



National Racquetball

October 1988

Volume 17, No. 10

\$2.00 USA, \$3.00 Canada

Lynn Adams Ruben Gonzalez

National Racquetball Readers'
1988 Players of the Year

U.S. Brings Back
World Championship Cup
From Hamburg

Glass Court Instruction
and more...

*****3-DIGIT 532
00128024789055
WILLIAM A SCHULTZ
1609 N 69TH ST
WAUWATOSA WI 53213





ANOTHER LITTLE INNOVATION TO HELP YOU WALK ALL OVER YOUR OPPONENTS.

Take the next step in racquetball performance. With our new shoes, The Answer™. They're designed from the ground up specifically for racquetball. By the company that knows the sport better than anyone.

Biaxial Sole System™ support edges prevent ankle rollover. Gum rubber outsoles provide superior traction. Full-length EVA midsoles cushion against shock. Our exclusive Ventilation Insole keeps feet cool and dry.

So you'll be able to wear down your opponents without a lot of wear and tear on your feet. In The Answer. The shoes designed to take you all the way to the top.



Ektelon is the official shoe of the **AARA**

EKTELON

The Most Recommended Name in Racquetball



National Racquetball

October 1988 —
Volume 17, No. 10

FEATURES

- 4 1988 World Racquetball Championships**
Hamburg, Germany
- 8 National Racquetball Reader's
Players Of The Year**
- 10 If You Smoke Don't Swing**
A players guide to nicotine's dangers
by Frances Sheridan Goulart
- 12 The Demands of Elite Level Racquetball**
Part II, Energy demands during play
by Dr. James Hiser and Dr. Alan Salmoni
- 16 Racquetball Ball**
Part II, by Steve Keeley
- 19 Why Is The Ball Blue?**
by William H. Piggott
- 20 Mike Yellen**
Inducted into the Jewish Hall Of Fame
- 34 Racquetball Gloves**
See what's out there
- 39 Gripping Advice**
by John Boudman
- 46 Racquetball In Paradise**
by Heather Kirkwood
- 48 Get A Grip**
New grips for your racquet



FITNESS

- 40 Underwater Workouts**
by Dan Obremski

INSTRUCTION

- 15 Easy Ways To Better Tournament Play**
by Jim Winterton
- 23 What's The Call**
by Michael Arnolt
- 24 APRO Tip**
- 26 Ask The Playing Editors**
- 28 The Death Grip**
by Dave Peck
- 42 How To Play The Glass**
by Armen Keteyian

DEPARTMENTS

- 2 From The Publisher...**
- 22 Letters To The Editor**
- 49 Penn Official Rankings**
- 50 Association Roundup**
- 52 Passing Shots**
by Norm Blum
- 54 AARA in Review**

On the cover: Dan Obremski and Doug Ganim. Photo by Steve Lerner.

Helen L. Quinn
Publisher/Managing Editor

Sigmund Brouwer
Editor

Janet Bechtle
Art Director

Kristen Wallace
Advertising Director

Chris Sotnick
Circulation Director

Sharon Seabert
Production

Dr. Paul Ross
Medical Editor

Contributors:
Michael Arnolt
Norm Blum
Lou Fabian
Dave George
Stu Hastings
Dr. Jim Hiser
Steve Keeley
Dr. Alan Salmoni

Playing Contributors:
Lynn Adams
Fran Davis
Ruben Gonzalez
Bret Harnett
Roger Harripersad
Marty Hogan
Marcy Lynch
Dan Obremski
Dave Peck
Gregg Peck
Mike Ray
Jim Winterton

Requests for advertising information should be directed to Kristen Wallace at (813) 736-5616.

National Racquetball (ISSN-1061-7966) is published monthly by Florida Trade Publications, Inc., 400 Douglas Avenue, Suite B, Dunedin, FL 34698. Second class postage paid at Dunedin, FL and at additional mailing offices. Subscriptions are: One year \$18 for U.S. possessions and military; \$24 for Canada and \$65 (U.S. funds only) for foreign sent via airmail. Copyright 1988. Reproduction of this magazine in whole or in part, without express permission of the publisher is prohibited. Postmaster: Send change of address to *National Racquetball*, P.O. Drawer 6126, Clearwater, FL 34618-6126.

From the Publisher...

PHOTO DILEMMA

I'm sure many of you, upon seeing the cover of this month's magazine will say, "Look at this, no eyeguards". The photograph was staged and both Dan Obremski and Doug Ganim wear eyeguards when playing.

But this brings up a point which is a constant source of concern to us when we choose pictures for the magazines. We receive photographs from all over the country. Some are posed and some are of actual play. Not all of these photos show players, professional or amateur, wearing eyeguards.

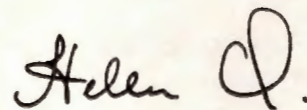
This presents us with a dilemma. Should we refuse to accept and use any photographs, posed or otherwise, in which players are not wearing eyeguards?

If we refuse would we, in effect, be withholding recognition from those who do not concur with our heartfelt belief that **anyone** playing racquet sports should wear eye protection? If we accept are we, in essence, putting the stamp of approval on playing without eyeguards?

It's a tough decision, but the reality is that some players do not wear eyeguards. They are still racquetball players and legitimate representatives of the sport. They have the right to decide whether or not to take sensible precautions. We, as members of the press, have a responsibility to report the sport as it is, not as we think it should be. To eliminate photographs of players without eyeguards would amount to censorship, and that we could not tolerate.

This doesn't mean that we condone playing without eyeguards. Absolutely the opposite. But it does mean that we do not feel it is our function to act as the Big Brother of racquetball. For this reason you will continue to occasionally see players pictured on the pages of *National Racquetball* without eyeguards.

Hopefully not for long, as they all come to their senses and take a precaution which is so vital and so obvious... WEAR EYEGUARDS. ○



Helen L. Quinn
Publisher

THE WINNING WEDGE.



Radial Wedge helps resist "roll-over."

Find a new level of control in racquetball. Introducing the HEAD Radial Wedge. The newest technology in court shoes. A dual wedge design supports the foot at the outside edge of the sole, where your weight concentrates most on sharp cuts or sudden stops. This gives your foot the broadest base of support for greatest stability and control without interfering

with your game. The outsole provides traction and support, while the even EVA midsole absorbs the impact of your foot won't have to. All of which equals improved performance and greater confidence in your game. The winning wedge. The edge you need when you're up against the wall.

HEAD
Where Technology
Comes Into Play.™

For free product information write HEAD SPORTS, INC.
4801 N. 63rd St., Dept. A, Boulder, CO 80301

1988 World Racquetball Championships HAMBURG, GERMANY

Every two years the world's best amateur racquetball players congregate to compete for the title of world champion. This year the honor of hosting this prestigious event went to the Jenfeld Racquetball Club in Hamburg, Germany.

Perhaps a no more appropriate city could have been selected. Recognized as the "gateway to the world" Hamburg was

back to the middle ages. It is thus fascinating to see the last examples of old Hamburg's half-timbered houses surrounded by modern multi-storey dwellings.

This contrast carried over to the racquetball courts where twenty-three countries gathered to compete in the fourth annual world championships. The world

for the future growth of racquetball in most other countries.

In Canada, a world title guarantees economic backing from Sports Canada for the next twelve months. In Japan, team members receive special recognition and increased opportunities for job placement in the nation's best clubs. Other countries use improved performance to stimulate

local media interest and attract new sponsorships.

But the importance of the world championships goes far beyond the obvious economic and media benefits. Racquetball in many of the European countries is only a few years old. Organizers and players are starving for information regarding every phase of the sport and the seven days of competition allow plenty of time for exchanging ideas. It is not unusual to see players from the top countries explaining new techniques or showing new equipment to players from countries where the sport is in its infancy. National leaders share organizational skills, while coaches and managers use every opportunity to evaluate their rival associates. It is these types of interchanges which lay the foundation for future expansion.

The world championships are divided into two segments of competition. The first three days concentrate on team competition in which the countries are separated into divisions with the top seeded countries head-

ing each division. The final three days are devoted to singles competition with normal tournament draws. The seeds are determined by individual performance during



founded over 1150 years ago, but little is left of the old Hamburg. The great fire of 1842 and the bombing raids of 1943 largely destroyed the historic buildings dating

championships are like no other racquetball event. The importance of the event, although sometimes underestimated in the U.S., provides the stimulus and framework

the team competition.

This year's tournament had all the suspense of any great tournament. The Canadian team arrived prepared to defend their world title (in 1986 they tied with the U.S. for the team championship) and revenge their recent loss at the Pan American Championships. Although both Canada and the U.S. had recruited strong teams, there was one factor that everyone knew would drastically affect the final standings. Ruben Gonzalez was playing for Puerto Rico. Ruben's presence would not directly affect the team standings, but in the individual competition the nation's #1 professional would definitely be a threat to win the world title.

As expected, the United States and Canada eased through their qualifying brackets and faced each other in a head to head play-off for both the men's and women's team titles. (The top three players and doubles teams from each country play each other and the team with the best record wins.)

Although the battle between racquetball's superpowers was the climactic event of the team competition, some of the tournament's most exciting and volatile matches were between the other countries.

The improvement in the quality of play since the last tournament two years ago, was astonishing. Mexico, which had a new number one player who had no international experience whatsoever, and a doubles team which could undoubtedly threaten many of the top teams in the U.S., captured third place in the men's team standings, fifth in the women's team and third overall.

The Japanese, utilizing their patience and capitalizing on their analytical abilities, ended up fourth, only one point behind Mexico. Kim Ishamua and Matt Matsukura, Japan's coaches, have analyzed tape after tape of the world's best racquetball players and developed theories correspondingly. With continued diligence the Japanese will improve and soon be a threat for the overall team championship.

The development of many other countries is just as outstanding. France will soon be boasting a new six court facility in Paris, while West Germany and Spain already have clubs that can rival most American facilities. The Swedish team arrived in luxury in their team sponsored Saab automobile proving that corporate sponsorship is available if approached correctly.

But everyone still looks to the United

States and Canada for leadership and knowledge. Although leading diplomatic ambassadors for the sport and friendly neighbors, the camaraderie between these two nations gives way to intense rivalry when head-to-head play-offs begin.

Men's Team Competition

In the men's competition Canada successfully defended its 1986 world title. Although the United States was able to win #1 singles [Andy Roberts (U.S.) def. Roger Harripersad (Can.)] and #3 singles [Lance Gilliam (U.S.) def. Simon Roy (Can.)], they lost the #2 singles match [Sherman Greenfield (Can.) def. Jim Cascio (U.S.)]. In a

The International Amateur Racquetball Federation held its meeting during the World Championships and adopted a new constitution. It was decided to drop the word "amateur" from the IARF title and adopt the new name, International Racquetball Federation, which is now the official governing body of racquetball, both amateur and professional, throughout the world.

The World Championships will now be called the World Cup and in 1990 the Cup will be held in Caracas, Venezuela.

crucial doubles match, which was full of surprises, the Canadian team of Mike Ceresia and Paul Shanks fought back from a 14-3 defeat in game one to win the match in two straight games. To the chagrin of the U.S. contingent, especially Doug Ganim and Dan Obremski who somehow lost both concentration and confidence, the Canadian team won the men's competition by virtue of winning more games.

Women's Team Competition

Once again, as in 1986, the U.S. women saved the day. Although Toni Bevelock lost a tiebreaker to Canadian National Champion Heather Stupp, the remaining U.S. women, Michelle Gilman #2, Robin Levine #3 and the doubles team of Diane Greene and Trina Rasmussen were all victorious. By virtue of the 3-1 advantage of the U.S. ladies, the U.S. won the overall team competition.

A great deal of credit must go to the U.S. team coaches, Larry Liles, Gary Mazaroff and Mary Dee for training the players who brought the team title to the U.S. once again.

On the Tuesday of competition, Mary Dee was rushed to hospital at 1 a.m. for an emergency appendectomy. She was back

coaching the women's finals on Saturday.

Men's Singles

The U.S. men competed in the singles events with a vengeance. In the quarter finals Jim Cascio (U.S.) upset Roger Harripersad (Can.), Lance Gilliam (U.S.) surprised Sherman Greenfield (Can.) and Andy Roberts (U.S.) defeated the number one Mexican player, Raoul Torres. Simon Roy, Canada's number three player, lost to Ruben Gonzalez (P.R.), so no Canadian men made it to the semifinals. This was a catastrophic turn of events for Canadian racquetball, as funding for athletes overall in Canada is determined primarily by the

results of their participation in the World Games.

In the semifinals Andy defeated Jim and Ruben defeated Lance to set-up the long awaited match for the world title between the U.S. #1 professional player and U.S. #1 amateur.

The results proved what has long been a matter of speculation. There is really little difference between the nation's top amateur and professional player. Andy Roberts played almost flawless racquetball forcing Ruben to use every ounce of energy he could muster just to retrieve Andy's precise wide angle pass. Although Ruben fought back valiantly to win game #2 (he was down 14-9) he could not contend with Andy's relentless pressure and Andy won the tiebreaker 15-6.

Women's Singles

Canadian Heather Stupp proved that her victory in the team competition was no fluke and she again defeated Toni Bevelock in the finals. Heather's girlish smile and petite build are somewhat deceiving. She is a fierce competitor and fought back in both matches after losing the first game to Toni, gaining not only the respect of her peers, but the respect and admiration of the German spectators.

In the battle for third position, Robin Levine of the U.S. defeated Canada's Carol McFetridge. McFetridge had beaten Michelle Gilman in the quarter finals.

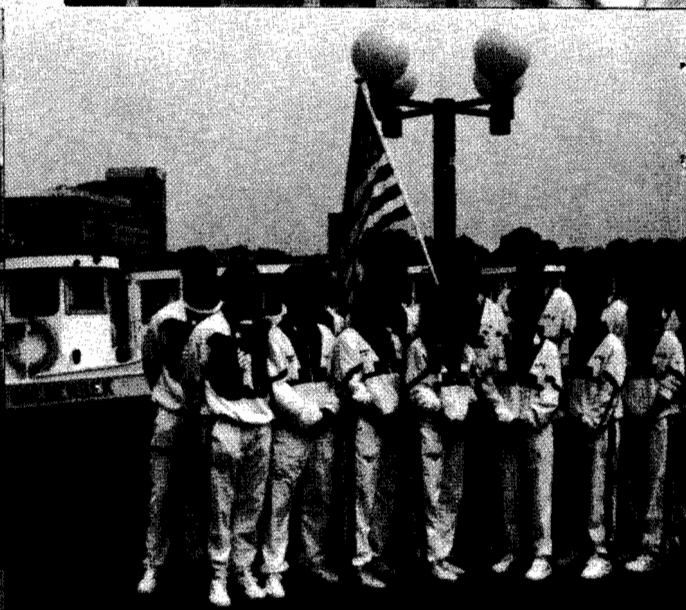
Club owner Uwe Krogman and man-

(continued on page 53)

World Games Highlights

Sweden
Trinidad-Tobago
Belgium

Bolivia
Brazil
U.S.A.



Canada
Switzerland
Luggage plus

Andy Roberts
Larry Liles flies home
Japan



NATIONAL RACQUETBALL READER'S

Lynn Adams

Lynn Adams won National Racquetball Player Of The Year Award by a large margin. She is easily one of the most recognized names in the sport and won an unprecedented sixth national championship this year in June. She reflects on last season, her National Racquetball Player Of The Year Award, and the upcoming Women's Professional Racquetball Association tour.

This year was very special for me. In fact, it was the most special year over the last four years. Because of the physical problems, I didn't know if it was going to be my last season, or if I would even finish the season at all. It took extra effort to finish the tournament schedule and the entire time I had no idea where I would be in terms of rankings.

I have to say — and this is not meant as a typical sports quote — that everything, including the player of the year award, is really thrilling. I haven't been as excited about racquetball as now, mainly because of the challenge.

I have no idea what will happen over the next season. My spinal situation is still there, but not as intense. Once again, I will be walking into unknown territory.

If my condition deteriorates, then I will have to do what I did at the end of last season — reduce my play to two games a week and stop all my conditioning workouts. And if that happens, I

will have to rely on experience during tournaments instead of preparation.

The tour is shaping up really well, so

and it's making a difference among all the players. When I talk to the other women, I can sense the excitement. We all have definite things to shoot for. It's such a relief, as an athlete, to have those questions answered before the season starts. The level of play, too, is going to be so much higher than before due to how hard everyone is preparing for the season.

That, of course, will make it tougher for me to win the championship this year. Last season, Marci Drexler really pulled herself together near the end after not playing so well during the middle of the tour, which I thought showed great character, and she will be one of the ones to watch for. Kaye Kuhfeld has shown that she is pushing hard, and she has a good all-around game that is tough to play. Caryn McKinney is still far and away the most consistent, so she will be a threat, too.

Of the newer players on the tour, I think Toni Bevelock is going to be a force to reckon with. She came very close to taking out players ranked far ahead of her during the last season. I mean, she lost big matches by only a matter of points. I don't think she was quite ready then, but I think she's going to be ready this year. It's good to watch her. She's intense and when she goes out there, she wants to win.

It is very, very nice to be recognized by racquetball people through the Player Of The Year Award. You always go out there to do your best, and when more things happen as a result, it gives you a good feeling. Thanks to all the readers of National Racquetball who voted for me. I truly appreciate it. ○



that's another exciting thing about racquetball this season. Our Fall looks like the best one for tournaments we've ever had. Most of our tournaments are solidly booked

PLAYERS OF THE YEAR

Ruben Gonzalez

Ruben Gonzalez, National Racquetball's Player Of The Year, has some interesting comments on his first national title, and what it takes to be an athlete. He stunned the men's pro tour last season by edging the favored Bret Harnett in ranking points to capture the national title. He did it several years past the age at which most racquetball professionals consider retirement — 36.

It feels good, first of all, to be number one; to be player of the year is like the icing on the cake. I still have to get used to the fact of being seeded number one at the first tournament of the year.

I keep telling everybody that the easy part will be repeating the title. The hard part was getting there because of all the younger players who are so tough.

Being the number one seed will make it a little tougher during tournaments, but I feel it will make me play better. I want to feel that pressure so that I play hard — if you think it's going to be easy, it gives you too relaxed a feeling and before you know it, you've lost a first round match to a qualifier you weren't worried about.

I have to think of that first tournament match as if it were the finals because I want to have butterflies in my stomach before playing. The butterflies make me play harder and on the days I don't have them, I can think I'm playing well, but I lose anyway.

On the other hand, now everybody is going to be asking if that national title was a fluke, and they will be watching to see if I lose, and that is extra pressure. The players, too, are all going to be gunning for me

at every tournament.

I hope to ignore that, though. In the next season, I'm going to play and try to be the same Ruben, and not play thinking I'm number one and that's everything. I want

always brings up my age. With the players, it's always on their minds, and I like them being distracted with that when we play.

As for others, I like to be an example of what people can do. Too often they think just because they are a certain age they can't do something. I want to be someone they can point to and say, "If he did it at that age, then I can try it". And the reason I am still capable of winning at this age is because I have an attitude that it's fun and that I can do it.

Even for other professional players, I want to be someone who makes them realize they can stay in the game longer than they thought. Instead of retiring at age 26 or 27, they know they can still win for many more years.

It's great with anybody I run into who is over 30. They respond really well and tell me that they are proud of me. That's generally the kind of response I get about my age.

The championship has also given me a way of saying something I think is really important to racquetball players and everyone else. My message is this: "Say NO to drugs."

Anytime I do an exhibition or presentation, and everything I do with juniors is to tell them the key thing is to say 'no' to drugs. I tell them I didn't get here and in this shape by tak-

ing drugs or smoking cigarettes.

I am very excited about the upcoming season and once again I would like to thank the readers of National Racquetball who chose me to become National Racquetball Player Of The Year. It's a great honor. ○



to be the same old Ruben, who as a player goes out there and plays and tries to win. If I lose, that's part of the game.

I don't mind at all that I'm usually referred to as 'Ruben Gonzalez, 36-year-old champion' instead of 'Ruben Gonzalez, champion'. In fact, I like it that everyone

Less than 28 percent of all racquetball players smoke (compared to al-

most 50% of all bowlers) — but if you're among the smoking players, watch out.

On any given day in America, 1.6 billion cigarettes are smoked. That's enough butts to make a line 14.5 million miles long. Carefully packed, the butts alone would cover one billion, 600 million square feet of the earth's surface.

You may think lighting up lights up your life, but it's a deadly habit. 320,000 of us die prematurely each year, a loss exceeding total U.S. combat deaths in WW II.

As sports medicine specialist Dr. Gabe Mirkin puts it, "Smoking isn't good for anyone. It has been implicated as a cause of lung cancer, chronic bronchitis, ulcers, heart attacks, strokes, increased absence from work, increases time spent in the hospital — and diminished athletic performance...The limiting factor in endurance sports such as long distance running is the time it takes to carry oxygen from your lungs to your muscles. Smoking hampers this."

If nothing else, smoking is a waste of everybody's time. According to researcher Jim Aylward, the average cigarette smoker, for instance, costs his employers an extra \$500 a year. If you smoke a pipe, make that \$900 a year. The typical addicted smoker wastes thirty minutes a day just lighting up and all pipe fanatics spend even more time cleaning, lighting, and re-lighting.

How can you stop wasting your time, your health, your life? Here's some thoughts on kicking the habit.

1. Trick yourself into quitting.

Decide you will smoke only during odd or even hours of the day, smoke only half of each cigarette, and each day postpone lighting your first cigarette one more hour.

The payoff? "Most blood factors raised by smoking return to normal soon after you quit," says the American Cancer Society. "Non-smokers on birth control pills have a much lower risk of hazardous clots and heart attacks."

2. Work out.

Win your war with the weed. "...When nicotine is inhaled and reaches the brain, hormones are released that increase heart beat, raise blood pressure...(But) as the nicotine level drops, depressing withdrawal symptoms occur," says San Francisco's herbalist Jeanne Rose. "Exercise increases the heart beat, raises blood pressure but because of the release of the hormone norepinephrine, you feel good. The depression that occurs when you are trying

IF YOU SMOKE DON'T SWING: A Player's Guide To Nicotine's Dangers

by Frances Sheridan Goulart

to kick the cigarette habit just does not occur..."

3. Quit diet desserts and reduce your risk of cancer.

According to a report from the National Cancer Institute, heavy cigarette smokers (two packs a day for men or one pack daily for women) who also consume large amounts of saccharin-sweetened foods have a higher incidence of malignant bladder tumors.

4. Babies and smoking don't mix.

Studies indicate that "complications at birth, such as undersized babies, prematurity, spontaneous abortion, stillbirth and escalated maternal blood pressure, are statistically more prevalent among mothers-to-be who smoke."

Herbs can help. Chewing gentian and chamomile and calamus reduce the desire for tobacco, so do teas made of parsley, comsilk, echinacea, alfalfa, and couch grass.

5. Is cadmium killing you?

"Fifty percent of the cadmium in cigarette smoke is immediately picked up by the lungs and taken into the body. Cadmium poisoning...induces elevation of the blood pressure...The heart works harder with each beat and gradually enlarges...The very small arteries of the kidneys constrict in an attempt to protect the delicate capillaries...(and) if you already have a serious blood vessel disease, arteriosclerosis...heightened blood pressure increases its progression making it worse both in the large arteries and in the smaller ones of the heart and brain..."

What helps besides cutting back if you can't quit? Take in more calcium, an essential mineral. Two unconventional new sources are the plankton, spirulina, and the herb, comfrey.

6. Smoking and wrinkles.

To avoid one, avoid the other. Smoking every day of the year makes you look even older than you feel, say researchers. "The skin of a long-time smoker is always in poorer shape than that of a non-smoker," says Philadelphia dermatologist Dr. Albert Kligman. Smokers also "treat their faces like accordions — constantly puckering the lips and squinting the eyes. They also generally pay less attention to health and hygiene," he says.

Face the fact that smoking's a habit. When you miss something in your

mouth, try toothpicks or a lollipop, suggests the National Cancer Institute. And keep your hands busy.

7. Skip the weed.

Try seeds. Sunflower seeds provoke the same kind of reaction that tobacco does. Raw sunflower seeds release glucose in the liver which rushes to your brain in the way adrenaline does, producing the same kind of reaction.

8. Smoking isn't kid stuff either.

According to the Kundalini Research Institute of Canada, "children of smokers have a higher rate of pneumonia and bronchitis during their first year of life...a higher incidence of upper respiratory infection and acute respiratory problems...and parents who smoke aggravate asthma and allergies in their offspring..."

How can you liberate yourself? Try an alkaline-forming diet that comprises 70 percent of your daily food intake. Alkaline-forming foods slow down metabolism of nicotine, reducing your desire to have another cigarette. So eat plenty of vegetables and fruit, and cut down on meat, grains and coffee, and try more dried fruit, beans and salads.

9. Lung cancer, caused chiefly by smoking, kills 95% of its victims.

Kill your craving with niacin. According to Rebecca Clarke of the *Canadian Journal of Health and Nutrition*, high doses of niacin (B-3) which was originally known as "nicotinic acid" is chemically related to nicotine and helps satisfy cravings.

10. If you can't take cigarettes out of your life, put vitamin C into it.

Three cigarettes delete 100 percent of your recommended daily allowance for vitamin C. One pack makes your risk of deficiency diseases such as bronchitis, flu, the common cold and vascular disease ten times greater than non-smokers.

Reduce the risk with acerola, a tropical berry, that has 28 times more vitamin C than orange juice and comes as a tea or a chewable tablet.

11. Smoker facing surgery?

You've got double trouble, say Lily Chen, M.D., and J.R. Kambam, M.D., assistant professors of anesthesiology at Vanderbilt University, who advise that smoking significantly raises carboxyhemoglobin in the blood, which interferes with oxygen delivery to the tissues at various levels. ○

Marty Hogan
Six Time U.S. National
Racquetball Champion



Westport



Essex



New Yorker



Albany



Dallas

*New Yorker and Albany
eyeguards are in compliance with
ASTM & CSA standards for racquet sports.

