

RACQUETBALL

MAGAZINE

MAY-JUNE 1994
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TRIES HIS HAND AT
RACQUETBALL IN
LAS VEGAS**

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Pan Am Trials
Instructional
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FROM THE EDITOR

By Linda Mojer

To compete in an AARA sanctioned event, players are required to join the AARA as 'competitive license' members. To sanction an event, tournament organizers are asked, in turn, to assure compliance with this rule at the check-in desk. Seems simple enough in

theory, but the practice often places volunteers in the awkward position of insisting that a surprised entrant spend even more than they had intended. Many of those entrants respond by simply dodging the desk.

Now, for those dodgers, instead of making the usual argument for the benefits of membership, consider the ethics of 'non-membership' for a moment.

If a non-member sidesteps the membership requirement, then places highly in a sanctioned event, should that player receive national ranking points? Is that fair to the member who renews each year and pays for the service? Should non-members be listed in the top ten "national rankings" published in *RACQUETBALL Magazine*?

What if a player effectively circumvents the check-in desk but is later injured during a match? What about accident insurance? What about club liability? Who pays?

If memberships are not checked or collected, should the event and its non-member entrants be promoted by publishing results in the magazine?

Competitive memberships have been the foundation of the AARA for over 25 years. The AARA continues to seek new ways to improve its benefit package, its own publications, and support state organizations and events at the local level. But random samplings of results submitted to the national office show that a high percentage of entrants who receive those benefits are *not* AARA members.

So, maybe the next time you step onto a court to compete in a sanctioned event, you might want to ask if your opponent is a member in good standing. Then consider if you want to underwrite that person's tournament privileges as well as your own. If not, you can always insist that the simple rule of "members only" be enforced.

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contents

FEATURES

Off Season Cowboy..... 8

**The Line on Houston
National Singles Prevue 12**

Pan Am Trials..... 16

**Tournament Circuit
National Intercollegiates 56**

Profile Tour Highlights
IRT Four city update 18
IRT Rankings & Calendar 28
WPRA takes two cities..... 30
WPRA Rankings & Calendar... 29

DEPARTMENTS

Reader Forum..... 4
National Rankings 66
Sanctioned Event Calendar..... 68

INSTRUCTIONAL

Ektelon Instructional..... 38
PARI Tip..... 42
America's Most Wanted 44
SAQ Training..... 46
What's the Call?..... 50
Psych!..... 52

COLUMNS & NEWSBRIEFS

RB: Notes 53
RB: Global..... 55
RB: People 62

ON THE COVER

Dallas Cowboys defensive back James Washington. Photo: John Gillooly.

At press time, Oakley was in the process of having its eyewear line approved for racquet sports. Official notification is pending.

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reader forum

From the Editor

Many of our readers called to find out what was the hold up on the March/April issue – tax time even came and went without its welcome distraction! Although it was nice to know that so many of you look forward to each issue, it really wasn't meant to test your attention or your patience. The issue went into production on time, was printed on schedule, then the printer's bindery went haywire on us. We could have bundled up the loose pages for you, but we opted to wait for the repair instead and the delay snowballed into almost three weeks.

The problem only reinforced our own concerns about getting the magazine out in a timely fashion, and you'll notice that our published deadlines have been bumped up by two weeks in an attempt to get more of a head start on each issue. So if you're thinking about contributing to the magazine, think six weeks in advance – meaning that the deadline for the September/October issue will be July 15! That much lead time will help us get it to your door earlier, and we'll still do our best to get as much up-to-the-minute news into each issue.

So, thanks for letting us know how much your *RACQUETBALL Magazine* means to you...*Linda*

Special Request

This letter is in response to the request to write in and tell you what we want to read about in 1994. There is an occasional writer in your PARI instructional column, named Del Villanueva, who writes wonderful articles. It is apparent that he has a deep understanding of the game and possesses an eloquent yet succinct writing style.

You could say we are local fans of Del. We met him at the Nationals a few years ago and found him a wonderful and inspirational representative of the teaching profession. Since then, we have attended his camps and often learn more in one day than in our 20 years of combined playing.

Del does a lot for racquetball in our area, he's the head coach of the University of California at Davis, and we understand he's quite a revered and decorated racquetball clinician. We enjoy his teachings firsthand and benefit tremendously from the instruction he writes for your magazine! We would like to see him contribute more regularly to *RACQUETBALL Magazine*.

We are not currently AARA members, and have been borrowing your magazine from a friend. But, rest assured, because of the fine instructionals you publish, you can expect our membership fees soon!

Bill and Linda Tingsted
San Ramon, California

Rules change proposal

Introduction: Rule 4.16 (a) states that a player is required to move sufficiently to allow an opponent a straight shot to the front wall and the cross-court shot. Failure to do so results in an avoidable hinder. Avoidable hinders are difficult to enforce in non-refereed matches, or in matches refereed by players who are often not well trained in making these calls. The player who complies with this rule is thus at a disadvantage when playing an opponent who does not comply. This all too common situation is a major weakness of the game of racquetball as experienced by the ordinary player.

Proposed rule change: A player who is between an opponent and the front wall and is struck by the ball loses the rally. If a player is between the opponent and a side or back wall and is struck by the ball, the rally is replayed. If the ball striking a player obviously had no chance of reaching the front wall, the player striking the ball loses the rally. If a player holds up a shot for safety reasons because an opponent is between the player and the front wall, the player wins the rally. If a player holds up a shot for safety reasons because an opponent is between the player and a side wall or back wall, the rally is replayed.

Discussion: With this rule change, players would be forced to move out of the way (as intended in the existing rule) in matches at *all* levels of play, whether refereed or not. As it stands, many players ignore the existing rule because they know that the worst they

will suffer is a bruise and a replay of the rally – a small price to pay for advantageous court position! Despite the proposal's apparent incentive to hit an opponent on purpose, safety would actually improve because players would be making sure that they were out of the way. The game would be played as it was intended to be played. One final point: the game of squash is played very successfully with the rule that is proposed here – I believe that the game of racquetball would strengthen in a major way if we were to adopt their idea!

Lynn S. Jensen, M.D.
York, Pennsylvania

Ruben, come home!

Being a member of the men's Puerto Rican National Team who recently won a bronze medal in the Central American Games and an individual who has been playing racquetball in Puerto Rico for the past 17 years, I always wonder why I've never got the chance to meet or watch Ruben Gonzalez play the game. I have been told the following:

- a. that he comes from Puerto Rican parents
- b. that he represented Puerto Rico in past World Games playing singles and doubles with Willie Rodriguez
- c. that he has been asked to come to Puerto Rico for clinics and exhibitions but demands too much money
- d. that he simply does not care for Puerto Rico (this I find hard to believe since he did represent Puerto Rico in the Worlds)

Top Puerto Rican professional athletes such as Santos Alomar, Igor Gonzalez, Ruben Sierra and Carlos Baerga, to name a few, come to Puerto Rico and play ball, not because they need the money (they could also use the free time), but to give their people a chance to watch them play. I just can't understand why Ruben has not been here at least once to help us out.

Ruben, I know you have a busy schedule, I know you can afford to come to Puerto Rico if you wanted to, I also understand that your heart is in Staten Island since there is a where you were raised, but there's got to be a little bit there for us.

So listen, come on down for a little vacation, we'll all catch some rays, party and play a little racquetball.

Oswaldo Garcia
Puerto Rican National Team

How to ...

I suggest that the AARA publish a booklet on "How to Ref a Racquetball Tournament Match." This might clear up some problems with reffing.

While at the "Saluki Open" at Southern Illinois University at Carbondale I attended a seminar on rules and reffing. It was very helpful. A lot of vague and confusing areas were discussed. Hints on how to deal with a situation where you didn't get a clear view of the play were discussed. I had just gotten yelled at by a player for a call I made.

Noting the editorial on page 5 of the January/February issue, it is hard to get refs because it's tough to do. The rules aren't enough.

Joseph H. Stafford
Carbondale, Illinois

Missing in Action

In June of 1993, my father, Jay Krevsky, entered the Masters International Racquetball Singles Championships in Vancouver, British Columbia; he won the Men's 60+ division, making him the world champion in that division for 1993-94.

Not only did he go through the 10-man division (round-robin) undefeated, his victories included wins over three *national* champions - Paul Banales, U.S. 55+, Dan Llacera, U.S. 60+, and Roland Thompson, Canadian 60+.

Therefore, you can understand my disappointment that I've seen no mention of such a prestigious tournament in *RACQUETBALL Magazine*, the official publication of the AARA.

Solomon Z. Krevsky
Concord, New Hampshire

Editor's Note: Coverage of that tournament was published in the September/October issue of *RACQUETBALL Magazine*, on pages 60-61. But only one event is officially recognized by the International Racquetball Federation (IRF) as a world championship for senior and master level players – the IRF World Senior/Master Championships held in Albuquerque each fall. The current world champion in Men's 60+, from that event, is Paul Banales.

industry news



SPALDING INTRODUCES RACQUETBALL GLOVES

Spalding has developed two racquetball gloves, Everwear™ and Proforma™ to broaden its racquetball family of products. The Everwear™ glove features Spalding's unique Tritan™ processed cabretta leather, which minimizes natural oil loss for a washable glove that retains its original soft feel with 40% less shrinkage than other top-grade cabretta leathers. The Everwear is also made 10% stronger than other cabrettas, enabling it to be thinner for a more comfortable fit. The Proforma™ glove is made with high-grade cabretta leather with an

extended leather pinky finger for increased wear and durability. To ensure breathability, the Proforma features a two-way stretch nylon mesh backing. Both gloves will be available for shipment to retailers in late July.

PENN RENEWS CONTRACT THROUGH 1998

The AARA is pleased to announce an agreement with Penn Racquet Sports naming the Penn Ultra Blue racquetball the "Official Ball" of the AARA through 1998. The recently signed contract reaffirms Penn's continued support of the AARA and its ongoing commitment to support grassroots development and competitive programs. Although racquetball has leveled off in participation in the past several years, both Greg Weida, President of Penn Racquet Sports and Keith Calkins, President of the AARA see new growth and maturity in racquetball as the AARA's new programs begin to bear fruit.

With a new excitement on campuses, in court clubs, and on the YMCA-JCC front, the Penn contract will allow all of us to expand our efforts to develop and promote racquetball. Penn has been a major supporter of AARA's efforts since 1979 and this new relationship with the AARA will help racquetball become a major player in the fitness industry into the year 2000. Thanks go to Greg Weida, President of Penn Racquet Sports and Product Manager Jeff Miller, who worked so hard to make this become a reality, plus a very special thanks to Promotions Manager Dick Roberson, who had the vision, professionalism, caring and faith to bring this new relationship into being.

SPORTS INJURY HANDBOOK NOW AVAILABLE

Dr. Allan Levy has been tending to the needs of athletes for over 30 years. As team physician for the New York Giants, Levy has seen and treated every type of sports injury. Now, Levy's vast experience is available in a comprehensive guide called "Sports Injury Handbook: Professional Advice for Amateur Athletes." With this handy reference, amateur athletes and coaches will learn how to treat and prevent a wide range of

sports-related ailments, from common aches and pains to more extensive injuries. The Sports Injury Handbook makes the complex workings of the body understandable, takes the mystery out of aches and pains, and helps keep athletes in the action. To order, call 800/Call-Wiley or look for a copy at your local book store.

SPALDING'S RIVAL RACQUET

The Rival, a lightweight racquet made of graphite composite, features a 95 square-inch, mid-size hitting area. The rival will be available in the fall of 1994 at a suggested retail price of \$119. Consumers will receive a two-year warranty at the time of purchase. "As in the past, with Spalding's successful Thunder Heat racquet, Mike Ray's racquet development input has proved to be very insightful," said Dave Reinhart, director of Spalding Professional Racket Sports. "Spalding developed the Rival to complete its line of racquetball racquets to suit all levels of players, from weekend athletes to professionals."

NEW SPORTS NUTRITION GUIDE FOR THE CHILD ATHLETE

Young, growing athletes work hard, play hard, and place extra demands on their bodies. The American Dietetic Association's (ADA) newly published "Sports Nutrition of the Child Athlete" addresses special nutrition issues related to recreational and competitive young athletes between the ages of 6 and 12. The

book covers topics such as practical advice on pre- and post-game eating, fast foods, recipes, menus and snacks, growth, development, and body composition appropriate to the child's age. Other chapters cover specific nutrient needs of exercising children, vitamins, minerals and aids such as sports drinks, and weight management issues. To purchase a copy of "Sports Nutrition for the Child Athlete," (\$14.50 softbound), call 800/745-0775, extension 5000.

BACK PAIN HOTLINE SCHEDULED IN JUNE

Physical therapists from the U.S. and Canada will team up on a hotline to educate the public about the prevention and treatment of back pain on June 6th and 7th, from 9 am to 5 pm eastern time, during a meeting of physical therapists from both countries in Toronto, Canada.

The toll-free telephone number for the hotline is 800/955-7848. Callers will receive a free brochure, "Taking Care of Your Back," which explains the anatomy of the back as well as exercises and tips to avoid back injury. To request the brochure by mail, write "Back," American Physical Therapy Association, P.O. Box 37257, Washington, DC 20013.

GAMMA SPORTS INTRODUCES THE FIRST SYNTHETIC RACQUET STRINGS

Gamma Sports, manufacturer of the world's top rated tennis strings for 17 straight years, has developed a new line of high performance racquet strings made by a patent pending process based on Thermo-Nuclear Technology or "TNT." TNT is a complex two-step process that combines thermo-elastic synthesis of the synthetic



material with gamma irradiation to provide a synthetic racquet string that surpasses the performance of even natural gut. The strings are available in five models - Gamma TNT Rx, Gamma TNT Pro-Plus, and Gamma TNT 16, 17, and 18. Gamma Sports is located at 200 Waterfront Drive, Pittsburgh, PA 15222. For more information call 800/333-0337.

A LITTLE SOMETHING TO KEEP HIM BUSY IN THE OFF SEASON ...

Dallas Cowboys defensive back
James Washington hits the pro tour

By John Gillooly

In a weightroom at the Las Vegas Sporting House, James Washington of Dallas Cowboys fame, clad in Reebok, Cowboy's bandana, and Oakley sunglasses, anticipates his exhibition match with Buffalo native and #3 ranked pro in the world, Tim Doyle. Although the last couple of Superbowls hint at a Buffalo "jinx" against Dallas, the Las Vegas line still shows Doyle as a slight favorite.



Washington, a defensive back for the world champion Dallas Cowboys, stands a solid 6'1" and weighs in at 205 pounds. The 29 year old product of UCLA is a six year pro who, many believe, deserved the MVP award for his superb performance in last year's Super Bowl.

James is sporting the colossal Superbowl ring that represents one of the highest achievements in sport as he warms up for Doyle with 225 pound sets of ten on the bench press. Vacationing in Las Vegas for the weekend, he had graciously accepted the Dallas-Buffalo pseudo-rematch.

A good sport, he's been brought into the tour spotlight a little blind, about to play a game of racquetball at a level he didn't realize existed. But few people have watched the "sport" of racquetball enough to appreciate how it transcends the "game" played by most.

James is excited, and a slight case of nerves seems to be charging him up a bit – a testament to his surprising modesty. He is very personable and accommodating, coming off as

the "average guy" who just happens to possess a remarkable skill.

A self-described beginner, Washington was introduced to racquetball a couple of years back by fellow Cowboy Ken Norton. The spark of competition is found at the annual Cowboy Racquetball Tournament. James lists Norton and the team's strength and conditioning coach as his most common opponents and teachers. "Norton, now he's a good player."

He noted the added physical element of racquetball between two huge, aggressive pro football players – the court gets small ... and many "cheat" by hitting a shot and proceeding to set an impenetrable pick between where you are and where you need to be. A little pushing and shoving by pro football players? Sure, but haven't we all had our share of opponents that spend the whole match watching the front wall, hindering intentionally and innocently, mostly because they have no idea where we are, or even if we've left the court in frustration?

Prohibited from racquetball during the season, the

players try to get out on the court as much as possible in the off season. But aside from simple enjoyment, James sees racquetball as a great crosstraining tool for his lateral movement, speed and eye-hand coordination.

When prompted for a prediction in Vegas, James was guarded but grinning, "It may take me a while to get used to it, but then I'm going to give him a run for his money."

In a back court for photos, James practices his z-serve from the left side, very concerned about not hitting it to Tim's forehand by accident. "His forehand is probably real strong!" he mused, still unaware that there is no safe side to hit to, no blatant weaknesses to exploit at the pro level. After a few successful z's, he's ready to do battle with the Buffalo native.

Doyle, despite a disappointing semi-final loss to #2 Andy Roberts, showed his grace with a smiling entrance – ready to entertain and avenge his hometown's two years of embarrassment. The crowd was electric, and each had predicted the final score for a chance to win a pair of Oakley sunglasses. This was Las Vegas, after all.



Above: Washington and Doyle chat it up before the game.

Far right: He dribbles, he shoots and finally takes up a familiar position on the line – the safety line, that is.

All photos by John Gillooly.

Tim took early advantage of James' weak strokes, by pro standards, and self-proclaimed "bad backhand" (by any standards) and jumped out to an 8-0 lead. Compounding Washington's lack of experience was a difficult front wall/side wall glass combo; a court configuration that had baffled even the pros all week.

Comfortable in the lead, Doyle eased up a bit, intent on sending James on some torturous new patterns, forcing him to retrieve a down the line, then a cross court. Reeling him in for a pinch, then punishing him with a high, deceptive z. Full steam toward the front wall ... to no avail. These shots were carefully executed by Doyle not to be winners. There were just gettable with effort, a payback for Dallas' merciless beatings of the Bills.

But when Doyle gave Washington a chance to hustle and chase down balls, the crowd caught glimpses of his astounding natural abilities. Even without anticipating well, Washington surprised everyone with some of the shots he retrieved – more than one an apparent winner.

Every point for James came after a series of 25 foot sprints in multiple directions, all in attempts to simply return the little green ball to the front wall. He was doing a great deal of running, and he stopped to entertain the crowd often – both for entertainment's sake and to rest.

The capacity crowd roared when Washington nonchalantly hit a behind the back winner, causing Doyle to burst out laughing. To his credit, James was equally charming after losing as well as winning points, and even endured an ongoing saga of his shorts falling closer and closer to his knees after each rally – almost giving the crowd more than they had bargained for.

