



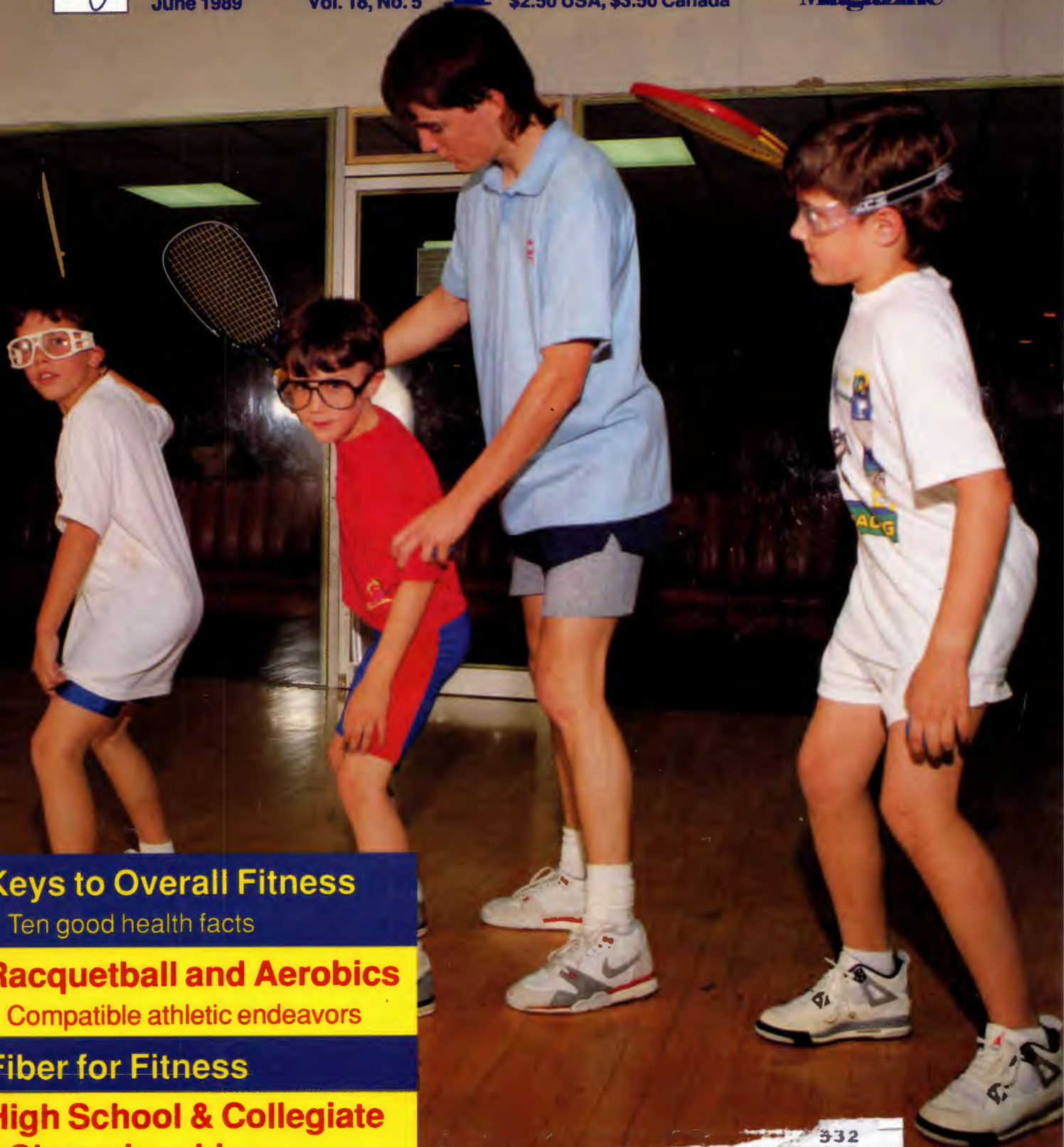
National Racquetball Magazine

June 1989

Vol. 18, No. 5

\$2.50 USA, \$3.50 Canada

Magazine



Keys to Overall Fitness

Ten good health facts

Racquetball and Aerobics

Compatible athletic endeavors

Fiber for Fitness

High School & Collegiate Championships

Junior Programs

Alabama builds champs

532
00751

53213



BEFORE YOU SAY "I WILL" TO A MORTGAGE COMPANY, REMEMBER YOU MAY BE LIVING WITH THEM FOR THE NEXT THIRTY YEARS.

At CityFed Mortgage we know there's more to our job than simply providing you with the best current loan rate.

A lot more.

CityFed can help you even *before* you start looking for that new home. We can show you what your price range is and estimate monthly payments. We can pre-qualify you for a loan, so the money will be there when you're ready to buy. We can keep negotiations moving and speed

up closing.

After you've bought your home, we'll provide an annual summary of your account, clearly indicating all tax-deductible interest.

CityFed. We're one of the largest lenders, funding over \$11-billion nationally in loans in just the last two years.

So when you're planning to buy a new home, remember CityFed.

And listen to our proposal.



CityFed Mortgage Company

For the office nearest you, call 1-800-225-6997.

Corporate Headquarters ▢ **CityFed Skyline Tower, 10900 N.E. 4th St., Bellevue, WA 98004**

National Racquetball Magazine

June 1989 Vol. 18, No. 5

FEATURES

- 4 Alabama Builds Junior Champs!
by Dick Pivetz
- 6 Fly Us to the Nationals! by Aaron Katz
- 7 Unexcused Absences...
With A Difference by Linda Mojer
- 8 Intercollegiates, Cajun-Style
by Linda Mojer
- 12 Never Judge An Opponent By
His Bald Head! by Reed Farrell
- 13 A Proposed Racquetball Rating
System by Mike Manes and Dave Mosier

HEALTH & FITNESS

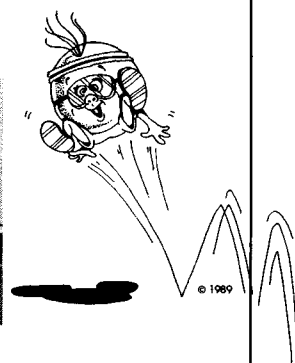
- 14 Aerobics and Racquetball:
Sports That Can Go Hand-in-Hand
by Laura LoManto
- 16 Warm-Up — Cool Down
by Dan Obremski
- 17 Fiber — Food For Fitness by Marcy Lynch
- 18 The Ten Most Important Facts About
Your Good Health by Dr. Richard Honaker

INSTRUCTION

- 19 What's The Call by Otto Dietrich
- 20 Ask The Playing Editors
- 21 When Is 80% Worth More Than 100%
by Jim Winterton



JUNIOR RACQUETBALL



DEPARTMENTS

- 2 A Message From The Editor
- 3 Letters To The Editor
- 23 Penn Official Rankings Page
- 24 Canadian Racquetball
- 26 Association Round-Up
- 27 Classified Advertising
- 27 Newsbriefs
- 28 Passing Shots
- 29 AARA in Review

On The Cover:
Will Epperson gives basic instructions to
aspiring Montgomery juniors.

Helen L. Quinn
Publisher

Judi Schmidt
Managing Editor

Dan Obremski
Fitness Editor

Marcy Lynch
Nutrition Editor

Dr. Paul Ross
Medical Editor

Janet Bechtle
Art Director

Kristen Wallace
Advertising Director

Chris Sotnick
Circulation Director

Lynotte Cruickshank
Business Manager

Paul Mucci
Intern

Bill Dale
Rollouts® Cartoon Artist

Contributors:
Norm Blum
Otto Dietrich
Reed Farrell
Dr. Richard Honaker
Laura LoManto
Mike Manes
Linda Mojer
Dave Mosier
Dick Pivetz

Playing Contributors:
Lynn Adams
Fran Davis
Bret Harnett
Roger Harripersad
Stu Hastings
Marty Hogan
Aaron Katz
Dave Peck
Gregg Peck
Mike Ray
Steve Strandemo
Jim Winterton

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

National Racquetball (USPS 318750) (ISSN-1061-7966) is published ten times a year 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 \$19.97 for U.S. possessions and military; \$31.97 for Canada and \$70 (U.S. funds only) for foreign sent via airmail. Copyright 1989. 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 Magazine*, P.O. Box 6126, Clearwater, FL 34618-6126.

A MESSAGE FROM THE EDITOR...



'89 NATIONAL CHAMPIONSHIPS MRPO, WPRA, AARA

The beginning of summer marks the end of the 1988-89 racquetball season. The national championships traditionally provide one last opportunity for professional and amateur players to test their mental and physical fortitude in the ranking race.

The Men's Professional Racquetball Organization (MPRO) Nationals will take place in Seattle, June 21-26. The absence of a strong organizational leader for the men's tour has resulted in a weak, uninteresting season with few stops, generally poor attendance and little or no financial reward for the pros. How important is the quest for number one ranking under conditions like these? How exciting will matches be when events, training and participation have been sporadic all year?

The MPRO tournament will give us a national champion but what the tour needs most is a national leader!

Fortunately for professional racquetball the Women's Professional Racquetball Association (WPRA) season has generated plenty of excitement and interest this year. New faces are appearing at regularly scheduled stops and a spirit of camaraderie permeates every event.

The WPRA players will compete in Fort Worth the first week of June. Top spot on the tour will go to Lynn Adams or Caryn McKinney who have kept us guessing about the final outcome all season.

The American Amateur Racquetball Association (AARA) Championships in Houston, May 24-29 should also provide excitement this year. Eight stops on the U.S. National Team are "up for grabs", (four men and four women semifinalists in the Open division will qualify).

The U.S.O.C. status upgrade for the AARA in March has created new incentives for amateurs. The team will compete in the Olympic Festival in Oklahoma City (where racquetball will have full medal status), and could participate in the 1990 Pan Am Games in Cuba (assuming politics and finances can provide court facilities and acceptance by member nations in time).

National Racquetball Magazine will provide results of the championship events in the next issue, but solutions to the problems remaining for professional and amateur racquetball will take much longer. ○

Judi Schmidt
Editor

LETTERS TO THE EDITOR

Almost A Pro Stop

Will racquetball survive those male egos or is the sport going to die?

I am a club manager in California. In January I decided (being a dedicated racquetball player) that I was going to put on a men's pro tournament this year and hopefully get it designated next year as a Pro Stop. Well I had no idea what I was in for. After making many many calls from Beaverton, Oregon all through the state of California, to Racquetball World's in Los Angeles and speaking with Marty Hogan and several other pros I was convinced Memorial Day weekend would be a great time for the event.

Wrong. The AARA Nationals in Houston takes place on Memorial Day weekend. If we move it up a week it should not interfere with anyone. The new date was discussed with Cory Brysman, Dave Johnson, Ruben Gonzalez, Woody Clouse and others who agreed this date was acceptable.

Flyers had been printed and distributed at this point to over 300 people. Sponsorships and printing dates were already being confirmed.

Within two days of each other Ruben Gonzalez and Woody Clouse called me to inform me they had been in touch with Marty Hogan who scheduled a Seattle tournament for the same weekend. More talk with Clouse and Gonzalez resulted in another date change, this time to the first weekend in June.

Ruben was to confirm this date with as many pro's as possible, so I held off for 1 1/2 weeks to give him the time to do this. When I spoke with Ruben he was apologetic but I think embarrassed because he now heard the Seattle tournament was rescheduled in June (maybe even the first weekend). He said he couldn't find out when because the "people" he calls (no names need be mentioned) don't return his calls.

I have also made calls to those I have been told are "in charge of things" and no one returns my calls either.

Why are the egos of those few and those lazy ones ruining all the work and effort of those who really do care?

Why don't they all get together (meaning ALL the pros dedicated to the sport, not just those with big egos) and help each other? Why put it ALL on one or two people or let one or two run and ruin the show?

The pros are all capable, exceptional athletes who certainly have the ability and the knowledge between them to make money, be self-fulfilling and make the

sport grow. Just do it, please, so I can work hard and put on a men's pro tournament without it seeming to be impossible?

**Denise Dyer, Manager
Goleta Valley Athletic Club
California** ○

Stand Corrected!

I was just recently reading the Feb./March issue of *National Racquetball*. I would very much like to set the record straight. On page 4, the staff writer listed the U.S. National Team History. They incorrectly list 1985 in London as the first World Games. The first World Games were held in 1981 in Santa Clara, CA. My partner (Jeff Kwartler) and I won the Gold Medal in Doubles.

**Mark Malowitz
1981 National Team Member**

Editor's Note: Mark is absolutely correct. Our apologies. ○

Another Viewpoint

I have recently been requested, by numerous people, to respond to Marty Hogan's interview in your April issue. To respond to the numerous prevarications in Marty's interview would only fuel the fires of negativism that continue to prevail within the professional game.

At this critical time in the development of the sport, it is necessary for all segments to work together and bury the egotistical hatchets of past years. The energies of our leaders should be directed toward developing positive environments and aspiring challenges for the future generations of players.

To perpetuate individual differences and philosophical objections, unless directed toward constructive means, only serves to fulfill individual desires.

Professional racquetball has been in turmoil since its inception. It's time to stop criticizing and start constructing.

**Jim Hiser
Davison, MI**

Editor's Note: This magazine still stands by its support of Jim Hiser and his efforts to put men's professional racquetball on track. Hogan's innuendo's were unfair and there is no guarantee that he is going to improve this situation. In response to the many calls and letters we have re-

ceived referring to this article we stress that Hogan is entitled to his opinion and has the right to be heard. His perception of what occurred is different from ours but nevertheless it is his opinion. We must give him a fair chance to make good on his promises. He has the visibility, charisma and contacts to put a tour together. Let's hope his lack of credibility with other players and members of the industry doesn't prevent his success. We'll have to wait and see. ○

Disillusioned

I am 38 years old and have been playing racquetball for one year now and up until today have enjoyed the sport tremendously. However, after overhearing a conversation between a couple of players during a challenge court session this morning I don't think racquetball will be a part of my life for too much longer.

One player was complaining about the obvious two competition levels at this particular club. One level vastly superior to the rest and the second level (which includes myself) made up of players unable to offer the competition the others desire.

Because of my lack of expertise at challenge sessions, I find the other attending participants reluctant to play me. Some are even willing to give up their turn on the court in order to play someone with better ability.

I have endured the humiliation of 15-0 losses during league play and still keep returning. I have enjoyed the competition of racquetball to the point where I practice alone on a court three times a week. In the past year, I have advanced from first day beginner to strong novice player. However, the prevailing attitude of the better players leaves a bad taste in my mouth towards racquetball.

In my opinion, the future of racquetball lies with players like me — the beginner. Without us, there will be no one left to play once these so called better players are gone.

**Don T. Ruedisuel
Mt. Clemens, MI**

Editor's Note: We agree. Continued influx of new players will keep racquetball growing. Don't give up hope. There are lots of upper level players out there who have been in your shoes. They know the importance of "giving back to the sport" and prove it regularly by helping others succeed! ○

ALABAMA BUILDS JUNIOR CHAMPS!

by Dick Pivet

A future racquetball champion walks onto the court in Montgomery, Alabama. He checks his racquet grip and wipes off his protective eyewear; he's ready for another daily practice session of the Montgomery Athletic Club (MAC) Rollouts. The ever-present watchful eye of Jack Sorenson, the coach, follows each move and shot. At four feet tall and perhaps 80 or 90 pounds, the future champion isn't ready for the pros yet, but someday in the not-too-distant future, don't be surprised to see him playing at the Pan Am Games or even the Olympics. He is just a kid now, playing on the youth racquetball team, but in reality, he is the future of the sport.

The Rollout players range from 6 to 17 years of age. Each has earned the right to play on the team through hard work and dedication; no one joins the team for something to do after school. Coach Sorenson considers "an invitation to join the varsity as a very special event." These kids aren't just playing around or getting exercise; they are training for some stiff competition. This will be the 7th consecutive year Coach Sorenson has taken his team to the Junior Nationals.

Somewhere near the center of the success at the MAC is a man of unique stature. Coach Jack Sorenson played racquetball competitively, before physical problems brought limitations to his activity. He retired from Civil Service in 1985. He also flew fighter planes in the 1940's. His work with youth activities can be traced back over a 40-year span to the days of coaching high school track and football in Ogden, Utah. Although his primary function at the MAC is to work with the young players, on occasion, adults make arrangements for private lessons as well. Actually, they come from Tennessee, Mississippi, Florida, and Georgia as well as Alabama, to learn from this former, Army Air Corps fighter pilot. With each lesson given and each measure of success achieved, the reputation of Jack Sorenson and his teaching model grows a bit more.

The youth program at the MAC began in 1980 when a young man named David Gries wanted to become a world champion. He asked Coach Sorenson to help

him. David was only 12 years old, but his goals were firm. He was committed to achieve excellence. Sadly, David is no longer with us; he died in an automobile accident in 1987. His memory lives on in the David Gries Memorial Tournament, in the championship court at the MAC being renamed "David's Court". With obvious emotion, Coach recounts those early days with David, who had been like a third son to him and his wife, Sam. "It was just one-

of the club. Perhaps the level of commitment is what makes the program so successful. It's hard to say for sure, but you can't argue with results. Team members play at all levels of tournament competition, from youth divisions to men's open. And they win, consistently! On December 30, 1986 at the World Junior Racquetball Championships at Coral Gables, Florida, Coach Sorenson had two world champions: Will Epperson won



Coach Sorenson uses right-handed Tim Stanley and left-handed Arvind Bhuta for mirror-image backhand demonstrations.

on-one, David playing and me coaching. David would ask questions. I'd been playing racquetball for 25 years, and I couldn't answer them," he states. It was a learning process for Coach Sorenson; it was a learning process for David. Those foundations from 1980 are the legacy from David to the MAC's youth program of today.

Building a champion isn't easy. It doesn't happen by accident and there are no free tickets. It takes work, work and more work! It takes something else, too; the commitment to excel.

The MAC's program for youth racquetball is the epitome of commitment. It has commitment from the kids, from their parents, from Coach Sorenson, and most importantly, from Mike Kolen, president

of the 14-and-under division and Frank Dean won the 10-and-under. Most coaches only dream of having world champions play for them. Two in one year is almost unheard of.

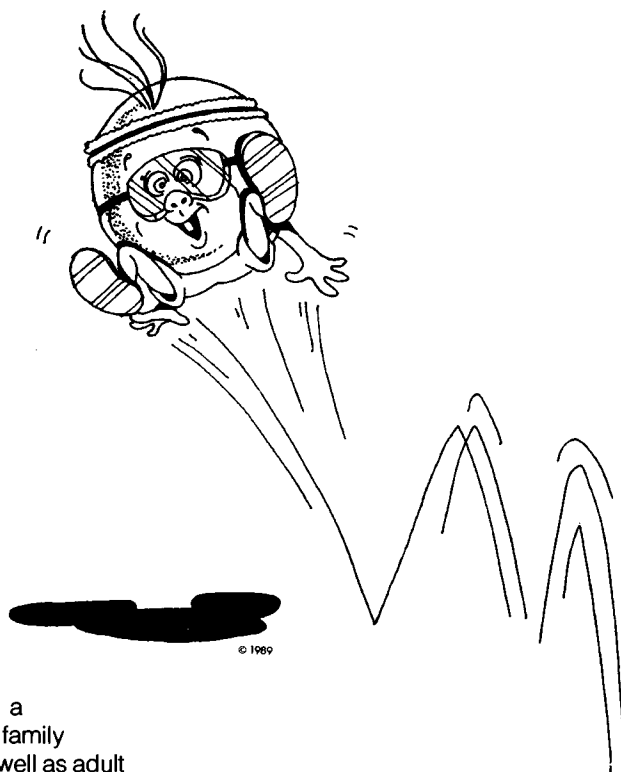
The program covers more than just racquetball. It is a total program for the development of the kids as they grow toward adulthood. Coach Sorenson says, "I try to give them what can be used in life, not just racquetball. These kids are our future." There are meetings with parents, copies of report cards kept on file, sometimes even a review of school homework assignments. Lists of goals each player wants to achieve are also on file. There are consultations with doctors for muscle injuries. Then there is the "The Rollout Creed" — each team member must

commit to it. The creed defines requirements for a championship attitude as hard work, integrity, courage, enthusiasm, loyalty, and leadership. While instilling the desire to win, the Coach maintains his perspective on the sport; he lists his priority system for the team — "home, school, and racquetball". If problems at home or school arise, they must be solved before the player is allowed to continue as a team member. If report card grades go down, a meeting is set up with the parents and appropriate measures taken. Many Rollouts are straight "A" students.

