



## THE LOUISIANA RACQUETBALL ASSOCIATION

*"Dedicated to promoting the game of Racquetball"*

P.O. BOX 80643 / BATON ROUGE, LOUISIANA 70898      504-346-8657

MARCH 1987

Alas! I am happy to report that your association will be doing its utmost to put out more frequent and more informative newsletters in the days to come. We have not suddenly come up with more volunteer manpower around here, only utilizing what manpower we do have to try more closely to meet the requests of the players and club owners. Players and club owners are still welcomed, even encouraged, to submit articles, ideas and suggestions, questions or any points of interest pertinent to racquetball, to this newsletter to have printed, if wished. Some of the things to look for in the upcoming issues will be: short articles on past and upcoming tournaments, any changes in the tournament calendar, more tournament results (when space permits), articles of interest to the athlete(you), such as diet & fitness, committee reports, the Top 10 and hopefully more material from the players themselves. With a little more input and support from everyone, we could really turn this newsletter, your pipeline of communication, into a worthwhile one.

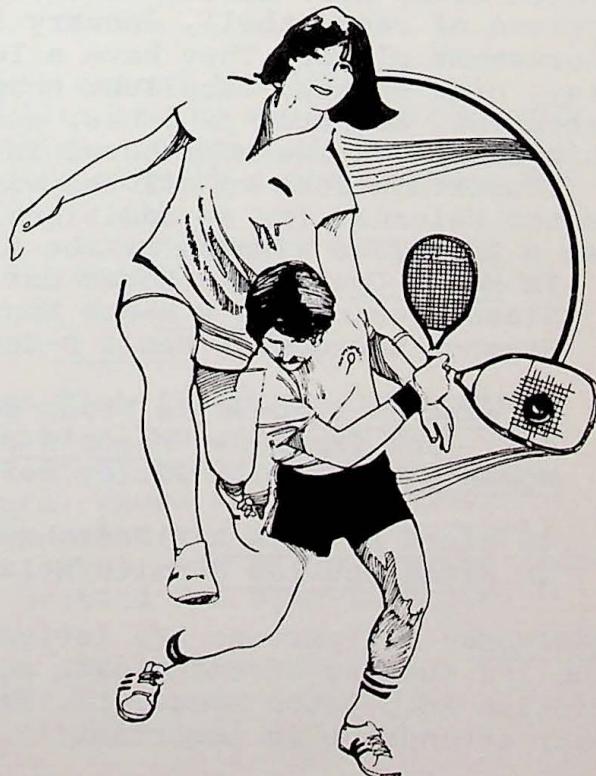
Thanks,  
Chris Metrailler-P.R.

### The Ron Jeter Memorial

This past weekend of Jan. 30th-Feb. 1st, there was a good feeling in the air as some 150 players turned out to support the cause of the Ron Jeter Memorial tournament. Ron has been gone for three years now, but his spirit continues to live on. Racquetball in Louisiana was still in its infancy just 10 or 12 years ago, when a few years later, Ron himself stepped in, formed an organization for the players of Louisiana, to be run by the players, under his guidance, and layed the foundation for the future of racquetball in Louisiana for which exists today. His tireless efforts and devoted committment remain today in all of us, to have run this organization for as long as we have on volunteer manpower alone. We have therefore seen it only fit and proper to devote the proceeds of this tournament to an education fund for Ron & Patsy's two sons, Dax & Hud. Who knows, maybe these two little guys will one day be able to carry on the work that their father started, in between all that schooling that they'll be receiving!!

All in all, I think that we can agree that there was a good time to be had this past weekend. We were fortunate once again to have our "great chefs", Keith Bourgeois,

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famous for his BBQ chicken & fixins, and Mark Champagne, for his all around cuisine, to fill our appetites. I know I can say speaking for myself, that I ate enough BBQ chicken to fill up all four players in a men's "heavyweight" doubles match!!

Thanks again to all players for coming out and supporting this tournament, and a special thanks to the Old Jefferson Wallbanger and its staff for having us. So, now let's see a few results from this past weekend's tournament.