Sock-It To The Ball, Not Your Eyes!

Why are Leader Pro Series Eyeguards showing up on all the best courts? Because you want real protection. Not only has Leader invented racquet sport eyeguards, but has developed them to a point where imposters must follow the Leader. Our designs can be copied, but 20 years of experience in Lexan® polycarbonate molding is what makes the difference.

Furthermore, Leader's unique silitec anti-scratch coating, and exclusive Permavue® anti-fog treatments provide optimal vision and long lasting qualities. Unsurpassed shock absorption entitles us to be in compliance with both ASTM and CSA impact standards.

Join the "Leaders" and sock-it to the ball, not your eyes!

Leader®

"How should I train during the off-season?" "Should I add weight training to my preparation for racquetball?" "Should I improve my flexibility?" "How important is reaction time in racquetball?"

"What energy systems are most important for racquetball?" "I don't like to run, what other exercises can I do instead?" "How important is aerobic fitness for racquetball?"

Over the past three years, the American Amateur Racquetball Association has begun to methodically answer some of these and other questions which are important in advancing our knowledge of the game. This effort has been directed by Dr. Alan Salmoni from the School of Human Movement, Laurentian University and Dr. Jim Hiser, vice president of the AARA.

Since 1985, the AARA's Elite Racquetball Training Camps in Colorado Springs have included a research goal. It was hoped that not only would athletes at the camps gain skill and knowledge, but the sport of racquetball would benefit from an increased awareness created through sport science research.

Energy — to run, swing the ball or concentrate well — is the most important factor in your game. Without energy, the best player in the world is still helpless during a match.

But how is energy generated and when is it used most during racquetball? And what is the best way to take advantage of this knowledge? These were a few of the questions addressed during the research in Colorado Springs.

Energy production

During any sports activity, the body uses one or more of three different types of systems to provide "energy currency" units known as ATP (adenosine triphosphate).

For the first few seconds of the activity, ATP is supplied by an anaerobic alactic system. Anaerobic simply means "without oxygen". Obviously, longer term activities require oxygen for the energy-producing chemical reactions within muscle cells, but the initial movements do not. Alactic means "without lactic acid", which is a by-product of the energy production.

After the first few seconds of energy demand, the body kicks into the next system to provide energy, the anaerobic lactic system. This system does not require oxygen, but does use lactic acid to

THE DEMANDS OF ELITE LEVEL RACQUETBALL PART II, ENERGY DEMANDS DURING PLAY

by Dr. James Hiser and Dr. Alan Salmoni

provide extra and more sustaining energy.

Finally, after two to three minutes of sustained activity, the muscles begin producing energy through an aerobic system, one which takes oxygen from the blood stream and produces roughly 35 times the amount of ATP that anaerobic systems produce.

All three of these systems work in concert to provide the body with energy as efficiently as possible. One of the important differences in the three systems is the speed with which they can provide energy. For example, the first ten seconds of activity requires 90% anaerobic and 10% aerobic processes. Two minutes of activity needs a 50% anaerobic contribution and a 50% aerobic contribution. Thirty minutes of activity is 95% fueled by the aerobic system.

Time versus energy production on the court

Since the use of each of the three systems is time related it was important to determine exactly how long motion and activity is sustained during the average match. To do this, a time/motion analysis was conducted during the last three elite training camps. Matches were video taped and analyzed to measure the work/rest intervals during the games.

These matches took place between equally skilled, open level players. Matches between men and matches between women were filmed. It showed interesting results.

Minimum rallies lasted one second and maximum rallies lasted 27 seconds. The average rally lasted 5.5 seconds, while the average rest between rallies was 12.7 seconds. In other words, players rested roughly two and a half times longer than they worked on the court. It should be noted, however, that the work is relatively high intensity and players covered an average distance of 40 feet per match.

What does it mean?

A key to that effective high intensity exercise lies in the type of muscle fiber used. The muscle system is composed of

what are termed fast and slow twitch fibers which have distinctive characteristics. For example, fast twitch fibers generate high levels of force very rapidly — about two to three times as fast as slow

twitch muscles.

A more important distinction, at least for racquetball players studying which training methods help their games best, is the energy systems which these two different muscles use. Slow twitch fibers rely heavily on the aerobic system for their energy transfer. Long distance runners for example, because of the duration of their activity, "kick" into the aerobic system of generating energy. This feeds their muscle fibers the needed energy.

Racquetball, however, as a power sport demands a high percentage of use from the fast twitch fibers for fast movements. These fibers rely on the lactic acid system (the less ATP-efficient anaerobic system) for much of their energy source. Through high intensity endurance training, though, some of the fast twitch fibers can significantly improve their aerobic capabilities and mimic the aerobic capabilities of slow twitch muscle fibers. In other words, there is a good possibility of being able to train the crucial fast twitch muscles into gaining the positive aspects of slow twitch muscles.

Beyond the obvious in training — things like eating foods which readily convert into energy — knowing how your body works on the court can be a tremendous advantage.

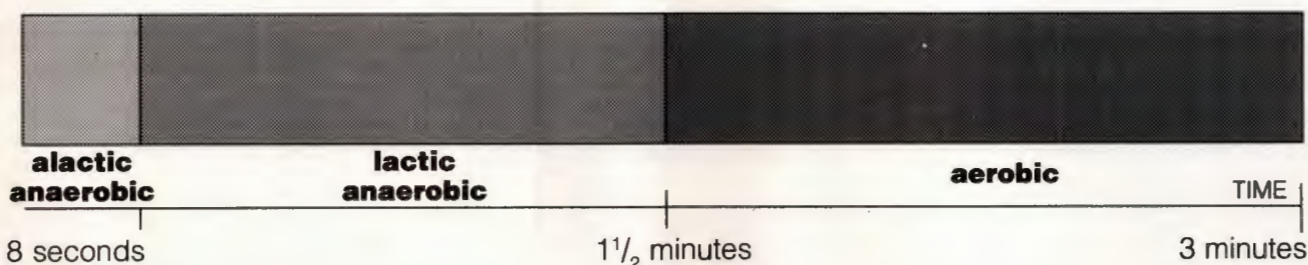
Be sure to choose training methods which promote efficient energy use. Sprint exercises are very important to racquetball players. As shown by the average length of rally, emphasis needs to be placed on exercises which require short bursts of power.

This does not mean a player should ignore exercises which promote endurance. The body draws heavily on the aerobic system of energy production as the match gets longer.

The rest interval between rallies

It is probably a misnomer to call the time between rallies a rest interval, since as the heart rate data indicate the player really does not experience complete recovery. During a game, once the aerobic system has kicked in, the rest interval is simply a continuation of the work interval (rally). Thus the aerobic system continu-

Energy systems used by your body during racquetball.



ally re-energizes the spent ATP-CP system and continually converts lactic acid to pyruvic acid in what might be considered a steady rate manner.

Complete recovery at the end of the game will require several minutes or hours. Aerobic respiration and heart rate may remain elevated for a considerable period after the game because not only do energy deficits need to be repaid but other systems have recovery oxygen needs (e.g.,

hormonal system). In addition, since there is considerable heat build-up during a game this excess heat must be dissipated and this requires energy.

Summary

The intent of this brief overview of a rather complex subject was to convey some information which should be of benefit to the elite level racquetball player. Specifically, elite level athletes should be

"smart consumers" so that suggested training programs can be intelligently assessed for their potential worth and properly monitored. Sometimes it is said that a little knowledge is dangerous. It is also true that an athlete should listen to his or her coach or instructor with a degree of confidence. It is also true that education is an ongoing process for both the athlete and the coach and in this light the above information should be beneficial. ○



super specs

- Made of shatterproof polycarbonate material.
- Pass every test...in compliance with ASTM F 803-86 standards.
- Full View with no distortion.
- Anti scratch coating and fog prevention vents.
- Your eyes deserve the best protection at reasonable price. **\$11.98**



404-442-1977 1-800-554-3707
840 McFARLAND RD.
ALPHARETTA, GA 30201



fashion specs

- 3 mm polycarbonate lenses.
- Meet and exceed ASTM impact and optical standards.
- Can be fitted with prescription lenses.
- Fog and scratch resistant.
- Comes with a carrying case. Available in most popular style—clear. **\$18.95**

don't be sorry,



racket specs

- At \$6.95 retail this is the most economical, full lens eyeguard on the market.
- Made of shatterproof polycarbonate material, with fog vent lenses.
- Sculptured nose bridge with cushioned padding; and adjustable head strap for close fit.

buy one now.



Heather Stupp
1988 Racquetball World
Amateur Champion

"Everything is crisp and clear, sharper focus, especially on a glass court where the walls are usually dark. Using Hi Lites will brighten up the court and could be a big improvement to the competitive player. Hi Lites enhance vision."

— Heather Stupp



Leader Introduces the Hi Lite Pro Series

80% of our impressions are sensed through our eyes, 1/3 of our brains' activity deals with evaluating information received through our eyes.

The Hi Lite Pro Series has been designed to allow the ball to stand out in contrast against the background. They also add definition to the wall corners and balances the light intensity while reducing annoying glare.

The Hi Lite Pro Series sharpens your game and vision.



Leader®

EASY WAYS TO BETTER TOURNAMENT PLAY

Jim Winterton is a member of the Ektelon Senior Advisory Staff. He is currently the men's 40+ champion of New York state and the Northeastern Region.

by Jim Winterton

serves and your opponent is having no problem handling them, you should go to an off-

speed serve such as a lob or lob-Z. Don't be stubborn and stay with the same tempo even if you are losing.

If things are going well, leave it that way. As the saying goes, "if it ain't broke, don't fix it."

The old saying goes, "take care of the little things and the big things will take care of themselves". This applies to racquetball as well, and especially so in tournament play. In fact, the following tips are worth two to three points per match, which is often the difference between victory and 'nice try'.

So the next time you enter a tournament, keep these tips in mind and expect good things to happen to your game.

Make your opponent beat you.

It's a fact that the floor beats most people. Unforced errors, especially skip balls, are a no-no. It's much better to leave a little room for error and hit the ball higher on the front wall, than to aim for the bottom board and skip the ball.

If your opponent has a weaker forehand or backhand stroke, try to make him or her beat you with that weaker stroke during crucial rallies. These little tricks force your opponent to hit winning shots instead of beating you with the help of your mistakes.

Keep your body between your opponent and the ball.

Opponents should see you crossing their line of vision as often as possible, without denying them fair access to the ball. This means you should be in front of your opponent as much as possible. It makes opponents more aware of you and less aware of the ball. This, in turn, puts your adversary under more pressure.

Crossing your opponent's line of vision also elicits more unforced errors. You will also be in position to get to the next shot should your opponent err and leave a ball up.

Always change a losing game, never change a winning game.

There are times to speed up the tempo of a match and times to slow it down. Whatever tempo or game style you are using, you must change it when things are not going well. If you are hitting good drive



Scoring those extra few points per game may put you in the finals of your next tournament.

Plan ahead.

"Those who fail to plan, plan to fail". You should always have a plan for your next shot. When you hit a drive serve, for example, there are only so many things your opponent can do with the ball. More than likely you will get a rekill opportunity in the front court. You should not be surprised by that return. If you must be surprised, be surprised by a ceiling ball instead; that shot gives you time to recover. Remember, you don't have time to waste on those precious rekill opportunities in the front court.

These four tournament tips are employed by veterans of the racquetball wars from coast to coast. Often the veteran employs these four strategies instinctively. These instincts are a result of the evolutionary process of racquetball competition. There is no reason why you have to go through that long learning process when you can get started today. These four little tips will get you started toward big results!

FREE 800 LINE FREE CATALOG
HIGHTOWER USA
LOWEST PRICES
24 HR. SHIPPING AVAILABLE
15 YEARS OF GREAT SERVICE MAKES US DIFFERENT

HOGAN - SPECIAL

NEW Micro Shadow
Hogan Micro Ceramic
NEW Ceramic Comp
Hogan 60 Oversize
NEW Hogan Shadow
Hogan Graphite
Shadow 31 Oversize
Marty Hogan 60
Call Us Last For Hogan Racquets!

EKTELON

NEW Toron Graphite Oversize 113.99
Quantus Graphite Midsize 72.99
CBK Graphite Midsize 139.99
250 G Ceramic Midsize 89.99
Symitar Ceramic Oversize 62.99
Integra Ceramic Midsize 35.99
NEW Serex Graphite Oversize 74.50
NEW Opex Graphite Oversize 33.99
NEW Magnum Graphite Midsize 68.99
Quazar Midsize 19.99

HEAD

RICHCRAFT

NEW Elite Oversize ..CALL MS Ceramic 92.99
NEW ElektraCALL MS 230 G 89.99
RX50 Midsize 79.75 MS GC 59.99
Radial 63.99 MS Laser 33.99
Spectrum Midsize 49.99
PreludeCALL DP Zephyr Mid 75.99
NEW Pro MidCALL DP Centaur Mid 65.99
Graphite Express 39.99 DP Borealis Mid 59.99

FREE SHIPPING WHEN YOU BUY 2 RACQUETS!

GLOVES

DEDUCT 1.00 EACH FOR QUANTITIES OF 3 OR MORE

NEW Ektelon Performer 13.99
Ektelon Classic Staysoft 11.99
Ektelon All Pro Cabretta 9.99
Ektelon Racquetballer Synthetic 7.99
Ektelon Challenger Calfskin 6.99
Buckskin Perma Soft Cabretta 11.99
Buckskin Synthetic 7.99
Marty Hogan Pro Duratack (Blue) 11.99
Marty Hogan Duratack (Red) 9.99

SPORT BAGS

EYEWEAR

Ekt. Touring Pro 31.99 NEW EYEWEAR - CALL
Ekt. Thernasport 27.50 Ektelon Interceptor 23.99
NEW Ekt. Pro Plus 25.99 Ektelon Eclipse 22.99
Head Team 33.99 B&L Action Eyes 21.99
Head Carry All 27.99 Action Eyes Colors 24.99
Head Racquetsport 23.99 Leader Dallas 19.99
Hogan Weekender.....CALL NEW Hogan Shadow CALL
Hogan Overnighter.....CALL

SHOES

EKTELON CLOTHING

Ektelon Answer.....CALL Ektelon T-Shirts 9.99
Prince Mid XP Leather 33.99 NEW Ektelon Shorts 8.99
Head Radial 500 49.99 New Shorts w/Pkts 11.99
Head Pro Elite 35.99 Ektelon Shirts w/Collar 16.99
Head Radial Express 33.99 Ektelon Logo Socks 3/8.99
Footjoy 3Q 38.99 Ektelon Warm-Up 45.99
Footjoy Tuffs 27.99 Ekt. Head or Wristband 2.50
Avia Transport 49.99 Hogan T-shirt 9.99
Nike ShoesCALL Hightower USA
T-Shirt 9.99

SPECIALS

Ektelon Wrist Tether ... 5.99
Racquetball Saver 7.99
A'ME Power Grip 4.99
Marty Hogan Video ... 19.99
Penn Racquetballs .. 6/11.99
Ektelon H Machine. 999.99
RB1 Portable R/Ball
Stringing Machine ... 260.00



PORTABLE STRINGING MACHINES
FROM \$239.00 UP

A'ME Power Grips.....SpecialBuy 6 Get 1 Free
Head Graphite Express 39.99
Used Ektelon Stringing Machines (D,E) 500.00



Please Write For Catalog Of Stringing Supplies

Orders Only **800 358-3566**

Customer Service Product Info **213 259-8666**

Monday - Saturday Open 9AM - 5PM (Pacific Time)
UPS Shipping/Insurance - \$3.50 COD Please Add \$3.00
CA. Residents Add 6.5% 2ND Day Air Please Add \$3.00
Visa, Mastercard, and Discover Card Accepted
"These Are Mail Order Prices Only"
These Prices Effective October 15 thru November 15
Dept. R - 4691 Eagle Rock Blvd. Los Angeles, CA 90041

Steve Keeley was one of the premiere control-style racquetball players of the 1970's. He was legendary for his off-beat approach to the game. Keeley once cycled hundreds of miles to a tournament, and another time shaved his head to psyche opponents. He is also an author of several books on racquetball, and a long-time contributor to *National Racquetball*.

Racquetball has progressed in less than two decades from a YMCA micro-monopoly to a commercial court club free-for-all. The reason for the game's burgeoning popularity can be explained deductively. This country is made up of untold millions who are anxious for athletic activity; racquetball is an athletic activity which anybody can play easily. Why is the game so easily played? The simple answer is the lively ball.

What is "lively"? The rules state that the racquetball, should be $2\frac{1}{4}$ " in diameter and weigh 1.40 ounces, and should rebound 68"-72" when dropped to the floor from a height of 100" at a temperature of 76°F. When was the last time you saw a tournament official (perhaps a designated ball person) test a ball with this protocol before a match? Never?! It would be impractical. Plus, it's confusing. Heed the wit of Charlie Brumfield, who once told a clinic, "I can't believe that you guys play with this brand of ball up here. A broken ball of my brand is more lively than an unbroken one of yours."

As last month's article showed, the history of the game is tied very closely to this crucial element, the liveliness of the ball. At one point, when the balls could be as dead as mush, professional players had a more practical and less confusing definition of a lively ball. A ball hit firmly to the ceiling which reached the back wall on the first bounce was fairly lively. A ball hit in exactly the same manner, which did not reach the back wall after the first bounce, was fairly dead.

There were environmental factors which influenced the liveliness of a given ball. Do you recall the 76°F during the 100" drop from the rule quoted above? We had one tournament in Houston where the courts were like refrigerator rooms. Most players wore sweats throughout their matches, though it might have been wiser to put little jackets on the balls to warm them up since they didn't bounce worth diddly in the cold air.

Another environmental influence (which the rules neglect to mention) is altitude. A ball that bounces in mile-high Steamboat

THE RACQUETBALL BALL

PART II

by Steve Keeley

Springs as though injected with helium may plop in sea level San Diego as though filled with cement. Hence, as you go higher so does the ball.

Then there are the court factors which affect ball liveliness. I'm referring to the amount of spring/solidity in the floor, walls and ceiling. One of the first bits of gossip that circulated among pro players upon



arriving at a tourney was "How do the courts play?" ... "Oh, the ceiling is a sponge, but the floor is a trampoline."

Even color affected a ball's playability. For example, there was a rash of breakage when the first green balls came out in 1974, the year of the inaugural pro tour. Kelly green was the official tour color for balls, shoes, t-shirts, trim, etc. I got sick of celebrating St. Patrick's Day every tournament. The manufacturer traced the breakage problem to the green dye used to color the rubber during processing — it weakened the ball, making it more likely to break.

There were four common methods of determining the relative bounce of a ball. The first method was in accordance to the rules, where you bounce the ball from 100" to see if it rebounds 68"-72". As I said, it's rare to have this procedure performed at tournaments nowadays, though it was more common in the old days of two-tournaments-a-year (the nationals and the national invitational).

In fact, back in the early 1970's, heated controversy sometimes resulted from this ostensibly straightforward rule test. For

example, one often repeated ploy occurred if a shady player wanted to use a slow ball (that wouldn't bounce

up to the required 68") when none were available. No problem. He would steal out to the locker room with the dead ball hidden in his shorts or gym bag. There he would stick the sphere under hot tap water for a minute. This heated the internal air (similar to, but quicker than, the sauna technique) and thus livened the ball. The player then returned to the court, submitted his heated ball to the referee who administered the 100" bounce test and often congratulated — "Gee, this is a great ball. Where did you get such a lively one?"

Of course, the ball cooled down to normal internal temperature about midway through the first game and started bouncing like an overcooked garbanzo bean, which is what the shady player wanted in the first place.

The second method of determining the relative bounce of a ball was the ceiling ball test, which I mentioned earlier. Before a match spectators would see a couple of pros on the court hitting ceiling balls — each with a half dozen different balls — not to limber up their arms, but to look for a dead ball, a live ball or (as was usually the case), for an argument with the other player about how "You aren't hitting your test ceiling balls very hard so your ball seems dead but really isn't because everyone knows you like a fast ball".

The familiar argument invariably brought about by the ceiling ball test was invariably settled by the third method of ascertaining relative ball bounce — the drop test. In this, you dropped two balls simultaneously from shoulder height. Sir Isaac Newton says that they'll hit the floor at the same time, and Sir Keeley says that the more lively one will rebound higher.

The final relative bounce method is the squeeze technique. This was the same as testing a bicycle tire pressure by squeezing the rubber between thumb and forefinger. A rabbit ball (fast) would squeeze like a pool ball and a turtle ball (slow) would feel like a marshmallow.

Calls for a ball change were frequent. Unless it was a psychological ploy or a stall for time, the reason was that enough air had been pounded through the pores of the rubber walls to render the ball a mere languid version of its original lively self. The ball could only be changed if the ref or the opponent also agreed to the change. The strategy-wise racquetballer in a tournament almost never agreed to a ball change after his opponent called for it. The ploy was to let the grouch worry about

the present ball and, moreover, let him get upset that you disagreed with his opinion that the ball is unusable.

This brings up a curious anecdote about two pros in the 1979 Los Angeles pro stop. It was a round of 16 match with Don against Salty Sam. (The names have been changed to protect the guilty.) Don was a power player who preferred a fast ball; Sam was a controller who liked a slower ball. The pre-game negotiations were lengthy, but somehow the two players agreed to first and second game balls. The first ball apparently heated up in the initial game more than Salty Sam had anticipated. The now-fast sphere catered to Don's power game, and it was a routine cakewalk for him.

But Salty Sam was no strategic slouch. He disappeared during the game break and couldn't be found. Don began stomping around the court bellowing, "Where is he? Where is the ball? I know Sam is somewhere changing balls on me."

When Sam returned, the ball was different, all right. The first ceiling shot fell so short of the back wall that you'd have thought the ball was just pulled from a decompression chamber. Don didn't even bother to return the short ceiling shot, but plucked the ball from mid-air with his meaty fist, hurled it over the back wall to the ref and said, "We're changing balls." The ref concurred and tossed in the earlier picked second game ball. It was slow, much slower than the one they had used in the first game. But Don was legally handcuffed: the referee had deemed the ball playable and certainly Salty Sam would not agree to substitute a faster ball. Result? The deader orb took the steam out of Don's powerful serve and shoot attack and he dropped the next two games for the match.

You may be asking what happened to the original lively ball they used in the first game? Members of the audience wondered the same, until they examined that ball which Don had tossed over the back wall. It was the same ball used in the first game, but it had a needle hole in it where, between games, Sam had removed just enough air to deflate Don's power game.

How Ball Speed Affects The Play

Racquetball evolved from a thinking game into a reaction game. Players of the early 1970's recall a game called racquetball which featured 10 to 20 shot rallies, great reaching gets, long ceiling rallies, variety in shot selection, controlled swings and a smooth flow of somewhat predictable play.

Then, in the mid-1970's, the noble slow game was torn apart by the fast ball.

Consequently, most players today are more familiar with a game called racquetball which has rallies (on the professional level) that last an average of three shots between serves. These consume less than three seconds and consist of flailing swings and a staccato flurry of shots.

The best examples of both styles occurred during the classical match-ups between the game's premiere shooter, Marty Hogan, and the game's premiere controller, Charlie Brumfield.

Brumfield dominated Hogan back in the era of the slower ball. He handcuffed the kid with drives into the body that stifled all that power, and he lulled him with a ceiling game that literally used to send Marty up a wall.

But the old man was no match for

Hogan if you tossed a livelier ball into the court. Thinking time was reduced to the point that even Brumfield's lightning mind seemed to plod in the face of Marty's scorching kills. Charlie openly admitted "My analytical prowess and the ability to pinpoint my opponent's weaknesses have been neutralized by...the raw power to hit the ball 125 mph." Brumfield, even at his best in the early 1970's, could beat Hogan only with a slower ball.

In an overall approach to game styles, a controller trying to play with a fast ball was like a dancer attempting to waltz to rock and roll music. And vice versa.

Today's ball is much more consistent in both liveliness and endurance and in professional matches rarely becomes a focus point for controversy. ○

WHY IS THE BALL BLUE?

by William H. Piggott

Traffic disasters are inhibited in part by vivid colors — usually brightly painted yellow markers — warning us of impending dilemmas. Why bright, light colors? To get attention fast. Drivers notice them immediately. The colors sharpen concentration and make drivers more alert.

Baseballs are a light color. So are tennis balls, table tennis balls, and badminton shuttlecocks. In fact, most objects in sport which the eye needs to follow quickly and precisely are light colored, and usually travel against a dark background. Could you imagine a tennis match being played on a light-colored court with a dark ball? Probably not. Light objects against a dark background give a luminosity that makes them far easier for the eye to follow.

Unfortunately, in racquetball the smallest sphere in court games (next to squash and handball, which both travel at slower speeds), is dark and blasted around a small white room at speeds up to 150 mph. On top of that, racquetball players frequently compete in a transparent room. While, that's great for the spectators, inside the court, the dark little ball tends to disappear against the glass walls. No contrast, no vision.

Worse yet, the ball is blue. Anybody who has played racquetball for a while will remember that balls used to be red, black and green as well as blue. Now, the vast majority are blue.

Why blue? What painstaking re-

search and exhaustive studies were accomplished to arrive at this obviously important conclusion?

It's strange, but nobody seems to know. Of three major racquetball manufacturers, no spokesperson contacted had a good reason. Two said the company started making racquetballs after the blue ball was established, so naturally their company did the same. The other company had tried various colors including red, yellow and brown (which would get lost in wood floors) and even a two-color ball; sales were poor, so the lines were discontinued.

Blue, though, is the one color to which eye response is poorest. In fact, the eye's sensitivity to blue is lousy. The part of the eye which reacts to blue is designed to see best in dim light, not in normal, bright conditions. As well, the eye's ability to detect color fails almost completely when objects are perceived from the corner of the eye or while objects are moving rapidly. Practically speaking, there's no apparent reason to favor one dark color over another at all. (Incredibly, one club near Chicago compounded this color/contrast phenomenon and installed blue carpet outside the rear glass walls on every court. Back wall play there is just delightful.)