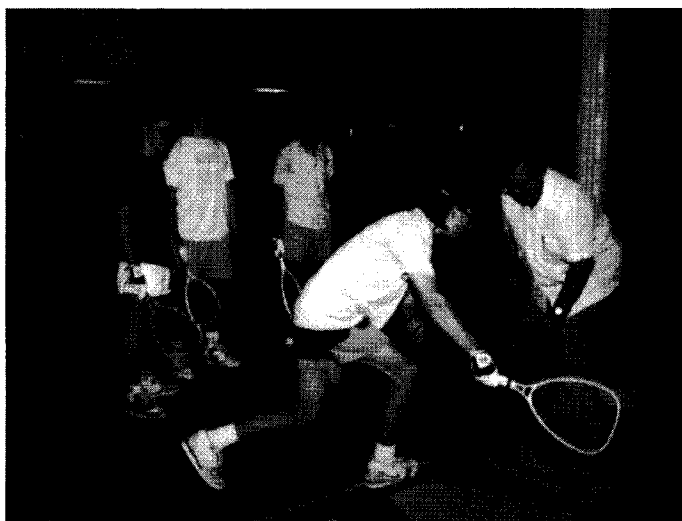
Coach Sorenson has the commitment and support from not just players but also

Mike, "but I feel a responsibility to provide a facility geared toward family and youth activities, as well as adult functions."

Why is the Sorenson teaching model



Coach Sorenson works on Will Epperson's backhand stroke.



parents. The MAC youth program can't function without them. They cheer at tournaments, help with transportation efforts, work as assistants when hosting tournaments, get sponsors within the community. They don't play racquetball but they are an integral part of the whole picture.

"There would be no program without the support of Mike Kolen," says Sorenson. President of the MAC, Mike is a former starting linebacker for the Miami Dolphins of the NFL. He learned commitment and what it takes to play a sport at the championship level under Don Shula during the glory years of the 70's when Miami played in three Superbowls. Kolen's support of the youth program is typical of his club's family activity focus. "I don't want to compete with the YMCA," states

so successful? Coach Sorenson teaches racquetball using a two-fold approach — the physical skills and the mental side of the game, working together to make a successful player. Practice the motion. Set up repetitive performance drills so that striking the ball properly is an automatic action. Add to this the physical conditioning required — exercises, stretches, flexibility conditioning, running, upper body workouts, weight training — and you have the necessary physical aspect of the game.

Add the mental side and you have the key to playing successful racquetball. "Shot selection is everything," Coach Sorenson claims. He feels you must constantly hit your shots based on the location of your opponent and the weak-

nesses in his game. When a good player is mentally into the game, he can control the entire process. The Rollouts study shot selection diagrams, practice the execution of their shots and take tests to determine their understanding of what they learn.

"Tournament competition is the lifeblood of the team at the MAC," Sorenson says. He requires each player to commit to participate in a specified number of tournaments each year. He must understand what he must do and why. He has to know this for himself.

There are many elements required to make a youth racquetball program a continuing success. Commitment is certainly a key factor in any program of this nature. Without it the program may be weak and ineffective. A total commitment; from the club, the players, the parents and the coaches, is required. As Mike Kolen said, "If the club will just make time available, there are people who will teach and develop youth programs. It's just a matter of making the commitment to do it." Kolen also feels that the MAC program "develops the confidence and self-esteem necessary for future life," something he personally values highly. Jack Sorenson, Kolen says, "is like a second father to these kids. He demonstrates compassion, discipline and a love for racquetball which he communicates to juniors and adult club members".

If you ever wander into the MAC looking for a good match, don't be surprised if a 10-year-old approaches and challenges you to a match. Just be careful because he may be a world champion. ○

FLY US TO THE NATIONALS!

by Aaron Katz

The Metroplex Racquetball Association Junior All Stars have been gearing up for Nationals since September 1988. The program which meets once a week at the Landmark Club of Dallas, consists of top Junior Players in the Dallas/Fort Worth area. Led by Junior National and World Champion, Mike Guidry the group has representatives in just about all the age groups from 8 to 18. And, they'll be flying with Southwest Airlines to Indianapolis as a team.

The Junior All Stars meets every Friday evening from 6:00-8:00 p.m., and is supervised by touring pro Aaron Katz. The weekly session includes match play, instruction, drills and tournament preparation. It is open to any interested Juniors and the level of play varies from beginner to Junior National Champions.

Additional fund raising for the group

has been secured through the efforts of local Dallas pros via a Play the Pros of Dallas Night. This is a program where players from throughout the city pay \$1 for every point they want to be spotted by a pro (on a selected court, up to 8 points) in an 11 point game, and if they win, receive a dinner at a local restaurant. Participating Pros include Linda Porter, Aaron Katz, Drew Kachtik and Mike Guidry.

So look for the Junior All Stars at Indianapolis this June and ask them who flew them to the Nationals! ○



(Front Row, left to right) Pat Horan, Julie Koppel, Andrew Haywood, Darrow Richey, Ryan Haywood. (Middle Row, left to right) Jennifer Jeter, Amber Frisch, Scott Wirtala, Greg Nichols, Ryan Sweeney, Josh Fregeu, Aaron Katz. (Back Row, left to right) David Wirtala (Southwest Airlines), Sean Myers, Chris Conte, Michael Frank and Joel Koppel

Junior All Star Line-Up

BOYS — 18 & under: Mike Guidry, Michael Franks; **16 & under:** Chris Conte, Sean Myers; **14 & under:** Joel Koppel, Scott Wirtala, Chaps Dubois,

Greg Nichols; **12 & under:** Paul Apilado; **10 & under:** Steve Apilado, Pat Horan — **GIRLS — 16 & under:** Lee Campbell; **14 & under:** Amber Frisch, Jennifer Jeter; **10 & under:** Julie Koppel.



Dana Marie Sibell

Last Fall, Dana Marie Sibell began her senior year of high school, turned eighteen, and won the U.S. National Mixed Open Doubles Championship with partner Mike Guidry.

In 1988 she tucked a Junior Regional Championship and a silver medal in the Minnesota State Singles Women's Open division under her belt. Add another silver for her finish in the U.S. National High School Racquetball Championships in March and you have what is known as "rising stock" in the racquetball trade.

A native of Columbia Heights, MN, Dana picked up a racquet at the age of nine, and was competing regularly by 12. It seemed natural enough — her father Leroy plays both racquetball and hand-

ball. Her mom is a solid Women's B player. Both her older brother and sister played regularly in high school. With a club court serving as "home away from home" for the Sibells, Dana took full advantage of the opportunity to excel in a sport which attracted her by its individualism.

Although she also plays volleyball, softball and tennis, Dana especially enjoys racquetball because it allows you to express yourself as an individual. In fact, much of her advice to other young players is based upon making exactly the type of choices that build character and shape destinies. In her own case, no one pressured her to practice or be particularly good at racquetball. Yet both her parents were always supportive of her choices, and urged her to develop her own interests and unique style. That, in turn, is her philosophy about the game — "If you like it, do it, but don't let anyone push you. Do it for yourself."

As a player, Dana has the youthful energy and potential needed to be a national champion. Her feet are always in

overdrive, so much so that she will occasionally over-run her shots and leave them up. She is alert as she covers the court, almost to the point of preferring the exercise to ending the rally. She is remarkably able to concentrate and redirect her thoughts at crucial times, but often only until the immediate crisis is past and the score is evened. Basically, Dana exhibits a rare combination of solid skills and a first-rate competitive attitude — packaged in a sophisticated youngster with a fine future in amateur racquetball.

For now, Dana Sibell will concentrate on her May graduation, National Singles in Houston, seeking admission to a university with a racquetball program, a Junior National championship in June, pursuing an undergraduate degree in marketing in the Fall, the possibility of being one of the first Olympic racquetball players for the U.S., and maintaining a non-judgmental love of people, travel and sport. Not a bad line up for a young lady with the time and determination to do it all. ○

UNEXCUSED ABSENCES...WITH A DIFFERENCE

by Linda Mojer

More than 70 high school athletes "cut classes" Friday, March 10 to attend the second annual Ektelon/U.S. High School Racquetball Championships held in Noblesville, Indiana. Thirty-six high schools from fifteen states across the country were represented by the truants, whose behavior and good sportsmanship at the Indiana Athletic Club was worthy of recognition in the classrooms they abandoned for the day.

While most were without benefit of uniforms, cheerleaders or official backing from their high schools, the students' efforts were equal to those of any varsity football squad. Players earned points for themselves and their teammates as they competed in an early round-robin format, from which the winners of each division flight earned a seeding position for single-elimination play on Sunday. Unlike most tournaments, entrants were not only guaranteed several matches per day on Friday and Saturday, but also assured of a starting match on Sunday.

For a second year, Manatee High School in Bradenton, Florida fielded the largest team with a total of nine players. With that strength in numbers added to a solid training program, Manatee was able to retain both its Boys Team and Overall Team titles. The Girls Team title went to the Placer High School team from Auburn, CA.

Individually, Jason Waggoner of Fort Myers High School reached the finals of the Boy's #1 bracket after defeating everyone in high seeding flight without going to a single tiebreaker. Earning the #2 spot for that performance, Waggoner then repeated the straight game winning streak by defeating Josh Messina of Belmont High School (Belmont, MA) 15-2, 15-11, in the quarter final, and last year's runner-up Bart Turner of Robert S. Rogers High School (Toledo, OH) 15-4, 15-8 in the semis. Facing a familiar opponent in #1 seed Robbie Walden of Manatee, Waggoner came from behind in each game to win the final with close scores of 15-14, 15-13.

In the Girls #1 bracket, U.S. National Team member Michelle Gilman of On-

tario High School (Ontario, OR) began what she hopes will be a type of racquetball "Grand Slam" with a solid win in the first national championship of 1989. After easily securing the number one seeding position, Michelle utilized her many years of court experience and national team training to advance past Elkova Icenogle of Placer High School (Auburn, CA) 15-5,

15-1 to meet up-and-coming Dana Sibell of Columbia Heights High School (Minnesota) in the final. Again making good use of her "get to the point" style, Michelle took the championship with yet another straight game win over Sibell with scores of 15-4, 15-3.

Both Gilman and Waggoner are seniors this year and will graduate from junior-level competition entirely in

1990. The two will set their sights on the next level of national competition, inter-collegiate, over the coming months. In the meantime, each is planning to make equally good showings at Junior Nationals in June, while seeking entrance to undergraduate institutions with racquetball programs and scholarship opportunities. Although Gilman is a long-time U.S. team member this marks Waggoner's first win at the national level, and gives him a good opportunity to make the team later in the year. High School champions are entitled to an expense-paid trip to an Elite Training Camp and the chance to "try out" for one of three available slots on the U.S. National Racquetball Team.

Among those honored at the Saturday night banquet were Renee LaBonne, tournament director and President of the Indiana State Racquetball Association; Mike Arnolt, Region 10 Director and owner of the Indiana Athletic Club; and Mary Luchina, manager of IAC. Renee received an Olympic Training Center towel, autographed by each of the players, as a souvenir of the weekend, while Mike was given an OTC watch and Mary accepted a championship medallion plaque on behalf of the club. Michelle Gilman was also on the program, and gave an inspiring talk on her experience as the youngest member of the U.S. National Team at the age of 14.

As an indication of the growing impor-

tance of racquetball as it begins to establish itself firmly as an Olympic sport, IRSA vice president Rick Killion was able to interest ESPN in the tournament, and a local cable production company was contacted to film both finals for use in an upcoming "Scholastic Sports America" segment.

FINAL RESULTS

Boy's #1 Championship: Jason Waggoner (Ft. Myers High School, Ft. Myers, FL) def. Robby Walden (Manatee High School, Bradenton, FL) 15-14, 15-13.

Girl's #1 Championship: Michelle Gilman (Ontario High School, Ontario, OR) def. Dana Sibell (Columbia Heights High School, MN) 15-4, 15-3.

Boy's #1 Consolation: Eric Muller (Shawnee Mission High School, Overland Park, KS) def. Brian Simpson (Snider High School, Ft. Wayne, IN) 15-3, 15-13.

Boy's #1A: Nate McConnell (Valley High School, West Des Moines, IA) def. Gregg Shattuck (Waukee High School, IA) 15-13, 15-2.

Boy's #1B: Ryan Davis (Valley High School, West Des Moines, IA) def. Matt Meeker (Mason City High School, Mason City, IA) 15-5, 15-6.

Boy's #1C: Chad Bailey (Manatee High School, Bradenton, FL) def. Donald Bonneau (Carlisle High School, Carlisle, PA) ff.

Boy's #2: Allan Engel (Manatee High School, Bradenton, FL) def. Justin Peterson (Virginia High School, Virginia, MN).

Boy's #3: Chris Conway (Manatee High School, Bradenton, FL) def. Mark Weinberg (Eastern High School, Louisville, KY) 15-3, 15-5.

Boy's #1 Doubles: Robby Walden/Allan Engel (Manatee High School, Bradenton, FL) def. Bart Turner/Kevin Williams (Robert S. Rogers High School, Toledo, OH) 15-10, 15-5.

Boy's #1 Doubles Consolation: Andy Dabrey/David Durkee (Eastern High School, Louisville, KY) def. Brian Simpson/Craig Nichols (Snider High School, Ft. Wayne, IN) 15-14, 15-9.

Girl's #1A: Martha Gates (Clifton Central High School, Kankakee, IL) def. Jennifer Mason (Green Run High School, Virginia Beach, VA) 10-15, 15-3, 11-3.

Girl's #1B: Britt Engel (Manatee High School, Bradenton, FL) def. Nikki Sloan (St. Joseph's High School, S. Bend, IN) 15-13, 7-15, 11-3.

Girl's #2: Hayden May (Placer High School, Auburn, CA) def. Michelle Hertz (Waterloo West High School, Waterloo, IA) 15-0, 15-0.

Girl's #3: Theresa Gross (Manatee High School, Bradenton, FL) def. Rusti Icenogle (Placer High School, Auburn, CA) 15-1, 15-1.

Girl's #1 Doubles: Elkova Icenogle/Hayden May (Placer High School, Auburn, CA) def. Britt Engel/Theresa Gross (Manatee High School, Bradenton, FL) 15-8, 15-1.



INTERCOLLEGIATES, CAJUN-STYLE

by Linda Mojer

During a long April Fools weekend, over 300 college athletes converged on the Louisiana suburb of Kenner, just outside New Orleans, to compete "cajun-style" in the 1989 Ektelon/U.S. National Intercollegiate Championships. Students representing forty-one colleges and universities earned points for their school teams as they advanced through twelve single and six double divisions of national competition.

The most important events were the Men's and Women's #1 brackets. Winners here qualify for a spot on the U.S. National Team. Defending champions Mike Bronfeld and Robin Levine, from Cal State/Sacramento, were pressured in early round play by greatly improved opponents. After a first round bye, Bronfeld played only one match before falling to Michigan's Nick Rallis (Macomb Community College) in the round of sixteen with straight game scores of 15-9, 15-13. On the women's side, Levine faced a steady stream of up-and-coming co-eds but advanced to the finals via experience and determination.

Second seeded Memphis State University (MSU) freshman Cindy Doyle exhibited equal skill in reaching the finals without going to a tiebreaker. That streak ended against Levine. The two traded points of 8 and 7 in split games before the all-important third. From the first serve, it was clear that Cindy Doyle had control of

the game. Months of training and practice against left-handed MSU team member Todd O'Neil showed results. Doyle's drive serve to Robin's backhand repeatedly dropped into unreturnable position. When the ball was put in play, Cindy focused her attention on shotmaking, using an array of pinches to earn

"After sprinting, diving and leaping to a 15-7 loss in the second, he moaned to coach Larry Liles 'my legs!' to which the coach replied, 'Never mind your legs, use your head.'"

point after point. Despite Robin's outstanding athletic ability, spectacular retrievals and all-around determination, the title went to Cindy Doyle following a convincing final score of 11-2.

After Mike Bronfeld's early defeat in the men's qualifying division, players throughout the 49-person draw began scrambling for position. By the semifinals, only two seeded players (Charlie Nichols/#2 Manatee Community College and Dave Simonette/#3 MSU) remained in the lower bracket. Above, unseeded northerners Nick Rallis and Jimmy Floyd

(University of Michigan/Flint) were set against one another. Floyd made quick work of Rallis in two games of 15-4, 15-10, while Simonette stunned the crowd with an 11-9 tiebreaker win over Nichols by hitting the same short line crack on two identical drive serves.

In the final, Simonette tried on more than one occasion to repeat the crack serve trick without success. He took a narrow first game win of 15-14 from Floyd, but couldn't maintain the pace over the next two games. After sprinting, diving and leaping to a 15-7 loss in the second, he moaned to coach Larry Liles "my legs!" to which the coach replied, "Never mind your legs, use your head." Floyd, on the other hand, described being on "cruise control" and experiencing a tingling sensation that assured him that he couldn't lose in the tiebreaker. Eleven points later, he secured the Men's #1 Intercollegiate title with a solid 11-1 win.

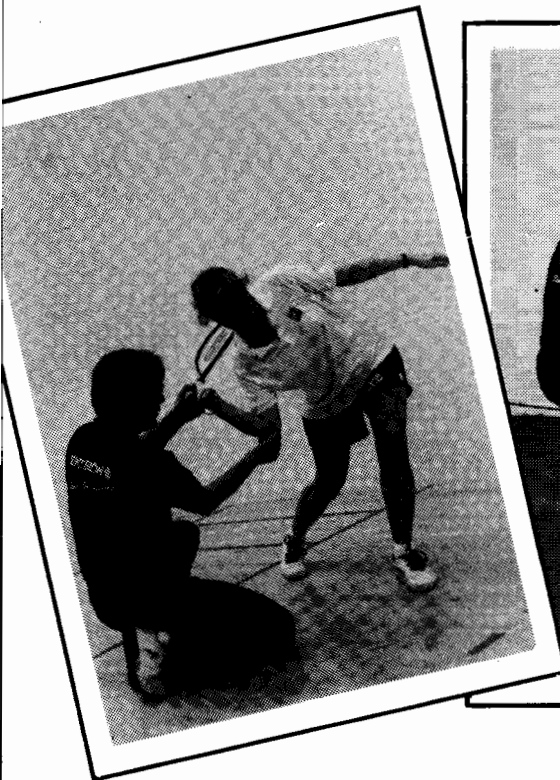
Floyd's teammate and doubles partner Chris Cole won the Men's #2 division trophy, but not without some controversy in a quarter final round match against #1 seeded Mike Lowe. In a heated rally at 14-14 in the second game, Lowe hit a good shot and let out a self-congratulatory, but premature, yell of celebration. After Cole retrieved the shot and played out the rally, a point hinder on the verbal disruption during play was requested.

(continued on page 10)



**Left: Dave Simonette, Jim Floyd with Warren Arnett (referee and LRA representative).
Below: Robin Levine (left) with Cindy Doyle.**





ONE NAME FOR YOUR GAME!

STRANDEMO

GET INSIDE THE EXPERT'S MIND! ENROLL TODAY FOR A STRANDEMO ADULT INSTRUCTIONAL SESSION.

PARTICIPANTS RECEIVE:

- PERSONALIZED VIDEO TAPE
- STROKE ANALYSIS
- ON-COURT INSTRUCTION
- GAME PLAY SESSIONS
- PRACTICE DRILLS
- SINGLES & DOUBLES STRATEGY
- TOURNAMENT PSYCHOLOGY
- SOUVENIR SHIRT & DINNER
- GROUP PHOTO & PARTICIPATION CERTIFICATE
- CONFIDENCE, CONFIDENCE, CONFIDENCE!