As James approached double-digits, Doyle closed out the game – which had been a lot of fun for the two of them and definitely a crowd-pleaser. Autographs followed, with a welcome breather and a few more questions.

I lead with "What did you think?," to which he responded articulately and in depth. "These guys play at such a high level, it's amazing. I think Tim might have been able to go out there and beat me 15-0, but he allowed me to get into the game, to use my natural abilities. I had a lot of fun!"

Throughout our conversation, I couldn't help but notice his level-headedness and genuine appreciation for his good fortune as a professional athlete and celebrity. I was impressed to find that arrogance was simply not part of this man. Confidence, yes, but not arrogance. "I went out there with a huge amount of respect for these guys, they are the best in their sport."

He also spoke of the common bond that exists between professional athletes; the mutual respect one world class athlete has for another, regardless of sport. That comfort zone that comes with a shared understanding and appreciation for the talent, heart and dedication that such excellence requires.

"The greatest part of being a professional athlete is getting the chance to meet so many different people; getting invited to take part in exhibitions like this – not just to play racquetball, but to get on a court with Tim Doyle." In any number of circles, James' personality is one that opens doors for him and gets him invited back again and again.

As far as his racquetball game is concerned, James is looking to play more often. "I know if I could play that hard 3-5 times a week, challenging my speed, lateral movement and eye-hand coordination, it would help me as a football player. Tim gave me some pointers out there and I listened. My game improved immediately..."

Of the pro tour's future, James simply stated that "every sport has its day. Golf waited a long time to get where it is, racquetball's day will come. It's so hard to go out and run or jog, but racquetball is great because you get a better workout and its *fun!*"

And a closing prediction, "I'll be back next year and I'm going to beat that guy from Buffalo! Until then, see you in Florida ... it's always nice to go for three in a row!"



THE LINE ON HOUSTON:

DEFENDING CHAMPION ... John Ellis (Stockton, California)

AGE: 21, HEIGHT: 5'6", WEIGHT: 145

John Ellis is on a hot streak ... he started playing in 1976, and won consistently throughout his junior career ... in '91 Ellis finished second in the open singles division of his first U.S. Olympic Festival ... later in the season he won the open and the men's 19+ divisions with partner Eric Muller at the U.S. National Doubles Championships ... he continued his run by placing second in the next two major events in '92, the Tournament of Americas and National Singles ... in '93 Ellis proved that he was still on top of his game by winning both the National Singles and Doubles, and finishing second at the World Games ... Ellis is currently a member of the U.S. National Team and recently traveled to the Pan American Games trials in Argentina, where he finished second.

#2 ... Mike Bronfeld (Roseville, California)

AGE: 27, HEIGHT: 5'9", WEIGHT: 150

Mike Bronfeld began his winning career with an 18 and under doubles title at Junior Nationals in 1986 ... since then he has competed in 13 major tournaments, including the 1988 Intercollegiate Nationals where he earned his first appointment to the U.S. National Team for his win ... last summer he gained a rematch victory over Ellis at the World Games ... at the '93 National Doubles, he won the mixed open doubles with Malia Bailey and secured a fourth place finish with partner Bobby Rodriguez in men's open to qualify for the '94 U.S. Olympic Festival ... his finals appearance in the open singles division at National Singles last year was a career first and put him back on the national team ... Bronfeld was recently chosen to attend the Pan American Games trials in Argentina, where he placed third.

#3 ... Tim Sweeney (Chicago, Illinois)

AGE: 26, HEIGHT: 5'8", WEIGHT: 150

Tim Sweeney has earned "straight A's" at the intercollegiate level, where he has demanded the limelight since his freshman year ... ending that career this year, Tim set a record with his fourth consecutive intercollegiate title ... but Sweeney's success was evident before he started to compete for Southwest Missouri State University ... he was the National Champion in '91, along with his intercollegiate win, then placed second at the Penn Pacific Rim Championships and third at the U.S. Olympic Festival ... in '92 he placed third in the open division at National Singles ... Sweeney renewed his U.S. National Team appointment by placing third in the open at last year's national singles, then took a second place at National Doubles with partner Doug Ganim to qualify for this summer's U.S. Olympic Festival.

#4 ... Mike Engel (Bethesda, Maryland)

AGE: 24, HEIGHT: 5'10", WEIGHT: 180

Mike Engel surprised everyone last May by reaching the semi-final qualifying round for the U.S. Team ... active in racquetball since 1976, Engel competed as a junior before moving on to become a four time Maryland State Open Champion ... then, after enrolling in Southwest Missouri State University's "champion factory," he continued his success with two gold doubles championships at National Intercollegiates ... his fourth place finish in the open singles division at National Singles is a career high mark ... he will need to just as well this year to re-qualify for the national team ... be prepared for this determined up-and-comer.

Where will they Finish in '94?

DEFENDING CHAMPION ... Michelle Gould (Boise, Idaho)

AGE: 23, HEIGHT: 5'11", WEIGHT: 143

Whichever way you say it, Gould or Gold, the meaning is the same – a sure winner ... Michelle is one hard hitting racquetball player whose career record runs longer than most short stories ... she took up racquetball in 1980 (as junior Michelle Gilman) and put her natural talents to work to build the most impressive record in the sport ... in '89 she made the transition easily into the adult amateur ranks and onto the pro tour ... Michelle maintained her winning streak through '93, winning five National Singles, four National Doubles, the IRF World Championships, World Games and three U.S. Olympic Festivals ... Gould was ranked #1 in the pros during '91 and regained her #1 WPRA status in 1993 ... she has been a member of the U.S. National Team for the last ten years ... Michelle is definitely the player everyone else is out to beat!



#2 ... NEW MOM #1 Malia Bailey (Norfolk, Virginia)

AGE: 35, HEIGHT: 5'5", WEIGHT: 130

Malia started playing in 1977 (as Malia Kamahoahoa) and from 1982 to 1988 placed in the top three of every tournament she entered ... in '89 Malia won open singles and doubles at the Tournament of Americas, placed third at National Singles, and second at National Doubles ... in '90 she again won the Tournament of Americas singles title, and placed fifth at National Singles and first in doubles at the IRF World Championships ... in '91 she moved up to fourth at National Singles and second at National Doubles ... Bailey again improved to take a third at National Singles in 1992 and second in '93 ... She also won the national open mixed doubles title with Mike Bronfeld in '93 ... This year, she and husband Jim welcomed their first child. Daughter Kelani Quynn was born at 11:30 pm on April 7, weighing in at 6 lbs, 21 1/2 inches.



#3 ... NEW MOM #2 Jackie Paraiso Gibson (San Diego, Calif.)

AGE: 27, HEIGHT: 5'3", WEIGHT: 135

One of four competitive racquetball players in her family (including twin sister Joy) Jackie Paraiso started playing in 1979 and just celebrated her fifteenth year in the sport ... she has placed in the top five since '89 at National Singles and finished third in '93 ... at National Doubles she won back to back titles in '90 and '91 ... Jackie claimed the 194 title in 1989, placed third in '91 at the U.S. Olympic Festival and took second at National Singles in '92 ... she won open singles in '93 at the Tournament of Americas ... on the pro tour she was named "Player of the Year" and finished #1 for the season in '92 ... in '94 Jackie and husband Tom also welcomed their firstborn. Daughter Danielle was born at 1:30 pm on April 11, at 6 lbs, 3 oz, and 19 1/4 inches long.



#4 ... Robin Levine (Sacramento, California)

AGE: 24, HEIGHT: 5'8", WEIGHT: 140

Left-handed Robin Levine has had a long and prosperous career since first hitting the courts in 1982 ... she earned her first U.S. Team appointment by winning the National Intercollegiates in 1988 ... in '89 she claimed a first place south team title at the U.S. Olympic Festival ... in '91 Robin helped Team USA win the Penn World Challenge ... in '92 she went on the pro tour and finished second at one tour stop, then won doubles with Malia Bailey at the IRF World Championships ... in '93 Robin placed fourth at the U.S. National Singles in the women's open division ... most recently she has reached the semifinals of every pro stop she has entered and won doubles with Michelle Gould at the Pan American Team Trials in Argentina.



AND ...

#5 ... **Scott Reiff** **Coral Springs, Florida**

AGE: 21

HEIGHT: 6'2"

WEIGHT: 195

Reiff just made the transition from a junior level player to the inter-collegiate adult circuit two years ago ... and has risen to the occasion by producing a winning record ... throughout his junior tournaments Reiff placed in the top four of most tournaments he entered ... in '92 Reiff battled his way to the quarterfinals of the men's division #1 at the Intercollegiates ... in '93 he won the men's division #2 at the Intercollegiates ... and he placed fifth in the open division at National Singles in 1993 ... in '94 Reiff lost a tough final to Tim Sweeney to place second at the National Intercollegiates in the men's division #1.

#6 ... **Lynne Coburn** **Owings Mills, Maryland**

AGE: 26

HEIGHT: 5'6"

WEIGHT: 140

Coburn has been ranked on the pro circuit in the top 20 since 1990 ... in '92 Coburn won the women's open singles division at the Tournament of the Americas ... she went on to place seventh at National Singles in the women's open division in 1992 and improved to sixth in 1993 ... her recent ranking was fifth in the WPRA ... Coburn is eager to regain a spot on the U.S. National Team which makes her a tough contender for this year's national title.

PLUS ... HISER'S TOP PICKS

SUDSY MONCHIK (Staten Island, New York) ... #1 dark horse pick to win ... has played extremely well on the pro tour this season ... combines power with excellent shot-making ability ... has adjusted well to the one serve rule ... despite youth has a wealth of experience ... can compete against almost any style of opponent. **TONY JELSO** (Anaheim, California) ... winner of last summer's Olympic Festival ... Houston courts favor his game ... rarely faults his photon drive serve ... must survive the depth of competition at singles.

TODD O'NEIL (Dallas, Texas) ... has had some good wins on the pro tour ... lacks consistency ... has ability to upset any player at any time ... can he perform at top level for a full five days?

CHRIS COLE (Flint, Michigan) ... has motivation in his goal to defend his world championship title ... has played inconsistently this season ... has started to regain his old form in the past months ... always a threat with unconventional control style and crack ace serve.

DAN FOWLER (Silver Spring, Maryland) ... has played the pro tour regularly this season ... can upset top seeds at any time ... has not been able to continually play at top level over a 3-4 day period ... lacks consistency.

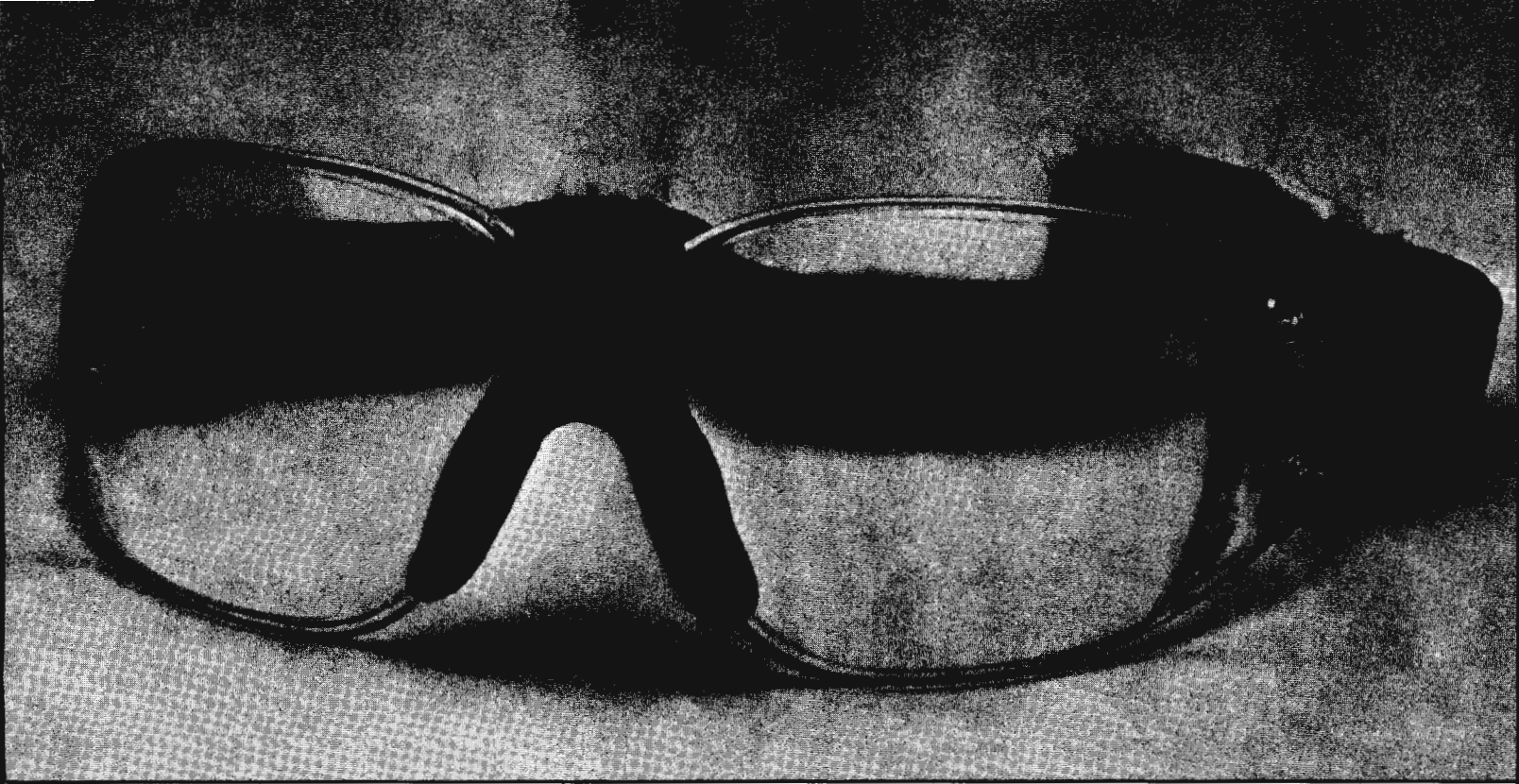
CHERYL GUDINAS (Lisle, Illinois) ... won last summer's Olympic Festival ... won recent Pan American Games Trial ... first time on U.S. Team, will be motivated to re-qualify ... very dedicated and tenacious, with a well-rounded game ... definitely a player to watch.

LAURA FENTON (Leominster, Massachusetts) ... has been gaining experience ... last year's Women's 30+ champion ... adapts well to various game styles ... second place finish at Pan Am Trials proves she can compete at elite level ... consistency could be a factor, along with pressure of Houston.

TAMMY BROCKBANK (Boise, Idaho) ... has gained experience on the WPRA tour this season ... has power and good shot-making ability ... confidence is her biggest obstacle.

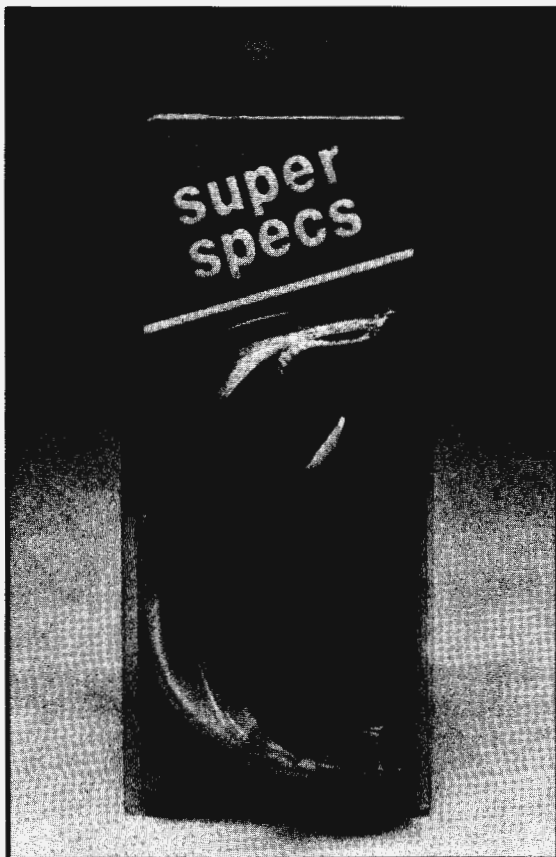
ELAINE HOOGE (Columbus, Ohio) ... finished #8 at last year's national singles ... finished #3 at last summer's Olympic Festival ... 1991 Intercollegiate champion ... has good court sense, but little court time against this level of opponent ... capitalizes on set-ups with high level of consistency ... lacks power and experience at elite level ... not to be underestimated.

KERRI STOFFREGEN (Cincinnati, Ohio) ... won Junior Olympics in '93 and Intercollegiates in '94 ... first time on U.S. Team will motivate her ... lacks experience against top players ... could upset any favorite in early rounds ... must adapt to the one-serve rule to be effective.



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U.S. TEAM WINS PAN AM TRIALS IN BUENOS AIRES

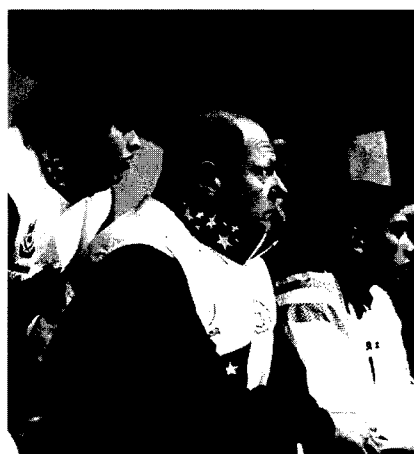
The U.S. National Racquetball Team led the top ten countries to qualify for the 1995 Pan American Games, with wins in three out of four singles and doubles title divisions – more than enough to secure the overall win. On team points, the Canadian national team took second, followed by Mexico, Argentina, Bolivia, Costa Rica, Chile, Puerto Rico, Venezuela and Peru.

