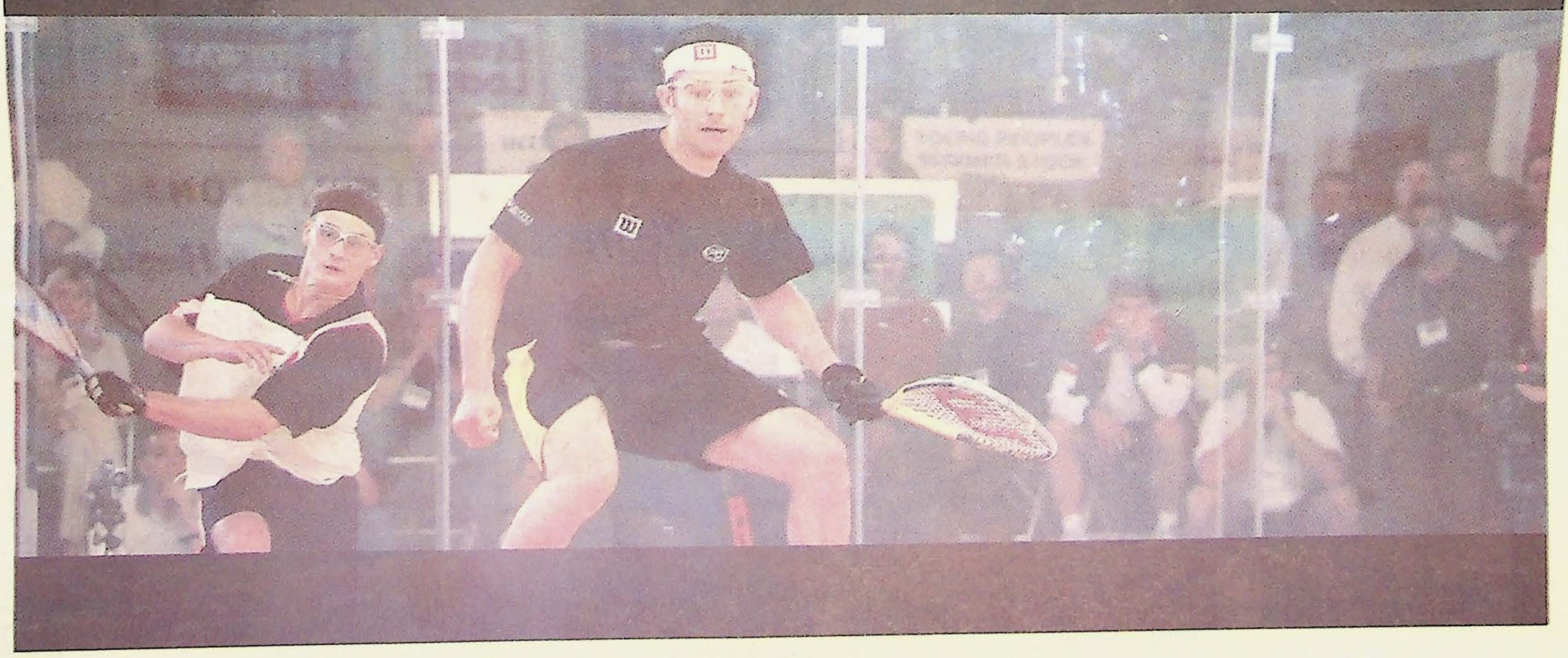
PROFESSIONAL RACQUETBALL TOUR

OFFICIAL TOUR PROGRAM 2003



10 IRT EVENTS

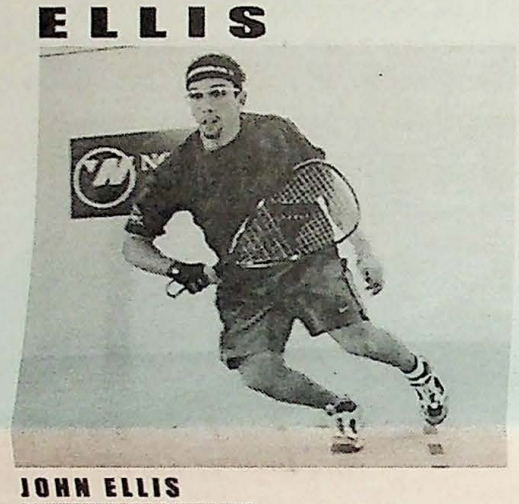
10 APPEARANCES IN THE FINALS...

5 TOUR VICTORIES

This season we return to the courts to defend our titles and test the limits of technology. Because we're not just competing against the other players...

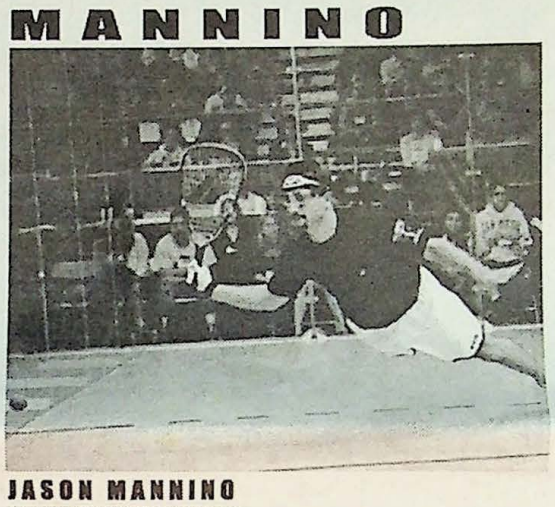
WE'RE COMPETING AGAINST OURSELVES!

ELLIS



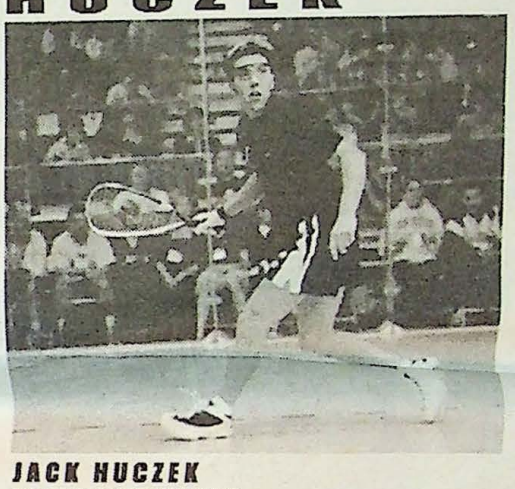
JOHN ELLIS
U.S. PRO NATIONAL CHAMPION

MANNINO



JASON MANNINO
U.S. OPEN CHAMPION

HUCZEK



JACK HUCZEK
U.S. NATIONAL CHAMPION

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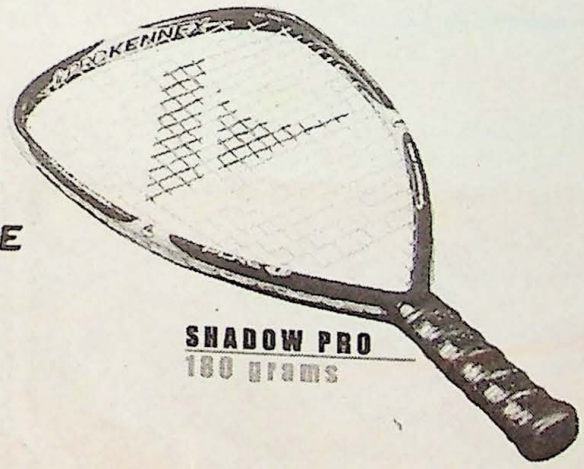