Dates	Locations	Dates	Locations	Dates	Locations
☐ June 30-July 2	Lake Tahoe, NV	☐ Sept. 1-3	Manchester, NH	☐ Nov. 3-5	New York, NY
☐ July 7-9	Las Vegas, NV	☐ Sept. 8-10	Memphis, TN	☐ Nov. 10-12	Boston, MA
☐ July 14-16	Chicago, IL	☐ Sept. 15-17	Denver, CO	☐ Nov. 17-19	Chicago, IL
☐ July 21-23	Long Island, NY	☐ Sept. 21-24	Coronado, CA	☐ Nov. 23-26	Coronado, CA
☐ July 28-30	Atlanta, GA	☐ Sept. 29-Oct.1	Jacksonville, FL	☐ Dec. 1-3	Canton, OH
☐ Aug. 4-6	Detroit, MI	☐ Oct. 6-8	Phoenix, AZ	☐ Dec. 8-10	Atlanta, GA
☐ Aug. 11-13	Baltimore, MD	☐ Oct. 13-15	St. Louis, MI	☐ Dec. 14-17	Coronado, CA
☐ Aug. 18-20	Columbus, OH	☐ Oct. 20-22	San Francisco, CA	☐ Dec. 19-22	Coronado, CA
☐ Aug. 25-27	Philadelphia, PA	☐ Oct. 26-29	Coronado, CA	☐ Dec. 27-30	Coronado, CA



STRANDEMO

RACQUETBALL ACADEMY

CALL NOW!

(619) 437-8770

or write

STRANDEMO RACQUETBALL ACADEMY

P.O. BOX 591

CORONADO, CALIFORNIA 92118

Sponsored by
EKTELON
The Most Recommended Name in Racquetball

The referee agreed and awarded the game, and match, to Cole. Lowe argued the call, then took it to the tournament committee for a ruling where it was not overturned. Cole, however, refused to accept the win on that basis and replayed the final point with Lowe later in the day — with no change in the outcome. Cole went on to defeat Bill Sell in a straight game final of 15-11, 15-7 to clinch the division title.

After winning the #3 and #4 singles divisions for MSU, Sergio Gonzalez and Rick Bezousek teamed up for their Men's #1 doubles final against national champions Bill Sell and Brian Hawkes (Cal State/Fullerton). The California team won the first game (15-3). MSU took the second (15-14). The Californians repeated their national doubles performance winning the tiebreaker 11-10.

In yet another match-up between Sacramento and MSU, the Women's #1 Doubles final, opponents Robin Levine and Cari Healy demonstrated the diving and scrapping styles of both coasts as their respective partners Kelly Pulis and Janet Burke calmly awaited their turns to put the ball away. Although it ended up being a straight-game win of 15-14, 15-12 for Levine and Pulis, each point

seemed to be epic in length as at least two of the women hit the floor per rally.

The coveted overall team trophy was recaptured by Memphis State and coach Larry Liles. The Men's team trophy also went to MSU, but Cal State/Sacramento women held onto the Women's team award. Second place overall went to Cal State/Sacramento, followed by Ferris State University in third place.

Congratulations go to all the winners of the 1989 Ektelon/U.S. Nationals:

Men's #1: Jimmy Floyd (U. MI/Flint) def. #3 Dave Simonette (MSU) (14), 7, 1; **Women's #1:** #2 Cindy Doyle (MSU) def. #1 Robin Levine (CSUS) 8,(7), 2; **Men's #2:** Chris Cole (U. MI/Flint) def. Bill Sell (CSFU) 11, 7; **Men's #3:** Sergio Gonzalez (MSU) def. Mark Heckman (CMU) (13) 2, 3; **Men's #4:** Rick Bezousek (MSU) def. Scott Shore (Penn) 5, 8; **Men's #5:** Brian Rankin (MSU) def. Bobby Jackson (MSU) ff; **Men's #6:** Lance Nelson (MSU) def. Derrick Chock (CSUS) 11, 7; **Women's #2:** Janet Burke (MSU) def. Lisa Anthony (CSUS) 10, 10; **Women's #3:** Kelly Pulis (CSUS) def. Cari Healy (MSU) 12, 13; **Women's #4:** Holly Gray (MSU) def. Sandy Wagner (Ferris) 0, 1; **Women's #5:** Nichole Anthony (CSUS) def. Sharon Miller (Providence) 1, 1; **Women's #6:** Jennifer Moore (SMSU) def. Carolyn Nolan (USMA) 7, 6; **Men's #1 Doubles:** Hawkes/Sell (CSFU) def. Bezousek/Gonzalez (MSU) 3, (14), 10; **Women's #1 Doubles:** Pulis/Levine (CSUS) def. Burke/Healy (MSU) 14, 12; **Men's #2 Doubles:** O'Neil/Simonette (MSU) def. Bearsley/Bradford (CSUS) 6, 12; **Women's #2 Doubles:** Mason/Anthony (CSUS) def. Doyle/Gray (MSU) 9, 12; **Men's #3 Doubles:** Nelson/Rankin (MSU) def. Hyman/Spiewak (MSU) ff; **Women's #3 Doubles:** Anthony/Hall (CSUS) def. Gagnon/McClanahan (CMU) 10, 5.

Earthmonsters

It's hard to miss the Southwest Missouri State University racquetball team. At the 1989 Intercollegiate Nationals, the group traveled in pairs and trios sporting



new team uniforms with an "Earthmonster" graphic emblazoned across the back. They were also easy to spot in each of the draws as they advanced steadily through two and three

rounds of increasingly difficult competition.

Led by SMSU alumnus Dave George '79, coach Jerry Turley and team captain Chris Dallas, the 16-member team is clearly up-and-coming. Much of their recent success is due to the backing and support of university president Marshall Gordon, who is a racquetball player himself. The group also gives credit to vice president Herb Lundy, assistant coordinator of the Student Center Randy Blackwood, and a highly active "Friends of SMSU Racquetball" faculty/staff group that competes in campus tournaments and assists in fund-raising for the team.

As if to measure up to this solid institutional commitment, the team has a rigorous formal training schedule which includes alternating workouts of aerobics, three-hour practice sessions, drills, and regular competition four days per week. Routinely, 20-25 members workout with the team each year, hoping to make the final "cut" of six men, six women and four alternates who will travel to the national intercollegiate. These sixteen must qualify on the basis of their playing ability, maintain a high academic standard, have a good court attitude, and be a first-rate representative of the university.

SMSU has no formal scholarship program for racquetball yet, but the strength of the team creates recruiting potential. Dave George scouts young players year-round, inquires about their college plans, explains the team concept and informs the admissions office of the prospective student for follow-up.

In a tournament that is based almost entirely on the concept of team spirit and support, the Southwest Missouri State University Racquetball Team makes a convincing statement about the value of belonging. Inside each of the striking, identical uniforms is an individual student athlete with a shared ideal of fair play, competitiveness and respect for sport. ○

1989 Final Intercollegiate National Rankings

	TEAM	MEN	WOMEN	TOTAL
1.	Memphis State University	927	604	1531
2.	Sacramento State University	613	681	1294
3.	Ferris State University	324	501	825
4.	Southwest Missouri State	371	254	625
5.	Texas A&M University	264	200	464
6.	Penn State University	436	26	462
7.	Central Michigan University	254	203	457
8.	University of Michigan-Flint	448	—	448
9.	U.S. Military Academy	128	209	337
10.	Marist College	282	30	312
11.	Brigham Young University	178	124	302
12.	University of California Berkeley	200	102	302
13.	Providence College	120	178	298
14.	California State-Fullerton	275	—	275
15.	University of Minnesota	274	—	274
16.	Macomb Community College	254	—	254
17.	University of Texas-Austin	192	30	222
18.	Normandale Community College	218	—	218
19.	Purdue University	160	52	212
20.	Bryant College	100	104	204
21.	University of Wisconsin	30	142	172
22.	University of Colorado	108	60	168
23.	R.P.I.	30	120	150
24.	SUNY-Binghamton	146	—	146
25.	Manatee Community College	135	—	135
26.	Plattsburgh State University	44	86	130
27.	University of Mississippi	118	—	118
28.	University of Kentucky	—	105	105
29.	Southwest Texas State	102	—	102
30.	University of Missouri-St. Louis	90	—	90
31.	University of Texas-Arlington	90	—	90
32.	U.S. Air Force Academy	68	—	68
33.	University of Delaware	—	60	60
34.	SUNY-Albany	44	—	44
35.	University of Northern Iowa	30	—	30
36.	University of New Mexico	30	—	30
37.	Stanford University	28	—	28
38.	University of California-Davis	26	—	26

Collegiate Regionals Grow

In preparation for this year's Intercollegiate Nationals, the American Collegiate Racquetball Association (ACRA) held five successful regional events in 1989, and the entire system of ten regions is expected to be fully active by 1990. This development, says ACRA commissioner Neil Shapiro, "is exactly the type of growth that will firmly establish racquetball as a legitimate intercollegiate system sport in the next decade."

College level racquetball is attracting more and more players who are dedicated to tournament play. In the northeast, John Colantoni ran a regional event at the U.S. Military Academy at West Point with 150 entrants. In the Midwest, Jerry Gray brought 68 student athletes to Chicago; George Baker organized a 60-person event in Springfield, MO; Silva Sawyer attracted 65 to Brigham Young University; and Bob Maughan rounded up 58 undergraduates in Denton, TX.

In Texas, Bob Maughan orchestrated another "first" by attracting the interest of a corporate sponsor from outside the racquetball industry. Tetra-Pak, an international paper container manufac-

"College level racquetball is attracting more and more players who are dedicated to tournament play."

turing company headquartered in Sweden, contributed a generous \$1,000 toward the Texas regional. It is apparent that this type of support is crucial to the development of the ACRA network in the south, and across the country.

Until the full ten region network is up and running, the existing ACRA regionals are the sole measure of intercolle-

giate seeding position and ranking. With the exception of placing defending champions in the draw, the results of each regional are the primary criteria for seeding players in the Intercollegiate Nationals, followed by national and international standings.

For more information about the ACRA or formation of intercollegiate teams in your area, contact the American Amateur Racquetball Association at 815 North Weber, Colorado Springs, CO 80903. ○

For more information

Junior Council Commissioner: Scott Winters, Racquetball World & Aerobic Health Center, 10115 Talbert Avenue., Fountain Valley, CA 92708. **High School Commissioner:** Rick Lukasek, Concord Recreation Center, 12320 Old Tesson Road, St. Louis, MO 63128. **Intercollegiate Commissioner:** Neil Shapiro, 128 Lancaster Street, Albany, NY 12210.

EGAN INOUE • CARYN McKINNEY • MIKE RAY • CLIFF SWAIN

ELLIS • PLOTKIN • LEVINE • HENDRICKSON • NICHOLS • ZOELLER

MOSKWA • Di GIACOMO • MONTALBONO • ANTHONY • NICHOLS • LOW

TACKI-MAC GRIPS

WRISTLACERS

ASHAWAY STRINGS

FIN RACQUETS

KLEER VU



- Dealer Packs Available
- Wholesale - Retail
- All colors / styles in stock
- Available at major distributors
- Packaged or Bulk

**FOR INFORMATION CALL:
NETWORK MARKETING**

**4065 ANNISTOWN ROAD
LITHONIA, GA 30058
404-979-7527**

O.U. • JEFFERS • "GAR" • GILLOOLY • HUEFFNER • ICAZA • TURLEY

JERSEY JOE • HANSEN • LORELLO • SCHMIDT • PRP • GONZALES • O'NEIL

DOLWAIN GREEN • DAVE NEGRETE • DOUG GANIM •

**JACK NEWMAN • WOODY CLOUSE •
WHITMIRE • BUCKALEW • SIMONETTE • BOLZ**

MUNROE • GARRIDO • MONCHIK • ROBINSON

MARCUS • P.C. • VANTREASE • DYE • STOREY

**DOT FISCHL • MARCY LYNCH • JIM CASCIO
PLAZAK • SWEENEY • LINSK • ERICKSON • SMSU**

NEVER JUDGE AN OPPONENT BY HIS BALD HEAD!

by Reed Farrell

Mr. Farrell is a Chicago-based freelance writer and actor who has been a racquetball enthusiast since the game began. His own philosophy about racquetball is illustrated in the following story.

Though championship racquetball is definitely a game for the young, here's a word of fair warning to new and even intermediate players. As the old adage goes, "you can't judge a book by its cover", so goes the strange rule of racquetball.

Let me give you a couple of examples. Recently, I was looking for a game at a local club. My partner cancelled at the last minute, so I asked the sign-up gal if she knew of anyone looking to play. I'm no hustler...I just wanted to play.

She mentioned a young fellow with a similar predicament, who was in the dressing room. I found him. He was about 27, with a great athletic build...tall, thin, ripple bellied. I walked up, introduced myself and asked if he'd like to play. He looked at this bald, overweight, bearded

the serve. "No, you go ahead," I replied. He looked at me as if I were stupid. Well, he served and I shot one into the bottom right corner that made that wonderful sucking sound. Rather than saying "nice shot" or some other kind comment...he just grunted at my luck.

I took the serve and never relinquished it. 21 straight points. I stood in the middle of the court and watched him run his young frame all over the court. Frankly, I've never done that before or since. I enjoy the game...I like to win...but humiliation has never been my game. Even when my son could barely hold the racquet, I would never have tried to do that to him. But, I felt, this guy needed a lesson.

After the 21st point, I walked to the door of the court, said a simple "Thanks", and started to walk out. "Where are you going?" my young opponent asked. "Well, you said you only had time for one game," I replied. The realization of what had happened finally came upon him. He walked over, extended his hand and said

"I'm not the player I once was... but I still get a kick out of the look on young players faces when they realize there is more to the game than a hard swing and fast legs."



In every facility around the country there are fat, balding fellows who have played the game since its inception. They are the guys who played handball before it got too tough to bend that low, thus suggesting they take racquet in hand. They played at the gyms and in the parks, working up their sweat with one wall, three wall and four wall handball. And, rarely, were these games played just for exercise. Considerable green changed hands with great regularity.

These gents played paddleball, then used the strung wooden racquets, then those first aluminum models...before going on to fiberglass and graphite. They know all the players for whom those racquets were named. They played with fast balls, slow balls, and everything in-between. They know the game!

hulk in his 50's and said something to the effect that another friend of his might come by soon, and he might just wait.

The club pro overheard the conversation and intervened saying... "Why don't you two play, you'll probably have a good game?" With that he winked at me and walked away. The young stud reluctantly said... "Well, okay, I'll play one game with you."

We walked on the court and started warming up. He was blasting the ball with tremendous force as I stood in the back of the court, throwing the ball into the corner and trying to loosen up, while tuning my hand-eye coordination.

Finally he asked if I would like to lag for



"I'm sorry, you are right...that was stupid of me." "Well we still have a lot of court time left," I countered, "if you want to play...let's play." We did play two more games, and he was actually happy to hear some tips from that elderly, fat guy who had just wiped him out.

The moral of the story is obvious. If some out-of-shape, balding guy wants to give you 15 points and then play for \$5 a point...watch out! Chances are, you are about to lose thirty bucks. O

A PROPOSED RACQUETBALL RATING SYSTEM

by Mike Manes and Dave Mosier

Mike Manes serves on the Board of Directors of Mentor Racquet and Fitness Club in Mentor, OH. Dave Mosier is a member of the advisory Board of Directors of The Pennbriar in Erie, PA.

Do you remember the last time you heard the following conversation at the front desk of your club?

Visitor: Hi, I'm visiting from out of town. Can you suggest anyone for me to play?

Club Member: What level of player are you?

Visitor: Back home I play in a B league.

Or, do you recall your last club championship, where the comments such as "That player didn't belong in the C division, she sandbagged; but she plays in a C league at the club?

These two examples demonstrate the need for formulation of a uniform system to evaluate and identify levels of play within the sport of racquetball.

In the first example, the visitor is looking for competition with a player of similar ability. He identifies the level of play with a level of competition from his own club. However, in the new location, the reference to a "B" player may be to a stronger or weaker player because there is nothing to identify the specific attributes of a "B" player.

The second example highlights another situation in which players cannot compete on a common level because they are not able to evaluate their own level of play with reference to specific skills. Without a clear statement of identifiable skills attributable to different levels of play, players evaluate themselves based on their win/loss record compiled by playing with a relatively small (10-12) league group.

Tennis faced a similar problem and developed the National Tennis Rating Program (NTRP). As stated in the self-rating guidelines published by the United

States Tennis Association (USTA), International Racquet Sports Association (IRSA) and the United States Professional Tennis Association, the NTRP "provides a simple, initial self-placement method of grouping individuals of similar abilities for league play, tournaments, group lessons, social competition and club or community programs." The NTRP associates skill levels with specific identifiable techniques, shots, and ability to formulate and execute strategy. This specific definition enables players to compete with opponents of comparable skill.

Figure 1 shows a proposed racquetball rating system. This is derived from the NTRP and is a compilation of systems currently used in Erie, PA and Mentor, OH. The change from a letter system (Novice, C, B, A, Open) to a numerical system (1.0 through 6.0) is not intended to change player ranking — only to identify it.

The proposed Racquetball Rating System (RRS) attempts to define levels of play in the same manner as the NTRP, i.e., by associ-

ating skill levels with specific identifiable techniques and abilities. This type of rating system would provide an organization for racquetball which will enhance its perception as an organized sport (rather than another aerobic exercise). (See the developmental comparisons between the sport of tennis and the sport of racquetball in the June, 1988 issue of *National Racquetball*.)

RRS enables players to recognize a series of goals having specific abilities associated with them. Players can identify what is necessary to improve and can focus on specifics to accomplish that improvement. Each player who improves his/her game to that next level will feel a new enthusiasm for the sport. It is enthusiasm which carries players to the limits of their personal potential and creates excitement in clubs around the country.

A posting of player ratings provides a ready-made challenge ladder. Players will be able to watch a given level of play

(continued on page 15)

"The racquetball rating system should provide a simple, initial self-placement method of grouping individuals of similar abilities..."

HOLABIRD SPORTS DISCOUNTERS

Beats Them All!

