like a baby. And when I was all done, I had to think that – maybe – this particular type of daily grind just might be worthwhile after all.

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... on the cover ... Adrienne Fisher started to make history four years ago, when she became the first freshman to win a National High School title. She finished that run this year, with an unprecedented four-peat. What's next? Well, she's already No. 7 on the women's pr tour ... so who knows? Photo: Rex Fisher.



He was 18 ... 18 years ago, when he won the \$10,000 grand prize at the 1985 Tulsa Pro-Am. It was a first tour win — but certainly not the last — for this new Hall of Famer ... Cliff Swain [story, page 25]. Photo: National Racquetball, May 1985.

BROADCAST IMPRESSES

I saw the ESPN2 coverage of the U.S. OPEN, and it was beyond my expectations. I thoroughly enjoyed the commentating and the camera coverage and angles. The fact that I play the game greatly enhances the pleasure of watching the premiere event as well. But for those of us who don't play the game and see it for the first time, it's hard to relate to the game at all. What's a skip?

Just a suggestion, but if I were someone new to the sport, I would definitely need a way to connect to the sport in terms that I understand. An easy way to do this is to put the sport in a context where everyone can relate to: *speed*. Set up some radar guns at the front court where the cameras are. Anyone can guess how fast 60 mph is; but everyone can only imagine how fast 180 mph is. Well, imagine that speed of the ball when it's coming straight at you. Immediately, there is a deep respect for what these athletes can do in that enclosure! My first love about the game was the speed. I am sure that it will be many others' first love about racquetball as well.

Jaison Bouie • Houston, Texas

After watching the U.S. OPEN on ESPN2, I decided to write to you regarding a concern I have with racquetball. I have been playing racquetball at the Sarasota YMCA since I moved to Florida eight years ago. We have about 150 racquetball players that range from 5 years old to 75 years of age. They include men, women, boys and girls. A number of them watched the U.S. OPEN and we came away thinking that pro racquetball is one of the most demanding sports that is played. The players are great athletes that have to be in the highest level of physical and mental condition. It takes tremendous stamina to be able to play a best of five game match that could last two hours or longer. The players must play at a fast-paced level as they dive, jump, run, turn and twist with very few timeouts and only short breaks between games. The power in their shots often means the ball travels at speeds reaching up to 180 miles per hour, which requires extremely fast reflexes and eye coordination to return it.

The world that watches pro racquetball on TV probably does not know how fast and what it takes to play a game that level of speed. So our question to you is what would it take to convince ESPN2 to show highlights of the finals of the racquetball pro tour like the highlights of other sports are shown? This would require a time interval on Sports Center to show these highlights or a short segment or show with a sports commentator who discusses the more exciting moments of the match and could include interviews with the winner or runner-up. Thanks for any consideration that you may give to this request.

Bob Kulscar • Sarasota, Florida

Reply from U.S. OPEN Executive Director, Doug Ganim:
 "Thanks for your note and thanks for watching the show on ESPN2! We would all love to see pro racquetball on Sports Center but the reality is until the sport moves into the world of mainstream, regularly televised sports, we will not see racquetball on Sports Center. They have a limited amount of time and a vast number of popular pro and college level sports to cover with highlights. You will be pleased to know that plans are currently in the works to try and get pro racquetball on TV on a more regular basis. Keep reading your Racquetball magazine for the latest news!"

JUNIORS WORLD

Just wanted to say thank you for the front cover of the [March/April] issue. I am on the management team at East Side Athletic Club & the ORA Board in Oregon. I have never had sooooo many calls and emails in my life — and the issue wasn't even out yet! Thanks again for acknowledging Kaitlen & Taylor. They haven't lost a match since they started playing together, and they are looking forward to the Nationals in June.

I personally coach the youth program at our club. We have four high schools with over 60 kids involved, plus our youth program with 40 kids, all with only five courts. We are getting new kids every day, and will be hosting the state Junior tournament in April. This issue is definitely going to create some real excitement amongst our club members and Oregon players. I am very proud of our Oregon program and most of all, our club program. Thanks for all the excitement you have created in Oregon; we were very excited to see them on the cover.

Annette Knoth (Taylor's Mom) • Milwaukee, Oregon

I have been playing racquetball since 1970 and consider it one of the "loves" of my life. I have been terribly saddened by the drastic decline in racquetball here in Tennessee over the last ten years. I am convinced that if a Junior League for youngsters isn't started soon, racquetball will die.

Patrick Doyle • Murfreesboro, Tennessee

HOW COULD I FORGET?

I would like to take this opportunity to correct an oversight I made in the November/December issue, after my doubles partner, Duffy Bracken, and I were fortunate enough to win two divisions at National Doubles. Afterwards, I was asked to comment about the tournament and the challenge of winning multiple events.

My response focused on the personal journey that I went through with regards to learning how to play tournaments on the national level. Unfortunately, I neglected to discuss the importance and value of finding a good doubles partner. It is that oversight that I wish to correct here.



I would like to say that it is extremely important to find a doubles partner who is not only a good complement to the style of game that you play, but is also a person who is a friend off the court as well. It is invaluable to have a partner who can help you raise the level of your game and provide support when you are not playing well. I am fortunate that I have found two partners (Duffy Bracken & Alice Moeckel) who do that for me.

I have always believed that in doubles, you win as a team and you also lose as a team. I regret that I forgot that when I made my initial comments. So, to my doubles partner, Duffy Bracken, I apologize for the oversight. Hopefully, we will go back next year and defend our title.

Andy Kulback • Maineville, Ohio

DO NOT ATTEMPT

I wanted to let you know about the wonderful accomplishment my partner achieved at the states on February 8, 2003. His name is Martin Rosch. On that day Martin played 17 games — 12 with me in the A's and 45's, and 5 with Ray Testaseca in the 60's. We thought this may be some kind of record. Ray and I are blessed to be able to call Martin our partner. He is a great player and a great man. We do not recommend that anyone else play that many tournament games in one day. Martin was under the impression that the 60's would be played on Sunday. Well, he survived, but the cramps did force us to eat our dinner while standing.

I would like to thank Bill Serafin and the Classic Athletic Club in Fairfield for a great tournament. Oh, by the way, Martin and Ray won the 60's, and on [the following day] he and I won the finals in the A's. Not bad for a man who will turn 64 in May. I'm 41 and he is the perfect doubles partner for me. *Splats a Lot!*

Mike Brimat • Bergenfield, New Jersey

IT TAKES ONE TO KNOW ONE

In the last issue [pg.3, *Class Act*] an old friend paid me a wonderful tribute that could not have come at a better time. As I age (and it's happening all too quickly... 55 this year!!) I realize how important it is to have built and maintain the kind of personal reputation that would prompt such an unsolicited letter from a friend. It gave me great pride to have other friends notice the note and reinforce that they view me that same way. I love this sport and (almost) all those I've met connected to it. To Pete: I do appreciate the kind words and the fact that you took the time to recognize me. In my book you're a *class act* too. Hope you and yours are happy and healthy.

Tom Curran • Cincinnati, Ohio

Anne Hilecher

On January 29th, 2003, Anne Hilecher died of stomach cancer. For any professional player from the days of Charley Brumfield to Cliff Swain, Anne served as an honorary MOM. She loved racquetball and going to tournaments. During the 70's and much of the 80's, many participants would see her at tournaments, getting players drinks, and selling her little racquetball necklaces. [She is pictured, above, with husband Daniel, in 1993.]



From the first National Championship held in St. Louis in 1969, Anne committed her time and efforts in providing hospitality as well as her caring and love. Players from out of town were always welcome to stay at her home and one year, she even invited Steve Strandemo to her party, the night she beat her son in the finals of a St. Louis Pro tournament.

I am sure that I can speak for any professional player that has ever met her, seen her enthusiasm, passion and love for the sport and other people, that she will surely be missed. — *Jerry Hilecher*

Anne is survived by her husband Daniel, daughter Robin Pevnick, and sons Alan and Jerry Hilecher. Condolences to Daniel and family can be sent by phone to 561-479-1045, or by email to jhilecher@gatewaytelnet.com.

Keith Karney

On November 21, 2002, Keith Karney succumbed to melanoma in a Sierra Nevada hospital, leaving behind a devastated family and staggering medical bills. He is pictured, two years ago, with his mother Elaine, who wrote "He took your magazine for quite awhile, I believe. He played in all the tournaments and usually won. He had lots of trophies; he lived for racquetball. We miss him so." Condolences/assistance to: Stan & Elaine Karney, 15123 Garcal Drive, San Jose, CA 95127.



Y2LPRA

... after a three-year uphill climb, the women's pro tour enters another new phase ...



NO. 12 RANKED
AMY FOSTER AT
THE 2002 U.S.
OPEN. PHOTO:
VICKI HUGHES.



To kick-off a new century, the USRA took over the struggling Women's International Racquetball Tour, gave it a new logo, renamed it the Ladies Professional Racquetball Association, and set out to re-invigorate interest in women's racquetball on the whole. The ambitious plan was for the USRA to underwrite, organize and take over the administration of the tour for three years, market and stabilize it, then hand over the reins and watch it take off. Now, at the end of that term, the USRA feels that the tour is on solid ground and ready to fly.

When the USRA acquired the then-WIRT in 2000, the tour was definitely in decline. There were few stops, little prize money, and participation was low. "There were only three stops — other than the premiere U.S. OPEN and the Pro National events — for women," recalls USRA Executive Director Jim Hiser, who also served as LPRA Commissioner for most of the past three years. "To get the women's tour on a fast track, there needed to be an immediate investment of personnel and finances, and the USRA was the only entity able to make that type of commitment, at that time." But there was also an ulterior motive.

A strong women's pro tour wasn't just good for the sport in general, but also offered direct benefit as a training ground for top U.S. Team athletes. "The LPRA is important to the USRA because our U.S. Team is comprised of the top women's pros," said Hiser. "It has given our top players an opportunity to maintain their abilities at a high level." And that translates into gold medals for U.S. athletes in international competition.

Hiser went on to add that having a women's pro tour has also kept some of the younger players involved, given them role models to look up to, plus offered a real opportunity to compete at a higher level. This has influenced them to stick with racquetball rather than to migrate towards other sports, which they'd be more likely to do in the absence of a professional arena.

In the role of commissioner, Hiser set three goals to accomplish within three years. He wanted to develop credibility within the women's pro game, create a season consisting of 10-14 stops, and attract a national sponsor that could support the LPRA after the USRA had stabilized the tour.

In the first year, the number of tour events nearly doubled from five in the 1999-2000 season to nine in 2000-01. The average number of players competing in events also rose from 21 to 26, or 25%. Not only were the numbers at each event up, but the overall number of ranked pros realized nearly a 50% increase in the first year.

Those numbers have continued to rise each year since the takeover, though not as dramatically. The number of stops has risen to 12, including two outside the U.S. — one each in Mexico and Canada. At press time, the number of LPRA players was 72 and with two more stops on the schedule, that number is sure to surpass last year's high of 76, marking the third straight year of growth. In the 1999-2000 season there were only 46 players making appearances at tournaments.

Two of the main reasons for the growth have been the amount of money that the USRA has invested into the tour

**Article by
Ryan John**

and the services that they have been able to provide. "We've invested over \$175,000 in the past three years," Hiser detailed. "And probably another \$50,000 in value-in-kind services."

The lion's share of funds allocated by the USRA has gone towards prize money. Each stop now offers a minimum of \$8,000 and this season featured two "majors" worth over \$15,000 each. "This has allowed some of the ladies to stay in racquetball," Hiser explained. "Prior to the LPRA a lot of them were going to leave." Other funding for the LPRA has gone toward expenses for travel, promotional materials, legal fees and registrations, communications and the everyday costs of operating a professional tour.

USRA staff, over and above their routine duties, incorporated most of the services that have come to benefit the LPRA. Heather Fender took on the responsibility of managing all site and sponsorship details of the tour, and even designed the early LPRA annual calendars and promotional merchandise. Ryan John coordinates LPRA coverage, issues press releases for selected events and maintains athlete bios, photos, and rankings. Linda Mojer created and maintains the LPRA website, including updates of events in progress, historical records, archives, schedules, bios and sponsorship material. RACQUETBALL magazine covers the tour as its official publication, including event promotion, schedules, personality profiles and rankings. Every department of the organization, from distribution to accounting has taken on added functions in the support of the tour.

"A lot of creative people have invested a great deal of time and effort into getting the tour back on its feet" added USRA Associate ED, Linda Mojer. "We're all a little anxious about making sure that those long hours haven't gone to waste." It's expected that any new investor will realize that it takes a great deal of behind-the-scenes effort to make even



The women of the LPRA not only compete ... they mentor younger athletes, give a mean interview, volunteer their time supporting charitable causes, and come together to build their player base on, and off, the court. Photos: Vicki Hughes, Denise Frank, stock/staff.





Ladies Professional Racquetball Association

Events | Results | Rankings | Rules | Links | Contact | Content

Want to see the U.S. OPEN again ... ? If you missed ESPN's broadcast of the Choice Hotels U.S. OPEN -- or just want to see it again -- you can now purchase a videotape/DVD version for your own personal library, at www.usopen.com. Contact: sales@usopen.com

2002-2003 Season Schedule

Date	City	Venue
2002		
May 1-3	Pro Nationals, Phoenix, AZ	Arizona State University (acorn)

* LPGA events held in conjunction with ITF events will feature their finals on Saturday (with the exception of the Choice U.S. OPEN in Memphis). All others will conclude on Sunday.

2002-2003 Scorecard

Event/Date	Final Match Result
San Antonio	Cheryl Gudinas def. Kim Wachtel 11-2, 11-1, 11-2
San Antonio	Cheryl Gudinas def. Kim Wachtel 11-7, 9-11, 11-9, 11-6
San Antonio	Cheryl Gudinas def. Kim Wachtel 11-7, 7-11, 4-11, 11-3, 11-0
San Antonio	Cheryl Gudinas def. Jackie Rice 11-1, 11-0, 11-0
San Antonio	Kim Wachtel def. Cheryl Gudinas 11-6, 11-7, 11-9
San Antonio	Jackie Rice def. Cheryl Gudinas 11-9, 3-11, 12-10, 11-13, 11-5
San Antonio	Cheryl Gudinas def. Jackie Rice 11-5, 11-5, 9-11, 11-6
San Antonio	Cheryl Gudinas def. Jackie Rice 11-7, 11-7, 11-9
San Antonio	Cheryl Gudinas def. Jackie Rice 11-2, 11-4, 11-11
San Antonio	Jackie Rice def. Rhonda Rappach 11-11, 11-8, 11-2, 11-2
San Antonio	Cheryl Gudinas def. Jackie Rice 9-11, 11-6, 7-11, 11-4, 11-4

a relatively-small tour, like the LPRA, run smoothly. Staff resources alone will be a substantial line item in any new operating budget.

Having gained a better understanding of these complexities, the players themselves have begun to take a more active role in supporting some of these functions, and are more vocal in offering input on the overall operations of the tour. A player council was established at the 2002 Choice Hotels U.S. OPEN with Kim Russell, Jackie Rice, Kersten Hallander, Rosy Torres, and Jo Shattuck elected to represent the interests of the athletes on the front lines. The player council plans on having much more say in how the tour is run and promoted.

So the USRA is, tentatively, loosening its grip on the tour, in favor of more self-direction, and the prospect of new ownership. Both Hiser and Assistant Commissioner Ed Willis have stepped down, and the search for a new administrator has begun. "Right now we are trying to find a new commissioner that can run the tour for years to come and potentially attract sponsors to help support it," said Hiser.

Although the USRA will no longer be funding the tour, it doesn't plan on leaving the LPRA high and dry. "The USRA will continue to support the tour with services," Hiser explained. "But our financial commitment will be limited." In-house promotional services through the media department, plus magazine and website outreach will continue until the ladies can take on those responsibilities as well. In the interim, the USRA will maintain close ties with the new commissioner and provide assistance with organizational, administrative and record-keeping details.

"It might seem that the USRA is rushing to divest itself of the tour" added Mojer, "but in fact, we're a little hesitant to simply hand it over without some pretty solid assurances that it will be well managed." After carefully developing the tour into a valuable commodity, the USRA will be looking for both financial resources, and long-term commitment, from any prospective new owner.

It's a delicate balance, making it essential to the survival of the LPRA that a national sponsor, or sponsors, be secured to help the tour financially. "Unfortunately we didn't attract a national sponsor [in that three year period]," said Hiser. "But we believe that the tour is in a position where that can happen now."

Hiser's optimism is well founded. The tour offers an attractive package for prospective sponsors, with a well-established calendar featuring several on-going annual stops, a rising level of competition and

growing interest in the game. Last year the Sporting Goods Manufacturers Association (SGMA) reported a 2.7% increase in racquetball participation.

The SGMA also issued new demographics, citing 5,296,000 racquetball players in the U.S., with more than a third of them women (34.3%). A full 25% of those over-five-million are "frequent" players who take to the courts 25, or more, days per year. That translates into a target market of nearly 500,000 active women who play racquetball every other week, on average, plus another 1.3 million women that play casually.

And let's not forget that the sport isn't limited to female spectators. Just look at tennis to see the impact that a women's sport can have on the male population! Where sponsorship and exposure is concerned, the LPRA has every bit as much to offer as any other women's professional tour sport.

Racquetball has other demographics in its favor as well. Among frequent players, 51% are college graduates, with an average age of 35, and an median household income of \$69,200. "Some advantages for a sponsor would be association with a women's professional tour that could give them national exposure," explained Hiser. "The sport has excellent demographics and if they (potential sponsors) are interested in hitting a female market, the LPRA tour would be a perfect fit."

The USRA, and all the women of the LPRA, are keeping their fingers crossed for a successful "next phase" for the tour. Interested, or have some leads you think might be worth pursuing? Contact Jim Hiser at jhiser@usra.org, or 719-635-5396, ext. 130.

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kirkwood high, sheppick & fisher win high school nationals



Clayton Reeves (holding trophy) and Becky Gordon accept Kirkwoods' first place award. Photo: Tim Bond.

It's always the USRA's first major event of each new year, and the 2003 Wilson High School Nationals brought March in like a lion!

Boy's Singles

For the second year running, the defending boy's champion had graduated and left the door open for a new titleholder. Early on, some familiar names began to line up at that door, as 2002 runner-up Dan Sheppick earned the top seed position, followed by No.2 Ben Croft and No.3 Joey Lakowske, all current U.S. Junior Team members. Other team members to claim top spots were No.4 David Chirban, No.5 Charlie Pratt, and No.8 Mike Keddie.

Accommodating one of the largest draws in the tournament's history, 174 players were placed in an Olympic satellite format, which opened with a round of 256. Many received byes in those first rounds (including all of the top 32 seeds) but that would be the only rest for those that continued to advance. The winner

would have to get through eight rounds in four days – and that was just in singles.

Everything went as planned through the round of 64 (with no losses among the top-16) before a few upsets were logged in the 32's. The biggest of them was between No.21 David LaForest and No.12 Jared Torres. LaForest got through the first game easily, 15-6, but the second game was much closer, with Torres coming out on top, 15-14. The tiebreaker offered more of the same, but this time it was LaForest who squeaked by with a one-point victory, 11-10. The other upset came when No.18 Chris Guilfooy got past No.15 Scott Rieders in another tiebreaker, 15-12, 7-15, 11-4.

Despite a few turnovers, there were even fewer surprises in the round of 16. All of the top seeds advanced in straight games

with the exception of No.8 Mike Keddie who faced No.9 Chris Crockett, who pulled off the minor upset in two straight, 15-12, 15-11, to advance into the quarterfinals.

On paper the quarterfinal match-ups looked as though things would get tougher. Although Sheppick and Croft allowed their opponents to get into double digits for the first time, they never seemed in any danger of losing. Sheppick disposed of Crockett, 15-12, 15-5, and Croft kept a flying Anthony Herrera at bay, 15-7, 15-10. Lakowske seemed as though he was in trouble with Shane Karmelin after losing the second game, but he left no doubts in the third by serving up a donut, 11-0.

Also in the quarters David Chirban and Charlie Pratt faced off in the first match-up between U.S. Junior team members. Pratt was in control of the entire match and downed Chirban in two straight, 15-10, 15-7. "I was playing well and I was able to find a strategy that worked," Pratt said of his hard z-serve to Chirban's backhand. "I was hitting the shots that I needed to."

After a much-needed night of rest, the semifinalists made their way back to the courts to face off for a spot in the finals. In an all-Oregon battle between players who know each other's games well, Sheppick was set to go against Pratt. After winning a close first, 15-13, Sheppick turned up the heat in the second and won walking away, 15-3. "I was making a lot of mistakes and he was playing well," Pratt admitted after the match.

The other semifinal featured Chicago's Croft and the third Oregonian in the round, Lakowske. Croft's game continued to stay sharp and he was able to come up with the big shots when he needed them against his persistent challenger. In the end Croft came away with a 15-8, 15-12 victory.

Both Sheppick and Croft had been plowing through the field on a collision course for each other since the first day of play. They were set to square off in a rematch of the 16- junior national final that had taken place last June. Sheppick won that match in a tiebreaker and Croft was out for revenge.

Mine! Mine! Mine!!

Historically, siblings have produced some great doubles pairings. Twin sisters Jackie (Paraíso) Rice and Joy (Paraíso) MacKenzie may be the most successful to date, with three national and two world doubles championships to their credit.

At the high school level, several more have paired up to win titles. Linda and Martha Gates teamed up to win the first H.S. girl's doubles title in 1988; Britt and Alan Engel won the first mixed doubles title in 1991. All in all there have been 18 doubles titles won by siblings, including this year's girl's win by Adrienne and Kelly Fisher. Finding a doubles partner that you don't fight with is hard enough sometimes ... RACQUETBALL wanted to know what it was like to play with your brother or sister.