The only U.S. upset came in the men's open singles, where current national champion John Ellis was defeated by Canada's top player, Sherman Greenfeld, in straight games of 15-11, 15-9. Mike Bronfeld captured the bronze with an avenging win over Canada's Mike Ceresia, who had eliminated the third U.S. team member, Tim Sweeney, in the preceding round. But it was a medal sweep for the women, with 1993 U.S. Olympic Festival champion Cheryl Gudinas defeating teammate Laura Fenton for the gold in straight games of 15-11, 15-7. Joy MacKenzie took a tiebreaker win for the bronze, over Canada's Carol McFetridge, 15-13, 4-15, 11-7.

In doubles, the pairing of current national singles champion Michelle Gould and top ranked left-hander Robin Levine was successful in bringing home another gold, with a 15-9, 15-7 victory over the Canadian team of Vicki Shanks & Debbie Andrews. For the men, current U.S. Olympic Festival doubles champions Todd O'Neil and Jeff Evans also added points for the U.S. tally by defeating the top Mexican doubles team of Moreno & Martin in a tiebreaker, 15-3, 13-15, 11-1.

In wheelchair competition, current world champion Chip Parmelly came away undefeated, with a win over Canada's Mark Cormack in straight games of 15-3, 15-5.

RESULTS—Men's Singles: Sherman Greenfeld (Can) def. John Ellis (USA) 15-11, 15-9. **Women's Singles:** Cheryl Gudinas (USA) def. Laura Fenton (USA) 15-11, 15-7. **Men's Doubles:** O'Neil/Evans (USA) def. Moreno/Martin (Mex) 15-3, 13-15, 11-1. **Women's Doubles:** Gould/Levine (USA) def. Shanks/Andrews (Can) 15-9, 15-7. **Wheelchair:** Chip Parmelly (USA) def. Mark Cormack (Can) 15-3, 15-5. **Overall:** 1. USA, 2. Canada, 3. Mexico, 4. Argentina, 5. Bolivia, 6. Costa Rica, 7. Chile, 8. Puerto Rico, 9. Venezuela, 10. Peru.



All photos this page courtesy Steve Lerner, facing page by Steve Lerner, Luke St. Onge & Pan Am Trials official photographer.

The Pan Am Trials were held at the First Club in Buenos Aires which previously had been only a two court facility. The International Racquetball Federation donated two new courts which were inaugurated for the Pan Am Trials. Oswaldo Maggi, President of the Argentine Racquetball Federation oversaw the construction of the two new courts and the refurbishing of the existing courts. All four courts feature full glass back walls, wood floors, and plaster walls. Without the efforts of Mr. Maggi and his organizing committee the Pan Am Trials could not have taken place.

For the first time since 1981 the international rule of officials not being allowed to referee matches in which players from their own countries competed was invoked with no problems.

Tony Jelso, who coached the Argentine team, brought his team to a fourth place, qualifying finish. Tony, who is a member of the U.S. National Team and works for Racquetball World in California, worked with the Argentine Team for three weeks prior to the Pan Am Team Trials.

Jeff Leon coached a totally new team from Colombia in their first official competition in three years. Colombia finished 11th and will be the first alternate to the Pan Am Games.

Four new players represented the U.S. for the first time: Cheryl Gudinas, Laura Fenton, Joy McKenzie and Jeff Evans. Todd O'Neil participated for the first time since 1986 when he teamed up with Jack Nolan to win the World Championship doubles title. Many countries questioned the level of the U.S. Team sent to the Trials but speculation ended after the U.S. swept three divisions for gold medals and took silver in the fourth.



It was great to see Dave Ellis, father of John Ellis and long time supporter and friend of racquetball in California, present at the Trials. Dave stayed on in Argentina after the Trials to practice his Spanish.

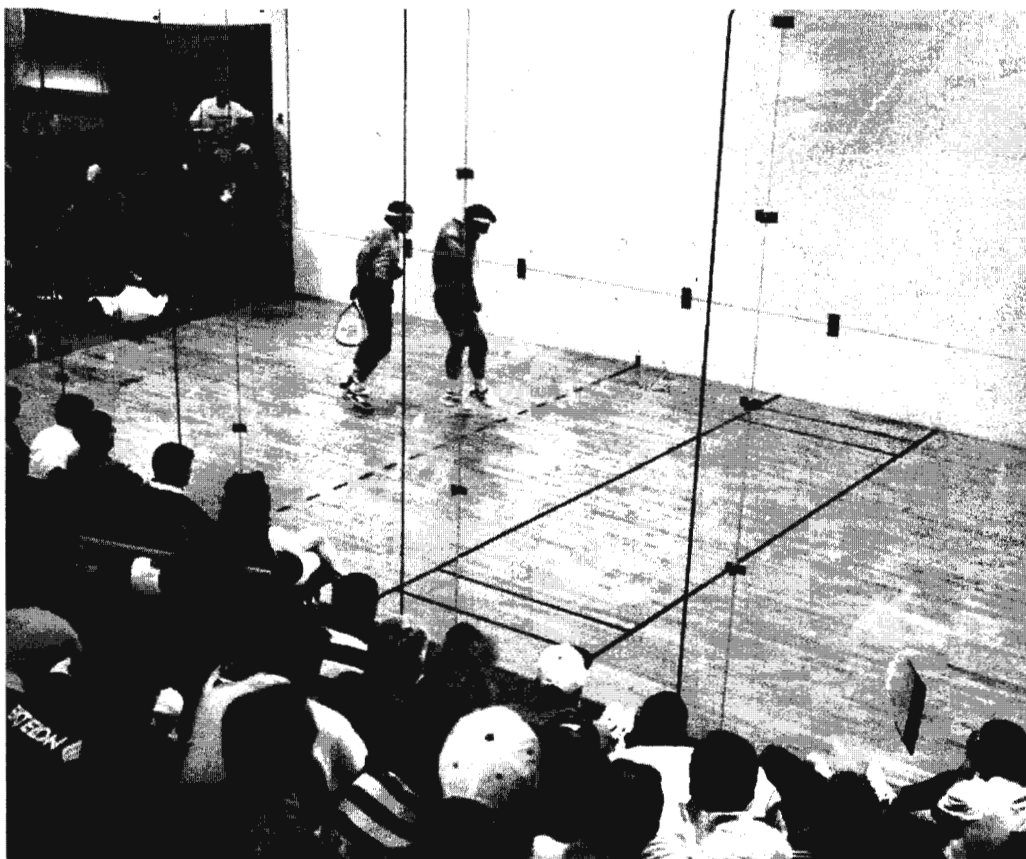
A very special thanks to President Antonio Rodriguez of the Argentine Olympic Committee who gave the keynote address at opening ceremonies and later presented the gold medals. President Rodriguez was first introduced to racquetball at the 1990 Olympic Festival in Minneapolis where he hit the ball around with Alfred Lamont of the USOC. President Rodriguez was a major supporter and helped influence the Argentine Organizing Committee to include racquetball in the Pan Am Games.

Racquetball competition was originally scheduled mid-way for the Pan Am Games which meant the racquetball athletes would not participate in either the opening or closing ceremonies. A special meeting was held during the Trials with the organizing committee and the racquetball competition was moved to March 13th, thus allowing the athletes to march in the opening ceremonies.

Seating for the Pan Am Games at the First Club will be general admission seating on a per day basis and 350 seats will be available.

Van Dubolsky was named Team Leader and John Foust Team Manager for the Pan American Games next March.

The city that will host the Pan American Games in 1999 will be selected at the PASO Congress meeting this summer in Guayaquil, Ecuador. Winnipeg, Canada and Santo Domingo, Dominican Republic are candidate cities.



In their Pittsburgh semi-final, Doyle and Roberts battle it out on the glass court before a packed gallery. Photo: John Gillooly.

Additional pro tour material supplied by John Gillooly.

PITTSBURGH SHOP 'N SAVE PRO-AM

By Jack Newman

The beautiful Racquet Club of Monroeville was the site of the Shop 'N Save Pro-Am in mid February. One of the IRT's favorite annual events, the stop is also a fundraiser for wheelchair racquetball, and always draws overflow crowds for each match. This year's tournament featured a surprise winner as well as many upsets along the way.

The early rounds were hot and heavy with exciting matches and surprising upsets. The first good

pairings found Eric Muller pushing Aaron Katz to five games, while Chris Cole played one of his best matches, taking out Todd O'Neil in three straight games. Rob McKinney produced the biggest upset of the first round by defeating local favorite Dan Obremski in four games. Mike Ceresia showed his determination by overcoming a 2-0 deficit to come back and beat Scott Reiff in five games and Sudsy Monchik continued his impressive play by coming back to defeat Woody Clouse in five games.

Round of Sixteen

Usually, the 16's produce some of the best matches of the tournament, but this weekend most ended in routine fashion. Andy Roberts and Ruben Gonzalez both won their matches over Cole and McKinney in three easy games to advance to the quarters, but Drew Kachtik's advance was even easier with a forfeit from Egan Inoue. Aaron Katz continued his hex over Mike Ray by again defeating him in five games to set up an all Texas match-up with Drew. John Ellis surprisingly smashed Mike Guidry in three easy games, as did Tim Doyle against Mike Ceresia to establish their quarterfinal showdown. Jack Newman was able to hold off Sudsy Monchik in four

close games, and Cliff Swain struggled to beat Dan Fowler in five games to go up against Newman in the quarters.

Quarterfinals

The final eight stepped on the court starting with the battle of Texas.

Once Aaron Katz used to beat Drew on a regular basis, but now the tide seems to be turning in Drew's favor.

Kachtik was able to pull out the match in four games and advance to the

semis. Roberts jumped out to a 2-0 lead on Gonzalez in their match-up, only to see Ruben come back and even the match at 2-2. The fifth was all Roberts as he delivered the donut and advanced to the next round. Next, two of the hardest servers in racquetball, Doyle and Ellis, stepped onto the court to do battle. This match was all Doyle who seemed confident after his win in Atlanta, as he won in three straight. The last quarterfinal saw Swain and Newman meet for the sixth time this season. Newman is one of the few players who has beaten Swain more than once this season. And although Swain won the first game, Newman came back to win the next three games and add a third defeat to his record against Swain and move to the semis.

Semifinals

Both semi-final matches went to tiebreakers, with the first game going to Doyle 11-0 over Roberts. Andy then won the next two 12-10 and 11-3 and was on the verge of winning the match in four games, before Doyle recovered to win 12-10 and set up the tiebreaker. The fifth game found Roberts serving well and advancing to the finals with an easy 11-1 victory.

In their semi, Newman and Kachtik fought tooth and nail through five games. Newman won the first 11-9, but Drew evened things out in game two 11-3. Newman then won the third 11-6 and took a 9-4 lead in the fourth only to have Drew come back and win 12-10. The fifth game was close but Newman was able to

win it 11-7 and move to the final.

The final was one of the most interesting on record. Newman and Roberts are both roommates and teach clinics together, but you wouldn't know they are friends when they play. Newman was seeking his second career victory, and won the first game 12-10. Roberts changed the momentum by winning game two 11-7, then jumped out to a 6-2 lead in game three. But a quick move toward the back wall by Andy saw him twist his knee and fall to the floor in obvious pain. After taking his injury time-out he was unable to continue and forfeited the match to Newman, marking the first final ever to end due to injury.

ADVANCING IN PITTSBURGH SHOP 'N SAVE PRO-AM

Round of Sixteen

Cliff Swain	def.	Dan Fowler	11-4, (15-17), 11-3, (5-11), 11-5
Jack Newman	def.	Sudsy Monchik	11-9, 11-7, 11-13, 11-8
Aaron Katz	def.	Mike Ray	13-11, (9-11), 12-10, (4-11), 11-5
Drew Kachtik	def.	Egan Inoue	forfeit
Andy Roberts	def.	Chris Cole	11-7, 11-1, 11-1
Ruben Gonzalez	def.	Rob McKinney	11-8, 11-4, 11-7
John Ellis	def.	Mike Guidry	11-3, 11-6, 11-4
Tim Doyle	def.	Mike Ceresia	11-2, 11-7, 11-3

Quarterfinals

Jack Newman	def.	Cliff Swain	(6-11), 11-5, 11-3, 11-9
Drew Kachtik	def.	Aaron Katz	12-10, 13-11, (5-11), 11-1
Andy Roberts	def.	Ruben Gonzalez	11-3, 11-7, (8-11), (8-11), 11-0
Tim Doyle	def.	John Ellis	11-3, 11-8, 11-6

Semifinals

Jack Newman	def.	Drew Kachtik	11-0, (3-11), 11-6, (10-12), 11-7
Andy Roberts	def.	Tim Doyle	8-11, 12-10, 11-3, (10-12), 11-1

FINAL

Jack Newman	def.	Andy Roberts	12-10, 7-11, 7-2 (Roberts withdrew in third game due to injury)
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Gonzalez chases down a shot in his semi-final against Mike Guidry in Saskatoon. Photo: John Gillooly.

SASKATOON CAMECO CLASSIC

The IRT trekked to Saskatoon, Canada for the Cameco Classic, a first year event held March 2-6 at the Riverracquet Athletic Club. The best in the game, some with apprehension, made the trip north.

But all skepticism came to an abrupt end when the players were greeted by a well organized press conference, an enthusiastic crowd, and a thoroughly interested media. This tournament represented hospitality, in every sense of the word; from the food to the hotel, to Great Western IRT beer bottles with Swain, Gonzalez, Kachtik and Roberts smiling on the label.

Number one Cliff Swain was coming off of a rare two tournament skid with losses in Atlanta and Pittsburgh. Number two Tim Doyle "Mr. Consistent" won in Atlanta and made the semis in Pittsburgh. And Jack Newman, seeded #4 without the injured Andy Roberts present due to a knee injury, was coming off a win in Pittsburgh – only his second in ten years on the tour despite a perennial top eight ranking.

Round of Sixteen

The round of sixteen found many tough matches beginning

with Canada's Roger Harripersad pushing Jack Newman to the limit. Down 2-1 in games, Newman came back to win game four 11-3 and edge out Harripersad 11-9 in the fifth game. Elsewhere in the draw, Mike Ray defeated Scott Reiff in four games, and Drew Kachtik received an injury forfeit from Tony Jelso. Ruben Gonzalez defeated Louis Vogel in four games, while Mike Guidry and Tim Doyle easily advanced in three games over Dan Fowler and Brian Rankin. Woody Clouse broke his drought by defeating John Ellis in five games. Cliff Swain jumped out to a 2-0 lead on Canadian National Champion Sherman Greenfeld, who fought back and excited the crowd by winning the next two games and moving the match to a tiebreaker. But Swain was able to

win the fifth game 11-5 to advance.

Quarterfinals

The quarters started with a red hot Jack Newman easily defeating an ice cold Mike Ray in three straight games to move on to the semis.

Gonzalez dropped game one 11-9 to Kachtik in their quarterfinal match, but the next three games were all Ruben's and he cruised past Drew in four. Mike Guidry looked to end his mini slump against a hot Tim Doyle. After losing the first game 12-10, Guidry was able to come back

and win the next three games 11-6, 11-4, 11-4 to reach the semis. Down 2-0 to Woody Clouse, Swain found himself about to lose his third straight tournament early but, like a true champion, he was able to rebound and win the next three games to advance.

Semifinals

The first semifinal featured two of the quickest players in today's game ... Mike Guidry and Ruben Gonzalez. This match was one of the best of the season with both players all over the court as games see-sawed back and forth.

Gonzalez won game one 11-0 but was donuted in game two. He recovered to win a close game three 12-10, but was blown out in game four 11-2. The fifth game went down to the wire, but Guidry prevailed 11-8 to move to the finals.

Swain was seeking revenge after Newman defeated him in the last tournament, opening with a win in game one 11-4, before Newman evened the match by winning game two 11-8. The third game was deadlocked at 5-5 before Swain was able to pull ahead for the 11-5 win. An

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ADVANCING IN SASKATOON CAMECO CLASSIC

Round of Sixteen

Cliff Swain	def.	Sherman Greenfield	11-6, 11-3, (6-11), (8-11), 11-5
Woody Clouse	def.	John Ellis	11-7, (5-11), 11-6, (9-11), 11-5
Mike Ray	def.	Scott Relf	11-10, (5-11), 11-4, 11-4
Jack Newman	def.	Egner Harnestad	11-3, (8-11), (9-11), 11-3, 11-9
Jack Newman	def.	Tony Jett	(forfeit)
Ruben Gonzalez	def.	Louis Vogel	(8-11), 11-1, 11-7, 11-8
Mike Guidry	def.	Don Bowler	11-2, 11-10, 11-4
Tim Doyle	def.	Dolan Pagan	11-7, 11-2, 11-5

Quarterfinals

Cliff Swain	def.	Woody Clouse	(9-11), (8-11), 11-3, 11-3, 11-6
Jack Newman	def.	Mike Ray	11-2, 11-8, 11-5
Ruben Gonzalez	def.	Drew Macdonald	(8-11), 11-3, 11-3, 11-7
Mike Guidry	def.	Tim Doyle	(7-11), (2-11), 11-4, 11-4, 11-4

Semifinals

Cliff Swain	def.	Jack Newman	(7-11), (8-11), 11-5, 11-5
Mike Guidry	def.	Ruben Gonzalez	(9-11), 11-0, (10-12), 11-3, 11-8

FINAL

Cliff Swain	def.	Mike Guidry	11-7, 11-1, 11-4
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CCFA PRO-AM STORMS HOUSTON

The IRT continued its spring schedule in March at the Downtown YMCA in Houston. The Crohn's and Colitis Foundation Pro-Am was the first Houston stop in at least 10 years. The big questions: Could Swain continue his dominance? Would Guidry and Newman continue their hot streaks? Could Ray break out of his slump?

The Downtown YMCA in Houston is well known to most of racquetball's finest. Players like Tim Doyle, who

exact repeat in the fourth game turned a 5-5 tie into an 11-5 victory for Swain and another final.

Final

The final were all Swain, as he served well and kept Guidry off balance. The first game went to Swain 11-7 and that was as close as the match got. The next two games both ended in identical scores off 11-4. This was Swain's ninth victory of the season, with no other player winning more than one event.

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won back to back amateur national titles here in 1989 and 1990, and John Ellis, the current amateur national champion, feel that these courts and this club belong to them. These are the courts where they were invincible, where they established their dominance.

The weather was warm, a pleasant change from the last two stops in Pittsburgh and Saskatoon, Canada. Despite only a three day stretch since Swain defeated Guidry in Saskatoon, there was a fresh, renewed feeling among the players. Maybe it was the weather, maybe it was the familiarity of the club.