LOW PRICES • 48-HOUR SHIPPING

1 LOW \$3.10 SHIPPING CHARGE—ANY QUANTITY

CALL 301-687-6400

ALL RACQUETBALL RACQUETS ARE FACTORY PRE-STRUNG

SALE! BRAND NEW ONE-OF-A-KIND

EKTELON RACQUETS AT GREATLY REDUCED PRICES
CBK STD—X SM/SM .70.00 250 G STD—X SM/FL .40.00
GRC 3000 STD—SM .25.00 CR 200 STD—SUP SM .25.00
BLUE LITE—SUP. SM .20.00 ST 245 STD—SMALL .25.00
MARATHON GRAPH-FL .30.00 JEN. HARDING—X SM .20.00

EKTELON
CBK—MID .139.95 TORON GRAPH OVER .116.95
MAGNUM MID .65.95 250G CERAM MID .89.98
OPEX—OVER .31.95 ARIS (GRAPHITE) .107.95
SEREX—OVER .71.95 QUANTUS MID .76.95
SYNITAR CERAMIC .57.95 INTEGRA CERAMIC .29.95
EXCEL GRAPH STD .39.95 SYCOR STEEL .44.95
EXCEL GRAPH MID .44.95 OPTIMA GRAPHITE .64.95
SENTRON MID .26.95 XPRE GRAPHITE .55.95

PRO KENEX
HOGAN 60 OPTIMUM .49.95 HOGAN COMP OPT .59.95
HOGAN 40 OPTIMUM .49.95 HOGAN GRAPH OPT .75.95
HOGAN SHADOW .99.95 HOGAN MICRO CERAM .79.95
HOGAN MICRO SHADOW .99.95 HOGAN CERAM COMP .59.95
PRO COMP .19.95 GRAPHITE MICRO .36.95

NEW HOGAN SERIES 31
HOGAN 60 OVER .79.95 HOGAN SHADOW OVER .117.95

HEAD
ELITE OVER .97.95 ELEKTRA OVER .64.95
PRELUDE MID .53.95 RX 50 MID .77.95
BORON IMPULSE .57.95 RADIAL MID .68.95
MASTER OR PRO .21.95 SPRINT MID .29.95
LASER MID .45.95 SPECTRUM MID .59.95

WILSON
PROFILE-WIDE BODY .98.00 CERAMIC STAFF MID .31.95
ULTRA .49.95 GRAPHITE STAFF MID .28.95

FIN—VIBRATION—FREE
GRAPHITE LEGEND .119.95 GENIUS CERAM BORON .139.95
GRAPHITE COMPETITOR .89.95

ADIDAS TENNIS & RACQUETBALL SHOES
LENDL COMP 2—M .56.95 LENDL ADVANTAGE-M .37.95
WORKOUT II—M .31.95 SPECIAL HIGH TOP-M .35.95
STEFAN EDERBERG-M .31.95 ATP 3000-MEN .29.95

OTHER TENNIS & RACQUETBALL SHOES
EKTALON ANSWER-M/L .34.95 PRINCE LEATH-M/L .23.95
EKTALON ANSWER-3/4-M .42.95 PRINCE MID XP LEA-M/L .30.95
FOOT-JOY TUFFS-M/L .24.95 REEBOK LEATH-M/L .34.95
FT-JOY TUFFS-3/4-M .33.95 REEBOK PRO-VOLLY-M/L .26.95
K-SWISS GSTAAD-L/M/L .44.95 KENEX PK MESH-M .24.95
K-SWISS GSTAAD-3/4-M/L .48.95 AVIA 280—MEN .25.95
HEAD PRO ELITE-M/L .35.95 AVIA 745 LEATH-M/L .32.95

BASKETBALL SHOES—MEN'S HIGHTOP
ADIDAS PRO CONFER .27.95 NIKE AIR DELTA FORCE .47.95
AVIA 840 MX .33.95 NIKE AIR SOLO FLIGHT .59.95
K-SWISS BRISTEN .53.95 REEBOK COMMITMENT .59.95

REEBOK & AVIA WORKOUT SHOES
EXOFIT 500 LEA-HI-M .37.95 PRO WORKOUT MID-M .49.95
WORKOUT—LOW-MEN .32.95 AVIA 495-3/4 HI-M .34.95

RUNNING SHOES
NEW BAL M 830-MEN .49.95 BROOKS CHARIOT-M .43.95
ASICS TIGER EXT-M/L .24.95 REEBOK CLASSIC LEA-M/L .35.95

BAGS—EKTALON
TOURING PRO—NEW .28.95 NEW PRO PLUS .22.95
THERMA-SPORT-NEW .25.95 TEAM SPORT .22.95

T-SHIRTS
SERGIO TACCHINI .11.50 FILA .11.95
LE COQ OR ASICS TIGER .8.95 REEBOK OR WILSON .7.50
ELLESSE .10.95 FT-JOY OR NEW BALANCE .7.95
YONEX .6.50 AVIA OR NIKE .7.95
PRINCE OR ADIDAS .7.50 EKTALON OR DUNLOP .7.50
HOLABIRD OR DURBIN .3.95 PUMA .6.95
K-SWISS OR KENEX .7.95 KNEISSL OR ASHAI .8.95
HEAD OR ROSSIGNOL .7.95 DIADORA OR ESTUSA .8.95

BALLS/ACCESSORIES
WILSON TRU BLUE RACQ. BALLS .6 CANS 11.50
PENN. OR EKTALON RACQ. BALLS (BLUE) .6 CANS 11.98
HEAD OR KENEX RACQ. BALLS (BLUE) .6 CANS 11.50
NEW YORKER OR ALBANY LEADER EYE GUARDS .18.95
DALLAS LEADER EYE GUARDS .21.95
KENEX SHADOW OR DOMINATOR EYE GUARDS .24.95
KENEX COMPETITOR OR SABER EYE GUARDS .15.95
EKTALON COURT GOGGLES .14.95
BAUCH & LOMB ACTION EYEGLAS .19.95
EKTALON INTERCEPTOR GLASSES .23.95
LEATHER RACQUETBALL GRIPS .4 FOR \$10—3.95 EACH
BABOLAT PROTECTION TAPE OR GRIPSY .3.75 EACH
KENEX HOGAN GRIPPER—COLORS .4.20
THORLO SOX—ALL STYLES—M/L .PAIR 4.85
FOOT-JOY STA-SOFT RACQUETBALL GLOVES .11.95
EKTALON CLASSIC GLOVES .11.95
EKTALON ALL PRO GLOVES .10.95
EKTALON SYN RACQUETBALLER SUEDE GLOVES .7.98
EKTALON PERFORMER GLOVES—NEW .13.50
EKTALON WEIGHT LIFTING GLOVES .PAIR 13.50
KENEX DURA-TACK GLOVES—MEN/LADIES .10.95
TOURNA GRIP .3.25 SHOE GOD .2.75
TACKI MAC-RACQ .4.75 AME GRIP-COLORS .5.20

HOLABIRD SPORTS DISCOUNTERS

9008 YELLOW BRICK RD. • ROSSVILLE IND. PK.
BALTO., MD. 21237 • CALL 301-687-6400

24-HOUR FAX LINE—301-687-7311
MONDAY-FRIDAY 9-5 • SATURDAY 9-3

MAIL OR PHONE—SHIP ANYWHERE. CHARGES—INCLUDE IVA

OR MASTERCARD • & EXP. DATE OR SEND MONEY ORDER.

SMALL ADDITIONAL SHIP. CHARGE OUTSIDE CONTINENTAL

USA & APO'S, MD. RES. ADD 5%. FREE CATALOG AVAILABLE.

QUOTES ON FULL LINES OF TENNIS, RACQUETBALL,

BASKETBALL, ETC. SHOES, RACQUETS & ACCESSORIES

AEROBICS AND RACQUETBALL: SPORTS THAT CAN GO HAND-IN-HAND

by Laura LoManto

Miss LoManto is a certified aerobics instructor and amateur racquetball player.

You aerobicize four to five times a week. It's fun; it's a great way to exercise and meet people; it's a great workout, and, frankly, it may get boring.

Repetition of the same exercises becomes too routine and loses freshness. Variety is the key to staying interested in workouts. If you are engaged in a regular aerobic program and looking for a little "variety", try racquetball. Your aerobic background will help you succeed and enjoy the sport.

Long Islander, Diane Weid has been playing racquetball for ten years. A few years ago, she began aerobic exercise to help her game.

According to Mrs. Weid, "aerobics definitely sharpened my game. I found it easier to get to the ball and to play for longer periods of time without getting winded." She plays on a traveling team and is a certified aerobics instructor. "The two sports compliment each other. People who are engaged in regular aerobic programs will definitely find it easy to make the transition to racquetball. Their stamina, flexibility and speed will put them ahead of a "non-aerobic" person who is also learning the sport."

The cardiovascular conditioning you receive during an aerobic class will give you the stamina required to play an hour of racquetball. Stamina is crucial. If your body slows down because your cardiovascular system is inadequate, you will not be able to get to the ball in time to set up and your shots will be sloppy. Your body must be able to handle extended periods of activity.

It is also important to note that some of today's aerobic classes are specifically designed to train the body for sports such as racquetball. Many instructors teach interval training classes where high-in-

tensity exercise is followed by low-intensity activity. This format gives the body a chance to recuperate while maintaining the proper heart rate and provides a chance to strengthen anaerobic (without oxygen) capacities. According to the January/February 1989 issue of *Women's Sports & Fitness*, "this [interval training] trains the body to handle quick, high-

likely to tear during the course of a game.

Coordination also plays an important part in converting from aerobics to racquetball. Remember how clumsy you felt during your first aerobic class? The knee lifts and jumping jacks were not bad alone, but once the teacher started throwing in those arm movements and side-stepping, you really got lost. In racquetball, these elements will help you find your way. Racquet sports require eye-hand and hand-and-foot coordination. Aerobics

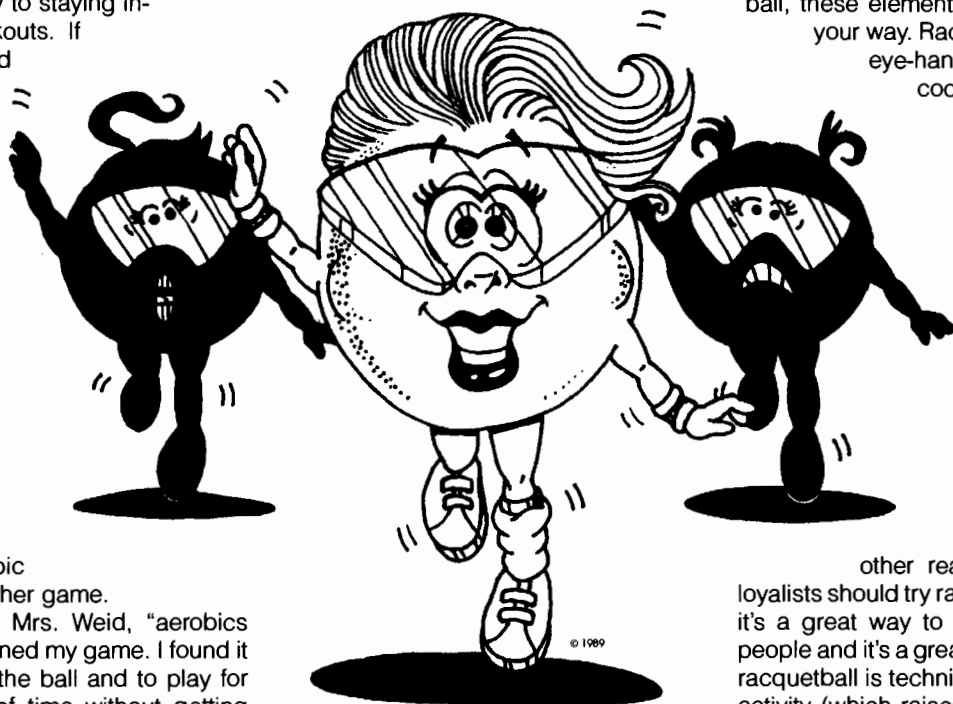
prepares you for this. The time spent struggling to learn the moves in class pays off on the court when you side-step to get to the ball, set up to swing, or rotate your hips and step in with your lead foot.

Aside from the physical advantages, there are

other reasons why aerobic loyalists should try racquetball — it's fun; it's a great way to exercise and meet people and it's a great workout. Granted, racquetball is technically not an aerobic activity (which raises your heart rate to your target training zone and keeps it there for at least 15-20 consecutive minutes). During a game your heart may rise to within your target training zone during the rallies, but will lower afterward, due to such things as walking to the service box, returning to the back of the court or taking a timeout. Unless you have a rally that is longer than 15 minutes, you will not be giving your body a true aerobic workout, but this should not stop you from supplementing your routine with the sport.

Racquetball becomes a true aerobic activity, when you keep the ball in play for at least fifteen consecutive minutes. This may mean letting the ball bounce a second time before getting to it or letting skips go by, but twenty minutes of this type of racquetball is probably tougher than most advanced aerobic classes.

If you are making the switch from aerobics to racquetball, you already have a "leg-up" on the competition. See you on the court! ○



exertion tasks like running 50-yard dashes," or to handle sports that include quick, high-exertion movements, such as racquetball. These sports depend less on oxygen for the body's fuel and more on stored energy. Interval training allows the body to use its stored chemicals for energy more easily, thus preparing it for anaerobic activities including racquetball, baseball, football, tennis and gymnastics.

Cardiovascular conditioning is not the only reason why the transition from aerobics to racquetball is smooth. Flexibility is also important. Racquetball players often s-t-r-e-t-c-h to reach the ball. They could not do it if their muscles were not limber and elastic. Aerobic training makes it easy to stretch and make contact with the ball, whether it is a high overhead shot or a very low kill shot. Because of the aerobic cool-down and slow, static stretching performed in class, muscles are much more flexible and much less

Rating System

(continued from page 13)

and try to identify the specific criteria associated with it. When playing someone of a higher level, a player can scan the definitional chart and observe his/her opponent's execution of one or a variety of elements associated with that level.

In addition to self-certification, tennis uses a rater program involving certified raters to classify players. The authors are split upon the approach to rating in racquetball. Mike feels that the rating should be based upon the definitions in the RRS and should be performed by a player who is knowledgeable and experienced in teaching the various skills and corresponding levels. Dave feels that Mike's

approach is a good "self-certification," but to avoid an inflated or "clubby" classification, encourages a rater program on a regional basis. This type of rating could be performed at regional tournaments.

RRS has been proposed for discussion purposes. We hope that your suggestions and comments, mailed to *National Racquetball Magazine*, c/o Editor, will lead to a refined RRS to be adopted by the American Amateur Racquetball Association (AARA) and clubs across the country. We believe that for the reasons set forth in this article, detailed descriptions of the various levels of play will lead to greater appreciation (in particular, by casual players) and development of the sport. ○

FIGURE 1

Proposed Numerical Rating System

This player...

1.0 ...has never played racquetball.

2.0 ...is familiar with the rules; has played enough or completed beginning lessons so as to have the basic mechanics for forehand and backhand.

2.5 ...has some playing experience; is able to judge where the ball is going; is able to sustain a rally, but most shots are at random; is often caught out of position, is not comfortable with the full range of shots and the anticipation and court coverage are major problems.

3.0 ...can place shots with moderate success; can use a kill shot, but it is not consistent; is playing regularly, and can place shots away from opponent with moderate success; lacks control when trying for power; understands importance of footwork and proper stroke; serves are varied, but lack control on a consistent basis.

3.5 ...plays regularly with some success; has achieved stroke dependability and direction with

both forehand and backhand and has a kill shot, but may lack depth and variety in strategy and shot selection; can serve accurately and force some opponent errors.

4.0 ...has dependable forehand and backhand strokes and hits with authority; has reasonably good footwork and strategy skills; has a good understanding of court coverage and positioning.

4.5 ...plays on an average of three times or more per week; has an excellent serve and a full range of shots including ceiling balls and forehand kills; is aware of the importance of body rotation and shot anticipation.

5.0 ...is a high percentage scorer when offensive opportunities are present; is consistent and competent in all aspects of the game including ability to execute strategy under pressure.

5.5 ...is currently ranked by the AARA as one of the top amateur players.

6.0 ...is a professional player or a professional qualifier.

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



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

- RACQUETBALL RACQUETS -

EKTELON CBK Mid.	139.95
Toron.	113.95
250G Mid.	89.95
New Magnum.	65.95
Symitar	59.95
KENNEX Hogan Micro Shadow	99.95
Hogan Shadow 31 Oversize	119.95
Hogan Ceramic Comp.	\$64.95
Hogan Micro Ceramic	99.95
Hogan 40.	49.95
Hogan 60 Oversize	79.95
HEAD RX50	77.95
Radial	65.95
Elektra	64.95
WILSON Profile	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
Performer Glove	12.95
Wrist Tether	4.95
Touring Pro Bag	CALL
Classic Glove	10.50
Racquetballer Glove	7.95
Thermasport 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
Interceptor	24.95
Regent	14.95
Quantum	12.95
Court Specs	8.95
New Specter	9.95
Sentinel	19.95
Sierra	18.95

- OTHER EYEGUARDS -

Bausch and Lomb Action Eyes	21.95
Leader Albany	16.95
Leader Dallas	21.95
Leader New Yorker	17.95

- SHOES -

WILSON SBR Racquetball (M)	CALL
Pro Staff Leather (M/L)	CALL
Pro Staff Mesh (M/L)	CALL
EKTELON The Answer 3/4 (M)	CALL
The Answer Low (M/L)	CALL
FOOTJOY Tufts (M)	CALL
Pro Court Tufts 3/4(M)	CALL
REEBOK Defiance (M)	CALL
Image (M/L)	CALL
AVIA 780 Sweetspot (M)	CALL
Transport 1350/1360 (M)	CALL
ADIDAS Lendi Farorite (M)	CALL
Circuit Low (M)	CALL
Edberg (M)	CALL
DIADORA Player (M)	CALL
BROOKS Nouveau (M/L)	CALL
Elan MXT 550 (M)	CALL
Legacy HF (M)	CALL
K-SWISS Reg	CALL
Gstaad 3/4 (M)	CALL
Gstaad Low (M/L)	CALL
PRINCE Mid XP (M)	CALL
HEAD Edge II (M/L)	CALL
Radial 500 (M/L)	CALL
Tri-Court (M)	CALL
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 \$3.25 shipping any quantity. Money order or certified check payable to "Tennisport". COD's, APO'S, FPO'S add \$3.50 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

WARM-UP — COOL DOWN

by Dan Obremski

The rash of injuries in the sports world today, indicates improper, or negligent warm-up periods by athletes. Many people begin their workouts or athletic endeavors too abruptly, shocking the muscles into cramps or pulls. This not only inhibits potential for improving strength, but also affects your ability to sharpen skills in your respective sport.

Some athletes pack their gym bags after working out, and head for the shower with no cool down time allowed. These people don't realize that lactic acid built up in the muscles after a strenuous match or workout must be flushed out of the system. Lack of cool down time often results in a stiff body the following day. Players and weight lifters know that the greatest restriction to performing well is sore muscles. Stiff muscles take longer to warm-up and rarely perform at their highest potential. So, if you want every workout and every match to be productive and fun, I suggest you warm up and cool down.

Warm-Up

To perform your best on the court or with weights, a proper warm-up is essential. Included here is the warm-up I use for both racquetball and lifting. Warm-up procedures will be different for different sports and degrees of fitness. Mine are offered as an example only.

Over the years there was a common myth that stretching should be done first in a warm-up. If you compare your cold muscle to cold salt water taffy, you can imagine the effect of trying to stretch without first being warm.

To warm up before a stretch, do 25 jumping jacks, then run in place or jump rope for five minutes. I then hit a ball around on the court at a very slow pace for five minutes. (This is great if you're at a club where a bike or a running track is not available.) After this

10-22 minute warm-up, I begin to stretch using my own general routine outlined in the May issue of *National Racquetball* magazine. Now you're ready to begin hitting on the court.

Before lifting, I ride the bike ten minutes and shoot five minutes of basketball to loosen my upper body. Also, at each station, before working a particular body part, I stretch that body part for 30 seconds or more.

Warm-Up Racquetball

(choose two ••)

- Jumping jacks (25)
- Run in place (5 minutes)
- Jump rope (5 minutes)
- Bike (5-10 minutes)

Hit lightly (5 minutes)

Stretch (every body part)

Hit on court (game preparation)

Warm-Up Lifting

(choose one •)

- Bike (10 minutes)
- Run (10 minutes)

(choose one ••)

- Basketball (10 minutes)
- Racquetball (10 minutes)

Stretch individual muscles prior to exercise

Cool Down

After a workout or a match you've

depleted your body of liquids and your muscles of energy. Lactic acid has also built up in the muscles. That's why it's very important to consume large amounts of water after a match or workout, eat a well balanced meal, and flush the lactic acid from your muscles by stretching.

The lower back and shoulders take a beating from a tough match so I would suggest spending a little more time stretching them. A 15 to 20 minute stretch immediately after a match should help you cool down and eliminate major pains or cramps the following day.

For weight training I stretch each body part immediately after a particular exercise for that individual muscle. My lifting routine is also followed by a general stretching routine for the entire body.

If you take steps to overcome the hazards of inadequate warming up or cooling down you can look forward to injury free and pain free athletic endeavors. ○



Left: A jump rope can be used in more ways than one. Above: Jumping jacks are an excellent warm-up exercise.



Above and below are steps in a back relaxation stretch used for cooling down.



FIBER — FOOD FOR FITNESS

by Marcy Lynch

There's a wealth of information these days about the benefits of fiber in our diet. Fiber's "miraculous" properties range from preventing cancer to reducing cholesterol. But, what exactly is fiber? In what food is it found? How beneficial is it to our diet?