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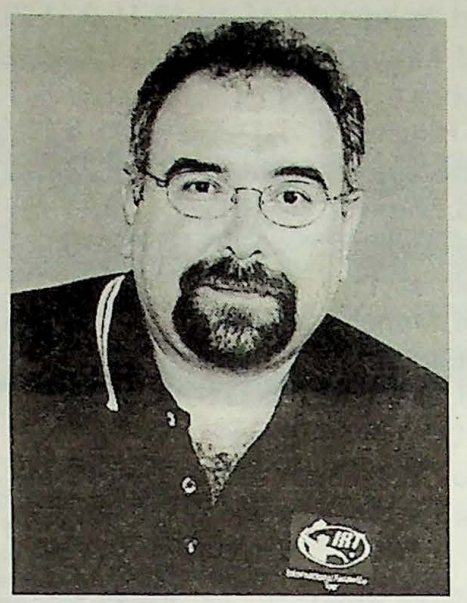
A Message from the Commissioner

200 mile per hour shots, unbelievable gets, great personalities and a true "Extreme Sport Mentality", the International Racquetball Tour is here!

As we start the 2003 season I am happy to report a strong rise in racquetball interest around the country. Since I became commissioner in late 2001, we have created a strong tour. Competing in 18 major cities with prize monies totaling $360,000, the highest in many years, the tour looks forward to bigger things in the near future. All the amateur divisions have exceeded the tournament director's expectations, indicating that racquetball is as strong as ever. Also, for the first time in the history of the game, the IRT, United States Racquetball Assoc., (governing body of amateur racquetball) and the Ladies Professional Racquetball Assoc. are all working together for the betterment of the sport. The IRT looks forward to taking on a leadership role in this great sport.



DAVE NEGRETE

A big thank you to all the tournament directors out there and local sponsors for bringing the tour to your cities. Hopefully soon we will have a tour sponsor and relieve the pressure from all of you. In the meantime THANK YOU.

Look for a strong push this season from Sudsy Monchik, back from his broken foot to challenge current number one, Jason Mannino, for the year-end number one ranking. We cannot forget tour veteran and six time number one, Cliff Swain to raise the bar and be challenged by last year's rookie of the year and current number two ranked, Canadian, Kane Waselenchuk. Keep your eyes on John Ellis, last years pro National Champion and the "Pride of Mexico", Alvaro Beltran to mix it up. Current National Junior Champion, Jack Huczek is working hard to better his rookie year and pesky Rocky Carson is always there for the challenge. Derek "Big D" Robinson, Canadian Mike Green and Texan, Mike Guidry all have the ability for the upset this season. Newcomers Jason Thoerner, Mike Dennison and Shane Vanderson will be in he fray this season also. I would be remised if I did not mention the Legend, Hall of Famer, Mr. Ruben Gonzalez, you just never know when this young 50 year old will play like he's an old19 year old again.

In conclusion, I am thrilled with the direction of the tour and the class and professionalism of all the players out there competing on the IRT Tour. I encourage you to keep your eyes on our website, IRT-TOUR.COM for all the latest news and voice your opinions on our forum page. I also love to hear feedback positive, negative or constructive and can be reached via email at ***negretz@mindspring.com.***

I hope you enjoy racquetball at its highest level, The International Racquetball Tour!

Dave Negrete
IRT Commissioner

Nick Irvine - Assistant Commissioner

DOB: 12-29-79
Birthplace: Sacramento, CA
Current Residence: Stockton, CA
Home Club: In-Shape Sports Club @ West Lane
Certifications: AmPro Clinician
Married: Wife: Cynthia Daughter: Alexis

Since: 2002

Duties: Media Relations, IRT Webmaster

E-mail: irtnick@aol.com

Website: www.irt-tour.com

Phone: 209-518-9370

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Professional Racquetball Tour 2003

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2002-2003 IRT Tour Schedule

Aug 22-25	New Orleans, Louisiana	Waselenchuk d. Beltran (7-11,11-2,7-11,11-9,12-10)
Sept 5-8	Stockton, California	Mannino d. Beltran (13-11,10-12,11-9,11-2)
Sept 19-22	Denver, Colorado	Monchik d. Mannino (11-8,8-11,11-7,5-11,13-11)
Sept 26-29	Chihuahua, Mexico	Waselenchuk d. Mannino (11-8,6-11,9-11,11-8,11-6)
Oct 10-13	McLean, Virginia	Beltran d. Huczek (2-11,11-8,3-11,11-6,11-5)
Oct 31-Nov 3	Chicago, Illinois	Mannino d. Waselenchuk (11-5,11-4,11-8)
Nov 7-10	Riverside, California	Monchik d. Mannino (1-11,11-7,11-8,11-6)
Nov 20-24	Memphis, Tennessee	Monchik d. Swain (11-4,9-11,11-7,11-6)
Dec 12-15	Denver, Colorado	Ellis d. Beltran (11-9,11-8,11-8)
Jan 9-12	Cleveland, Ohio	Mannino d. Monchik (11-8,11-7,11-13,11-6)
Jan 16-19	Syosset, New York	Guidry d. Ellis (12-10,11-2,11-0)
Jan 30-Feb2	Coral Springs, Florida	Mannino d. Waselenchuk (11-7,11-1,Inj/FFT)
Feb 6-9	Austin, Texas	Longhorn Open
Feb 27-Mar2	San Diego, California	San Diego Open
Mar 20-23	Boston, Massachusetts	Foxwoods Pro-Am
Mar 27-30	Greensboro, North Carolina	NC Open
April 24-27	Virginia Beach, Virginia	Virginia Beach Open
May 1-4	Phoenix, Arizona	Pro Nationals

2002-2003 Satellite Schedule

Oct 18-20	Albuquerque, New Mexico	New Mexico Invitational
Oct 24 -27	Casper, Wyoming	Wyoming Pro-Am
Oct 24 27	Sun Prairie, Wisconsin	Lou Bradely Memorial
Oct 25-27	Mission Viejo, California	One Shot Pro-Am
Oct 30-3	CO Springs, Colorado	Lynmar Classic
Nov 8-10	Syosset, New York	Long Island Open
Dec 6-8	Rock Springs, Wyoming	Sweetwater Pro-Am
Jan 17-19	Paris, France	French Open
Jan 3-5	Stockton, California	Superbowl Open
Jan 22-26	Billings, Montana	Billings Pro-Am
Jan 22-26	Chihuahua, Mexico	Jumex International
Feb 13-16	Chicago, Illinois	St. Valentines Massacre
Feb 21-23	Beaverton, Oregon	Beaverton Pro-Am
Feb 21-23	Sioux Falls, South Dakota	Lewis Cola Pro-Am
Feb 21-23	Palos Hills, ILL	Palos Olympic Open
Feb 21-23	Fayetteville, NC	The Schultz Classic
Mar 6-9	San Jose, California	Lucky "E" Pro-Am

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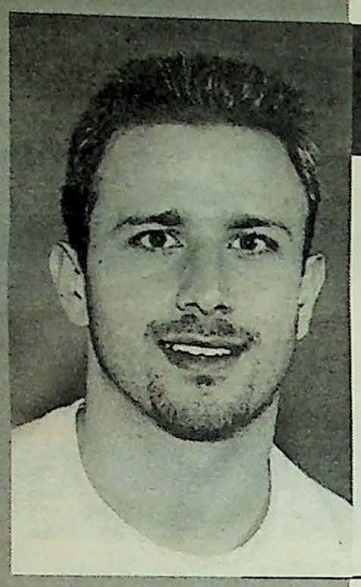
IRT TOP FIFTY