Round of Sixteen

The round of sixteen started with Newman defeating Vogel in three games, while Guidry advanced past Dan Fowler in

four to set up his next round match against Newman. Kachtik was pushed to four games by Chris Cole, and Mike Ray looked good in beating Todd O'Neil in three straight. Tim Doyle looked dominant on the fast courts, winning in three over Eric Muller.

Ruben Gonzalez jumped out to a 2-0 lead against Aaron Katz, before Katz fought back to win games three and four and even the match. Aaron moved ahead 8-3 in the fifth before Ruben was able to mount a great comeback and outscore Aaron 8-0 to win the final game and the match. John Ellis was also able to use the fast courts to his advantage, serving Woody Clouse off the court in three, and Cliff Swain advanced past Scott Liparelli in four.

Quarterfinals

The quarters were rare blow outs between evenly matched players. Two of the hottest players on tour – Guidry and Newman – were expected to stage a great match but it never happened. Guidry easily won the match in three straight games. Kachtik and Ray were next to take the court, where a very consistent Kachtik was able to keep Ray in his season long slump by dispatching him in three straight. The blowouts continued in the next match as Tim Doyle put on a service exhibition against Ruben Gonzalez and defeated him in three games.

Semifinals

The first semifinal featured Tim Doyle and Drew Kachtik, with Doyle hitting 180 mph serves and advancing with a three straight victory. In a

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ADVANCING IN HOUSTON Crohn's and Colitis Foundation Pro-Am

Round of Sixteen

Cliff Swain def. Scott Liparelli 11-1, (10-12), 11-2, 11-3
John Ellis def. Woody Clouse 11-7, 11-5, 11-5
Mike Guidry def. Dan Fowler 11-7, (10-12), 11-9, 11-7
Jack Newman def. Louis Vogel 11-4, 11-8, 12-10
Drew Kachtik def. Chris Cole 11-6, (5-11), 11-3, 11-5
Mike Ray def. Todd O'Neil 11-8, 11-2, 11-9
Ruben Gonzalez ... def. Aaron Katz 11-8, 11-1, (4-11), (6-11), 11-8
Tim Doyle def. Eric Muller 11-7, 11-1, 11-1

Quarterfinals

Cliff Swain def. John Ellis 11-9, (9-11), 11-6, 11-7
Mike Guidry def. Jack Newman 11-7, 11-1, 11-4
Drew Kachtik def. Mike Ray 11-5, 11-8, 11-9
Tim Doyle def. Ruben Gonzalez 11-0, 11-2, 11-7

Semifinals

Cliff Swain def. Mike Guidry 12-10, 11-5, (4-11), (4-11), 11-3
Tim Doyle def. Drew Kachtik 11-5, 11-7, 11-1

FINAL

Cliff Swain def. Tim Doyle 11-9, 11-5, (8-11), 11-7

all weekend. But the oddsmakers were proven wrong as Swain nullified Doyle's serve to win the first two games 11-9, 11-5. A glimmer of hope appeared in the third with an 11-8 Doyle win, but it only made Swain mad enough to win the fourth game and the match 11-7. The win put Swain back on track with two straight victories ... not good news for the other players.



In their semi-final, Kachtik clears plenty of area for his forehand against Tim Doyle. Photo: John Gillooly.

rematch of the Saskatoon final a week before, Swain and Guidry went up next. Swain jumped to a 2-0 lead in games, but Mike came back to win the next two games easily 11-4, 11-4. The fifth game was all Swain as he bore down to win the match and get to the finals against Tim Doyle.

Final

This final proved to be a grudge rematch of the Atlanta semifinal where Doyle defeated Swain. Most players had pegged Doyle as the favorite, since he had won the amateur nationals twice on this court and had been serving so well

ANAHEIM HOSTS VCI CHALLENGE CUP SERIES #5

For their third rapid-fire event in only three weeks, the Transcoastal International Racquetball Tour left Houston and headed to the VCI Pro-Am in for Los Angeles. The event, held at LA Fitness in Anaheim, was the fifth of the six stop VCI Challenge Cup Series. In previous VCI events, Mike Ray took the title in Montreal; Cliff Swain bested the field in Baltimore and Dallas; and Tim Doyle captured the last VCI event in Atlanta.

Some of the names in the draw made it seem as if the tournament directors mistakenly reproduced a draw from a mid-eighties Ektelon Nationals – featuring Bret Harnett, Gerry Price and Steve Lerner. But this was not 1985: Harnett faced Price ... in the round of 32! A

closer look brought you back to the future with names like Doyle, Ellis, Monchik and Guidry. Yes, it was the right draw and a tough one at that.

Early Rounds

This tournament found good matches starting in the 32's. Right off the bat a mild upset occurred when former top pro Steve Lerner defeated #12 seed Aaron Katz in three straight games. Returning after a long layoff, Dave Johnson played well in defeating Rob McKinney in three straight games. Playing for a new sponsor, Bret Harnett was pitted against former top pro

Gerry Price for a hard fought three game match that lasted more than an hour and a half before Harnett prevailed. For his first pro win, Adam Karp enjoyed home court advantage in his upset over Woody Clouse in four games. Sudsy Monchik continued his good play by defeating Dan Fowler in three straight, with two super tiebreakers. Tim Sweeney also returned to the action and avenged an earlier season loss to Louis Vogel by winning in three.

Round of Sixteen

The 16's routinely hold a few surprise victories with many

good matches and LA was no exception. Mike Guidry ended Steve Lerner's short run in three, and Mike Engel logged the biggest upset of the round with a win over Drew Kachtik in four, to mark the first quarterfinal appearance of his career. Andy Roberts returned to action after missing two tournaments due to a knee injury and defeated Johnson in three games to move into the quarters. Jack Newman shortened Bret Harnett's comeback by winning in three close games, and Ruben Gonzalez ended Adam Karp's tournament with a four game victory. The best match had

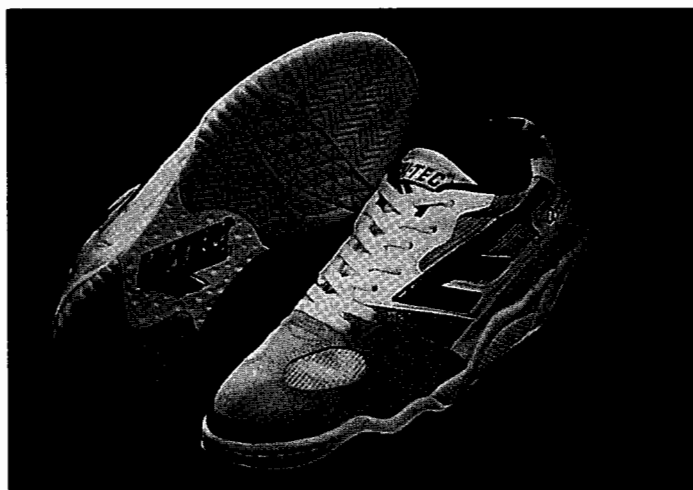
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ADVANCING IN ANAHEIM VCI Challenge Cup #3

Round of Sixteen

Cliff Swain	def.	Tim Sweeney	11-0, 11-7, 11-3
John Ellis	def.	Mike Ray	11-6, 11-1, 11-7
Mike Guidry	def.	Steve Garner	11-9, 11-8, 11-3
Mike Engel	def.	Drew Kachlik	11-7, (2-11), 12-10, 11-6
Andy Roberts	def.	Dave Johnson	11-4, 11-5, 11-5
Jack Newman	def.	Bret Hansen	12-10, 11-9, 11-4
Ruben Gonzalez	def.	Adam Kamp	15-11, 11-9, 11-9, 11-1
Sudsy Monchik	def.	Tim Doyle	(6-11), (6-11), 13-10, 11-2, 13-11

Quarterfinals

Cliff Swain	def.	John Ellis	11-8, 11-8, (4-11), 11-9
Mike Guidry	def.	Mike Ray	11-6, 11-4, 11-9
Andy Roberts	def.	Jack Newman	11-4, 11-7, 11-3
Sudsy Monchik	def.	Ruben Gonzalez	(7-11), 11-5, 11-8, 11-9

Semifinals

Cliff Swain	def.	Mike Guidry	(10-12), 11-6, (9-11), 11-3, 11-2
Andy Roberts	def.	Sudsy Monchik	13-12, (10-12), 11-8, 11-5

FINAL

Cliff Swain	def.	Andy Roberts	12-10, 11-8, 11-3
-------------	------	--------------	-------------------

straight. Andy Roberts' recovery looked complete in his win over Jack Newman in three straight. Sudsy Monchik showed why he is a force to be reckoned with in defeating boyhood idol and mentor Ruben Gonzalez in four games, bringing him to a semifinal match-up against Andy Roberts. A Swain vs. Ellis match seems to be one we'll see a lot in the future. They have already have played numerous times this season, with Swain

winning every one so far. This match would be no different, with Swain edging out Ellis in four close games, but it's only a matter of time before Ellis has his revenge.

Semifinals

The first semifinal saw a fully recovered Andy Roberts win game one 11-3 over a hungry, but nervous, Sudsy Monchik. But Monchik bounced back to a 12-10 win in the second. Motivated by the need to keep his hopes alive for a #2 ranking at the end of the year, Roberts won games three and four 11-8, 11-5 and moved into a comfortable spot in the finals.

Swain vs. Guidry is another matchup that will be seen a lot in the future, although Swain continues to win almost all of their meetings. In Anaheim, Guidry won the first game 12-10, but lost game two 11-6, then recovered to gain an advantage and win game three 11-9. But Swain was not to be denied in Anaheim, easily won

Tim Doyle taking a 2-0 lead over Sudsy Monchik, only to have Sudsy come back and win 12-10, 11-2 to even the match. Two and a half hours later, Sudsy earned his first quarterfinal by winning the deciding game 13-11. John Ellis put Mike Ray deeper in a slump with an easy three straight victory, and Cliff Swain

did the same to Tim Sweeney to advance to the quarters.

Quarterfinals

The first quarterfinal saw a hot Mike Guidry continue his roll by easily defeating Mike Engel in three



Monchik defeats long-time mentor Ruben Gonzalez in the quarters in Anaheim.
Photo: John Gillooly.

games four and five 11-1, 11-2 to advance.

Final

The finals brought up a couple of interesting questions – would Swain win three straight tournaments? Could Swain remain undefeated in Southern California (with six wins)? Could Andy return from an injury to win a stop? Yes, yes, no were the answers. Roberts jumped out to 8-3 leads in both games one and two only to lose 12-10 and 11-8. Swain was then able to close out the match 11-5 to win his eleventh tourney out of sixteen this season.

In what has become a tradition, a great job was done by John Pushack and Suzy Klingensmith at the beautiful Racquet Club of Pittsburgh. The event was highlighted by an exhibition between defending champion Ruben Gonzalez and Steelers head coach Bill Cowher, and all events are geared to raise money for the National Wheelchair Racquetball Association ... Thanks to the work of Ken Barteski, Loren and Carol Prentice, and everyone at the RiverRacquet Athletic Club, the Saskatoon stop was an unbelievable success. Junior players from throughout Canada were

invited to clinics, lessons, and Bi Rak It with the pros ... A year's worth of work by Pam Smith, Judy Koch, Ron Morris, and everyone at the Crohn's and Colitis Foundation was rewarded with a great event including a silent auction that raised over \$2,000 for CCFA at the Downtown YMCA in Houston.

PENN PRO FOR EVERYONE: Penn Racquet Sports and the IRT have announced that the green Penn Pro ball which has taken the tour by storm will be used for all divisions at IRT stops beginning with the 1994-95 season.

IRT UPDATE

By Hank Marcus

SPONSOR NEWS:

TransCoastal Mortgage CEO John Delaney, who has been pro racquetball's greatest supporter over the last eight years, has announced the formation of a new company: CFC Mortgage which will sponsor the tour next season. In other news, VCI announced that it will renew the popular VCI Challenge Cup Series next season with six events (sites will be announced this summer).

SPECIAL THANKS:

The IRT Tour has taken its pros all over the globe in the last couple of months and we'd like to briefly thank some great people at some of the best events of the year ...

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PRO RANKINGS

CFC INTERNATIONAL RACQUETBALL TOUR RANKINGS

Provided by World Racquet Sports Association.

1. Cliff Swain, MA
2. Andy Roberts, TN
3. Tim Doyle, OR
4. Mike Guidry, TX
5. Drew Kachtik, TX
6. Jack Newman, IL
7. Ruben Gonzalez, NY
8. Mike Ray, SC

VCI CHALLENGE CUP SERIES RANKINGS

1. Cliff Swain
2. Andy Roberts
3. Tim Doyle
4. Mike Ray

5. Mike Guidry
6. Ruben Gonzalez
7. Drew Kachtik
8. Jack Newman

BI RAK IT

The official cross training sport of the IRT Tour rankings are based on finishes in Bi Rak It events held at each pro stop.

1. Woody Clouse
2. Mike Brady
3. John Ellis
4. Vince Kelley
5. Mike Ray
6. Aaron Katz
7. Drew Kachtik
8. Roger Harripersad

PENN GLOVE

Official glove of the IRT Tour rankings include

those players who wear the Penn Glove and their tournament finishes.

1. Cliff Swain
2. Tim Doyle
3. Mike Guidry
4. Dave Johnson
5. Woody Clouse
6. Louis Vogel

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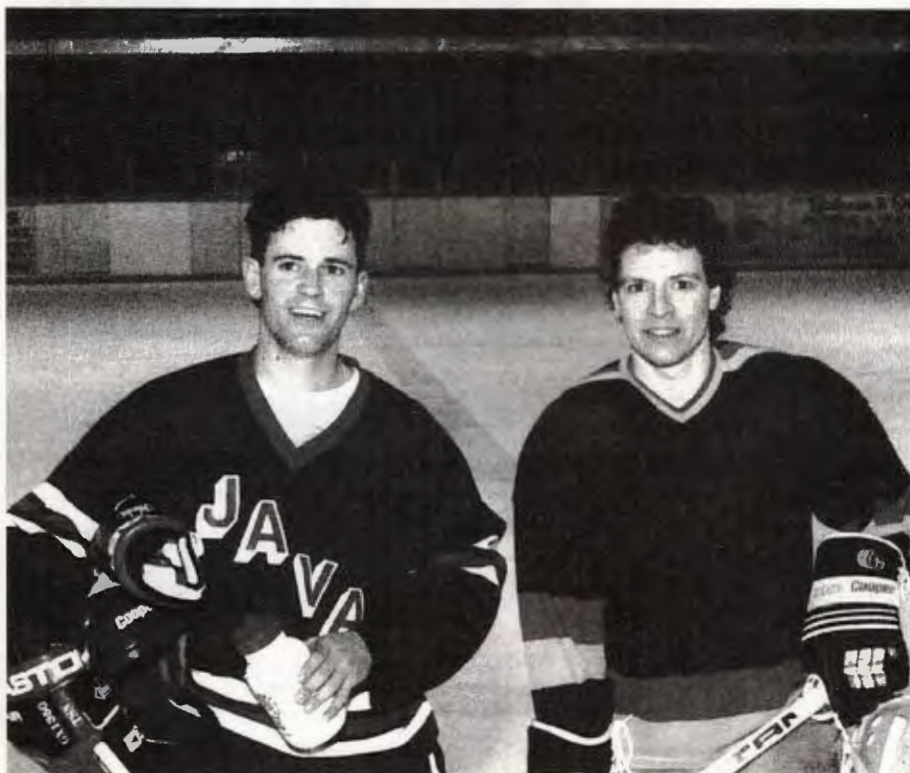
Official shoe of the IRT Tour includes those players wearing the Head shoe and their tournament finishes.

1. Cliff Swain
2. Mike Guidry
3. Mike Ray
4. John Ellis
5. Woody Clouse
6. Bret Harnett
7. Dan Fowler
8. Louis Vogel

IRT TOUR SCHEDULE

#18 CFC GRAND NATIONALS
May 11-15
Seattle, Washington

#19 CFC TOURNAMENT OF CHAMPIONS
June 1-5
Portland, Oregon
Multnomah Athletic Club



Before a recent exhibition, Sherman Greenfeld and Cliff Swain mixed it up a bit on the ice in Winnipeg. Photo: John Gillooly.

PRO RANKINGS



- 19T. Caryn McKinney, GA
- 21. Doreen Metzold, NY
- 22T. Kim Russell, GA
- 22T. Michelle Wiragh, MD
- 24T. Cindy Conine, NY
- 24T. Holly Gray, AZ
- 24T. Kerri Stoffregen, OH
- 27. Yolanda Jordan, MD
- 28T. Babette Bell, FL
- 28T. Shannon Feaster, DC
- 28T. Jovi Larson, NY
- 28T. Josee Moore, NY
- 28T. Lauren Sheprow, FL
- 28T. Vanessa Tulao, TN
- 28T. Jen Yokota, MO



Jim and Mallia Bailey with newborn Kelani Quynn.

WOMEN'S PRO RACQUETBALL ASSOCIATION RANKINGS

(as of 4/1/94)

- 1. Michelle Gould, ID
- 2. Marci Drexler, CA
- 3. Robin Levine, CA
- 4. Cheryl Gudinas, IL
- 5. Molly O'Brien, PA
- 6. Lynne Coburn, MD
- 7. Ellen Crawford, VA
- 8. Chris Evon, CA
- 9. Laura Fenton, MA
- 10. Marcy Lynch, PA
- 11. Lorraine Galloway, NY
- 12. Roz Olson, NY
- 13T. Dee Ferreira-Worth, CA
- 13T. Kim Machiran, MO
- 13T. Janet Myers, NC
- 16. Karen Key, CA
- 17T. Tammy Brockbank, ID
- 17T. Robin Whitmire, GA
- 19T. Barbara Faulkenberry, AL

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GOULD WINS HEARTS IN MAYFIELD

By Ellen Crawford

The fourth stop of the season was another first-time event for the WPRA. Held at the Racqueteer's Club in Mayfield, Pennsylvania on February 18-20, the Valentine's Open attracted the country's top players and was a very successful tournament in the 1994 lineup.