Some thought it was easier... "I think it's easier because we know each other so well," said Katie Ferguson, and sister Elizabeth agreed, "It is a lot easier. We don't have to talk so much because we kind of know what each other is thinking."

"I think it's easier because I know her game better than I would know somebody else that I was just paired up with," said Kelly Fisher, who teamed up with sister Adrienne to win their third H.S. doubles title. "Because we've played together so much and I have watched so many of her matches I know her game better than anyone else."

Some thought it was harder... "I think it's harder because I don't have a problem yelling at her," said Jeremy Gogel of his sister Emily. "If I was playing with a different doubles partner I would probably be able to restrain myself, but I have no problem yelling at her if she does something wrong and she doesn't have a problem yelling at me either."

Becky and Stephanie Gordon [pictured] agreed, but for different reasons. "I think it's harder because we play so much alike that we don't really complement each other," said Becky. "We have the same strengths and weaknesses."

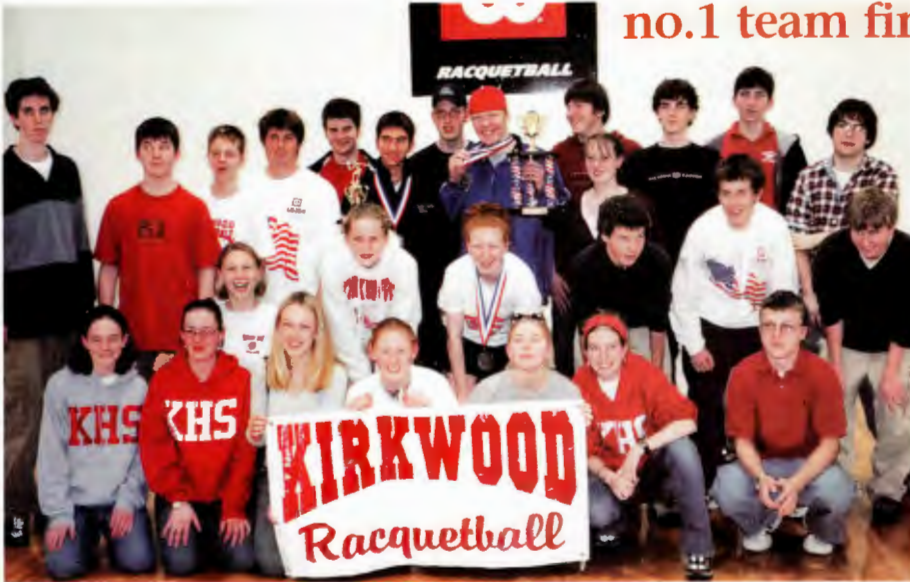
"The majority of the time it's harder," added Stephanie. "You are harder on the person when they mess up because you know what level they are capable of playing at."

Whether they thought it was easier or harder, all of the players agreed that it was a fun and unique experience to play with a sibling, and that it has its ups and downs. But the pros must outweigh the cons, because almost one-third of the high school national doubles champions have been made up of sibling teams.



Wilson 16th U.S. National High School Championships
Presented by Penn Racquet Sports • Remote coverage by Ryan John
All photos, courtesy the Bond, Ferguson, Fisher, Gordon and Gogel families

no.1 team finisher: kirkwood high



The first game was close, with Croft pulling away at the end 15-11. The second game had started out in the same way, and was tied at 2-2, when disaster struck. Going for a ball, Croft rolled over on his ankle. After taking his full 15-minute injury timeout, he attempted to continue the match, but it was easy to see that his mobility was affected, leaving Sheppick to take the second game, 15-8.

Limping badly, Croft attempted to play the tiebreaker, but after going for a passed ball, with the score tied at 4-4, he simply sat down, took off his shoe, unwrapped his ankle, and declared that he was finished.

Croft was understandably disappointed. "I had some tough matches before Dan and I knew he was going to be the toughest," he said. "I was ready for him. It's just unfortunate that the injury happened." At the hospital for follow-up treatment, it was later learned that Ben had torn the ligaments in the ankle.

Although he won, Sheppick [right] also wished that the match could have been played out. "It is hard to feel too good about a match that you win because the other guy got hurt," he said. "I do think that I had the momentum in the second game. I just wish that Ben wouldn't have gotten hurt."



Girl's Singles

The girl's draw was also large, with 105 players, but most of the talk leading into the tournament was whether or not Adrienne Fisher would capture an unprecedented fourth high school title. Each of the remaining 104 players in the draw was eager to foil Fisher's attempt to make history.

Fisher was the clear-cut favorite in the tournament and received the top seed, followed by last year's runner-up, Elise Wilson, in the No.2 spot and Adrienne's younger sister Kelly at No.3. Ashley Willhite, who surprised everyone last year by knocking off Ashley Legget in the quarterfinals, was placed in the No.4 position.

All of the top seeds received a bye in the round of 128. As it turned out, that was the only round in which at least one of the top 16 didn't fall.

In the round of 64, No.13 Michelle Carrington played her first match against Alex Chartrand, who had earlier defeated Katie O'Brian to advance. Carrington seemed as if she had things under control after winning the first game 15-5, but then Chartrand put the pressure on with a second game win, 15-11. The tiebreaker was a battle, with Chartrand pulling off the upset, 11-8.

Another seed fell in the round of 32 when Kelly Huesling knocked off No.15 Lauren Ritter, 15-6, 15-5. Straight game wins seemed to be the status quo for the round as all other players also advanced in two, with the exception of Chartrand. Again she was forced to go the distance in defeating Sherri Berry, 15-7, 14-15, 11-8.

As seeds began to face each other in the round of 16, the matches seemed as though they would get closer and closer. But that was not the case, as the top seven blew past their opponents holding them to an average of just four points a game.

The only upset of the round was also a quick one for No.9 Sarah Hettesheimer, who got past No.8 Kimberly Walsh, 15-5, 15-6. "My serves were pretty good and she was having trouble keeping the ball down," Hettesheimer said. "That was giving me a lot of setups that I could put away." Hettesheimer, just a freshman, took second in girl's 14- singles at the U.S. Junior

Crunching the Numbers

With nearly 300 players representing over 50 high schools across the country, tallying team points at the high school nationals could have been a nightmare. Then stepped in computer consultant Rod Anderson, who first became involved in racquetball when his oldest son Ryan began playing 12 years ago. He's continued to help out in the Oregon area, while his son Jared currently plays on the Sprague H.S. team.

Rod had heard that keeping track of team points was often a problem, so he decided to write a program that would work with the Tournament Management System (TMS) that the USRA uses to run its national events. "There is a report that you can get off of TMS called 'Daily Results'," Anderson explained. "It gives a file of every match played that day. I simply pull that information into an application that I made."

His application tallies each winner's points and groups them with their team. Only the top four boy's and girl's singles and one doubles team from boy's, girl's, and mixed can count towards a team's total. Players receive 12 points for a gold division win, 3 points for a blue, 2 points for a red, and 1 point for a white. Players receive no points for a loss.

Anderson did run into some challenges. "The point totals had to be separated for boy's teams and girl's teams," he said. "Another tricky little thing was that teams had to have at least one boy and one girl to be considered for the overall team title."

"His program was great," said Jim Hiser, tournament director. "We were stretched, staff wise, at the tournament desk and Rod really saved us a lot of time."

Luckily, Anderson also attended the U.S. Intercollegiate Championships in April to watch his older son Ryan compete, and again helped out with the point totals, even though they are calculated a little differently. "I'll have to tweak the current application to fit the intercollegiate scoring system, which is different."

The team format of both the high school and intercollegiate nationals guarantee that his work is greatly appreciated by administrators. The table at right shows how the high school and intercollegiate scoring systems shape up.

High School Team Scoring System*

Gold	Win = 12 points
Blue	Win = 3 points
Red	Win = 2 points
White	Win = 1 point

Collegiate Team Scoring System*

Division	1st	2nd	3rd	4th	Qtrs
#1 Gold	350	280	210	140	70
#2 Gold	300	240	180	120	60
#3 Gold	250	200	150	100	50
#4 Gold	200	160	120	80	40
#5 Gold	150	120	90	60	30
#6 Gold	100	80	60	40	20
#1 Blue	142	124	106	88	
#2 Blue	120	105	90	75	
#3 Blue	102	89	76	63	
#4 Blue	85	74	63	51	
#5 Blue	65	57	48	39	
#6 Blue	44	38	32	26	
#1 Red	68	51	34	17	
#2 Red	60	45	30	15	
#3 Red	48	36	24	12	
#4 Red	40	30	20	10	
#5 Red	28	21	14	7	
#6 Red	20	15	10	5	
#1 White	24	18	12	6	
#2 White	20	15	10	5	
#3 White	16	12	8	4	
#4 White	12	9	6	3	
#5 White	8	6	4	2	
#6 White	4	3	2	1	

**Note: these numbers are tallied for total team earnings, not for individual ranking points. Top finishes earn ranking points according to the table shown on page 61.*

Nationals in June and promises to be a contender in coming years.

In the quarterfinals Adrienne Fisher and Elise Wilson stayed on track for a rematch of last year's final, both with straight game wins. Kelly Fisher wasn't so lucky in running into No.6 Jesi Fuller, who had been on fire all weekend. Fuller gave up her spot on the school's track team this year to concentrate on racquetball, and the move paid off with her upset of the No.3, 15-12, 15-13.

The gutsy-est match of the round was played between No.4 Ashley Willhite and No.5 Da'Monique Davis. Davis, whose game has greatly improved in the past year, was crisp at the beginning of the first game in building a huge lead, then holding onto it to win 15-10. But something seemed wrong.

"I felt good at first (in the first game), I felt great," Davis explained. "I was really nervous in the match, but then I started to feel really sick from what I ate before. That second game I couldn't even stand upright."

It turned out that Davis had eaten too much pizza earlier in the day and it had upset her stomach. Willhite won the second game easily, 15-4, but Davis was determined not to let her earlier nutritional mistake keep her from advancing. "I went in for the third game and told myself 'I'm not losing this tiebreaker'."

Davis built a 9-6 lead, but Willhite was equally determined not to lose and retook the lead, 10-9. The queasy Davis then called a timeout, did her best Pete Sampras imitation, and returned to the court. Relieved, Davis scored the next two points to advance into the semis.

no.2 team finisher: catlin gabel high



After disposing of the No.3 seed in the quarterfinals, Fuller re-focused on No.2 Wilson in the semifinals. "I knew I had been playing well going into the match and I just wanted to keep that up," Fuller said. "I knew that it was going to be tough and that I had to stay focused in order to play well." She continued to play tough against Wilson and posted her second straight upset, 15-11, 15-7, to earn her spot in the finals.

Fisher had not allowed an opponent to reach double digits to this point, as she continued to march towards a fourth high school title. That particular scoring run ended after Davis earned 10 in their second game, but Fisher showed that she was still the player to beat by winning 15-7, 15-10.

Both Fisher and Fuller were on a roll heading into their playoff. Fisher was the clear-cut favorite, but Fuller didn't seem intimidated. They had faced each other several times throughout their junior career with Fisher always coming out on top.

Fuller [right] left the crowd buzzing after knocking off Fisher in the first game 15-11. "I felt like I played awesome," she explained. "I knew that I had to play tough just to stay with her." Fisher agreed, "Jesi was playing really well all week and she came out playing really well in our match."



Fuller continued to play well, building an early 7-4 lead in the second. But then it was as if Fisher flipped a switch. "I was being very tentative and when Jesi had opportunities, she wasn't missing," Fisher explained. "I just decided that I was going to play like I was capable of, and go for my shots when I had them."

So she did – and made them — rattling off 11 unanswered points to take the second game 15-7. She continued to play inspired racquetball well into the tiebreaker, earning a 6-0 lead. Fuller answered with a few points of her own, but Fisher had already found her groove and went on to win the deciding third, 11-4, making her the only player to ever win four high school national singles titles.

"She just motivated herself in the second game and started rolling everything," Fuller said after the match. "There was nothing I could do. She just pumped herself up and it was over."

Doubles

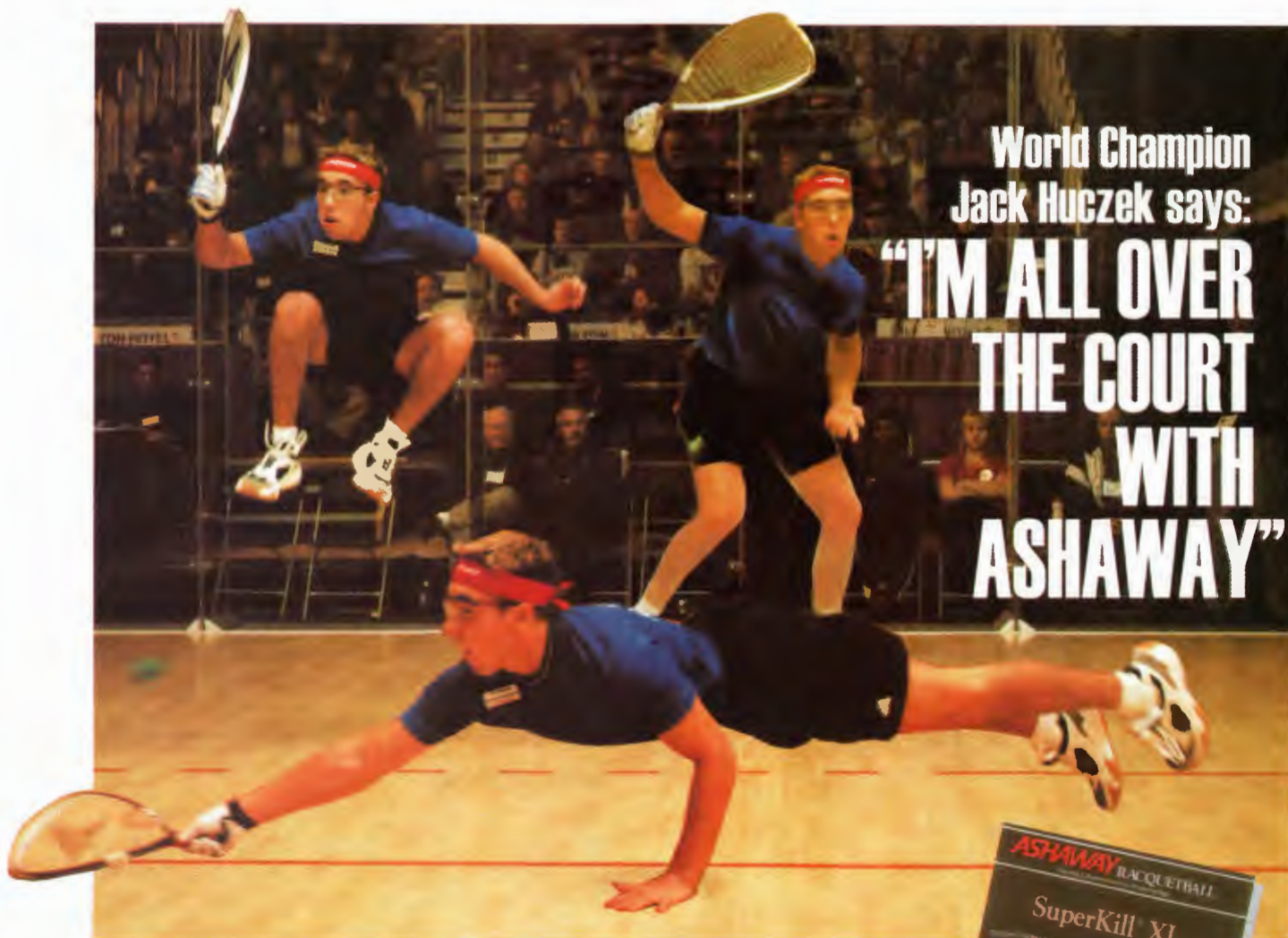
Boy's, girl's, and mixed doubles divisions were also very important to the final team standings, and unique in that players had to be from the same school in order to earn points.

After teaming with Joey Lakowske to earn the boy's non-championship doubles title last year, Charlie Pratt found a partner from his own school, Bobby Klein, and set out to capture the boy's gold division championship.

In the quarterfinals Kirkwood's Clayton Reeves and Mitch Votruba upset the No.1 team of Murphy Delaney and Ted Haley, 15-11, 6-15, 11-7, leaving the door open for No.4 Tom Carrow and Phil Mathews, who got past Reeves and Votruba, 15-13, 15-5, in the semis. In the bottom half, No.3 Klein and Pratt defeated No.2 Mike Brand and Chris Guilfooy to face Carrow and Mathews in the final.

The final was exciting, as the teams split the first two games, and the deciding third was also filled with great shots and pressure-packed points. Klein and Pratt ended up making more shots when they needed them and went on to win 11-8.

"Bobby was really determined to do well and I think we played great," Pratt said. "I'm glad we were able to win it."



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no.3 team finisher: beaverton high

doubles, but things seemed to right themselves after the quarters. In the top half, No.1 Katie Ferguson and Jeremy Babener defeated No.5 Lindsey Baptiste and Ted Haley in what would turn out to be their toughest match, in straight games of 15-9, 15-3. The bottom half pitted No.2 Becky Gordon and Clayton Reeves against No.3 Sarah Moyle and Scott Reiders. The teams split the first two games by identical scores of 15-11, before Moyle and Reiders began to work together a bit better, and post the 11-6 win.

They would be playing together at this event for the last time, and two-time defending champions Adrienne and Kelly Fisher didn't want to split up on a sour note. Right behind them were another set of sisters in No.2 seeded Elizabeth and Katie Ferguson.

Going into the semifinals the Fishers had yet to be tested, and they continued to blast their way through the draw by defeating No. 4 Katelyn Brown and Michelle Carrington, 15-0, 15-1. But the Ferguson pair found themselves in trouble after losing the first game 15-5, to Kelly Huesling and Betsy Rombach, then rebounding in the second with a 15-4 win to force a third. The teams continued to trade blow outs, however, and it was Huesling and Rombach's turn as they went on to win 11-3 to earn their spot in the finals.

For the first time in the event, the Fisher's were tested through a narrow defeat over Huesling and Rombach, 15-14, followed by more pressure as they again squeezed out the victory in the second, 15-13, to win their third straight girl's doubles title.

There were some early upsets in mixed

Near right (L-R): Jeremy Babener and Katie Ferguson.
Far right (L-R): Mitch Votruba with Kirkwood Assistant Coach John Kleinschmidt.

The final was all Ferguson and Babener, who controlled the entire match, much as they had in previous rounds, and went on to win over Moyle and Reiders in straight games, 15-5, 15-1.

Team Competition

Above and beyond the individual titles, the team competition is one of the most exciting aspects of the High School Nationals. Even without a "heavy hitter" any school can still be in the hunt for the boy's, girl's, and/or overall team title. In the Olympic format, players continue to compete in blue, red, and white divisions even after elimination from the main gold division. They even earn points for their team as they compete in the consolation brackets, even though the point values are not as high.

This year Kirkwood High's team held the distinction of being two-time defending champions, but they were still considered a long shot to win, after losing 25 play-



ers to graduation. "It's going to be hard for us to win again this year," predicted head coach Michael Von Gerichten. "We are still competitive, but this is really a rebuilding year for us."

Despite the odds, Kirkwood was able to capture its third straight overall team title by just three points over Catlin Gabel H.S. of Portland, Oregon. "It was a total shock," assistant coach Paul Gordon said. "I would have bet my house we wouldn't be in the top five."

Kirkwood's win was truly a team effort. Becky and Stephanie Gordon, who each reached the round of 16 in girl's gold division, and John Donovan, who won the boy's red division, led them in singles. Clayton Reeves and Mitch Votruba also backed them up with some fine doubles play.

St. Louis University repeated as the boy's team national champions, led by Phil Mathews and Chris Guilfooy who both made the round of 16 in gold division singles. Mathews then paired up with Tom Carrow to take second in doubles and Guilfooy earned third place in doubles with Mike Brand.

But sometimes having a ringer, or two, can increase a team's odds. For three-time winner Centerville H.S., it didn't hurt that their two-girl team was comprised of Adrienne and Kelly Fisher [above right]. Adrienne won the girl's singles and Kelly finished in the quarters. The two then paired to win the girl's doubles crown, bringing their point earnings to more than enough to clinch another girls' title. •



wilson national high schools

St. Louis, Missouri: February 28 - March 2, 2003

Boy's Singles: Dan Sheppick (Rex Putnam H.S., Portland, Ore.) def. Ben Croft (Lake Forest H.S., Lake Bluff, Ill.) 12-15, 15-8, 5-5 Ret (inj)
Girl's Singles: Adrienne Fisher (Centerville H.S., Centerville, Ohio) def. Jesi Fuller (Manzano H.S., Albuquerque, N.M.) 12-15, 15-7, 11-4
Boy's Doubles: Clayton Klein/Charlie Pratt (Sunset H.S., Portland, Ore.) def. Tom Carrow/Phil Mathews (St. Louis University, St. Louis, Mo.) 11-15, 15-7, 11-8
Girl's Doubles: Adrienne Fisher/Kelley Fisher (Centerville H.S., Centerville, Ohio) def. Kelly Huelsing/Betsy Rombach (Nerinx Hall, St. Louis, Mo.) 15-14, 15-13
Mixed Doubles: Katie Ferguson/Jeremy Babener (Catlin Gabel H.S., Portland, Ore.) def. Sarah Moyle/Scott Rieders (Southridge H.S., Beaverton, Ore.) 15-5, 15-1

Overall Team	Points
1. Kirkwood H.S. (St. Louis, Mo.)	342
2. Catlin Gabel (Portland, Ore.)	339
3. Beaverton H.S. (Beaverton, Ore.)	318
4. Southridge H.S. (Beaverton, Ore.)	252
5. Sprague H.S. (Salem, Ore.)	243
6. Sunset H.S. (Portland, Ore.)	217
7. Parkway West H.S. (St. Louis, Mo.)	207
8. MICDS (St. Louis, Mo.)	201
9. Watertown H.S. (Watertown, S.D.)	147
10. Mountain Home H.S. (Mountain Home, Ark.)	