Men's Open  
 1. Steve Martin  
 2. Keil Koger  
 3. Lance Nelson  
 C. Danny Bordelon

Men's A  
 1. Leroy George  
 2. Jack Gromer  
 3. Scott Hazlett  
 C. Warren Arnett

Men's B  
 1. Chris Guarisco  
 2. John Dupont  
 3. Bob Munson  
 C. L.L. Post

Men's C  
 1. Roy Eudy  
 2. Rob Delarosa  
 3. Mark Espinosa  
 C. Leonard Meaux

Men's D  
 1. Mike Buchanan  
 2. Russ Henderson  
 3. Barry Daste  
 C. Charles Freeburgh

Men's 35-A  
 1. Don Ellerman  
 2. John Pellerin  
 3. Jack Gromer  
 C. Bob Munson

Men's 35-B  
 1. Bert Strandberg  
 2. Drew Siegel  
 3. Jerry Satawa  
 C. J.D. Dedeant

Men's 35-C  
 1. David Guitreau  
 2. Sid Shelton  
 3. Al Miller  
 C. Ray Peterson

Mx. Dbls. A  
 1. Martin/Martin  
 2. Spradley/Koger  
 3. Metrailler/Jarreau  
 C. Faget/Richards

Mx. Dbls. B  
 1. Smith/Melancon  
 2. Patureau/Siegel  
 3. Shean/Satawa  
 C. Rodriguez/Lloyd

Women's Open  
 1. Edie Martin  
 2. Marcia Richards  
 3. Kim Allen  
 C. Chris Metrailler

Women's A  
 1. Suzanne Corkern  
 2. Debbie Spica  
 3. Jane Saunders  
 C. Tammy Rodriguez

Women's C  
 1. Jane Peterson  
 2. Donna Scarano  
 3. Melissa McQueen  
 C. Libby Hardaway

Women's D  
 1. Karen Bush  
 2. Sue Hunt  
 3. Margie Hutson  
 C. Donna Mathews

#### 8th Annual Rivercenter Open

The L.R.A. Staff would like to thank Eliot Diaz, Rivercenter Racquet & Health Club, N.O. Hilton Riverside Towers and the Hilton Hotel for a great weekend of racquetball, January 16-18th. Eliot's tournament is a must for any tournament player. They have a long standing tradition of strong competitive play, nice shirts, excellent hospitality and great specialty foods such as fettucini, assorted danishes, and 2-6 foot long po-boys, which in the case of this tournament, were devoured in about an hour of serving.

Congratulations to all the winners of the tournament and keep an eye open on the calendar for an additional tournament offered at Eliot's club in April. 1st & 2nd place winners at the Rivercenter Open were:

In Men's Open- Keil Koger def. Ricky Gonzales; Men's A-Scott Hazlett def. Blaze Fremin; Men's B-Bob Munson def. Eli Lucas; Men's C-Hal Solaun def. Stephen Bourgeois; Men's D-George McMillan def. Ernie Cuestas.

In Women's Open-Gayle Woods def. Karen Foley; Women's A-Cindy Elsensohn def. Jane Saunders; Women's B Nancy Easterling def. Bernadette Rocco; in Women's C/D-Nicola Sellee def. Melissa McQueen.

In Mixed Doubles A-Elsensohn/Gonzales def. Siegel/Lawrence  
 In Mixed Doubles B-Smith/Melancon def. Higgins/Sequeira

REMINDER: All persons are invited to attend the monthly L.R.A. meetings, held the 2nd Tuesday of each month at 7:30 p.m. at the office of the L.R.A., 3609 Perkins Rd., Baton Rouge, La. If directions are needed, call 346-8657. Your attendance is important!!

UPCOMING TOURNAMENTS1987 State Doubles Championships

March 13, 14 & 15th, the L.R.A. and the Kenner YMCA will host its annual State Doubles tournament. Plenty of food, .25 beer, t-shirts, awards, and lots of great competition will provide a fun-filled weekend for everyone.