Fiber is a mixture of indigestible organic materials found in plant foods. There are two types of fiber; soluble and insoluble. Soluble fiber absorbs cholesterol in the intestines and is found in dried beans (legumes), oat bran, carrots, barley, corn, sweet potatoes, zucchini, cauliflower, broccoli, as well as bananas, pears, oranges, and apples. The cholesterol absorbed by the soluble fiber is said to help lower cholesterol.

Insoluble fiber is good for the digestive system and may help prevent colon cancer by preventing constipation. It does not absorb cholesterol in the intestines like soluble fiber. Insoluble fiber is found in whole wheat, whole grains, wheat bran, and most fruits and vegetables.

The average daily requirement of dietary fiber is 25-35 grams. Most labels don't differentiate between soluble and insoluble fiber and some foods contain combinations of both types. Fiber type becomes important when we attempt to lower cholesterol by eating soluble fiber.

One of the most common sources of soluble fiber is oat bran. According to a study conducted at Northwestern University Medical School by Jeremiah Stam-



ler. The average person should eat 35 grams of oat bran per day to lower cholesterol by 3%. A one ounce serving (2/3 cup cooked) of hot oat bran has 28 grams of fiber, almost the daily required intake. Other foods such as oat bran muffins, cookies, and ready to eat cereals contain various amounts of fiber.

Many of the other sources of oat bran are also high in fat. Ironically, the fat is saturated fat (butter, coconut oil, palm oil, eggs) which has been shown to raise serum cholesterol. It pays to read labels to prevent consuming a food which could actually cancel out the beneficial effects that were intended. Better yet, make your own muffins or cookies. Below is a recipe for homemade oat bran muffins.

Although eating oat bran and other soluble fibers is one way to help lower cholesterol, people who eat oat products as part of a diet that is also low in saturated fat and cholesterol are much more likely to achieve success than those who continue to eat fried eggs, bacon, donuts, croissants, and other high fat foods.

Foods high in fiber do contribute to a healthy diet. In addition to keeping your colon and your bloodstream clean and healthy, high fiber goods are excellent sources of carbohydrates. Carbohydrates are the body's best source of fuel and contain lots of needed vitamins. So make yourself a batch of homemade oat bran muffins and enjoy them! Your body will thank you in many ways. ○

OAT BRAN MUFFINS

2-1/2 cups Oat Bran cereal, uncooked
1/4 C. Chopped Walnuts (optional)
1/4 C. Raisins (optional)
3 tsp. Baking Powder
1/2 tsp. Salt (optional)
3/4 C. Skim Milk
1/3 C. Honey or Brown Sugar
(add extra Sweet 'n Low if desired)
2 Tbsp. Polyunsaturated oil
2 Eggs (may substitute 4 egg whites & 2 extra tsp. oil)

Heat oven to 325°. Coat 12 medium muffin cups with vegetable oil or spray or line with paper baking cups. In a large bowl, combine Oat Bran cereal, nuts, raisins, baking powder and salt. Add remaining ingredients, mixing just enough until dry ingredients are moistened. Fill muffin cups almost full. Bake 15-17 minutes or until golden brown. Serve warm.

Makes 12 muffins.

Variations:

1. Nut and Raisin — add 1/4 C. of each to batter
2. Date and Nut — add 1/4 C. of each to batter
3. Apple Cinnamon — add 1-1/4 teaspoons cinnamon to dry ingredients. Decrease milk to 1/3 cup, add 2/3 cup apple juice.
4. Banana Nut — add 1/4 C. chopped nuts to dry ingredients; add 2 very ripe bananas to wet ingredients and blend well.
5. Pineapple — add 1/2 C. or more chopped pineapple; substitute 1/2 C. pineapple juice for 1/2 C. milk
6. Apricot or Prune — add 1/2 C. or more of chopped dry prunes or apricots
7. Cherry — add 1/2 C. or more of dried sweet cherries.

FOR LOW PRICES & THE BEST SERVICE CALL Frontier.

PRO KENEX

Hogan Shadow Oversize	\$119.99
Hogan Micro Shadow	109.99
Hogan 60 Oversize	79.99
Hogan Ceramic Comp	69.99

EKTELON

CBK Mid	\$139.99
Toron Graph Oversize	119.99
250G Ceramic Mid	89.99
Quantus Mid	79.99
Serex Oversize	74.99
Magnum Mid	69.99
Symitar Ceramic Oversize	56.99
Opex Oversize	34.99
Quazar	22.99

HEAD

Elite Oversize	\$99.99
Elektra Oversize	64.99

Purchase 2 Racquets or more
and get FREE SHIPPING!

GLOVES

(Quantities of 3 or more, deduct \$1 per glove.)

Ektelon Performer	\$13.99
Ektelon Classic	11.99
Ektelon Cabretta	10.99
Ektelon Synthetic	9.99
Ektelon Calfskin	8.99
Hogan Pro Duratack	12.99
Hogan Duratack (red)	10.99
Foot Joy Sta-Sol	11.99
NEW Head Pro	11.99
Head Cabretta	9.99
Buckskin Cabretta	8.99
Buckskin Synthetic	7.99

EYEGUARDS

Pro Kennex Shadow	\$23.99
Pro Kennex Dominator	21.99
Pro Kennex Competitor	16.99
Leader Hi lite Plus Amber	23.99
Leader Hi lite II Amber	20.99
Leader Hi lite I Amber	19.99
Leader Dallas	19.99
Leader New Yorker	17.99
Ektelon Interceptor	23.99
Ektelon Eclipse	22.99
Ektelon Quantum	14.99
Bausch&Lomb Colors	25.99
Bausch&Lomb Action Eyes	21.99

ACCESSORIES

Hogan Weekender Bag	\$29.99
Hogan Sport Tote	21.99
Ekt. Touring Pro Bag	31.99
Ekt. Thermasport Bag	27.99
Ektelon Pro Plus Bag	23.99
Racquetball Saver	7.99
Ektelon Wrist Tether	5.99
Hogan Gripper w/adhesive	3.99
Tacki-Mac Grip w/adhesive	4.99
NEW Ektelon Grip by Ame	5.99
Vibrasorb	2.99
Armsavers	2.99
Ektelon 3 Bands T-Shirt	9.99
Foot Joy 3Q	44.99
Foot Joy Low Cut Tuffs	31.99
Ektelon Answer 3/4	49.99
Ektelon Answer Low Cut	39.99

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-5:30PM PST
Sat. 10AM-5:30PM 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 7% sales tax. Minimum order: \$15.

THE TEN MOST IMPORTANT FACTS TO KNOW ABOUT YOUR GOOD HEALTH

by Dr. Richard Honaker, M.D., P.A.

1. Ideal Body Weight — Know your ideal body weight and try to maintain it. Your body mass index is calculated by dividing your weight (in kilograms) by your height (in centimeters). Your mortality figures are elevated if this number is greater than 30. The ideal is 23. Obesity increases the death rate from diabetes, gallbladder disease, heart disease, kidney disease and breast and colon cancer. The caloric requirement of the male is 2,700 calories and a female is 2,000 in one day. Ideal body weight should be attained by striving for a 2 lb. weight loss or less per week in a gradual manner. It's best maintained by increasing exercise and modifying eating behavior.

2. Cardiac Risks — Your risk of heart disease is affected by your cholesterol, family history, cigarette consumption, diabetes, hypertension and birth control pill use if you are over 35. A family history of heart disease in a brother, sister or parent less than age 60, doubles one's risk of heart disease. Know the risk factors you have and alter those which you can.

3. Cancer Risks — Everyone should know the seven warning signals for cancer. In brief they are: (1) a lump or thickening anywhere; (2) a change in the size or color of a skin lesion; (3) indigestion or trouble swallowing; (4) a change in bowel or bladder habits; (5) any unusual bleeding; (6) hoarseness or cough which persists; and, (7) any sores which fail to heal over a reasonable period of time. Your diet affects the occurrence of cancers of the colon, breasts, rectum and prostate which account for 38% of total death rates. To reduce your risks, avoid obesity (especially in females), decrease the total fat intake, increase fiber intake, take a supplement of vitamins which include Vitamin A and Vitamin C, drink alcohol only in moderation and reduce the use of salt-cured meats. There is some evidence that increasing the intake of nutrients found in cabbage, broccoli, cauliflower, etc. is beneficial in this regard.

4. Exercise — Adequate exercise reduces cardiovascular risk factors as well as weight and its effect on heart disease and cancer. Optimum exercise should be 4-7 times per week for a minimum of 20-30 minutes each workout to attain a pulse rate of approximately 155 if you are in your 20's, 145 if you are in your 30's, 140 in your 40's, 130 in your 50's and

120 in your 60's. For individuals over the age of 35, it is a good idea to get medical clearance before strenuous exercise.

5. Nutrition — An optimum diet is high in fiber, low in smoked and barbecued meats which contain carcinogens (cancer causing chemicals), fruits, vegetables and whole grains. You should also strive to reduce the saturated fat, cholesterol, red meat, cheese and baked goods in your diet. Angel food cake is an excellent source to get your sweet fix for the day. Emphasize fish and poultry (without the skin). Veal is also an acceptable meat. Saturated fats are those fats which are solid at room temperature. Polyunsaturated fats are liquid at room temperature. Saturated fat triggers the liver to make more cholesterol. The most important polyunsaturated fats are safflower, corn and soy bean oil, which should be emphasized. Fried foods should be avoided. Grandma's advice to eat plenty of fruits and vegetables is good advice.

6. Know Your Numbers — All of us must be aware of our cholesterol level, which should be under 200, and one should know his HDL level (the good cholesterol) and LDL level (the bad cholesterol). Know your blood pressure. It should be less than 140/90 with the number 90 being the most important one. Persistently elevated blood pressure readings should be treated. You should also know your blood sugar, resting heart rate and triglycerides (which are the non-cholesterol fats).

7. Avoid cigarettes, excessive stress, more than two drinks of alcohol per day and excessive exposure to sunlight. For each cigarette smoked daily, the risk of lung cancer is increased by a factor of one. This means a person smoking 20 cigarettes per day has a 20 times greater chance of dying from lung cancer than someone who does not smoke. Statistics show that one of four smokers will die of lung cancer. Smokers also have a 3-4 times increased incidence of heart attack and increased incidence of peptic ulcers, esophageal and oral cancer.

8. Medications and Vitamins — If you are on medications, make sure you take them regularly. Avoid megadoses of vitamins. In the future, fish oil capsules may be important to reduce cholesterol. Selenium, and every other day Aspirin, may be prescribed to re-

duce heart disease.

9. Check-ups — Complete physical examination with blood work and physician's advice regarding health issues should be scheduled in men every two years up to age 40, then yearly; in women every two years up to age 35, then yearly. Everyone should be screened for cancer and women should have regular examination of breasts and pap smears. Immunity to German measles should be determined for those women of childbearing age and individuals with chronic diseases of the lung, heart, kidney or liver should have yearly flu vaccines and pneumonia vaccines. Women should have routine mammograms and practice monthly self-breast examination. Men under the age of 35 should do self-testicle examination for testicle tumors. Laboratory stool examinations should be done to detect microscopic amounts of bleeding for individuals over the age of 40, or with a family history of colon cancer. Tetanus boosters should also be updated every 5-10 years. Proctosigmoidoscopy examinations of the lower colon should be done periodically beginning at age 50. This screens the colon for growths.

10. Miscellaneous — These are various suggestions to maintain good health. Eat breakfast — studies show that people who eat breakfast tend to live longer and healthier lives. Wear seat belts. Know your doctor's emergency phone number. Be married — married people for various reasons have a much lower incidence of death and disease. See a dentist twice yearly. If you have young children in the home have Ipecac syrup available to induce vomiting with your doctor's advice if poisons are ingested by the children. Reduce stress. Drink caffeine and eat salt only in moderation.

The concepts of health maintenance and preventive medicine have received a great deal of attention in recent years. The issues discussed above are presented to help you become better informed about your health maintenance, which in the long run will result in fewer illnesses and a longer, healthier life. ○

Editor's Note:

Send your questions and/or comments to Dr. Richard Honaker, c/o National Racquetball Magazine, P.O. Box 6126, Clearwater, FL 34618-6126.

WHAT'S THE CALL?

by Otto Dietrich
AARA National Rules Commissioner

Q: The January column of *What's The Call* said that if Player A dives at the receiving line to retrieve a shot and hits a rollout, while at the same time he hits and staggers Player B, there can be no consideration for a hinder call because Player A's rollout was an irretrievable shot. Wasn't the answer incomplete?

What if Player A had missed his shot? I would think in that case, that Player A would deserve a hinder. What was Player B doing at this time? Was he trying to get out of the way or was he just standing there, trying to hold center court position? For the sake of safety and good sportsmanship, I would think the call should at least be a hinder or possibly a point (avoidable) hinder. I really think this question needs more discussion. **James Weller, Middletown, RI**

A: The answer was based on Rule 4.15 (c) which states, in part, that a player must have a reasonable chance of returning the ball for a hinder to be called. Since the shot described was a rollout, Player B cannot claim that the contact with Player A was the reason he did not return the ball. The original question did not provide enough details to properly answer your follow-up questions, but here are some possible considerations. If the contact which occurred between the two players caused Player A's shot to be impaired, then a hinder should be called. Since the shot rolled out, Player A is not likely to want a hinder. This is why the referee should make a call as soon as possible. Assuming that shot impairment occurred and a "hinder" is called by the referee, then anything that follows the call — including a perfect rollout — is voided as specified in Rule 4.15 (b). At this point, the referee must decide if the impairment was either (1) a "dead-ball" hinder in which case the rally should be replayed or (2) a "point" hinder in which case Player A would be declared the winner of the rally regardless of the outcome of the shot itself. If a "hinder" is called and was the result of Player B



"just standing there, trying to hold center court position", then "point" hinder would be the proper call and the rally should be automatically awarded to Player A.

Q: Whenever I hear the term "screen", it is usually mentioned in the same breath as the

serve. What about those times during play when your opponent strikes the ball and he's positioned in such a way that you only hear it — not see it — and before you see it, it has bounced four times. I'm not talking about an outright kill on your opponent's part, but rather one you would have had a chance at retrieving if you'd been able to see it. Is that bad court positioning on my part or a screen on him?

Michael Sawyers, Dell Valle, TX

A: Rule 4.15 (a) (4), states that a "screen ball" which occurs during the rally is a dead-ball hinder, does NOT apply in the situation you describe since this call is limited to a ball that passes "close to the body" of the other player. Instead, the answer to your question is found in Rule 4.15 (a) (7) which states generally that a dead-ball hinder results whenever any unintentional interference prevents an opponent from having a fair chance to see or return the ball. If you had a reasonable chance of returning the ball, but couldn't because your opponent was in the way, then it sounds like you would probably be entitled to a "hinder" call. However, this does not mean that you can intentionally "camp out" behind your opponent on every shot and claim hinders because you can't see the ball. Remember this rule requires the interference to be unintentional. Problems caused by bad court positioning deserve no consideration for a hinder call.

If you have a question, please write to me care of *National Racquetball Magazine* or at the address shown on page 24 of the 1988-1989 Official Rulebook. I'll try to answer every question I receive, so keep 'em coming! ○

Have a problem with your subscription?

We'd like to solve it — fast!
Please write to:

Chris Sotnick
National Racquetball
P.O. Box 6126
Clearwater, FL 34618

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name	Address	City	State	Zip	Apt. #

Moving

Just attach the label from this issue and write in your new address below. (Please allow 6-8 weeks).

Your New Address Goes Here

Name				
Address		Apt. #		
City	State	Zip		

Subscription Rate:

10 issues ...\$19.97. \$29.97 for Canadian or \$70.00 for foreign airmail. (U.S. funds.)

☐ Renewal ☐ New Order

Need Faster Service?

Please do yourself and us a favor by writing us. Whether it be an address change or delivery problem, we need your magazine label. These problems are handled more efficiently by mail. However, if you need to reach us quickly, just give us a call at

(813) 736-5616

Circulation Department

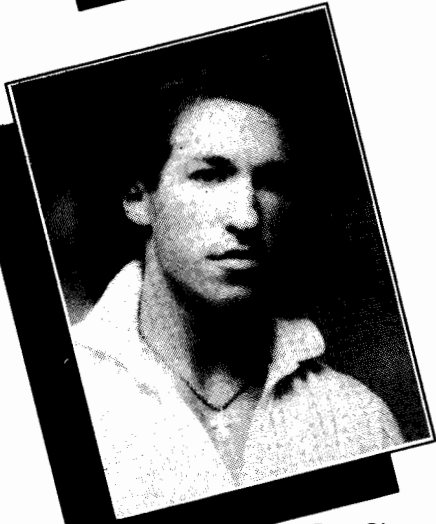
National Racquetball Magazine
P.O. Box 6126
Clearwater, FL 34618

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. Box 6126, Clearwater, FL 34618.



Caryn McKinney



Dan Obremski



Dave Peck

Caryn McKinney can you tell me what you look for when choosing a teacher/coach?

Keep in mind when searching for an instructor, what you're really looking for is someone who can offer you short-cuts. Someone who can help you learn from their experiences. From there, I think there are many attributes which makes someone a good instructor. I look for the following, as a minimum:

1. An ability to communicate clearly and concisely.
2. A thorough understanding of racquetball stroke mechanics, court coverage, various game styles, and strategies. PARI certification should be an indication of these skills.
3. An ability to analyze strengths and weaknesses, to be able to determine exactly what is causing problems in your game. By this I mean someone who can "see" the difference between the symptom and the actual problem. For example, a poor instructor might say, "All your shots are coming up, you need to hit the ball lower." A good instructor will realize the origin of the problem and say, "Keep your knees bent, your head down, and stay down through your shot — then the ball will stay down."
4. A genuine concern for your progress on the court, along with a commitment to teaching the sport of racquetball.

Please realize that a good instructor does not necessarily have to be a great player. In fact, some of the best players in the world are some of the worst instructors. However, I do think a top-notch instructor has to have the experience of having attained at least some degree of success on the court.

Now, if you are looking for a great coach, someone to work with you over an extended period of time, I strongly believe he/she must have an added interest in your development as a per-

son, both on and off the court. This type of commitment is difficult to find, but well worth the search.

Dan Obremski, how do you decide on positioning for winning mixed doubles competition?

Terri Durfee, Madison, WI

I've been playing mixed doubles for several years now with Toni Bevelock. We've been very successful overall winning lots of tournaments including the '87 National Mixed Championship.

Our success can be accredited to playing our own sides of the court. I feel its important to allow the women to play up to 60% of the shots. This gives her the confidence to hit and for our team to win. Obviously the opposing team will be playing to her. If she has confidence in herself and us as a team, she'll play well and we'll win.

Dave Peck, I have trouble holding onto my grip. Some days it feels as if it moves in my hand forcing me to slice each shot. And when I do get it to work, it does not last for long. How can I correct this?

Matese, Raleigh, NC

Correction can be made fairly simple by grip adjustment. It sounds as though you're gripping down on your racquet, holding it like a hammer rather than at an angle, like a handshake.

Down gripping involves use of sheer muscular strength causing rapid muscle fatigue which will eventually cause you to lose your grip on the racquet and control of the shot.

Gripping the racquet at an angle, i.e. shaking hands with your grip is preferred over the other methods because it gives you leverage and control without the muscle fatigue associated with other grip techniques. ○

WHEN IS 80% WORTH MORE THAN 100%?

by Jim Winterton

We are bombarded by the "give 100%" theory throughout our athletic careers. The theory implies that giving 100% will result in a successful athletic endeavor. This type of thinking can hurt the average racquetball player. If you put everything you have into a shot, you will have nothing left to help you get to the next shot. Good players know they must be in control or they will not be able to cover their opponent's next shot.

The 100% approach applied to racquetball means if you don't hit an outright winner or serve ace, you will lose the rally. When you figure percentages based on the "all or nothing" concept, you arrive at 50% efficiency because 100% plus 0% divided by two equals 50%.