2002-2003 Current Season Rankings

Rank	Name	Points	Previous Rank
1	MANNINO, JASON	4816	1
2	WASELENCHUK, KANE	4382	2
3	SWAIN, CLIFF	3653	3
4	ELLIS, JOHN	3528	4
5	BELTRAN, ALVARO	3156	6
6	MONCHIK, SUDSY	3143	5
7	CARSON, ROCKY	2834	7
8	HUCZEK, JACK	2808	8
9	ROBINSON, DEREK	2659	9
10	GREEN, MIKE	2307	10
11	GUIDRY, MIKE	2291	11
12	THOERNER, JASON	1549	12
13	MORENO, JAVIER	1298	13
14	GONZALEZ, RUBEN	1290	16
15	FOWLER, DAN	1289	14
16	CROWTHER, CHRIS	1189	15
17	LLACERA, DAN	1025	17
18	DENNISON, MIKE	680	18
19	IRVINE, NICK	633	20
20	VANDERSON, SHANE	570	19
21	VALENTINE, DALE	450	21
22	DOYLE, TIM	439	22
23	MANZURI, SHAI	436	23
24	TUCKER, JOSH	424	26
25	POINTELIN, BRIAN	423	24
26	WALTERS, BRENT	366	25
27	KARP, ADAM	322	27
28	CANNADY, DEVIN	237	41
29	WILLIAMS, MITCH	237	28
30	BRANNIGAN, ERIN	230	29
31	SHIMIZU, HIROSHI	229	30
32	CLOUSE, WOODY	227	31
33	HAWTHORNE, ANDY	219	32
34	THOMAS, GREG	216	33
35	CROFT, BEN	209	34
36	GAGNON, VINCENT	189	35
37	FREDENBERG, BRIAN	184	57
38	ISTACE, BRIAN	181	37
39	COYLE, EUGENE	175	36
40	BOSCIA, TONY	152	38
41	HERERA, ALASANDRO	140	39
41	DE LOS RIOS, GIL	140	39
43	ORTEGA, EDUARDO	135	42
44	MEJIA, GILBERTO	130	43
45	HARMON, MIKE	114	60
46	MCELLHINEY, MATT	110	148
47	TRISTAN, AUSTIN	107	44
48	ROYSTER, SHAWN	104	45
49	MEIJA, GILBERTO	102	46
49	WAGNER JR, RICH	102	46

International Racquetball Tour



Jason MANNINO — 1

HOMETOWN: San Diego, CA • DOB: January 28, 1975 • HEIGHT: 5'8" • HAND: Right

Jason Mannino is the first player in 10 years to take the #1 position from Cliff or Sudsy. His pinpoint lob serves and superb diving ability force his opponents to roll the ball out. He doesn't bring as much verbal smack to the court now that he's proven himself, but you can still count on getting an earful at his matches. Look for Jason to capture his first #1 title as the 2002-03 season comes to an end.

www.jasonmannino.com

Kane WASELENCHUK — 2

HOMETOWN: Edmonton, Canada • DOB: September 14, 1966 • HEIGHT: 5'10" • HAND: Left

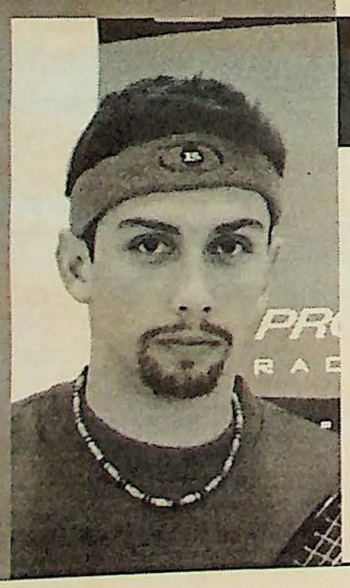
Kane Waselenchuck is the tour's hottest young player, diving and ripping his way through the rankings to the #2 spot. Kane's quick hands and exciting game style, vertically and horizontally, have stunned players and fans alike. As the season winds down, this kid will definitely be in a battle for #1 with Jason.

Cliff SWAIN — 3

HOMETOWN: Braintree, MA • DOB: March 21, 1966 • HEIGHT: 5'11" • HAND: Left

Cliff Swain is probably the best racquetball player in the history of the game. A six-time world champion, Cliff can never be counted out. This tour veteran still blasts the game's greatest serves, and he anticipates and reacts with spectacular court awareness. Every player wishes he could achieve just half of what this man has done in the sport. Don't be surprised to see him win a seventh world title!

www.cliffswain.com



John ELLIS — 4

HOMETOWN: Stockton, CA • DOB: October 4, 1972 • HEIGHT: 5'6" • HAND: Right

John Ellis, "Elli," Pound for pound he's one of the hardest hitters on tour. Combine that with his lightning speed and you have one of the steadiest contenders in the past decade. So what if he's the tour's shortest player, Elli has always stood at the top of the leader board. He will capture his first #1 title in the near future.

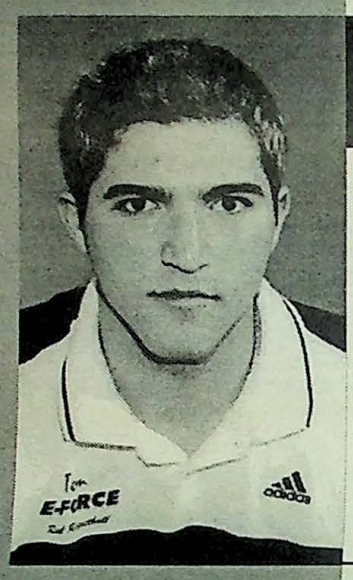
www.ellistyle.com

Sudsy MONCHIK 5

HOMETOWN: Statin Island, MY • DOB: October 12, 1974 • HEIGHT: 5'10" • HAND: Right

Sudsy Monchik, "Suds" has pulled off one of the biggest comebacks of all time. A broken leg kept him out one full season, but he's fought and shot his way right back to the top of the IRT rankings. With an impressive win at the 2002 US Open, Suds looks to be the dominant player in the near future.

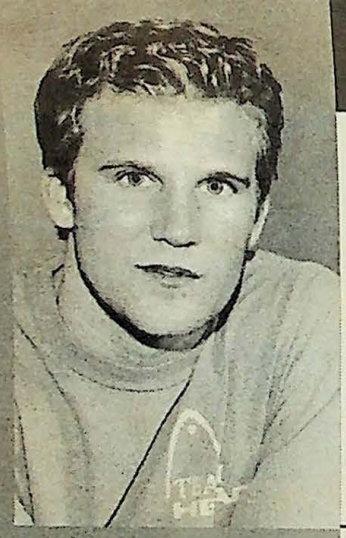
www.sudsyrules.com



Alvaro BELTRAN 6

HOMETOWN: Tijuana, Mexico • DOB: October 15, 1978 • HEIGHT: 6'0" • HAND: Right

Alvaro Beltran brought his game across the border from Mexico to compete on the pro tour. This gentleman's gentleman is cool, calm, and collected, with a stroke so smooth it ought to come in a sugar cone. Alvaro got off to a great start this season and is looking to glide his way up the rankings.