In essence, there is no reason the ball should be blue, and there are reasons it shouldn't be blue. Is it time to start arguing with tradition? ○

MIKE YELLEN

INDUCTED INTO THE JEWISH HALL OF FAME

by Norm Blum

He was never the brash youngster. Mouthing off to the referee wasn't part of his repertoire. He never wrecked hotel rooms or went on drinking sprees. If the fans wanted colorful dressers who wore three pounds of gold jewelry or different colored socks, they had to look elsewhere.

He never wowed them with 180 mph serves or unforgettable dives.

Mike Yellen was a seasoned veteran at age 16. Let the crowd jeer a bad call and let his opponents' veins pop out in anger. Yellen was ready for the next point.

Sure, he had some physical tools. He wasn't the fastest or quickest player. But he was the smartest.

And this past summer, Yellen, one of the smartest racquetball players of all time, received some recognition which was long overdue. Yellen, along with baseball's Ken Holtzman, tennis' Brad Gilbert and others joined an elite group includes baseball great Sandy Koufax, sportscaster Howard Cosell and Boston Celtics guru Red Auerbach, racquetball's Marty Hogan, in the Jewish Sports Hall of Fame.

For years Yellen was upstaged by Hogan. And to this day, despite Yellen's five national titles, Hogan will always be synonymous with racquetball. But Yellen doesn't brood or complain about that. He's the first to acknowledge that Hogan's dominance of the sport is unequaled.

Yellen was never the flashy player and it hasn't been until the last couple of years that the fans have appreciated his genius on the court. With so many players simply blasting the ball, the racquetball fan now understands Yellen's combination of power and control. They'll marvel at how he'll hit the ball at the exact angle. At times it appears his opponent is at the end of a yo-

yo and he can move them wherever he pleases.

Make the opponent lunge for a ball, cause a weak return and put it away. That is vintage Mike Yellen.



Success has never gone to Yellen's head. Family is important to him, and he lives only a few minutes from home. He appreciates his parents for instilling confidence and teaching him right from wrong.

Nothing colorful or flashy, just play the game as it was meant to be.

An all-around athlete, Mike never planned on a racquetball career. When he was 13, members of the Southfield Athletic Club in Michigan would shout for Mike. "Mike, I need a towel. Mike, clean the shower. Mike, can you..." You get the picture. He was a youngster trying to earn a buck.

It was a homey kind of club. Members socialized with one another off the court and the staff knew everyone on a first-name basis. There were a lot of successful businessmen and when word spread that Mike had a lot of potential and needed a few dollars to cover his expenses for pro stops, they were more than glad to help.

At 16, Yellen entered his first pro stop in Fort Lauderdale. With money tight, Yellen went without his parents or coach. There was no one to look up to in the stands and no friends to cheer him on. Chances are he wouldn't have noticed anyway. Even at 16, Yellen's concentration was uncanny. He had learned that from his coach, Leonard Karpeles.

Karpeles was in his early sixties and was primarily a squash and tennis instructor. Yellen was doing well at the amateur level but felt stagnation setting in. The two had talked and fellow members warned him that Karpeles didn't know enough about racquetball to help his game. Yellen, however, was mesmerized with Karpeles and his knowledge of racquet sports. All racquet sports, Karpeles reasoned, implored that same principle, hitting the ball at an angle. The only difference was the size of the court.

The two developed a rapport that is strong to this day. They spent hours talking strategy and situations. And it was through Karpeles that Yellen

became the consummate professional, and mature beyond his 16 years. Playing Bill Schmidtke, a former national champion, in his first tournament away from home with no audience support, didn't faze Yellen. All his discussions with Karpeles had paid off.

Yellen never put pressure on himself — that wasn't part of the Karpeles formula. Such emotions distract from the game.



the gentleman who helped sponsor his first tournament. Yellen offered him the \$100 in prize money he earned, but the sponsor was merely interested in seeing him succeed and a return on the investment wasn't a motivating factor. Ironically, the fellow is now one of Yellen's neighbors. Yellen has the same attitude and that's why he's involved with the scholarship fund. He remembers what it's like not to have money and wants to help out in a similar fashion. Yellen grew up with generous people like Dr. Fred Lawrenz, who was a top player at the club and changed his office hours to accommodate Mike's workout schedule. Over the years he saw how "the doc" helped people and this attitude carried

Simply play to the utmost of your ability and if a national championship, or two or three happens to occur, then so be it.

Success has never gone to Yellen's head. Family is important to him, and he lives only a few minutes from home. He appreciates his parents for instilling confidence and teaching him right from wrong.

His generosity often goes unnoticed. A few years ago the Michigan Racquetball Association wanted to start a college scholarship fund and have him award it to the winner. When the program faltered, he personally helped fund the program and has been doing so for the last six years. It was payback time. He fondly remembers

over to Yellen.

Unlike most athletes, Yellen realizes he has a responsibility to the sport. When he was a youngster he looked up to Detroit Tiger sensation Al Kaline and realizes he plays a similar role in racquetball.

Helping out comes naturally to Yellen. When he was asked to visit a racquetball fan at a South Florida hospital, he spent a few hours with the youngster rather than a few minutes and when he won \$100 for winning a free throw contest he donated it to a California junior team.

Yellen down plays his involvement, but that coupled with his ability make him a Hall of Famer. ○

24-Hour Shipping **SAMUELS** 513-791-4636 FOR INFO

TENNISPORT

1-800-543-1153 (Nat'l orders only)
1-800-543-1152 (Ohio orders only)

- RACQUETBALL RACQUETS -

EKTELON CBK Mid	139.95
Toron	114.95
Quantus	73.95
250G Mid	89.95
Serex	72.95
New Magnum	69.95
Axis	CALL
Symitar	59.95
KENNEX Hogan Micro Shadow	104.95
Hogan Graphite Micro	33.95
Hogan Graphite Blaster Opt.	29.95
Hogan Ceramic Comp	CALL
Hogan Micro Ceramic	99.95
Hogan 40	49.95
Hogan 60	54.95
HEAD RX50	79.95
Radial	71.95
Elite	CALL
Elektra	CALL

Write for free catalog. Call for Platform Tennis.

- EKTELON ACCESSORIES -

Ektelon Rubber Grip	4.95	All Pro Glove	8.95
Challenger Glove	6.95	Classic Glove	10.50
Performer Glove	12.95	Racquetballer Glove	7.95
Wrist Tether	4.95	Thermasport Bag	CALL
Touring Pro Bag	CALL	Pro Plus Bag	CALL

- ACCESSORIES -

AME Grip	4.95
Head Rac. Sports Glove (Cabretta)	9.95
Head Pro Glove	10.95
Kennex Duratack Glove	9.95
Kennex Pro Duratack Glove	11.95

- EKTELON EYEGUARDS -

Court Goggle	14.95	Court Specs	8.95
Interceptor	24.95	New Specter	9.95
Regent	14.95	Sentinel	19.95
Bausch & Lomb	CALL	Sierra	18.95
Quantum			12.95

- SHOES -

EKTELON The Answer 3/4 (M)	CALL
The Answer Low (M)	CALL
The Answer Low (L)	CALL
FOOTJOY Tufts (M)	25.95
Pro Court Tufts 3/4 (M)	CALL
REEBOK Defiance (M)	CALL
RTP (M/L)	CALL
Avenger (M)	CALL
Comfort Plus (M)	CALL
FILA Tennis (M/L)	CALL
Thongs (M/L)	18.00
LE COQ Noah Comp	CALL
AVIA 750 (M/L)/755 (M)	CALL
760 (M)	CALL
Transport (M)	CALL
ADIDAS Lendl Sup. (M)	CALL
Circuit Low (M)	CALL
Boca or Edberg (M)	CALL
ATP 3000 (M)	CALL
DIADORA Broadway (M)	CALL
BROOKS Nouveau (M/L)	CALL
K-SWISS Reg.	CALL
PRINCE Mid XP (M)	CALL
HEAD Edge II (M/L)	CALL
Sprint (M/L) Express (M)	CALL
Pro (M) or Radial Express (M)	CALL
TACCHINI Tennis	49.95
ASAHI Bones (M/L)	CALL

SAMUELS TENNISPORT

7796 MONTGOMERY RD. • CINTI., OH 45236

- Specify grip size
- Add \$2.95 shipping any quantity. Money order or certified check payable to "Tennisport". COD's, APO's, FPO's add \$3.00 extra.
- Visa, MC, AE, Discover — give card number and expiration date. No credit card fee.
- Ohio residents add 5.5% sales tax.
- In store prices slightly higher.
- Return subject to inspection & 15% restocking fee.

THE SAMUELS GUARANTEE... 100% Customer Satisfaction

1. 24 Hour Shipping
2. Factory warranties on racquets
3. No orders taken unless the item is in stock

Yes For Eyeguards

The eyeguard issue has received considerable coverage recently, and rightly so. The statistics of eye injuries due to a failure to wear eyeguards or approved lensed eyeguards are alarming.

For those who choose not to wear goggles, a split second is all it takes for a ball or racquet to cause serious impairment to, or loss of one's sight. The issue of eyeguards is far from over; I hope all racquetball players make a wise investment in an approved pair of goggles.

I have seen several photos of great players without goggles, especially the photo of Mike Yellen and Cliff Swain on page 38 of the May issue. The photo looked choreographed, but Yellen's exposed eyes made me cringe.

I think your readers would be interested if you posed the question about the eyeguard issue to pro players on the tour.

Mark A. Passamani
Warrensburg, MO

Ed. note: While the magazine strongly urges all players to wear eyeguards, obviously we have no control over the situation. One of the pros tells us he knows where the ball is going so he doesn't need them. Others say they never step on a court without them. We'll cover the eyeguard story in full in a future issue.

Racquetball On The Road

As requested in your August 1988 issue, asking for anymore license plates and/or frames, I submit this picture of my setup that goes to my 1980 Pontiac Trans-Am.



I think you will agree that the frame says it so well. Can I say anymore! I dare anyone to top it! The "RRIPP-IT" is local terminology in our region for hitting a winner of a shot.

I have also seen "ROLL-OUT" and "RCKTBALL". I love it!

Keep up the great work at National Racquetball!

Craig A. Sambor
Utica, NY

Poor Sportsmanship

I would like to address an issue which I think is fast becoming a major negative influence to the game of racquetball — poor sportsmanship!

Like many racquetball enthusiasts out there, I play in tournaments only when I can fit it in between my work, family, wife's approval and when I don't have to drive halfway across the state to get there (but not necessarily in that order). Therefore I want to win and/or enjoy each tournament I play in.

Unless you are a top open player or you are sandbagging, you end up enjoying more tournaments than you win. This enjoyment often becomes disgust as I watch players (of all levels) embarrass themselves with sportsmanship that makes John McEnroe look like an angel. Naturally, none of us would let our skipball count as a winner or threaten the nose of a ref's face, however we must take a stand against those who do!

We must begin slapping technicals and ejecting players who use abusive language and constantly

badger their opponents and the referee during the match. If the abuse happens after the match, the offending player should be suspended. No AARA tournaments, for one month. Second offense — six months! Third — one year. We've got the computers to do it. We could put them on a list, sort of like the "Billy Martins of Racquetball".

It's unfortunate, but after my three-year-old son watched several matches with me at the last tournament, he thinks racquetball consists of hitting a racquet against the wall and yelling obscenities. Let's stick together on this issue for the good of the game of racquetball, for increased popularity and professionalism of racquetball in the years to come, and for our kids who will have a better understanding of what our sport is all about.

Steve McConnaughay
West Palm Beach, FL

Ed. note: A point well made. We also are disturbed by the lack of self-control and concern for others which appears with more and more frequency in our sport.

What About Negative Coverage?

Since my wife took up the sport of racquetball, playing in racquetball club's tournaments, until the recent AARA Nationals in Houston, Texas, I advocated wider dissemination of the events, score, and broader coverage by the news media.

After several letters to the editor of the newspaper and even after a call or two to the local sportswriters' desk pleading (to no avail), I still felt that racquetball itself would generate enthusiasm and reach the public eye.

Upon witnessing a slugfest at the Nationals during a match at the YMCA, it dawned on me that even if all the highlights were recorded on tape and offered for the general viewing public, your magazine would barely attempt to show the less than pretty side of your sport.

So, for the what-it's-worth-department, my wife continues to play the game, your publication continues to glamorize the sport and its 'heroes', and the public can content itself with brawling hockey matches and dirt-kicking Billy Martin managing the Yankees for entertainment.

The major difference with racquetball and major league sports reporting is that at least the participating observers are offered the good, bad, and the ugly side of their respective favorites. It seems to be racquetballs' unwritten code to print only the good and the pretty of the sport, and that in itself, is bad and ugly.

A.Y. Amos
New Smyrna Beach, FL

Ed. note: Refer to the Editor's column in the August issue.

SWAIN • CASCIO • McKINNEY • KUHFIELD •

INTRODUCING

tacki-mac® '89

RACQUET GRIPS

NOW AVAILABLE!

MODEL	PATTERN	DESCRIPTION
TM R-15	WRAPPED	THE ORIGINAL
TM II	SERRATED	ROUGH, TOUGH
TM PRO	SERRATED	SOFT-FIRM GRIP
	W/LOGO	

TESTED SUPERIOR IN DURABILITY
AND PERFORMANCE!

PACKAGED
OR
BULK

FOR INFORMATION CALL:

Network Marketing

3844 Shawnee Run
Lilburn, GA 30247
404-979-9707

DEALER PACKS AVAILABLE!

NEGRETE • PLOTKIN • LORELLO • ETC.

• LEVINE • GREEN • "GAR" • HANSEN • SWEENEY • NICHOLS • SIMONETTE •

GUIDRY • MUNROE • ANTHONY • WHITMIRE • ELLIS • ENGLE • "SUDS"

WHAT'S THE CALL

by Michael Arnolt



The authors of this month's questions deserve special mention. Barb Harrison from Fairborn, OH is a skilled open player who takes pride in her officiating. She is an AARA Certified Referee who submitted several situation questions to aid in developing revised tests for Level I, II and III referees. Her questions, along with those of other certified refs, will appear in this column from time-to-time.

Dean Kerl, with the help of some of his racquetball friends and opponents from Albuquerque, NM has given a couple of unique situations. Ideally, the rules of racquetball should be precise and clear. In most cases they are. In some, there is a need to interpret the intent and apply them fairly. Dean found two.

Drive Serve Rule Exposed

Q: I understand the drive serve rule (Rule 4.6) is to prevent the server from standing in the three-foot area and serving between himself and the wall. Since the purpose is to stop the server from using the wall to screen the ball, can a right-handed player stand next to the left side wall and serve a drive serve to the same side of the court?

A: The possibility of the serve you describe was discussed prior to adopting the rule. And though it certainly is not a screen, it is a bit of deception that the server lost when the rule was put into force.

Swing And A Miss In Doubles

Q: In doubles, a player on Team A moves to the right side of the court to take a set-up shot. He swings at, but misses the ball. His partner is close by and hits the ball before it is down. However, the ball hits a player on Team B who, after the missed swing, moved into a better court position to retrieve the ball he thought the first player was going to hit. Is that a point hinder?

A: Your question is based on Rule 4.14.e.2. which notes that both doubles players are entitled to return the ball and Rule 4.16.d. that calls moving into the ball a point hinder. Should the opponent who moved into the path of a clear offensive

shot be called a point hinder?

While both defensive players are required to give both offensive players an unimpeded

path and swing at the ball and shot to the wall, once a return attempt is made in doubles, it is reasonable for the defensive players to get into position to go on offense. The missed swing could not be anticipated. Call a dead-ball hinder and replay the rally.

Where Does The Frame End?

Q: Many times during play I have had my opponent apologize for a mishit — either off the frame or handle — that became a rollout. Is that a legal hit?

A: As you point out, Barb, Rule 4.14.a. says "only the head of the racquet" may be used to make the return. Rule 4.11.f. goes a bit further and says hitting the ball with the handle is illegal. The head of the racquet is interpreted as the strings and frame, which stops where the handle begins. So, frame shots are legal and handle shots are not. As the call is virtually impossible for the referee to make, the handle hit is a player call.

Pro Rules Differ Slightly

Q: During a men's pro stop, I observed a line judge making foot fault calls. Shortly thereafter, I took the referee certification test and missed the true-false question: A foot fault can be called by a line judge. The answer is false. Where is the rule clarified?

A: The professional rules vary slightly from the AARA. This is one of those instances, Barb. Whenever pro matches are played on a court with side wall glass, they utilize three line judges, one stationed at the short line with the sole responsibility of calling foot faults. Amateur matches use only two line judges, though one may well be positioned next to the short line on side wall glass.

The amateur rule actually is clarified in Rule 3.6.d. and f. where it addresses the duties and manner of response by the line judges. Line judges must reply to a question by the referee, rather than to the infraction of the player. ○

FOR LOW PRICES & THE BEST SERVICE CALL Frontier.

PRO KENNEX

NEW Hogan Micro Shadow ..	\$119.99
NEW Hogan Shadow Oversize ..	119.99
Hogan Micro Ceramic ..	99.99
NEW Hogan 60 Oversize ..	79.99
NEW Hogan Ceramic Comp.	74.99

EKTELON

CBK Mid ..	\$139.99
Toron Graph Oversize ..	119.99
250G Ceramic Mid ..	89.99
NEW Serex Oversize ..	74.99
Quantus Mid ..	73.99
NEW Magnum Mid ..	69.99
Symitar Ceramic Oversize ..	56.99
NEW Opex Oversize ..	34.99

HEAD

NEW Elite Oversize ..	\$99.99
RX 50 ..	79.99
NEW Radial Mid ..	73.99
NEW Elektra Oversize ..	64.99
NEW Spectrum Mid ..	64.99
NEW Pro Mid ..	37.99

**Purchase 2 Racquets or more
and get FREE SHIPPING!**

GLOVES

<i>(Quantities of 3 or more, deduct \$1 per glove.)</i>	
NEW Ektelon Performer ..	\$13.99
Ektelon Classic ..	11.99
Ektelon Cabretta ..	9.99
Ektelon Synthetic ..	8.99
Ektelon Calfskin ..	7.99
Hogan Pro Duratack ..	11.99
Hogan Duratack (red) ..	9.99
Foot Joy Sta-Sof.	11.99
Head Cabretta ..	9.99
Penn Cabretta ..	8.99
Buckskin Cabretta ..	8.99
Buckskin Synthetic ..	7.99

EYEGUARDS

Leader Dallas ..	\$19.99
Leader New Yorker ..	17.99
Ektelon Interceptor ..	23.99
NEW Ektelon Eclipse ..	22.99
Ektelon Quantum ..	14.99
NEW Ektelon Lensed Court Spec ..	8.99
NEW Bausch & Lomb Colors ..	26.99
Bausch & Lomb Action Eyes ..	21.99
Opti-Vue Safetylites ..	18.99

ACCESSORIES

NEW Hogan Weekender Bag ..	\$29.99
NEW Hogan Sport Tote ..	21.99
NEW Ekt. Touring Pro Bag ..	31.99
NEW Ekt. Thermasport Bag ..	27.99
NEW Ektelon Pro Plus Bag ..	23.99
Racquetball Saver ..	7.99
Ektelon Wrist Tether ..	5.99
Hogan Gripper w/adhesive ..	4.50
Tacki-Mac Grip w/adhesive ..	4.99
A/M Grip w/adhesive ..	4.99
Ektelon Grip w/adhesive ..	4.99
Vibrasorb ..	2.99
Hogan Logo T-Shirt ..	9.99
NEW Ektelon 3 Bands T-Shirt ..	9.99
Foot Joy NEW 3Q ..	39.99
Foot Joy Low Cut Tufts ..	27.99
NEW Ektelon Answer 3/4 ..	54.99
NEW Ektelon Answer Low Cut ..	42.99

CALL TOLL FREE!

Outside California:

1-800-854-2644

In California:

1-800-532-3949

Frontier

PRO SHOP

2750 Midway Drive
San Diego, CA 92110
619/225-9521

Hours: Mon.-Fri. 8AM-6PM PST
Sat. 10AM-6PM PST

CALL and use your VISA, MASTERCARD or DISCOVER. By mail, send MONEY ORDER—no personal checks, please. Add \$3.00 for UPS shipping and insurance. For 2nd day air, add additional \$3.00. For COD, add additional \$3.00. Alaska, Hawaii, APO, FPO \$9.00. California residents add 6 1/2% sales tax. Minimum order: \$15.

APRO Tip

Having definite target areas to use when practicing shots is a big boost. Around the country, some players have the good fortune to be able to practice in specially marked "practice courts", much like the one shown below.

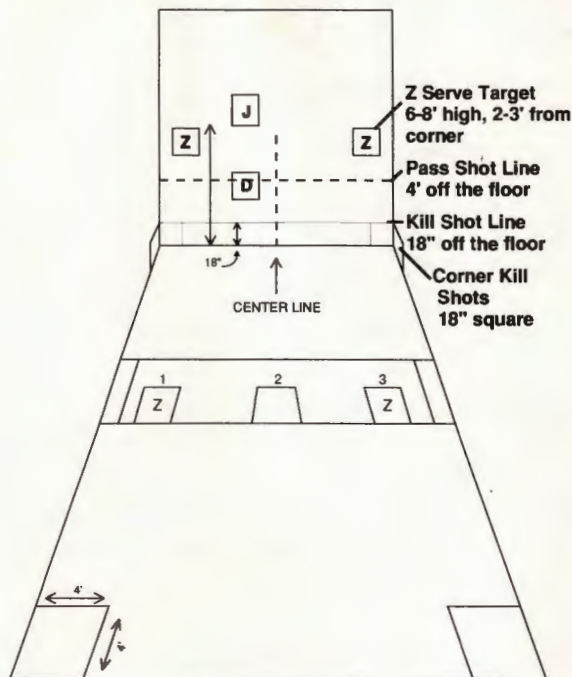
For most of us though, there is no such convenience. But that should not be a barrier to effective practice through the use of targets. Even if your club manager does not jump up and down with joy at the thought of permanently marking or taping an entire court, you can still use the "practice court" concept.

Simply take a roll of tape the next time you practice. Instead of taping the entire practice court, tape the target area for the shot you want to improve.

Serves

Z-serve to backhand. Start in box one (left side of service box) and direct shot to the Z box on right side of front wall.

Z to forehand. Start in box three (right side of service box) and direct shot to the Z box on left side of front wall.



Height on Z serves. Vary between four and six feet high for a hard Z, and between 10 and 14 feet high for a soft Z serve. The key here is the angle — the ball has to be within one-and-a-half to three

feet of the corner.

Drive serve to backhand. Start in box two or three in the service zone and direct your shot into box D on the front wall. The serve should be hit under four feet high and the target area is one to one-and-a-half feet left of the center line. This angle will bring the ball back to the rear corner (four foot square) on the backhand side. If you start in box three, you may have to adjust your angle slightly more towards the center line.

Junk or garbage serve to backhand.

Start in box two or three in the service zone and direct your shot into box J on the front wall. The serve should hit approximately eight to 12 feet high, and

about one-and-a-half feet left of center to get the ball back to the backhand corner. If you serve from box three, you may have to adjust your angle slightly towards the center line.

Pass Shots

The ideal pass is one that does not rebound off the back wall. Keeping this in mind, you may have to adjust the height of your shot depending on how hard you hit the ball.

Down-the-line pass. Start on either side of the court, approximately five feet from the side wall and in the rear third of the court. Try to keep your shots under four feet high and get them to travel as close to the side wall as possible.

Cross court pass. This is the same as down-the-line, except your target area on the front wall is either slightly left or slightly right of center, depending on which side of the court you start the shot. The key to a successful cross court pass is to make sure that the ball does not pass through center court.

Kill Shots

Use the 18" line on the front wall and the 18" cube on the corners for kill shot practice. Starting about five feet behind the service line, direct an easy shot to the front wall so that it comes immediately back to you. Wait for the ball to drop before directing shots to either corner. Then practice hitting kill shots straight in.

The exercise can also be used to hit kills off the back wall. You will find that by aiming at the cubes or 18" line, you will gradually be able to zero in tighter and tighter towards the ultimate rollout. ○

"Since I've been stringing with SuperKill II I haven't broken a single string."

When you have that kind of confidence in your string you can concentrate fully on your game. And SuperKill II gives me amazing control — I get a true bounce off my racket. If the ball doesn't come out right, it's *my* fault. SuperKill II is a great racquetball string."

Caryn McKinney

#2 WPRA Ranking



ASHAWAY
RACKET STRINGS
401-377-2221

The only U.S. manufacturer of strings for all racket sports.



THE CHALLENGE IS YOURS.



Getting better doesn't come easy. Having the opportunity to get better is now within reach with the world's most recognized racquetball clinician, Steve Strandemo.

This unique training center in Southern California offers the most complete "one on one" training program in the entire sport of racquetball. The center offers concentrated instruction for all levels of adult players. Steve Strandemo uses extensive video techniques to evaluate stroke mechanics, mental strategies, and on court abilities.

After four full days of in depth training, on court challenges with Steve and his staff, *The Challenge* will have been made and won by you.

To accept *The Challenge* and plan the perfect racquetball vacation in Coronado, California, write or call:

STRANDEMO TRAINING CENTER

P.O. Box 591
Coronado, CA 92118
619-437-8770

1988 FALL & WINTER SESSIONS

September 15-18	December 1-4
October 6-9	December 8-11
October 20-23	December 15-18
November 3-6	December 28-31
November 17-20	

Sponsored by

EKTELON
The Most Recommended Name in Racquetball

STRANDEMO TRAINING CENTER

The Number One Choice in
Racquetball Instruction.

ASK THE PLAYING EDITORS

If you have a question for the pros, direct it to one of the playing editors listed on our masthead, and address it to: Playing Editors, National Racquetball Magazine, P.O. Drawer 6126, Clearwater, FL 34618-6126.



Dan Obremski

Dan Obremski, what advice would you give to someone who always gets into trouble with shots from the back corners? **S. Tascona, Salt Lake City, UT**

There are usually two types of problems as players hit the shots from the back wall and corners. The first problem is one of too much room. Players are too far ahead of the ball and hit poor shots because of it.