To raise the percentages in your favor try hitting at 80%. This allows you 20% reserve for the next shot. In picture A. Jim



Figure A

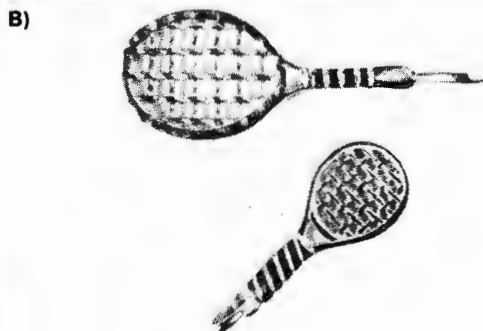
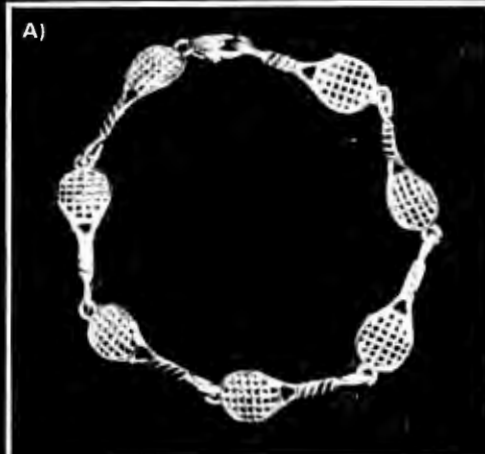


Figure B

has hit a drive serve at 100% effort. All his weight is on the front foot. It will be hard to relocate to center court position. Even if the ball is returned directly to him, he will be off balance, unable to rekill even a weak return. In picture B. Jim is hitting the serve at 80%. He has started to push back immediately after serving. By the time the ball gets to his opponent, he will be in center court waiting for the return, in control. In addition, fewer balls will come off the back wall and chances of the serve bouncing twice before it gets to the back wall are greater.

We have only discussed the serve but the concept applies to rallies as well. The player who is in control for the next shot is the one who wins.

Forget 100%. Think 80%, allowing the extra 20% to cover the next shot. Use 100% to pick up the winner's trophies. ○



Enlarged to show detail.

- A) Custom Racquetball Bracelet - 14 Kt. Gold - \$299 ● w/Diamonds - \$599
 B) Large Pendant - 14 Kt. Gold - \$53 ● w/Diamond - \$102.95 ● w/Gold Ball - \$67 ● w/Birthstone - \$93 ● Tie Tack - \$65
 Small Pendant - 14 Kt. Gold - \$39 ● w/Diamond - \$79 ● w/Gold Ball - \$55 ● w/Birthstone - \$69 ● Tie Tack - \$48
 Pinky Ring - \$72 ● w/Diamond - \$110 (Furnish Size) ● Chains - Lightweight - \$2/inch, Heavyweight \$4/inch

Order Line
1-800-762-4653

Information
904-396-9693

SHIPPING: 0-\$30 - \$3.50
 \$31-\$99 - \$4.75
 \$100+ - FREE

2nd DAY AIR ADD \$4.50



E) MARTY HOGAN VIDEO

One-on-One
 Lessons with
 Three Time
 World Champ
 VHS
 Video Cassette



Six Weeks to Power Performance
 Serving ● Returning ● Forehand
 Stroke ● Backhand Stroke
 Shot Selection ● Court Strategy
\$19.95



- C) Court Rat - 100% pre-shrunk cotton ● Youths - S,M,L - \$8.95 Adults S,M,L,XL - \$9.95
 D) AARA Sweatshirt - \$15.00
 Puffed Ink add \$5.00
 E) Marty Hogan Video "Power Racquetball"

MONEY BACK GUARANTEE

FIRST COAST PROMOTIONS & MANAGEMENT, INC.
 1760 Shadowood Lane, Suite 410A
 Jacksonville, Florida 32207

MANUFACTURER'S SHOWCASE

Viking Sports

The following excerpts are based on a *National Racquetball* interview with Robert Hvistendahl, President of Viking Sports.

Product Editor: *When and how was Viking Sports started?*

Robert Hvistendahl: Viking Sports was incorporated in 1978. I was playing racquetball four to five times a week and tournaments weekends and was buying so many gloves I decided I had better start buying in quantity to keep costs down. Actually, the gloves available then would get hard, smell and were just not suited for racquetball. We looked for a leather that would stand up to the grips, sweat and abuse of racquetball. We finally found a synthetic suede that not only held up, but was completely machine washable and dryable. For about a year the Buckskin Glove was all we sold.

Prod. Ed: *What products do you sell now?*

R. H: We currently sell a whole range of racquetball and fitness products. All the way from small accessories like vibration dampeners, wristlacers, grips, headbands, swim gogs and eye protection, to our own line of Black Knight racquetball, badminton and squash racquets. We also have some products for weight training and handball.

Prod. Ed: *Is there any one product that is your best seller?*

R. H: Yes. The Bausch & Lomb Action Eyes.

Prod. Ed: *Why is the Action Eyes your best seller?*

R. H: Well, first of all, they have an excellent safety record. They have not only passed the ASTM impact tests, but more importantly, have been used by racquetball and squash players for years. As you can imagine, they have been hit by balls at different speeds and angles

and have literally been "field tested" for millions of hours. However, even with all the testing we don't guarantee absolute safety. They do reduce the possibility of injury and have saved countless eye injuries, but in our sport there is still the risk of being injured even if the eye protection is worn properly.

The mark of good hinged eye protection is a close examination of the hinge and its attachments. No other hinged eye protection has seven barrel hinges that are riveted. The others often have glued in three barrel hinges. Which would you buy to protect your eyesight?

Secondly, they look great and are very comfortable. You can play racquetball without looking like a Star Wars creature.

Prod. Ed: *Are you still playing racquetball?*

R. H: You bet, and I have plenty of gloves now! ○

Network Marketing A History

Is Network Marketing a rep group? A distributor? A retailer? A wholesaler? A manufacturer? A marketing agency? A sales force?

No. The fact is, Network Marketing is a combination of all of the above which can be a bit confusing, very invigorating, mostly fun and always a challenge. A brief review might help clarify...

Doug Smith, the current president of Network Marketing, began working directly for Tacki-Mac Grips, Inc. (Canoga Park, CA) in 1982. Doug started as a sales rep (golf, tennis, racquetball and BMX bike grips) and rose to regional then national sales manager. In 1984 he was promoted to vice president of Tacki-Mac. He moved from Rhode Island to a more centralized Atlanta, GA., but to manage and distribute from Atlanta for a company based in California became unrealistic. It

was also at this time that Doug's love for racquetball flourished. "It took only a trip to the Junior Nationals to realize my desire to be more involved with the sport, its players, manufacturers, directors and so on."

So in 1986 Doug went "on his own" and created Network Marketing. The company, based in Atlanta, would handle the racquetball division of Tacki-Mac (primarily a golf company). This offered the manufacturer a chance to continue as a force in the marketplace, without the headaches of sponsored players, marketing, advertising, pricing, distributing, and so on.

Since June 1986, Doug has researched, test marketed, and developed many products with only a few offering what both the manufacturer and Network Marketing were looking for. The manufac-

turer must have a superior product and be willing to work with Doug. The "network" of over 250 players and 500 accounts (including a dozen major distributors) can give immediate exposure to the marketplace, but without an innovative and superior product, the product won't last.

Now, in May of 1989, Network Marketing is going strong. Its mainstay remains Tacki-Mac grips but others have proven "the system works". "Wristlacers", the brainchild of Eugene Melton from Florida has utilized Network Marketing to gain instant exposure with tremendous success; plus Ashaway Superkill II Strings in colors and most recently, Kleer Vu Anti-Fog Drops which really work! Doug still attends every local, state, regional and national event he can and is always on the lookout for other innovative products.

AARA Official Rankings March 28, 1989

Mens Open: 1-T. Sweeney, IL; 2-D. Ganim, OH; 3-A. Roberts, TN; 4-R. McKinney, PA; 5-J. Cascio, PA; 6-T. Hansen, FL; 7-C. Cole, MI; 8-B. Erickson, MN; **Mens A:** 1-T. Gately, VA; 2-S. Arizmendi, NY; 3-J. Bonnett, MI; 4-B. Johnson, PA; 5-J. Allen, MS; 6-S. Corrigan, OH; 7-S. Reiff, FL; 8-B. Kaylor, OH; **Mens B:** 1-S. Patel, NJ; 2-R. Dargan, PA; 3-B. Schirmacher, MN; 4-G. Phipps, MI; 5-D. Berl, GA; 6-B. Cowley, IN; 7-S. Polikoff, DE; 8-S. Hale, IL; **Mens C:** 1-R. Hendren, MD; 2-H. Bergman, NJ; 3-J. Gallegos, DE; 4-M. Kingery, IN; 5-J. Laskero, IL; 6-G. Giles, GA; 7-R. Johnson, GA; 8-J. Kolen, AL; **Mens D:** 1-P. Metlin, FL; 2-J. Eliasik, IL; 3-J. Fetterman, CA; 4-F. Galan, TX; 5-R. Helm, IL; 6-T. Linn, GA; 7-S. Martin, MA; 8-A. Robinson, IN; **Mens Novices:** 1-B. Dougan, NJ; 2-J. Fallabel, PA; 3-T. Wilson, TX; 4-D. Faust, PA; 5-R. Cain, TX; 6-D. Delong, WA; 7-J. Fallagel, PA; 8-J. Moran, SC; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-M. Jenkinson, WV; 3-S. Hickey, WV; 4-J. Harman, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-G. Manzuri, CA; 4-G. Gose, NM; 5-S. Huggins, FL; 6-S. Redelheim, TN; 7-T. St. Pierre, FL; 8-R. Remen, VA; **Mens 8:** 1-J. Gautreau, TX; 2-M. Saad, CO; 3-S. Vanderson, OH; 4-J. Huckzek, MI; 5-J. Townsend, WI; 6-G. Gose, NM; 7-S. Huggins, FL; 8-T. St. Pierre, FL; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-R. Buchanan, MD; 5-C. Locker, MN; 6-S. Rodd, VT; 7-J. Gautreau, TX; 8-T. Siggins, CA; **Mens 12:** 1-A. Thompson, WI; 2-J. Armbracht, NC; 3-J. Icenogle, CA; 4-M. Kelly, CO; 5-S. Wood, MA; 6-A. Gross, MN; 7-J. Mannino, NY; 8-S. Zimmerman, MI; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-S. Monchik, NY; 4-J. Ellenberger, WI; 5-R. Davis, IN; 6-J. Aghaloo, TX; 7-C. Pfaff, OH; 8-M. Kelly, CO; **Mens 16:** 1-J. Ellis, CA; 2-R. Waiden, FL; 3-J. Gillooly, MA; 4-R. Covelli, MI; 5-S. Reiff, FL; 6-J. Bonnett, MI; 7-T. Brennan, CO; 8-A. Engel, FL; **Mens 18:** 1-M. Guidry, TX; 2-M. Locker, MN; 3-J. Floyd, MI; 4-M. Engel, MD; 5-J. Waggoner, FL; 6-M. Sekul, NY; 7-D. Alonzi, CO; 8-E. Ramn, CA; **Mens 19++:** 1-M. Bronfeld, CA; 2-R. McKinney, PA; 3-B. Erickson, MN; 4-S. Graham, CT; 5-M. Lowe, CA; 6-R. Ryder, PA; 7-B. Rodriguez, CA; 8-C. Winter, FL; **Mens 25++:** 1-D. Negrete, IL; 2-M. Morrison, FL; 3-J. Young, PA; 4-B. Lyman, IL; 5-J. Ernes, PA; 6-R. French, MN; 7-G. Weitzel, IN; 8-V. Ganley, FL; **Mens 30++:** 1-B. Corcoran, AZ; 2-J. Young, PA; 3-E. Garabedian, PA; 4-J. Peterson, NY; 5-D. Hardan, WA; 6-R. Dern, IL; 7-M. Morrison, FL; 8-R. Babkoff, OH; **Mens 35++:** 1-S. Hastings, MI; 2-E. Garabedian, PA; 3-D. Kovanda, OH; 4-M. Layton, FL; 5-T. Lavoie, MN; 6-R. Brenner, PA; 7-B. Fulkerson, IN; 8-R. Woolard, OH; **Mens 40++:** 1-E. Remen, VA; 2-J. Schwartz, FL; 3-M. Arnold, IN; 4-J. Hennon, TN; 5-B. Brookens, CO; 6-J. Northern, MI; 7-R. Galbreath, PA; 8-M. Stephens, MI; **Mens 45++:** 1-R. Reicher, DE; 2-R. Hutcherson, IN; 3-R. Galbreath, PA; 4-R. Wehrle, GA; 5-P. Mortenson, WA; 6-B. Parra, CA; 7-T. Perna, OH; 8-E. Newman, CO; **Mens 50++:** 1-D. Mas, DE; 2-B. Sanders, OH; 3-R. Adams, CA; 4-A. Johnson, CO; 5-B. Schram, IL; 6-S. Marcus, FL; 7-S. Williams, WA; 8-T. Rumsey, FL; **Mens 55++:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MN; 4-J. Bogasky, VA; 5-C. Gross, PA; 6-D. Weinberg, NY; 7-F. Kilbride, CAN; 8-D. Ryan, MA; **Mens 60++:** 1-J. Bareilles, VA; 2-P. Miller, IN; 3-F. Kilbride, CAN; 4-J. Lambert, TX; 5-R. Faby, MD; 6-R. Caretti, MI; 7-R. Johnson, CA; 8-W. Coyner,

Men's Pro Tour Official Rankings March 15, 1989

1	R. Gonzalez	11,265.0
2	C. Swain	10,250.0
3	B. Harnett	10,160.0
4	E. Inoue	8,940.0
5	M. Hogan	8,315.0
6	M. Yellen	8,035.0
7	M. Ray	5,605.0
8	G. Price	4,885.0
9	D. Obremski	4,465.0
10	E. Andrews	4,445.0
11	C. Brysman	4,195.0
12	A. Roberts	4,155.0
13	G. Peck	4,085.0
14	J. Newman	3,795.0
15	D. Johnson	3,675.0
16	R. Harripersad	2,870.0
17	D. Peck	2,655.0
18	W. Clouse	2,265.0
19	S. Lerner	2,130.0
20	T. Doyle	2,105.0
21	M. Ceresia	1,800.0
22	A. Katz	1,745.0
23	Plazak	1,675.0
24	D. Katchtik	1,665.0
25	T. Sweeney	1,405.0

WA; **Mens 65++:** 1-A. Shepherd, MD; 2-L. Wilde, UT; 3-E. Acuff, VA; 4-N. Sans, CA; 5-C. Snowberger, PA; 6-I. Cowie, NY; 7-D. Goddard, MT; 8-A. Burke, MI; **Mens 70++:** 1-L. Wilde, UT; 2-C. Russell, CA; 3-A. Shepherd, MD; 4-J. Singer, CA; 5-I. Gumer, KY; 6-G. McDougall, SD; 7-H. Minor, CO; 8-A. Beetle, SD; **Mens 75++:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

Womens Open: 1-T. Bevelock, AZ; 2-M. Bailey, VA; 3-S. Morgan, FL; 4-L. Coutu, DE; 5-R. Levine, CA; 6-J. Hastings, MI; 7-L. Ecker, MI; 8-C. Baxter, PA; **Womens A:** 1-N. MacFetrich, MD; 2-A. Silva, PA; 3-H. Gray, VA; 4-T. Friedrich, MI; 5-S. Huczek, MI; 6-P. Musselman, PA; 7-K. Beane, NH; 8-D. Schmidt, IL; **Womens B:** 1-D. Bercili, PA; 2-P. Garcia, FL; 3-D. Westerkon, NY; 4-S. Ruhl, CO; 5-L. Clark, OH; 6-A. Kinney, WA; 7-K. Klouser, PA; 8-S. Turner, CT; **Womens C:** 1-M. Webb, PA; 2-M. Bishop, PA; 3-S. Rosling, MT; 4-M. Harring, IL; 5-M. Davis, CO; 6-B. Duncan, TN; 7-D. McCauley, MI; 8-W. August, NY; **Womens D:** 1-L. Hamilton, OH; 2-J. Nixon, IL; 3-G. Goldfine, FL; 4-W. Raft, TX; 5-M. Reese, SC; 6-C. Staats, WA; 7-D. Tracy, MA; 8-A. Kelsey, NH; **Womens Novices:** 1-J. Bulle, NJ; 2-M. Remen, VA; 3-B. Beveney, NY; 4-R. Greene, PA; 5-J. Williams, TX; 6-L. Celozzi, MD; 7-S. Elfs, MI; 8-M. Nasworthy, TX; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-K. Thompson, WI; 5-M. Manzuri, CA; 6-A. Redelheim, TN; 7-R. Belden, CO; 8-E. Daniels, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-M. Manzuri, CA; 4-J. Harde- man, TN; 5-E. Smith, OH; 6-Jill Trachsel, MN; 7-A. Redelheim, TN; 8-H. Screeton, IN; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-A. Meyer, CO; 4-J. Koppel, TX; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-M. Dono- van, IN; 8-V. Tulao, AL; **Womens 12:** 1-A.

WPRA Official Rankings April 16, 1989

1T	L. Adams	2160.0
1T	C. McKinney	2160.0
3T	T. Bevelock	1220.0
3T	M. Drexler	1220.0
5	K. Kuhfeld	890.0
6	M. O'Brien	810.0
7	Jackie Paraiso	750.0
8	M. Lynch	540.0
9	C. Doyle	516.7
10	D. Fischl	466.7
11	C. Evon	320.0
12	C. McFetridge	270.0
13	S. MacTaggart	250.0
14	A. Katz	216.7
15	M. Bailey	210.0
16	R. Whitmire	200.0
17	S. Robson	170.0
18T	R. Goblish	160.0
18T	J. Grimaldi	160.0
20	K. Langlotz	120.0
21	T. Ingram	116.7
22	S. Morgan	100.0
23	R. Chilcoate	83.3
24T	C. Baxter, M. Chin, R. Olson, T. Petrocy	80.0

Beugen, MN; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Bol- land, MT; 7-A. Meyer, CO; 8-S. Linskey, CT; **Womens 14:** 1-E. Icenogle, CA; 2-H. May, CA; 3-B. Engel, FL; 4-J. Spangenberg, CA; 5-A. Roehler, PA; 6-A. Kinney, WA; 7-A. Crocker, CO; 8-J. Meyer, CO; **Womens 16:** 1-T. Alonzi, CO; 2-H. Dunn, MA; 3-S. Pinola, PA; 4-R. Lockey, TX; 5-A. Simmons, FL; 6-A. Mel- ville, MN; 7-E. Icenogle, CA; 8-N. Sloan, IN; **Womens 18:** 1-M. Gilman, OR; 2-D. Sibell, MN; 3-S. Cox, FL; 4-C. Doyle, NY; 5-H. Gray, VA; 6-T. Alonzi, CO; 7-R. Lockey, TX; 8-T. Spangler, WA; **Womens 19++:** 1-C. Gudi- nas, IL; 2-L. Coburn, MD; 3-L. Ecker, MI; 4-L. Anthony, CA; 5-K. Hallander, FL; 6-P. Mus- selman, PA; 7-L. Troszak, MI; 8-L. Basch, FL; **Womens 25++:** 1-M. Bailey, VA; 2-G. Grigsby, KY; 3-M. Lyons, FL; 4-J. Pochilly, NH; 5-R. Petrini, UT; 6-L. Screeton, IN; 7-P. Musselman, PA; 8-L. Galloway, NY; **Wom- ens 30++:** 1-S. Morgan, FL; 2-M. Bickley, PA; 3-T. Gatarz, NJ; 4-B. Harrison, OH; 5-J. Risch, TX; 6-C. Shields, IL; 7-D. Adams, CO; 8-G. Woods, LA; **Womens 35++:** 1-C. Dattisman, PA; 2-F. Ifert, PA; 3-A. Falso, FL; 4-M. Eichorn, CO; 5-T. Hokanson, CA; 6-M. Kelley, CA; 7- N. Kronenfeld, IL; 8-J. Smith, FL; **Womens 40++:** 1-M. Kelley, CA; 2-A. Falso, FL; 3-D. Hinkin, PA; 4-M. Weldin, DE; 5-G. Benham, AR; 6-P. Tarzon, IL; 7-Y. Cox, PA; 8-M. Turner, CO; **Womens 45++:** 1-C. Lombardi, VA; 2-K. Mueller, MN; 3-J. Schmidt, FL; 4-M. Johnson, TX; 5-N. Loomis, VA; 6-M. McNutt, FL; 7-S. Busch, MO; 8-L. Miller, IN; **Womens 50++:** 1-M. Crawford, NY; 2-J. Kenyon, FL; 3-C. Ching, PA; 4-K. Mueller, MN; 5-S. Elgaway, FL; 6-J. Gartland, MA; 7-L. Hunt, TX; 8-J. Tull, VA; **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. Gau- treau, TX; 3-P. Melvey, ND; **Womens 65++:** 1-M. Acuff, VA; 2-E. Quackenbush, OR; 3-N. Friedland, NM; **Womens 70++:** 1-Z. Fried- land, NM.