Rocky CARSON 7

HOMETOWN: Laguna Niguel, CA • DOB: May 21, 1979 • HEIGHT: 6'0" • HAND: Right

Rocky Carson has pounded out his place in the pros. Taking his junior game to the big time this phenom's been right around the top eight ever since making the transition. Some tough draws have hindered him through the years, but it will not be long until we see him in the finals. Hard work and peak conditioning are the keys to Rocky's game plan as he prepares to win his first pro-stop.

www.oneshotsports.com

Jack HUCZEK 8

HOMETOWN: Rodchester Hills, MI • DOB: October 15, 1978 • HEIGHT: 5'8" • HAND: Right

Jack Huczek has propelled himself from the most dominating junior player in racquetball history to a top-notch professional. He captured his last junior title in 2002 and has now committed himself to becoming one of the best tour players as he looks to make his mark in the pros. Just about the fittest specimen around, Jack will be in contention for many years to come.

Derek ROBINSON 9

HOMETOWN: Kennewick,WA • DOB: May 20, 1969 • HEIGHT: 6'4" • HAND: Right

Derek "Big D" Robinson, one of the tallest guys on tour and is always a threat to make the semis and finals. Big D is the Tour Clinician, so on Saturdays of the event you'll find him on the court teaching a clinic where you can learn the different strokes that it takes to compete at this level.

www.bigdracquetball.com

Mike GREEN 10

HOMETOWN: Hamilton, CAN • DOB: September 22, 1973 • HEIGHT: 6'0" • HAND: Right

Mike Green, "Greenforce," swept down from Canada and was voted the most improved player by his peers last year. He's done damage this year as well, hanging around to send opponents home early. A member of the Canadian National Team, Mike's looking to win his first IRT title.

Mike GUIDRY 11

HOMETOWN: Carrollton, TX • DOB: May 28 , 1970 • HEIGHT: 5'10" • HAND: Left

Mike Guidry is a tour veteran who's still got the magic. With a National Singles and Doubles title in 2002, he's proved he's one of the best. Great diving ability and smart shot selection give Mike the advantage he needs to compete on the pro tour. Nobody here would be shocked to see Guids in the finals.

Jason THOERNER 12

HOMETOWN: Canton, GA • DOB: October 15, 1973 • HEIGHT: 6'0" • HAND: Right

Jason Thoerner has risen through the ranks this year on the IRT. He has taken his USA Team skills and brought them to the pro tour to show us what he is all about. Thoerner is also the "Official Tour Referee" as he not only has the challenge of playing these top guys but also has the opportunity to ref each and every exciting match. Could this be why his game has improved so much?

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Rules of the Game

- All matches consist of the best 3 out 5 games to 11 points
- All games must be won by 2 points
- There are no court hinders in the professional game
- Total points determine the server in the fifth game. A coin flip determines who serves first. The first server also serves the third game.
- Players receive 15 seconds between serves
- Each player receives one, one minute time out per game
- There is a two minute break between games
- Fines are administered by the Commissioner for unsportsmanlike conduct and other player violations.
- Technicals are called by the discretion of the referee and result in a loss of a point.
- Each player receives two, seven and half minute injury timeouts per match.
- All other rules follow the USRA rules

The Draw

The IRT draw is determined by ranking. The top eight players are automatically placed in the round of sixteen and all other players must qualify into the round of sixteen. The 5-8 ranked players are rotated each event, to create a more competitive event and to allow 5-8 to rotate amongst the top 4 throughout the season. The number 9-16 ranked players are placed in the round of 32 draw in the proper seeded positions with the rest of the field playing off to fill in the 8 remaining spots.

All draws are seeded based upon IRT ranking points. All players receive IRT ranking points by playing in a sanctioned IRT event. The amount of points received based on the type of event, prize money and how a player finishes. An explanation of the ranking system can be found on the IRT website, IRT-TOUR. COM. No draw can be changed after it has been posted on Wednesday, the week of the event.

The Event

Most IRT events start with Qualifying rounds on Thursday not before 2pm and the round of 32 beginning between 7-10pm. The rest of the schedule is as follows:

Round of 16	Friday 11:30am, 12:30pm, 1:30pm and 2:30pm
Quarterfinals	Friday 5:30pm, 6:30pm, 7:30pm, 8:30pm
Semi Finals	Saturday 4pm and 6pm
Finals	Sunday at 1pm

The US Open and other major Grand Slam events may have scheduling changes.

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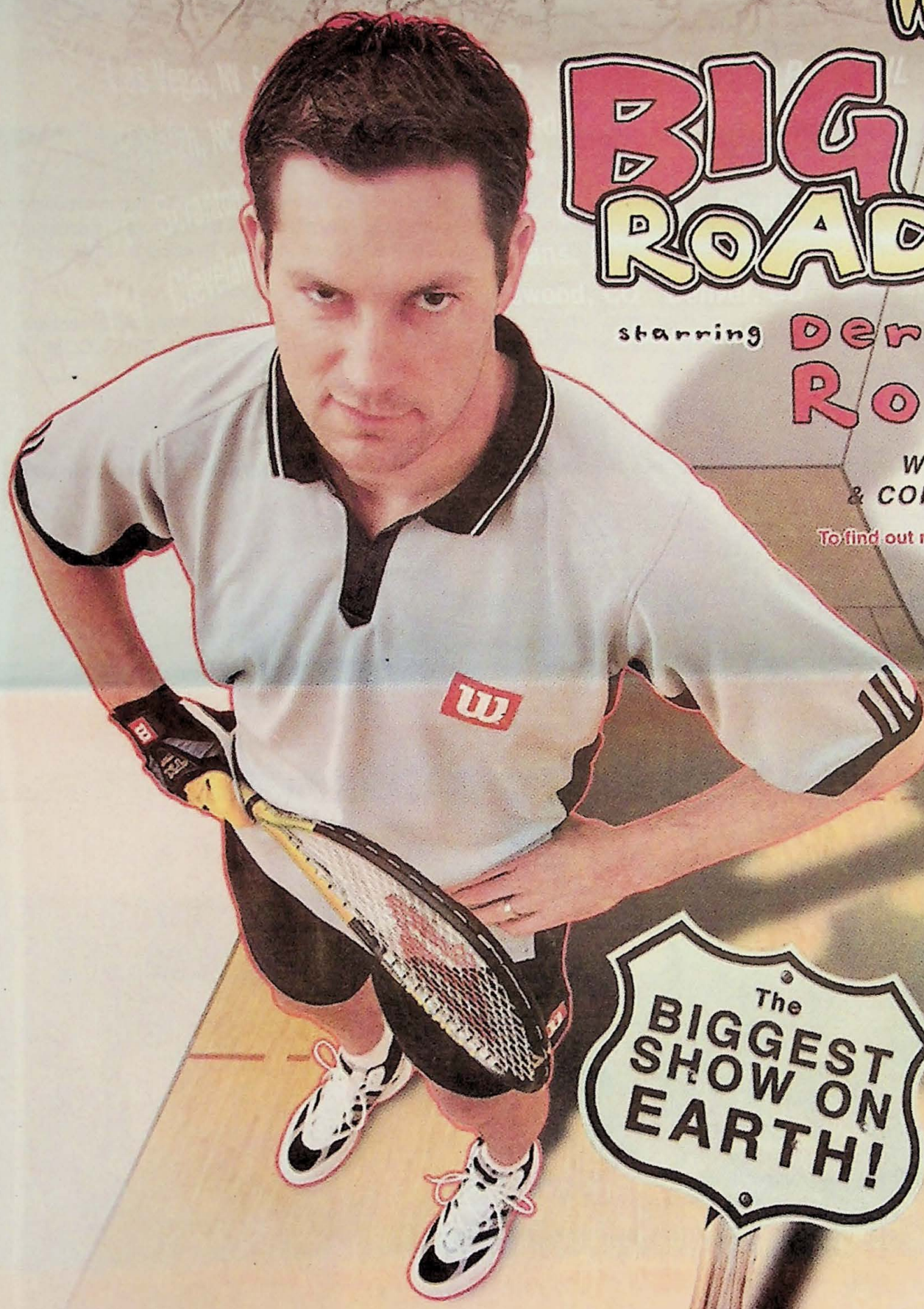

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Introducing TRIAD, a revolutionary tri-component design that maximizes power, control and comfort without compromising one for the other.