The second problem occurs because players give themselves too little room. As they swing, the walls and corners get in their way.

It is very easy to prevent the first problem, which is essentially a result of laziness. From their position in center court, players prefer to wait for the ball to come out to them. They are forced to reach behind them to hit the ball, and their shots tend to be weak or hit into the side walls.

Resolve this by getting deep in the court as soon as possible when facing an off-the-back-wall shot. From there, it is easier to move ahead with the ball than it is to reach back for it.

To prevent the other problem — being jammed by the walls and corners — make it a habit to never get closer to any wall than arm-plus-racquet length. In other words, never be so close to a wall that you can easily touch it with your racquet. This will prevent sore arms and broken racquets. It will give you plenty of room to swing, and it will also reduce the amount of court area you need to cover.

Lynn Adams, do you ever hit an open stance backhand? And if you do, what are the keys to hitting it? **N. MacNeil, Albany, NY**

The only time I ever hit an open stance backhand is when I don't have to take a full swing. This usually happens when I am in front center court and the ball has been blasted right at me.

When you are in good position, and have time to hit a proper backhand, definitely do it. Your shot will be much better.

However, when you must hit an open stance backhand because you are facing the front wall and have no time to set up properly, be sure to take a full swing anyway. Take advantage of the power you can generate with the turn of your shoulders, even when you can't transfer your body weight from back foot to front foot.

Use the same swing you do with a

regular backhand shot. Be conscious, though, of your racquet face. You must square it to the ball sooner than normal. Otherwise, you will spray your shots into the side wall.

If you do have enough time to plan a shot, simply hit to 'where your opponent isn't'. Don't try anything fancy or difficult, because an open stance backhand doesn't have great accuracy. If you don't have time to plan a shot, it means you don't have time for any other shot than a ceiling ball. Hitting that automatic ceiling ball in that situation will give you time to regain position — hopefully one that will let you take a regular stroke during your next shot.

You can prepare for these situations beforehand in practice. A fun drill for it is one where you decide not to use your legs or body while hitting the ball. Plant your feet solidly, and face the front wall. Concentrate on generating power with just your shoulders, using of course, a full swing of the arm.

Ruben Gonzalez, I noticed during a tournament that you use a backhand splat shot from deep court for a lot of your points. When is the best time during a rally to try one? **F. Newcasttle, New Brunswick, Canada**

First of all, before you can try the shot during a game, you need to practice it alone on a court until you feel comfortable trying it, and also feel confident you will make the shot.

Then, you should know your opponent's tendencies before using it against him or her during a match. Against Mike Yellen, for example, it seems the splat shot is the only one that works. Other players, though, who don't have near his ability, might make mincemeat of that specific shot.

If you feel comfortable trying the shot, and think it will work against your opponent, then simply go for it. That is the key. If you go for it, and the shot is working, then your opponent won't reach the shot, no matter what position he or she has chosen during the rally.

What does matter is your position. You should have enough room behind you to be at least a step and a half from the back wall. If you miss your first splat, try a few more before deciding the shot won't work for you during that specific match. If you get hot, on the other hand, keep going for it! ○



Ruben Gonzalez

Naked Power

The Burt Power Handle Revealed



Cliff Swain, one of the top three ranked players in the world.

"For the first time in history a racquet has a handle system with its own coefficient of restitution...different from the racquet frame itself. This results in a tremendous increase in power without loss of control. I've increased the speed of my serve from 120 to about 160 miles per hour."

Perforated stainless steel handle provides continuous air circulation

Perforated premium Fairway leather grip never gets slippery

Compression/recovery shock absorbing material creates incredible increase in power.

Burt Sports incorporates into its handle system a new high tech shock/vibration absorbing material. Originally developed to mount computers in space vehicles, it compresses and recovers with each racquet hit. Burt Sports has made it a part of their racquet handle system creating the most powerful racquets ever built (11.5 Power Rating) without the loss of control normally associated with greater power. It also provides unequalled shock and vibration absorption, helping to eliminate the primary cause of racquet sports elbow.

The Burt racquet handle system also eliminates "Slippery Grip". The air cooling system evaporates perspiration from the under side of the perforated leather grip. Grip/glove/hand stay virtually dry, creating a more secure grip. Playing without a glove intensifies the feel of the racquet.

U.S. and Foreign Patents Pending

Available only through authorized Burt Club Pro Shops and Teaching Pros.

BURT
SPORTS

THE DEATH GRIP

by Dave Peck

It's the first game of the finals in a local tournament. Even though your forearm is a little sore and tight, you know this match is yours and you're determined to send your opponent packing to the locker room. In

fact, the first game is won so easily you can't believe it. Just win the next game and the championship trophy is yours.

The second game begins and your opponent seems to be in a groove, making more shots than in the first game. You begin to feel the pressure as all the muscles in your body tighten. You squeeze down as hard as possible on the racquet grip, knowing that by doing this your shots will start to hit exactly where you want them to go. Suddenly, though, your elbow begins

to feel warm and your forearm aches. Worse, you can no longer control your shots, and they spray everywhere except where you want them to go. The racquet keeps slipping in your hand, and by the time you get into the tiebreaker your aspirations of winning seem doomed! You leave the club dejected, wondering how you could play so well the first game and so lousy the rest of the match. The answer, unfortunately, is that you had an attack of "The Death Grip".

THE TORON GRAPHITE N WITH A THIRD PARTY EN



Ektelon is the official racquet of the AARA



One of the things that I have noticed while giving lessons is that players have a nervous tendency to grip down on the racquet handle as hard as possible, similar to holding a hammer. This, over a period of time, leads to the forearm muscles becoming fatigued, which in turn forces loss of control. Usually, the student doesn't even realize that he or she is doing this and it is especially common under stressful conditions.

What can you do to get out of the bad

habit? The key is realizing the symptoms of the "death grip". Are you in a pressure situation — tournament or league play? Is the match very close? Are you feeling a tightness in your forearm or a warm feeling in your elbow? Ask yourself these questions when you are competing. If the answer is "yes" to any of them, take some deep breaths, then relax your grip on the racquet.

The only time that you should be squeezing hard on the racquet handle is a split

second before impacting the ball with the racquet face. Also, make sure that you use leverage to help you grip the racquet. To accomplish this, make sure that you're using the proper grip.

Instead of clamping down hard with your hand, which takes grip strength, approach the handle at a diagonal so that your whole hand encompasses the leather. Doing this creates optimal leverage, power, and control with minimal muscle strength. What more can you ask for? ○

OW COMES DORSEMENT.

1988 NATIONAL CHAMPIONSHIP
VICTORY PARTY



The Toron Graphite® is the most powerful oversize racquet in the game.

Its frame and sweet spot are the largest. So you can reach more shots and generate more power. All with more accuracy.

But don't just take our word for it. Take it from the champions on your left.

Mike Yellen switched to the Toron in its first season on the court and won the national pro title. A year later, he won it again.

And this past year, Ruben Gonzalez won his first national pro title with the Toron.

That's three consecutive national titles won with one racquet. The Toron Graphite.

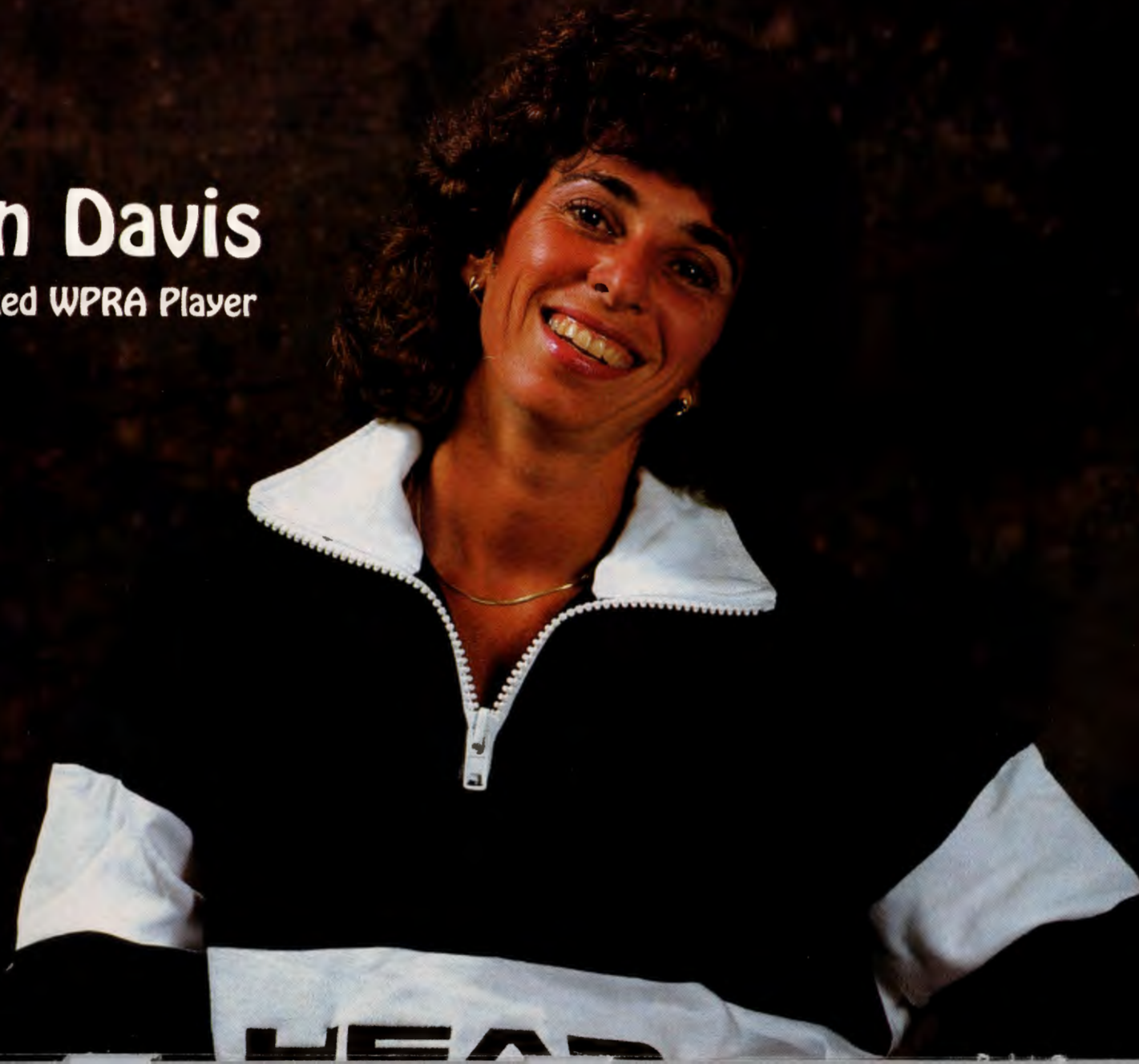
So now that you've taken an objective look at its track record, just think what a Toron could do for yours.

Maybe instead of getting invited to other people's victory parties, you could start throwing your own.

EKTELON 
The Most Recommended Name in Racquetball

Fran Davis

Top ranked WPRA Player





GLOVES



Bottom row, left to right

CHAMPION GLOVE

Sof-Tan'd 661

Palm: Thin Sof-Tan'd hairsheep, keeps glove soft and tacky. Repels moisture.

Fingers: Leather for longer wear.

Back: Spandex with leather trim sewn across to keep back and palm snug but not binding.

Closure: Velcro tab. Placement allows greater freedom of movement.

Color: Navy and white

Suggested Retail: \$9.95

Sof-Tan'd Ultra Grip 6966

Palm: Thin Sof-Tan'd suede. Special tanning process keeps leather soft and tacky.

Fingers: Ventilated suede.

Back: Suede.

Closure: Velcro tab. Placement allows greater freedom of movement.

Color: Blue/white, white/red

Suggested Retail: \$10.95

EKTELON

Performer

Palm: Cabretta sheepskin treated by special tackified process to prevent dryout and decay.

Fingers: Panelled construction, set-in no stress thumb for close, natural fit and ease of movement.

Back: Two-way stretch nylon mesh for close fit and breathability.

Closure: Elastic wristband with velcro tab for easy on and off and wrist flexibility.

Color: Burgundy

Suggested Retail: \$16.99

All Pro

Palm: Thin (0.6mm) Cabretta sheepskin, naturally tacky and absorbent.

Fingers: Panelled Cabretta/nylon construction; set-in extended leather thumb.

Back: Two-way stretch nylon mesh helps keep hand dry.

Closure: Leather backed, elastic wristband and velcro tab closure.

Color: Blue

Suggested Retail: \$11.99

Classic

Palm: Thin (0.6mm) Cabretta sheepskin. Naturally tacky. Ensures positive grip. Special tanning process to allow leather to dry soft and supple.

Fingers: Panelled construction, sheepskin and nylon extended set-in thumb for increased freedom of movement.

Back: Two-way stretch nylon mesh. Breathable for dryness.

Closure: Leather backed, elastic wristband. Velcro tab closure.

Color: Grey

Suggested Retail: \$13.99

Racquetballer

Palm: Thin (0.44mm) synthetic suede leather. Fully hand washable.

Fingers: Panelled construction, sheepskin and nylon extended set-in thumb for increased freedom of movement.

Back: Two-way stretch nylon mesh. Breathable for dryness.

Closure: Leather backed, elastic wristband. Velcro tab closure.

Color: Red

Suggested Retail: \$9.99

Challenger

Palm: Thin (0.6mm) calfskin leather for durability.

Fingers: Panelled construction, set-in no stress thumb for close, natural fit and ease of movement.

Back: Two-way stretch nylon mesh for close fit and breathability.

Closure: Elastic wristband with velcro tab for easy on and off and wrist flexibility.

Color: Green

Suggested Retail: \$8.99

Middle row, left to right

FOOTJOY

Championship Player

Palm: Soft Cabretta leather. Water repellant. Flexible and perspiration resistant.

Fingers: All leather, panel construction. Ventilated for breathability. Set-in thumb.

Back: Leather and stretch nylon.

Closure: Velcro tab placed for snug fit and ease of movement.

Color: Assorted

Suggested Retail: \$13.00

Tuff-One

Palm: Cabretta leather for positive grip. Water repellant. Perspiration resistant.

Fingers: Leather panelled construction with nylon back.

Back: Stretch nylon.

Closure: Elastic wristband gives snug fit. Velcro closure.

Color: Assorted

Suggested Retail: \$10.00

HEAD

Racquet Sports Glove

Palm: Cabretta leather for grip and durability.

Fingers: Leather with elastic nylon panels between fingers to eliminate vents between fingers. Prevents ripping.

Back: Expandable nylon panel for fit and ventilation.

Closure: Elastic wristband with leather lining. Velcro closure for adjustable fit.

Color: Black/white

Suggested retail: \$12.00

Pro Sports

Palm: Calfskin leather for durability and grip.

(continued on page 34)

Fingers: Elastic nylon on backs for ventilation and fit.
 Back: Expandable nylon for fit.
 Closure: Velcro tab for adjustable fit.
 Color: Black/white
 Suggested retail: \$15.00

NEUMANN

Marty Hogan Duratack

Palm: Full grain leather treated with special tackified process for grip and durability.
 Fingers: Panelled construction with mesh on back.
 Back: Four-way nylon micromesh for fit and breathability.
 Closure: Easy fastening velcro collar tab.
 Color: Red
 Suggested Retail: \$11.99

Marty Hogan Pro Duratack

Palm: Thin gauge Cabretta sheepskin with tackified process for grip and durability. Inhibits perspiration from passing through leather.
 Fingers: Tackified Cabretta on forefinger. Vent panel construction. Set-in thumb.
 Back: Four-way nylon micromesh for fit and breathability.
 Closure: Easy fastening wide velcro tab closure for comfort and feel.
 Color: Navy
 Suggested Retail: \$13.99

Marty Hogan Tuftack

Palm: Tackified pigskin for durability. Fully washable.
 Fingers: Panelled construction. Set-in thumb for ease of movement.
 Back: Micromesh for increased air circulation and comfort.
 Closure: Velcro collar tab for easy on and off.
 Color: White
 Suggested Retail: \$9.99

Top row, left to right.

SARANAC

Athletic Club AR-97

Palm: Leather for durability and grip.
 Fingers: Leather front with lycra back.
 Back: Lycra for flexibility and comfort.
 Closure: Velcro collar tab for easy on and off.
 Color: White and black with choice of silver, red, green, royal or pink.
 Suggested Retail: \$12.50

Racquetball R-1160

Palm: Top quality deerskin. Tactified.
 Fingers: Deerskin front, microfiber back.
 Back: Microfiber for breathability and fit.
 Closure: Elastic wristband with velcro collar tab closure for easy on and off.
 Color: White with choice of royal, red or silver.
 Suggested Retail: \$14.00

VIKING

Permasoft Cabretta

Palm: Super thin Cabretta, specially tanned to stay moist.
 Stays soft and tacky.
 Fingers: Panelled construction for flexibility.
 Back: Two-way stretch nylon mesh for snug fit.
 Closure: Adjustable velcro tab.
 Color: Black/off white
 Suggested Retail: \$10.95

Buckskin

Palm: Machine washable glove, made with modern synthetics. Will not shrink or harden when machine washed and dried.
 Fingers: Synthetic, ventilated for breathability. Set-in thumb.
 Back: Stretch elastic for comfort and fit.
 Closure: Elastic wristband and velcro tab.
 Color: White, navy blue, tan
 Suggested Retail: \$9.50

TOP PERFORMANCE

Top Performance

Palm: Special Wet Test Leather™ developed in Europe. Suede surface for good grip. Machine wash and dry. Stays soft and absorbs moisture.
 Fingers: Panelled construction with vents on back for breathability.
 Back: Sta-tite nylon. Placed for fit. Prevents stretching in palms or fingers.
 Closure: Elastic wristband with velcro tab.
 Color: Navy with red and white trim.
 Suggested Retail: \$15.95

WILSON

Tru Blue

Palm: Cabretta leather tournament style.
 Fingers: Leather panelled construction with elastic gussets and set-in thumb for comfort and flexibility.
 Back: Spandex for snug fit.
 Closure: Elastic wristband. Velcro tab.
 Color: White, navy
 Suggested Retail: \$ 12.95

Champ

Palm: Washable, lightweight Amara® suede.
 Fingers: Panelled construction. Set-in thumb.
 Back: Power net for ventilation.
 Closure: Elastic wristband. Velcro tab for easy on and off.
 Color: White
 Suggested Retail: \$9.95



National Racquetball Magazine

— the voice of international racquetball

READER SURVEY

In an effort to assemble an accurate profile of our readers. We ask you to take a few minutes to complete this survey and return it as soon as possible. We appreciate all the help our readers give us. Thanks.

☐ Male ☐ Female

Age _____

Approximate household income \$ _____

Number in household _____

Number in household who play racquetball? _____

Education ☐ Post Grad/Ph.D.

☐ Graduated College

☐ Some College

☐ Graduated High School

Occupation ☐ Professional/Technical

☐ Manager/Administrator

☐ Professional/Managerial

☐ Clerical/Sales

☐ Craftsman/Foreman

Do you use charge cards? ☐ Yes ☐ No

Which charge cards do you use? _____

Current Residence ☐ Urban ☐ Suburban ☐ Rural

Do you own your own home? ☐ Yes ☐ No

EQUIPMENT

How much do you spend on racquetball equipment annually? \$ _____

How many racquets do you own? _____

What gauge string do you use? _____

What brand do you buy of the following:

Racquets _____

why? _____

Gloves _____

why? _____

Balls _____

why? _____

Eyeguards _____

why? _____

Shoes _____

why? _____

Do you use a rubber grip? ☐ Yes ☐ No

what brand? _____

Do you prefer a fast or slow racquetball? ☐ Fast ☐ Slow

why? _____

Would you like to have a choice? ☐ Yes ☐ No

Are you happy with a blue ball? ☐ Yes ☐ No

Would you prefer another color? ☐ Yes ☐ No

What color? _____

CLOTHING

Do you purchase special clothing for racquetball?

☐ Yes ☐ No

What brand do you prefer? _____

Do you prefer all cotton shirts and shorts or blend?

☐ Cotton ☐ Blend

Do you prefer shorts with or without pockets?

☐ With ☐ Without

Do you wear thin, medium or heavy socks?

☐ Thin ☐ Medium ☐ Thick

PLAY

What other sports do you participate in? _____

Do you take a vacation each year? ☐ Yes ☐ No

Where do you spend your vacations? _____

Which airline do you prefer? _____

What make of car do you prefer? _____

What is your favorite hotel? _____

OVER →

READER SURVEY (continued)

Do you play racquetball while on vacation? ☐ Yes ☐ No
Do you travel to play in tournaments? ☐ Yes ☐ No

CLUBS, ETC.

Do you play in a club? ☐ Yes ☐ No
Do you play at the Y? ☐ Yes ☐ No
Do you play at school? ☐ Yes ☐ No
Do you play in college? ☐ Yes ☐ No
Do you play outdoors? ☐ Yes ☐ No
Are you a club member? ☐ Yes ☐ No
Are you a member of the AARA or CRA? _____
Are you a member of a State Association? ☐ Yes ☐ No
Which state? _____

Can you list the top 3 men pro's?

1 _____
2 _____
3 _____

Can you list the top 3 women pro's?

1 _____
2 _____
3 _____

Have you ever seen racquetball on television?

☐ Yes ☐ No — What did you think? _____

GENERAL

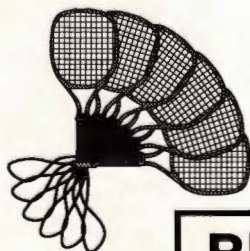
Are you interested in professional players? ☐ Yes ☐ No

How did you get this copy of National Racquetball?

☐ Subscription ☐ Club ☐ Newsstand

Additional Comments

FOLD AND STAPLE OR TAPE



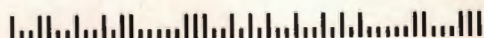
NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

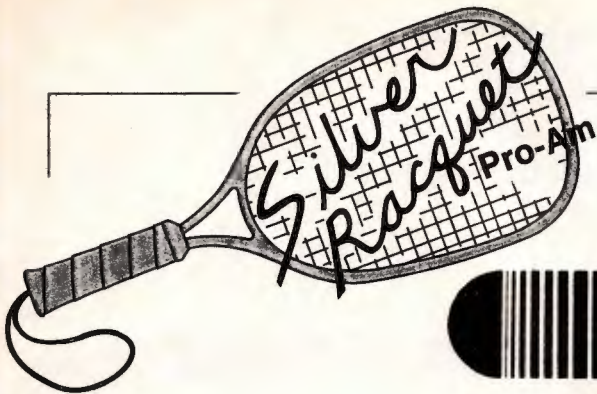
BUSINESS REPLY MAIL

FIRST CLASS POSTAGE PERMIT NO. 1030, CLEARWATER, FL

POSTAGE WILL BE PAID BY ADDRESSEE

NATIONAL RACQUETBALL MAGAZINE
P.O. Box 6126
Clearwater FL 34618-9891





10th Anniversary Season
presents

Silver Racquet Pro/Am Tournament

Date: November 5-8 Pro Competition
November 2-6 Amateur Competition

Events: Pro Singles
Pro/Am Mixed Doubles
Full Amateur Draw

Location: **Alaska
Athletic Club**
Midtown
630 E. Tudor Road
Anchorage, AK 99503
(907) 562-2460

Tournament Directors: Jay Wistoff, Kathy Wistoff, Denise Brakora

Prizes: Pro Singles \$10,000
Pro/Am Mixed Doubles \$2,000



The 1988
World Professional Racquetball Tour
Presents

Florida's only Sanctioned Professional Tournament

SUNSHINE PRO/AM

Featuring
The Nation's Top Professionals and Amateurs

For Professionals — \$20,000 in prize money and ranking points
toward national championship.

For Amateurs — \$2,500 in prize money and gifts — divisions for
every level.

NOVEMBER 16-20

Pro Qualifying - November 16

Amateur Begins - November 17



For further information contact:
MIAMI LAKES ATHLETIC CLUB
15150 BULL RUN ROAD
MIAMI LAKES, FL 33014

DAVE GERGELY
305-821-1151

THE THIRD STOP ON THE WPRT MENS PRO TOUR.



GRIPPING ADVICE

by John Boudman

Today it is possible to get a better grip on your game by selecting one of the several products available to racquetball players.

There are four basic materials for grips: leather or premium calf; rubberized vinyl; rubber; Supreme (soft man-made material) or overlay wrapping grips.

The first decision a player has to make is whether or not to wear a glove. Without a glove, there is more potential for "feel" of the racquet. However, ungloved hands and the sweat which occurs during play usually cause slippage and a loss of racquet control. As well, when the sweat evaporates from grips, it leaves salt and by-products which make the grips even more slippery.

The grips, for non-gloved players, are leather or premium calf, or the Supreme and overlay wrapping grips. Until recently, players without gloves either used mini-towels tucked into their shorts to dry their hands during play, or replaced the actual grips with frequency.

Last spring, a rubberized vinyl grip was introduced to eliminate that slippage problem for players without gloves. The grip is soft, compressible and does not slip when wet. It is a superb grip for players who prefer not to wear gloves.

The majority of players, however do, wear gloves. Most gloves on the market are thin enough and well-constructed significant to give enough "feel" during play. Until the gloves become extremely wet during play, they grip very well. In fact, gloves which are wet enough to be tacky actually grip better than dry gloves.

Rubber grips are made to take advantage of that tackiness. The combination of rubber against slightly damp leather provides an excellent grip. The almost velvet Supreme grip does the same thing, but seems to wear out more quickly than rubber grips.

There are two things to remember when combining leather gloves with rubber grips. One, when the glove gets too wet, it becomes ineffective. That explains why so many tournament players have what seems like dozens of gloves attached to their racquetball bags. Two, evaporated sweat leaves residue in the leather of the gloves, and reduces the gripping capabilities over a period of time. When that occurs, wear the glove and wash it with soap as if you were washing your hands. When it dries, it will be cleaner and help you grip better. O

AT LAST... POSTERS OF TOP RACQUETBALL PRO'S

NOW AVAILABLE — Size 18" x 24"

\$5.95 each plus \$2.50 shipping & handling

Florida residents add 6% sales tax.