ANNOUNCING
YEAR OF THE COACH
L'ANNÉE DE L'ENTRAÎNEUR
1989



Coaches are special people – dedicated to helping athletes to develop their full potential, to improve their skills and to achieve accomplishments of which they can be proud.

Together the Federal and Provincial governments, amateur sport associations and corporate sponsors will celebrate 1989 as the Year of the Coach – to give recognition to coaches for an unselfish commitment to their community.

The Year of the Coach is a series of special celebrations, community events and programs in honour of coaching accomplishments.

The Year of the Coach is ours to share – an opportunity for Canadians to congratulate coaches at all levels.

Join these Celebrations and show your appreciation!

For further information on the Year of the Coach contact:

Coaching Association of Canada
Place R. Tait McKenzie
1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4
(613) 748-5642 FAX: (613) 748-5706



YEAR OF THE COACH L'ANNÉE DE L'ENTRAÎNEUR



Coaching Association of Canada Initiative

With more than 400,000 active coaches, each with an average of 10 athletes under his or her tutelage, more than four million Canadians will be involved in a coaching experience this year alone. Most of these participants are under 20 years of age, the largest single group being between the ages of six and thirteen years. For them, the coach is one of the most influential people in their lives — teaching them not only the skills of the game, but the skill of life.

To thank these talented men and women for their contribution to Canadian sport, and to recognize the role they play in guiding the youth of our nation, 1989 has been proclaimed the "Year of the Coach".

Objectives: "The Year of the Coach" will honor and thank Canada's coaches at all levels from grassroots to elite. Activities will also draw attention to some important issues surrounding the future of coaching. The objectives of the year are:

1. To educate the public about the important role of coaches.
2. To stress the importance of selecting qualified coaches.
3. To draw attention to the need for more coaches with National Coaching Cer-

tification.

4. To promote coaching as a profession.
5. To create awareness of the need for more employment opportunities for certified coaches.
6. To create awareness of the need for more female coaches.
7. To stress the need for fair play in sport.

What is the National Coaching Certification Program?

Whether professional or amateur, grassroots or elite, every coach can benefit from taking a course from the National Coaching Certification program. NCCP courses provide an opportunity to meet and exchange ideas with other coaches, to be introduced to new sport science information and to have important training reinforced or introduced.

The first three levels of the NCCP deal with the fundamentals and the development of skills and are specifically targeted to coaches with athletes aged six to sixteen. Levels four and five focus on preparing an athlete for national and international competition. Courses cover the role of a coach, the various ways to use sports psychology, skills analysis and

teaching, training methods, sports safety and how to plan a practice.

There is a separate technical course for every sport while the theory course deals with the specific skills of that sport. Courses are generally scheduled for weekends or evenings and are offered all across Canada.

3M Canada Announces Sponsorship

3M Canada has also designated special 3M Canada Outstanding Coach Coach" and in support of coaches throughout Canada. The company has agreed to take on the "Year of the Coach" Recognition Program. In just the first month of the program things are already growing by leaps and bounds and has now grown from one medallion per sport organization to two — for recognition of a male and a female coach. This nationwide initiative, which provides recognition at various levels, is one of the most important events of the program.

More than 700 national, provincial and territorial sport organizations will receive the two medallions and five embossed certificates to be awarded for coaching achievement. Recipients can be chosen by selection or nomination.

3M Canada has also designated a special 3M Canada Outstanding Coach Awards which will be awarded to the top female and top male coach of an individual athlete and the top male and top female coach of a team. These four winners will each receive a monetary award of \$1,500 to further their education in coaching as well as several additional prizes. These awards will be presented this fall at the annual National Coaches' Seminar.

Become Certified and You Could Win

An exciting promotion has been announced for all those people taking courses through the National Coaching Certification Program. "Become Certified and You Could Win" is the theme of a contest being sponsored by Commodore Business Machines, Longines-Wittnauer

and Adidas. Anyone who becomes certified in any one of the NCCP levels during 1989 "Year of the Coach" is entered in a national draw with some terrific prizes.

Commodore has donated five Amiga 500 personal computers as first prize to each level. Upon completion of any one of the three modules (theory, technical or practical) of a NCCP level, the coach's name is entered into the coaching database maintained by the Coaching Association of Canada. Five random draws, one for each level, will be held at the end of 1989 to select the winners.

Longines-Wittnauer who also sponsor the Coaching Excellence Awards program, has donated five watches as second prize and Adidas will supply 100 athletic suits for runners-up.

Canadian Racquetball Association Involvement

With approximately 720 racquetball individuals having taken at least one of the modules of the various certification levels of the National Coaching Certification Program; it is obvious that the Canadian Racquetball Association not only endorses this program, but is actively encouraging the continuance of this segment of the sport.

Through the efforts of the Coaching Committee of the CRA the next module of our coaching program; that being the Level III (Technical), should be in place by late this summer. As a means of promotion of this next significant step, the committee has recommended that all coaches of provincial teams attending the 1991 Canada Games will be working toward their full certification at the new established level. In addition to the development of the manuals for the implementation of this further phase of our coaching program, exciting and informative studies are presently underway in the field of sport specific physiology and psychology.

The initial coaching materials available for Level I and Level II have been well received both domestically and internationally. Should you have any questions or concerns, please contact the Canadian Racquetball Association, 1600 James Naismith Drive, Gloucester, Ontario, Canada K1B 5N4. ○

Thanks Coach!

For taking
more phone
calls in one
day than
most people
get in a
month.



ASSOCIATION ROUNDUP

AARA

by Luke St. Onge

The weekend of July 28-30th will mark an historic turning point for the sport of racquetball. On those dates, our nation's finest players will compete in the first Olympic-sanctioned, full-medal racquetball event in the country — the United States Olympic Festival in Oklahoma City. Racquetball will not be a demonstration or exhibition sport in the Festival, but a full-fledged, gold medal sport equal to track and field, basketball and gymnastics.

In honor of this occasion, racquetball will send its best — the semifinalists in both the mens and womens open doubles competition from this past Fall in Baltimore, as well as the top eight players from the mens and womens open from the Ektelon/U.S. National Singles Championships in Houston. Those qualifying will be split up into East, West, North and South teams consisting of two men and women singles players as well as a men's and women's doubles team. The four teams will play round robin over the first two days with the final day establishing the final four positions. Supporting the 32 players will be 32 volunteers selected from the extensive cadre of volunteers within the AARA organization.

The AARA has recently signed a four-year contract with Ektelon. The contract corresponds with the Olympic Quadrennial from 1989 to 1992. The contract solidifies the relationship with Ektelon and names Ektelon as the official sponsor of the AARA. As our relationships with manufacturers such as Ektelon and Penn Athletic products continues to strengthen and grow, the future development and promotion of the sport is assured. For that assurance, it is increasingly important that we thank these sponsors for their continued support of the AARA, and for their commitment to the future of our newly-recognized, world-class sport. ○



State University in Big Rapids, Michigan; California State University at Sacramento; or Memphis State University in Tennessee. Currently, these are the only three schools offering scholarships exclusively for racquetball. But there are many other colleges and universities offering scholarships based on need and/or academic ability that consider sports ability when determining which of several candidates should be awarded funding.

It's important to know that the aforementioned schools award their scholarships outside the normal institutional channels. Funds are raised from outside sources, not administered by the institutions.

Another frequent question is "Can I play in the intercollegiate regionals and nationals if my school does not field a racquetball team?" The answer is yes. As long as your school does not field a sanctioned team and you are a matriculated, full-time undergraduate, you are eligible to play in the ACRA tournaments. If you enter as an individual you must play in the #1 division, since the rules state we fill in from the top (there are six single divisions).

Another popular question is "How can I start a racquetball team at my school?" In the January, 1989 issue of *National Racquetball* I gave some general guidelines but perhaps I can be more specific.

1. Get an advisor. Preferably someone on the staff.
2. Appeal for funds from whatever group gives clubs the budget.
3. Write a constitution for your organization (adopt one from an existing club).
4. Post a flier announcing tryouts.
5. Set up a selection procedure for team members.
6. Set up and publicize a regular practice schedule.
7. Arrange matches with other schools.
8. Play in the ACRA regionals (held in your area in February and March of each year) and Nationals (held the first weekend in April).
- 9.. Join the ACRA/AARA.
- 10.. Make team play fun.

Specific questions about intercollegiate racquetball should be addressed to me, Neil Shapiro at 128 Lancaster Street, Albany, NY 12210. ○

community of Kelowna, B.C. chairman Am Corrado and the organizing committee are ready and waiting for participants in the Canadian Junior National Champs to arrive.

Registration will be on the evening of July 4 with the official opening ceremonies scheduled for July 5 at 12:00 noon at the Four Season Club. Calgary's Cliff Hendrickson will conduct two clinics on July 4th. The first clinic begins at 8:30 a.m. and the afternoon session starts at 1:30 p.m. The clinic costs \$10.00 and is open to everyone. Participation in the Junior Championships is not a requirement. Entries for the Canadian Airlines Junior Nationals and the clinic are included in the spring edition of *First Serve*. Tournament play will begin at 8:00 a.m. on July 5th. The Junior Championship is a national event open to Canadian citizens or residents only.



Official Souvenirs

The CRA is presently negotiating to produce a series of official souvenir products such as shirts, sweaters, hats. These should be available beginning in the summer months in preparation for the new 1989-90 racquetball season. They will be available by mail order from the National Office as well as at national events/meetings beginning in the Fall of 1989.

Tiebreakers

The executive committee has approved a new membership drive contest concept. Members who enlist new members will be entered into a prize draw. New and renewing members will also be entered into the draw. Details on the prizes are still being finalized. Additional information will be available soon.

Congratulations to Usher Barnoff of Alberta for recently being appointed Chairman of the IRF officiating committee at the international meetings in Costa Rica. Barnoff has long been a key individual in officiating circles in Canada.

The CRA wishes Janet Cann "good luck" as she ventures into a new position with Tennis Canada in Toronto. Janet originally joined us as the project coordinator for our Canada's Fitweek program, Kraft What's Your Racquet? in November 1987 and recently had added the program coordinator's position to her list of many duties. Bonne chance! ○

ACRA

by Neil Shapiro

One of the most frequently asked questions about collegiate racquetball is "How can I (or my child) get a racquetball scholarship to college?" The answer is to play well enough to earn one from either Ferris



CRA

by Bill Houldsworth

Canadian Jr. National Championships

In the beautiful Okanagan Valley

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. May 10th for July/August issue). Mail materials together with payment to: National Racquetball Magazine, P.O. Box 6126, Clearwater, FL 34618-6126.

over 50% OFF PENN CABRETTA GLOVES

reg. \$12.50 - 3 for \$17.50
+ \$1.00 handling

R.P.M.

1107 Rivara Rd., Stockton, CA 95207

7th Annual July Jam Racquetball Tournament

Court House Racquet Club
1545 Helton Drive
Florence, AL 35630

(205) 764-0034

Contact: Marcia Downey

NEWSBRIEF

Strategic Planning Meeting For Racquetball

A landmark meeting for the racquetball industry has been scheduled.

On Thursday, June 15, the Racquetball Manufacturers Association will host a Strategic Planning Meeting at the Sheraton Grand Hotel in Dallas. The meeting scheduled for noon-5:00 p.m., will help chart the course for the racquetball industry.

Attending the meeting will be representatives from the top manufacturers in the sport, teaching professionals, clinicians, club owners, professional players, court construction companies, the other associations in the sport and the media.

"The purpose of this meeting is to bring all of the segments of the racquetball industry together and discuss the future of the sport," said Dick Roberson, Director of Sports Promotion for Penn

Athletic Products, and the Chairman of the RMA. "What we want to accomplish is to layout a game plan for the sport and find the particular niche for each segment."

"The RMA is going to take a leadership role in this long-range game plan," Roberson added. "We want to work closely with the American Amateur Racquetball Association (AARA), IRSA, the club owners, the professional players, the teaching professionals and the media to make racquetball one of the major sports for the 90's."

Roberson said each segment would be asked what it could contribute to the growth of the game. A long-range game plan could be drawn up with each of the various segments working together. This would also eliminate the duplication of effort that exists in other sports. ○

WPRA

by Chris Evon



By the time the magazine reaches you the WPRA Nationals will be over and a new champion will have been crowned. I wonder how many people will know who that champion is. If you're reading this article, there's a good chance that you will, or at least you will know the two players who have been in close contention for the title. Unfortunately, many people have no idea of the intense rivalry that occurred between two elite athletes this past season.

Many people missed the excitement of Caryn McKinney finally breaking away from the number two ranking. She broke the spell of Lynn Adams, and proved to herself and the world that she is one of the best! Many people also didn't see Lynn Adams battle an illness which may force

her retirement. Without much preparation, she was able to enter tournaments, play, (while whenever possible putting an ice pack on her neck to keep her body cool), and most often come away a winner. As Lynn regained her health, and her game and concentration peaked, she faced another obstacle in McKinney, who was determined to take over. Lynn lost three tournaments in a row, then began a comeback surge like the champion she is. Lynn was not ready to relinquish her title. She won the next two stops, putting her in a tie for first place with Caryn.

So the stage is set! The WPRA Nationals are to take place at the Riverbend Athletic Club, June 1-4, in Fort Worth, TX. Barring any upsets in the early rounds, spectators will see one of the most exciting finals in WPRA history. Will Lynn Adams gain her seventh WPRA National Title? Will a new champion be crowned? I hope you find out, and I hope next season you have the opportunity to witness the excitement of the WPRA first hand! ○

HIGHTOWER USA

Please Ask For Our Free Catalog

15 YEARS OF GREAT SERVICE MAKES US DIFFERENT

DP ZEPHYR.....REG 95.00...NOW..49.99
HEAD..GRAPHITE EXPRESS..29.99
EKTELON BAGS IN STOCK

Fin Racquetball Racquets Now In-Stock, Call Today!

Genius Ceramic-Boron 159.99
Graphite Legend 129.99
Graphite Competitor 99.99

EKTELON

NEW Toron Graphite Oversize 118.99
Quantus Graphite Midsize 72.99
CBK Graphite Midsize 139.99
250 G Ceramic Midsize 89.99
Aris Graphite 79.99
Symitar Ceramic Oversize 56.50
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
Comp Jr. 19.99

HEAD

HOGAN

NEW Elite Oversize .. 99.99 Micro Shadow 104.50
NEW Elektra 63.99 Shadow Oversize..... CALL
RX50 Midsize 79.75 Micro Ceramic 99.50
Radial 71.99 Hogan 60 Oversize 74.50
Spectrum Midsize 64.99 Richcraft MS Cer. 92.99
Prelude 49.99 Richcraft MS 230 G. 89.99
NEW Pro Mid 37.99 DP Zephyr Mid 49.99
Graphite Express 29.99 DP Centaur Mid 39.99

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) 12.99
Marty Hogan Duratack (Red) 9.99

SPORT BAGS

EYEWEAR

Ektelon Touring Pro .. 33.99 NEW EYEWEAR - CALL
Ektelon Thermasport 29.99 Ektelon Interceptor .. 23.99
Ektelon 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 29.99 Hogan Shadow 23.99
Hogan Overnighter . CALL

SHOES

EKTELON CLOTHING

Ektelon AnswerLow CALL Ektelon T-Shirts 9.99
Ektelon Answer 3/4 . CALL NEW Ektelon Shorts ... 8.99
Prince Mid XP Lea. .. 33.99 New Shorts w/Pkts ... 12.99
Head Radial 500 49.99 Ektelon Collar Shirts 16.99
Head Pro Elite 35.99 Head or Wristband 2.50

Stop Fumbling with your Racquet



Wrist Lacers \$3.50 24 Hot New Colors

HIGHTOWER USA

Orders Only

800 358-3566

Customer Service Information: (213) 259-8666

FAX Orders: (213) 259-9516

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 May 15 thru June 30
Dept. R - 4691 Eagle Rock Blvd. Los Angeles, CA 90041



NORM BLUM'S PASSING SHOTS

NO RELATION — The most often asked question **Lynn Adams** has fielded

the last few weeks isn't racquetball related. **Margo Adams**, who gained notoriety with her well publicized affair with **Boston Red Sox** superstar **Wade Boggs**, like **Lynn**, resides in Costa Mesa, CA. Naturally people aware of the coincidence assume there is a relationship. **Lynn** assures us they are not long-lost cousins. "No, we're not related," **Adams** says. "But I'm asked all the time."

MEDIA POWER — The **Illinois State Racquetball Association** learned first hand how powerful the media can be. Its state championship was almost 50 percent larger in 1989 than the previous year. The reason is simple. The **ISRA** landed a plum of a sponsor in the *Chicago Sun Times*. The daily paper publicized the tournament as a happening and printed a fancy flyer on coated stock instead of the normal xeroxed typewritten applications. The players also had a banquet and received two souvenir items. "We had to use three clubs in order to accommodate more than 500 players,"

said **ISRA** board member **Suzie Richardson**.

OUT OF SHAPE — I took one reluctant tennis player on the racquetball court. Prior to playing he said racquetball wouldn't be much of a workout. "Your court is the size of my dining room," he said.

Five points into the match he was running around so much he could hardly talk. "When you're gasping for air and your hands are on both knees it's hard to understand what you are babbling," I quipped.

POTPOURRI — **Head Sports** Air Express racquetballs, with three balls in a clear can is no longer. The ball didn't catch on so Head has discontinued it... **Dr. Fred Lewerenz** isn't telling **Egan Inoue** "I told you so" but he is sure tempted. **Lewerenz**, who advises **Inoue**, wasn't informed when he signed with **Pro Kennex**. Now **Inoue** has reportedly cancelled his **Pro Kennex** contract... **RUMOR DEPARTMENT**: A Japanese company is talking with **Egan Inoue** about the possibility of manufacturing a racquet and using him as its main spokesman. "It's just in the talking stages," says **Lewerenz**... **Jim Hiser**, expected to work full-time for the **AARA** looks rested now that the burden of running a pro tour is finished... The so-called experts who advised club owners to diversify by taking out racquetball courts and adding other amenities are having a change of heart. The new outlook is if a club doesn't have the square footage to become a "mega-club" they'd be better off finding their niche. In other words, if a club is known for racquetball its emphasis and marketing should be in that area.