The hoop and the handle of a TRIAD racquet are designed as customized components. They never touch. We buffer them with Iso-Zorb™, an exclusive Wilson polymer similar to the material used in skyscraper foundations to absorb the shock of an earthquake.

This design breakthrough delivers a level of performance impossible in an ordinary one-piece racquet.

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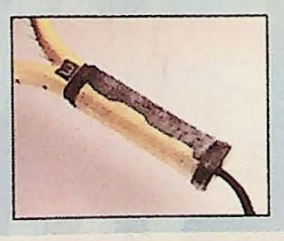
ONE: POWER
Maximum power is generated in the hoop of a TRIAD™ racquet. Wilson engineers combine Hyper Carbon® - the stiffest, lightest, strongest material ever used in racquetball racquets - with our patented Hammer® design, which reduces overall weight, but maintains mass in the racquet head.

Cliff Swain
#1 Player in the World

Derek Robinson
World Champion

TWO: COMFORT
Iso-Zorb™ is an exclusive Wilson polymer, similar to the material used in skyscraper foundations to absorb the shock of an earthquake. We utilize Iso-Zorb as a buffer between the TRIAD hoop and handle for dramatically increased levels of comfort, which can be customized to fit your game.

THREE: CONTROL
Because shock is trapped in the hoop, the handle of a TRIAD racquet remains completely stable in your hand at ball impact. The feeling of control is extraordinary.



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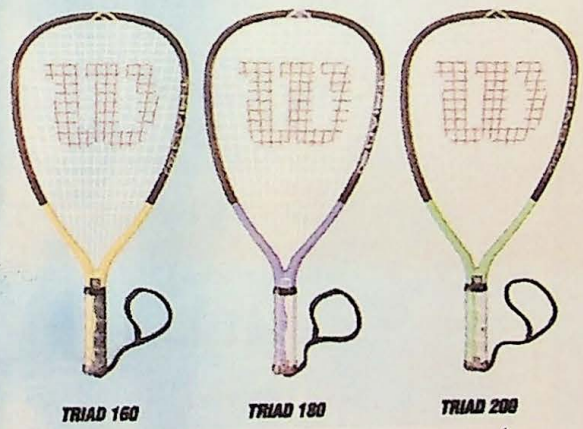

TRIAD 160 **TRIAD 180** **TRIAD 200**

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2002-2003 LPRA Tour Schedule

September 6-8	Rosarito, California	Gudinas d. Rice (11-7, 11-7, 11-6)
September 19-21	Charlotte, North Carolina	Gudinas d. Rice (11-2, 11-4, 13-11)
October 18-20	Albuquerque, New Mexico	Rice d. Rajsich (3-11, 11-8, 11-2, 11-2)
Nov 1-3	Colorado Springs, Colorado	Gudinas d. Rice (9-11, 11-6, 7-11, 11-4, 11-4)
November 20-24	Memphis, Tennessee	Gudinas d. Rice (11-5, 11-5, 9-11, 11-6)
December 12-15	Denver, Colorado	Rice d. Gudinas (11-8, 3-11, 12-10, 11-13, 11-5)
January 17-19	Cincinnati, Ohio	Wachtel d. Gudinas (11-4, 11-7, 11-9)
Jan 31-Feb 2	San Diego, California	Gudinas d. Rice (11-0, 11-0, 11-1)
February 14-16	Nashville, Tennessee	Downtown YMCA
March 13-15	Towsend, Maryland	Townsend Athletic Club
March 28-30	Saskatoon, Canada	River Racquet Athletic Club
May 1-4	Phoenix, Arizona	Arizona State University

Message from the LPRA Commissioner

Hello! My name is Ed Willis II and it has been my distinct pleasure for the past few years to work with the women of professional racquetball. I have been involved with the WPRA, the WIRT, and I am currently the commissioner of the LPRA, the Ladies Professional Racquetball Association.

We have seen quite a few changes over the last couple of years with the involvement of the USRA, the implementation of rally scoring two seasons ago, and the return to conventional scoring this season.

With the return of some veteran players, the introduction of several new players, the continued support of our international players, and the development of our tour's everyday players the LPRA tour is tougher and deeper now than it ever has been, at least in my racquetball memory.

Our players come from everywhere, we have pros that play racquetball full-time, domestic goddesses, CEOs, doctors, and other professionals, students, and even a club manager. Our youngest full-time player is still in high school and our oldest has kids in college.

Please check us out at a tournament near you. Our website is www.ladiesproracquetball.com. We also host a "Meet the Players" booth at every one of our events, so come by and meet your favorite pros or just say hello.

If you need more information on the LPRA tour, or are interested in sponsoring the tour or hosting an event of your own, please feel free to contact me. I can be reached by e-mail at ewillisii@aol.com, or by phone at 703-684-4146. I look forward to hearing from you!

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LPRA TOP FIFTY

2002-2003 Current Season Rankings

Rank	Points	Name
1	813.000	Gudinas, Cheryl
2	634.750	Rice, Jackie Paraiso
3	425.750	Wachtel, Kerri
4	354.500	Rajsich, Rhonda
5	203.750	Hallander, Kersten
6	185.750	Russell, Kim
7	149.000	Fisher, Adrienne
8	145.500	Walsh, Kristen
9	138.250	Acosta, Susana
10	106.750	Kyzer, Brenda
11	102.500	Powell, Lori-Jane
12	94.000	Foster, Amy
13	93.000	Saunders, Jennifer
14	86.500	Torres, Rosy
15	77.000	Fenton, Laura
16	76.000	Fowler, Doreen
17	67.000	Mock, Denise
18	65.000	Gellman, Rachel
19	57.250	Brown, Tamy
20	55.750	Shattuck, Johanna
21	49.000	Munger, Stephanie
22	37.500	Vonondarza, Ramona
23	33.250	Csuk, Krystal
24	26.000	Sanders, Lourdes
25	25.750	Albrecht, Elaine
26	24.250	Perrin, Robyn
27	22.000	Bohling, Diane
28	18.750	Myers, Janet
29	16.500	Crawford, Ellen
30	15.250	Morton, Karen
31	15.000	Stoffregen, Gerri
32	12.000	Garcia, Claudine
33	11.000	Carbajal, Jessie
34	10.500	Feaster-Stewart, Shannon
	10.500	Loma, Carola
36	10.000	Burth, Angela
	10.000	Fisher, Kelley
	10.000	Hjelm, Lisa
39	8.750	Brodeur,Genevieve
	8.750	Galloway, Lorraine
	8.750	Gomez, Vivian
	8.750	Machiran, Kim
	8.750	Morris, Phyllis
	8.750	Papp, Lisa
	8.750	Turgeon, Chantal
46	6.750	Baumbaugh, T.J.
47	6.000	MacKenzie, Joy
48	5.000	Aquiano, Tonya
	5.000	Corpi, Claudia
	5.000	Enriquez, Nancy

Practice with a Purpose

by Derek Robinson

In the last issue we went over how to make the most out of your drilling sessions. If you don't have that issue, be sure to get one so your practice times are efficient and effective!