Tammy Brockbank, a strong newcomer to the tour this year, defeated Kim Russell to reach the round of 16. With her victory, Brockbank then faced #4 seed Cheryl Gudinas, who continued her dominant play and advanced in three games. It was business as usual as Michelle Gould defeated Chris Evon and Molly O'Brien got by Karen Key. Marcy Lynch logged an impressive victory over Laura Fenton and #3 seeded Robin Levine defeated Dee Ferriera-Worth. In three games apiece, Lynne Coburn advanced over Lorraine Galloway, and Marci Drexler defeated Janet Myers.

The longest match of the round of 16's was between Roz Olson and Ellen Crawford. The match went back and forth and was decided by a fifth game that elevated to "super tiebreaker" status, where a two point margin of victory is required. Crawford took the fifth game 12-10



Tammy Brockbank (above), Kim Russell & Cheryl Gudinas. Team photos by John Foust.



to face Drexler in the quarterfinals, where Drexler's solid play gave her a three game victory over Crawford. Levine played three aggressive games to defeat Coburn, and Gudinas also advanced by defeating Lynch. Top-seeded Gould used her characteristic strong serve in her victory over O'Brien.

Seeding held true for the top four players as #1 Gould faced #4 Gudinas and #2 Drexler faced #3 Levine in the semis. Gould advanced over Gudinas with bottom board shooting and once again moved on to the finals. Levine pushed Drexler in the first two games, but Drexler pulled them out and also took the third game to advance and meet Gould for the third time this season.

ADVANCING IN MAYFIELD

Round of Sixteen

Michelle Gould	def.	Chris Evon 11-2, 11-8, 11-0
Molly O'Brien	def.	Karen Key 11-1, 11-5, 11-9
Marcy Lynch	def.	Laura Fenton 11-6, 11-6, 11-7
Cheryl Gudinas	def.	Tammy Brockbank 11-3, 11-7, 11-9
Robin Levine	def.	Dee Ferreira-Worth 11-4, 11-2, 11-2
Lynne Coburn	def.	Lorraine Galloway 11-3, 11-3, 11-0
Ellen Crawford	def.	Roz Olson 6-11, 11-10, 11-4, 6-11, 12-10
Marci Drexler	def.	Janet Myers 11-2, 11-3, 11-6

Quarterfinals

Michelle Gould	def.	Molly O'Brien 11-3, 11-0, 11-4
Cheryl Gudinas	def.	Marcy Lynch 11-4, 11-6, 11-7
Robin Levine	def.	Lynne Coburn 11-8, 11-2, 11-3
Marci Drexler	def.	Ellen Crawford 11-7, 11-1, 11-7

Semifinals

Michelle Gould	def.	Cheryl Gudinas 11-6, 11-4, 11-2
Marci Drexler	def.	Robin Levine 11-9, 11-9, 11-4

FINAL

Michelle Gould	def.	Marci Drexler 11-2, 11-2, 11-7
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With Drexler claiming the previous stop in Virginia, Gould was ready to stop her bid for back-to-back titles. Gould took charge in all three games and capitalized on her opportunities to give Drexler more than she could handle. Gould won in three games to capture the Valentine's Open, her third title this season.

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GOULD WINS CHATTANOOGA'S FIRST "GRAND SPLAT" TOURNAMENT!

By Chris Evon

The Sports Barn, just minutes from the famous Chattanooga Choo Choo, hosted their first WPRA event March 18-20. June Riggs, assisted by a superb support staff, treated players and spectators alike, to an event that won't soon be forgotten.

New faces on the tour

Junior players Vanessa Tulao and Kerri Stoffregen chose Chattanooga for their WPRA

debut. On home turf Tulao, a member of Junior Team USA, barely lost to Kim Russell, 2-11, 11-4, 2-11, 11-7, 11-5, putting an early end to her first pro tournament.



Kerri Stoffregen

Stoffregen, also a member of both the junior and adult national teams and the current 18 and under champion, defeated rookie Jen Yokota to advance to the second round and earn a chance to play against tour veteran and number two seed, Marci Drexler. Stoffregen stunned Drexler by coming back after losing the first game 11-1, and pushing her to a tiebreaker before conceding the match. Stoffregen "counter punched" Drexler's overhead pinches and aggressive style with a more conservative patience and calmness of a seasoned professional and made more than a few heads turn and take notice of her abilities and potential to compete with the best!

Upsets in the 16's

Semi-retired Caryn McKinney advanced to the quarters by upsetting #6 seeded Lynne Coburn. McKinney currently plays in only a selected number of tournaments throughout the season, and spends most of her time working for her own events management company, which handles the WPRA Pizza Hut Challenge in Atlanta.

Barb Faulkenberry, also a former full-time professional player, played in her first event of the season, and was able to upset #8 seeded Lorraine Galloway. Faulkenberry is a Major in the Air Force and is the current Air Force and Interservice champion. Faulkenberry is presently studying at the Air Command and Staff College in Montgomery, Alabama.

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Top seeds advance to the finals

Top seeded Michelle Gould defeated Chris Evon 11-3, 11-4, 11-5 to advance to the semifinal round, where she met up with #3 seeded Robin Levine who had earlier defeated Caryn McKinney for the first time in her career. Levine took five grueling games to end her long losing streak against McKinney. Her persistence and relentless style of play finally wore down McKinney, and Levine took the match 11-10, 2-11, 7-11, 11-9, 11-3. But only hours after the marathon, Levine had to re-focus and try to revitalize her bruised body to prepare for her semifinal meeting with Gould. Struggling with a pulled hamstring, and a slight case of mental fatigue, Levine was not able to keep pace with the hard hitting, precise Gould. Michelle went on to win and earn her place in the final by defeating Robin, 11-3, 11-8, 11-4.

Seeded fourth, Cheryl Gudinas was able to pull out three close games to beat out #5 seeded Molly O'Brien. "Cheryl is playing well," O'Brien commented. "She's not only making her shots, but she's playing smart." Although O'Brien was able to move Gudinas and often kept her off balance, Gudinas' serve and shoot style of play allowed her to take command and the match 11-7, 11-10, 11-9.

Marci Drexler advanced to the semis by eliminating Barb Faulkenberry 11-2, 11-4, 8-11, 11-6. She then played her best match of the tournament against Gudinas by executing low percentage, yet effective overhead pinches and retrieving shots that Gudinas thought were winners. This put Drexler in the finals for the fourth straight tournament. A streak that she has not matched since she started playing on the pro tour over eight years ago.

Gould dominates in the finals

Although Drexler has the potential and the confidence to exploit Gould's weaknesses, this match was owned by Gould from the start. A capacity crowd was on hand to witness one of Gould's more impressive wins as she negated Drexler's hand and foot speed with shots that had Drexler frustrated and talking to herself. Gould swept the match, winning 11-2, 11-3, 11-6. Gould never dropped a game the entire tournament, and only Levine was able to score more than seven points. Michelle will continue to try to prove her dominance on the pro tour.

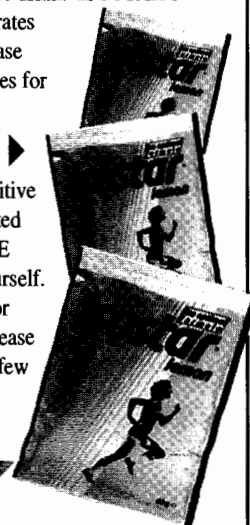
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ADVANCING IN CHATTANOOGA

Round of Sixteen

Michelle Gould	def.	Kim Russell 11-2, 11-4, 11-0
Chris Evon	def.	Janet Myers 11-8, 11-6, 11-3
Caryn McKinney	def.	Lynne Coburn 11-2, 11-5, 11-2
Robin Levine	def.	Dee Ferreira-Worth 11-5, 11-3, 9-11, 11-2
Cheryl Gudinas	def.	Kim Machiran 11-7, 11-7, 11-1
Molly O'Brien	def.	Robin Whitmire 11-2, 1-11, 7-11, 11-5, 11-9
Barb Faulkenberry	def.	Lorraine Galloway 11-10, 5-11, 11-1, 11-8
Marci Drexler	def.	Kerri Stoffregen 11-1, 6-11, 11-6, 7-11, 11-7

Quarterfinals

Michelle Gould	def.	Chris Evon 11-3, 11-4, 11-5
Robin Levin	def. ..	Caryn McKinney 11-10, 2-11, 7-11, 11-9, 11-3
Cheryl Gudinas	def.	Molly O'Brien 11-7, 11-10, 11-9
Marci Drexler	def.	Kerri Stoffregen 11-2, 11-4, 8-11, 11-6

Semifinals

Michelle Gould	def.	Robin Levine 11-3, 11-8, 11-4
Marci Drexler	def.	Cheryl Gudinas 11-10, 11-6, 11-5

FINAL

Michelle Gould	def.	Marci Drexler 11-2, 11-3, 11-6
----------------------	-----------	--------------------------------

tures up images of pasta and bagels. By trying to do a good thing, we've created a problem for ourselves. The problem is that the carbohydrates we're choosing tend to be "refined" as opposed to "complex." Complex carbohydrates are whole grains (brown rice, millet, barley, oats, rye, wheat), dried peas and beans, fresh fruits and vegetables. Refined carbohydrates are anything with white flour or sugar; pasta, bagels, low-fat (high sugar) cookies, cakes, muffins, white bread, granola



NUTRITION AND PERFORMANCE: THE CRITICAL EDGE

By Marcy Lynch, C.N.C.

It's amazing to me what scarce attention is paid to an area of training that can have such a drastic impact on performance. Although physical training and skill practice are widely accepted

methods of improvement, people seem dazed and confused when it is suggested that how we fuel our bodies can make the difference between winning and losing.

I've been a nutrition counselor for over eight years and am recently certified as a nutrition consultant. My knowledge comes from years of personal experience and I stay current with recent studies and research. The exciting news about nutrition and sport is that it can take your game entirely to another level.

This article is the first in a series that will focus on maximizing performance through increasing energy, improving stamina, and accelerating recovery.

Let's talk first about energy. In the 80's we learned all about carbohydrates. Carbs are the body's main source of fuel. Carbo loading is a common notion and con-

bars and snack bars. Even potatoes, although considered a complex carbohydrate, have a glycemic index similar to that of white sugar (the glycemic index refers to how quickly a certain food raises blood sugar levels).

Refined carbohydrates supply few vitamins and minerals, therefore taxing the body's stores of them. Vitamins and minerals are necessary in order to create energy from food. If our food choices are void of these nutrients, eventually the body's reserves will be depleted and we'll wonder why we don't have the energy we think we should.

The second part of the problem is our lifestyle. Even with the best of intentions, most of our lifestyles are not conducive to eating complex carbohydrates. The only place to find many whole grain products are specialty stores and then they take longer to prepare than cooking white pasta. Also,

try finding brown rice, couscous, kasha, or millet on a menu in a restaurant (unless you're lucky enough to live in California). So what's a body to do?

Enter mineral nutrition...

Minerals facilitate the enzymatic reactions necessary to metabolize carbohydrates. Our bodies cannot produce minerals, we must ingest them. If not from our food, where do we get them? We could rush off to the health food store and buy a mineral supplement but then we face the problem of absorption.

Minerals are like tiny rocks and not easily absorbed. For minerals to be absorbed they must undergo a process called chelation. Chelation surrounds or wraps a mineral with another substance the body can absorb. Amino acid chelates are among the most effective since amino acids are readily absorbed in the intestine and the mineral is absorbed right along with it.

I'm not claiming that supplements should take the place of good food choices. There are many properties of food as yet undiscovered that are irreplaceable. But proper mineral supplementation can fill in some gaps that are being created by our lifestyles and our environment. Chelated minerals can replace missing nutrients needed to "turbo charge" the carbohydrates we're eating and therefore create maximal energy.

For more information or to inquire how these concepts can benefit you personally, call the Nutrition Help Line at 215/361-5789.

WHY JEOPARDIZE YOUR EYESIGHT?

By Chris Evon

Chris Evon, a team Ektelon member for seven years, is one of the top ten women playing on the Women's Professional Racquetball Association (WPRA) tour. Not only dedicated to playing and teaching racquetball, Chris also spends numerous hours promoting the sport through clinics and exhibitions. She served as president of the WPRA for four years, and is currently completing a master's degree in sports psychology.

Don't forget your eyewear! With skilled players capable of serving at more than 150 miles per hour, racquetball is no game for fools. Sure, you wear eyeguards at AARA-sanctioned tournaments (because the AARA requires them), but it amazes me why so many racquetball players expose their eyes to injury when they play a club match or in league competition. Unless you want to literally "keep your eye on the

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ball," eyewear should be essential equipment every time you step on the court.

When I first started playing racquetball in the early 80's, I didn't wear eyeguards, even after I got hit a couple of times. But I noticed that one friend of mine always did ... and I found out why. During one "civilized" game, a ball nailed him directly in the eye, resulting in a detached retina and eventual loss of the eye. After hearing his story, I started wearing eyewear religiously and preaching to those who didn't. You'll never find a pro without eyewear, even if they're playing for fun.

At my racquetball clinics and camps, I always begin with a quick talk about eyewear and eye safety. Recently I presented a racquetball clinic to San Diego State University's offensive line football players, who use racquetball as an off-season training activity. When the eleven novices first walked on the court, there wasn't an eyeguard in sight, although Ektelon had donated everything from racquets to eyewear, gloves to balls. After my little pep talk (and nudge from their coach), they got the message and wore the eyewear.

Ektelon and other eyewear manufacturers offer quality frames in a variety of styles and colors, with advanced features that include anti-fog, scratch-resistant polycarbonate lenses; contoured frame designs for better fit; tough lightweight construction; and padded absorbent brow bridges. If you need corrective lenses, you can wear contact lenses under eyeguards, purchase special eyewear designed to fit over glasses, or have a prescription polycarbonate lens fitted into protective eyewear.

Properly worn, eyewear can reduce your chances of serious injury and actually help you play more aggressively! You can track the ball and your opponent with more confidence, while you concentrate on your strategy, not your vision.

Tony Lauderdale of Fairbanks, Alaska, knows firsthand the value of quality, protective eyewear. Here is an excerpt of a letter to Ektelon:

"I'm writing to say thank you for making quality equipment. You see, I was hit with a racquet on the left lens of those glasses directly over my eye. The impact was hard enough that the rim of the glasses cut my cheek. I have seven stitches and a real pretty black and blue eye. I work in a hospital setting and know that if I hadn't had those glasses on, I would have lost my eye. Thank you doesn't seem enough. I'm a true believer."

With the use of proper protective eyewear, nearly all racquetball eye injuries can be prevented. Don't take a chance. Play it safe when it comes to your eyes.



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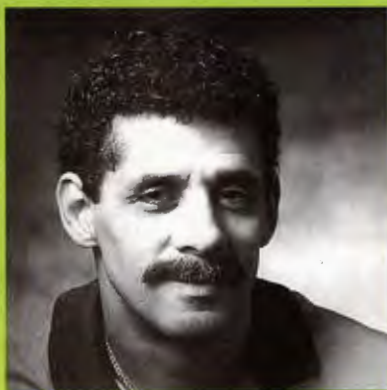


PLAYING SMART

EKTELON'S TOP PROS AND AMATEURS TALK RACQUETBALL



As you move up the amateur ladder or into the professional ranks, there's certain "magic shots" you'll perfect and keep in your arsenal to help you on your way. In this issue, Ruben Gonzalez offers tips on how to execute a perfect pinch – a shot you should practice and use often as you become a more advanced player. And if you've ever had to take time off from racquetball, you know how hard it is to get back into the swing of things. Marci Drexler, who's had her share of sidelining injuries, gives some hints on how to ease back into the sport – and your own game style – the right way.



PERFECTING THE PINCH SHOT

*By Ruben Gonzalez
Ektelon Racquetball Professional*

Ruben Gonzalez has out-played, out-smarted and out-maneuvered the best and brightest racquetball players in the country. At 41, Gonzalez remains top-ranked in a sport that favors men many years his junior. Although his road to victory has not been easy, Gonzalez displays a spectacular showing of style, strength and strategy in gruelling competition.



The pinch shot is an extremely effective weapon, and one that is crucial to your game if you want to compete at higher levels. The ability to execute a pinch shot from almost anywhere on the court separates the good competitors from the average players. Work on perfecting a wide assortment of pinches so that from one spot, you not only hit cross court and down the line, but pinch, reverse pinch, wide angle pinch and – splat!



When to use a pinch shot

The more shots you have in your arsenal, the tougher your game. There are only two ways to hit the ball down the line – kill or pass. There are just three ways to hit a crosscourt – kill, pass or V. But by including pinches in your game, you can add another three to four shots. The big advantage of a pinch shot is that it's deceptive. Your body is set toward one-half of the court, and as the ball leaves your racquet, it suddenly changes direction and goes to the opposite

way. It's difficult for your opponent to change his feet in mid-stride and go back the other way. You should hit a pinch when your opponent is out of center court.

Specific pinch shots

A pinch, like the kill shot, is a rally-ending shot. By adding a variety of pinches, you are cultivating a more aggressive game style, and one that will enable you to take control in a match instead of hoping your opponents will miss their shots.

Forehand Pinch (Diagram A)

This is hit like a regular forehand straight shot, with the same grip and body mechanics. The difference is how you step into the ball. You'll want to step more toward the corner so that you're pointing at your target. Hit the ball low and hard, as you would a kill shot. Drive the shot to hit the right side wall first, then the front wall and come out heading in the direction of the left wall, center court area. To practice this shot, start with a drop and hit. Take your time and don't rush. Get used to how the ball reacts depending on its height, speed and location when hit. After the drop and hit, toss the ball off the side wall or gently lob to yourself off the front wall. Practice moving away from the ball using proper footwork while you come in and hit a pinch, instead of a straight shot.

Wide Angle Pinch (Diagram B)

The objective of a wide angle pinch is to hit the right side wall as far back as you can, and still have it hit the front wall without skipping. This shot is very effective because it stays in the front court longer. But it's tougher to hit – the angle depends on how hard and how high you hit it. Practice the wide angle pinch the same way as the forehand pinch, experimenting with the spot on the side wall you want to target.