POTPOURRI PART II — **Michelle Gilman**'s mom can't be too happy with the cover of the 1989 **AARA** Tournament Program which features a picture of the U.S. National Team. Her daughter, a team member, is pictured — sort of. Her face can't be seen and you can barely see the top of her head... A "friend", who heard I was going to be on the cover of the May issue of *National Racquetball*, said there was probably never more of a contrast between two cover subjects in the magazine's history. "In April there was **Dan Obremski**, one of the fittest people in the nation and in May there's going to be you."... Received a press release from the **Minnesota State Racquetball Association**. It said racquetball was going to be in the 1992 Olympics in Barcelona. I've heard of PR people emphasizing the positive, but that state-

ment is just not true... A state director was ordering trophies from my company and told me she needed an "el cheapo" trophy because she had no sponsors. That reminds me of an artist who told me his IQ was below 90. You just don't admit those kinds of things... Who says sports dynasties are a dying breed? Bradenton, Florida, **Manatee High School** won its second straight National High School Championship in Indianapolis. Bad news for opponents trying to wrest the title away. There's a bevy of talent in the lower grades... Clubs that keep increasing their tournament prices to more than \$50 for two events are in real danger of pricing themselves out of the market... There has to be an asterisk next to the name of the 1989 men's professional national champion indicating only a handful of events were played... For all you in ESPN-land who wonder why those silly events like tractor pulling make the airwaves over racquetball the answer is simple. Notice the event is sponsored by a major automobile manufacturer. People don't realize that a company like Pepsi probably spends more in one day in promotions than **Ektelon** has budgeted for the year... In tennis racquets are rarely sold with strings. Most players are comfortable with a certain string and tension. Don't expect that to happen with racquetball. "I can't see players buying a racquet and then paying \$20 to string it," says **Head's Crawford Lindsay**... You've heard of players competing in marathon events but by the 12th hour most players aren't competitive. Not **Carol Frenck**. The Virginian, in order to help promote racquetball at her YMCA, played 24 straight hours and lost only once in 56 games!... Let's face it. When our nation's top racquetball players are nominated for the **Sullivan Award**, which recognizes the nation's top amateur athlete, they have no chance of winning. The winner is always one of the most publicized athletes... The **WPRA** is celebrating its 10th anniversary and a commemorative pin is available for only \$6. Write the **WPRA** at 3097 Fernheath Lane, Costa Mesa, CA 92626.

THINGS I LIKE — Innovative program directors, the optimism of the **AARA** and playing a whole month without getting shutout.

THINGS I DISLIKE — Consultants who recommend that clubs remove courts and three years later realize their mistakes, opponents who arrive 20 minutes late at prime time and tournament shirts with a dozen logos. ○

JOIN THE AARA

American Amateur Racquetball Association

- Over 800 Tournaments Annually
- Official Amateur Rulebook
- National Ranking With All AARA Players
- Recognized Amateur Governing Body

☐ **Yes!**

Sign me up for an AARA membership kit which includes all the above plus an official membership card that makes me eligible for tournament play and discount coupons for merchandise and services. I am enclosing only \$10.00 for a one year membership.

Name _____

Address _____

City _____

State _____ Zip _____

Mail This Form To: AARA, 815 North Weber, Suite 203, Colorado Springs, CO 80903

PRESIDENT'S COLUMN

by Van Dubolsky

State Grants

With the advent of the AARA reaching Group A Status within the USOC family, the AARA Board of Directors has accepted in concept, the provision of awarding grants to State affiliate organizations for grassroots development of racquetball within the State.

Although the final procedure will not be finalized until the May Board meeting, we can share some planning in this area with you.

1. Grants would be given on a calendar year basis beginning January of 1990.
2. Grants would be on a competitive basis between affiliated organizations.
3. Number of grants per State would be restricted per year. Possibly no more than two per year per State.
4. Anticipated pools of money for grants for 1990 is in the range of \$30,000 or more.
5. Grants would have a ceiling of possibly no more than \$3,000 per request.
6. Grants would be submitted to the AARA Grant Committee no later than July 1, 1989 with action by the Board at the October Board Meeting of the AARA.
7. Member State Organizations would have to meet certain minimum requirements:
 - (a) Bonafide operating Constitution on file at AARA.
 - (b) Incorporated as a non-profit corporation within the State with a copy of approved Incorporation papers on file in the National Office.
 - (c) Meet minimum 90% sanctioning requirements.
 - (d) Meet rebate requirements as they relate to newsletters, etc. for each quarter on a yearly basis beginning in 1990.
8. Further guidelines would be developed with full grant procedures announced at the May Board meeting.

Please feel free to contact me in regards to the grant system. We feel that this is a tremendous step forward in helping you develop a strong State organization. ○



Pan American Racquetball Confederation Forms Two New Regional Federations

At the recent Pan American Racquetball Confederation Congress meeting held in San Jose, Costa Rica, two new Regional Federations were formed — The South American Racquetball Federation headed by President Jose Virreira of Bolivia and the Central American Caribbean Racquetball Federation headed by President Enrique Villagran of Mexico. Both Regional Federations have received formal recognition by PARC and the International Racquetball Federation. ○

Three Nationals To Be Televised On Regional Cable Television This Year

The AARA has announced that it will televise three National Championships on Regional Television Sports Channels this year. The Ektelon/US National Singles (Houston), Juniors (Indianapolis), and the Doubles (Minneapolis) will be televised. The AARA has contracted with independent Director/Producer Lief Elsmo of Home Team Sports in Baltimore, to handle the production. Tapes of all events will be available through the National Office at a nominal price. ○



Norm Peck, President of Ektelon and Luke St. Onge, Executive Director of the AARA are shown signing the final draft of the new four-year contract between the AARA and Ektelon. The signing ceremony was held during the Sporting Goods Manufacturers Association Super Show held at the World Congress center in Atlanta, GA. ○



AARA STRATEGIC PLANNING STATEMENT

Part 3

No. 6 — Unification Within the Sport

As it enters a third decade, the AARA represents the most prestigious, identifiable and stable embodiment of the sport of racquetball. To further solidify that image and certify racquetball as a first class sport, it is clear that, as a whole, we must be unified in our goals and objectives. To become truly competitive among other sports, each contingent and special interest group of racquetball must make a concerted effort to gain strength through a consolidated AARA approach to development at all levels.

Racquetball is one of the few sports which requires its players to "pay to play" and the situation is not expected to change in the near future. Basically, the sport depends upon court club owners who must operate at a profit to stay in business. To narrow the gap between AARA objectives and harsh economic realities, the AARA must change its perceived function to one of support to club owners and management. Innovative programs and creative projects which attract more players to the sport provide mutual benefits to the AARA and to IRSA, the national club owners association.

IRSA represents over 1200 private and public fitness clubs in the United States. The AARA must negotiate and implement a working agreement with IRSA to ensure that racquetball retains its stature within the fitness industry. In addition, the AARA must reach out to other non-profit organizations, such as YMCAs, colleges and universities, YWCAs and JCCs. An overall industry awareness campaign must be designed to illustrate that the AARA is more than simply a "tournament presence," and is geared toward total promotion, programming and growth of the sport.

The professional divisions of the sport must also be included in efforts to unify racquetball. It is essential to establish close ties with the men's and women's professional associations in order to link, consolidate and strengthen the racquetball position in the fitness industry and the nation.

Racquetball manufacturers and their own national association are another important component of the sport, and all must be kept informed of AARA opportunities for involvement, marketing and promotion. In turn, the AARA must be re-

alistic in its view of exclusive sponsorships in the foreseeable future, while at the same time retaining its autonomy. The AARA must make certain that all racquetball manufacturers have a right to bid and participate in major events, and that long-term (more than five-year) exclusive contracts not be pursued at the cost of compromising the association's independence.

Vision Statement

In the total history of sport, racquetball has created its own very special place. Bursting onto the scene a little over twenty years ago, racquetball took America by storm and has since grown from 50,000 players in 1968 to over 8,000,000 today. Played in 60 countries worldwide, racquetball's strength lies in its simple rules, excellent aerobic conditioning, and the benefits of both mental and physical challenge — all learned and accomplished in a short period of time.

Racquetball is an official member sport of the United States Olympic Committee and the International Racquetball Federation (one of ten recognized federations eligible for consideration in future Olympic Games). With a unity of purpose, plus the work of loyal and dedicated individuals committed to seeing racquetball reach Class A Olympic status, the AARA has taken on major leadership role in the development of an important, timely and popular sport.

Within the framework of a growing sport, all necessary links are in place for worldwide competition among Juniors, High Schools, Intercollegiates, National Adult champions, Seniors, Masters, Golden Masters, Professionals and recognized international teams. Excellent developmental programs have produced strong local organizations, heightened grassroots interest, and a stable athletic feeder system for both competitive and recreational aspects of the sport.

The industry continues to evolve and experiment with equipment and methods, while technological advances in broadcasting enable the sport to gain a large national audience. Perhaps as important, racquetball boasts the efforts of highly qualified, professional and totally committed people — not only within the AARA, but throughout the industry. They are adaptable, talented and believe

in racquetball with a passion.

Throughout its brief history, racquetball has succeeded because it is flexible with the times, is innovative and appeals to all ages as a lifetime sport. By the year 2000, racquetball will be both a worldwide pastime and an official medal sport of the Olympic Games. It will be an integral part of the consumer athletic industry as fourth generation players enter the mainstream of play. That racquetball will ever rival the major professional sports such as basketball, tennis and football remains to be seen — but each major rung in the ladder has been placed.

Over the past twenty years, many seeds have been sown. As the sport prepares to enter a third decade, and the 21st century, patience and care will see these efforts come to fruition. The AARA views the future of racquetball as exceedingly bright as it takes its rightful place among sports which preserve the mental and physical well-being of the American people.

Special Notice

The AARA Outreach/Development Program on racquetball is appealing to you, the players, to donate used racquetball racquets, eyeguards and related equipment to disadvantaged Elementary through High School youths to whom we will teach racquetball this spring. All donations are tax deductible.

Our AARA Outreach/Development in being taught free of charge to all who attend. Your old or used equipment will be issued and returned to us by all who attend the classes. This AARA program will take place on a national level. The equipment you donate will be used on a local level only. Deposit sites for equipment will exist at all AARA sponsored events. If you are interested in helping to teach young people how to get the same enjoyment out of this sport as you do, then contact Sid Williams (206) 473-2266. ○



REGIONAL REPORTS

Region One: Vermont, Massachusetts, New Hampshire, Maine

For three consecutive weekends in January, Vermont racquetball players had the opportunity to participate in any one of three well run, quality tournaments. Two were within the state boundaries and one just down Interstate 89 in Manchester, NH.

Harvest Classic

While the number of entries in this tournament, held at the Racquet's Edge in Essex Junction, VT, was down slightly from past years, the quality of the tournament certainly was not. With almost all matches running on schedule, nice tournament shirts, and quality play on the courts, the players got more than their money's worth out of the weekend.

In the Mens Open Division, Jamie Beauchemin proved to be the up and coming player to watch this year. He upset Paul Lazure in the quarter finals and Brent Whitney in the semifinals only to fall short of winning it all when he lost to last year's state champion, Bill Burriett, in the finals.

In a rematch of last year's finals in the Womens Open Division, Sue Woods defended her title by defeating Mindy Carlson.

Gail Singer Memorial

This tournament, to benefit the American Cancer Society, was held at the Manchester Court Club in Manchester, NH. With approximately 450 entries, the tournament directors had their hands full. Even with the use of the nearby Salem Racquetball Club, more than 100 entries had to be turned away. Despite the awesome task of scheduling such a large number of matches at 45 minute intervals, the tourney was right on schedule even at 11:00 p.m. on Saturday night! The food was excellent all weekend and the level of play was superb.

It should also be mentioned that the ranking system for players does work and was in evidence at this tournament. Several players were reclassified before the tournament started because they entered divisions in which they were no longer eligible to play. A few players

slipped by, but it wasn't long before the tournament directors took appropriate steps to ensure a fair chance for all eligible players in each division. A sincere round of compliments is deserved by all those involved with the Gail Singer tournament. What will you do for an encore next year?

Wedgewood Open

The four court Wedgewood facility in Berlin, VT (that's sort of between Barre and Montpelier), reentered the world of racquetball tournaments (after a two or three year absence) due to the efforts of their new director of racquetball and GMRA Board member, Fred Fortman. With a little help from his friends, Fred organized and ran a very successful tournament which attracted an enthusiastic 55 entries in seven divisions. Although the crowd was small compared to the other tournaments mentioned, there was no lack of enthusiasm on the part of players on or off the court. Everyone pitched in to make it a friendly and enjoyable weekend.

The surprise of the weekend had to be the victory by Mark Fothergill, of Rutland, who defeated Jamie Beauchemin in the finals of the Mens Open Division. In the Womens Open Division, Joan Parker outtotaled Lois Whitney in a round robin format.

Congratulations to the staff and management of all three tournaments for jobs well done. ○

Region Eleven: Nebraska, Minnesota, North Dakota, South Dakota

Minnesota Racquetball Is The Way It Is Because...

by Hart Johnson

The 1989 Minnesota Racquetball Hall of Fame Awards Banquet was held at the Greenway Athletic Club on January 13th in conjunction with the 2nd Annual Hall of Fame Tournament. Over 125 racquetball enthusiasts were treated to a special evening as Bob McNamara and Stu Voight

coordinated an excellent program. A special thanks to those who made the event successful: the Greenway Athletic Club and the Minneapolis Parks and Recreation Board as sponsors and Dave Hart, Tournament Director, Dave Rasmussen, Athletic Director at Greenway, and especially Bob McNamara coordinator of the Hall of Fame. Due to the involvement of these contributors and others, this year's event was even bigger and better than last year...and the history lives on.

The 1989 Minnesota Racquetball Hall of Fame inductees: Bob Adam Sr., Fred Banfield, Norm Goldetsky, Bill Hall and Amos Rosenbloom. These may not be "household" names to newer players, and hearing these names may not invoke a "wow" reaction, but it is these inductees and players like them that are the soul of Minnesota racquetball. Their on and off court contributions have been influential in making Minnesota racquetball the quality experience it is for all of us today.

These Hall of Famers are all special people and their involvement with the sport of racquetball dates back to the very beginning. The first racquetball club in Minnesota (1967), the first Minnesota State Tournament in Rochester (1973), these innovative actions have had a profound affect on the development of the sport in Minnesota. The roots of Minnesota racquetball stem, in many ways, from this group. ○

Region Twelve: Arizona, Utah, Colorado, New Mexico

Arizona Athletic Club Changes Ownership

On January 20, 1989, ownership of the Arizona Athletic Club, Tempe, AZ was taken over by C&S Incorporated, the long-time property owners of that club, A.A.C., one of the most desirous tournament locations in the country, was previously owned by Athletics Development, a Tucson-based company.

(continued on page 32)



REGIONAL REPORTS

Mr. C.W. Jackson, chief stockholder of C&S Inc., has stated that endless thought is going into making A.A.C. even better in the future. Jackson expects a lot of input, not only from club personnel, but members as well, in order to create the most prestigious club in America.

President's Message

by Steve Holzapfel

In my conversations with players at tournaments the one overriding concern is entry fees. Most people say the current charges are keeping them away from tournaments or at least making them very selective. There is a perception that someone is making a killing. The fact is very few clubs approach tournaments as a source of revenue, most hope to break-even at best. The motivation for holding an open event is to gain exposure for your racquetball facility and to offer your members a competitive outlet.

Many avid tournament players whose closets are overflowing with sweatshirts have suggested a souvenir optional entry fee. This sounds reasonable, but the fact is over 70% of the entries are received at the last minute or late. This leaves the tournament director to guess how many souvenirs, trophies, etc. to order in advance of the deadline, making it difficult to control costs. If everyone would enter early the costs per entry would be manageable, but human nature suggests that we all will continue to procrastinate.

The largest single cost of the tournament that few consider is the additional labor. It requires more help in all areas of the club, more hours at the front desk, locker rooms, restaurants, maintenance, etc., not to mention the tournament directors time away from his regular duties.

The most effective way to reduce tournament costs is to obtain sponsor support. Donations of food, balls, prizes, even money are available to those who can sell the tournament. This is being done now by most clubs and will expand as racquetball grows in stature.

I am writing to create awareness of the club's side of this issue. You as a tournament player deserve value for your money. If you feel you're being gouged we all lose. Expect entry fees to hold in the \$18.00-\$25.00 range. This reflects increased costs in all aspects of a quality tournament. Tournament directors sincerely want to offer you a memorable event, and would lower prices if they could. Let's try and develop a communication between players and clubs. ○

SCHEDULE OF AARA EVENTS

June 9-11

Juliet Powell Memorial Racquetball
Family Fitness Sports Center
2805 Wylds Road
Augusta, GA 30909
Goddard/Pitcock/Gurley/Noblett
404/738-1818

June 11-14

Pepsi Cup Club Championships
Denver Sporting Club
5151 S. DTC Parkway
Englewood, CO 80111
Ron Butts/Patti McCurry
303/399-3050

June 16-18

CARA Grand Prix State Championships
The Claremont Club
1777 Padua Avenue
Claremont, CA 91711
Sally Torrez
714/625-6792

June 16-19

Tar Heel Open
Omni Sports Club
301 Executive Park Blvd.
Winston-Salem, NC 27103
Charlotte Thore
919/760-3663

June 23-25

Spuds Open
Sprinker Recreation Center
14824 "C" Street
Tacoma, WA 98445
Sid Williams
206/473-2266

June 23-25

Summer Splat
Modesto Court Room
2012 McHenry Avenue
Modesto, CA 95350
Kris Barnes
209/577-1060

June 23-25

White River Park State Games
8 Regional Sites in Indiana
Renee LaBonne
317/255-7730

June 24-28

1989 Ektelon/U.S. National Junior
Championship
The Court Club

3455 Harbour Avenue
Indianapolis, IN 46240
Mike Arnolt
312/339-9329

July 7-9

White River Park State Games
Finals TBA
Renee LaBonne
317/255-7730

July 11-15

Tri-City Open
Tri-City
551 E. State Street
American Fork, UT 84403
Dave Rasmussen
801/756-5224

July 13-16

National Seniors Invitational
Continental Athletic Club
6124 Busch Blvd.
Columbus, OH 43229
Ron Woolard
614/846-8400

July 14-16

July Jam
Court House Racquet Club
1545 Helton Drive
Florence, AL 35630
205/764-0034

July 21-23

Dawg Days Summer in Savannah
Racquet Plus
4 Oglethorpe Professional Blvd.
Savannah, GA 31406
Patti Iott
912/355-3070

August 5-6

2nd Annual Junior Championships
Sports Courts Health Club
4812 S. 114th Street
Omaha, NE 68137
Penny Missirlian
402/339-0410

August 11-13

Doubles Warm-Up
Lakeland YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page
813/644-3528

CityFed Mortgage Company



The Mortgage Source.

presents



THE CITYFED GRAND NATIONAL

A Men's Professional Racquetball Association sanctioned event

featuring...

THE TOP MEN'S PROFESSIONAL RACQUETBALL PLAYERS
competing for the National Title.

Amateur Divisions of all skill and age groups.
All entrants will receive a souvenir BAG.

June 19-25

Pro Qualifying: Wednesday, June 21st

Amateurs Begin: Thursday, June 22nd

(local players may begin Monday, June 19th depending on size of draw)

Hosted by:

THE SEATTLE CLUB
2020 Western Avenue
Seattle, Washington 98121

For amateur entry and ticket information, contact:

Fielding Snow (206) 443-1111

For Pro information, contact:

Hank Marcus (503) 645-3534

Arrangements have been made for a special accommodation rate at the following hotels. Mention the tournament when making your reservations.

Warwick Hotel — (206) 443-4300

Edgewater Hotel — (206) 728-7000

How To Handle A Blinding Serve.



Tournament tough Action Eyes have been handling serves for more years than any other eye protection. With

their unequalled safety record they have become the choice of both professionals and club players everywhere. Action Eyes

meet or exceed the tough impact standards of ASTM and are recognized as official eye protection at all tournaments.

Action Eyes have always been synonymous with comfort and style. And now

they're available in more frame colors than all the other imitators combined.

So, whether you're a recreational player or on the tournament trail, you can get style, fashion and safety in one great frame.

Ask for Action Eyes at your pro shop or retail store today. Or call Viking Sports at



1-800-535-3300, 1-800-348-3003 in California.

ACTION EYES™
OFFICIAL TOURNAMENT
EYE PROTECTION