Boy's Team	Points
1. St. Louis University (St. Louis, Mo.)	204
2. Sunset HS (Portland, Ore.)	198
3. Kirkwood HS (St. Louis, Mo.)	168
4. St. John Vianney (St. Louis, Mo.)	147
5. MICDS (St. Louis, Mo.)	138
6t. Sprague HS (Salem, Ore.)	132
6t. Beaverton HS (Beaverton, Ore.)	132
6t. DeSmet Jesuit (St. Louis, Mo.)	132
9. Catlin Gabel (Portland, Ore.)	113
10. Southridge HS (Beaverton, Ore.)	110
11. Watertown HS (Watertown, S.D.)	108
12. Rex Putnam (Milwaukie, Ore.)	96
13. Parkway West High School (St. Louis, Mo.)	90
14. Lake Forest High (Lake Bluff, Ill.)	84
15. Crescent Valley High (Corvallis, Ore.)	78
16. Dacula High (Dacula, Ga.)	60
Fruita Monument High (Grand Junction, Colo.)	60
Martensdale-St. Mary's (Prole, Iowa)	60
Oak Mountain HS (Birmingham, Ala.)	60
Rolla Homeschool Group (Rolla, Mo.)	60

21. Xavier HS (Queens Village, N.Y.)	48
Johnston HS (Grimes, Iowa)	48
Garden City HS (Garden City, Kan.)	48
Memorial HS (Manchester, N.H.)	48
25. CBC-St. Louis (St. Louis, Mo.)	38
26. Blackman HS (Christiana, Tenn.)	36
Amos Alonzo Stagg (Palos Park, Ill.)	36
Jordan HS (Draper, Utah)	36
Catholic HS (Baton Rouge, La.)	36
Milbank HS (Milbank, S.D.)	36
Babylon HS (Babylon, N.Y.)	36
Rockford HS (Rockford, Mich.)	36
33. Ladue HS (St. Louis, Mo.)	33
34. Parkway Central (St. Louis, Mo.)	32
35. Copper Hills HS (West Jordan, Utah)	24
Lowndes HS (Valdosta, Ga.)	24
37. Holy Savior Menard (Alexandria, La.)	15
38. Mountain Home HS (Mountain Home, S.D.)	0

Girl's Team	Points
1. Centerville HS (Centerville, Ohio)	192
2. Nerinx Hall (St. Louis, Mo.)	180
3. Catlin Gabel (Portland, Ore.)	154
4. Beaverton HS (Beaverton, Ore.)	132
5. Kirkwood HS (St. Louis, Mo.)	126
6. Parkway West HS (St. Louis, Mo.)	105
7. Southridge HS (Beaverton, Ore.)	82
8. Sprague HS (Salem, Ore.)	75
9. Manzano HS (Albuquerque, N.M.)	72
10. Bristol Central HS (Bristol, Conn.)	66
11. Villa Duchesne (St. Louis, Mo.)	60
Visitation Academy (St. Louis, Mo.)	60
Communications Arts HS (San Antonio, Texas)	60
14. Mercy HS (Cincinnati, Ohio)	48
Klamath Union HS (Klamath Falls, Ore.)	48
16. St. Joseph's Academy (St. Louis, Mo.)	43
17. MICDS (St. Louis, Mo.)	39
18. Skyline HS (Salt Lake City, Utah)	36
19. Cor Jesu Academy (Manchester, Mo.)	24
Mountain Home HS (Mountain Home, S.D.)	24
21. Sunset HS (Portland, Ore.)	19
22. McMinnville HS (McMinnville, Ore.)	18
23. Watertown HS (Watertown, S.D.)	15
24. Notre Dame HS (St. Louis, Mo.)	3

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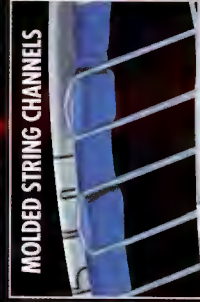
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PLAYERS HELPING PLAYERS **A TRUE STORY**

by Randy Stafford

For those of you that have been following this fundraising campaign, you know that it is titled "Players helping Players" but you may not know the real, tangible reason that this name was chosen. Over the

years, I've seen many examples of players helping players in many different situations. Perhaps you know of a special case, or even better, you may have helped a player in your own unique way. There are, easily, hundreds of ways to help a fellow player, some direct and some indirect.

I know people that have volunteered — literally for decades — by running a juniors program, a tournament, camps, clinics or even assisting a local organization. Maybe you drove a shuttle for an event, coached the kids during summer camp, or stopped to show a new player the rules and hit with them for a while. Whatever your reason, the effort didn't go unnoticed. You obviously impacted the people who received your help, and showed them that another person cares and wants them to benefit from racquetball, just like we have for so many years. Doing your part to help another player brings joy in your own unique way.

I am sure that we all have our own stories about how we, or someone else, helped another player along. Or maybe we were on the receiving end of someone truly going out of their way to help, and it changed our life forever. This actually happened to me, and I have never forgotten the efforts that were extended to me. But I'm getting a little ahead of myself, so please allow me to start from the beginning and share my story with you.

It was the summer of 1973 and I was 18 years old. I had been playing racquetball for about five years and I was pretty good, or so I thought (as most of us did at that age). My family had moved to Canada, way up in Northern Alberta, where I spent my summers while I attended the University of Tennessee. The only problem

was there were no courts in Grande Prairie and I really missed racquetball for those three months. It was my second summer away from the courts in Tennessee, and I can remember

finding an old concrete wall where I could go and hit balls and still practice my game.

One day I heard about the Klondike Open, scheduled for July in Edmonton, about 400 miles from where we lived. I was excited that, way up here in Canada, I could go and play a tournament! So off I went with my parents (we all made the long drive) to compete in the Klondike Open.

It was very exciting. Racquetball was just starting out, but this particular tournament was very well known, and drew all the big names from the U.S., like Brumfield, Strandemo, Serot, Keeley and many others. The first pro tour hadn't even been created yet.

I lasted through several rounds, and was beaten pretty handily by one of the big names. I had actually had met most of the players at previous events in Memphis and Louisville, Kentucky, so it was nice to see everyone, compete, watch all of their matches and go to the parties, which were lots of fun.

Near the end of the weekend, one of these well known players asked if I was interested in traveling back to San Diego and staying at their home for several weeks to work on my game. Well, as you may know, in the early 70's all the best players were based in San Diego, and it was *the* place to go and train if you were serious about racquetball. I was taken aback by the invitation and really didn't know what to say. I was just 18, and it was a huge step for me to do something like this. I asked him if I could get back to him within a week and let him know.

Traveling back to Grande Prairie, I pondered what I should do. I was in Canada for the summer and was having a great time. I had saved up about \$500.00 to buy a sailboat, and now had to decide between it or using the money for airfare. I made the decision to go to sunny California and play racquetball before returning to college. To me, it was a trip of a lifetime.

I remember arriving at the airport, being picked up by my benefactor and taken to his home. While unpacking, he asked about all the coolers that I'd brought with

me. I told him that I didn't really have a way to pay for his hospitality, but that I could at least provide some food and do a little of the cooking. A few weeks earlier, I'd shot a bear and a moose, so I'd packed about 50 lbs of meat in those coolers. For the next three weeks, I cooked up tasty bear burgers and moose stew for my host.

So there I was, my first trip to California, staying at a player's home, learning from one of the sport's best and being able to live my dream. I can remember playing at the first George Brown's racquetball club, traveling up north to a tournament at Chabot University, in a Volkswagen driven by D.C. Charleston. We played in LaHoya every day and then went to the beach with all the top players. I even went to the original manufacturing plants of Ektelon and Leach during my stay. After three weeks I was very sorry it had to end, but back to school I went. The following summer, I returned and relived the entire experience all over again ... minus the bear and moose meat, though.

The point of this story, after so many years, is to show the affect one individual can have on another. This benefit didn't even occur on the court, but the result was really a life changing experience for me. Not only did it propel me forward in my playing, but I gained a strong sense of what I wanted to do as an occupation. I remember graduating with a plan to be in the racquetball business, somehow, and I've now been building racquetball courts all over the world for 27 years. I can't say exactly at which moment, or why, this career decision was made ... but one thing is for sure, if I had not visited San Diego those two summers I would not have gone into the racquetball business. Who knows what I might be doing now, if I'd used that \$500.00 to buy a sailboat instead of airfare to California.

The unselfish act by this person, in trying to improve my game among the best players of the time, helped propel me

the campaign trail

These "Players helping Players" donors continue to support the USRA's ambitious fundraising campaign, with gifts that total just over \$90,000 toward the first "phase" of a \$100,000 goal [by May 31, 2003].

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Total donated to date =

\$92,346

Of that total, anonymous donors (including a generous "kick-start" of a \$25,000 matching gift), have contributed \$38,000, and "foundation builders" have begun a small nest egg of just under \$10,000. Special thanks go out to those "mystery" givers and long-term investors!

We're within striking distance of the \$100,000 goal set for this phase of our fundraising efforts! Add your name to the list and take advantage of the high-end perks before May 31, by signing up online at www.usrastore.com, under "Make a Donation"

... players helping players

toward growing up and becoming who I am today. He truly was a player helping a player, not expecting to receive anything in return. Trust me, he did not invite me to visit because he suspected that I was a great cook who would arrive with 50 lbs. of bear and moose meat!

We do not know just what the end result of any of our actions will be. It may be just as simple as warning a kid in the next court to always wear eyeguards, and then lending them your extra pair. It could be to spend some time with a kid (like me back then), teaching them the game during their summer vacation. Personally, I feel I can never do enough to repay what was done for me when I was younger.

Each of us *can* help. I urge you to volunteer, work a tournament, teach a kid, donate gear to a camp, assist with a summer camp, or even donate money to our campaign. USRA programs help other players, just like you and me ... so any donation, large or small, is what counts. We believe the same way you do and will make the most of your donation; that I guarantee to you personally. As we go down this path of life, I encourage you to pick an area of interest and do your part to help out. I believe racquetball is a good cause and individually we can make a difference. Our sport truly needs your help.

Now to finish up my story ... I was so lucky, for so many reasons, that I was picked by this person and offered that opportunity. My game improved, I met many lifelong friends, saw sunny California, and grew up from a kid to a young man during this time. This person was my hero; he gave me a gift that I could not buy, and certainly did not deserve. In his mind, he was only doing what I have been trying to convey: he was only a player helping a player. By the way, his name was Dr. Bud Muelheisen, one of the sport's founding fathers, and a star in racquetball's Hall of Fame. Thanks, Dr. Bud, for your gift.



houston ... ?

RACQUETBALL Magazine enlisted the IRT's Sudsy Monchik and Jason Mannino (*a pair that is rarely at a loss for words*) to preview the top names expected at this year's national singles championship in Houston. They

were happy to do it with only one stipulation, "as long as we don't cuss, don't edit anything." Yeah, right ...

Mike Guidry >>

Sudsy: Will "Guids," the defending champ and January pro stop winner, repeat? I don't see it that way. I think he has other things on his mind and will be more concerned with what's going on outside the court and who's watching. He's definitely the most experienced player in the draw and when he has no pressure he usually plays great. If he doesn't "think" he has to win he can do it!

Jason: I don't think he could win with Ruben on the court as his partner against everyone. Just kidding. It's hard to call him a dark horse but with the talent in the draw he is. I still pick Guids to win it again.



<< Jack Huczek

S: I think this year is much different from years past. Jack has much more competition this year. He's not "supposed to win." He is definitely one of the best players in the draw but he will have his hands full with the other pros competing. If he plays great all week and doesn't get rattled then he is obviously a favorite.

J: Hard to bet against him but I think he will fall asleep at the wheel. Besides that, he's on the team either way.

Adam Karp

S: I am cheering for my buddy Fish to win this! Only problem is that I don't think he's ready.

He hasn't seen much quality r-ball lately and it

will be tough for him to play flawless for the whole tournament. He could and will give fits to someone but I think the lack of *real* court time will hold him back from another Houston title. I know he would love a shot at Jack again and if he gets it, don't be



i'll tell ya' who's gonna win houston ...

surprised if he wins this time.

J: He will be making more job placements than scoring points. Expect to see him in the bar with everyone celebrating my No.1 ranking.



<< Rocky Carson

S: Prettiest person in the draw.

According to pro rank Rocky and Jack should battle it out for the USRA national singles title. I agree with rank and think these two players will be playing for it all in the end. I call a Rocky vs. Jack final. Who's reffing?

J: If Rocky can hit the front wall with his curled backhand then he will be a serious threat for the title.

Chris Wright

S: Don't lob on the hot and humid courts of Houston. Turn and burn and good things can happen. I think Chris is

one of the best amateurs in the world but I don't know how he will handle a big match.

J: He will easily annoy the young'uns, forcing them to make many errors. Strong quarterfinalist, but that's all.

Michael Bronfeld >>

S: This year Houston is a fight for a spot on the Pan-American team. Bron's already been there and I do not think he will be motivated for this event. He's always a Houston favorite but not this year.

J: He should always be taken seriously. Has he been playing? Who has he been playing? Is he ready? Doubt it. Possible quarterfinalist.



Mitch Williams

S: Enough of the Wild Thing crap.

He's a great player, with all the tools, yet he is too wild. Don't worry about being flashy or what everyone is doing outside the court and you could be a National Champion. If he plays like he did against Kane in Memphis and he could do it.

J: It's all about the H-E-A-D. Will he keep his composure? Nope! He will fall apart and lose to someone he should beat. He will be playing squash with Suds and me all week unless he screws his head on straight.



<< Jason Thoerner

S: Great ref but worst sneakers of all-time! I know he's learned a lot this year on tour but can he put it all together for a week straight? I know he can talk his way to a win but will he be able to rattle the experienced pros? He knows the answer. Shut up and hit your shots.

J: My favorite ref. With a full year of IRT events under his belt he is seasoned and ready. If he puts on a real pair of sneakers he could definitely be fighting for the title. Easy semifinalist.

Josh Tucker >>

S: Despite his win over Elli in North Carolina he's way too nice to win. He needs more big-match experience and learn to fight for every point. Great guy with all the tools but I question his mental toughness.

J: After watching Cliff take his lunch money it will be real hard to bet on him but he is a really nice guy.



Shane Vanderson

S: Vandy definitely has what it takes to beat anyone in this draw. He might not be ready this year but expect him to be a repeat champion in the future.

J: After playing him a handful of times this season I can say he has all the tools but also a case of the "skippies." He will also lose to someone he should beat.

Dan Fowler >>

S: Where have you been? Always a force but he hasn't been playing enough to pull this off. At times he's looked like the best player in the world. Not this time.

J: Hasn't been playing enough on tour to win this event.



Chris Crowther

S: The Crippler is a great guy. Not small and hits the ball with some serious pace. He needs to smooth it out and not worry about anything but the point

he is about to play. Can definitely fight for the top spot.

J: Long and strong but cannot hit the sweet spot.



<< Mike Dennison

S & J: A.K.A. Santiago: See Crippler!

Dan Llacera

S: Despite what he tells you, he's about a +6 handicap. He would bet against himself if someone would take the bet.

Experienced

veteran and will give someone serious headaches. There's too much talent here for him to win the whole thing.

J: DanBo, with his cockeyed backhand. It's amazing he ever hits the front wall. Expect him to take all bets and golf every day.



<< Ruben Gonzalez

S: Ruben is amazing and we are training and playing a lot at the club here in Staten Island, but it will be tough for him to win this year. There's a tremendous amount of talent and we know Ruben will be playing 15 divisions. Vamose Ruben!

J: He will win the 30's, 35's, 40's, 45's, 50's and the Open.

Doug Ganim

S: We'll be playing a lot of golf!!

J: I hope he booked all his tee times for the week.



<< Cheryl Gudinas

S: She's done it all and is the No.1 ranked woman in the world. She's supposed to win but I think the pressure will get to her.

J: Clear favorite.

Kerri (Stoffregen) Wachtel >>

S: She will always be known as STOFF to us old schoolers and if she plays confidently and error-free, expect her to add a National Championship to her resume.

J: Kerri is easy on the eyes. She plays with grace and doesn't make many mistakes. Expect her to be fighting in the end.

<< Jackie Paraiso Rice

S: If she's healthy and focused she could win. Very intense and knows how to get the job done.

J: If she's 100% healthy Cheryl should be quivering.

Rhonda Rajsich >>

S: She's by far the most athletic woman player in the world. She needs to stay the course and believe in her abilities. Advice to Rhonda - play hard and have fun!

J: The only player who can stand in Rhonda's way is Rhonda.

<< Kristen Walsh

S: Great player with all the tools but I don't think she is ready this year. Like Vandy, I expect her to win it in the future.

J: I don't think she can do it but anything can happen.

Suds & Jason: Well, that's it and we want everyone to know we did this with a sense of humor but also wanted to get our points across. We wish everyone the best of luck and hope you all have a great week in Houston. See you all there!



Isn't that just like men? They neglected to mention last year's finalist, Laura Fenton (*who at press time had just defeated Gudinas at the Tournament of Americas*). She hasn't played on tour much this season, but we're certain that she'll make a good showing, if she's healthy in Houston. Good luck to all! — Editor.

2003 hall of fame inductee **cliff swain**

When Cliff Swain is inducted into the USRA Hall of Fame in May, many will ask, "How can Cliff go into the Hall of Fame? Isn't he still playing?" Yes, Cliff is still playing, is currently ranked in the top three, and has no plans to retire anytime soon. But the minimum age for being nominated and considered for the honor is just 35, so another question could easily be, "Why wasn't he inducted last year?"

"It's a huge honor and highly unexpected, especially since I am still playing," Cliff said. "Playing racquetball for a living has been an incredible life. I feel like I should be saying 'thank you' instead of being honored."

With over 80 professional tournament victories to his credit, Cliff Swain is considered by many to be the best racquetball player ever. He dominated the pro circuit throughout the 90's and continues to do so into a new century. In 2002, at the age of 35, he became the first player to win six professional season-ending rankings titles (1990, '93, '94, '95, '98, 2002).

He has also won two U.S. OPEN championships (1997, 2001) and as recently as last November reached the final of the sport's only "grand slam" against rival Sudsy Monchik. A back injury during the third game hampered Cliff's bid for a third U.S. OPEN crown, but he has since returned to the tour full-time to complete the current season.

Cliff actually could have earned many more tour victories, and possibly two more season-ending rankings titles, had he not quit racquetball for two years to pursue a pro tennis career. "I met Boris Becker and his coach one day and started playing tennis," Cliff explained. "They thought I could get really good at it, really fast."

After his stint in tennis during the early '90's Cliff returned to the indoor courts and promptly took back his No.1 ranking in the first year. "I missed playing racquetball and the tour began to do a lot better," referring to the turmoil of the IRT in the early 90's.

He has been playing full time on the tour ever since then and shows no signs of slowing down. "I expect my best year yet, next year," he said. "The tour is improving and Dave Negrete is doing a great job as commissioner. I am looking forward to many more years of playing."



20 Questions with ...

Cliff Swain

6 Time Pro Champion

2 Time U.S. OPEN Champion

Birthdate: March 21, 1966

Age: 37

Place of Birth: San Jose, Calif.

Current Residence: . . . Braintree, Mass.

Height: 5' 11"

Weight: 180

Racquet: Wilson Triad 160

Sponsors: Wilson, Crew West, Foxwoods Resort & Casino, OneRoute.net.

What CD is in your player right now?

Nellyville

Favorite non-racquetball sporting event? The Stanley Cup Playoffs.

Who called you last? My mother

Last movie you saw? Old School

Any pets? Chester the dog. 17 years old.

Last book you read? Right now I'm reading Lance Armstrong.

What is your home page? CliffSwain.com

Boxers or Briefs? Commando.

Greatest fear? Not being a good son.

Favorite eats? My mom Ginny's Mexican food.

Biggest pet peeve? Bad table manners.

Favorite quote? "Nice country, America." It's what my dad would say after a big tournament, traveling someplace nice, or a nice dinner. It's what he would have said if he'd met Kristy.

Where was your last vacation? Hawaii

Wheels? BMW 740 IL and an Explorer.

If you weren't playing racquetball you'd be ...

Playing hockey ... >>

Vanilla or Chocolate? Vanilla (He did say chocolate first, but called back to correct his answer, after thinking about it.)

Can't miss T.V.? I like Third Watch. You know what? Switch that - Boomtown.

Paper or plastic? Paper inside of plastic.

Most embarrassing moment? (laughs) None that I can speak of in RACQUETBALL.

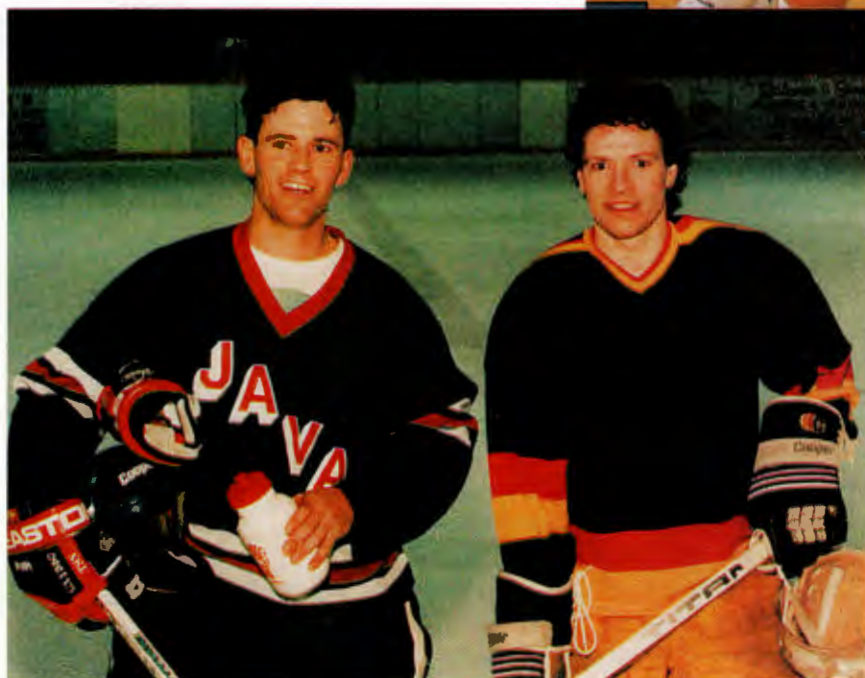
Celebrity you would most like to meet? I've never met a President. I'd like the President to call me after a big tournament.