- | | |
|--|---------------------------------------|
| ☐ Lynn Adams | ☐ Dan Obremski |
| ☐ Marci Drexler | ☐ Cliff Swain |
| ☐ Bret Harnett | ...plus more to come |

Name _____

Address _____

City/State/Zip _____

Telephone _____

Enclose check or money order in U.S. funds only or call (813) 736-5616 for MasterCard or Visa orders. Mail to: National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618-6126.

Allow 4-6 weeks for delivery.

Also available at WPRA & WPRT Pro Stops

Ripe Plum

SPORTSWEAR



**CALL OR WRITE
FOR FREE
CATALOG**

BAGS	CALL
TEE SHIRTS	\$9.00
COLLARED SHIRTS	\$15.00
SWEAT SHIRTS	\$15.00
TANK TOPS	\$9.00
SHORTS	\$15.00
HATS	\$12.50

SHIRTS: 100% COTTON
SWEAT SHIRTS: 50/50
COLLARED SHIRTS: 50/50
SHORTS: SUPLEX W/
POCKETS
HATS: CORDAROY /
EMBROIDERED

QTY.	STYLE	SIZE	PRICE	TOTAL

2560 E. KATELLA
ANAHEIM, CA. 92806
(714) 936-0927

Name _____ Phone _____
Address _____
City _____ State _____ Zip _____

SUB-TOTAL _____
8% TAX _____
SHIPPING _____
TOTAL _____
PLEASE SEND CHECKS,
MONEY ORDER OR
C.O.D.

UNDERWATER WORKOUTS

by Dan Obremski

Dan Obremski is a top-ranked player on the men's professional racquetball tour. He conducts fitness clinics regularly at the Olympic Training Center in Colorado Springs, CO for the National Elite Training Camp.

With the rash of injuries in the sports world, and the potential for further injury in the weight room, the buoyancy of a swimming pool seems perfect for the injury free workout. In fact, rehabilitation has been the primary function of water workout over the years. Joe Namath, for example, is an ardent believer in water workouts especially after using them to rehabilitate his knee injury.

Underwater workouts, however, can be used for much more than rehabilitation by athletes whose primary concerns are to build strength without injuring the joints. In fact, strength building in the pool is a very good way to exercise. The water not only gives added resistance to all your movements, it acts as a coolant around muscles.

So if you are looking for a good alternative to the weight room, or at least some diversion, try underwater workouts. The following exercises will benefit both your musculature and your cardiovascular system if done with intensity, three days a week.

Exercises

Run in place or sprints

Leg lifts to the side

Leg lifts to the back (kicks)

Racquet swings (forehand and backhand)

Arm lifts

Shoulder lifts

Chest squeeze breast stroke

Run in place or sprints

This exercise is a cardiovascular one which works primarily the legs. As with all of these underwater exercises, the motion and rhythm should be perpetual and systematic.

Depending on your level of fitness, run in place from 10 to 20 minutes, keeping your legs and hips under water. To build leg strength, run sprints across the pool. Remember, of course, because of the water resistance your sprint will be slow and difficult. Gradually build until you can run 10 to 15 20-yard sprints.

Leg lifts to the side (thigh & groin)

The exercise very effectively works the thigh and groin muscles. While standing, lift one leg to the side as far as possible



and force it down hard enough to feel water resistance. Do not let the leg fall

down. Actually force it down through the water. Do three sets of 20 to 30 repetitions for each leg.

Leg lifts to the back (kicks) (rear end & hamstrings)

To effectively work the buttock muscles and hamstrings (which add power to drive



serves), hold the edge of the pool and extend your legs behind you. Kick your legs with toes pointed as if you are trying to push the pool ahead of you. Do this for five to 10 minutes, and build up the time gradually from workout to workout.

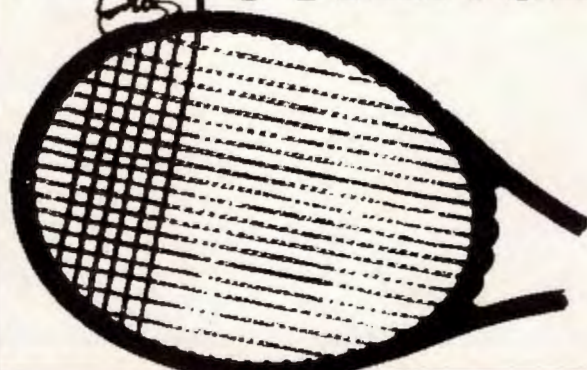
Racquet swings — backhand and forehand

This exercise works the arm, shoulder, midsection and back. Find an old, preferably stringless racquet to use. (A simple alternative is your open palm.)

While in water up to your shoulders, take your regular forehand or backhand stance. Alternate from a full backhand to a full forehand stroke, using the whole body to strike through the water. Be sure to use



THE RACQUET STRINGER



Service to the Player

**Quality Stringing
Makes The Difference**

John & Linda Boudman
108 East Street
Doylestown, PA 18901

For information regarding mail order stringing and/or professional, certified stringing services for your major tournaments contact us.

proper form and push hard enough to feel water resistance. Do this exercise 50 strokes each side.

Arm lifts (bicep, tricep)

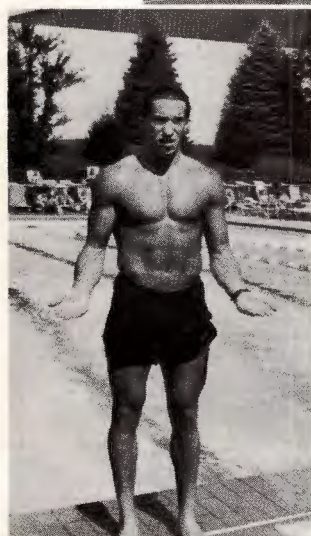
Standing in shoulder high water, with your palms open and elbows on your stomach, begin pushing the water down



shoulder height. Then push water down to your sides. Do 20 to 30 repetitions.

Chest squeeze, breast stroke

To exercise your chest and back, stand in neck-high water and lift your arms out-

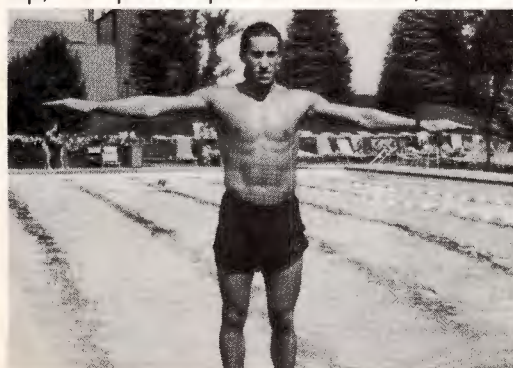


wards from your side, facing your palms forward. Begin by pushing your hands together in front of the body while flexing to chest. Then, almost with a rowing action, pull the water back behind your body, flexing the back muscles. Do 30 to 50 repetitions.

All these exercises are very good low-weight, high-repetition exercises which give endurance and tone to your body. For added strength, make the upper body exercises more difficult by using swimming pads attached to your hands. ○

Shoulder lifts

Standing erect in neck high water place your hands at your sides and push up, with palms open for resistance, to



—Introducing—

THE "RIPIT" CLUB

For an annual fee of \$10 you can become a "RIPIT" member. Your membership allows you to buy equipment at unbelievable prices!

— GO AHEAD, CHECK THEM OUT —

RACKETS

HEAD	
Elite Over.	\$92
Electra Over.	\$59
RX50	\$73
Radial (new)	\$68
Spectrum (new)	\$58
Pro-Mid	\$32
EKTELON	
Toron	\$109
CBK Mid	\$135
250G Mid	\$85
Quantus	\$69
Serex	\$69
Symitar	\$50
Opex	\$29
Magnum (new)	\$63
KENNEX	
Micro-Shadow	Call
Micro-Ceramic	\$92
SHOES	
Head Pro Elite	\$33
Head Radial Express	\$25
Foot-Joy (¾ High)	\$34
Ektelon Answer	Call
(¾ High)	

BALLS

Penn	\$1.85
Ektelon	\$1.85

GLOVES

Pro-Duratack	\$9.25
Duratack	\$7.95
Ektelon Performer	\$10.75
Ektelon Stay-Soft	\$8.95
Ektelon All Pro	\$7.25

GRIPS

A'ME Power Grips	\$4.25
------------------	--------

STRING

600 Ft. Reel	
Dunlop Nylon	\$18.50
OG Sheep (All Colors)	\$3.75
Prince Nylon	\$2.00

GOGGLES

B&L Action Eyes	\$19.00
Interceptor	\$21.00

BAGS

Ektelon Pro	\$30.00
Thermasport	\$24.00
Pro Plus	\$21.00
Head Team	\$30.00
Head Carryall	\$25.00

Thor-Lo Socks	\$3.95
Ektelon Tether	\$4.25
Head Tee	\$5.00
"Ripit" T-Shirt	\$4.75

MAIL THIS AD IN FOR FREE CATALOG

Michael's Tennis & Ski Shop

"RIPIT CLUB"

2368 Dixie Highway

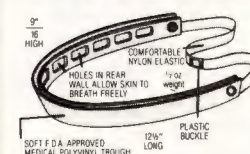
Ft. Mitchell, KY 41017

(606) 341-1174

AMERICA'S BEST SWEATBAND

"Works Like A Rain Gutter"

**Great For Racquetball - Lightweight
Clean-Adjustable - Comfortable
Keeps Sweat Out Of Eyes & Eyeguards**



RaceAid was designed by a medical doctor with comfort and function in mind. Made of soft FDA approved medical plastic, RaceAid works by conduction, not absorption. Like a rain gutter, it conducts sweat off your forehead, away from the eyes. RaceAid stays clean for hundreds of wearings. No washing is needed, although it is machine washable. RaceAid is great for running, racquetball, tennis, biking and aerobics.

★ REMARKS FROM ATHLETES ★

"The best thing for the sweat nuisance I've ever found."

Ed Pope, Sports Editor, Miami Herald

"A product that meets or exceeds its advertised advantages. Reasonably priced."

R.S., M.D., Venice, FL

SEND CHECK OR MONEY ORDER / 3 for \$10.95

(Includes Postage & Handling) to

RaceAid, P.O. Box 1470, Dept. RAC-1

Pinellas Park, FL 34664 • 813-546-9002

CHECK COLOR: Red ☐ White ☐ Blue ☐

GUARANTEED - If you don't agree the RaceAid is the best thing for the sweat nuisance you've ever found, return them in 60 days and I'll refund your complete purchase price - I personally guarantee it and prompt delivery.

Fred Frankel, M.D.
President, RaceAid

US Patent 4,638,512

In racquetball, nothing attracts more instructional interest, than how to adjust from concrete or plaster walls to glass. Thoughts usually center on all the faces watching, the super-ball speed and shot adjustments, and how public your mistakes can really become.

Glass courts (actually 1/2-inch thick tempered glass), the product of ever-evolving ideas to promote and publicize the sport, are one of the most puzzling parts of racquetball. Even if you've mastered plaster and cement courts, getting into glass qualifies as a completely unique experience. So unique, some players say, they don't know how to cope with it. They psyche out, turning from a riches-to-rags player in a matter of minutes.

According to many pros, there are very definite reasons for this reaction. For one, because of the glass-generated speed of the game, reaction and anticipation — hallmarks of racquetball — aren't needed, and are replaced instead by a wait-and-see approach.

"Most racquetball players are anticipators," says Jerry Hilecher, one of the game's most experienced professional players.

HOW TO PLAY THE GLASS

by Armen Keteyian

"Most players react to angles. On glass courts the speed of the ball goes against you. You have to hold yourself back."

What you're waiting for, says Hilecher, is simple — to see which way the ball will bounce. "On a regular court, you can guess where the ball will come off the front of sidewall. With glass, you have to slow down before you react. People get frustrated doing that. Most of the time they react quicker. That's wrong, you have to slow down."

Hilecher suggests that the everyday player "hold back a bit, play deeper in the back court and wait and see what happens to shots. It's always easier to move forward."

Another problem frequently associated with glass is concentration — or lack thereof. Some say the mind — excited by the surroundings — wanders when it enters the glass court. The pros, however, will say given the increased speed of the

ball, the difficulty is seeing shots and infrequency with which most of them play glass (tournaments only), forces them to put on their thinking caps.

"The first three or four times I played on glass," said one of the WPRAs greats, now-retired Heather McKay, "I had a horrible time. You really have to concentrate on the corners. The ball seems to really slip and grab coming off side wall-front wall shots. It's just something I learned to accept."

"You just can't cheat with glass," says another former top WPRAs professional, Jean Sauser. "If you try to anticipate, you're asking for trouble. You have to focus on the ball. If you don't, you're asking for

trouble."

Mike Yellen says he forces himself to concentrate. In Las Vegas, for

example, playing front wall-side wall glass against Marty Hogan in one national finals, Yellen said he blocked out every outside influence he could.

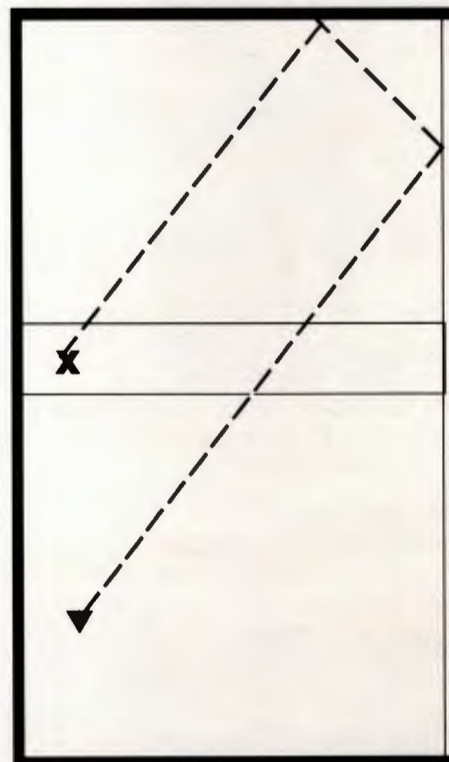
"You have to against Marty. The same with most of today's players. With serves so powerful that it is so tough to see, if you let yourself drift, you're down 11-0 before you can blink."

Don't despair, however. Knowing how to play the glass, where to hit what shots on what type court, can produce points, too. The general consensus of the pros is to "play the glass" and not to force spectacular shots. In short, be patient, keep the ball in play, and wait for your opponent's game to shatter.

With that in mind, take a "how-to" tour of one-sided, front, back, two- and three-sided glass wall play:

One-sided

"It's like baseball when a pitcher is throwing from the sun to the shade," explains Hilecher. "It's hard to focus, there is trouble seeing."



Hilecher says with right-side glass, the server should play to the glass, serving down the right side, or use Z-serves into the back right wall.

"The basic shot, however, is to hit a pinch right into the glass. It's hard to judge

Learn from the teacher who teaches the teachers, Fran Davis.



- Touring Professional for 7 years.
- Head and Foot-Joy Inc. Advisory Staff for 5 years.
- U.S. Olympic Training Instructor.
- P.A.R.I. East Coast Instructor.
- Monthly Columnist for National Racquetball Magazine.
- Conducted over 300 Clinics/Camps Nationwide.

Enroll now...

Improve your strokes, shot selection, court position, serves/service returns, and mental/physical toughness.

Where...

At a camp, one day/night clinic, P.A.R.I. clinic (teachers), an exhibition, or any club function.

Call or write...

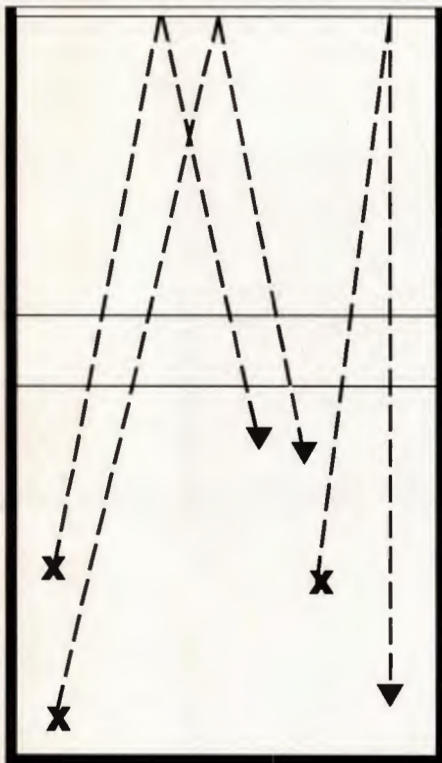
Fran Davis 28 Ramsey Rd. Middlesex N.J. 08846
(201) 271-0278



where the ball is going. You don't know the angles."

Front Wall

Consensus pro point: The hardest condition to play. "It's almost impossible to see where the ball is going," says Hilecher.



"You have to wait to decide where you can move."

Recommended are drives, cross court passing, down-the-line shots (all shots which hit the front wall first) to confuse your opponent.

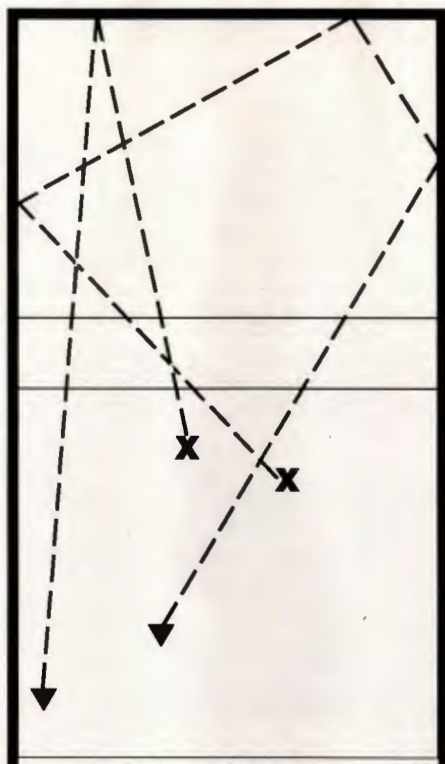
Stay away from ceiling balls and, surprisingly, kill shots. "You don't really want low shots," says Hilecher, "because if you skip the ball, you're giving up points. Let your opponent make the mistake."

Yellen says servers should "mix it up" off the front wall, tossing in low drives and Z-serves. "Deception is the key," he said. "Use the same serving motion, but go for different angles."

Two- and Three-Sided Glass

These are similar to side wall play. Go for the corners with side wall, front wall pinch shots. Hilecher feels passes right down-the-line are very effective. Yellen prefers cross court shots.

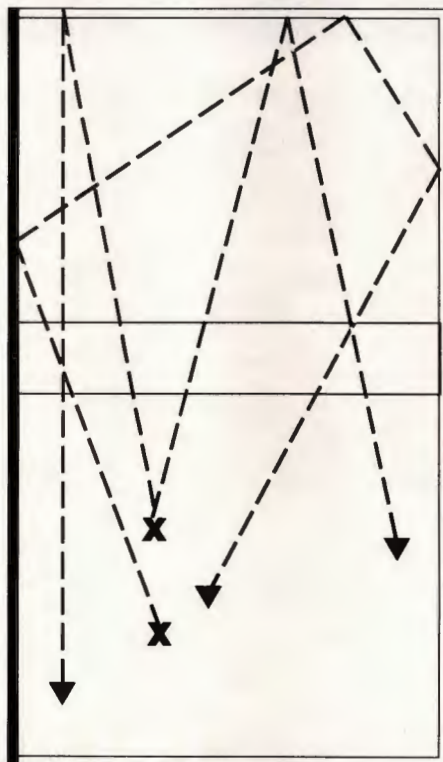
Keep all the hints in mind. They'll help the next time someone wants advice on "Playing the Glass," and better yet, they'll give you extra points next time you play in a glass court. ○



Back wall glass.

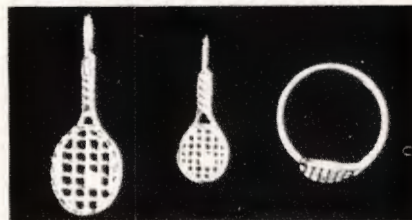
Back

"Nothing really changes much from the front wall," judges Hilecher, who stressed going for the glass with high lobs, Z-serves and around-the-world shots. "Force your opponent to hit shots off the back wall." ○



Three-sided glass.

RACQUETBALL GIFT HEADQUARTERS



LARGE PENDANT - \$53
W/Diamond - \$102.95
W/Gold Ball - \$67
W/Birthstone - \$93
Tie Tack - \$65

SMALL PENDANT - \$39
W/Diamond - \$79
W/Gold Ball - \$55
W/Birthstone - \$69
Tie Tack - \$48
Pinky Ring - \$72



CHAINS
Lightweight - \$2/inch
Heavyweight - \$4/inch (also available with diamonds)
— 14 KT Gold —
CUSTOM MADE RACQUETBALL BRACELET
\$299
Jewelry shown smaller than actual size

IMPRINTED SPORTSWEAR



"USA Racquetball"
One Size Fits All
Cotton Crinkle Shirt
\$14.95



"Court Rat" T-Shirt
100% pre-shrunk cotton
Youth: S, M, L - \$8.95
Adult: S, M, L, XL - \$9.95

AARA SWEATSHIRTS!



AARA-1 - \$15.00
AARA-2 - \$19.95
(puffed ink)

SIZES: (adult) S, M, L, X-L

Poly/cotton white fleece sweatshirt has the official AARA logo in red and blue on the front and down the sleeve.

MARTY HOGAN VIDEO

One-on-One Lessons
With Three Time
World Champ
VHS Video Cassette
\$19.95



Six Lessons From The Champ.
Six Weeks to Power Performance.

SHIPPING & HANDLING
Regular UPS - \$2.95 per item
2nd Day Air - \$3.95 per item

ORDER BY PHONE 7 Days a Week / 24 Hours
1-800-762-4653
904-396-9693

or send check or money order to:

FIRST COAST PROMOTIONS & MANAGEMENT, INC.

1730 Shadowood Lane, Suite 320
Jacksonville, Florida 32207

RACQUETBALL IN PARADISE

by Heather Kirkwood

The Bahamas, first discovered by Christopher Columbus in 1492, are today one of the world's most popular vacation spots. Called "the Isles of June" for their temperate climate, they average seven hours of daily sunshine all year round. Their scenery is a northerner's dream — palm trees sway languidly in the soft tropical breezes, warm turquoise waters wash over coral reefs and white sandy beaches stretch invitingly for miles.

The Bahamas belonged to Britain for over three centuries before gaining independence in 1973. This heritage is reflected in their system of government, traditions and architecture — as well as their unnerving custom of driving on the left side of the road!

The Islands' British past is also evident in sports. Bahamians play cricket, squash, tennis and golf — all originally introduced by English colonists.

Recently, however, a new influence has emerged. Because of the Bahamas' proximity and trade with the United States, Bahamians now watch televised American baseball and basketball games, besides cheering on "their" football team, the Miami Dolphins. And today another American sport — racquetball — is rapidly gaining popularity on the islands.

In 1983, when Nassau's luxurious \$150-million Cable Beach Hotel & Casino opened its new Sports Complex, the Centre included 16 (ten outdoor, six indoor) tennis courts, plus three squash and three racquetball courts.

"We have 150 Bahamian racquetball members," says Cable Beach racquet sports pro, Eddy Green. "We could probably double this number, but we don't want to tie up our courts since they were built basically for the Hotel guests' convenience. In the high season we try to limit natives and cater to tourists, but in the quiet months (May through October) we're more flexible."

Set in its own tropical garden adjacent to Cable Beach Hotel, the Sports Complex

is modern, spotless and quiet — except during daily aerobics or jazzercise classes!

Sports Complex hours extend from 7 a.m. to 9 p.m., with reasonable rates — \$6.00 per court hourly before 4 p.m., and \$7.00 afterwards. (Bahamians pay \$5.00 per court — a minimal concession consid-



ering most work for less than \$3.00 per hour.) While few tourists are interested in annual rates, there's a long list of Bahamians waiting for the 150 available spots.

"A lot of people play," Green confirms. "It's hectic here from 7 a.m. to 10 a.m. every day and the courts are always booked solid between 4 p.m. to 9 p.m. But it's generally slow from 10 a.m. to 3 p.m. unless it rains. Then everybody wants to play!"

In March 1987, the Sports Complex hosted Nassau's first racquetball tournament, the Bahamas Open, won by an American tourist. "That man wiped up the court with us!" Green laughs. "We were all scared of him because he owned his own racquets and a whole bag of equipment — until that point we thought we were pros if we could show up in matching sneakers!"

Despite the difficulties of trying to run a tournament at a three-court facility, the Bahamas Open was held again in 1988 and Cable Beach hopes to make it an annual event. The overcrowding problem may soon be permanently solved as the

Hotel plans to expand its Sports Complex, adding new features like water slides and another three

racquetball courts.

One other Nassau sports facility, the decade-old Racquets Club, also offers racquetball — but there's a catch. It's played on a squash court which has a removable tin! Playing racquetball on a squash court is a very different experience; the smaller court makes the ball often seem the aggressor, while the beamed wooden ceiling with its whirling fan is obviously out of play. Still, there are compensations. Once adjusted to the faster pace, you get a tremendous feeling of Hogan-like power, smashing killshots from the back wall.

To date, racquetball has attained only a tentative foothold in the Bahamas. But island sports professionals are convinced the game has a future. Many American educated Bahami-

ans, who learned to play racquetball in the United States, are now requesting facilities. And there's also the tourist market. Nearly two million people visit the Bahamas annually; a large percentage are Americans, thoroughly familiar with racquetball.

Sales staff at the Sports Centre, Nassau's best equipment store for athletes, confirm that racquetball is a growing sport. In 1983, The Sports Centre carried only one type of racquetball racquet; today there are nine to ten choices — all good names and quality brands.