Reverse Pinch (Diagram C)

You've got to have a lot of snap in your stroke to make the most out of this shot. Your opponent will rarely expect a reverse pinch. If you can hit it low so it doesn't come off the right side wall,

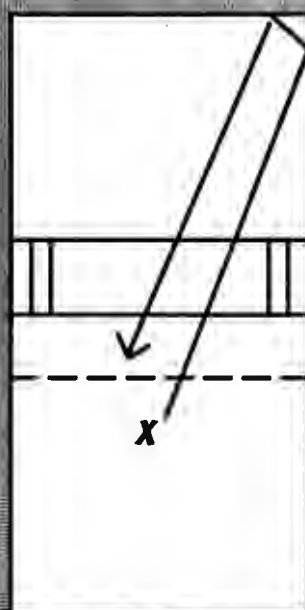


Diagram A. Forehand

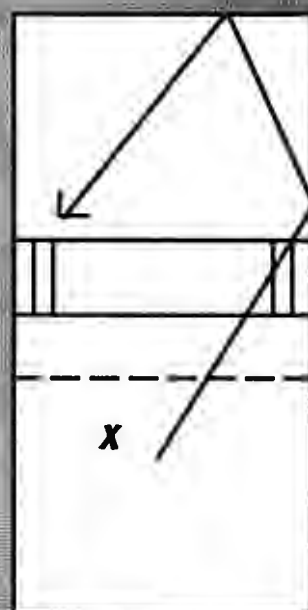


Diagram B. Wide Angle

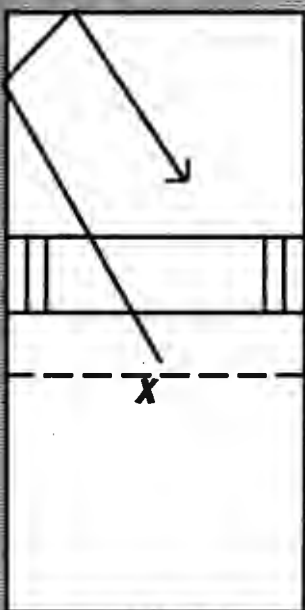


Diagram C. Reverse

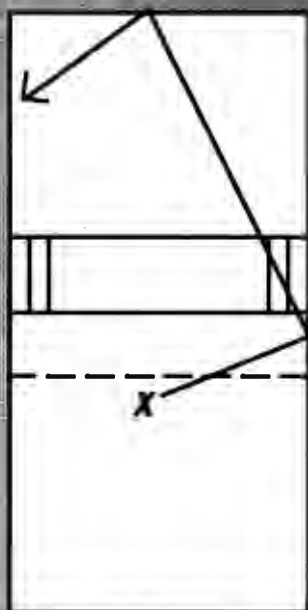


Diagram D. Split

you will almost always win the rally with this shot. You'll want to step into the ball a bit more open – instead of turning and stepping more to the right, open your body a little and step more toward the front wall. As you make contact with the ball, you have to over-exaggerate your wrist snap, and crack the ball to the opposite (left, if right handed) wall. This pinch should be hit tight into the corner, and very low. Practice this shot the same way as the previous pinches.

Splat Shot (Diagram D).

This shot needs a lot of power and works best when you're close to the side wall. It's effective from the back service line to about three feet from the back wall. As long as you have room to take a full swing, you can go as far back as you want. The splat shot must be hit low, extremely hard, and about a foot in front of your stroke. The spin that is created will then carry the ball to the front wall, make a splat sound and shoot out almost parallel to the front wall. This shot is very effective because of the spin – the ball shoots off the front wall very fast, and doesn't come back toward the left center court. Start practicing with a drop and hit, and then go to the lob off the front wall, hitting some ceiling balls close to the side wall that will come up short of the back wall, and swing hard!

Backhand Pinch

Backhand pinches are practiced and set up exactly like the forehand pinches – make sure you practice both sides, and always try to be equally strong with both sides of your game. That way it's tougher for your opponent to pick out weaknesses.

The addition of pinches will enhance your game style, and give you a more aggressive advantage on the court. They will also add variety, surprise and the opportunity to end a rally – in your favor.



GETTING BACK IN THE SWING

**By Marci Drexler
Ektelon Racquetball
Professional**

Currently ranked #2 on the Women's Professional Racquetball Association circuit, Marci's

game shows no signs of the extensive knee surgery she underwent just a few years ago. She has earned the unofficial title of "Crowd Thriller" by displaying amazing speed and a lightning fast hand. In her fight for #1, this southpaw uses an unorthodox overhead flick of the wrist that's unstoppable.

Occasionally, we may have to take a break from racquetball. Maybe the layoff is for a few weeks, perhaps a few months. Just remember – when you're ready to head back to the courts, you're going to be a bit rusty if you haven't used those muscles in a while. Don't worry, that's normal. But you can ease into playing, reduce your risk of injury and keep soreness at a minimum by keeping a few things in mind.

Begin slowly

Not only will your timing be off, but expect to be sore when you first get back to racquetball. You can lift weights, do pushups and situps, and jog – but the muscles you use for racquetball, and the way you use them are unique. Whether your absence from the court was due to an injury (get an okay from your doctor before

you start up again), or self-imposed, take it slowly. Why punish your body any more than you need to? In racquetball you perform endless, quick bursts of energy up, back and side to side. You bend your legs over and over again. You whip your arm, shoulder and wrist continually through strokes. It is a physically demanding sport. My suggestion is to initiate a short build-up program before you go full out on the court again.

Court Drills

The best way to get back into the swing of things is solitary practice for a couple of days. The first day, don't work on anything specific. Just enjoy the feeling of hitting the ball. Spend as much time as you want, as long as you enjoy it and relax.

The second day, get into a more specific workout. Start

working your forehand with a basic drop and hit drill. Try to get back into a rhythm with your forehand. After a while do set-ups off the front, side and back wall, getting used to the ball coming from different directions.

Don't stop hitting off the side wall until you start clicking in. Then move onto front wall set-ups. You'll want to do the same thing with your backhand. A word of warning – you'll probably feel the muscles in your legs after an hour or so, but it will be a lot less painful than if you did all of the hitting while running at the same time, like in a game. The more shots your work on, the quicker you'll get back to your old form.

Also practice your serves at this time. Serves usually require that you get down lower and use your legs more, so take advantage of this practice time by yourself and ease into things as much as possible.

Jogging helps

Before you go full bore, you might want to try a nice, long, leisurely run each day. Slow running will help make your transition back to the game smoother. Before and after all workouts, stretch out thoroughly to loosen up. This will keep your muscles flexible and lessen your chances of a strained or pulled muscle.

Competitive Matches

As your workouts become more and more successful, your mental frame of mind will pick up and you will begin to look forward to competition again. But you should allow yourself several weeks of preparation for a tournament. You might want to pick a variety of opponents to work with. Hit with players of lesser ability to work on your shots and strategy. Play against those of equal ability to gauge your progress. And playing against superior players will give you the incentive to reach that next plateau.

Take my advice: if you go back into racquetball a little slower, it will be less frustrating and less painful. You can't get back into peak playing form all in one day. So relax and take it easy. And welcome back to racquetball!

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PARI TIP: THE EMOTIONAL STATE OF THE GAME

By Fran Davis, Assistant U.S. National Coach
Dr. Learned Clark, Lecturer of Sports Psychology

In the January/February issue I referred to the "emotional state" as one of the eleven factors used in "Formulating a Games Plan, Part II." This topic is one that needs more than a short paragraph so, in order to do it justice, I have teamed up with Dr. Learned Clark to examine the emotional state of a racquetball player - which is a critical part of your game.

Success in life requires a plan of action. Success in racquetball is no different. In racquetball I have referred to this as a "game plan." Basically this means formulating a strategy that will minimize your weaknesses and maximize your strengths. It also means carefully analyzing your opponent's strengths and weaknesses. So the question is "How is this done?"

Level One-The Physical Aspect of the Game

The physical level is easy to see and we thoroughly discussed it in "Formulating a Game plan, Part II." Please refer back to this article for the specific eleven major areas of concern like the serve, return of serve, racquet preparation, court position, etc. Is your opponent tired or injured or have a weak backhand ceiling game? These attributes are physical weaknesses that are easy to detect - don't overlook them.

Level Two-The Mental Aspect of the Game

The mental aspects of the game are the most difficult to develop. In addition it is the hardest element of the game to exploit when formulating a game plan. This is because you cannot see what goes on inside the mind of your opponent. However, you can see the effects of your game plan by the "emotional state" of your opponent.

For instance, is your opponent getting flustered ...

- ... by your lob serve that hugs the wall?
- ... by your excessive or overwhelming power?
- ... by their inability to hit an effective return of serve?
- ... by your quickness on the court as you get to every ball?
- ... because you are hitting everything to their weak backhand?

If the answer to these questions is yes, you have a good

Formulating a Games Plan, Part II

... the physical level is easy to see and we thoroughly discussed it in "Formulating a Game plan, Part II." Please refer back to this article for the specific eleven major areas of concern like the serve, return of serve, racquet preparation, court position, etc. Is your opponent tired or injured or have a weak backhand ceiling game? These attributes are physical weaknesses that are easy to detect - don't overlook them.

indication that your game plan is working. In short, the behavior of your opponent is telling you what they are thinking and what they are feeling. Emotional responses by your opponent give you a tremendous advantage. Your opponent is telling you that they are losing control.

Purpose of the Mental Game

The purpose of the mental game is to make your opponents beat themselves. Any one afraid of losing is not mentally tough, and can become vulnerable to a game plan which includes slowing

down the pace of the game. The purpose of slowing down the pace is to make your opponent think about each and every shot they take. Slowing the game down increases your opponent's anxiety level. They want you to serve the ball to them — right now! Again, the longer you make them wait, the higher their anxiety level. Therefore you increase the odds that they will make mistakes and beat themselves. For example, you can accomplish this by taking your full ten seconds to either serve, or receive, the ball.

Summary

As your level of play increases you will find that racquetball is very similar to a chess match. That is to say, for every move there is a counter move that will defeat or counteract your opponent's game plan. In future PARI Tips, we will discuss in detail how to overcome losing control due to your emotional state as well as cover other aspects of the mental game. Remember the mental game is the most difficult aspect of the game to develop, but the most effective tool to use.

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AMERICA'S MOST WANTED: RACQUETBALL BY THE NUMBERS

By Jack Newman

This will be the first in a series of instructional articles to dissect the sport of racquetball by breaking it down to a game of numbers and percentages. There are a lot of areas in this game that can be played much better if we only stick with the highest percentages. At all of our camps and clinics, our entire staff always stresses playing racquetball by the numbers.

The first topic I will discuss is my favorite – court positioning. There are many different aspects to court positioning that need to be broken down to simple numbers for easy understanding.

There are three possible outcomes when our opponent is shooting the ball ... it can be killed, it can be skipped, or it can be left up. It took me eight years of studying thousands of racquetball matches – from beginners to professionals – to break it down. The results indicate that 15% of the time the shot is killed, 15% of the time the shot is skipped, and 70% of the time the ball is left up. As the non-hitting player in good court position, those percentages put 85% of the rallies in my favor. Most of us do not realize that the percentages favor the non-hitting player so much.

Now that we have these numbers we must adjust our court positioning to the deep part of the court so we can better defend the 70% of the shots that are left up. Most players I have seen play or taught at one of our camps start off playing in front of the five foot safety line – trying to retrieve the 15% of shots that are killed. Even getting a few more balls up front and lowering the percentage of kills to

10% will probably not win us many extra matches. Instead we should take a deep position in the back court approximately 27 1/2 feet back and concentrate on taking advantage of the 70% of the rallies where the ball is left up. The biggest difference in the levels of play is that the better players are thinking percentages and trying to win more of the 70%.

Now that we know how deep we should be playing, we need to look at what shots our opponents can execute offensively and at what percentages. We first need to understand which side of the court each offensive shot winds up after it is hit.

***...15% of the time the shot is
killed, 15% of the time the
shot is skipped, and 70% of
the time the ball is left up...***

There are basically five offensive shots that can be hit: down the line, cross court, angle pass, pinch, and splat shots. The down the line shot, when hit well, stays on the same side of the court. The cross court and angle passes go to the opposite side of the court. The pinch and splat shots start off on the same side, but carom off to the opposite side of the court. So, four of the five basic offensive shots finish on the opposite side from where they are originally hit.

The most common, or easiest to hit, is the cross court, since our natural swing makes the ball go cross court. The hardest shot to hit is the down the line shot, for two reasons. First, it is hard to get the ball to travel 40 feet without touching the side wall. Second, your racquet face has to be perfectly straight to make the ball travel down the line. Percentages tell us that the down the line shot can only be executed 15% of the time in the heat

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of battle due to those limitations. So, using the numbers, I now know I should be 27 1/2 feet back in the court, and that 85% of all offensive shots hit wind up on the opposite side of the court from where they were hit. These percentages may vary slightly for different individuals, but they will remain very close.

In conclusion, we need to stick with the percentages, because numbers do not lie. Stay deep in the court to cover the 70% of shots that are left up. Stay in the middle or slightly shade the opposite side of the court since 85% of all offensive shots will wind up there. We'll concede the perfect down the line shot (15%), and the perfect kill shot (15%) and still be in the right place at the right time (70%).

HOW TO OVERPOWER YOUR OPPONENTS

(FOR ADVANCED PLAYERS ONLY)

By Scott M. Phelps

U.S. Racquetball Team Speed Coach

Over the years, I have found one very common characteristic that sets elite players apart from others - namely, balance. Basically, the way to overpower your opponent is to out-athlete them through balance in every training area. This would include stroke mechanics, strength, agility, quickness, strategic skill and mental ability. All these are vital to being successful, but here I will focus specifically on balance in strength.

To create anything we need raw material. A car has many vital components, but more than anything else you need an engine to move the mass with some means of a propulsion system. The human body is much the same. Our muscle system is the means of propelling or moving the body mass. How we strengthen those muscles is critical. For the casual player, the answer is relatively simple and involves either no strength training, or a combination of weight training and rest. However, for those players ready to move onto the next level, an educated and planned strength program will be necessary.

No matter what kind of strength training program you pursue, there are some principles you need to understand. First, muscles work in pairs. For every pushing muscle, there is a pulling muscle to create balance. However, most people have a tendency to overdevelop one muscle group, and create an imbalance in the muscle system. You must also be aware of the most important muscle groups to develop. Spending time on cosmetic lifts that make the body look good may not be the best for making you a better racquetball player.

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Above all else, you must emphasize safety in your strength program. There are two different philosophies for strength

training: Explosive lifting and slow, controlled motions. Although slow, controlled lifts are much safer, they may not be the best for developing explosive response for specific action on the court. But an even more fundamental question of safety is whether or not the athlete is even ready for weight training.

Racquetball players are very one-side dominant and out of balance. To develop totally, we must eliminate as much of the single-side

dominance as we can. There are two methods of doing this: one with dumbbells and body weight; the other with machines that help to isolate muscles and sides of the body. For example, you may use a leg press machine in which each leg moves independently of the other. This forces each muscle group to do its own work and not allow the dominant side to overpower or carry most of the load.

Both methods are very good in eliminating weakness, but I maintain that the body weight and dumbbell system should be the first on the strength training agenda. We must learn how to control our own weight through a full range of motion before we can expect it to accept a larger load or resistance. Whichever system you choose, the focus must be on the power zone of the body. This is the area from the top of the knees to the bottom of the chest. Literally 80-90% of all athletic success is achieved within this area.

The power zone is comprised of muscles such as the abdominals, inner and outer obliques, glutes, hamstrings, hip flexors, and quads. All of these muscles can be strengthened easily with a few basic exercises. Simple body weight squats are an excellent exercise for developing the power zone when done correctly. The feet should be just past shoulder width apart and slightly pronated (turned out). Now squat with your feet flat on the floor, without letting your knees go past your toes. Only go to a parallel position. Your butt will sit back as the head and chest stay as upright as possible. Never curve the back or let the knees pass your toes. Four to six seconds down, and the same back up will definitely increase overall strength and joint stability. Make sure you are balanced and push with both feet evenly. Do not lean to one side or the other.

Leg lifts are a great exercise, and can be used instead of sit-ups. Leg lifts help to strengthen the abdominal region in a more sport-specific manner. When you play, you do not bend down to your legs, your legs lift up to your mid-section. So, doing sit-ups strengthens the

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By
Connie Martin - PARI Commissioner

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September 22- 24

For current PARI Instructors/Advanced Instructors/Professionals Only. Check your last PARI Packet for Registration Information.

NEW DIRECTIONS

We have had many requests to expand PARI to include Programming and coaching information, and to be able to expand the Teaching Program to include more time spent on the court during the Instruction Clinic. Proposed is the following three areas. The main organization will be PAR (Professional Association of Racquetball):



PROGRAMMERS or INSTRUCTORS (current program) or COACHING. This would help satisfy the many requests we get from Clubs who may not have a teaching professional but need to know how to program leagues, round robins,

tournaments, special events as well as those who coach at the high school and college level as well as the national and international racquetball scene. It will also enable us to spend more time on the court in the PARI (Instructors) Program, working on shots of the game and error detection...something time has not allowed in the program as is.

If you have any input on the above, please contact Connie Martin at 1-503-666-7642. This program will most likely take effect in the Fall of 1994.

SPRING/SUMMER 1994 INSTRUCTORS CLINIC & EXAM SITES

May 7th-May 8th
ALBUQUERQUE, NM

May 14th-May 15th
GRESHAM, OR

May 21st-May 22nd
JACKSONVILLE, FL

May 23rd-May 24th
HOUSTON, TX

June 10th-June 11th
GOLD RIVER, CA

June 18th-June 19th
GREENFIELD, WI

Call Wanda at 1-719-635-5396
For A Registration Form

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CONGRATULATIONS

NEW PARI INSTRUCTORS

The following people completed the two day PARI Clinic/Exam in March.

Congratulations to Kaye Kuhfeld (Indianapolis, IN) who earned Level II Teaching Professional ranking: Others who completed the course and passed at Advanced Instructor or Instructor are:

Debbie Chaney (Indianapolis, IN), Jay Albrecht (Iowa City, IA), Dale Knotts (Cincinnati, OH), Ray Davis (Palmyra, NJ), Jay Hamel (Thorofare, NJ), Dan Smith (Port Elizabeth, NJ), Gary Stout (Gloucester, NJ)

PARI TEACHING PROFESSIONALS

If you wish to take a lesson from one of these teaching professionals ... contact the AARA-PARI Office AT 1-719-635-5396 for their phone numbers.