When asked if he had an idea of how long he wanted to play on the IRT, Cliff replied, "I'm not putting a timeline on it. The reason people retire too early is because they feel they get old at a certain age. I hope that when I retire it's to do something else, not because I can't play anymore."

But it looks like the only thing he won't be able to play anymore is the field ... he's being taken off the market. Once regarded as one of Boston's most eligible bachelors, Cliff will have to give up that distinction in May of next year, when he will marry Kristina Klimaitis at the Dews Mansion in downtown Chicago. "I met her at a tournament in Chicago and we started talking on the phone." After a year of courtship, the two became engaged.

With seemingly all of his fellow top pros already starting families, Cliff thinks that he and Kristy will wait for a few years. "We've enjoyed the time we've had being engaged. I think we are going to enjoy a few years of being married and then enjoy the years of having children."

So it seems that it's full steam ahead for a racquetball icon, who's now in the Hall of Fame with an unsurpassed record, and headed toward a full and happy married life. Not a bad way to start a new season.



Previous page: assorted candids by Vicki Hughes & Denise Frank. This page, top: Swain in National Racquetball, May 1988. Right: Prior to an exhibition with Canadian racquetball star, Sherman Greenfeld, in Winnipeg. Photo: John Gillooly.



ProFILE Tour News



NEW YORK CITY SSC PRO-AM

by Vin Creazzo

They say in New York, that wonders never cease. When the final point of the January IRT pro stop was made, the winner raised his hands in triumph and a thunderous roar erupted from the crowd. It was not for the hometown boy or the No.1 player in the world, nor was it for one of the young guns making their mark. This time it was more than that; it was historic.

After over a decade on tour, Mike Guidry won his first pro stop. He had considered not even making the trip to the big apple after some disappointing play and a slip in the rankings. His first tour victory was no walk in the park either; he had to defeat four of the top five players in the world to earn it, *after* qualifying!

The first quarterfinal featured No.1 Jason Mannino and No.7 Rocky Carson. As always Jason came out with a focus and a game plan. He made quick work of Rocky in the first, 11-4, but Rocky drew the match even by winning game two, 11-7. The players also split the next two games to force a decisive fifth.

In game five, the score seemed constantly knotted as the players battled it out at 3-3, 4-4, 5-5, all the way up to 9-9. After several side-outs Rocky finally took a one-point advantage 10-9, but Jason wasn't ready to give up yet and forced a few more sideouts before Rocky was able to close it out 11-9.

The next quarterfinal was between No.4 John Ellis and No.5 Sudsy Monchik. This match had the possibility of being very entertaining, but it was never realized. Elli took the first game 11-9 and was up 7-4 in the second when Sudsy took a timeout that never ended. Citing shoulder pain, Sudsy conceded the match.

The fans were very eager to watch what some call "the future of racquetball" as No.2 Kane Waselenchuk and No.8 Jack Huczek took to the court. I've never seen Jack beat Kane and I wouldn't this weekend. Kane looked quick and sharp, and Jack could never get anything going. Great touch and precision passing put Jack on the defensive, forcing weak returns, which led to easy winners for Kane. The first two games were close, but it seemed like Kane was always able to hit the right shot when he needed it and won in three, 11-9, 12-10, 11-6.



Photos by Brian Morro

No.3 Cliff Swain took on No.10 Mike Guidry to see who would face Kane in the semifinals. Mike beat Cliff pretty badly earlier in the year, which everyone took as a fluke, but it just goes to show how sometimes you never know what's going to happen. Mike seemed possessed, and everything that left his racquet landed where Cliff wasn't. Reverse pinches, down the line passes, overheads, it didn't matter. People were in utter shock as Mike Guidry thoroughly dismantled the 6-time world champ in straight games — even handing him a donut in the second, 11-9, 11-0, 12-10.

The first semifinal was another lefty faceoff, between Waselenchuk and Guidry. Again, most assumed that Kane would be victorious, but it was Guidry who advanced to his first final of the season with a straight game rout of the young Canadian. Kane had no answers as Mike put away shot after shot with utter precision. The crowd began to side with the tour veteran when they realized this may be his best shot to earn his first tour victory. Towards the end of the match, Mike was in total control; putting himself in a position to do something he had never done. The final score was 11-7, 11-9, 11-5.

Guidry had already earned his spot in the finals and had to wait to see who he would face — John Ellis or Rocky Carson. Rocky's play had been purposeful all weekend and it carried over into this round. He came out swinging and jumped all over John's serves to take the first game 11-8. Although Ellis switched up his serves in the second, throwing Rocky off at first, it was still Rocky who came out ahead 12-10.

With his back against the wall, down two games to none, Ellis was determined to come out fighting in the third. His down the line passes became more crisp and his service game really began to pick up, forcing Rocky



into weak returns. Ellis came away with an 11-7 win in the third to stay alive in the match.

It appeared that Rocky had a final showing locked up when he went up 10-7 in the fourth, but John kept battling. Playing just one point at a time, John clawed his way back into the game and eventually took an 11-10 lead. One more pinch by John set up a decisive fifth.

John took total control of the tiebreaker and looked ready to close things out at 10-2. But at that point he suffered a leg cramp so severe that he could hardly walk. After an injury timeout he still seemed to be in extreme pain and Rocky quickly took advantage by scoring three straight points. Always a gamer, John wasn't about to let a leg cramp keep him out of the finals. After a few sideouts he closed things out 11-5 and advanced to face Guidry in the finals.

Over 300 people surrounded the fishbowl center court to see if the old tour veteran could knock off the No. 4 player to put a punctuation mark on a Cinderella weekend. Game one was invigorating, as both players came out firing and it appeared that each had their hands full. Mike made some great pinches when he needed them to put himself on top in the first 12-10.

As the match wore on, John looked less and less like himself. It seemed the cramp he suffered the night before, combined with a collision with Mike in the second game had affected his play. Mike quickly racked up points in the second and won, 11-2, to gain a two games to none lead.

With John unable to move well, game three ended as quickly as it started. Mike was getting weak returns and the score kept mounting, 5-0, 6-0, 8-0, 9-0. With every point, the crowd got louder and more excited with tremendous anticipation of what was about to happen. At 10-0 a small smile crept over John's face as he looked

at Mike as if to say, "This is all yours." With a reverse pinch for the match, Mike pumped his fists and raised his arms in the air, feeling the excitement of his first pro victory. The crowd gave him a standing ovation and clapped for nearly five minutes after it was all over. The most amazing aspect of Mike's win is that he didn't drop a game from the quarterfinals on.

San Diego Pro/Am

By Brian "BP" Pointelin

In one of the final stops of the season in San Diego, lefties dominated the bottom half of the draw in late rounds, after Mike Guidry advanced via forfeit from Kane Waselenchuk to go up against Cliff Swain in the semifinal. It wasn't the first match that Kane had forfeited, due to an inner ear problem, and we can only hope that the young Canadian can get past his medical problems to consistently compete at the level he is capable of, when healthy.

Between the remaining southpaws, Cliff jumped out to a 9-5 lead in the first with blazing drive serves, but Guidry, ever so patiently, picked on Cliff's backhand with deep nick lobs. Cliff began skipping, not only some of his service returns, but shots during the rally as well, allowing Guidry to get back in the game at 9-9. As the game went back and forth with momentum, Guidry capitalized on his own consistency and Cliff's skipped shots to win the first game 14-12.

Both players became more consistent and intense in the second game. Using pinpoint nick lobs to Cliff's backhand, Guidry erased a slow start to tie the score at 6-6. Relying on his drive serve, Cliff managed to pull ahead slightly and looked to even the match at one game apiece. Guidry, no stranger to semis or pressure from the "Ultimate Warrior," made a run of his own to even the score at 9-9. Cliff ended Guidry's run by earning a side out, then hitting two great serves for weak returns and easy setups to close out the game, 11-9.

Cliff jumped out to an early 9-4 lead in the third and appeared to be in the drivers seat. After a great get that seemed to shift the momentum, Guidry evened the match at 9-9. He then dug in deeper, perhaps remembering the second game, and was able to sustain his momentum to win 12-10 for a 2-1 lead in the match.

Although down, Cliff is never out, of any match. Even with people doubting his desire to play, and wondering he could still win, Cliff

... IRT ... continues on page 34 ...



irt-tour.com

New Champion !

For the first time in over ten years, a name other than "Sudsy" or "Cliff" will top the IRT season-ending rankings. According to early official tallies, Jason

Mannino clinched the season championship with his win over Alvaro Beltran in the quarterfinals of the Boston IRT stop.

"This is 20 years of dreams," Jason said via telephone. "This has been a lifelong dream. It's not like I have only been trying for a few years."

Look for a feature in Jason in the next issue of RACQUETBALL.

INTERNATIONAL RACQUETBALL TOUR SEASON RANKINGS

[Rankings through San Diego]

	Points	Player	Hometown	Last Issue	Last Year
1.	4914	Jason Mannino	San Diego, CA	1	2
2.	4392	Kane Waselenchuk	Edmonton, Canada	2	10
3.	3593	Cliff Swain	Braintree, MA	3	1
4.	3490	John Ellis	Stockton, CA	4	3
5.	3179	Alvaro Beltran	Tijuana, Mexico	6	5
6.	3143	Sudsy Monchik	Staten Island, NY	5	15
7.	2909	Rocky Carson	Santa Maria, CA	7	4
8.	2883	Jack Huczek	Rochester Hills, MI	8	6
9.	2546	Derek Robinson	Kennewick, WA	9	8
10.	2491	Mike Guidry	Carrollton, TX	11	9
11.	2265	Mike Green	Ontario, Canada	10	11
12.	1549	Jason Thoerner	Canton, GA	12	N/R
13.	1350	Ruben Gonzalez	Staten Island, NY	16	13
14.	1329	Javier Moreno	Chihuahua, Mexico	13	17
15.	1200	Chris Crowther	Riverside, CA	15	14
16.	1187	Dan Fowler	Rockville, MD	14	16
17.	1088	Dan Llacera	Rehoboth Beach, DE	17	23
18.	680	Mike Dennison	Twinsburg, OH	18	22
19.	633	Nick Irvine	Stockton, CA	20	N/R
20.	570	Shane Vanderson	Dublin, OH	19	38

• 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
San Diego	Jason Mannino def. Cliff Swain	9-11, 11-9, 11-6, 11-8
Boston	Jason Mannino def. Jack Huczek	11-7, 12-10, 5-11, 11-8
Greensboro	Rocky Carson def. Jason Mannino	13-11, 11-9, 11-3

2002-2003 INTERNATIONAL RACQUETBALL TOUR SCHEDULE

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



Hometown favorites hit, and miss: Kerri Wachtel (above) won on her home courts in Cincinnati. Jackie Rice was the runner up in San Diego. Photos: Vicki Hughes.

LPRA Cincinnati

It was cold and the snow was coming down heavy, closing schools and making travel treacherous ... but it still wasn't enough to keep the top lady pros from competing at The Five Seasons Country Club in Cincinnati, Ohio in mid-January. Kerri Wachtel, ranked No.3 on the LPRA tour, is the Racquet Sports Coordinator for Five Seasons and wanted to put on a show for her hometown fans.

The local crowd got what they wanted right off the bat when Kerri faced her mother, Gerri Stoffregen, in the round of 16. Kerri showed no fear of being grounded, and no mercy, in trouncing her mom in three straight.

"We used to play each other a lot in local tournaments," said Kerri, who has since limited her tournament play to pro stops and major USRA events. "It was a neat experience (facing her mom) for our family

and friends who haven't really got to see us play each other much before."

Continuing a steady march up the rankings, Brenda Kyzer earned her first quarterfinal showing of the season by upsetting No.7 Kristen Walsh in straight games of 11-4, 11-8, 11-8. Jen Saunders made her second quarterfinal appearance this year by upsetting No.6 Susy Acosta. Rankings immediately following the event saw Kyzer secure the No.10 spot, and Saunders move, briefly, into No.11.

The draw then righted itself, for a short time, and the semifinal match-ups went to form. First up was No.2 Jackie Rice, who won the previous stop in Denver, against Wachtel. Bolstered with plenty of crowd support, Wachtel dominated the first two games 11-6, 11-5. But Rice managed to pull out a win in the third,

11-5, before Wachtel closed out the match, 11-6, for her spot in the finals.

summaries by Johanna Shattuck & Ryan John

Perennial top-seed Cheryl Gudinas was looking to earn a place in the finals for the sixth time this season and faced a hungry No.4 Rhonda Rajsich. Rajsich showed no signs of fatigue from her grueling five game quarter-final match with Kim Russell, and surprised Gudinas by taking the first game 11-5. Gudinas then regrouped to take the next three, 11-5, 11-7, 11-3, for a chance to face her long-time friend in the finals.

In this playoff, Kerri seemed to have everything going for her. She consistently short-hopped Cheryl's shots for winners and had few unforced errors. "At one point I just started laughing," said Cheryl of Kerri's unbelievable play. Kerri, the 2001 U.S. OPEN champ, won three straight, 11-4, 11-7, 11-9, for her second pro title.

"It was awesome," Kerri said of her hometown win. "Besides the U.S. OPEN, this is the tournament that I wanted to win."

LPRA San Diego

The top eight ranked players earned spots in the quarterfinals at the San Diego Pro/Am with little trouble. After a slow start, No.8 Kristen Walsh was able to avenge her loss to Brenda Kyzer two weeks earlier, with an eventual, 6-11, 11-4, 13-11, 11-4 win.

Continuing to show improvement, No.7 Adrienne Fisher got past Lori-Jane Powell, 11-4, 8-11, 11-3, 11-6, to get into the quarters. Everyone should be on notice that, in a few short years, Adrienne will really be a force to be reckoned with on tour.

The quarterfinals played out just as they had two weeks prior, but the players advancing had a much harder time of it. Both No.3 Kerri Wachtel and No.4 Rhonda Rajsich each had to, ironically, survive 12-10 tiebreaks to advance into the semifinals. Against current 18- world junior champ Fisher, No.2 Jackie Rice had trouble getting started, finally closing out the first game 14-12, but then dropping the second 11-9. But experience became the key for Jackie, as she won the next two games easily, 11-3, 11-2.



... LPRA ... continues on page 43



Battle for No.2

Cheryl Gudinas has once again clinched the LPRA season ending rankings, her third in a row, but the real race is for second.

While Cheryl's lead is nearly 400 points over second place Jackie Rice, less than 100 points separate Jackie and No.3 Kerri Wachtel. It could all come down to a semifinal showdown at the Pro Nationals in Tempe.

Ladies Professional Racquetball Association Season Rankings

[Rankings through Baltimore]

	Points	Player	Hometown	Last Issue	Last Year
1.	1013.00	Cheryl Gudinas	Lisle, IL	1	1
2.	634.75	Jackie Paraiso Rice	El Cajon, CA	2	3
3.	548.75	Kerri Wachtel	Cincinnati, OH	3	2
4.	416.50	Rhonda Rajsich	Phoenix, AZ	4	4
5.	284.75	Kersten Hallander	San Diego, CA	5	5
6.	229.75	Kim Russell	Austin, TX	6	8
7.	183.00	Adrienne Fisher	Centerville, OH	7	19
8.	177.50	Kristen Walsh	Salt Lake City, UT	8	7
9.	161.25	Susy Acosta	Chihuahua, Mexico	9	13
10.	146.75	Brenda Kyzer	Lexington, SC	10	23
11.	143.50	Lori-Jane Powell	Calgary, Canada	11	9
12.	126.00	Amy Foster	Fairlawn, OH	12	N/R
13.	97.00	Doreen Fowler	Rockville, MD	16	16
14.	96.50	Rosy Torres	Rosarito Beach, Mexico	14	40
15.	93.00	Jennifer Saunders	Winnipeg, Canada	13	11
16.	77.00	Laura Fenton	Overland Park, KS	15	10
17.	75.75	Johanna Shattuck	Denver, CO	20	17
18.	67.00	Denise Mock	Allen, TX	17	12
19.	65.00	Rachel Gellman	Phoenix, AZ	18	15
20.	57.50	Ramona Vonondarza	Venezuela	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
Baltimore	Cheryl Gudinas def. Kerri Wachtel	11-7, 9-11, 11-3, 11-6
Saskatoon	Cheryl Gudinas def. Kerri Wachtel	11-3, 11-1, 11-2

2002-2003 LADIES PRO RACQUETBALL ASSOCIATION SCHEDULE

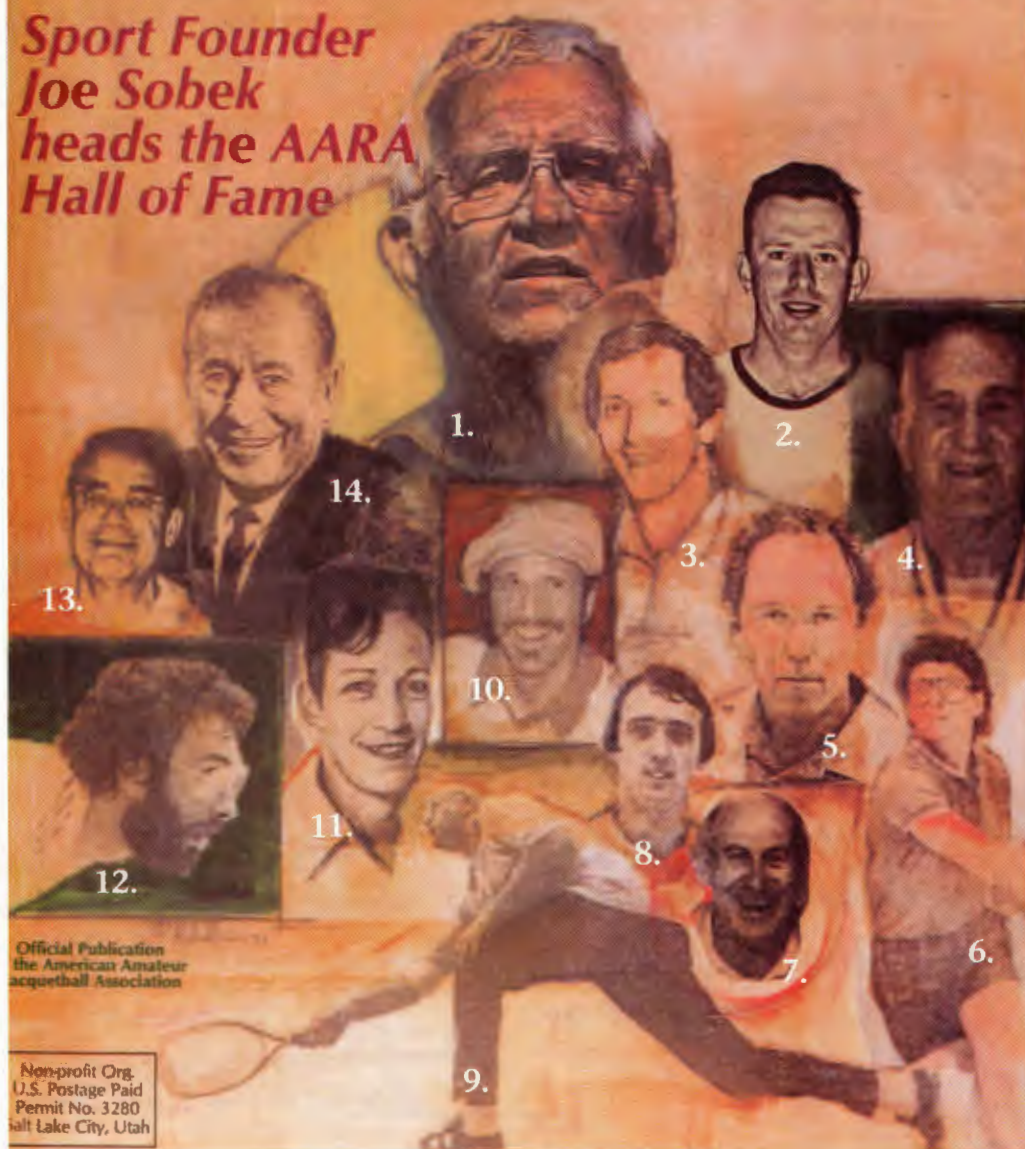
May 1-3*Phoenix, AZPro Nationals @ Arizona State University

*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 go to www.ladiesproracquetball.com.

RACQUETBALL

MAGAZINE — May - June 1993 — \$4.00

**Sport Founder
Joe Sobek
heads the AARA
Hall of Fame**



A decade ago, we commissioned a collage artwork depicting the 14 then-current Hall of Famers for this cover. Since then, another 18 honorees have been inducted, and we'd like to re-introduce them all — as a group — to bring us up to date on this very special set of lifetime achievers ...

The Racquetball Hall of Fame is maintained to recognize and honor those athletes and contributors who have demonstrated outstanding achievement in either USRA or professional competition, or in the development, leadership, and advancement of the sport.

Want to learn more about the USRA Hall of Fame, or these inductees? Find details about the award, plus more honoree bios and photos online, by going to www.usra.org, then "Sitemap/Index" to "H"all of Fame.