Now we're ready to give you specific hints as to how to improve your sidewall-front-wall game. Pay attention; take the time to mark the court, and pinch, pinch, pinch!

STEP 1: MARKING THE COURT

This can be done with any type of tape that stands out and is easy to remove. *[Photo #1.]*

STEP 2: DROP AND HIT

Stand so you will contact the ball near the X closest to the sidewall. Since the ball will be so close to the sidewall, this is a perfect opportunity for a splat. Aim for the X on the sidewall closest to you. Drop and hit 10 shots and be aware of the path of the ball.

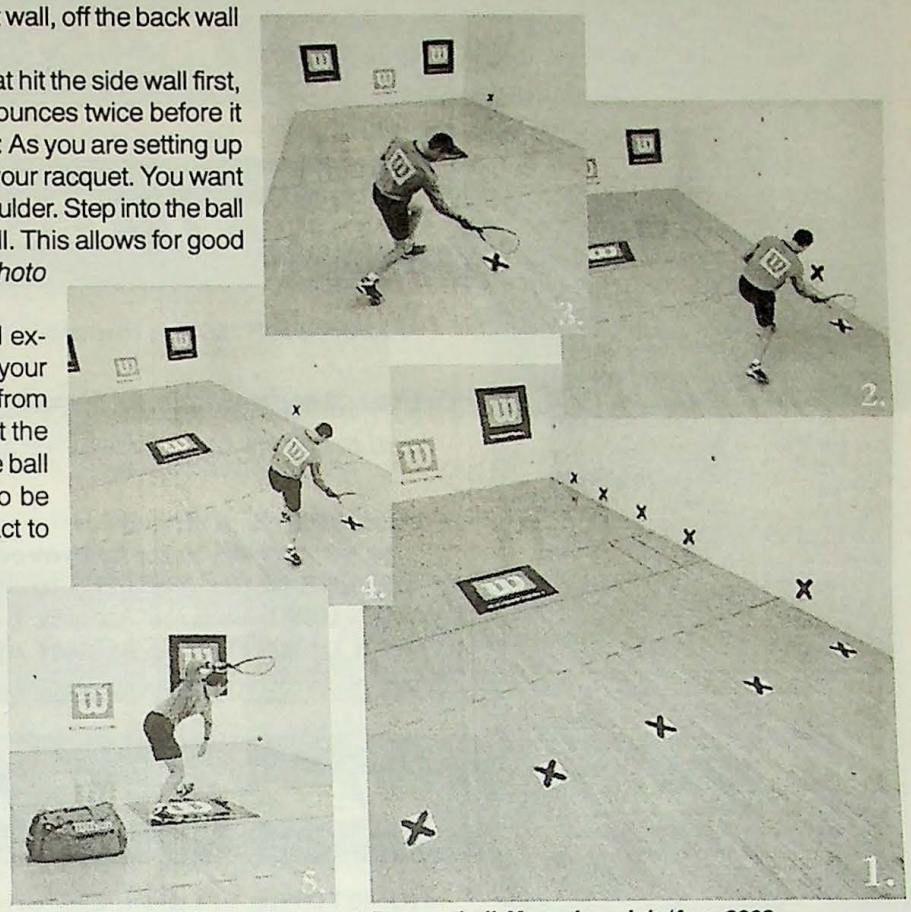
Progress to all of the X's on the floor, aiming for the corresponding X on the sidewall. The further you move from the sidewall, the closer to the comer you aim. *[See photo #2, #3, #4 with Derek at different marks]*

STEP 3: PINCH POINTERS

As we mentioned in the previous article, it is important to set goals and strive for hitting the perfect shot as many times as possible (refer to the 10, 10, 10 drill). After you get the feel for the shots by dropping and hitting, you can set yourself up off the front wall, off the back wall or from the ceiling.

The perfect pinch: Your goal is to hit shots that hit the side wall first, and hit the front wall low enough so the ball bounces twice before it hits the opposite side wall. Proper preparation: As you are setting up for the pinch, always turn sideways and raise your racquet. You want your elbow to be at about the height of your shoulder. Step into the ball by stepping on a diagonal towards the sidewall. This allows for good trunk rotation with maximum control. *[See photo #5: Derek's racquet preparation].*

Contact: Good execution depends on good extension. As you drive your arm down, lead with your elbow, and straighten (extend) your arm away from your body as you make contact. If you contact the ball too close to your body with a bent arm, the ball will "float" to the sidewall, causing the shot to be high and ineffective. Snap your wrist at contact to allow for a flat, solid shot. Contact the ball slightly behind the midline of your body. Do not allow the racquet head to drop below your wrist. Swing flat and level for more consistent shots. Keep your head down and allow for a natural follow through.



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STEP 4: WHEN TO PINCH

- Pinch when your opponent is behind the 5' line (hash marks).
- Pinch when your opponent is positioned close to a sidewall (pinch to the wall your opponent is close to, so the ball travels away from them).
- Pinch on return of serve, if you notice your opponent is off balance and/or moving backwards without stopping to get set.
- In the front court, remember the rule of thumb: "Never re-pinch a pinch."

Want to learn more? Coming soon ... The Wilson Road Show with Big! Derek's Traveling Road Show will hit over 50 cities this year, and will include a pro exhibition, clinic, tips on how to choose the best racquet for your playing style, and product demos. For information on events in your area go to: www.bigdracquetball.com

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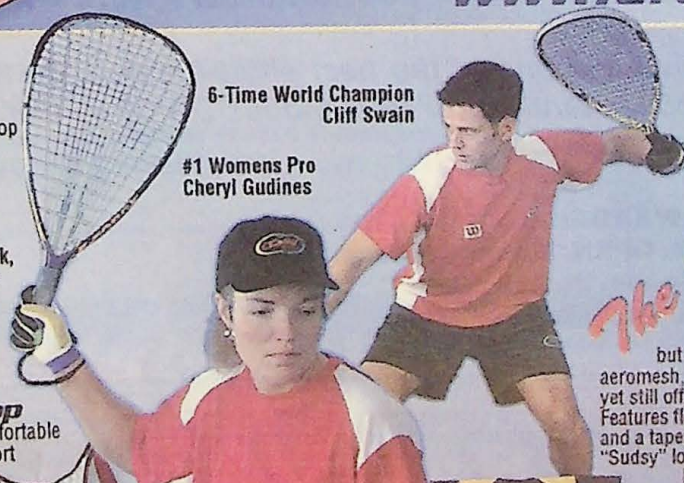

6-Time World Champion Cliff Swain

#1 Womens Pro Cheryl Gudines

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Ladies Professional Racquetball Association

Cheryl GUDINAS — 1

HOMETOWN: Lisle, Illinois • DOB: May 11, 1967 • HEIGHT: 5'10" • HAND: Right

One of most dominant female players to ever play the game, she is very disciplined and mentally tough. Her execution of all shots is the best on the tour.

HONORS & AWARDS:
1993-94 WPRA Most Improved Player
1999 USRA Female Athlete of the Year
2000 USRA Female Athlete of the Year
2001 USRA Female Athlete of the Year

E-FORCE

"Jackie" Paraiso — 2

HOMETOWN: El Cajon, California • DOB: September 14, 1966 • HEIGHT: 5'3" • HAND: Right

Finally recovered from numerous injuries, she should perform at peak levels this season. Very quick and experienced, her forehand is deadly.