"Racquetball is really catching on," says one employee. "A few years ago we didn't sell any racquetball racquets. Now we have to keep reordering; we're always sold out."

No indoor sport will ever become the favorite leisure activity of a country with as nice a climate as the Bahamas. But there is a definite place in the islands for racquetball. After all, as Eddy Green wryly admits, "It does rain sometimes — even in Paradise!" ○

WHY BUY A MARTY HOGAN RACQUETBALL RACQUET?

Let us count the whys. To put it briefly, we continually pioneer state-of-the-art techniques, experiment with new materials and compositions, and engineer the most advanced designs.

□ Designs such as our exclusive **SpiralTech**. The process involves compression molding a "sleeve" of tightly woven high-modulus graphite around a graphite composite core, for unprecedented frame stiffness. □ Combined with our patented **Micro String System**—a synchronized string design of dense patterning plus reduced tension for superior playability—it made for the game's most powerful racquet . . . The Micro Shadow. □ Then there's our exclusive vibration-dampening **Foam Core**. While other compression-molded racquets are hollow, Marty Hogan Racquetball Racquets are filled with a special foam core lining for a vibration-free performance. □ Or how about our **Step-Down** design. The gradual slimming of the frame from head to throat enhances aerodynamics and reduces racquet torque and twist. □ There's also our exclusive **"10-2" Power Balance System**. It elongates the sweet spot, and adds calculated mass to the racquet head, resulting in not only better balance, but reinforced durability. □ And of course there's our exclusive **Channel Flex** design. It's distinguishable by the notched racquet throat, and provides critical racquet flex. □ It's all there, in features, designs and materials. You have only the best to choose from, and choose the racquet that's best configured for your game.



GET A GRIP



Photo by Skip Quinn.

Pictured are just a few of the grips available to racquetball players today. Some of them are designed specifically for use on racquetball racquets, others may be used for other racquet sports. For more information about any of them, call the manufacturer at the numbers listed.

A'ME (714-594-1767)

Rubber Grips. Bonded to handle with adhesive provided. Made extra long with one flared end. Can be cut to desired length at flared or straight end. Assorted colors.

EKTELON (619-560-0066)

Tapered style provides secure grip. Moisture resistant. Easy application. Adhesive provided. Available in red, orange, black, blue, grey and aqua.

PRO KENNEX (619-271-8390)

The Gripper

Tackified rubber with special anatomical tread design. Stays tacky, even after washing. Adhesive provided. Available in blue, black, grey, red and orange.

STARIS COMPANY (206-567-4933)

Custom Grip

Plastic wraps around handle and is held in place with special adhesive. Grip handle and in 24 hours your hand impression is permanent.

TACKI-MAC (404-979-9707)

Available in three styles. The original R-15, and the new "serrated" grips, TM11 and the TM "Pro". The serrations offer extra gripping control. TM11 is rough and tough, and the Pro offers a soft yet very firm grip. Available in ten colors including a new lavender.

VIKING (408-923-7777)

Black Knight Neo-Grip

Wrap provides firm grip. Secures with Adhesive tape provided. Available in hot pink, lime green and neon orange.

Towelling Grip

Self adhesive towelling strip. Can be cut to length desired. Absorbs perspiration.

Mens AARA Official Rankings August 18, 1988

Mens Open: 1-A. Roberts, TN; 2-D. Ganim, OH; 3-L. Gilliam, TX; 4-C. Nichols, FL; 5-T. Sweeney, IL; 6-B. Corcoran, AZ; 7-J. Cascio, PA; 8-C. Cole, MI; **Mens A:** 1-S. Reiff, FL; 2-J. Bonnett, MI; 3-D. Hall, CO; 4-J. Allen, MS; 5-B. Jackson, WV; 6-J. Mylar, WV; 7-S. Arizmendi, NY; 8-B. Ferguson, OH; **Mens B:** 1-B. Schirmacher, MN; 2-T. Altenburg, MI; 3-D. Berl, GA; 4-B. McCormick, TN; 5-J. Fuchala, OH; 6-R. Miller, WA; 7-M. Sturgeon, TX; 8-R. Sandello, CA; **Mens C:** 1-T. Thompson, MA; 2-H. Bergman, NJ; 3-G. Giles, GA; 4-J. Clark, FL; 5-T. Krogman, OH; 6-J. Kolen, AL; 7-J. McCubbin, Jr., TX; 8-N. Osborne, CA; **Mens D:** 1-W. Zapata, WA; 2-S. Martin, MA; 3-B. Lee, TX; 4-J. Martyniak, IN; 5-J. Fetterman, CA; 6-J. Eliasik, IL; 7-T. Dawson, OH; 8-F. Galan, TX; **Mens Novice:** 1-J. Cain, TX; 2-R. Cain, TX; 3-D. DeLong, WA; 4-D. Fields, OH; 5-J. Moran, SC; 6-R. Rangle, CA; 7-J. Shulgodd, NY; 8-M. Ray, TX; **Mens Beg.:** 1-D. Cox, AK; 2-J. Williams, CA; 3-R. Medina, CA; 4-K. Vanderark, AK; 5-B. Beardmore, AK; 6-J. Conway, CA; 7-K. Beauregard, AK; 8-J. Stevens, CA; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-J. Worthington, CO; 3-M. Jenkinson, WV; 4-L. Gonslin, WI; 5-B. Long, PA; 6-S. Mixon, CO; 7-R. Benevidas, WI; 8-S. Hickey, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-S. Huggins, FL; 4-R. Thompson, AL; 5-G. Gose, NM; 6-S. Redelheim, TN; 7-G. Manzuri, CA; 8-R. Remen, VA; **Mens 8:** 1-M. Saad, CO; 2-S. Huggins, FL; 3-J. Gautreau, TX; 4-G. Gose, NM; 5-T. St. Pierre, FL; 6-T. Siggins, CA; 7-K. Wilken, NM; 8-W. Tilton, CO; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-C. Locker, MN; 5-R. Buchanan, MD; 6-S. Rodd, VT; 7-J. Gautreau, TX; 8-T. Samaria, MN; **Mens 12:** 1-A. Thompson, WI; 2-J. Armbricht, NC; 3-S. Zimmerman, MI; 4-J. Icenogle, CA; 5-P. Aplado, TX; 6-J. Mannino, NY; 7-S. Wood, MA; 8-J. Xynidis, FL; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-J. Ellenberger, WI; 4-S. Monchik, NY; 5-R. Davis, IN; 6-C. Pfaff, OH; 7-J. Kolen, AL; 8-A. Labra, CA; **Mens 16:** 1-J. Ellis, CA; 2-J. Bonnett, MI; 3-R. Walden, FL; 4-E. Muller, KS; 5-B. Simpson, IN; 6-S. Reiff, FL; 7-B. Sawyer, NC; 8-T. Brennan, CO; **Mens 18:** 1-M. Guidry, TX; 2-J. Floyd, MI; 3-M. Locker, MN; 4-M. Engel, MD; 5-E. Ramm, CA; 6-J. Waggoner, FL; 7-T. Jelso, NM; 8-J. Lorello, FL; **Mens 19+:** 1-M. Bronfeld, CA; 2-B. Erickson, MN; 3-T. Sweeney, IL; 4-J. Jeffers, TN; 5-M. Lowe, CA; 6-B. Rodriguez, CA; 7-C. Winter,

FL; 8-M. Nagel, NY; **Mens 25+:** 1-M. Morrison, FL; 2-D. Negrete, IL; 3-B. Lyman, IL; 4-B. Huber, FL; 5-R. French, MN; 6-J. Gillhouse, AL; 7-J. Hassey, AZ; 8-T. Neill, NM; **Mens 30+:** 1-B. Corcoran, AZ; 2-D. Kovanda, OH; 3-J. Peterson, NY; 4-D. Hardan, WA; 5-T. Lavoie, MN; 6-R. Strout, UT; 7-R. Dern, IL; 8-S. Worthy, MI; **Mens 35+:** 1-S. Hastings, MI; 2-D. Kovanda, OH; 3-T. Lavoie, MN; 4-R. Woolard, OH; 5-M. Layton, FL; 6-L. Pisto, AZ; 7-G. Owen, FL; 8-P. Redelheim, TN; **Mens 40+:** 1-M. Stephens, MI; 2-J. Schwartz, FL; 3-J. Hennon, TN; 4-T. Chodosh, TX; 5-F. Ciociola, NY; 6-K. Bonnett, MI; 7-B. Brookens, CO; 8-H. Chastain, MN; **Mens 45+:** 1-R. Galbreath, PA; 2-B. Parra, CA; 3-R. Wehrle, GA; 4-R. Hutcherson, IN; 5-T. Perna, OH; 6-J. Turner, CO; 7-N. Shapiro, NY; 8-C. Garfinkel, NY; **Mens 50+:** 1-R. Adams, CA; 2-S. Marcus, FL; 3-J. Fay, TX; 4-B. Sanders, OH; 5-R. Lawler, IN; 6-J. Mooney, CO; 7-E. Vlock, FL; 8-M. Blair, MN; **Mens 55+:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MN; 4-L. Cox, IN; 5-R. Horton, CO; 6-L. Hahn, MI; 7-F. Kilbride, CAN; 8-P. Miller, IN; **Mens 60+:** 1-P. Miller, IN; 2-F. Kilbride, CAN; 3-J. Lambert, TX; 4-R. Caretti, MI; 5-S. Eller, IL; 6-R. Johnson, CA; 7-M. Roberts, FL; 8-W. Coyner, WA; **Mens 65+:** 1-L. Wilde, UT; 2-N. Sans, CA; 3-E. Acuff, VA; 4-R. Craig, Jr., IN; 5-D. Goddard, MT; 6-R. Picard, MA; 7-B. Cloud, IL; 8-I. Cowie, NY; **Mens 70+:** 1-L. Wilde, UT; 2-H. Minor, CO; 3-C. Russell, CA; 4-A. Shepherd, MD; 5-J. Singer, CA; 6-I. Gumer, KY; 7-G. McDougall, SD; 8-J. Sawbridge, AZ; **Mens 75+:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

Womens AARA Official Rankings August 18, 1988

Womens Open: 1-T. Bevelock, AZ; 2-M. Dee, NH; 3-K. Kuhfeld, IN; 4-R. Levine, CA; 5-L. Ecker, MI; 6-S. Morgan, FL; 7-L. Anthony, CA; 8-M. Wihlnessen, CO; **Womens A:** 1-H. Gray, VA; 2-L. Butler, TX; 3-C. Collins, MI; 4-P. Musselman, PA; 5-S. Huczek, MI; 6-L. Merrill, MN; 7-C. Clark, FL; 8-K. Beane, NH; **Womens B:** 1-A. Kinney, WA; 2-S. Ruhl, CO; 3-D. Westerkon, NY; 4-L. Campbell, TX; 5-S. Evans, MA; 6-G. Cleveland, OH; 7-A. Boland, MT; 8-D. Bean, TX; **Womens C:** 1-D. Leon, FL; 2-S. Rosling, MT; 3-C. Seitter, FL; 4-S. Turner, CT; 5-M. Davis, CO; 6-P. Saad, MI; 7-B. Duncan, TN; 8-K. Locke, GA; **Womens D:** 1-D. Tracy, MA; 2-W. Rudov, TX; 3-N. Sloan, IN; 4-W. Raft, TX;

5-M. Reese, SC; 6-K. Roller, UT; 7-C. Staats, WA; 8-B. Vanderson, OH; **Womens Novice:** 1-S. Beveney, NY; 2-J. Williams, TX; 3-M. Boyer, OH; 4-S. Klein, NY; 5-S. Ross, GA; 6-C. Paoli, DE; 7-A. Angerillo, AZ; 8-A. Ballard, TN; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-J. Quinlan, FL; 5-K. Thompson, WI; 6-J. Degutis, MI; 7-J. Koppel, TX; 8-M. Manzuri, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Quinlan, FL; 4-M. Manzuri, CA; 5-J. Hardeman, TN; 6-Jill Trachsel, MN; 7-J. Koppel, TX; 8-L. Wooten, FL; **Womens 10:** 1-D. Derr, FL; 2-J. Koppel, TX; 3-S. Mattioli, MA; 4-A. Meyer, CO; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-V. Tulao, AL; 8-B. Knitter, WI; **Womens 12:** 1-A. Beugen, MI; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Boland, MT; 7-E. Icenogle, CA; 8-B. Engel, FL; **Womens 14:** 1-E. Icenogle, CA; 2-J. Spangenberg, CA; 3-B. Engel, FL; 4-A. Kinney, WA; 5-H. May, CA; 6-A. Crocker, CO; 7-D. Peterson, WI; 8-A. Simmons, FL; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-H. Gray, VA; 5-A. Melville, MN; 6-N. Sloan, IN; 7-M. Carmona, CA; 8-A. Simmons, FL; **Womens 18:** 1-D. Sibell, MN; 2-M. Gilman, OR; 3-H. Gray, VA; 4-L. Coutu, DE; 5-S. Cox, FL; 6-C. Doyle, NY; 7-A. Prentiss, NY; 8-N. Sloan, IN; **Womens 19+:** 1-L. Ecker, MI; 2-C. Gudinas, IL; 3-K. Hallander, FL; 4-L. Anthony, CA; 5-R. Olson, MA; 6-T. Trozak, MI; 7-L. Cardwell, MN; 8-M. LaBonne, IN; **Womens 25+:** 1-M. Lyons, FL; 2-M. Bailey, VA; 3-R. Petrini, UT; 4-G. Grigsby, KY; 5-C. Collins, MI; 6-J. Liacara, MA; 7-L. Screeton, IN; 8-S. Dicola, IL; **Womens 30+:** 1-S. Morgan, FL; 2-B. Harrison, OH; 3-C. Shields, IL; 4-D. Adams, CO; 5-P. Clark, MN; 6-G. Woods, LA; 7-B. Kowalski, OH; 8-B. Lepley, TN; **Womens 35+:** 1-C. Dattisman, PA; 2-T. Hokanson, CA; 3-M. Kelley, CA; 4-M. Copley, TN; 5-A. Falso, FL; 6-F. Iffert, PA; 7-S. Armstrong, CO; 8-M. Eichorn, CO; **Womens 40+:** 1-M. Kelley, MA; 2-A. Falso, FL; 3-G. Benham, AR; 4-G. Low, MA; 5-T. Dever, UT; 6-A. Carvajal, TX; 7-L. Miller, IN; 8-J. Schmidt, FL; **Womens 45+:** 1-J. Schmidt, FL; 2-K. Mueller, MN; 3-M. Johnson, TX; 4-M. McNutt, FL; 5-S. Busch, MO; 6-J. Kenyon, FL; 7-C. Pelowski, WI; 8-S. Sawyer, UT; **Womens 50+:** 1-J. Kenyon, FL; 2-K. Mueller, MN; 3-S. Elgaway, FL; 4-M. Crawford, NY; 5-J. Gartland, MA; 6-L. Hunt, TX; 7-M. Walker, CA; 8-S. O'Neil, VT; **Womens 55+:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, ND; **Womens 65+:** 1-M. Acuff, VA.



ASSOCIATION ROUNDUP

AARA

by Luke
St. Onge



Over the summer months, several ongoing programs of the AARA successfully demonstrated the tremendous progress and development of racquetball. The fifth consecutive U.S. National Elite Camp was held at the United States Olympic Training Center in Colorado Springs under the direction of Jim Hiser (in his fourth year of administering the program). Fran Davis, Caryn McKinney, Ruben Gonzalez, Dan Obremski, Jim Winterton, Al Salmoni and Stu Hastings teamed up to train, counsel, build and motivate the forty-two athletes who qualified for the camp through their semifinal wins at regional events across the country. Next year's camp will return to a three-week format, which we hope will be split between Colorado Springs and San Diego.

By the time you read this, the IV World Championships in Hamburg will be over. Win or lose, we guarantee that you will be proud of the team chosen to represent the U.S.A. in world racquetball competition. U.S. team members selected for the World Championships were: Andy Roberts, Jim Cascio, Lance Gilliam, Mike Bronfeld, Dan Obremski, Doug Ganim, Toni Bevelock, Michelle Gilman, Lisa Anthony, Robin Levin, Trina Rasmussen and Diane Green. They were accompanied on the tour by head coach Larry Liles and assistant coaches Mary Dee and Gary Mazaroff. Heading up the U.S. delegation was AARA president Van Dubolsky.

At the time of this writing, the following countries have committed to the 1988 World Championship event: U.S.A., Canada, Mexico, Costa Rica, Panama, Bolivia, Venezuela, Ecuador, Argentina, Colombia, Peru, Holland, Spain, Czechoslovakia, West Germany, Great Britain, Ireland, Sweden, Switzerland, France and Japan.

On the home front, the 1988 Ektelon/U.S. National Doubles will be held Halloween weekend at the Merritt Athletic Club in Baltimore, MD. Anyone who has attended the Doubles in the past will attest to the wealth of good times and great competition the event generates. There will be several new wrinkles this year, with the increase in mixed doubles divisions to include the 25+, 30+ and 35+ age groups.

In addition, semifinalists in the men's and women's open divisions will automatically be invited to the U.S. Olympic Festival to be held in Oklahoma City in the Summer of 1989. While not yet official, we expect the United States Olympic Committee invitations in early September if all goes well.

In response to interest generated in Houston, the finals of the men's and women's open divisions at the Doubles will also be televised. Copies of the nationally televised singles finals in Houston are available for \$20.00 from the National Office. Just write us to receive the complete two-hour videotape.

Now is the time to celebrate the fall kick off of racquetball and wind up our 20th anniversary tournament series with a great National Doubles. See you there. ○

CRA

by Bill
Houldsworth



The CRA has permitted the use of proxy votes at its Annual General Meeting for several years but until this past May in Victoria there had never been so many as to cause concern.

Many members were upset that because of the large number of proxy votes which were held by a small number of members, these people from one province were able to control the meeting in such a way as to render other votes almost useless.

Several members from British Columbia had obtained dozens of proxy votes to permit them to literally control the meeting and with the rule changes being discussed, this was a very important meeting. It is important to note that these members were within the policies and procedures of the CRA in obtaining the proxy votes and each and every proxy vote was checked against the master membership list to ensure that the person giving up the proxy was a member in good standing.

Up until the 1988 A.G.M., proxy votes had never been a deciding factor in any voting matter. This year it was quite different and many members did not like what happened. My travels across the country since the A.G.M. have told me that many

For comfort, quality and fit, at a reasonable price. All items are screen printed with a navy blue National Racquetball logo.

Golf Shirt (white only)	\$12.95
Sweatshirt (white only)	\$19.95
T-shirts (white only)	\$7.95
Grey Cotton Shorts	\$5.95
Visors	\$4.95
License Plates	\$3.95

Sizes available: Small to X-Large

Orders up to \$30.00 add \$2.95 S&H

Orders over \$30.00 add \$2.95 + 10% S&H

ORDER TODAY CALL

1-800-762-4653

7 days a week - 24 hrs. day

**1730 Shadowood Lane
Suite 320
Jacksonville, FL 32207**

Name _____

Address _____

City _____

State/Zip _____

Phone _____

Check or money order enclosed _____

VISA or MC# _____

Exp. Date _____

Signature _____

of the provincial representatives will attend the 1989 meeting in Toronto armed with proxy votes allowing their voice to be heard.

A reminder that a proxy vote may only be obtained from a member in good standing three (3) months prior to the A.G.M. Looking ahead to next year's meeting in Toronto, proxies may be obtained after February 26, 1989. Proxy votes signed prior to that date are not valid. A member signing away their vote via proxy must be a member in good standing when the form is signed and also on the date of the meeting. Forms may be obtained from the national office or your provincial representative.

The CRA is pleased to announce that our submission to Fitness Canada for Canada's Fitweek 1989 has been approved. The tri-racquet event "What's your racquet?" features racquetball, tennis and squash and will run during next May as part of Canada's Fitweek 1989. The success of the initial year of the three sports working together points towards another successful event. "What's your racquet?" will again be coordinated by Janet Cann working out of the CRA national office in Ottawa. Should your club or association be interested in running a "What's your racquet?" program please contact the national office. ○

WPRA by Chris Evon

For some, summertime, is a great time to take a break from racquetball. The physical and mental rest is sometimes good strategy to assure a successful and enjoyable season. Others, however, use the summer to "get a jump" on their competitors. They work on weaknesses and maintain their fitness level, so that the first tournament doesn't find them flat and out of shape.

There are a variety of strategies among the professional players. Lynn Adams, for example took off June and July. She not only needed the physical rest, but she dedicated much of her time to teaching camps and clinics throughout the country. Marcy Lynch also takes off most of the summer. While maintaining her physical conditioning, she feels the break from racquetball gives her a renewed energy when she's ready to resume her more demanding training schedule. Molly O'Brien uses June and July to enjoy other

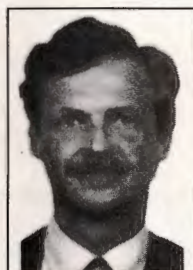


sports and activities. She does however, recognize the importance of continuing physical conditioning while staying away from the courts. Kaye Kuhfeld took a small two week "vacation" after the Nationals, and then resumed a schedule of racquetball, running and weight training. While the first half of Kaye's summer is more relaxed, her intense schedule starts in mid July. Caryn McKinney believes her game benefits most by staying off the racquetball courts for a few months. In addition to playing some squash, and enjoying a variety of summer activities, Caryn increases her weight workouts to four times a week, does aerobic training everyday and anaerobic training twice weekly. Similar to Lynn Adams, Caryn spends a lot of time during the summer months teaching camps and clinics throughout the country. As for me, I've enjoyed a "teachers" summer of having more time to myself. I've continued working on my game and for the WPRA, but have also found time for some golf and a few mini vacations to the wonderful state of Wisconsin.

So take a tip from the pro's. At some point in your year, most players believe a break is not only healthy, but necessary to achieve your goals, to stay healthy, and to help you enjoy all your hours of hard work and dedication. ○

WPRT by Jim Hiser

The World Professional Racquetball Tour will govern professional racquetball for the 1988-89 season. Mr. Tom Caval-



llo from New York City, Dr. Fred Lawerenz from Michigan and myself are the principals behind this new organization. With the inclusion of a television contract for each of the guaranteed ten tournament stops, the cost of presenting professional racquetball has escalated to more than a quarter million dollars. Is the investment and risk wise? Will sponsors be attracted to the sport? Of course no one really knows the answer to these questions. My colleagues and myself believe professional racquetball is a viable product which if packaged properly can be sold to television, resulting in new players, sponsors and spectators.

We are not alone in our passion for professional racquetball. Seven other tournament directors and club owners have also decided to invest in the sport and will host an event this season. Without their support and enthusiasm, there would be no professional tour. With little sponsorship support these promoters work endless hours to just break even in many cases. Hopefully television will attract new investors and make hosting an event a profitable endeavor. Only when hosting a tournament becomes a profitable adventure will professional racquetball and racquetball in general be a success.

This season is very important for the future of racquetball. New technologies will be experimented with in an effort to make racquetball more appealing to the television spectator. New rules will be incorporated to allow the game to move faster and generate more action, and new events will be included to increase involvement of the amateur player and spectator. The risk is great, but the potential rewards are greater. The future thrill of watching racquetball on ABC Wide World of Sports will be an exciting experience for all racquetball enthusiasts. ○

NATIONAL CHAMP AVAILABLE

Best Shots: Drive, serve, lob, ceiling, "Z".

Best Assets: Consistent, quiet, fast, mobile.

Salary: \$995.⁰⁰ (remote control optional)

RACQUETEER III

Racquetball Practice Machines

Makes a profit within weeks — Ask for details

R.P.M. Distributors, 1107 Rivara Rd., Stockton, CA 95207

(209) 957-3542 — Balls - Eyeguards - Grips - Tethers

PASSING SHOTS

by Norm Blum



NO EXPORTS ALLOWED — Congress needs to pass a Fair Trade Racquetball Bill. **Jeff Kristjansen**, a business executive from South Florida, was in Japan and tried to enter a tournament.

"I entered the men's open but they said Americans weren't allowed to play in their tournaments. I was even prepared to join their association. Instead, I played at the New Otani Hotel in Tokyo. It was a non-regulation court," **Kristjansen** said. "One court was too narrow and short. It was like playing inside of a video game. I did play at one facility in Yokohama that had a beautiful court. I noticed the racquets were quite expensive. The club had the Toron priced at \$300 in American money."

THE SURVEY SAYS — Here's the inside scoop on the racquetball market, according to a recent sporting goods survey report. There are 9.9 million players (66.7% male and 33.3% female). The south has 29.1% of the players followed by the east (24.7%), north central (23.2%) and west (22.8%). Almost half of the players participate 10-39 times a year while there's almost an even split between those who play more than 40 times and on occasion (two to nine times). There are about 3,500 court locations and between 18,000 to 20,000 courts.

The survey also indicated that there was a big drop between 1984 and 1986. Racquet sales plummeted from \$51.9 million to \$44 million, but increased in 1987 to \$45.5 million.

The biggest percentage sales increases in 1987 were for bags, gloves and eyewear. Bags increased 20 percent with gloves and eyewear showing a 10% increase. Racquets garnered an additional 3%, while ball purchases dropped 2%. (*NSGA sports survey*)

POTPOURRI — Let me play TV critic. The telecast of WPRA's stop in Atlanta recently aired on cable. While having it televised was better than nothing at all, you could tell it was done by an inexperienced TV crew. The best I can say is that it was a good amateur production...Paying referees at tournaments might not be the cure-all solution tournament directors thought it would be. Too many players are opting to pay \$5.00 and not enough are

willing to ref. Possible solution: make winners ref if no one is willing to do it for \$5.00...