Inducted in 2003
Cliff Swain (Massachusetts)

Inducted in 2002
Andy Roberts (Tennessee)

Inducted in 2001
Caryn McKinney (Georgia)

Inducted in 2000
Van Dubolsky (Florida)
Ruben Gonzalez (New York)
Jim Winterton (New York)

Inducted in 1999
Earl Acuff (North Carolina)

Inducted in 1997
Lynn Adams Clay (Illinois)
Marty Hogan (Missouri)
Chuck Leve (Illinois)
Heather McKay (Australia)
Dave Peck (Texas)
Mike Yellen (Michigan)

Inducted in 1996
Mary Low Acuff (North Carolina)
Keith Calkins (California)
Johnny Hennen (Tennessee)
Gary Mazaroff (New Mexico)

Inducted in 1994
Jo Kenyon (Florida)

Inducted in 1992
8. Jim Austin (Texas)

Inducted in 1991
6. Cindy Baxter (Pennsylvania)
10. Ed Remen (Virginia)

Inducted in 1989
3. Charlie Garfinkel (New York)
2. William Schmidtke (Minnesota)
7. Luzell Wilde (Utah)

Inducted in 1988
14. Robert J. Kendler (Illinois) *dec.*

Inducted in 1982
9. Gene Grapes (Pennsylvania)
4. I.R. Gumer (Kentucky)

Inducted in 1974
12. Charlie Brumfield (California)
1. Joseph Sobek (Connecticut) *dec.*
11. Peggy Steding (Texas) *dec.*
5. Bud Muehleisen (California)

Inducted in 1973
13. Larry Lederman (Wisconsin) *dec.*

every ten years or so ...

a new generation for the hall of fame



Photos by John Foust, Vicki Hughes, Luke St. Onge, staff, courtesy & archives

showed that he is still a force to be reckoned with on tour. His drive serves and ability to re-kill balls allowed him to jump out to another lead in game four — one that he held on to for an 11-7 win.

Cliff continued to play well in the deciding fifth game, with a serve that was more consistent than in any of the previous games, and he went on to win 11-3.

The second semifinal pitted Jason Mannino against Rocky Carson, who opened with conservative nick lobs to Jason's backhand and a lot of ceiling balls. But "conservative" isn't in Jason's vocabulary and he replied by shooting Rocky's ceiling balls from seemingly everywhere. Jason jumped out to an 8-3 lead only to find himself down 9-8 after an amazing run by Rocky. After hitting a touch shot for an apparent winner, Rocky got some bad news from the referee; he'd called a skip. With that Rocky lost that point, the serve, and his momentum. After a splat and a cross-court winner, Jason took game one 11-9.

The second game was tight throughout and could have gone either way. Jason, relying on great retrievals and some untimely skips by Rocky, came through 12-10.

The wheels came off for Rocky in the third game. Jason seemed to step his game up to a level that others can only dream about. He didn't even offer Rocky a cup of coffee as he served up the doughnut to advance to his eighth final of the season.

Amazingly this was the first time that Jason and Cliff have faced each other in a final this season. The first game was back and forth as both players relied on their strengths; Jason making unbelievable gets and Cliff blistering serves. Tied at 9 apiece, Cliff's serve won out and he ended the game with two great ones, forcing skipped returns to go up 1-0.

Jason started out the second game with a 4-0 run only to see it quickly erased when Cliff scored seven unanswered points to take the lead 7-4. Jason methodically picked at Cliff's lead and eventually caught him at 9-9. After a few more side outs Jason hit two great nick lobs to Cliff's backhand setting Jason up for winners to close out the second game 11-9.

Again Jason started out the third game with an early run, gaining a larger lead. At 8-1, and unlike the second game, Jason never let Cliff get back into it. After thwarting Cliff's attempt for a comeback, Jason ended the game in the same way he had ended the second; two nick lobs and two perfect passes for an 11-6 finish and a 2-1 lead in the match.

Points were scarce to begin the fourth game as it started with five consecutive side outs. Cliff drew first blood with a splat that even Jason couldn't get. Jason then scored four straight to take a 4-1 lead, only to see Cliff reciprocate with four points of his own. It was Jason's turn to score four, which was followed by Cliff scoring not four but three to tie it at 8-8. Cliff not keeping up with this pattern made the difference. Jason closed out the game, 11-8, for the match, and widened his lead in the point standings.

Pictured L-R: Swain, Tom Resendez, Mannino.

THE SUDSY-WATCH

*[Taken from a report on
www.sudsyrules.com]*

Sunday morning I was working out doing explosive step-ups on a step and came down on my foot wrong. I landed on the same foot I broke in November 2001.

I broke it again and will be having a screw placed in my fifth metatarsal (long bone under pinkie toe) on April 18. The doctors are very confident and positive about this procedure. It is very common amongst professional athletes who suffer the same injury. The timing is much better now than in-season. I will have to be off my foot for three weeks after the surgery and then begin walking again and rehabbing.

I will not be in Phoenix but I do plan to be in Houston ... *not playing* ... watching and supporting. In life we get curve balls thrown at us and it is a challenge of our character. I am ready for the challenge once again. — Sudsy



I've detailed an array of serves over the years ... from the "Power Drive" (July/Aug '99), to the "Lob" (Sept/Oct '99)*, to the "Drive Z" (July/Aug '02), to the "Backhand Lob" (Sept./Oct. '02) ... up to the "Backhand Drive" and the "Overhead Z and Jam" in the last two issues. Now I want to unveil my magical "Relocation Out of the Box After the Serve" trick.

This is an area that is often overlooked. Players spend an awful lot of time on the serve, which is critical because it sets the tone to the match — but your serve is only the first part of any point (unless it's an ace). No matter how good a server you are, you've got to be equally good at getting out of the box and back into good center court position, ready for your opponent's return (you'll see a taped area on the floor in the following photos = that's center court). Too many players serve, then admire how well they hit it and forget to move out of the service zone. Without getting back into good center court position, they end up getting passed or jammed.

"Relocating out of the Box" after the Lob and Lob Z serves are done exactly the same way as the Drive and Drive Z serves except, instead of finishing on or behind the dotted line, you should wind up deeper in center court (ideally you want to be in the back half of the center court box). The reason is simple: on the low hard Drive or Drive Z serves, you just don't have as much time to get back to center court as you do with the soft high Lob and Lob Z serves. Regardless of which type of serve you hit, your goal is to get out of the service area as soon as the ball crosses the short line and get back to center court as quickly and efficiently as possible.

No matter what level you play, pro or amateur, it's crucial to get back to center court after your serve so you are down and ready for your opponent's return. Remember the serve is only as good as you are in relo-

cating out of the box and being prepared for the next shot.

Next time you see me — or any of the pros — play, make sure to pay close attention to how we hustle as we serve and relocate out of the box, to get back into the down and ready position for good center court position. If we do it, and it works for us, you know it'll work for you.

Let's take a look at how's it done using both the "Drive and Drive Z" serves ...



Photos: Tony Biggs

*Reference older "magic show" instructionals online, by going to www.racquetballmagazine.com > "Back Issues"

TRICK # 1 ... The Drive Serve

(going into the left corner)

- Feet are lined up; left foot in front, right foot behind *(for righties; reverse for lefties)*
- Back foot pivoted on ball of foot
- Weight relatively even
- Shoulders and hips fully rotated facing front wall
- Racquet completely around
- Eyes on the ball, which is hitting the front wall



TRICK #2 ... The Push Off

- After the ball crosses the short line the front leg (left) pushes off and goes behind the short line
- Eyes on the ball
- Left shoulder leads and points toward the left back corner
- Down and ready at a slight angle
- Knees slightly bent, racquet up, slightly bent at the waist



TRICK #3 ... The Shuffle

- Feet come together to begin the shuffling back into good center court position
- Everything else remains the same



TRICK #4 ... The Shuffle

- Feet open up to finish the shuffle back to the dotted line
- Everything else remains the same



TRICK #5 ... Center Court Position

- Right leg pushes back to square the body up to the front wall
 - Eyes on the ball looking over the left shoulder
- Down and ready... on or slightly behind the dotted line winding up in center court



TRICK # 1 ... The Drive Z Serve

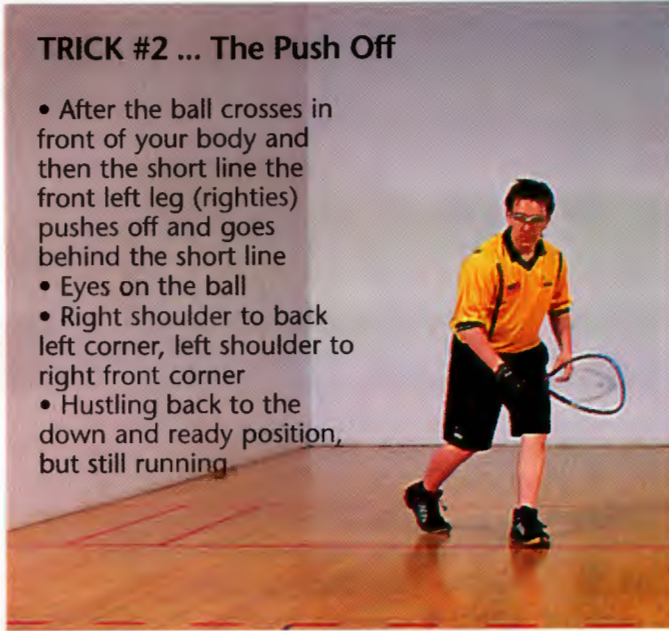
(going into the left corner)

- Feet are lined up; left foot in front, right foot behind (for righties; reverse for lefties)
- Back foot pivoted on ball of foot
- Weight relatively even
- Shoulders and hips fully rotated facing front wall
- Racquet completely around
- Eyes on the ball, which is hitting the front wall



TRICK #2 ... The Push Off

- After the ball crosses in front of your body and then the short line the front left leg (righties) pushes off and goes behind the short line
- Eyes on the ball
- Right shoulder to back left corner, left shoulder to right front corner
- Hustling back to the down and ready position, but still running



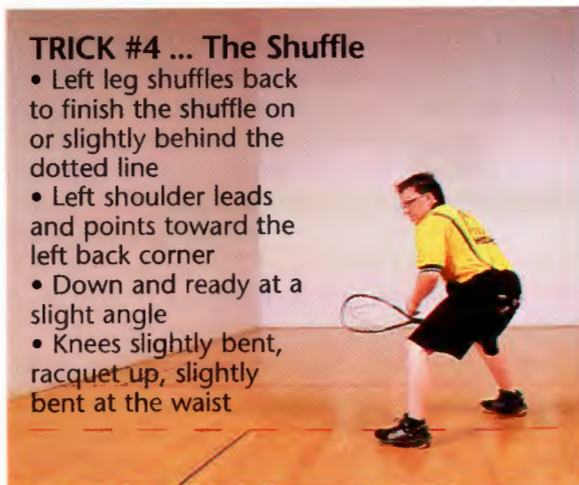
TRICK #3 ... The Shuffle

- Right leg swings around getting body prepared to be down and ready
- Eyes on the ball
- Shuffling back to the down and ready position
- Balanced up



TRICK #4 ... The Shuffle

- Left leg shuffles back to finish the shuffle on or slightly behind the dotted line
- Left shoulder leads and points toward the left back corner
- Down and ready at a slight angle
- Knees slightly bent, racquet up, slightly bent at the waist



TRICK #5 ... Center Court Position

- Right leg pushes back to square the body up to the front wall
 - Eyes on the ball looking over the left shoulder
- Down and ready... on or slightly behind the dotted line winding up in center court





Training Neural Firing Patterns

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

Q: I've taken time off from playing and now I can't seem to hit any shots. What happened?

A: That's simple. Your neural firing patterns need to be re-established before you can expect that kill!

Uh, excuse me – what was that you said? Okay, okay ... maybe I should explain this just a bit differently. Have you ever taken a bit of time off from playing only to step back in the court and not be able to hit the same shots you were able to make when you were playing more often? Who hasn't? When summer time activities come to an end and it's time to get back into the racquetball court again, you'll remember this discussion on why this phenomenon occurs and what can be done to counteract it.

Any time someone takes time off from an activity that requires very specific muscle contractions to perform (like a racquetball forehand, backhand, various serves, golf swing, or riding a bike) – the muscle and nerves “forget” what they are supposed to do to perform that specific movement pattern. I could go into long and painfully boring detail as to how and why this “de-training” phenomenon occurs or I could just expect that most everyone has witnessed and/or experienced this firsthand, and explain what to do to overcome this deficit.

In the most simple terms – after you have taken time off from certain activities you have to “train” or “teach” your muscles how to perform that activity again. Anytime you do not make your muscles perform an activity for a long period of time, the muscle will “de-train” and become weaker. Now it's not as bad as you might think. Re-training your muscles is easier once you have already learned an activity.

The easiest way to re-establish the neural firing patterns is to practice your shots. Yes, you heard me ... that's right – I said that nasty “P” word ... practice. As well, the nerves integrating with the specific muscles will lose their ability to control fine motor movements. Thus, to overcome this problem, the body

simply needs time to re-establish the recruitment pattern between the nerves and the muscles required to perform the specific activity.

Alright, that's enough of *that* talk, even for me. So now the question is – how can someone who has not been playing for some time (even as little as three months, or as much as ten years or more) get back into the “swing of things” again, so to speak?

The best remedy would be to reserve some court time and simply go practice your shots (yeah, yeah, I know I said that “P” word again). Take the time to practice the mechanics of the different shots by just swinging the racquet and not worrying about contacting the ball. This can even be done at home – just make sure you know where the lamps are and that young children (who like to copy what they see) are not watching!

After a couple of days you will start to feel comfortable with your swing again and then it will be time to schedule a match. I would recommend facing someone a level or two below your former playing level, which will allow you to take more time to permit yourself to properly set-up for your shots. This will help you to regain a comfort level in moving around in the court before you play someone of equal or higher ability — rather than ending up spending more time chasing the ball off balance and always trying to catch up rather than setting up for the good shots.

So basically what I am telling you is ... if you have taken time off – even as little as 3-4 months or as much as 20-30 years – you can regain your hitting ability by simply practicing a bit. And just so you do realize – the more time you have spent away from a particular activity – the longer it will take to re-establish those neural firing patterns. It's just like they say about riding a bike – once you learn, you never forget – but you just might need to work through the rust a bit. So now that you have a better idea of how to regain that old playing form ... go out, get in a court and practice!

As always – if you have questions you would like to have addressed here – just send me an email.

Wilson Game Plan Good Racquet Preparation



Good racquet preparation is a key element to developing a stroke that generates maximum power and gives you great control. One of the best habits to develop is to get your racquet up and back as early as possible. It is imperative to train yourself to do this on every shot.

If you are striving to raise your game to the next level, evaluating your stroke efficiency is a must. This simple technique will have you swinging like the pros in no time!

Points to Remember

- Get your racquet up early. Start this motion from the racquet side of your body for your forehand, and the non-racquet side for your backhand.

- Raise your elbow to approximately the same height as your shoulder.

- Raise your racquet so the head of the racquet faces the ceiling. (Some players will bring the racquet head over the top, pointing the head of the racquet towards the front wall. This technique can generate more power, but is more difficult to control).

ABILITY SCALE

Advanced/Pro

Intermediate

Beginner

Wilson Game Plan instructors are top teaching pro Chris Evon, and top IRT pro and "Big D" RoadShow clinician, Derek Robinson.

Forehand: Point your elbow towards the back wall. This helps draw your arm back before you swing.

Backhand: Pull your right shoulder across your body. Your elbow should be pointing on an angle towards the floor. Keep your arm comfortably away from your body.

Keep it Simple! A simple stroke with precise movements is more "repeatable" and therefore more consistent.

Big D has a big backswing every time! This clears away his opponent, while setting up strokes that are perfect, again and again!





I am so hard on myself and always put myself down ... how do I deal with this behavior?

Well, negative self-talk is destructive behavior. Negativity breeds negativity.

Think about it, if I was coaching you and you came off the court and I said, "You are playing lousy... what is wrong with you? or "How can you be so bad? or "You're

like a novice player, give it up", you'd probably fire me on the spot. Unfortunately players often talk to themselves in just that way, and it's just unacceptable as it would be if someone else browbeat you. Do you think you can play better when someone, or even yourself, puts you down like that? The answer is *no!*

What I'd like to do is share how you can turn negative situations into positive ones and benefit greatly from them. Here are a few examples:

Negative Self-Talk: "How can you skip that ball it was such an easy shot? You are so bad."

Positive Self-Talk: "Okay you skipped the ball, no problem, just swing at full extension, flat and level next time, not down and you will get it."

Negative: "You are so slow; I can't believe you couldn't get that ball...pathetic."

Positive: "Great try, but you weren't in position so you couldn't get that shot. Next time when your opponent is there, be behind them not in front of them."

Negative: "What's up with your ceiling ball? It's horrible. Give it up and just shoot it."

Positive: "Okay your ceiling ball is coming off the back wall because you are over hitting it and it's too far forward on the ceiling. Just take some pace off it and hit further back on the ceiling and you'll be fine."

Negative: "You are serving so bad today. How do you expect to win?"

Positive: "Alright, your drive serve is coming short a majority of the time, so hit higher in your hitting zone and flat and level. Take your time."

The above are just a few examples of how you can change and re-program your negative self-talk into positive self-talk. This positive thinking pattern is within your reach.

Whenever you are playing and your mind starts to think negative thoughts and you put yourself down you can immediately turn the negative thought into a positive one by:

1. Taking a time out to change your thought process.
2. Using the 10 second rule to re-group.
3. Tying your shoe; telling yourself to be positive.
4. Diana McNab, former Sports Psychologist of the U.S. Team, taught this rubber band method: put a rubber band around your wrist and every time a negative thought comes into your head pull the rubber band. Eventually every time a negative thought popped into your head, pain would be associated with that thought and you'd begin to think less and less negatively. The point is to slow your self down, stop and change the negative into a positive.

Think about how human behavior works... we *do not* perform at our best — and rise to the occasion — being negative. Remember, negativity breeds negativity. Build yourself up, don't put yourself down, just like you would do to others. Treat yourself as you would your best friend. Be kind to yourself. Pat yourself on the back. Be proud of your 100% effort and you will be the direct beneficiary of this behavior.

I can't stress enough that *being positive* and *not* negative will enhance your performance tremendously. Just pick up any mental toughness book and you can read it for yourself first hand.

Smarter Head, Better Game • by Fran Davis • Negative Self-Talk

email your questions to: fran@frandavisracquetball.com

Wilson Game Plan **W**

Improve your Hip Work

Many players know where they want the ball to go, but too often can't quite get the ball to cooperate.

One of the biggest culprits for a lack of control is footwork, or even more accurately, "hip work." Once you get your hips to push forward as they rotate, you will start to notice your shots ending up just where you planned to hit them. Now won't that be a shock to your opponent!

To make the most of this technique, you will have to "fight" for your footwork every chance you get. Each rally you have to work hard so that, ideally, your front foot can step in to every shot.

However, once you take that step, your job isn't over. To gain the most control over your shots, you must push your hips forward as they rotate.

Photo #1 CORRECT

Notice how Cliff's hips have moved forward (his hipbone is at the white line). He is in perfect balance as he rotates in to his shot.

Photo #2 INCORRECT

Notice how Cliff's hip ends up well behind the ideal position. This puts him off balance and will make it difficult to control shots.

ABILITY SCALE

Advanced/Pro

Intermediate

Beginner

Wilson Game Plan instructor:
the legendary Cliff Swain.

Need more control?
Try this simple tip!





Winning Racquetball Ten Reasons to Work with a Coach

by Marcy Lynch

Since retiring from the women's pro tour five years ago, I turned my attention to coaching in the industries that I love and have been a part of for the last 25 years; fitness, nutrition and racquetball.

I just returned from Guatemala where I travel a couple times a year to coach the Guatemalan National Racquetball Team. I

also work with the U.S. Team as well as committed individuals who want to make a difference in their fitness level and/or their sports performance.

However, coaching is not just for athletes. Today, personal coaching is a growing profession and coaches work in many fields, from business to sports. Having a coach dramatically accelerates the process of achieving your goals. Here are 10 reasons to think about working with one, in any area of life or sport.

1. A coach assists you in creating strong goals and developing a clear plan of action.
2. A coach keeps you motivated through validation and encouragement.
3. A coach 'sees' what you can't. They are an objective set of eyes and ears.
4. A coach provides support and a check-in structure.
5. A coach trains you in specific skills.
6. A coach shares appropriate knowledge, opinions, and wisdom.
7. A coach will help you develop the finer points of the game like strategy and mental toughness.
8. A coach is a resource and refers you to experts, tools, books, and assessments.
9. A coach challenges you to 'stretch' for a goal or make a change.
10. A coach cares and offers honest insights, observations, and valuable feedback.

You no longer need to struggle through your challenges alone. The key is to find a coach you 'click' with. Make sure you interview them to determine a fit and you'll be on your way to achieving extraordinary goals!

Marcy is a personal coach and the Nutrition and Mental Training Coach for the US 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.

Training Magic Bullet for Pain?

by Aaron Haydu, D.C.



Joint pain is one of the most common complaints that patients present to their family doctor and, although traditional medication can help, there is nothing in modern medicine that can stop or reverse the damage of wear and tear in the body's joints.

Commonly, the larger joints are affected; the knees, the spine, and the hips, due to their large weight bearing and movement requirements. The pain often results from damage to the joint's supportive cartilage which can wear away, allowing the underlying bony surfaces to rub together painfully. Over many years, repeated minor trauma to the joints causes the most common form of arthritis called osteoarthritis. Fortunately, a nutritional supplement called glucosamine sulfate has been shown to heal damaged cartilage and decrease pain.

Glucosamine is a natural supplement that is the starting point for the growth and repair of many important body tissues including cartilage, tendons, ligaments, blood vessels, and joint fluid. Taken regularly, glucosamine has been shown to repair damage caused by wear and tear to the joints and to increase fluid production to help lubricate joint surfaces. There are little to no side effects shown with short- or long-term use of glucosamine.