Doubles has really taken off this past year, and we're expecting lots of new faces along with the regulars. So be prepared to have a great time. I am looking forward to having everyone come to Kenner for our tournament. A reminder: please remember that all participants must be available to play Friday night-no exceptions!!

Renee Hebert  
(resident racquetball pro)

Racquetball One Seniors Championships

O.K., all of you old, decrepid racquetball players. Wake up and smell the coffee!! Dust off those old Schmidke Ektelon XL's and Leach Bandido's and join us in New Orleans March 27th-29th, to participate in the first reunion of all the "oldie but goodies" from the early days of racquetball in La. You know who I mean; the Doug Moreau's, the Peter Michell's, the Larry Bobbitt's, the Renee Hebert's, the Mike & Gwen William's, and more; the ones that helped bring racquetball to Louisiana. Although everyone is invited, I'd really like to see an effort made by everyone to contact some of these "oldie" players that we haven't seen in a while. We could all really have a good time. And to be sure of that, RBO will host a party Saturday night (March 28th) at 8 p.m. Let us pay tribute to all of you players!

The following age brackets will have an A & B division: 25+, 30+, 35+, 40+ & 45+. So get ready and start practicing up, and by all means, get your doctors' permission. Ooooh! And oxygen masks on request. Ooooh, Ooooh!!

So, call me at RBO, 522-2956, if any questions. Let's make this a tournament to remember.

Paul

11th Annual Wallbanger Classic

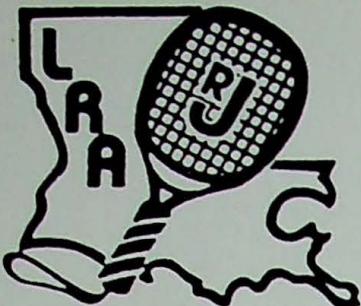
Mark your calendar and make those plans NOW to attend the 11th Annual Wallbanger Classic. It will be held April 10th-12th at the Wallbanger on Old Hammond Hwy. Trophies, t-shirts, .25 beer, quickick and lots of good food by Champagne Catering (you now...Mark). We promise to make it a competitive and fun-filled weekend. See you all then.

Lou Reynolds-Director  
WBCC-OH

Convington Racquet & Fitness/Bud-Lite Classic

The staff of the Convington Racquet & Fitness Club (formerly Convington Court Club; name change only) would like to invite all players to come out the weekend of April 24th-26th for a weekend of great competition and good fun. The club is known for its relaxed atmosphere, where in its spacious lounge area, you can view several tennis matches going on, or a racquetball match being played from the side view spectator court. And of course the food is always special too. So, please join us that weekend for some good fun.

Brian Lowe-Mgr.



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### 1987 CALENDAR (FEB.-DEC.)

<u>MONTH</u>	<u>DATE</u>	<u>NAME</u>	<u>CLUB</u>	<u>CITY</u>	<u>TYPE</u>
<u>FEBRUARY</u>	13,14,15	5th Annual Valentine Shootout	Racquetball One	New Orleans	B
<u>MARCH</u>	*13,14,15 27,28,29	State Doubles Championships RBO Seniors Championships	Kenner YMCA Racquetball One	New Orleans New Orleans	A B
<u>APRIL</u>	10,11,12 17,18,19 24,25,26	11th Annual Wallbanger Classic Rivercent Tournament Convington Racquet & Fitness/ Bud-Lite Invitational	Wallbanger-OH Rivercenter Conv.Rac.&Fitness	Baton Rouge New Orleans Convington	A B B
<u>MAY</u>	8,9,10	1987 Contraband Tournament	Roman Health	Lake Charles	B
<u>JUNE</u>	5,6,7	Baton Rouge Sports Festival	Wallbanger-P	Baton Rouge	B
<u>JULY</u>	13-17 & 20-24	Junior's Camps at Wallbangers (Each participant receives a Penn shirt, Penn balls, LRA socks and a LRA membership).			
<u>AUGUST</u>		(All of this month open at present)			
<u>SEPTEMBER</u>	11,12,13 25,26,27	RBO Invitational State Qualifying Tournament	Racquetball One Wallbanger	New Orleans Baton Rouge	B B
<u>OCTOBER</u>	* 9,10,11	State Singles Championships	Wallbangers	Baton Rouge	A
<u>NOVEMBER</u>	6,7,8 20,21,22	4th Annual Crossgates Tournament 5th Annual Wild Turkey Classic	Crossgates Roman Health	Slidell Lake Charles	B B
<u>DECEMBER</u>	11,12,13	Racquetball One Tournament	Racquetball One	New Orlenas	B