PET PEEVE DEPT. — When you're down 14-8 after having lost the first game, the referee says 'possible match point serving eight.' I know the game ends at 15 and don't need the referee to remind me of that depressing fact...If these oversized racquets are supposed to add power to your game then why can't I record an ace serve every now and then?...My sources say the top instructors at the Olympic Training Camp in Colorado Springs were women's pro **Caryn McKinney** and Michigan's **Stu Hastings**; a top-ranked amateur... **Sergio Gonzalez**, who defeated No. 1 ranked **Ruben Gonzalez** a few years ago, will be playing racquetball for Memphis State this year...You know someone is desperate for instruction when they order a **Marty Hogan** videotape at 5:45 a.m. on Saturday...Publishing a racquetball book is a tough chore right now. Book publishers are reluctant to go with a new title because there are already two to three books on the market...Open players are becoming less demanding of their sponsors because they realize they need the company and can easily be replaced...I don't think **Vince Lombardi** will relate to the comment made by one female player: "I let my opponent win because we're doubles partners and she needs to regain her confidence."...And how 'bout this tidbit from a female rock singer reported in *USA Today*: "I play racquetball because it keeps my buns tight."

POTPOURRI PART II — You know an open player has hit one ball too many when he travels 300 miles to a tournament that he forgot to enter...The most frustrating moment in racquetball has to be when you lose to a 16-year-old in the C division...How many times do you call for your starting time and are unable to find out what time you play your second round if you win? Tournament directors have to realize some people need to schedule babysitters or have other obligations...Gatorade officials say that consumption of its drink by racquetball players is low compared to other sports. "Racquetball

players tend to drink a beer after their match while tennis players, because of the heat, need a drink in between games," one marketing executive said...Manufacturers are making it tough for the absentminded to forget anything. Now there's a pouch in the gym bag for your shoes...Racquetball wasn't among the top 10 participant sports. Bowling was 10th with 25 million...**Oscar Alvarez**, who holds a management position at the Miami Court Club, can't understand why the AARA membership is only between 30,000 and 40,000. At his club the \$10.00 AARA membership fee is billed into the membership. "All our members belong to the AARA. I can't understand why every club doesn't do it. What's the big deal." Good point, Oscar...There will be more than 1,000 sanctioned tournaments for the 1988-89 season...Every tournament I go to I overhear people talking about the brawl at the U.S. National Singles in Houston. While only 200 people witnessed it, there will be thousands of people who said they saw it...Here's one reason racquetball needs to be on TV. "It would create the urge to play. It would be a form of subliminal advertising. Ever watch the U.S. Open and then get the urge to play tennis? That would happen in racquetball," says Ektelon's **Greg Ryan**...CityFed Mortgage CEO **John Delaney** is a solid B player and is a contender in almost any tournament he enters...**Ruben Gonzalez** on the art of diving: "I used to dive on concrete when I played handball," **Gonzalez** said looking at the wooden floor. "This is really nothing compared with that."

MONEY MAKING IDEAS FOR OCTOBER — Rent a few courts for birthday parties; have overnight parties for the boy scouts or girl scouts, volunteer your club as a cholesterol screening site.

THINGS I LIKE — Flexible tournament directors who will let you play on the court of your choice if two courts become open at the same time; air conditioners that work during tournaments and clubs that let youths play.

THINGS I DISLIKE — Wet courts, playing doubles with a partner who hogs the court and welts that take too long to go away. ○

Schedule of Events

WRPT Official Schedule 1988-1989

October 19-23, 1988

The Skyline Club
Crystal Gateway
1235 Jefferson Davis
Highway
Arlington, WV 22202
Judd Grosshans
(703) 979-9660

November 16-20

The Sunshine Pro-Am
Miami Lakes Athletic Club
15150 Bull Run Road
Miami Lakes, FL 33014

Dave Gergely
(305) 821-1151

December 1-4

The U.S. Open
BQE Racquet Club
26-50 Brooklyn-Queens Ex-
pressway West
Woodside, NY 11377

WRPA Official Schedule 10th Anniversary Season — 1988-1989

October 13-16, 1988

Glass Court Swim & Fitness
830 E. Roosevelt Road

Lombard, IL 60148
Contact: Chris Evon
(312) 383-9437

November 5-8

Alaska Athletic Club
630 East Tudor Road
Anchorage, AK 99503
Contact: Jay Wistoff
(907) 562-2460

December 8-11

Los Caballeros Sports Vill.
17272 Newhope Street
Fountain Valley, CA 92708
Contact: Lynn Adams
(714) 979-6942

World Games

(continued from page 5)

ager Armin Schroeder spared no expense to provide the international gathering with the best possible playing conditions and the finest hospitality.

The opening ceremonies were held in front of the old Town Hall, where many years ago Adolph Hitler had made a speech. The players then paraded through the streets, each country carrying a banner showing which team they were representing. There were 23 countries competing and for the first time one of them was from behind the Iron Curtain. Czechoslovakia sent one representative who unfortunately arrived late and had to play in the seniors.

The majority of the players stayed at the Hotel Panorama which provided excellent accommodations and offered a superb breakfast buffet each morning with at least seven courses available. The hotel disco also provided a great place for the players to party after the nightly social which was held in the Hall of Nations.

The Hall of Nations was a huge tent decorated with the flags of all the competing countries, where the club provided two meals each day, as well as the evening activities in which all the players participated. It provided an opportunity for the different countries to mingle, discuss racquetball and make friends.

The finals of the men's and women's singles were televised and all the players from the U.S. as well as the 20 Americans who traveled to Germany to support their team, agreed that this was the best World Championship ever. Without exception they praised Uwe Krogman and Armin Schroeder for a superb job and also Mike Arnolt, Van Dubolsky and Paul Henrickson for the great job they did of floor managing.

Seven of the participating countries left Germany and headed for Spain to give an exhibition to the organizing committee of the 1992 Olympic Games. All of the participating countries will long remember the admiration and respect given to them as the world's best racquetball athletes by the German people. ○

Final Standings

Men		Points
1	Canada	32
2	United States	31
3	Mexico	30
4	Puerto Rico	29
5	Japan	28
6	Venezuela	27
7	West Germany	26
8	Ireland	25
9	Holland	24
10	Costa Rica	23
11	Peru	22
12	Sweden	21
13	Bolivia	20
14	Colombia	19
15	Belgium	18
16	Brazil	17
17	France	16
18	Switzerland	15
19	Great Britain	14
20	Trinidad	13
21	Ecuador	12
Women		Points
1	United States	32
2	Canada	31
3	Holland	30
4	Japan	29
5	Mexico	28
6	Ireland	27
7	Costa Rica	26
8	West Germany	25
9	Great Britain	24
10	France	23
11	Belgium	22
12	Switzerland	21
13	Czechoslovakia	20
Teams		Points
1	United States	63 (5-3)
2	Canada	63
3	Mexico	58
4	Japan	57
5	Holland	54
6	Ireland	52
7	West Germany	51
8	Costa Rica	49
9	Belgium	40
10	France	39
11	Great Britain	38
12	Switzerland	36
13	Trinidad	32
14	Puerto Rico	29
15	Venezuela	27
16	Peru	22
17	Sweden	21
18	Bolivia	20
19	Czechoslovakia	20
20	Colombia	19
21	Brazil	17
22	Ecuador	12

Classified Advertising

RATES & INFORMATION: First 20 words \$60, each additional word \$2.50. Classified display: \$80 per column inch, minimum one inch. Deadline: 10th of month two months prior to issue date (i.e. November 10th for January issue). Mail materials together with payment to: National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618-6126.

WANTED RACQUETBALL PRO

Send resume to: Court House Racquet Club, 1545 Helton Drive, Florence, AL 35630. Attention: Jeff Summerford.

If It's Perfect... It's A KILL SHOT

ATHLETIC SPORTSWEAR

Quality eye-catching sportswear from shirts and shorts to sweats and hats. Call or write now for a FREE CATALOG.

Kill Shot Athletic Sportswear
E. 1204 Baldwin • Spokane, WA 99207 • 509/483-2812

Kill Shot... America's Racquetball Outfitter

SCARG ENTERPRISES, INC. PRESENTS WHOLESALE RACQUETBALL EQUIPMENT

RACKETS Head New Elite O.S.\$89.95 New Elektra O.S.69.95 RX-50CALL Radial Mid68.95 Spectrum Mid59.95 Prelude53.95 Expert39.95 Standard24.95 Ektelon CBK Mid\$148.00 Toron124.00 250G Mid96.00 Quantus Mid78.00 Symitar Ceramic ..69.00 Integra Ceramic ..39.00 Pro Kennex Hogan Shadow \$109.95 Hogan Mico Cer. 104.95 Hogan 6055.95 Hogan 4044.95 Blaester 63 O.S.29.95 BAGS Head Sports Bags Team\$34.95 Travel All29.95 Racquet Sports ..24.95 Pro Kennex Hogan Elite\$22.95 Hogan Pro Tour ...26.95	GLOVES Head New Pro\$9.50 Head Cabretta7.50 Hogan Pro Dura9.99 Footjoy9.95 Ektelon Classic Cab. ..9.95 Ektelon All Pro Cab. ..8.75 Ektelon Synthetic7.75 SHIRTS Head T-Shirts\$8.95 Hogan Promo8.95 SWEATBANDS Head - Wristbands ..\$2.49 Head - Headbands2.49 BALLS Penn (min. 5 cans) ..\$1.99 Head (min. 3 cans)1.69 SHOES Head Pro Elite\$35.95 Head Radial Exp.25.95 Head Classic (wom.) 26.95 GRIPS Tacki-Mac\$4.95 A'ME5.19 Tennis Pro3.99 ACCESSORIES Vibrazorb\$2.69 Wrist Bands99 Ektelon Goggles available
--	---

MINIMUM ORDER \$15.00
FREE SHIPPING for orders over \$150.00

CALL TOLL FREE 1-800-782-2245, or by mail please send MONEY ORDER — no personal checks please. Add \$3.50 for shipping and insurance. Florida residents add 6% sales tax. If you would like something that is not on this list, please call for price and availability.

PAYABLE TO: **SCARG ENTERPRISES, INC.**
6465 142nd Avenue N., Unit 0105,
Clearwater, FL 34620
1-800-782-2245
SCARG ENTERPRISES 1-800-782-2245



**IN
REVIEW**
Editor: Linda Mojer

FROM THE PRESIDENT

by Van Dubolsky

As we enter the last quarter of our 20th anniversary year, I would like to inform everyone of the special recognition proceedings the AARA has developed to honor those players and administrators who bring so much to the sport of racquetball.

For those of you who attended the banquet at the National Singles, you'll recall the naming of defending national champions Jim Cascio and Diane Green as the AARA's male and female athletes of the year. Special awards also went to Colorado state director Sherry Armstrong and Region Five director Jack Sorenson of Alabama for their achievements in developing strong associations, and the annual John Halverson award for outstanding work in support of AARA goals went to Linda Mojer of Florida.



Also honored were Hall of Fame guests Larry Lederman, Bud Muehleisen, Ike Gumer, Gene Grapes and the inventor of racquetball, Joe Sobek. Joining these notables in the Hall of Fame were 1988 inductees Robert Kendler, Peggy Steding and Charlie Brumfield. All of these special individuals brought, and continue to bring, a great deal of enthusiasm and drive to our sport both on and off the court.

Each year the AARA Board of Directors has the duty of selecting annual honorees from among the entire national membership. To do so, we depend on suggestions and opinions from a number of sources. At any time during the year, individuals are urged to write the board, citing examples of outstanding leadership, playing potential or plain good sportsmanship. For Hall of Fame consideration, a separate nomination and election procedure has been established by Allan Seitelman of New York, National Chairperson of the Hall of Fame Committee.

So, as 1988 draws to a close please keep in mind that you, the AARA member, play a large part in determining annual awards (as well as setting the tone and direction of the entire association by your National Board vote). If someone in your state or region is doing an outstanding job, tell me all about it by writing me in care of the national office. If someone you know has lived a lifetime of racquetball achievement as a player or contributor and deserves to be in the Hall of Fame, let Allan Seitelman know by writing him at 142 Landing Avenue, Smithtown, NY 11787. Then sit back and think of how excited that person could be next May! ○



NATIONAL NOTES

AARA Women's Committee

by Judi Schmidt

Following my appointment as Women's Commissioner by the AARA Board in 1987, I formed a small committee to begin dealing with the problems and needs of women racquetball players. The following is an update on the current status of AARA programs to expand the growth of women's racquetball in 1988-89.

Our first goal, established at National Singles in Houston last year, was to increase the number of senior women participating in the National Doubles championships the following October in Tempe, AZ. This modest goal was achieved when the women's senior draws at the Doubles reflected a 20 percent increase, and several new active members were added to the committee. At the 1988 National Singles, an even larger percentage increase of 30 percent was noted in the women's draws across the board.

The Women's Commission itself has tripled in size due to the enthusiasm and commitment of various state and regional directors, the WPRA, and attendees of the O.T.C. annual leadership seminar — all of whom have contributed ideas and time to help formulate a set of goals for implementation over the next eighteen months.

Our main goal continues to be the development of female interest in the sport of racquetball. Participants at all levels need to be encouraged to play and compete, and the commission has discussed a variety of means to accomplish the task. Among them are:

Publicity Campaigns to refeminize the women's aspect of the sport, making it more attractive to women in general. This effort would include more articles and photos in national publications depicting WPRA players, U.S. team members and other female athletes at their best. A step in the right direction — the Women's Sports Foundation "Up and Coming" award, which went to Amy Simonetta (one of only 10 young women in the country to be so honored).

Articles generated and submitted to national and state-wide athletic and fitness publications to explain and illustrate the total fitness benefits of racquetball by females of all ages. This is especially important in light of the current attention to fitness and aerobic activities by women.

Collaboration between the AARA and WPRA in the promotion of racquetball to women. The WPRA is now producing a monthly newsletter targeted at all women in the sport and, per our request, has established a new "sponsoring member" category to their membership structure. It is hoped that this move will attract more amateurs to the WPRA and allow the organization to expand their own programs, including low cost of free instruction by the pros at the sites of their regularly



scheduled tour stops. In general, this grassroots membership support will allow the WPRA to, in turn, return benefits to the AARA.

Letter Writing Campaigns to manufacturers and their representatives, sponsors, clubs, and tournament directors regarding the full participation of women in all manner of racquetball competition and promotion. This includes child-care concerns, equal prize money for equal draws (and entry fees), etc.

Sponsorships for a series of local, regional and national clinics for women, and invitational tournaments in various states, culminating in a National Women's Conference and Tournament in 1989.

Obviously, there is much to do this year to pave the way for a successful conference in 1989. What is actually accomplished over the coming months will depend upon the action and enthusiasm of those committed to the growth of women's racquetball. To become active, or simply receive additional information about the Women's Commission, please contact me at 1970 Cattleman Road, Sarasota, FL 34232, (813) 371-6193, or find out from your state board who the members of the committee are in your area ○

OUT OF THE PAST

by John Mooney

In recent editions of *AARA in Review* we have listed the "Honor Roll of Champions" for different levels of national competition over the past twenty years. To continue in this tradition, we would like to recognize the "Junior Veteran" and "Veteran" singles age group champions (19+, 25+, 30+) this month. Our congratulations to:

Men's 19+

1984	Tim Hansen (FL)
1985	Joe Cline (NJ)
1986	Lance Gilliam (TX)
1987	Michael Bronfeld (CA)
1988	Michael Bronfeld (CA)

Men's 25+

1983	Mark Morrison (FL)
1984	Bill Land (LA)
1985	Gary Merritt (TX)
1986	Bill Land (LA)
1987	Tim Hansen (FL)
1988	Mark Morrison (FL)

Men's 30+

1980	Mark Hegg
1981	Ed Remen (VA)
1982	Joe Wirkus (WI)
1983	Joe Wirkus (WI)
1984	Jay Schwartz (FL)
1985	Dennis Aceto (MA)
1986	Bobby Corcoran (AZ)
1987	Bill Land (LA)
1988	Bobby Corcoran (AZ)

Women's 19+

Mona Mook (CA)
Lisa Hjelm (CA)
Teresa Beresford (VA)
Kersten Hallander (FL)
Lisa Ecker (MI)

Women's 25+

Cindy Baxter (PA)
Molly O'Brien (PA)
Kathy Gluvna (AL)
Diane Bullard (FL)
Chris Evon (IL)
Malia Kamahoahoa-Bailey (VA)

Women's 30+

Carol Frenck (VA)
Betsy Massie (CA)
Carol Frenck (VA)
Brenda Loube (MA)
Lucy Zarfes (PA)
Julia Pinnell (FL)
Gail Woods (LA)
Susan Morgan (FL)
Susan Morgan (FL)



REGIONAL REPORTS

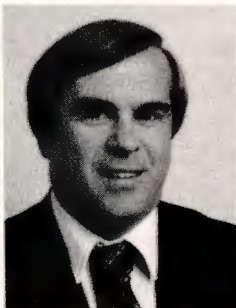
Region One:

New Hampshire, Vermont, Maine,
Rhode Island, Connecticut,
Massachusetts

"Way to Go Heather!"

by Paul Hendrickson

On June 24, nine of the top junior racquetball players from the state of Massachusetts set out in search of gold in Colorado. Denver had been chosen as the site of the 1988 AARA Junior National Racquetball Championships and Heather Dunn had chosen this particular tournament to be her very first competitive experience. Her first career win in the Girls 16 and under division set her on a solid racquetball course and helped Massachusetts youngsters gain national prominence as a junior team to be reckoned with.



Despite having only nine members making up the team roster of "Team Massachusetts" we were still able to finish sixth in the team competition against states that boasted up to eighty players. Team Massachusetts was comprised of: Heather Dunn (Gold medalist, Girls 16- singles), Chris Woll (Bronze medalist, Boys 16- doubles), Josh Messina (Bronze medalist, Boys 16- doubles), John Gilooly (Silver medalist, Boys 16- singles and fourth place Boys 16- doubles), Shane Wood (Bronze medalist, Boys 12- doubles and fourth place Boys 12- singles), Erik Ekman (Bronze medalist, Boys 12- doubles), Stacie Mattioli (Bronze medalist, Girls 10- singles), Stacie Meyer (Girls 14- singles and doubles), and Scott Gendreau (Boys 16- singles and doubles).

The New England Racquetball Association is proud to congratulate Heather Dunn on her first tournament win — and that at the national level. Congratulations also goes to the rest of her very talented teammates! *Reprinted from the New England Racquetball Association News.*

"Bay State Games"

Racquetball has been accepted as a full participant sport in the 1988 Bay State Games, with regional qualifiers scheduled for six sites over the summer. Host sites will be the Cambridge Racquet Club (Metropolitan), New England Racquet & Health Club of Norwood (Southeast), the Auburn Racquet Club (Cen-

tral), Racquetball International of Burlington (Northeast), the Club at Independence Park in Hyannis (Coastal), and New England Health & Racquet, West Springfield (West).

Competition will be divided among men and women's age divisions, including "scholastic" ages 12-16, "open" ages 17-24, men's "masters" ages 25-34, 35-45 and 45 & over, plus women's "masters" ages 25 & over. The top four finishers in each division will advance to the finals at the Cambridge Racquet Club and earn state level championship points while showcasing racquetball for the entire New England sports community. *Reprinted from the New England Racquetball Association News.* ○

Region Four:

Florida, Georgia, North &
South Carolina

"Florida's Sunshine State Games"

by Linda Mojer

Among Florida racquetball players, the Sunshine State Games have become one of the most popular tournaments held in any given year. It's a level three event (meaning big points for winners), the entry fee is reasonable (the state isn't in it to make money), and the t-shirts are colorful (you see them all over). For these, and other reasons, it routinely draws most of the top names in Florida racquetball — and this year was no exception.

Held at RacquetPower in Jacksonville, the Sunshine State Games had the benefit of tournament direction by Mary Lyons, Susan Morgan, Charlie Krestul and a host of friendly staffers from the club. Drawing over 300 players, the tournament ran well into the night, yet matches rarely were more than forty minutes behind schedule. Too many bodies in one place (packed between the fishbowl and side courts) caused an air conditioning overload late Sunday, but spectators managed to live through a damp men's open final without too much discomfort.

Sweating for good reason, Charlie Nichols and Tim Hansen fought it out inside the fishbowl for the men's open title after successfully maneuvering through three rounds each. On the top half of the draw, #1 seeded Nichols reached the final by advancing against Aaron Metcalf, Vinnie Ganley and Sergio Gonzalez, while #2 seeded Hansen eliminated Norman McNutt, Derek Lee and Jason Waggoner. Nichols and Hansen have squared off in a number of finals, and on each occasion the outcome has defied prediction. On this particular Sunday, Nichols was flawless in his





shot-making, court speed and strategy, never giving Tim an opportunity to gain control of the match. Soon after it began, Charlie tucked another state Open title into those great shorts with a match win of 15-7, 15-7.

Local legends Susan Morgan and Mary Lyons might have seriously considered waiting until Monday to play their Women's Open Final match since they didn't take to the court until well after 6:00 p.m. on Sunday night. Earlier in the weekend #1 seeded Morgan met Vivian Hurtado for a 15-2, 15-5 win, then faced a tan, trim and relaxed Julie Pinnell who took her to a tiebreaker. Gaining eight points early in the third game, Pinnell threatened to take the match until a quick move and ankle turn threw her concentration for a loop. Accustomed to being under pressure (and dishing it out), Morgan promptly took advantage of the situation and regained control of the match for an 11-8 win.

On the other half of the draw, Mary Lyons allowed nearly identical scores to both Lori Basch (15-5, 15-11) and Kersten Hallander (15-5, 15-12) as she advanced into the finals opposite Morgan. Then, in the last match of the tournament, Lyons turned the tables on her doubles partner and won their 11-10 tiebreaker with a wall-crawling ceiling ball to Susan's backhand. By then it was close to 8:00 p.m., RacquetPower was all but deserted, thunderstorms had blown in, and the Sunshine State Games had run their course.

Aside from the Florida Amateur Sports Council and the Sunshine State Games Foundation, additional funding from Bi-Rak-It promoter Dr. Everett McCormick helped offset some of the expenses, and the healing hands of the Florida Massage Therapists Association had dozens of sore players moaning in gratitude as they received free sports massage before and after matches all weekend long.

Our congratulations to all the winners of the 1988 Sunshine State Games:

SINGLES — MO: Charlie Nichols d. Tim Hansen; **MA:** Jimmy Fanning d. Robert Schmeltzer; **MB:** Neil Sigel d. Michael Martino; **MC:** Josh Lewis d. Todd Gordon; **MD:** Bill Byers d. Danny Mullins; **MN:** Ron Allen d. Paul Bogardus; **M19+:** Curtis Winter d. John Schneider; **M25+:** Brent Huber d. John Scargle; **M30+:** Dan McKinley d. Jeff Krisjansen; **M30B:** Tony Zizzo d. Steve Moss; **M35+:** Mitt Layton d. Steve Chapman; **M40+:** Joe Serabia d. Mike Winslow; **M40B:** Sam Sprout d. Steve Hancock; **M45+:** Tom Rumsey d. Graig Shaak; **M50+:** Ed Vlock d. Tom Rumsey; **M60+:** Mal Roberts d. Paul Gorman; **B8-:** Rusty Moulton d. Jimmy Lyons; **B14:** Nicky Xynidis d. Craig Czyz; **B16:** Aaron Metcalf d. Jim Hundley; **B18:** Aaron Metcalf d. Ross Greenberg; **WO:** Mary Lyons d. Susan Morgan; **WA:** Donna Hayes d. Linda Mojer; **WB:** Beverly Dill d. Amanda Simmons; **WC:** Rachel Smith d. Rena Baer; **WD:** Geri Goldfine d. Kristina Emberton; **WN:** Lisa Mitnacht d. Kristina Emberton; **W30+:** Julie Pinnell d. Barbara Simmons; **W30B:** Barbara Mosser d. Casey Kiser; **W35+:** Eileen Tuckman d. Agatha Falso; **W40+:** Agatha Falso d. Jo Kenyon.

DOUBLES — MOD: Hansen/Gonzales d. Morrison/Nichols; **MAD:** Deloach/Shaw d. Chappel/Wood; **MBD:** Collison/Moore

d. Green/Fouts; **MCD:** Gordon/Lewis d. Gassaway/Patterson; **M30+D:** Owens/Fluharty d. Morrell/Owen; **M40+D:** Thomas/Schaffer d. Fouts/Green; **WOD:** Lyons/Morgan d. Green/Rasmussen; **WAD:** Kenyon/Hole d. McNutt/Hunter; **WBD:** Smith/Baer d. Budnick/Kisner; **W30+D:** Bazarte/Fontaine d. Simmons/Oliveri; **MXO:** Nichols/Rasmussen d. Hansen/Pinnell; **MXA:** Borges/Woods d. Stuart/Dill; **MXB:** Segal/Mosser d. Zizzo/Kisner; **MXC:** Simmons/Oathcoat d. Deason/Totten. *Reprinted from the Florida Racquetball Association News* ○

Region Eleven: Minnesota, Nebraska, North & South Dakota

"A Night to Remember"

by Hart Johnson

A page in the history books of Minnesota racquetball was eloquently written on June 17 when six of Minnesota's most legendary figures were honored. They were the first inductees into the Minnesota Racquetball Hall of Fame. These original shining stars in the Hall of Fame are: Kathy Mueller, Barb Tenessen, Bill Schmidtke, Bob McNamara, Ron Strom and Steve Strandemo. The induction ceremony was held at the Greenway Athletic Club during a special banquet in conjunction with the Minnesota Racquetball

Hall of Fame Tournament June 17-18. Chuck Cahill and the GAC deserve a special thanks for the great hospitality they provided.

The momentous occasion was made possible through the efforts of Bob McNamara and the Minneapolis Parks and Recreation Department. Hopefully, this ceremony marks the beginning of a wonderful Minnesota tradition that will continue each year.

Over one hundred racquetball enthusiasts enjoyed the festivities of the evening, which included a social hour, dinner and



Hart Johnson pictured holding the Junior Trophy.

(continued on page 58)



Regional Reports

(continued from page 57)

program. The great atmosphere at the Greenway Lounge provided some quality time for talking racquetball with friends, relatives and fans of all ages. After dinner, the formal program began with tournament director and former Viking Stu Voight turning the proceedings over to official emcee Bill Hall. With a combination of emotion and entertainment, Bill conveyed a special feeling about the racquetball community to all who attended.