Glucosamine sulfate is often paired with chondroitin, a molecule capable of holding water and increasing the elastic and fluid properties that allow cartilage to provide shock absorption. A combined product has been shown to provide more sustained relief than glucosamine alone. Magnesium supplementation is also essential for the best results.

There is a growing body of evidence that long term use of over the counter anti-inflammatory drugs can actually accelerate joint destruction in osteoarthritis by interfering with the body's healing mechanism. Anti-inflammatories should be utilized on a limited basis for short-term pain only and never as a part of long-term control of joint pain.

Several studies in Europe have shown that both glucosamine and chondroitin are readily absorbed, especially if the supplement is a high quality product. Absorption can be enhanced by ensuring the supplement has been derived from sea sources (i.e. sea cucumbers) as opposed to animal sources. Initially, 1200-1500 mg is recommended daily and may be gradually decreased as symptoms decrease, as the body becomes more efficient at utilizing the supplement.

Taken regularly, glucosamine and chondroitin has shown to significantly decrease joint pain and to increase cartilage repair and growth. Racquetball is a sport that can be played for a lifetime and these two "magic bullets" can keep you in the action longer, and with a lot less discomfort.

... LPRA ... continued from page 30

Rhonda's quarterfinal victory over Kersten Hallander must have taken its toll; she forfeited her next round semi against top ranked Cheryl Gudinas. In the bottom bracket, Kerri Wachtel and Jackie squared off for the second straight week, and this time it was Jackie who came out on top in three straight, but close, games, 16-14, 11-4, 12-10.

A final between Cheryl and Jackie is what fans have become accustomed to seeing over the past several years, but what happened this time not what fans were expecting. Cheryl totally dominated, giving Jackie a creamstick and two doughnuts, 11-1, 11-0, 11-0.

"I was serving really well and passing well on the left side," Cheryl said of her match with Jackie. "She started to press more as the match went on, which led to her skipping more shots."

LPRA Nashville

Players converged in Nashville, Tennessee, just 210 miles northeast of Memphis where racquetball's premiere U.S. OPEN is held each year. Noticeably absent from the event was LPRA No.2 Jackie Rice, which changed up the draw a little bit and made things considerably more interesting.

The only upset in the round of 16 was minor and came at the expense of No.8 Susy Acosta when No.9 Brenda Kyzer defeated her in an odd five-game battle. The first game was tight, with Kyzer winning it 11-9. But the next four games were blowouts, with each player trading wins. The final tally went in Kyzer's favor, 11-9, 4-11, 11-5, 3-11, 11-4.

Another marathon playoff took place between No.7 Kristen Walsh and No.10 Amy Foster. Walsh seemed to have an easy handle on things after taking the first game 11-4, but Foster won the second and third, 11-6, 11-8, respectively, to earn a 2-1 game advantage. Walsh

then changed her game and went on to win 11-7, 11-4, to advance.

In the quarters No.1 Cheryl Gudinas and No.2 Kerri Wachtel each advanced in straight, but close, games over Kyzer and Walsh, respectively. In the center, No.3 Rhonda Rajsich and No.4 Kersten Hallander had much harder times moving through five-game tiebreaks.

Rhonda was up against No. 7 Adrienne Fisher who has been playing well of late. After splitting the first two games Rhonda took control of the match and won the deciding fifth game 11-2. Kersten had a commanding 2-0 lead on Kim Russell before Kim stepped it up to take the third and fourth games. The fifth game see-sawed before Kersten could close things out 11-9 to move into the semifinals.

It was easy to sense that a rematch of the Cincinnati final was going to be inevitable; both Cheryl and Kerri were playing incredible racquetball and they each won in straight games to make the rematch a reality.

Cheryl and Kerri have played each other many times, both recreationally and professionally, and it is always a treat to watch. This time was no different as the players graciously split the first two games. Heading into the fifth, both players appeared intense and focused. Cheryl opened by mixing up her serves between drives and lobs, then decided to stick with the drive serve because Kerri was successfully cutting off and rolling out her lob. The drive serve strategy worked and Cheryl went on to win 11-8, solidifying her No. 1 ranking.

"She's getting more and more consistent," Cheryl remarked after the match. "Kerri forces me to bring my best game because I can no longer rely on her to make as many unforced errors as she used to."

Flight of the Eagle ...

Douglas Victor Eagle was a vibrant Junior World Champion, rocketing his way through the amateur ranks to a bright career as a top pro racquetball player. There was absolutely no warning the day a reckless driver ran a red light, crushing his small sports car and sending it spinning wildly. The light that had shone so brightly the day before, then flickered and faded with the agony of a serious lower back injury. Doctors were less than optimistic and gave Eagle no hope for return to a blossoming career that had, just days before, held promise for fulfilling his dream of becoming a top-ranking professional athlete. His disappointment, fear and physical pain were overwhelming.

Torn from the sport he loved and the lifestyle of a strong, capable, athletic young man, Eagle dove into fear, anger and self-pity. Through several months of unimaginable pain and despair, he slowly began to rebuild his life. He thoroughly explored the many western approaches to both mental and physical rehabilitation, including weight training, assisted physical therapies and personal development techniques. At the same time, he made the discovery of his lifetime: that the ancient eastern science of Yoga, consistent meditation, positive affirmations, constructive visualizations and proper breathing techniques were far and away more effective for elevating physical performance and establishing mental and emotional stability. Where traditional western medicine and physical rehabilitation had fallen short, Yoga and other specific ancient Eastern techniques pushed Eagle to previously unrealized levels of mental and physical performance. Through dedicated practice and proper application of these techniques, Eagle was able to rebuild himself on a strong and stable foundation — physically, mentally, emotionally and spiritually — to attain a stronger and healthier state of being than he had ever imagined.

Less than two years after the accident, Eagle returned to a sport that he'd been told he would never play again, and subsequently won back-to-back Texas State Singles Titles by bringing these ancient training techniques with him. As his strength, dexterity, intensity and focus were honed through his new training and rehabilitation regime, he went on to place second at both the 1998 national singles and national doubles (with Drew Kachtik), fourth at that year's World Championships in Mexico, and swept of the Tournament of the Americas in Honduras.

Earning two separate appointments to the U.S. national team was a dream come true for a man who was told he would never return to the sport. To

top to bottom, this page: Doug Eagle against Jason Mannino at the U.S. OPEN in 1999; teaching a clinic in Japan; cutting up with Laura Fenton at a press conference; celebrating with teammates at the Tournament of the Americas.



... one man's journey from injury and anguish to health and vitality through the science of Yoga • by d

make a comeback from such daunting challenges, and intermittently rank among the top-10 pros in the world was, in itself, an amazing feat. Eagle had done what leading physicians and surgeons had once said was impossible.

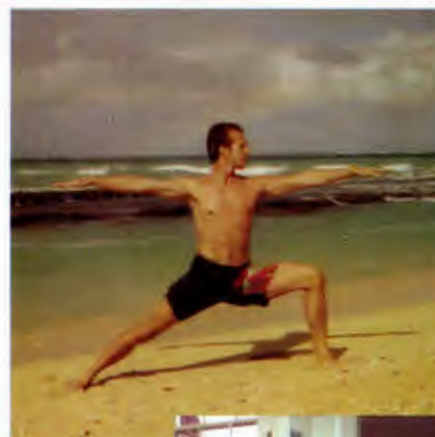
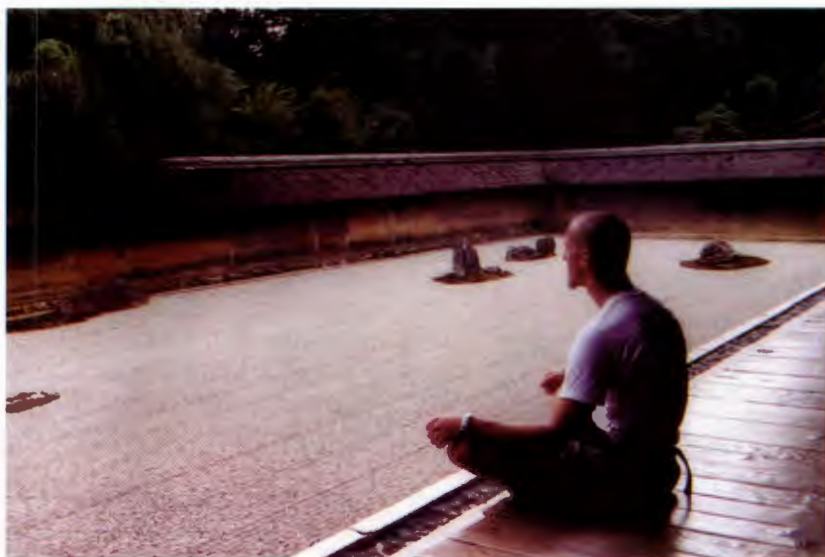
As a student, fellow teacher and associate of Eagle's, I would have to say that his physical prowess and professional success, along with his heightened state of mental, emotional and spiritual awareness makes it clear he has tapped into resources seldom accessed by pro athletes, yoga instructors or spiritual seekers. Now that he has formally announced his retirement from pro racquetball, his life is dedicated to sharing the very same techniques that elevated him out of injury and instability to a plateau of physical, mental, and emotional euphoria.

For the better part of 2003 he will take his studies on the road to India, the heartland of Yoga, where he will study with many of the world's preeminent instructors who represent teaching lineages extending back for thousands of years. Eagle's life is a testament to the fact that the benefits of these ancient sciences he has studied thoroughly, and now teaches impeccably, are unparalleled, and should be regarded as skeleton keys for anyone seeking personal health, vitality, and ultimate professional performance. To learn more about Doug Eagle, his work with Ancient Performance Techniques™, The Transformational Rhythms Program™, and his continuous path towards a healthier and happier existence, log on anytime to HighVibeLiving.org or EagleYoga.com.

About the Author: d is a co-founder of High Vibe Living™, a community of scholars and educators dedicated to maintaining the integrity of ancient Eastern sciences for personal wellness, while intimately fusing their core principles with aspects of western culture. He has been Eagle's student, close friend and fellow teacher for the past seven years. His extensive experience with both Eastern and Western approaches to personal wellness and the science of yoga, along with his work with contemporary therapies of healing with sound, rhythm and vibration, offer insights into the truly dynamic path of preventative healthcare.

On his return from India, RACQUETBALL hopes to convince Doug to select and illustrate a training series of yoga poses for racquetball players. Look for them in future issues.

top to bottom, right, this page: Meditating in Kyoto, Japan in 2000; practicing by the sea in Maui; with Astanga Yoga Founder Shri K. Pattabi Jois; with originator of Power Yoga, Baron Baptiste.



rb:people & places

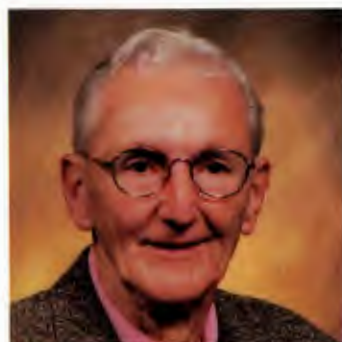


Athletes of the Year

The USRA recently named the recipients of the 2002 Athlete of the Year awards, to be honored at the annual awards banquet in Houston, Texas on May 24. Also featured at the banquet will be Hall of Fame inductee Cliff Swain [see pg. 25].



Male Athlete of the Year: Mike Guidry (Carrollton, Texas) After ousting defending champion Jack Huczek in the finals of the USRA National Singles last May, Mike Guidry paired up with long-time doubles partner Ruben Gonzalez to repeat as the USRA National Doubles Champions in October. With the wins, Guidry became only the fourth player to win both the USRA National Singles Championships and the USRA National Doubles Championship in the same year.



Guidry also competed for the U.S. National Team that earned back the IRF World Cup in August. Guidry teamed with Gonzalez earning third place at the event in doubles competition. The two also teamed together to earn gold medals at the PARC Tournament of the Americas, helping the U.S. to take home the men's and overall team trophies.



"Earning this award is something that I have always wanted," said Guidry. "It's a real honor and a dream come true."

Female Athlete of the Year:

Cheryl Gudinas (Lisle, Illinois) Cheryl Gudinas won her fourth straight USRA National Singles Championship in 2002, defeating Laura Fenton in the final. Gudinas also did not lose a single

game enroute to her second straight IRF World Singles Championship, aiding the U.S. in bringing home the women's and overall team championships.

In addition to playing for her country, Gudinas served as an assistant coach on the U.S. Junior National Team and for the USRA Elite Training Camp. She is also the top ranked player on the LPRA Tour and the current U.S. OPEN singles champion.

"It's always a great honor and I enjoy getting the award," Gudinas said. "Not because it reminds me of what I have been so fortunate to accomplish, but because it gives me the opportunity to thank those that have made my accomplishments possible."

Bud Muehleisen Award [Male Age Group]:

Robert McAdam (Crowley, Texas) Robert McAdam, 82, took up racquetball at the age of 53 and has been winning national and international titles ever since. In 2002 he earned titles at the NMRA National Championships, the NMRA International Invitational Championships, and the USRA National Singles Championships – all in the men's 80-and-over divisions. He placed second at the IRF World Seniors Championships in the same division.

He was very humble after learning of his selection. "I have learned that the racquetball group, especially the old guys, is a great fraternity," McAdam said. "I am just in awe to be playing with legends and to be able to beat them every once in awhile."

Peggy Steding Award [Female Age Group]:

Sharon Hastings-Welty (Corvallis, Oregon) This is the second time that Sharon Hastings-Welty, 62, has earned the Peggy Steding Award; her first was in 1998. In 2002 she dominated her age groups, winning titles in women's 60-and-over at the NMRA National Championships, the Women's Senior Master, the IRF World Seniors, the Choice Hotels U.S. OPEN, and the USRA National Singles. At the U.S. OPEN, Hastings-Welty also won the women's 55+ division.

Upon hearing the news, Hastings-Welty was pleasantly surprised. "I'm stunned and pleased and overwhelmed," she said. "I am very excited and it's very nice."

Racquet for the Cure

by Jean Gallagher

Once again, Denver's annual Racquet for the Cure Tournament topped the charts for participation by offering a fun-packed, full day of intense team play.

With this year's goal set at raising \$5000 for the Susan G. Komen Foundation, a great deal of credit goes to all the sponsors and players for making this event the most successful to date. A new mixed doubles round, plus other fundraising events, special donations and involvement by Colorado women, all combined to help us reach our goal.

We kicked off with mixed doubles on Friday night, which drew 30 teams that played 20 minute round robins at all levels. The energy that filled the Lakewood Athletic Club was irrefutable, and I'd never seen so much excitement over competition. Some of the players had never even met before being teamed up that night.

Our featured LPRA guests this year were Jackie Paraiso-Rice and Kristin Walsh, who headlined the "Play with the Pro" fundraiser during the mixed doubles event. In some cases (mostly among the men) it was a play *against* the pro. Between munching on pizza and enjoying the entertainment, lots of oohs and aahs came from the crowd, as both new and experienced players stepped onto the court to face the pros. Jackie and Kristin relaxed into the atmosphere and played to their usual high-level, left- or right-handed. Throughout the expanded Friday format, new friendships were formed along with a more complete understanding about the Racquet for the Cure tournament itself. Special thanks go out to both Jackie and Kristin,



Top: Event organizer Jean Gallagher is flanked by top pros Kristin Walsh (left) and Jackie Rice. Photo: Chip Sampsel.

Bottom: Playing in support of a recently-diagnosed friend, Jeannie Cannella, Barb Mehegan and Ann Schramm show off specialty wristbands embroidered with her name and the Komen Foundation pink ribbon logo. Photo: Dan Davis.

and also to "the guys" for bringing even more enthusiasm to the project.

On Saturday, the largest women's tournament held in the state of Colorado opened with 54 women checking in to challenge their way to the top of their divisions. For those who didn't reach the top, just when you thought you'd be done (after already losing two matches), you'd find your name in the consolation, *of* the consolation, *for* the losers' bracket! It was insane, and more racquetball than anyone can expect to encounter in a single day. But we were inspired after watching Jackie and Kristin challenge each other in four games while – from the sidelines — local pro Jo Shattuck led the traditional "wave" every time one of the ladies dove for a ball. That type of crowd involvement only brings out the best in the players on the court, and once they were done, they didn't even stop for a break before offering

clinics to separate groups of ten eager students each. We all look forward to following the rest of the LPRA season, after meeting these top pros "up close and personal."

The banquet forced players to drag their exhausted bodies away from the club to a catered meal, and even though the beer cart didn't fit through the doors, we still managed to fight the cold to donate a bit more money to the cause. Every player was given a chance to choose their own prize from the awards table, which

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Lisa
Rousseau



Chong Ae &
Larry Mullen

was loaded with over a dozen top-of-the-line frames, bags, shirts, gloves and eyeguards, not to mention signature items sent by the LPRA players. Our guest speaker, Mary Scott, from the Denver-based Susan G. Komen Foundation affiliate, shared how the money raised from the event would be best utilized. Our event, which we are trying to expand to a national level, will continue to support breast cancer research and also help those in medical need. Thanks to our largest corporate partner,

Wilson Sports, money for this effort is now being raised in 13 different cities through a variety of one- and two-day events. So far this season, our grand reported total for the Foundation has been over \$15,000!



Jackie Tilton &
Brenda Tolouma

Each year, as we begin planning the "Racquet for the Cure" tournament, our goals get higher and higher. At the inaugural 1999 event we raised \$200, then tripled it the following year with \$600 in 2000. Last year we achieved a five-fold jump to \$3000 and this year, with a generous "over the top" contribution by Howard and Theresa Tilton, we were able to hit our latest goal of \$5000. In all, the fourth annual event was the best yet!

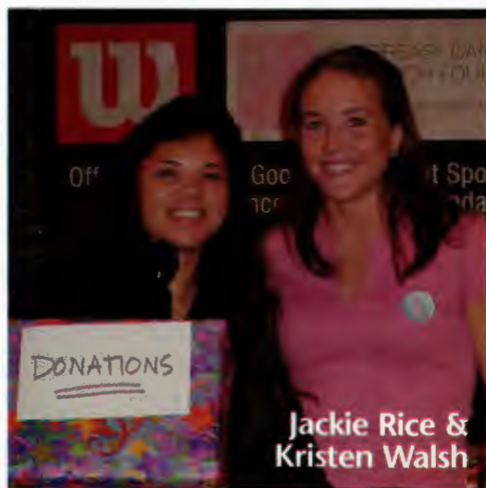
Our goals for next year will be even higher, and with the type of encouragement and support we've enjoyed from sponsors, supporters, players and friends, we're certain to reach those new goals as well. See you in 2004!

Check the Colorado Racquetball Association website for results, at www.coloradoracquetball.com. All photos this page: Dan Davis.

Spry, 70 and Counting ... *by Amos Rosenbloom*

Minneapolis will host the National Masters Racquetball Tournament this July 23-26 at the Northwest Hiway 100 Club. Although this event challenges the best over-45 players in the country, it also attracts those who play for the "health of it." Preparing through practice and conditioning, this "workout" helps body and soul, and sharing tournament camaraderie maintains social contacts that are precious. Ten seconds of "Hello, how are ya?" and a pat on the back go along way in maintaining mental health. There isn't a player in the 70's, and older, who doesn't have a medical history.

Snapped at the Minnesota Racquetball Hall of Fame banquet are three players who will play the July Masters in the 70+ bracket. Shown left to right (above) are: Amos Rosenbloom, Minneapolis, Minnesota, 75 (arthritis, hip replaced, cancer survivor); Bob McNamara, Edina, Minnesota, 71 (arthritis,



Jackie Rice &
Kristen Walsh

*everybody wins ... marathoners
select awards at the banquet*



both knees, one shoulder and one hip replaced); and John Lafond, St. Paul, Minnesota, 74 (arthritis). None of them get extra sympathy points when they play, since their opponents have their own story.

Unlike most, NMRA tournaments are strictly round robin, so players are never "out." Everyone continues to earn points for each match and are then re-positioned within their age bracket by total points when all is said and done. Fifteen midwest players have already indicated that they intend to play, and we've set a goal of having the largest 70's draw ever.

In fact, all of these 70+ players have already indicated that they are going to be on hand: Cap Hiles, Panama City, FL; John Brandrup, Rochester, MN; Ivan Bruner, Madison, WI; Dick Wadewitz, Platteville, WI; Tim Rusch, Eden Prairie, MN; Lyle Schumacher, Winona, MN; Charlie Schafer, Pella, IA; Ray Gordon, Grand Forks, ND; Ralph Stillman, Deephaven, MN; Bob Englund, Minneapolis, MN; Max Fallak, Minneapolis, MN; Norm Goldetsky, Minnetonka, MN; Royal Slack, Panama City Beach, FL.

It is our hope that many more players will choose to attend this summer tournament and encourage others to sign up, too. For more information, go to www.nmra.info or contact Ron Pudduck by phone at 734-425-7522, or email ronpudduck@aol.com.

Journeyman Players ... are focused on encouraging a record number of 70-year-old players to attend the NMRA tournament at the Northwest Highway 100 Club in Minneapolis July 23-26.

Journeyman Players recognize that winning at 70 means signing up and getting into condition to play,

then enjoying the camaraderie that maintains mental health and keeps body and soul together.

In support of these efforts, *Journeyman Players* have made a limited number of expense scholarships that include a public relations package to players 70 or older. Past recipients have been Verlyn Dunn of Pocatello, Idaho, Minnesotans "Cap" Hiles of Stillwater, and Amos Rosenbloom of Edina.

For more information contact:

Journeyman Players, C/O Amos

Rosenbloom, 5810 West 78th Street, Bloomington, MN 55439.

Intercollegiate Regional

by Lynn Stephens

On the weekend of February 14, the Southeastern Intercollegiate Regional, better known as the "UNC Club Bash" was held on the campus of the University of North Carolina at Chapel Hill. Students from seven universities in North Carolina and Virginia competed for individual and overall team titles, representing UNC, UNC-Greensboro, UNC-Charlotte, Duke, NC State, Virginia Tech, and William and Mary.