\*State Championships

REMEMBER!!

In order to play STATE SINGLES, you must have played in at least one sanctioned tournament since State Singles 1986.

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Danny Boudreaux

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Donnie Jarreau

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Renee Hebert

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504-643-8194  
Mike Kee

# Rules

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There are always questions coming up about the LRA rule exceptions to the AARA Official Rules. There are only a few and most are well understood and accepted by the LRA membership. However, the 5-foot rule has been and probably always will be a controversial exception.

The thing to keep in mind about this rule is, that it is enforced for safety reasons. Even with the rule in effect, most of us have seen violations where the server is almost struck, and sometimes even struck, with the opponents racquet because the opponent entered the 5-foot zone to cut off a lob serve.

Because of the 5-foot rule interpretation, as it presently exists, and I for one support it 100%, at least one situation occurs once in a while that needs to be addressed. That situation is when the ball that is served bounces at least twice within the 5-foot zone. This can occur on a crack serve that either rolls out off of the side wall, or nearly rolls out. There is no question on the absolute roll-out; it is a point! However, on the crack serve that is possible to return, some judgment must enter the picture. The receiver is not allowed to enter the 5-foot zone with his body or his racquet, so how can he return the ball? He can't!! But the receiver should not be penalized because of a rule protecting his opponent. The solution is a Dead Ball; take the serve over.

It is always nice and convenient to have clear cut do's and don'ts, but there are many judgment calls that occur during the course of a tournament. A serve bouncing twice inside the 5-foot zone does not occur very often and other than a crack roll-out, most of us have probably never even seen it happen. So this LRA rule exception should not cause the controversy that is actually does. It is a good rule and should be carefully adhered to by all.

## 5-foot rule: Rule 8.A.2.

AARA Rule: The receiver may not strike the ball until the ball breaks the plane of the receiving 5-foot line. The follow through may carry the receiver or his racquet past the receiving line.

LRA Rule: The LRA rule is the same except that the follow through may not carry the receiver or his racquet into the imaginary 5-foot zone.

Rules Chairman  
Don Story

## WEAR THOSE EYEGUARDS!!

Eyesight! What a wonderful sense to have. Most of us take our eyesight for granted, seldom thinking how fortunate we are to have it. Close your eyes for a moment and imagine how it would feel if you lost your vision because certain precautions weren't taken.

Each year approximately 130,000 persons account for eye injuries while participating in sports, such as racquetball. A racquetball can cause serious injury to the eye because it can exceed speeds of 100 m.p.h. People usually do not recognize the force and speed of the racquetball. The kind of injury sustained from this sort of blow can tear tissues within the eye, causing blood to collect in the eye. The blood can disperse on its own, or the injury can require surgery to drain the blood from the eye. The eye does not have to suffer obvious external damage to be injured; it can be seriously damaged by internal injury from "shockwaves". Bones around the eye provide some protection from impact but not much from a racquetball. This is not to say that anyone who does not wear eyeguards will get hit with the ball in the eye and go blind, but all it takes is one shot. "Prevention is certainly better than treatment, so why take the chance of losing your sight".

To avoid injury altogether, doctors recommend wearing eyeguards while parti-

cipating in sports where eye damage is likely. Therefore, I strongly urge everyone to wear eyeguards.