All the inductees were present, with the exception of Steve Strandemo who was unable to attend. Amos Rosenbloom accepted for Steve, followed by brief acceptance speeches by each of the remaining five. All spoke with great sincerity, emotion and affection about racquetball, moving the audience in a different way on each occasion. Marv Johnson made spontaneous remarks after the presentations were over, tying everything together by reflecting on his personal experiences with these particular players.

The first six inductees into the Minnesota Racquetball Hall of Fame are role models and fine examples of what Minnesota racquetball is all about. The Greenway Athletic Club was chosen as the permanent home of the "Hall of Fame" and an exhibit of plaques, photographs and racquets of the honorees are on display for all to see. At the same time the Hall of Fame tournament raised a substantial sum in support of the MSRA's junior programs, thereby honoring past champions by helping support future ones. Congratulations Kathy, Barb, Bill, Bob, Ron and Steve — you've made Minnesota racquetball players very proud! *Reprinted from the MSRA News* ○

ADMINISTRATIVE NOTES FROM THE NATIONAL OFFICE

by John Mooney

Without a doubt, the most asked question put to us in the national office regarding AARA membership is: "What does the AARA do for me except make me pay an extra \$10.00 to play in a sanctioned tournament?" Although my stock answer was reprinted in the April 1988 President's Column, I would like to highlight just what being a lifetime member of the AARA means to me.

Lifetime members are an elite group of dedicated individuals

who are proud of the many accomplishments of the AARA. Even without being a lifetime member, anyone can share the feeling of camaraderie that comes from being an important part of a national organization committed to excellence in a given sport. The AARA parallels the efforts of so many other sports organizations which focus their energies on spreading the word about their sport across the nation and the world. Other sports have also organized nationally and internationally to achieve goals from "grassroots" development programs to competition in the Olympic Games. Sports like boxing began with club and city programs, followed by regional, national and international efforts — all culminating with acceptance to Olympic status.

The AARA has set these same goals, and focused upon them with the same energy and commitment. Our Junior, High School and Intercollegiate programs have been instrumental in getting racquetball recognized at the "grassroots" level. In just twenty short years, the accomplishments of the AARA, IRSA and YMCAs have made "racquetball" a household word. This was not achieved through "me-isms" and "I-isms" but, I prefer to think, through the support of dues-paying members like myself.

I suppose the goal of having racquetball become an Olympic sport is not one that is shared by everyone. Nonetheless, that goal should not be "watered down" since only good can come of racquetball gaining Olympic status. I get involved in conversations almost daily concerning this specific AARA effort, and how it conflicts with grassroots player programs. This has become an important issue for the AARA Board of Directors over the past few years and the result has been an unwritten formula specifying that AARA efforts be twofold, with 90-95% going toward local, regional and national programs and 5-10% toward the Olympic movement.

So far this has been a good mix, as both goals are being realized. The AARA sanctioned roughly 1,200 tournament events last year, national membership increased by approximately 7,000, and racquetball has been accepted as a participation sport at upcoming Olympic Festivals. In 1988 we inaugurated the High School Nationals, instituted an outreach program for underprivileged youth, distributed over 250 Junior program packages to clubs and YMCAs nationwide. At the same time over 300 referees were certified and over 150 instructors completed the certification program for the Professional Association of Racquetball Instructors (PARI).

The AARA is a non-profit association which budgets 50% of your membership fee for the administration of its programs, directing national efforts to develop the sport and support of the U.S. National Racquetball Team. The remaining 50% of your fee is retained or rebated to your state association for its use in providing the finest services, tournaments and development programs for you to take advantage of.

For my money, I feel fortunate and honored to be a member of the AARA — and hope that, with some second thought, you might come to feel the same.



Schedule of Events

October 20-22

Autumn Open
Riverview Racquet Club
4940 Plainfield
Grand Rapids, MI 49505
Ed Ray

October 21-23

Bob Hale Wabash
Valley Open
371 West 29th Drive
Terre Haute, IN 47802
Deb Morgan
812-232-1191

October 21-23

Holiday Open Benefit
Federal Way Athletic Club
Federal Way, WA 98071
Sid Williams
206-473-2266

October 21-23

Sun Coast Fitness Center Open
Sun Coast Fitness Center
581 Venice By Pass North
Venice, FL 34293
Bill Clark
813-488-7255

October 21-23

The Great Pumpkin Open
Sports Club of Las Vegas
3025 Industrial Road
Las Vegas, NV 89109
Martin Padilla
702-733-8999

October 21-23

2nd Annual Invitational
Halloween Tournament
Sportswest
1575 South Virginia
Reno, NV 89502
Mike Dick
702-348-6666

October 21-23

3rd Annual Mullet
Festival Classic
Bluewater Racquet &
Fitness Center
4400 Highway 20 East
Box 5129
Niceville, FL 32578
Steve Hancock
904-897-4376

October 22-November 4

World Corporate Games
What A Racquet
San Francisco, CA
415-781-1988

October 27-30

1988 Ektelon National Doubles
Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
Luke St. Onge
3-1-298-8700

October 28-30

Lafayette Halloween Classic
Levee Court Club

334 Brown Street
W. Lafayette, IN 47906
Mike Maciejewski
317-743-2187

October 28-30

2nd Annual Safe Homes Benefit
Family Fitness Sports Center
2805 Wylds Road
Augusta, GA 30909
Pam Goddard/Andy Pitock
404-554-5147

October 28-30

7th Annual Williamsport Open
Williamsport Nautilis &
Racquetball Club
Williamsport, PA 17701
Bernie 717-667-2209

November 4-6

Ellis & Associates
Racquetball Invitational
Reno Athletic Club
920 Matley Lane
Reno, NV 89501
Tim Murdock 702-788-5588

November 4-6

Florida State 4/Wall Outdoor
Auburndale Recreation Center
202 West Park Street
Auburndale, FL 33828
Keith Johnson

November 4-6

Washington Centennial Games
Region 1
P.A.R.C.
4191 Guide Meridian
Bellingham, WA 98225
Wanda Collins/Mike Locke
206-676-1800

November 4-6

Washington Centennial Games
Region 3
Pacific West
200 N.E. Sleater-Kinney Road
Olympia, WA 98501
Bruce Hartley
206-438-2800

November 4-6

Washington Centennial Games
Region 4
Olympic Athletic Club
5301 Leary Avenue N.W.
Seattle, WA 98107
Kathy Mulloy
206-789-5010

November 4-6

Washington Centennial Games
Region 5
Pacific West
19820 Scriber Lake Road
Lynnwood, WA 98036
Ben Cuaresma
206-774-5338

November 4-6

Washington Centennial Games
Region 6
Pacific West
1616 South Mildred
Tacoma, WA 98465
Sid Williams
206-473-2266

November 4-6

Washington Centennial Games
Region 7
Green Meadow Racquet
7703 N.E. 72nd Avenue
Vancouver, WA 98661
Lisa Robertson
206-256-1510

November 4-6

Washington Centennial Games
Region 8
Tri-City Court Club
1350 North Grant Street
Keanewick, WA 99336
Stan Johnson
509-627-0158

November 4-6

6th Kernal Classic
Fitness Barn
810 N. County Road 330 W.
Valparaiso, IN 46383
Janie Siddall
219-762-3191

November 11-13

Atlanta Falcons Fall Classic
Atlanta Falcons Health Club
I-85 Suwanee Road
Suwanee, GA 30174
Martha Lenoir
404-945-8977

November 11-13

Racquets Four Classic
Racquets Four
4002 East Southport Road
Southport, IN 46237
Judy Donovan
317-783-5411

November 11-13

YMCA Open
YMCA Sarasota
1075 South Euclid Avenue
Sarasota, FL 34237
Barbara Simmons
813-957-0770

November 18-20

Tennessee Turkey Shoot
Nashville Supreme Court
4633 Trousdale Drive
Nashville, TN 37204
Jerry Dixon/Dawn Young
615-832-7529

November 18-20

Jacksonville Athletic Club
Tournament
6651 Crestline Drive
Jacksonville, FL 32211

November 18-20

Turkey Shootout
Las Vegas Athletic Club West
3315 Spring Mountain Road
Las Vegas, NV 89103
Bob Becker/Kyle Kenny
702-362-3720

November 18-20

3rd Cork N' Cleaver Classic
Tri-State Racquet Club
555 Tennis Lane
Evansville, IN 47715
Barbara Hamman
812-479-3111

State Rankings

August 11, 1988

Ranking	State Name
1	California
2	Florida
3	New York
4	Illinois
5	Pennsylvania
6	Colorado
7	Massachusetts
8	Ohio
9	Texas
10	Indiana
11	Minnesota
12	Michigan
13	Louisiana
14	North Carolina
15	Connecticut
16	New Jersey
17	Washington
18	Wisconsin
19	Georgia
20	Arizona
21	New Hampshire
22	Tennessee
23	New Mexico
24	Montana
25	Utah
26	Alaska
27	Maine
28	Maryland
29	Virginia
30	Nevada
31	Oklahoma
32	South Carolina
33	Rhode Island
34	Delaware
35	Vermont
36	Kansas
37	Mississippi
38	Alabama
39	Arkansas
40	Idaho
41	Kentucky
42	Missouri
43	Wyoming
44	South Dakota
45	West Virginia
46	Oregon
47	Iowa
48	Hawaii
49	District of Columbia
50	Nebraska
51	North Dakota



1988-89 BOARD OF DIRECTORS

OFFICERS

President: Van Dubolsky, Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356. **Vice President:** Jim Hiser, Davison Racquetball Club, G-2140 Fairway Drive, Davison, MI 48423, 313-767-3434 (H), 313-653-5999 (O), 313-653-9602 (C). **National Regions Commissioner:** Otto Dietrich, 4244 Russet Court, Lilburn, GA 30247, 404-972-2303 (H), 404-331-6271 (O). **Secretary:** Al Seitelman, 142 Landing Avenue, Smithtown, NY 11787, 516-360-0979. **Treasurer:** Keith Calkins, 2800 Marguerite Parkway, Mission Viejo, CA 92691, 714-582-9659, 714-582-4545. **National Commissioner:** Paul Henrickson, 20 Oakes Street, Millbury, MA 01527, 617-832-3459. **Board Members:** Michael Arnolt, 3833 N. Meridian Street, Suite 305, Indianapolis, IN 46208, 317-259-1359 (H), 317-926-2766 (O); John Foust, 4633B South Frazer, Aurora, CO 80015, 303-699-8121 (H); Roger Patrick, Naval M.P.C. N651E, 1300 Wilson Blvd., Room 932, Rosslyn, VA 22209, 202-694-0596; Carol Pellowski, N85 W15960 Appleton Way, Menomonee Falls, WI 53051, 414-251-1420; 371-6193 (H), 813-921-6675 (O).

ADULT REGIONAL DIRECTORS

Region #1: Paul Henrickson, 20 Oakes Street, Millbury, MA 01527, 617-832-3459. **Region #2:** Al Seitelman, 142 Landing Avenue, Smithtown, NY 11787, 516-360-0979 (H). **Region #3:** Bernie Howard, Road 1, Box 362A, Reedsville, PA 17084, 717-667-2209. **Region #4:** Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356 (O). **Region #5:** Jack Sorenson, 6218 Willow Glen Drive, Montgomery, AL 36117, 205-271-4263. **Region #6:** Randy Scott, 1615 Walnut Grove, Derby, KS 67037, 316-788-6470 (H), 316-681-1573 (O). **Region #7:** Bruce Hendin, 15759 San Pedro, San Antonio, TX 78232, 512-490-1980. **Region #8:** Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL 60646, 312-673-7300. **Region #9:** Jim Easterling, 321 Village, Lansing, MI 48911, 517-887-0459 (H), 517-373-2399 (O). **Region #10:** Michael Arnolt, 3833 N. Meridian Street, Suite 305, Indianapolis, IN 46208, 317-259-1359, 317-926-2766. **Region #11:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3353 (O). **Region #12:** John Foust, 4633B South Frazer, Aurora, CO 80015, 303-699-8121 (H). **Region #13:** Dan West, 3758 Mt. Rushmore Avenue, Billings, MT 59102, 406-656-3890. **Region #14:** Ed Martin, California Sportswear, 8185 Belvedere Street, Sacramento, CA 95826, 916-456-9330. **Region #15:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266.

JUNIOR REGIONAL DIRECTORS

Region #1: Paul Henrickson, 20 Oakes Street, Millbury, MA 01527, 617-832-3459. **Region #2:** Al Seitelman, 142 Landing Avenue, Smithtown, NY 11787, 516-360-0979 (H). **Region #4:** Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356 (O). **Region #5:** Jack Sorenson, 6218 Willow Glen Drive, Montgomery, AL 36117, 205-271-4263. **Region #6:** Randy Scott, 1615 Walnut Grove, Derby, KS 67037, 316-788-6470 (H), 316-681-1573 (O). **Region #7:** Bruce Hendin, 15759 San Pedro, San Antonio, TX 78232, 512-490-1980. **Region #8:** Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL 60646, 312-673-7300. **Region #9:** Tom Blakeslee, 37585 Lakeville, Mt. Clemens, MI 48045, 313-575-3998. **Region #10:** Michael Arnolt, 3833 N. Meridian Street, Suite 305, Indianapolis, IN 46208, 317-259-1359, 317-926-2766. **Region #11:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3353 (O). **Region #12:** Mary Ann Czupor, 5834 Urban Court, Arvada, CO 80004, 303-422-5703 (H), 303-426-6161 (O). **Region #13:** Dan West, 3758 Mt. Rushmore Avenue, Billings, MT 59102, 406-656-3890. **Region #14:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Avenue, Fountain Valley, CA 92708, 714-962-1374. **Region #15:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA

98409, 206-473-2266.

STATE DIRECTORS

REGION #1 Commissioner & Massachusetts State Director: Paul Henrickson, 20 Oakes Street, Millbury, MA 01527, 617-832-3459. **New Hampshire:** Lance/Gayann Bloom, 23 Cliff Avenue, Boars Head, Hampton Beach, NH 03842, 603-926-3233. **Vermont:** Brent Whitney, Green Mountain RB Assoc., 8 Timber Lane, Shelburne, VT 05482, 802-434-2142. **Maine:** Tom Farley, 25 High Street, Yarmouth, ME 04096, 207-846-4236. **Rhode Island:** John Wargat, 2120 Pleasant Street, Dighton, MA 02715, 617-336-5600. **Connecticut:** Ed Mazur, Box 557, 2138 Silas Deane Highway, Rocky Hill, CT 06067, 203-563-4911 (H), 203-563-1492 (O). **REGION #2 Commissioner & New York State Director:** Al Seitelman, 142 Landing Avenue, Smithtown, NY 11787, 516-360-0979 (H). **New Jersey:** Nuala Murphy, Club at Woodridge, 585 Main Street, Woodbridge, NJ 07095. **REGION #3 Commissioner:** Bernie Howard, RD1, Box 362A, Reedsville, PA 17084, 717-667-2209. **Pennsylvania:** Pat Gerity, 206 Thunderwood Drive, Bethel Park, PA 15102, 412-854-2112 (H), 412-469-6363 (O). **Delaware:** Dario Mas, 706 Kilburn Road, Wilmington, DE 19803, 302-478-7919. **Maryland & Washington D.C.:** Robin Duble, RB Players Assoc., P.O. Box 805, Bryans Road, MD 20616, 301-283-5453. **Virginia:** Ed Remen, 308 Glenn Drive, Sterling, VA 22170, 703-430-0666. **REGION #4 Commissioner & North Florida State Director:** Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356. **North Carolina:** Mike Dimoff, 1409 B. Whilden Place, Greensboro, NC 27408, 919-379-0550. **Georgia:** Mike Brooks, 2138 Faulkner Road, Atlanta, GA 30324, 404-633-2638. **South Florida:** Fred White, 3998 Cocoplum Circle, Coconut Creek, FL 33063, 305-528-2311 (O). **South Carolina:** Bob Horne, 335 Salem Drive, Ladson, SC 29456, 803-553-5484 (H), 803-875-1990 (O). **REGION #5 Commissioner:** Jack Sorenson, 6218 Willow Glen Drive, Montgomery, AL 36117, 205-271-4263. **Alabama:** Jim Gillhouse, 107 Valley View Drive, Route 3, Enterprise, AL 36631, 205-347-1038 (H), 205-255-6509 (O). **Tennessee:** Paul Redelheim, Green Villes Terrace W6, 1900 Richard Jones Road, Nashville, TN 37215, 615-269-3623 (H), 615-228-4848 (O). **Mississippi:** Jim Allen, 1765 E. Sudan, Greenville, MS 39701, 601-335-3565 (H), 601-335-9000 (O). **REGION #6 Commissioner & Kansas State Director:** Randy Scott, 1615 Walnut Grove, Derby, KS 67037, 316-788-6470 (H), 316-681-1573 (O). **Arkansas:** Rex/Gwen Benham, 1603 West 58th, North Little Rock, AR 72118, 501-758-5076. **Oklahoma:** Susan McMahers, Route 3, Box 490, Perkins, OK 74059, 405-743-1328. **Missouri:** George Baker, 949 S. Kickapoo, Springfield, MO 65804, 417-869-2167 (H), 417-883-6111 (O). **REGION #7 Commissioner:** Bruce Hendin, 15759 San Pedro, San Antonio, TX 78232, 512-490-1980. **Texas:** Barbara Schaffer, 6535 Dumfries, Houston, TX 77046, 713-772-9955. **Louisiana:** Paul Bruno, 1300 One Square Annex, New Orleans, LA 70139, 504-522-2956. **REGION #8 Commissioner:** Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL 60646, 312-673-7300. **Iowa:** Brad McCuniff, 1628 Grandview Court, Cedar Falls, IA 50613, 319-266-8396, 319-277-8151. **Illinois:** William Roberts, 610 S. Main Street, Mt. Prospect, IL 60056, 312-392-8473 (H), 312-390-6952 (O). **Wisconsin:** Carol Pellowski, North Hills Athletic Club, N85 W15960 Appleton Avenue, Menomonee Falls, WI 53051, 414-251-1420 (O). **REGION #9 Commissioner:** Jim Easterling, 321 Village, Lansing, MI 48911, 517-373-2399. **Michigan:** Tom Blakeslee, 37585 Lakeville, Mt. Clemens, MI 48045, 313-575-3998. **West Virginia:** George Frazier, 14 Byrd Avenue, Wheeling, WV 26003, 304-243-1604 (H), 304-242-5688 (O). **Ohio:** Doug Ganim, 374 Slate Run Drive, Powell, OH 43065, 614-548-4188. **REGION #10 Commissioner:** Michael Arnolt, 3833 N. Meridian Street, Suite 305, Indianapolis, IN 46208, 317-259-1359, 317-926-2766. **Indiana:** Renee LaBonne, 6090 Orchard Hill Lane, Indianapolis, IN 46220, 317-255-7730. **Kentucky:** Rocky De Toma, 420 Mt.

Tabor Road, Lexington, KY 40502, 606-266-0032 (H), 606-233-0610 (O). **REGION #11 Commissioner:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3698 (H), 507-257-3353 (O). **Nebraska:** John Clyne, 206 South 13th Street, Lincoln, NE 68508, 402-473-3767, 402-489-9151. **Minnesota:** Marta Groess, 15801 Erickson Lane, Minnetonka, MN 55345, 612-935-1291. **North Dakota:** Roger Mazurek, Y.M.C.A., Box 549, Bismark, ND 58501, 701-255-1525. **South Dakota:** Terry McCabe, 920 9th Avenue S.E., Watertown, SD 57201. **REGION #12 Commissioner:** John Foust, 4633 B South Frazer, Aurora, CO 80015, 303-699-8121 (H). **Colorado:** Steve Holzapfel, Denver Athletic Club, 1325 Glen Arm Park, Denver, CO 80201, 303-534-1211. **New Mexico:** Gary Mazaroff, 1619 Solano N.E., Albuquerque, NM 87110, 505-266-9213 (H), 505-293-3080 (O). **Arizona:** Donna Angelopolus, 10424 South 46th Way, Phoenix, AZ 85044, 602-893-7655 (H). **Utah:** John Packard, 7128 South 2780 East, Salt Lake City, UT 84121. **REGION #13 Commissioner & Montana State Director:** Dan West, 3758 Mt. Rushmore Avenue, Billings, MT 59102, 406-656-3890. **Wyoming:** Andy Boshard, 911 Flag Drive, Riverton, WY 82501, 307-856-5424. **REGION #14 Commissioner:** Ed Martin, California Sportswear, 8185 Belvedere Street, Suite F, Sacramento, CA 95826, 916-456-9330. **California:** Mickey Bellah, 132 1/2 Topaz, Balboa Isle, CA 92662, 714-675-8025 (H), 714-966-1000 (O). **Nevada:** Marcy Tiexiera, Incline Village Courthouse, 880 Northwood, P.O. Box 7062, Incline Village, NV 89450, 702-831-4214. **Hawaii:** Connie Florez, 2551-G Kapiolani Blvd., Honolulu, HI 96826, 808-955-6181 (H), 808-833-2770 (O). **REGION #15 Commissioner & Washington State Director:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Oregon:** Jim Davidson, 4471 Camellia Drive S., Salem, OR 97309, 503-838-1424 (O). **Idaho:** Gloria Eggers, 10643 Bridgetower, Boise, ID 83709, 208-378-8606. **Alaska:** Steve Deaton, 9201 Blackberry Street, Unit 15, Anchorage, AK 99515, 907-243-8674 (H), 907-565-2852 (O).

MILITARY COMMISSIONER: Roger Patrick, Naval M.P.C. N651E, 1300 Wilson Blvd., Room 932, Rosslyn, VA 22209, 202-694-0596. **NATIONAL WHEELCHAIR COMMISSIONER:** Chip Parmely, 1941 Viento Verano Drive, Diamond Bar, CA 91765, 714-861-7312. **COMMISSIONER FOR AMERICANS IN EUROPE:** Hal Laffler, Siegner Strasse 48, 6230 Frankfurt 80, West Germany. **JUNIOR COUNCIL COMMISSIONER:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Avenue, Fountain Valley, CA 92708, 714-962-1374. **INTERCOLLEGIATE COMMISSIONER:** Neil Shapiro, 128 Lancaster Street, Albany, NY 12210, 518-436-9522 (H), 518-462-7158 (O). **COMMISSIONER FOR THE DISABLED:** Judi Schmidt, 1970 Cattleman Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O). **COMMISSIONER FOR MINORITY:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **COMMISSIONER FOR WOMEN:** Judi Schmidt, 1970 Cattleman Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O). **COMMISSIONER FOR TEACHING CERTIFICATION:** Connie Martin, 339 S.W. Towle, Gresham, OR 97080, 503-665-4142. **NATIONAL HIGH SCHOOL COMMISSIONER:** Rick Lukasek, Concorde Recreation Center, 12320 Old Tesson Road, St. Louis, MO 63128, 314-842-6363. **HIGH SCHOOL COUNCIL:** Michael Arnolt, 3833 N. Meridian Street, Suite 305, Indianapolis, IN 46208; Ted Behne, RR 3, Box 126-C, Burlington, IA 52601; Ron Bilchik, 10921 Chalet Court, St. Louis, MO 63141; Nancy English, 948 Glenmoor Lane, Glendale, MO 63122; Jeanne Hansen, 8617 Lincoln Road, RR 1, Hudson, IA 50643; Brad Heger, 9414 White Avenue, Brentwood, MO 63144; Rick Killion, 10315 Heather Hills Road, Indianapolis, IN 46229; Mike LaBonne, 6090 Orchard Hill Lane, Indianapolis, IN 46220; Pat Powers, 5241 56th Street West, Bradenton, FL 34209; Carol Slow, 8577 Flintlock Drive, Newburgh, IN 47630; Scott Winters, Racquetball World & Aerobics Health Center, 10115 Talbert Avenue, Fountain Valley, CA 92708.

C A U T I O N

AWESOME POWER.



Elektra

Elite

If you're looking to add a new dimension to your racquetball game, HEAD has the solution with its new Elite™ and Elektra™ oversize racquetball racquets. These two new frames provide 94 sq. in. of truly awesome power coupled with pinpoint accuracy. Designed with HEAD's patented Power Wedge™, these racquets offer a larger sweet spot and increased length for more power and saves. The Elite adds Kevlar® to graphite and fiberglass

for a stiffer flex and more aggressive response. The Elektra's ceramic, graphite, and fiberglass frame is softer and more forgiving for developing players. Combining effortless power, lightning quickness, and deft maneuverability at affordable prices, the Elite and Elektra are power packed values. See the complete line of new racquetball frames at your local HEAD dealer. There are eight exciting new models to choose from.

Kevlar is a registered trademark of E.I. DuPont de Nemours and Company, Incorporated.



For free product information write HEAD Sports, Inc., 4801 N. 63rd St., Boulder, CO 80301
©HEAD Sports, Inc., 1988

RX50™

Radial™

Spectrum™

Prelude™

Pro Mid™

Quest™



The eyes have it.

Yes! Action Eyes were designed and engineered by Bausch & Lomb to provide safety, comfort and style.

Yes! Action Eyes meet and actually exceed AARA and USSRA requirements with tough 3mm polycarbonate lenses, heavy duty frame and hinges, and extra-deep lens grooves that accept prescriptions.

Yes! They are one of the few that have passed rigid ASTM impact and optical standards. The large fog and scratch resistant lenses have long been acknowledged as having the "best field of view" available.

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

Vote "yes" and give yourself a clear advantage. Action Eyes, at better pro shops and stores.



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

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



**ACTION
EYES**

**Visit us at the
Chicago
IRSA Show
booth #146**



VIKING SPORTS

Toll free (800) 535-3300
Calif: (800) 348-3003

White Black Fire Red Forest Green Stormy Blue Plum Rose Lilac Sun Yellow Mahogany Teak Opaque Pink Opaque Blue Red/White Silver/Blue Black/White Blue/Crystal Red/Crystal