Singles and doubles were played in the Olympic format, and the event served as a fundraiser to assist the UNC racquetball club in attending the National Intercollegiate Championships in April. The individual championship was won by Ben Coit (Virginia Tech) in a tough two game over Zach Archer (Duke). Virginia Tech also won the team championship, with UNC second, and Duke coming in third.

With bad weather expected to reach the area that night, Curt decided that — with the student's cooperation — the entire tournament could be completed on Saturday, to allow the road-trippers to leave early. The students agreed to play back-to-back, to-back matches if necessary. So instead of a noon Sunday finish, all matches were completed and awards handed out by Saturday at 6:30 PM. Needless to say, the students got plenty of court time on Saturday ... but no one complained, and everyone enjoyed the competition and school rivalry.

The NCRA helped support the event by running the tournament desk. In charge of tournament control was

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hmmm ... who 'dat?

It was 1975, and this court warrior was stylin' ... can you identify the owner of this vintage mini-racquet? Email your guess to editor@racq-mag.com, or wait to find out the answer in the next edition! Photo: courtesy Luke St. Onge.

the NCRA's Youth Program Director, Curt "Spazz" Smith (*far right*), assisted by Membership Director Mike "Bush Hog" Bourgeois (*near right*) and NCRA President Lynn "the prez" Stephens. Added support came from the Daly Seven Corp., Syntech Signs and E-Force, via the NCRA, which is dedicated to supporting collegiate players with the aim of creating life-long enthusiasts.

"Camping" at its Peak

by Ryan John

In 1983, the AARA's Elite Training Camp was devised to give promising racquetball players a chance to hone their skills in a way that would bring their game to the next level. Cheryl Gudinas was one of the first to sign up for the experiment.

Now, 20 years later, the camp is still going strong, despite a series of interesting changes. The AARA is now the USRA, the camp has been renamed the High Performance Camp, and Cheryl Gudinas is now one of its instructors. Oh, and the camp *might* have helped her a bit, because she's won a couple of tournaments since her first elite training camp.

I learned of the camp in the first few months of my employment at the USRA. "Are you writing a press release on the Elite Camp?" Jim Hiser asked me one day after I wandered into his office. "Sure," I replied. "What is it?"

After his explanation, I thought the camp sounded like a great idea. I wasn't sure if I was a promising racquetball player, but I was sure that I wanted to bring my game up a level, or two ... or ten. After some creative wheedling to Hiser (who leads the camp), and pitching a story for the magazine, it was agreed that I would become an official camper.

Camp participants are housed at the Olympic Training Center, right alongside Olympic athletes, and each day starts with a morning run to, and around, Memorial Lake. This three-mile wake-me-up, ends at the tennis courts for morning exercises and drills.

As everyone is still trying to catch their breath in the high altitude, Hiser smiles menacingly as he leads the group through stretches, sit-ups, and push-ups. This is followed with more conditioning and footwork drills. Just when you think that you



IRF WORLD SENIOR RACQUETBALL CHAMPIONSHIPS

ALBUQUERQUE NEW MEXICO

TOURNAMENT STARTS TUESDAY, AUGUST 26
FINALS ON SATURDAY, AUGUST 30

ENTRY FORM - PLEASE PRINT ALL INFORMATION LEGIBLY.

Last Name:		First Name:	
Address:			
City:		State:	ZIP:
Country:		Gender (Check One): <input type="checkbox"/> Male <input type="checkbox"/> Female	
Home Phone:		Work Phone:	
Email:			
Age As Of 8/26/2003:		Date Of Birth:	

NO ENTRIES ACCEPTED WITHOUT FEE. FEE ENCLOSED:

- | | |
|---|---|
| <input type="checkbox"/> Individual Player - \$110.00 | <input type="checkbox"/> Husband/Wife Players - \$170.00 |
| <input type="checkbox"/> Non-Player Spectator(s) - \$55.00 | <input type="checkbox"/> USRA Competitive License - \$30.00 |
| (Enter Spectator(s) Name(s) Below.) <input type="checkbox"/> Late Fee - \$15.00 | |

Spectator(s):

CHECK METHOD OF PAYMENT BELOW - TOTAL FEE ENCLOSED: \$

U.S. Currency Only. Add \$5.00 processing fee for VISA or Mastercard.

<input type="checkbox"/> Check	<input type="checkbox"/> Money Order	<input type="checkbox"/> Bank Draft	<input type="checkbox"/> VISA	<input type="checkbox"/> Mastercard
Credit Card #		Exp. Date:		

NO REFUNDS AFTER AUGUST 1, 2003.

WAIVER: In consideration of my participation in the World Senior Racquetball Championships, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the World Senior Racquetball Championships Council, New Mexico Sports and Wellness Clubs, Kirtland Air Force Base, International Racquetball Federation, United States Racquetball Association, New Mexico Racquetball Association, and their respective agents, representatives, successors, and assigns for any and all injuries or damages, whether caused by negligence of the above or otherwise. I also acknowledge the potential risk of eye injury during competition and can provide certification in writing that my protective eye guards (including prescriptive frames/lenses) conform to all standards specified by the IRF rules. By registering to compete in this event, I release all rights to the use of event photographs in which my image appears.

(Original Signed Waiver Required For Participation.)

PARTICIPANT SIGNATURE & DATE:

MAIL COMPLETED ENTRY AND FEES TO: WORLD SENIOR RACQUETBALL CHAMPIONSHIPS ♦ P.O. BOX 30188 ♦ ALBUQUERQUE, NM 87190
DEADLINE: ENTRIES MUST BE RECEIVED BY AUGUST 1, 2003

CHECK ONE EVENT PER PARTICIPANT

WHEELCHAIR DIVISION

☐ Men/Women 35+

MEN'S DIVISIONS

- ☐ Men's 35+
- ☐ Men's 40+
- ☐ Men's 45+
- ☐ Men's 50+
- ☐ Men's 55+
- ☐ Men's 60+
- ☐ Men's 65+
- ☐ Men's 70+
- ☐ Men's 75+
- ☐ Men's 80+
- ☐ Men's 85+

WOMEN'S DIVISIONS

- ☐ Women's 35+
- ☐ Women's 40+
- ☐ Women's 45+
- ☐ Women's 50+
- ☐ Women's 55+
- ☐ Women's 60+
- ☐ Women's 65+
- ☐ Women's 70+
- ☐ Women's 75+
- ☐ Women's 80+
- ☐ Women's 85+

PLAYER LEVEL

- ☐ Open, AA
- ☐ A, B
- ☐ C, D
- ☐ Novice

State Ranking: _____

Regional Ranking: _____

National Ranking: _____

EVENT DETAILS: Note starting day (Tuesday) this year. For expanded entry form, go to www.usra.org "Index" to search online. To request a full entry form by mail, contact Gary Mazaroff at 505-266-8960, or email joel.gellman@gte.net.

EVENT HEADQUARTERS: Albuquerque Marriott, 2101 Louisiana NE, 505-881-6800, 1-800-228-9290 or 1-800-334-2086. WSRC Room Rate - \$79/night.

TRAVEL: United Airlines, 800-841-0460 (use acct. #511 SM) for best United rate.

OFFICIAL BALL: Pro Penn



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rb:people & places



aren't able to go any further it's time for the run back to the training center to grab a quick bite.

After wolfing down breakfast, we're loaded on a bus to the Lynmar Racquet & Health Club, the official USRA training facility. Each day players are instructed on stroke mechanics, court positioning, serves, and footwork. After each lesson the group is then split into smaller groups for closer supervision while they practice and drill what was just learned.

Videotaping is a big part of the camp, and U.S. Team Head Coach Jim Winterton scheduled players throughout each day to be recorded and analyzed. I was surprised the first time I saw my strokes on tape and realized I needed a lot of work. Winterton reaffirmed this a bit too willingly, but assured me that we would get it worked out.

After finishing up at Lynmar, the group is bussed back to the training center for dinner, followed by group meetings. The mental aspect of the game is discussed at great length during these meetings. In this camp, Winterton, Hiser, Gudinas, U.S. Junior Team Coach Kelley Beane, BYU National Champion Head Coach Dennis Fisher, and former World Junior Champion Josh Tucker all shared their views on the game. They discussed everything from strategy, to how to train, to what to eat. I couldn't imagine a more

knowledgeable group of racquetball experts, all sharing their secrets. You could sense the room was hanging on their every word.

After nearly a full week of training the camp was nearing an end, but it wasn't quite finished yet. On the last day there was no morning run scheduled. In its place was something called a "simulated run." I wasn't quite sure what that was, or could be, but I soon found out. We met at the cinder track of a local school instead of Memorial Park. Hiser was there with his usual morning smile and a whistle.

I learned that the simulated run was an idea based on replicating how the body is affected during a racquetball match. Hiser would blow the whistle and everyone had to begin sprinting as hard as they could around the track. When he blew the whistle a second time everyone could slow down to a jog.

He then blew it again and it was back to sprinting. This went on for 20 minutes with some sprints longer than others. At the end of 20 minutes we got a two-minute break — the same amount of time allotted between games in a match. At the end of the two minutes it was back to the track for another session.

Before the run began we were told that if anyone slacked off, then everyone would be forced to go to a "tiebreaker." Luckily nobody slacked off during the run, and I think Hiser and Winterton were a little disappointed that didn't get to watch us run around for another 20 minutes.

The camp ended with a tournament at Lynmar. Although everyone was drained from the week (and the simulated run in particular) you could easily see the strides made in their games. It was even becoming evident that some of the players in the camp were going to earn some tournament buzz. One of the sessions campers, Paige Harris, recently won the girl's No.2 singles division at the USRA Intercollegiate Championships.

I have now participated in the camp for two years and would do it again in a heartbeat. It is by no means a walk in the park; nothing worthwhile ever is. It's demanding, both physically and mentally, but everyone that has ever completed one has come away a better player. If improving your racquetball game is a priority for you, signing up for this year's camp is a definite must.

For this year's camp date, and more program details online, go to www.usra.org > "Sitemap/Index" > "C"amp.



HEAD 30th U.S. Junior Olympic Championships

June 25-29, 2003 | Manchester, NH
Executive Health & Sports Center

• entry form — please print

Name _____ Gender M | F

Address _____

City _____ State/Zip _____

Phone (Day) _____

Phone (Evening) _____

Email _____

Birthdate _____ Age _____

Partner's Name _____ Division _____

Partner's Name _____ Division _____

Required Qualifier Competed In _____
[State Championship, Junior Regional or National High Schools]

Other Seeding Information _____

WAIVER: I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the USRA, Head, Penn Racquet Sports, Executive Health & Sports Center, or their respective agents for any and all injuries. I also acknowledge the potential risk of eye injury during competition, and can provide certification in writing that my child's protective eyeguards (including prescription frames/lenses) conform with all standards specified in USRA Rule 2.5(a). By registering to compete in this event, I consent to be subject to drug testing as administered according to the USRA/USOC guidelines, and release all rights to the use of event photographs in which my image appears.

LIABILITY: I agree to be liable for all costs for damages for which my child is responsible and to pay for all costs arising from any disciplinary action imposed as stated in the Junior Code of Conduct.

Guardian Signature/Date

Participant Signature/Date

• **LODGING:** Holiday Inn Center of NH, 700 Elm Street, Manchester, NH 03101 [603-625-1000] Rate: \$95.00 per night, up to four/per room. Reserve no later than JUNE 4, 2003 to secure the tournament rate. • **GROUND TRANSPORTATION:** HERTZ is the official rental car sponsor — make your reservations by calling 800-654-2240 with reference #02RD0002 for your special rate. • **THE U.S. OLYMPIC COMMITTEE TRAVEL DESK AND UNITED AIRLINES JOIN THE USRA TO OFFER THE LOWEST POSSIBLE UNITED AIRFARES TO NATIONAL EVENTS** • For reservations, phone United's U.S. Olympic Travel Desk, toll-free, at 800/841-0460 between 9:00 am and 5:00 pm EST weekdays. Then reference the special USRA conference account number 511SM to receive your low fare! Your support of this program brings racquetball closer to becoming an Olympic Sport! • **OFFICIAL BALL:** ProPenn

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United Airlines [#511SM] 800-841-0460
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Holiday Inn Center 603-625-1000

• divisions | entry deadline: June 11

BOYS SINGLES	GIRLS SINGLES
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<input type="checkbox"/> 16 and under	<input type="checkbox"/> 16 and under
<input type="checkbox"/> 14 and under	<input type="checkbox"/> 14 and under
<input type="checkbox"/> 12 and under	<input type="checkbox"/> 12 and under
<input type="checkbox"/> 10 and under	<input type="checkbox"/> 10 and under
<input type="checkbox"/> 8 and under	<input type="checkbox"/> 8 and under
<input type="checkbox"/> 8- multi-bounce	<input type="checkbox"/> 8- multi-bounce
<input type="checkbox"/> 6- multi-bounce	<input type="checkbox"/> 6- multi-bounce

BOYS DOUBLES	GIRLS DOUBLES	MIXED DOUBLES
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<input type="checkbox"/> 16 & under	<input type="checkbox"/> 16 & under	<input type="checkbox"/> 16 & under
<input type="checkbox"/> 14 & under	<input type="checkbox"/> 14 & under	<input type="checkbox"/> 14 & under
<input type="checkbox"/> 12 & under	<input type="checkbox"/> 12 & under	<input type="checkbox"/> 12 & under
<input type="checkbox"/> 10 & under	<input type="checkbox"/> 10 & under	<input type="checkbox"/> 10 & under

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Tax deductible donation
to Junior Team USA \$ _____
TOTAL DUE: \$ _____

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MC/Visa _____

Expiration Date _____ USRA VISA? Y | N

Cardholder (please print)

Signature

MAIL COMPLETED ENTRY AND FEES TO:
USRA JUNIOR OLYMPICS • 1685 West Uintah
Colorado Springs, CO 80904-2906

Entries must be received by June 11 (Postmarked no later than June 6). Entries are not accepted without prepayment and required signatures. Additional surcharges may include: \$23.00 for returned checks and \$10.00 for declined credit cards.

Racquetball Canada Names Four Development Centres

Expands Coaching Staff

Racquetball Canada announced the next step in its long-term plans to grow the sport with the creation of four development centres across Canada. The centres, located in Prince George (B.C.), Regina, Rock Forest (Que) and Halifax will serve as a vital tool in developing future national team players and coaches, as well as help grow the sport at the grassroots level. At the same time, coaching staff have been identified and appointed to posts at these centers and nationwide.

In Prince George, Mark Cormack, a member of our national wheelchair team and Debbie Ward, a retired national team member, will serve as coaches. Ross Richardson will be the coach at the Regina facility. Another national team member, Chantal Turgeon, will be the coach in Rock Forest. In Halifax, where Racquetball Canada is putting a special focus in order to grow the game at both the grass roots and competitive levels, the coaches are Paul Keeping and Dale Haynes.

Elsewhere, three national team members will serve as assistant coaches at their respective facilities. Lori-Jane Powell, a long-time member of Canada's national women's team, has been selected to assist Roger Harripersad in Calgary. In Winnipeg, Jennifer Saunders, will assist head coach Ron Brown. In Montreal, team veteran Josee Grand'maitre will assist Michel Gagnon, and in Saskatoon, Rob Barclay, a long-time junior coach in the area, will assist Loren Prentice.

"It's great that our national team players have chosen to give back to the game by helping develop the future stars of our team," said head coach Ron Brown on the appointments. "We rely on their experience to help mentor the juniors who will soon be Team Canada members."

Canadian Stars Battle for Roster Spots

In the first of two primary qualifiers for the Tournament of the Americas, Canada's Doubles Selection was held in Saskatoon in late January. Battling for the doubles roster spot, No.3 seeds Brian Istace of Calgary and Mike Ceresia of Burlington, Ont., took the men's title over Cory Osborne of Penetanguishene, Ont., and Francis Viens, of Rock Forest, Que., 8-15, 15-4, 15-1.

The No.3 seeded team of Lori-Jane Powell and Julie Neubauer pulled off their second straight upset in the final, defeating top seeds Amanda MacDonald and Karina Odegard of Saskatoon 15-9, 15-13, after

eliminating the No.2 pair of Josee Grande'Maitre (Que) and Jennifer Saunders (Man.) the day before.

Later in March, Burlington, Ont.'s Mike Green and Josee Grand 'Maitre of Longueuil, Que., emerged victorious at the Singles Selection event at White Oaks Resort and Spa. Green, the tournament's top men's seed, defeated No. 2 seed Brian Istace of Calgary 15-11, 16-14, while women's No. 2 Grand 'Maitre downed No. 1 Lori-Jane Powell, also of Calgary, (15-7), 15-11, 11-8.

Both players staged comebacks in the deciding games of their respective matches to take the title, with Green emerging from a 13-4 deficit, and Grand 'Maitre winning after being down 7-3 in the tiebreaker.

"To be honest I was just playing to get in good position for the tiebreaker," said Green. "When I hit that serve on (14-14) though, I knew I could win it right there. It was a good game, Brian played really well and made some great shots, I was happy to win, especially coming back like that."

Grand 'Maitre's comeback was even more dramatic, as she stared down defeat when she trailed 7-3. The victory was the third of three difficult matches she had during the weekend. "I had two really good, hard matches with Julie (Neubauer) and Chantal Turgeon (in the quarter- and semi-finals)," said Grand Maitre. "After those, I just had to keep my concentration and stay with (Powell)."

"I didn't start out that strong, but when I got it back to 8-7 (in the tiebreaker) I knew I could do it, it was like 'lets go now'."

Green's win is his second consecutive title in national competition, combined with his win at last year's national championships. Grand 'Maitre finished second at last year's nationals.

Both the singles and doubles qualifying events would name athletes to the Canadian team to compete at the upcoming Tournament of the Americas in the Dominican Republic. The tournaments also served as secondary qualifying events for this summer's Pan Am Games, which are also slated for the Dominican Republic in August.

Material edited from Racquetball Canada press releases, submitted by Peter Robinson [647.227.5540]. For more information about coaching, please contact: Ron Brown @ (204) 489-5889 or (204) 488-3025. Racquetball Canada website: www.racquetball.ca

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July 18-20	Albany, NY
July 25-27	Woodbridge, NJ
August 1-3	TBA
August 8-10(singles)	San Francisco, CA
August 15-17(doubles)	San Francisco, CA
September 19-21	So. Florida
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*This schedule is tentative due to IRT dates!

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AmPRO ... Clinic Schedule ... Clinic Schedule ...

Date	Site	City	Contact	Phone
May 19-20	Downtown YMCA	Houston, TX	Ken Woodfin	281-434-4775
June 17-18	Laurel Racquetball Club	Laurel, MD	Gary Mazaroff	505-266-8960
June 28-29	Riverpoint Sports & Wellness	Albuquerque, NM	Joe Wittenbrink	505-890-0096
July 21-22	Hiway 100 Club	Minneapolis, MN	TBA	TBA
Nov. 17-18	TBA	Memphis, TN	Gary Mazaroff	505-266-8960

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

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Position Available: The Racquetball Manufacturers Council is seeking qualified candidates for the position of Project Coordinator. If interested, contact RMC Chairman, Scott Winters at swinters@bssusa.com or 480-460-9019.

U.S. TEAM QUALIFYING

In order to earn an appointment to the U.S. National Team, benchmark performances must be reached at selected qualifiers. Presently the team is comprised of one top professional from each tour (1 each, IRT/male & LPRA/female = 2); the top-three (3) finishers from the U.S. National Singles Championships (3 each, male & female = 6); finalists from the U.S. National Doubles Championships (4 teams, 2 each, male & female = 8); and Intercollegiate National champions (1 each, male & female = 2). By reaching these benchmarks, individuals are appointed to the U.S. Team for a term of one year, and are then added to a pool of athletes to compete at international events.

For Juniors, two events serve as qualifiers for the U.S. Junior National Team. The National High School champions (1 each, male & female = 2) will be appointed to the team for a term of one year, along with the top three finishers at the Junior Olympic Championships in the 18-, 16- and 14- divisions (3 each, male & female, from each division = 18). Like its adult counterpart, the 20-member U.S. Junior Team competes at international events.

PAN AM TEAM QUALIFYING

In the current season, players who qualify for the U.S. National Team and reach specified levels in designated competitions will also earn appointments to the U.S. squad slated to compete at the 2003 Pan American Games. Three qualifiers have been set: the IRT/LPRA rankings, as of May 1, 2003; the 2002 U.S. National Doubles Championships in October, and the 2003 U.S. National Singles Championships in May. In singles the IRT and LPRA designated athletes will earn the No.1 roster spots, followed by the 2003 Men's and Women's Open champions from National Singles in the No.2 positions. In doubles the Men's and Women's Open Doubles Champions will be appointed to the squad. In the event of "double-qualifying" (the same person qualifies in two or more events), additional spots will be filled by the U.S. Team coaching staff, from among the remaining, qualified U.S. Team members.

In order to give participating countries sufficient lead time to select their Pan American teams, the Pan Am Team Trials were held last March, where 12 countries were confirmed to participate. Teams will be fielded from: Argentina, Bolivia, Canada, Chile, Colombia, Dominican Republic, Ecuador, Guatemala, Mexico, Puerto Rico, the United States and Venezuela. The 2003 Pan American Games will be held in Santo Domingo, the Dominican Republic, August 1-17.