Good Luck and Safe Playing,  
Donnie Harper

## OVERWEIGHT VS. OVERFAT?? THE SCALE CAN'T TELL THE DIFFERENCE!!

Do you sometimes hate the habit of checking your weight regularly on your bathroom scale? It doesn't matter if it reads 5 or 50 pounds away from where you want it to read, the fact is that most people are never happy with the "number". It's time to stop paying attention to the numbers on the scale to determine what you should weigh. Neither a scale nor a mirror can tell if you are a healthy weight.

Think of your body as having two sections: the fat part and the non-fat part (called lean body mass-muscles, bones, water, etc.). Ideally, the healthy portion on females should be no more than 22% of their total weight; males have more muscle and should carry no more than 15% of their total weight in fat. Most Americans are overfat at an average percentage of 33% for females and 24% for males.

To test your % body fat, there are about 6-8 different methods. Some are more accurate than others, but all methods are calculated estimates and accuracy depends greatly on the experience and skills of the tester. Percentage of body fat is a very useful tool to determine your ideal weight and caloric requirements based on lean body mass. Realistic goals can be set for fat loss and/or muscle gain. Periodic re-testing, always with the same testing method, same tester and equipment, can assure that weight loss is fat loss and not a loss of muscle and water weight.

You can be overweight but not overfat and vice-versa or both. As muscle weight is lost due to lack of exercise or crash dieting, fat can take up the same space and one gets fatter without gaining weight. Eventually, there is a limit to this intramuscular fat gain and fat begins to deposit outside of the muscles under the skin (subcutaneous). This is when weight gain becomes obvious and you are both overfat and overweight. People starting to get overweight are usually already overfat. Regular aerobic exercise attacks the root of the problem--fat in the muscles. This is why dieting alone is not usually successful for long term fat loss!

According to traditional height/weight charts, if you have a lot of muscle and a heavy, dense bone structure, you would be overweight. By having your body fat tested, you could determine if your fat/lean ratio was within healthy ranges and, if you are overfat, by how much.

The term overweight is now obsolete. Overfat more accurately describes the problem that many Americans are facing. A quick body fat test and understanding of the use of this percentage can get you on the road not only to a healthier, but also a more realistic, attitude about your weight. It's not the number on the scale that counts; it's what makes up the body that counts. Just imagine yourself at 22% body fat and a high lean body mass. You can't resist stepping on your bathroom scale. You weigh 8 pounds more than you should for your height on the height/weight chart. You laugh and say "Oh scale, what do you know"!!

Submitted by: Karen and Lee Ascani  
(Instructors Karen and Lee are trained and licensed by nutritional biochemist, lecturer and author, Covert Bailey, to teach the concepts of nutrition, body-fat and exercise as introduced in his best selling books, "Fit or Fat" and "The Fit or Fat Target Diet".

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PLEASE NOTE: An error was printed in the last newsletter (Jan.87) stating that Debbie Herrmann received the Most Improved Female Player Award at the State Singles Banquet, when in fact it was Michelle Barkate who received this award. Sorry, Michelle and congratulations once again!!

WHEELCHAIR RACQUETBALL

Recently, the Kenner YMCA had the pleasure of having Chip Parmelly (the national wheelchair champion) and his friend, Danny Osburn (a top open wheelchair player) here at the club, in town from California. They put on a clinic and demonstration with Renee Hebert and Myles Siglers. This was promoted in the hopes of beginning wheelchair racquetball in Louisiana. The guys were very inspiring and everyone who watched thoroughly enjoyed it.

Now, thanks to one of our members who noticed the article in the newspaper, Ken Leach of Southern Medical Mart has offered to sponsor Chip and Danny to bring them here again April 24th-26th. Anyone interested in viewing this clinic and demonstration are welcomed. The clinic will be Saturday, April 25th, from 10 a.m. to 4 p.m. We'd love to have you.

Sincerely,  
Renee Hebert-Kenner YMCA



\*\*\*\*\*  
PENN IS THE OFFICIAL BALL OF THE LRA FOR 1987  
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