HONORS & AWARDS:
1996-'99 San Diego Hall of Champions
1991-92 WPRA Player of the Year
1998 USRA Female Athlete of the Year

E-FORCE

Kerri WACHTEL — 3

HOMETOWN: Cincinnati, Ohio • DOB: November 9, 1974 • HEIGHT: 5'5" • HAND: Right

Very aggressive and one of the best short-hoppers on the LPRA tour, she performed inconsistently after tremendous US Open victory last fall. Needs to reduce unforced errors.

HONORS & AWARDS:
2001 Hilton U.S. OPEN, Memphis, Tenn. 1st
2002 LPRA Chicago, Ill. 2nd
2002 LPRA Minneapolis, Minn. 2nd

EKTELON

Rhonda RAJSICH — 4

HOMETOWN: Phoenix, Arizona • DOB: October 7, 1978 • HEIGHT: 5'10" • HAND: Right

The most athletic player on the circuit, she is very aggressive but at times plays out of control. Another full year of experience on tour should yield patience and better consistency this season.

HONORS & AWARDS:
2001 Tournament of Champions, Portland, Ore. 1st/singles
2002 LPRA Rosarito Beach, Mexico 1st
2002 LPRA Minneapolis, Minn. Semifinalist

PROKENNEX

Lara HALLANDER 5

HOMETOWN: San Diego, California • DOB: May 31, 1964 • HEIGHT: 5'8" • HAND: Right

Very athletic and aggressive, she's not afraid to shoot her backhand and has a great drive serve to both sides. Her tenacity and offensive style of play tends to cause unforced errors by opponents.

HONORS & AWARDS:
2002 LPRA Pro-Nationals, Fountain Valley, Calif. Semifinalist/singles
2001 LPRA Denver, Colo. Semifinalist/singles
2001 Hilton U.S. OPEN, Memphis, Tenn. Semifinalist/singles

EKTELON

Kimberly RUSSELL 6

HOMETOWN: Austin, Texas • DOB: May 13, 1968 • HEIGHT: 5'4" • HAND: Right

Boasting a consistent forehand and backhand, she's also mentally tough and has improved her physical fitness and endurance. Still not as quick as some opponents, but experience and shot selection make up the difference.

HONORS & AWARDS:
2002 LPRA McLean, Va. Semifinalist
2002 LPRA Chicago, Ill. Semifinalist
2002 LPRA San Diego, Calif. Quarterfinalist

EKTELON

Adrienne FISHER 7

HOMETOWN: Centerville, OH • DOB: May 31, 1985 • HEIGHT: 5'9" • HAND: Right

Bringing her game from the Junior ranks to the Professional level, Adrienne has launched herself into upper Echelon of the woman's game. Look for her to be a dominant player for years to come...

HONORS & AWARDS:
2002- 18- Junior World Champion
2002- 16- Junior World Champion
2002- High School National Champion

HEAD

Kristen WALSH 8

HOMETOWN: Salt Lake City, Utah • DOB: May 5, 1982 • HEIGHT: 5'7" • HAND: Right

One of the new up-and-coming LPRA stars, she's quick and athletic, with all the shots but lacking in experience. Her second year on tour should produce more semifinal showings.

HONORS & AWARDS:
2002 LPRA San Diego, Calif. 2nd/singles
2002 LPRA McLean, Va. Semifinalist
2001 LPRA Charlotte, N.C. 2nd/singles

HEAD

How a Champion Prepares

by Fran Davis

I am sure as you sit here and watch these professional players battle it out on the court you are amazed at what you are experiencing. I know as an ex-professional player myself, present coach of Jason Mannino and Sudsy Monchik, a US Team Coach for 9 years and coaching players like Cheryl Guidinas, Jackie Rice, Ruben Gonzales and Mike Guidry at the World Championships and conducting camps with Cliff Swain and John Ellis, I too am amazed every time I see them play. They are truly phenomenal athletes in their own right.

What I would like to do is share with you "how these champions prepare for their matches" so you too can use this valuable information to get better prepared for your matches. With all my experience and working with Diana McNab, former Sports Psychologist of the US Team, here is the 4 Step approach they use to formulate a **Pre-Game Preparation Plan:**

Step #1 is understanding yourself as an athlete/ human being and understanding your needs in order to achieve peak performance levels. Athletes thrive on consistency and *routine* – we are creatures of habit and perform best when there are no surprises which means optimal performance levels need to have pre-performance routine!

Step #2 is to insure that you are nutritionally ready. Eating enough complex carbohydrates (fruits, grains, pastas, breads and veggies) to store enough glycogen (for speed, quickness and energy) in your muscles for game time. Also, making sure that you eat very little protein, fats, or fried foods on game day and drink enough water_to hydrate all systems. What you eat will determine how you feel, which will determine your sports best performance.

Step #3 is your pre-game physical warm-up routine...from stretching, to cardio to physical hitting on the court! Remember your body loves routine and needs to get into the appropriate arousal level for you to perform at your best. Find out what feels good and what works for you - then do it before each match to physically prepare you for your best performance.

Step #4 is your mental preparation...80+% of the game is mental so don't take this step lightly. Allow enough time to mentally rehearse your game plan (plan of action) beforehand, which means go over each match in your mind! Often the best time for this is after your pre-game meal and lying down and relaxing before the match! It doesn't matter when you do it as long as you are preparing your mind to get into the "NOW" for your performance. The key is to focus, concentrate, and center into the "NOW". Cover all aspects of your game and your opponent's game and then let it go! Peak performances are totally absorbed in the present, with no disturbing thoughts, no distractions, and no worries. The past is gone - the future is out of your control - you can only work in the present tense! Keep in mind all the thinking, planning and strategizing should be done before the performance as thinking and performing do not mix, your body can only concentrate on one aspect at a time. So the athlete needs to mentally prepare before his match so that he can physically get into his "flow" state and perform.

Now you have the *secrets* of "how these champions prepare for their matches". Believe me when I tell you they ALL do it...some do it to more of a degree than the others, but none the less it is done. I know for a fact Jason and Sudsy are religious when it comes to preparing for their matches...from their routine (wow you should hear what they do), to their eating habits (that is a major ordeal because it has to be perfect) and hydrating...to there physical warm up (Jason stretches for at least 20 minutes besides warming up for no less than 30 minutes on the court), to their mental preparation (to the ultimate). You cannot talk to either of them within one hour of their matches. Obviously their records and rankings speak for themselves.

To receive all this information first hand and meet these "Pros" there are two definite things you can do:

1-Attend one of the HEAD Intelligence Camps we conduct...see the ad for dates and locations or check out my website www.FranDavisRacquetball.com

2-Order "The Fran Davis Racquetball Video " featuring Jason Mannino and Sudsy Monchik on my website www.FranDavisRacquetball.com or at a participating dealer or at the tournament itself.

Whatever you do you need to think like a winner, act like a winner and be a winner - before it can come true. Pre-game preparation is all about pulling up your "winning attitude" before you enter the court .Taking 100 percent responsibility for yourself in your sport means establishing a pre-game. Have fun in the process and enjoy your journey to being "the best you can be"....it is within your reach!!!