Ricardo Balderas	Salinas, CA
Bob Book	Durham, NC
Richard Bruns	Napa, CA
Curt Ballantyne	Medford, OR
Oscar Bazan	Belmont, CA
Bob Book	Durham, NC
Steve Carlson	Fargo, ND
Don Clemons	New Berlin, WI
Marion Crawford	Minoa, NY
Wanda Collins	Bellingham, WA
Tod Danielson	Kingswood, TX
Fran Davis*	Middlesex, NJ
Jerry Dimitratos	Altus, OK
Nick DiSabatino	Landenberg, PA
Rachel Gellman	Alb., NM
Dave George*	Colma, CA
Johnnie Gray	Depere, WI
Rhonda Grisham	Houston, TX
Jeff Hanno	Watertown, NY
Dennis Kaufman	Lodi, CA
Kevin Kennedy	New York, NY
Fred Klemperer	Syracuse, NY
Kaye Kuhfeld	Indianapolis, IN
Kathy Langlotz	Bryan, TX
David Lockridge	Buford, GA
Mary Lyons*	Jacksonville, FL
Joe O'Halloran	Attleboro, MA
Connie Martin*	Gresham, OR
Jon Martin	Gresham, OR
Ramond Maestas	Las Vegas, NM
Gary Mazaroff*	Alb., NM
Rob McKinney	Lansdale, PA
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Carol Pellowski*	Men. Falls, WI
John Pushak	Monroeville, PA
Mike Sabo	Mundelein, IL
Skip Schultz	Phoenix, AZ
Ross Shoemaker	Haywood, CA
Barb Simmons	Sarasota, FL
Karin Sobotta	Kennewick, WA
Bill Taliaferro	Dallas, TX
Jeff Wilson	Alb., NM
Jim Winterton*	Syracuse, NY
Joe Wittenbrink	Albuquerque, NM
Joe Wirkus	Madison, WI
Ken Woodfin	Houston, TX

* PARI Clinicians

muscles in a manner that conflicts with actual sport specificity; whereas leg lifts are anatomically correct. You can do leg lifts with an upright apparatus, or lying down on the ground. Always work at a slow, controlled pace to strengthen the muscles with a full range of motion.

For your hamstrings, do straight leg dead lifts. Using a bar with weights or dumbbells, stand on a bench or box with your toes over the edge. Keeping your back and legs straight, slightly bend your knees and hold onto the bar or dumbbells with your arms straight down. Slowly lower the weight as far down as possible (hopefully past your toes), stretching your hamstrings as far as you feel comfortable. Slowly raise back up. These can also be done with both legs or a single leg. Keep the weight low so that you can feel it work, but make sure it isn't too heavy.

These exercises will definitely help to improve your game if they are done consistently and correctly. You must work to develop balance within your strength system. It will be vital in decreasing the potential for injury and maximizing your athletic skills. Don't be overly anxious to go out and lift heavy weights; work to handle your body weight and progress from there. Be safe, have fun, and enjoy your workout time.

WHAT'S THE CALL?

By Otto Dietrich
National Rules Commissioner

Since returning from the Pan Am Trials, I've encountered some situations that warrant being shared with the racquetball community at large.

Q: Under what circumstances can players be required to replay either a match or part of a match, assuming that the match has been completed and a winner declared?

A: Almost never. If a player wants to protest something that occurs during a match, then the protest must be made immediately—and must be settled immediately. There is, however, an exception when a post match protest should be recognized. That's when the referee (improperly) refuses to acknowledge a player's request to make a protest during the match. In this regard, tournament directors should be prepared to handle any protest by making sure that they have formed a tournament rules committee as described in Rule 3.2 and that it is prepared to respond. Players are equally responsible for knowing the rules and procedures for lodging a protest.

Q: Should the referee call "possible game point" when the score reaches that point?

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KEITH

A: No! It is important for the referee to maintain the verbal rhythm of the call, especially at game or match point. Don't change the rhythm by calling something like "14—possible game point—serving 9." Instead, this point should be called just like any

other, such as "14 serving 9." The habit of adding "possible game point" to the call probably originated from televised tennis where on-air announcers often add something like "Against has two match points." However, the chair umpire in tennis never acknowledges that it is game, set or match point! Although it may be, the tennis umpire calls only the score as it stands, such as "40-15." There are several reasons for this. First, most players know the importance of the situation without the referee reminding them. Second, it tends to irritate the losing receiver by pointing out his plight to both his opponent and the gallery. Finally, and most importantly, the addition of these words (no matter how sweet they may sound) could throw off the server's rhythm at one of the most critical points of a match.

Q: If it is discovered that the ball has a small cut (but not all the way through the surface) or has something loose inside, should the previous rally be replayed as described in Rule 4.14(g)?

A: This issue was addressed several years ago, but the rule bears repeating. Rule 4.14(g) covers "broken" balls. The AARA has defined the concept of "broken" as meaning it is cut all the way through the surface. In an instance such as the one described, the referee should replace the ball because it is defective (see Rule 2.3(a)), but not call for the previous rally to be replayed.

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PSYCHOLOGY AND RACQUETBALL: THE THREAT OF THE WEAKER OPPONENT

By Dr. Les Barbanell

In my last article, a medical model was presented for identifying obstacles to improved play. I suggested thinking in terms of symptoms, diagnosis and prescription (Rx). In this article, the symptom is losing matches to a weaker opponent ... someone who, by virtue of past performance and/or reputation, you are expected to defeat. A loss to such an opponent can damage confidence, weaken mental toughness and diminish motivation for success. If this is a symptom of yours, you know that it usually takes twice the time to recover from such losses than it does to survive a loss to a player of equal or superior ability.

When you are on the losing end of an upset, your opponent's special moment can be your most devastating one. In order to minimize the likelihood of this happening, it is important to first understand (diagnose) the problem correctly. What follows is a self-observation checklist of many of the psychological reasons for losing to a lesser opponent:

- ✓ Winning too easily in the past causes a let-down in effort.
- ✓ The weaker player is more driven than you are.
- ✓ You anticipate the next round; this future orientation disrupts concentration during a match.
- ✓ Turning "it" on and off makes the match too close.
- ✓ You try to get by on reputation rather than on skill; as if entitled to win.
- ✓ Your opponent has made adjustments. In effect, you are not playing the same player you defeated so easily in the past.
- ✓ The player has a glaring weakness you noticed in warm-ups, or in a previous match, and you assume you can exploit the weakness at will.
- ✓ The ability gap is narrowed because you tend to play to the crowd while your underdog opponent concentrates on the game.
- ✓ You have a constant need for a challenge and either consciously or unconsciously try to "make the match interesting."
- ✓ The opposing player appears to be non-athletic or out-of-shape and you don't take the match seriously.



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The process of diagnosing why you lose to players of lesser ability can bring you closer to the remedy for this problem. The checklist is an aid in this regard. For example, if you think it's fun to make a match more interesting by letting up, compare (in your mind) the degree of gratification you would derive from this, with the pain you would experience from losing. Ask yourself if the lackluster effort is worth it.

Always respect the potential of an opponent to gain an upset, regardless of past performance or presumed lack of skill. No one is ever entitled to victory; it must be earned. In terms of your ultimate goal, the weaker opponent is just as much of an obstacle as the competitor of equal or better ability. In this sense, you have a challenge before you rather than an "inconvenience" on the way to the finals. There's always a player out there who wants to take you down and ruin your reputation for success. Your weaker player's path to the top could be your road to disaster. If you lose, it should be because you were outplayed and not because you underestimated your opponent.

If you have any questions, please write to me in care of NJ Court Sports, 121 Franklin Turnpike, Waldwick, New Jersey 07463.

R B : N O T E S

By Luke St. Onge

Inside Racquetball ... Ektelon will move to Prince's headquarters in New Jersey where parent company Benetton continues to consolidate its sports groups: Rollerblade, Prince, and Ektelon ... Racquetball continues to be one of the best off season conditioning activities for the NFL, especially among linebackers ... The men's pro tour continues to grow with over 20 stops planned for the 94-95 season ... Over 1000 new racquetball courts were built in 1993, mostly on college campuses ... According to the SGMA, sales in racquetball were up 11% in 1992, and 13% in 1993 ...

International News ... If you want to attend the World Championships this summer in San Luis Potosi, you can fly Mexican Airlines directly from Chicago. Call the national office for details ... Rising international stars Fabian Balmori of Venezuela, Luis Munoz of Mexico and Claudine Garcia of the Dominican Republic, are or will be on scholarship at Memphis State ... Selected Junior National Team members will travel to South America to work with developing junior national teams, with trips to Panama, Brazil Puerto Rico, and the Dominican Republic currently being planned ... New racquetball courts can be found at resort hotels in Caracas, Venezuela, Aruba, St. Kitts, St. Johns, Kingston, Jamaica, and Rio De Janeiro, Brazil. Maybe its time for a racquetball cruise ... The IRF will consider making the one serve rule mandatory in all international divisions at its World Congress this summer ... Rumors have it that San Antonio will go after the Pan Am Games for 2003. Can't think of a better place ...

Olympic Update ... The Olympic movement is driving racquetball development in the Americas, with a 300% increase in courts built outside of Canada and the U.S. in 1993 ... The International Olympic Committee's Program Commission will make its recommendation for the Olympic program 2000 this June at an IOC executive committee meeting. Racquetball has a chance, but lack of development of the sport in Africa is holding it back ... Still, you can't get tickets for the U.S. Olympic Festival racquetball competition in St. Louis this summer - its all sold out. This is the third straight sell out for racquetball: Los Angeles in 1991, last year in San Antonio and now St. Louis ...

In Colorado ... Many top executives at the USOC continue to play racquetball: Executive Director Harvey Schiller; Associate Director of Media/PR Bob Condon; Personnel Director Rick Mack; Jerry Luce of Figure Skating; Bob Steel of Swimming; Jim Fox in USOC Broadcasting and Alfredo LaMont from Interna-

tional Relations -- it's an active lunch bunch ... The Broadmoor Hotel, famous five star hotel in Colorado Springs, is building two new racquetball courts as part of its new fitness center ... Becky Sanford, USOC intern at the AARA for the past five months, has decided to stay in the Olympic family, and hopes to start a career in media and public relations in Colorado Springs ... Dr. Rhett Rainey, U.S. National Team physician, is building a glass backwall racquetball court in his new home, which will be featured in the Colorado Springs Parade of Homes this summer.

Programs ... Posters with everyday rules and skill levels are now available for all participating recreational member and IRSA clubs. Call the national office for details ... The AARA Court Club Program continues to grow, with 400 active clubs and 1300 member clubs ... PARI will adopt a name change to either the United States Professional Racquetball Association, or the American Professional Racquet-

ball Association. The name change will reflect its new expansion into teaching, programming, and coaching ... **RACQUETBALL Magazine** is now carried on the Hearst subscription list of magazines ... The AARA has embarked on a publicity campaign to emphasize that racquetball is fitness -- not only a fun sport, but a real workout as well.

Membership ... A recent survey of sanctioned AARA events show that only 50% of the participating players are members ... The AARA now has ranking records on over 200,000 players dating back to 1985 ... Three expert racquetball collectors continue to vie for the most complete collection of racquetball memorabilia in the United States: Jim Easterling - Michigan, Jerry Davis - Ohio, and Randy Stafford - Tennessee ... Kevin Joyce, Member Services Director for the AARA has developed a quarterly newsletter and supplement for state associations called "The Wallpaper."

Olympic Festival Preview ... A roster of 32 players qualifies for the Olympic Festival at National Doubles (top four men's open and women's open teams=16); National Intercollegiate (champions=2); National Singles (a playoff of the top sixteen determines finish order, and 12 are selected from those who have not already qualified); and Junior Olympics (18 and under champions=2) ... Racquetball was one of the first sports out of 36 to be completely sold out for all of its sessions ... Festival referees will be selected at National Singles in Houston ... Men's and women's Festival champions will automatically receive a berth on the U.S. National Racquetball Team ... Osvaldo Maggi, President of the Racquetball Organizing Committee for the Pan Am Games will attend the Festival to observe ... High School Commissioner Jim Murphy of St. Louis will head the local organizing committee for Festival racquetball ... Rex Lawler has been named manager for all four teams in the competition, and will perform all stringing services ... Due to an attempt by the USOC to reduce size and cost of the U.S. Olympic Festival, racquetball will be scheduled only once in the next quadrennial (1997-2000) -- in 1998, the year before the Pan American Games.

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R B : G L O B A L

Swain au Francais

The Forest Hill City Form Club in Nanterre, France hosted a tournament January 29-30 which featured a guest appearance by the #1 ranked American pro, Cliff Swain.

There were no surprises or changes for that matter from last year's results of the same tournament. For the second year Swain had fun in France, learned a little bit more French and won the Open division. As last year, the tournament saw the same final with the same results and the organizers wished to express their thanks to Swain for being such an ambassador for the sport of racquetball.

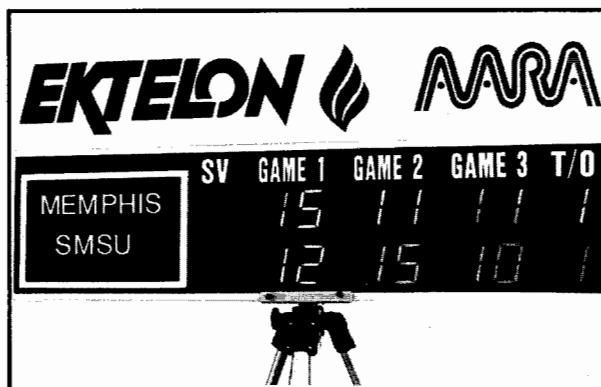
Quarterfinals—C. Swain def. D. Strengers 15-4, 15-6; P. Leconte def. Huck 15-9, 15-8; J. Loof def. G. Strengers; P. Jauvin def. T. Hayter. Semifinals—C. Swain def. P. Leconte; J. Loof def. P. Jauvin. FINAL: Cliff Swain def. Joachim Loof 15-1, 15-4

16th Dutch Open Results

MEN'S OPEN-Final: Ralf Klinke (Ger) def. Glen Strengers (Australia) 15-10, 12-15, 11-7; 3rd & 4th: Patrick Jauvin (Can) def. Darren Strengers (Australia) 15-14, 15-9; Cons: Dave Bigelow (USA). MEN'S B-Final: Martin de Rooij (Ned) def. Bernard Saillour (Fra) 15-12, 15-12; 3rd & 4th: Bernd Hartmann (Ger) def. Francois van Vark (Ned) 15-6, 15-4; Cons: Erik van der Bergh (Ned). MEN'S C-Final: Walter Andonov (USA) def. John Rea (USA) 14-15, 15-11, 11-7; 3rd & 4th: Martin Timmermans (Ned) def. Edwin Timmermans (Ned) 15-8, 15-9; Cons: Thomas Presby (USA). MEN'S 30-Final: René Tapia (Bol) def. Claus Hildebrand (Ger) 15-3, 15-2; 3rd & 4th: Hans van Veen (Ned) def. René Hehemann (Ned) 15-14, 15-0 Cons: Olaf Balzuweit (Ger). MEN'S DOUBLES-Final: Dröge/Klinke (Ger) def. Stengl/Schimpf (Ger) 15-5, 15-13; 3rd & 4th: Alcala/Moes (USA) def. Schipper/Matla (Ned) 15-13, 15-11.

WOMEN'S OPEN-Final: Daphne Wannée (Ned) def. Sunny Kunnos (Swe) 15-13, 15-6; 3rd & 4th: Jodie Mitchell (Australia) def. Kathy Tritsmans (Bel) 15-5, 15-9; Cons: Carment Carstens (Ger). WOMEN'S B-Final: Acelly Gonzalez (USA) def. Regina Libbertz (Ger) 14-15, 15-9, 11-5; 3rd & 4th: Susan Leibbrandt (USA) def. Karin Stad (Ned) 9-15, 15-12, 11-7; Cons: Michelle v. Weelden (Ned).

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tournament circuit

SMSU 4-PEATS: SWEENEY AND STOFFREGEN WIN INTERCOLLEGIATES

By Buzz Sawyer

The City Square Sports Club in Phoenix played host to over 300 undergraduates and 40 teams at the 1994 Ektelon Intercollegiate National Championships, April 6-10. Celebrating its 21st year, the national event was an important U.S. team qualifier for SMSU favorite Tim Sweeney, who was vying for an unmatched fourth consecutive collegiate title. The women's draw, however, was left wide open for a new champion with the absence of last year's winner, Tanya Spangler.

In team competition, heavyweights Southwest Missouri State, Memphis State, Wisconsin and

Brigham Young were all expected to make a strong showing. This national championship is characterized by a great team atmosphere and intense competition, and this year's tournament was perhaps the most exciting in recent years due to the closeness of the top teams. With SMSU losing five of its top six women players and Memphis picking up junior national champion Kerry Stoffregen, Memphis was positioned to make a run at the team championship.

As expected in the men's number one draw, Tim Sweeney of SMSU eased into the semifinals against fifth seeded Craig Rappaport of the University of Pennsylvania. The lower bracket saw Memphis State's Scott Reiff blitz his way into the semi's with an awesome drive serve. But the biggest upset of the draw came when University of Wisconsin's Jim Ellenberger took out national team member Eric Muller in a stunning crowd pleaser.

Ellenberger had the advantage of all of his teammates cheering him on, and he drew from it, especially in the tiebreaker. Muller was up 10-5 in the breaker when Ellenberger made his run. Jim ran off six straight points, four of them crack aces, to take the upset 11-10.

"I was pumped after the second ace," said Jim, "and my teammates really got me excited with their support."



Sweeney & Reiff



Kilbane & Stoffregen

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The semifinals went as expected with Sweeney and Reiff winning. Ellenberger could not pull off another upset although he did push Reiff to a third game. The stage was set for a final that not only determined who would be on the national team, but could also have an impact on which team would win the overall team title.

Many players thought the match-up between Reiff and Sweeney would be close. Reiff has elevated his game in the past two years, and Sweeney has not been as dominant as he has been in past years. But thoughts of Reiff spoiling Tim's effort to win four in a row were soon put to rest. The match started close, but at 8-8 in the first game, Sweeney pulled away to win 15-8, then totally dominate game two. Reiff had trouble with Tim's drive serve and the rallies were very short, ending the match 15-2.