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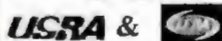
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MEN

Men's Open

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

Men's Elite

1. Matthew Anderson, GA
2. Richard Maggard, MO
3. Raymond Maestas, NM
4. Maurice Barros, KS
5. David Guentert, CO
6. Filip Vesely, IN
7. Mike Gann, OK
8. Craig Allen, WA
- 8t. Matt Anderson, IN
- 8t. Wayne Gonsalves, NY

Men's A

1. Chris Coy, OK
2. Kipp Atwell, LA
- 3t. Marcelo Laprea, TX
- 3t. Andres Ramirez, FL
5. Myron Brough, OH
6. Dave McKee, MN
7. Alex Zamudio, IN
8. Marty Hammond, PA
9. Mike Treacy, PA
10. Jared Torres, KS

Men's B

1. Carlos Ramirez, FL
2. Tony Gonzales, IL
- 3t. Elliott Mistich, LA
- 3t. Vito Rubiano, IL
- 3t. Bryan Shaw, MO
6. John Reed, CO
- 7t. Tony Rosselli, IL
- 7t. Shaun Stone, OK
9. Phil Singer, KY
- 10t. Joe Appleman, MA

Men's C

1. Harold Beshaw, PA
2. Mike Belvedere, IL
3. Garry Carter, CA
- 4t. Jerry Garcia, CO
- 4t. Richard Morris, TX
- 4t. Felipe Veracoechea, TX
- 7t. Mark Burd, SD
- 7t. Scott Schmidt, MO
- 7t. Brandon Stanley, LA
10. Jim Triumph, KY

Men's D

1. David Aguirre, CA
2. David Sadler, TN
3. Felipe Veracoechea, TX
4. Jansen Allen, TX
5. Suneel Battula, OH
- 6t. Alex Brown, OH
- 6t. Joseph Lee, LA
- 6t. Mike Najjar, MO

- 6t. Brian Thompson, KY
- 10t. Mike Degonia, IL

Men's Novice

1. Josh Redding, KY
- 2t. Todd Anderson, NH
- 2t. Terry Bahr, CA
- 2t. Andrew Carter, OH
- 2t. Orlando Gonzalez, TX
- 2t. Bruno Guerrero, FL
- 7t. Larry Hicks, KY
- 7t. Amir Shahin, CA
- 9t. John-Craig Chisholm, MA
- 9t. Jonathan Clay, RI

Men's 24-

1. Mitch Williams, NC
2. Ben Croft, IL
3. Jack Huczek, MI
4. Brent Walters, NC
5. Shane Vanderson, OH
- 6t. Alejandro Herrera, FL
- 6t. Sanjay Laforest, NY
- 6t. Marcelo Laprea, TX
- 6t. Filip Vesely, IN
- 10t. Cesar Carrillo, TN

Men's 25+

1. Tom Fuhrmann, AZ
2. Mike Orr, PA
- 3t. Gared Edmunds, KY
- 3t. Shawn Royster, CA
5. Kyle Veenstra, WI
- 6t. Mike Dennison, OH
- 6t. Nate Gagne, ME
8. German Herrera, FL
9. Dale Valentine, CA
10. Russ Tatar, IL

Men's 30+

1. Brian Fredenberg, TX
2. Brian Pointelin, UT
3. Kelly North, KY
4. Julio Junki, FL
- 5t. Toby Devore, LA
- 5t. Dale Valentine, CA
7. Cary Slade, IL
- 8t. Russ Bruns, VA
- 8t. Chris Jones, OK
- 8t. Tim Stanton, OH

Men's 35+

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

Men's 40+

1. Dave Watson, OK
- 2t. Tony Feldstein, CO
- 2t. Tim Hansen, FL
- 2t. Tom Travers, OH
5. Scott Cullins, GA
6. Dave Eagle, OH
7. Bill Lyman, IL

8. Tom Utterback, IL
- 9t. Bobby Haab, CT
- 9t. Glenn Leib, PA

Men's 45+

1. Randy Stafford, TN
2. Mitch Smith, PA
3. Ruben Gonzalez, NY
4. Patrick Gibson, TX
5. Dave Milazzo, IL
- 6t. Mark Baron, VA
- 6t. Len Knudsen, FL
- 8t. Mitt Layton, FL
- 8t. Denny Vincent, OH
- 8t. John Vohland, CO

Men's 50+

1. Mitt Layton, FL
2. Howard Walker, TX
3. Jim Luzar, WI
4. Tom Rall, CO
5. Darryl Warren, CA
6. David Olson, IL
7. David Dennis, AR
8. Frank Taddonio, AZ
9. Edward Garabedian, PA
10. Jim Bailey, VA

Men's 55+

1. Bill Wolfe, NY
- 2t. Tom McKie, TX
- 2t. Horace Miller, IL
- 4t. Terry Albright, MO
- 4t. David Steiger, ME
- 6t. Sammy Robles, TX
- 6t. David Warner, MN
8. Joe Quirke, IL
9. Dennis McKee, IL
10. Glenn Allen, VA

Men's 60+

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

Men's 65+

1. Michael Jackson, CT
- 2t. Lee Graff, OR
- 2t. Dave Snyder, TX
4. Jerry Holly, CA
- 5t. Charlie Hamon, WA
- 5t. David Jordan, NJ
7. Jerry Northwood, AZ
8. Dave Lund, MI
9. Al Miller, OH
10. Cy Dietrich, GA

Men's 70+

1. Don Alt, OH
2. Sean Reid, NV
3. Joe Lambert, TX
4. Robert Miller, SC
- 5t. John O'donnell Jr.
- 5t. Frank Trask, ME

7. Chuck Kaiser, MI
8. Joe Miller, FL
9. Marty Donohue, FL
- 10t. Phil Du Laney, VA

Men's 75+

1. Duane Russell, MI
2. Dick Kincade, CO
- 3t. Earl Acuff, NC
- 3t. Joe Lambert, TX
5. J.W. Studak, TX
- 6t. Hank Richard, NC
- 6t. Cam Snowberger, SC
8. Victor Sacco, NY
- 9t. Philip Dziuk, IL
- 9t. Lee Goldstein, CA

Men's 80+

1. Robert McAdam, TX
2. Earl Acuff, NC
3. Sam Harry, PA
4. Cam Snowberger, SC
5. Hank Richard, NC
6. Bill Weinacht, OH
7. Samuel Harry, PA
8. Bill Matotan, NM
9. Albert Romero, NM
10. Al 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. Jackie Rice, CA
4. Denise Mock, TX
- 5t. Elaine Albrecht, OH
- 5t. Laura Fenton, KS
7. Brenda Kyzer, SC
- 8t. Malia Bailey, VA
- 8t. Lourdes Sanders, CO
10. Kim Machiran, MO

Women's Elite

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

Women's A

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

10. Pat Sims, ME

Women's B

- 1t. Sara Noyes, FL
- 1t. Elizabeth Shaia, TX
3. Cheryl Kirk, IL
4. Diana Courtney, MI
5. Susan Bertelsen, CO
- 6t. Stephanie Gordon, MO
- 6t. Rhonda Kochis, OK
- 6t. Joan Vande Kieft, IL
9. Lynn Yeazell, IL
10. Deb Irvine, NH

Women's C

1. Ann Barnes, MS
2. Marci Laramée, TN
3. Cheyenne Hayes, WA
- 4t. Beth Gainer, PA
- 4t. Karen Waring, VA
- 6t. Patty Barrows, MA
- 6t. Robin Maestas, CO
- 6t. Peyton Myers, NC
9. Janet Christie, IL
- 10t. Libby Agliato, MO

Women's D

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

Women's Novice

- 1t. Theresa Brodzik, OH
- 1t. Malorie Johnson, ME
- 1t. Debra Mathis, FL
- 1t. Kristi Zonfrelli, MA
5. Bambi Brown-Lynch, NM
- 6t. Jacquie Henry, FL
- 6t. Susan Hutchinson, NH
- 6t. Myriam Lakabi, VA
- 6t. Carrie Pierce, VA
- 6t. Alyson Webb, OH

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
2. Kerri Wachtel, OH
- 3t. Rachel Gellman, AZ
- 3t. Claudia Ramirez, FL
5. T.J. Baumbaugh, VA
6. Stephanie Bird, OK
7. Heather Dunn, MA
8. Jennifer Lynch, CO

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9. Shannon Feaster, MD
10t. Stephanie Munger, AK

Women's 30+

1. Jo Shattuck, CO
2. Elaine Albrecht, OH
3t. Debra Bryant, NC
3t. Amy Foster, OH
3t. Lorraine Galloway, NY
6. Vivian Gomez, FL
7. B.J. Ehrigott, CT
8. Heather Dunn, MA
9t. Tina Joslin, TX
9t. Hideko Uchiyama, PA

Women's 35+

1. Solanna Taragan, CA
2. Lorraine Galloway, NY
3. Anita Maldonado, NY
4. Debra Tisinger, CA
5. Felicia Mann, MI
6. Debra Bryant, NC
7. B.J. Ehrigott, CT
8t. Julie Vincent, IL
8t. Kim Wilkerson, OR
10. Diane Bunker, IL

Women's 40+

1. Debra Tisinger, CA
2. Cheryl Miosi, NY
3. Kim Machiran, MO
4. Malia Bailey, VA
5t. Denise Mock, TX
5t. Marianne Walsh, UT
7t. Shari Coplen, MO
7t. Anita Maldonado, NY
9. Diane Bunker, IL
10t. Chris Evon, IL

Women's 45+

1. Susan Pfahler, FL
2. Linda Moore, NE
3. Marsha Berry, KY
4t. Meena Evans, NC
4t. Marcia Richards, CO
6. Mary Keenan, CO
7. Jean Trimble, FL
8t. Isabel Nagelin, VA
8t. Val Shewfelt, UT
10. Joanne Pomodoro, MA

Women's 50+

1. Debbie Chaney, IN
2. Janet Myers, NC
3. Nancy Kronenfeld, IL
4t. Kathy Dunham, IL
4t. Terry Ann Rogers, CA
6t. Elaine Dexter, CA
6t. Gerri Stoffregen, OH
8t. Agatha Falso, FL
8t. Joanne Pomodoro, MA
8t. Cathy Stryker, VA

Women's 55+

1. Cece Palaski, NM
2. Agatha Falso, FL
3t. Sharon Hastings-Welty, OR
3t. Meri Jean Kelley, CA
3t. Gerri Stoffregen, OH
6. Mildred Gwinn, NC
7. Margaret Hoff, IL

8t. Jackie Jones, FL
8t. Paul Sperling, NM
10. Paula 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
10t. 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. Naomi Eads, MO
6. Jo Penny, SC
7. Carol Brown, AZ
8. Jeanne Leben, AZ

Women's 70+

1. Lola Markus, IL
2. Reta Harring, WI
3. Louise Kiss, NM

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. Chris Vosberg, MA
4. Logan Nance, CA
5. C.J. Coffey, VA
6. Sam Bredenbeck, MN
7. Reid Penny, OR
8. Kyle Ulliman, OH
9t. John Fanning, FL
9t. Brandon Golob, VA

Boy's 8-

1. Sam Reid, OR
2t. Jose Diaz, CA
2t. Marco Rojas, CA
4. Chase Stanley, LA
5t. Doug Brenner, OR

5t. Timothy LeRow, FL
7. Ryan Coates, OH
8. Keegan North, OH
9t. David Negrete, IL
9t. Dan Poindexter, MI

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
6t. Kamal Lachmansingh, VA
6t. Jackson Rogers, NM
8. Luis Quinones, FL
9t. Josh Hirsch, FL
9t. Andrew Lee, KY

Boy's 10-

1. Joseph Lee, LA
2. Taylor Knoth, OR
3. Taylor Regier, OR
4. Trevor Snyders, IL
5. Brad Kirch, NY
6. Jake Bredenbeck, MN
7. Dylan Reid, OR
8. Logan North, OH
9t. Matthew Hunter, FL
9t. Peter Michel, VA

Boy's 12-

1. Danny Lavelly, OH
2. Ishmael Aldana, CA
3. Taylor Knoth, OR
4. Trevor Snyders, IL
5. Andrew Clarke, NM
6. Harrison Slocum, FL
7t. Sean McGrath, IN
7t. John Sanderson, UT
7t. Matt Wyland, MO
10t. Brad Kirch, NY

Boy's 14-

1t. Chris Coy, OK
1t. Rick Sledzik Jr.
3. Scott Rieders, OR
4. Andrew Gale, UT
5. Mike Keddie, NH
6t. Nathan Chirban, MO
6t. Dustin Klein, VA
6t. Graham Seaders, OR
9. Stephen Brown, NM
10. Zachary Apperson, OH

Boy's 16-

1. Dan Sheppick, OR
2. Ben Croft, IL
3. Charles Pratt, OR
4t. Matt Emmel, NY
4t. Jeremy Rausch, VA
4t. Daniel Stewart, KY
7. Anthony Herrera, CO
8. Scott Manship, MA
9. Brady Prince, MN
10. Jeff Novak, IL

Boy's 18-

1. Ben Croft, IL
2. Jack Huczek, MI
3. Dan Sheppick, OR
4. David Chirban, MO

5. Ryan Lindell, OR
6. Marc Moccia, MA
7. Dan Cramer, OR
8. Travis Woodbury, VA
9. Joey Lakowski, OR
10t. Andrew Coon, KY

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 Vargar, CO
6. Elizabeth Vargas, CO
7. Railey Zantop-Zimlinghaus, CO

Girl's 8-

1. Elizabeth Brenner, OR
2. Natalia Canovas, FL
3. Abbey Lavelly, OH
4. Annelise Albrecht, OH
5. Kayla Pereira, MA
6t. Dawn Jones, NC
6t. Shannon Larkin, NH
8. Lauren Lydon, NH

Girl's 8- Multi-bounce

1. Abbey Lavelly, OH
2. Lauren Stanley, LA
3. Nicole Bruns, VA
4. Annelise Albrecht, OH
5. Samantha Rosado, CT
6. Natalia Canovas, FL
7t. Rebecca Berryman, KY
7t. Michaela Garrison-Desany, MA
7t. Nike Onimole, NM
10t. Kendra Henderson, OR

Girl's 10-

1. Kaitlin Inglesby, OR
2. Courtney Chisholm, MA
3. Sally Blakemore, VA
4. Nicole Grundman, MN
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. Emily Melgaard, ID
5. Nicole Grundman, MN
6. Shanae Taylor, IN
7. Jennifer Fenton, KS
8. Paige Hunter, FL
9t. Holly Hettesheimer, OH
9t. Wesley Toland, AR

Girl's 14-

1. Ashley Willhite, OR
2. Sarah Hettesheimer, OH
3. Dannielle Pimental, OR
4t. Kara Mazur, CT
4t. Alyson Webb, OH
6. Shannon Inglesby, OR
7t. Jenny Epstein, NY
7t. Ashley Murphy, MO
7t. Aleah Sauter, WI
10t. Sharon Jackson, IN

Girl's 16-

1. Adrienne Fisher, OH
2. Elise Wilson, CT
3. Katie Ferguson, OR
4. Kelley Fisher, OH
5. Kimberly Walsh, UT
6. Da'monique Davis, TX
7t. Ashley Legget, OR
7t. Ashley Willhite, OR
9. Elizabeth Ferguson, OR
10t. Jaimie Campanelli, MI

Girl's 18-

1. Adrienne Fisher, OH
2. Janel Tisinger, CA
3. Elise Wilson, CT
4. Jeni Fuller, NM
5t. Veronica Baldwin, OR
5t. Kelley Fisher, OH
5t. Jesi Fuller, NM
8. Cari Mitlitsky, NY
9. Melissa Gransbury, OR
10t. Da'monique Davis, TX

In the next issue ... updated
age + skill rankings,
following National Singles!

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.

may ...

May 15-18	Desert Plumbing & Heating @ Las Vegas Athletic Club.	Las Vegas, NV	702-615-5051
May 16-18	Spare Time Championships @ Broadstone Racquet Club.	Folsom, CA	916-983-9180
	Tournament Of Aces @ Tri City Leisure Center.	West Columbia, SC	803-781-0462
May 17	Junior Regionals @ Wisconsin Athletic Club.	Waukesha, WI	262-544-4111
	Women's Only One Day Shootout @ Bellingham Athletic Club.	Bellingham, WA	360-676-1800
	One Day Shootout @ Thornton Branch YMCA.	Tulsa, OK	918-645-4304
May 17-18	Spring Fla. Racquetball Assoc. Junior Benefit @ Sanlando Park.	Altamonte Springs, FL	407-679-3993
May 30-31	Atlantic Coast Championships @ Wilmington Athletic Club.	Wilmington, NC	910-343-5950
	Hara's 1st Hawaiian Doubles Invitational @ Ymca-Central.	Honolulu, HI	808-949-0177

june ...

June 04-08	ORA/WRA Challenge @ Multnomah Athletic Club.	Portland, OR	503-223-4087
June 05-08	Pepsi Cup @ 3191 S. Vaughn Way.	Aurora, CO	303-696-9313
June 06-08	Hurricane Hideout @ Goldsboro YMCA.	Goldsboro, NC	919-736-1232
June 7	Triple Crown One Day Shootout @ Maverick Athletic Club.	Arlington, TX	817-275-3348
June 14	NWFC Summer Shootout @ Northwest Fitness Club.	Houston, TX	713-895-8688
June 20-22	Aloha Open @ Body Check Health & Fitness.	Winston Salem, NC	910-947-3202
June 21	One Day Shootout @ Racquet & Fitness Clubs Of Sa.	San Antonio, TX	210-344-8596
June 27-29	Steve Powers Memorial @ Tysons Sport & Health.	Mclean, VA	703-442-9150

july ...

July 5	5 Seasons Super 7 Shootout Series @ Five Seasons C.C.	Westlake, OH	440-871-2811
July 11-13	Big Brothers-Big Sisters @ Courts Plus New Bern.	New Bern, NC	252-633-2221
July 12	NWFC Summer Shootout @ Northwest Fitness Club.	Houston, TX	713-895-8688
	Triple Crown One Day Shootout @ Maverick Athletic Club.	Arlington, TX	817-275-3348
July 18-20	ARAC 2003 Doubles Open @ American River Athletic Club.	Sacramento, CA	916-920-1933
	Commonwealth Games @ Lancelott Sport & Health.	Vinton, VA	540-977-1200
	Summer Bluegrass State Games @ University Of Kentucky.	Lexington, KY	859-873-6496
	Georgia Games @ Athletic Club Northeast.	Atlanta, GA	770-972-2303
July 19	Hot Tamale @ Racquet & Fitness Clubs Of Sa.	San Antonio, TX	210-344-8596
	Pick Of The Pairs @ Allentown Racquet Club.	Allentown, PA	610-821-1300
July 19-20	Junior Jam @ Orlando Fitness & Racquet.	Orlando, FL	239-262-1112
July 23-26	Masters International Championships @ Northwest A.C.-Hwy 100.	Minneapolis, MN	734-426-7522
July 25-27	Virginia State Games @ Arlington Sport & Health.	Arlington, VA	703-522-1702
July 30 - Aug 03	Pan Pacific Masters Games @ American River Athletic Club.	Sacramento, CA	916-920-1933

august ...

August 09	Triple Crown One Day Shootout @ Maverick Athletic Club.	Arlington, TX	817-275-3348
August 15-17	North Carolina State Doubles @ Courts Plus.	Jacksonville, NC	910-346-3446
August 16	NWFC Summer Shootout @ Northwest Fitness Center.	Houston, TX	713-895-8688
August 22-24	Another Leftover Tournament @ Worldgate Sport & Health.	Hemdon, VA	703-527-7785
	Best Of Texas @ Racquet & Fitness Club Of San Antonio.	San Antonio, TX	210-344-8596

2003 national event listings ...

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].	Manchester, NM	719-635-5396
July 23-26	NMRA Masters International Championships [5].	Minneapolis, Minnesota	nmra.info
July 9-14	High Performance Cmap.	Colorado Springs, CO	719-635-5396
July 14-20	U.S. Junior Team Training Camp.	Colorado Springs, CO	719-635-5396
August 1-17	Pan American Games (U.S. Team event). ...	Santo Domingo, Dominican Republic	719-635-5396
August 27-30	IRF 15th World Senior Racquetball Championships [5].	Albuquerque, NM	505-266-8960

• 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 06/03, you must renew in the month of June 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.

the early bird gets the ...

During the summer months, tournament directors who get their events scheduled and sanctioned early, can enjoy far more advance publicity in RACQUETBALL.*

When the season slows down, event listings overlap considerably, and your fall event could be listed in as many as three consecutive issues ... the May/June, the July/August and the September/October!

If your event was listed now, by the time players started stashing their golf clubs and dusting off racquets, your tournament would be first-and-foremost in their minds. Plan wisely and you can maximize your visibility, and fill your draws!

So ... tournament directors ... use this "down time" to promote your fall events to the fullest! Contact your state association to make sure that your sanctioned event is on the fall schedule, or call USRA Membership Director Kevin Joyce at 719-635-5396, ext. 123 for more information.

*See deadlines on page 2; all event sanctioning forms and information must be received and processed by these dates, in order to be published.

USRA Summit in the Rockies Colorado Springs, CO: September 4-7, 2003



From tournament directors to fans, manufacturers to novices, state presidents to open champs ... all are welcome to the USRA's "new and improved" Summit in the Rockies !

In an effort to educate and inform enthusiasts and corporate interests alike, 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, 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, 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

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Crossroads Access	281-782-4409	56
Crown Awards	800-227-1557	57]
Ektelon Racquets	800-435-8356	18/19
Ektelon	800-435-8356	BC
Excell.Net	413-565-4430	58
Fran Davis Camps	415-821-3726	56
Head Sports Inc.	800-874-3234	IFC+1
IRT	630-430-1478	29
Holabird Sports	410-687-6400	59..
Klippermate	847-742-1300	57
Lawler Sports	800-875-3701	58
LPRA	719-635-5396	31
Python Racquetball	800-456-4305	59
Racquet Connection	888-822-2501	59
RacquetballCatalog.com	866-443-2777	IBC
RacquetballWarehouse.com	800-883-6647	55
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... Between issues, find updates online at WWW.RACQUETBALLMAGAZINE.COM

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*Based on IRT rankings as of 3/24/2003