2003 HEAD

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March 14-16	Casper, WY
April 4-6	Minneapolis, MN
May 16-18	Indianapolis, IN
May 30-June 1	Chihuahua, MX
June,July,August	San Diego/San Francisco, CA, NY/NJ, Boston,MA
Fall	CO,FL,LA,OR,TX...more!
December 4-11	Aruba(Caribbean Island)

*This schedule is tentative due to IRT dates!

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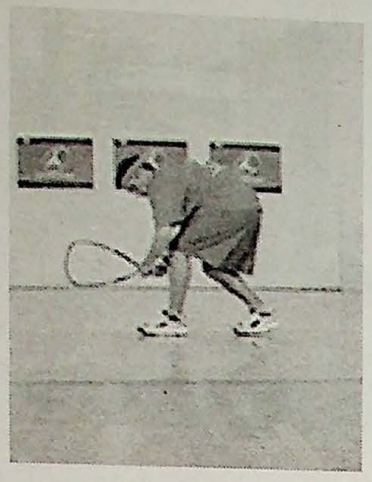
New #

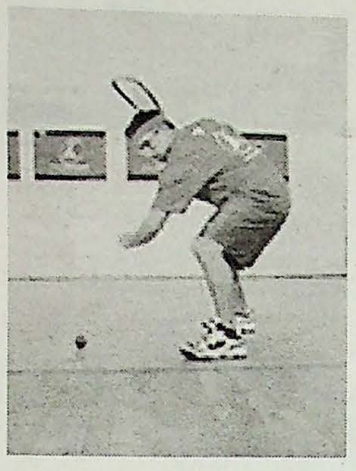
Learning the Drive Serve

BY JOHN ELLIS

In today's fast-paced game the drive serve is an important component to your game. Since you only score off of your serve, you want to make sure that you do your best to throw your opponent off balance, giving you the best chance of finishing the point off.



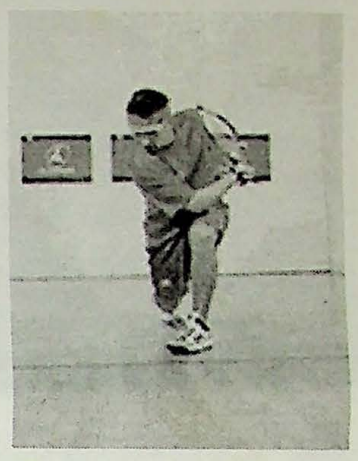
1) Set up with lead leg in front of back leg, good balance with your knees bent and racquet level.



2) Step with back leg and drive with lead leg as the ball is bounced out in front towards the front wall. Bring racquet up to early racquet prep position. Stay low and keep good balance.

3) Stay level through the swing, keep your eye on the ball and bend your knees and stay low.

4) Rotate through the swing without pulling your head up too soon. The power will come through the hips and legs.



5) Stay low on the follow through. Keep the swing level and with in yourself.

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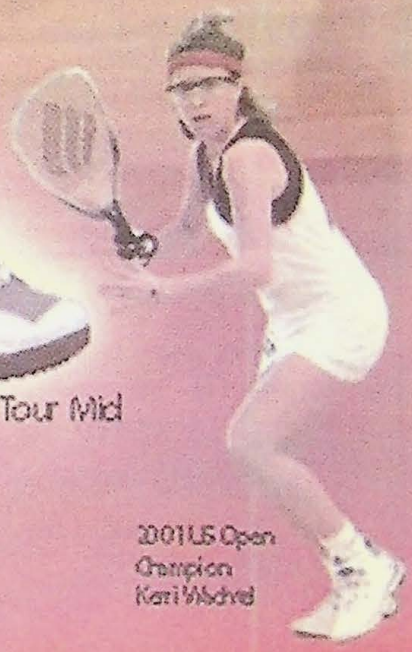

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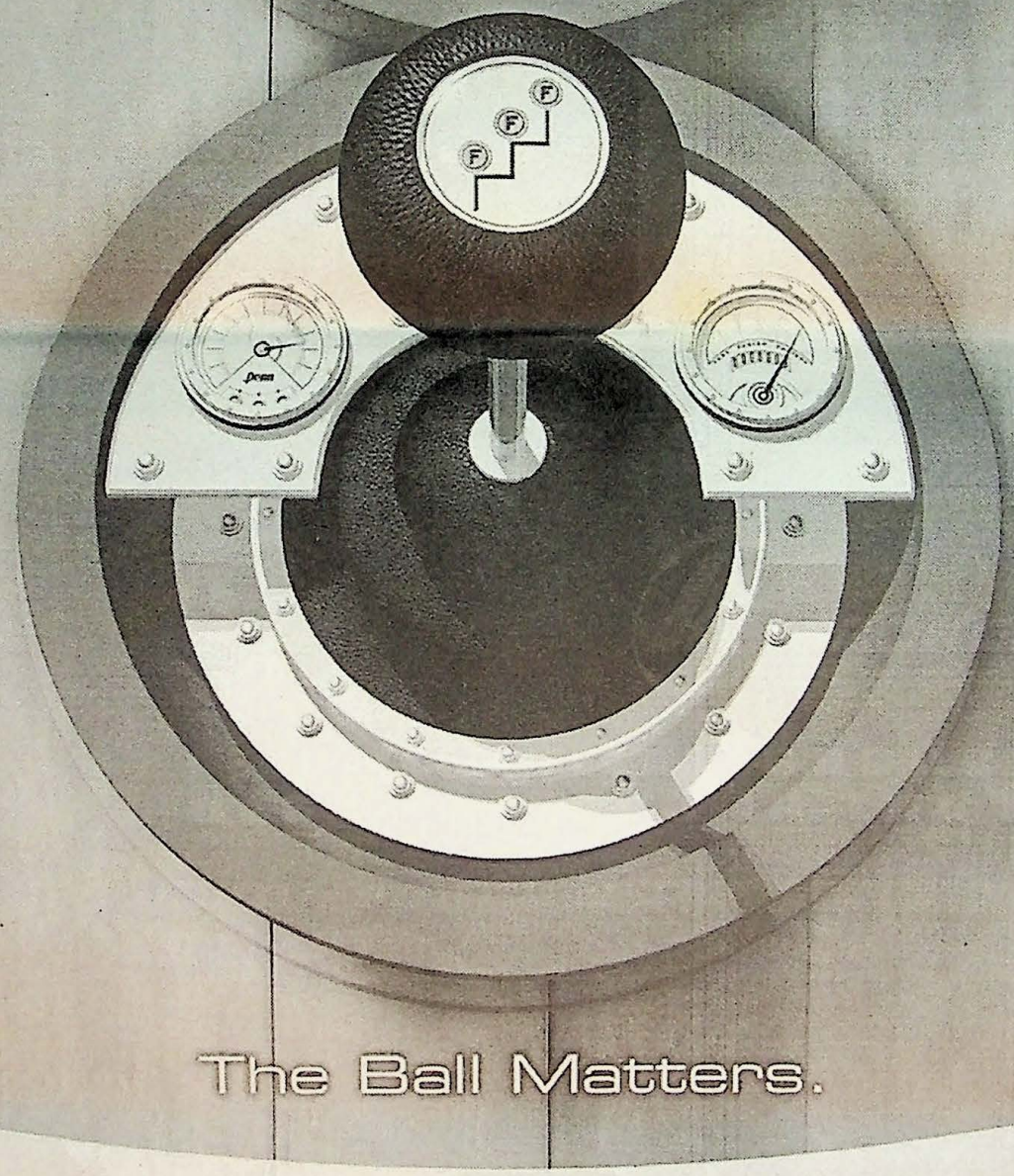

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