"It feels good to win four in a row," said Sweeney. "I set this goal four years ago and this championship means a great deal to me."

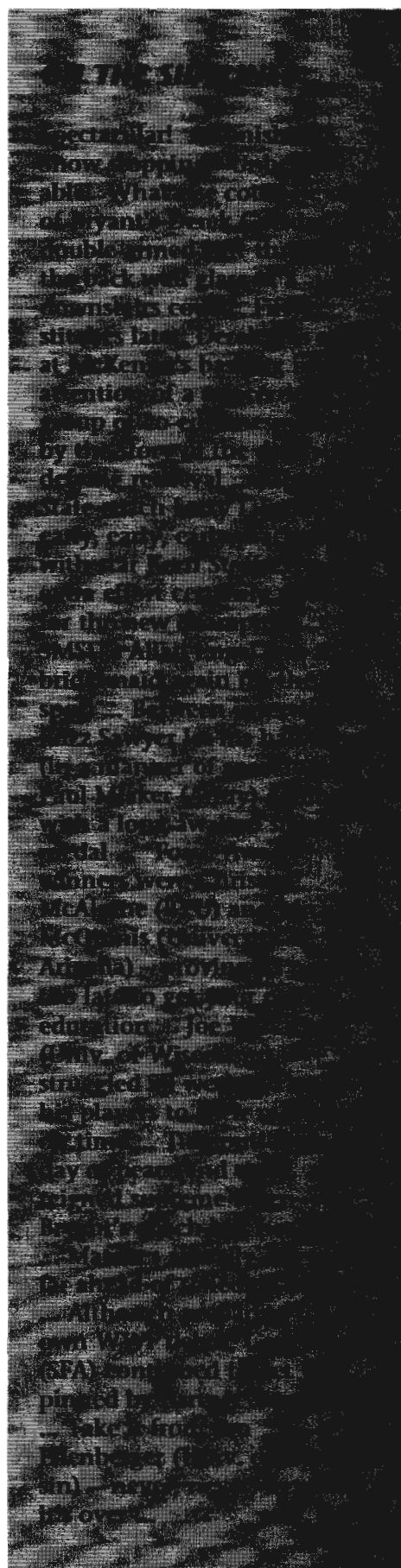
With the absence of last year's finalists, Tanya Spangler and Heather Dunn, the women's title was totally up for grabs. All top four seeds advanced to the semifinals, setting up two of the tournament's most entertaining matches.

In the first match-up, Ohio's gritty Amy Kilbane took on the cool and collected Rachel Gellman of New Mexico. Both displayed poise and sportsmanship and gave the crowd a great match, but in the end it was Kilbane winning a close 11-10 tiebreaker.

The second semifinal was almost a repeat of the first. Current national junior champion Kerri Stoffregen took on former junior champ Elkova Icenogle. In the tiebreaker Elkova was up 10-7 and had chances to close out the match, but it was Stoffregen who prevailed, setting up the all-Ohio final.

The finals however, did not hold the same drama as the semis, with the exception of equipment problems for Kilbane who broke two racquets in the fray. Stoffregen, a freshman from Memphis State, defeated Kilbane, the senior from Baldwin Wallace 15-12, 15-5 to earn her first appointment to the U.S. National Team.

By the end of the week the team standings were heating up. As expected, SMSU, Memphis, Wisconsin and BYU were all jockeying for position



Billy Perrone don't get no respect -- he continues to be the "Rodney Dangerfield" of the SMSU team ... BYU women's team dominated again ... Newcomers Tawnya Smith and Tina Noelke were definitely recruited for their assets to the SMSU team ... Lisa Casagrande (University of Oklahoma) won the sun-worshippers award and the admiration of all the runners up ... Craig "Iguana" Rappaport (Univ. of Pennsylvania) was saved by the unknown white hunter ...

in the top four. Saturday's semifinals featured a series of match-ups between Wisconsin and Memphis State. While Wisconsin showed tremendous enthusiasm and cohesion, they came up short to Memphis, placing only their number three doubles team in the finals.

With Memphis State's women taking a commanding lead over SMSU's women's team, and the men playing to a virtual deadlock with SMSU, Sunday's finals would be crucial in determining the overall team title. Memphis drew first blood with a sound victory in men's number one doubles when Fabian Balmori of Venezuela and Luis Munoz of Mexico defeated Allan Engel and Derek Robinson 15-14, 15-9.

SMSU bounced back as seniors Derek Robinson, Billy Perrone, and Buz Sawyer showed why their collegiate team has come out on top the past four years. SMSU swept all the singles divisions and won the #2 and #3 doubles. With the sweep of the singles divisions, the overall team title was sewn up for the fourth straight year.

"It was a great run," says Robinson. "Playing on this team and winning four national titles is something I'll never forget."

RACQUETBALL 1994

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NATIONAL INTERCOLLEGIATES TEAM FINISHES

OVERALL COMBINED TEAMS: 1. SW Missouri State University (8056 pts.); 2. Memphis State University (7480); 3. University of Wisconsin (5055); 4. Brigham Young University (4910); 5. Baldwin Wallace College (3066); 6. Stanford University (2602); 7. Penn State (2455); 8. University of North Iowa (2030); 9. University of Missouri/Columbia (1966); 10. U.S. Military Academy/West Point (1859).

MEN'S TEAMS: 1. SW Missouri State University (5760); 2. Memphis State University (4650); 3. University of Wisconsin (3915); 4. Brigham Young University (2435); 5. Stanford University (1902); 6. U.S. Military Academy/West Point (1734); 7. Penn State (1590); 8. University of Missouri/Columbia (1550); 9. Texas A&M University (1403); 10. Baldwin Wallace College (1366).

WOMEN'S TEAMS: 1. Memphis State University (2830); 2. SW Missouri State University (2475); 3. Brigham Young University (2475); 4. Baldwin Wallace College (1700); 5. University of North Iowa (1530); 6. University of Wisconsin (1140); 7. University of North Texas (1050); 8. Penn State (865); 9. Stanford University (700); 10. University of Colorado/Boulder (640).

TOURNAMENT INFORMATION

RATING REQUIREMENT: All players must be certified and rated by a PARI (Professional Association of Racquetball Instructors) instructor to compete in the National Skill Championships. Rating services will be available prior to the start of the tournament for a nominal fee. AARA membership is required.

ENTRY FEE: \$50.00 First Event (includes referee fee), \$20.00 Second Event. Players may enter one singles and one doubles event. **ENTRY DEADLINE:** Postmarked no later than July 1, 1994. *IF* entries are accepted after the deadline, an additional \$15.00 late fee will be assessed. **ALL ENTRIES ARE FINAL.** Absolutely no refunds after this date.

STARTING TIMES: Starting times will be available after 5:00 pm on **MONDAY, JULY 18.** Call 602/279-9633. **PLAY BEGINS:** 8:00 AM, **FRIDAY, JULY 22.** **CHECK IN:** Registration will be held at the club beginning on **WEDNESDAY, JULY 20** at 6:00.

OFFICIATING: \$5.00 of each entry fee will be paid back to you for every match you referee. **OFFICIAL BALL:** Penn Tournament. **TOURNAMENT DIRECTOR:** Margo Daniels, AARA National Tournament Director, 719/635-5396.

LODGING: The Lexington Hotel offers a room rate of \$50.00 per night for up to four persons per room. To receive the special tournament rate, mention the Skill Level Nationals when you make your reservations by calling 602/279-9811. The hotel is in the same building as the tournament facility. **THE UNITED STATES OLYMPIC COMMITTEE TRAVEL DESK AND UNITED AIRLINES OFFER YOU THE LOWEST POSSIBLE AIRFARES TO NATIONAL EVENTS.** For reservations, phone United's U.S. Olympic Travel Desk, toll-free, at 800/521-4041 between 8:30 am and 8:00 pm EST weekdays. Then reference the special AARA account number 547KL to receive your low fare! *Your support of this program brings racquetball closer to becoming an Olympic Sport!*

1994 PENN AARA U.S. NATIONAL SKILL DIVISION RACQUETBALL CHAMPIONSHIPS

JULY 22 - 24

Entry Deadline: July 5
(Postmarked no later than July 1)

City Square Sports Club
100 West Clarendon
Phoenix, Arizona 85013
602/279-9633

For a brochure entry with additional details about the tournament, call the AARA national office at 719/635-5396

ENTRY (Please Print)

Name _____

Address _____

City/State/Zip _____

Phone (Day) _____ (Eves) _____

Birthdate _____ Age _____

Doubles Partner _____

MEN'S DIVISIONS

☐ A Singles
☐ B Singles
☐ C Singles
☐ D Singles

☐ A Doubles
☐ B Doubles
☐ C Doubles
☐ D Doubles

WOMEN'S DIVISIONS

☐ A Singles
☐ B Singles
☐ C Singles
☐ D Singles

☐ A Doubles
☐ B Doubles
☐ C Doubles
☐ D Doubles

WAIVER: I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the AARA, Ektelon, City square Sports Club, Penn Racquet Sports, or their respective agents for any and all injuries.

Participant Signature & Date _____

FEES AND PAYMENT

First event
(\$50.00) \$ _____
Second event
(\$20.00) \$ _____
AARA Membership
(\$20.00) \$ _____
Tax deductible
donation to
Olympic Dream \$ _____

TOTAL DUE: \$ _____

Use your AARA MBNA credit card to charge your entry, and receive an additional 10% off your fees. Only MBNA charges receive this discount!

MC/Visa _____

Expiration date _____

Signature _____

**MAIL COMPLETED ENTRY AND
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1685 West Uintah
Colorado Springs, CO
80904-2921
Tel: 719/635-5396
Fax: 719/635-0685

NATIONAL INTERCOLLEGIATES INDIVIDUAL SINGLES & DOUBLES RESULTS

Men's #1 Singles—GOLD: Tim Sweeney (SW Missouri St.) def. Scott Reiff (Memphis State) 15-8, 15-2.

Men's #2 Singles—GOLD: Derek Robinson (SW Missouri St.) def. Fabian Balmori (Memphis St.) 15-9, 15-5.

Men's #3 Singles—GOLD: Simon Roy (SW Missouri St.) def. Luis Munoz (Memphis St.) 15-7, 15-13.

Men's #4 Singles—GOLD: Allan Engel (SW Missouri St.) def. Andy Yambrek (Memphis St.) 15-13, 15-4.

Men's #5 Singles—GOLD: Buz Sawyer (SW Missouri St.) def. Kelly Kerr (Memphis St.) 7-15, 15-2, 15-9.

Men's #6 Singles—GOLD: Billy Perrone (SW Missouri St.) def. Aernan Suarez (Memphis St.) 15-1, 15-3.

Women's #1 Singles—GOLD: Kerri Stoffregen (Memphis St.) def. Amy Kilbane (Baldwin Wallace) 15-11, 15-5.

Women's #2 Singles—GOLD: Britt Engel (Memphis St.) def. Amy Jerdee (Univ. of N. Iowa) 15-8, 15-8.

Women's #3 Singles—GOLD: Melinda Henderson (Univ. N. Colorado) def. Stacey Elliot (Memphis St.) 15-12, 15-10.

Women's #4 Singles—GOLD: Val Shewfelt (BYU) def. Christine Keely (Univ./N. Texas) 15-2, 15-0.

Women's #5 Singles—GOLD: Karen Pearson (BYU) def. Amy Mason (SMSU) 15-6, 15-1.

Women's #6 Singles—GOLD: Melissa Hendricks (BYU) def. Mona Miller (Penn State) 15-9, 15-1.

Men's #1 Doubles—Fabian Balmori/Luis Munoz (Memphis State) def. Derek Robinson/Allan Engel (SW Missouri St.) 15-14, 15-9.

Men's #2 Doubles—Simon Roy/Buz Sawyer (SW Missouri St.) def. Kelly Kerr/Andy Yambrek (Memphis St.) 15-1, 15-7.

Men's #3 Doubles—Billy Perrone/Jim Zalaudek (SW Missouri St.) def. Steve Mioschkaw/Ben Ryder (Univ. of Wisconsin) 10-15, 15-3, 15-8.

Women's #1 Doubles—Kerri Stoffregen/Britt Engel (Memphis St.) def. Amy Kilbane/Caroline Leech (Baldwin Wallace) 15-7, 14-15, 11-4.

Women's #2 Doubles—Val Shewfelt/Kris Wardrup (BYU) def. Tina Noelke/Tawnya Smith (SW Missouri St.) 15-12, 15-4.

Women's #3 Doubles—Karen Pearson/Lori Thompson (BYU) def. Amy Mason/Joy Pukala (SMSU) 15-7, 15-4.

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Tennessee Club for Sale

Six court racquetball club in the East Tennessee Mountains available. The only facility in a city of 50,000 - needs enthusiastic owner/manager. \$275,000. Call 615/282-3091, or write to: Steve Miller, P.O. Box 4022, Johnson City, TN 37602.

National Elite Camp Applications

If you placed in the quarterfinals or better in your regional championship, you are eligible for a spot at the AARA Elite Training Camp July 29-August 4. Applications were available at the regional sites, but if you missed them, you can call the national office at 719/635-5392 to receive a copy. This year's camp will be limited to 42 athletes, and will be the tenth annual camp of its kind. For many of the instructors, it will be their last, so alumni of previous camps are encouraged to apply.

Racquetball Sports Software

Tournament proven: automatic no-conflict scheduling through finals, complete draw sheets, player rosters, many reports. Save time/effort, great results, easy to use, increase profits. Also software for challenge ladders, rankings, leagues, mixers, databases. Satisfaction guaranteed.
WIN SPORTS: 714-894-8161.

Generate Funds for your Program!

The World Senior Racquetball Championships is the largest single fund-raising event for amateur racquetball ... and can be for your juniors, too! When you sell raffle tickets for \$2 each, your state can keep \$1 for its programs. And fulfillment is easy ... World Seniors, in conjunction with the AARA, will do the implementation - mail the tickets, acquire the prizes, do the drawings, do the accounting and disburse the prizes.

And for product donors - items that you are able to solicit for our silent auction, such as official memorabilia, fitness equipment, jewelry, etc., would be administered the same way: a 50-50 split. For more information about this exciting concept, contact Bill or Mary Walker, 818/992-6164.

AARA Scholarships Announced

The AARA offers academic scholarships to full-time college students and high schools seniors who will become full-time undergraduate freshmen in the fall. Funds may be applied toward tuition, textbooks, library fees, instructional materials or room and board, and the deadline for applications is JUNE 15, 1994. For more information about the scholarship program or to request an application, please call or write the AARA at 1685 West Uintah, Colorado Springs, CO 80904-2921, Tel: 719/635-5396.

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Airlines - anywhere in the continental
U.S., plus racquetball equipment and
accessories - racquets, bags, eyeguards
and more!**

All donations are tax deductible and you need not be present to win. Drawing will be held on-site at the World Senior Championships, Aug. 31 - Sept. 4 in Albuquerque. All mailed ticket requests must be postmarked by August 15.

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Name

Address

City

State/Zip

Home Phone Work

☐ 1 ticket (\$2.00) ☐ 3 tickets (\$5.00)

☐ 8 tickets (\$10.00) ☐ 20 tickets (\$20.00)

Make your check payable to AARA and send your completed order form to: AARA World Senior Raffle, 1685 W. Uintah, Colorado Springs, CO 80904-2921.

For office use only
Received Amount
Ticket Nos. Mailed



KENYON



GALBREATH



PFAHLER



HENNEN

RB: PEOPLE

Kenyon Named to Hall of Fame

Jo Kenyon of Ft. Lauderdale, Florida will become the 15th inductee to the AARA's Hall of Fame at the annual awards banquet in Houston on May 28. A long-time competitor in age group divisions, Kenyon qualified for the induction on the basis of a newly instituted procedure which uses a quantitative formula to identify outstanding racquetball athletes. Any player over the age of 35, who has attained a gold point level of 20,000, or accumulated 20 points in a formula related to national championships, can be eligible for the Hall of Fame. The national championship formula counts two (2) points for open singles and doubles division titles, one (1) point for age group division titles, and one (1) point for mixed open doubles titles.

Age Group Athletes Named

Also to be honored in Houston will be Male Age Group Athletes of the Year Ron Galbreath of New Wilmington, Pennsylvania and Johnny Hennen of

Chattanooga, Tennessee. The corresponding female age group "Peggy Steding Award" winner is Susan Morgan Pfahler of Jacksonville, Florida. Selected on the basis of outstanding accomplishments over the past year, all three athletes received overwhelming support from the AARA Board of Directors in both their nominations and final award.

Feaster a Featured Speaker at WSF Annual Conference

Shannon Feaster, captain of Junior Team USA, has been selected as a speaker to the general session of the Women's Sports & Fitness Conference in Washington, DC on May 14. Shannon, who is valedictorian of her graduating class at the School Without Walls in Washington, will address the conference on "Perspectives of a Female Student-Athlete." Shannon said that the Women's Sports & Fitness Council approached her to make the presentation. "They seemed very excited and I am too," Shannon said. Scheduled just prior to the keynote

address of Surgeon General Dr. Joycelyn Elders, Shannon was relieved, "I'm glad that I go before her, because I don't know if I could follow that!"

Bostonian Featured in Women's Sports & Fitness

Joanne Pomodoro, 41 of Boston, who is currently ranked number one nationally in her age division was featured in the April issue of Women's Sports & Fitness magazine. The article, entitled "The Bad Body Blues - Is your body image keeping you from your athletic best?" by Cheryl Sacra addresses women's body image dilemma and how successful women are dealing with it. Pomodoro is featured in "The Perfectionist Trap" and she discusses her sojourn from having a negative body image to having a great one!

Boscia & Bailey Win Colorado State Singles

Tony Boscia of Arvada and Martha Bailey of Denver each won Colorado's state open singles titles at their annual championship held at the Aurora Athletic Club on



FEASTER



POMODORO



BOSCIA



BAILEY

March 23-27. In their finals, Boscia defeated Scott Liparelli 15-8, 15-4, and Bailey defeated Shawn Williams 9-15, 15-3, 11-6.

To have your state or regional open champions appear in the RB:People section, submit a matched set of photos of your male and female winners (only pairs will be considered), along with full names, hometowns and match results to the attention of the editor.

Passings

Racquetball lost a great friend when Larry Mitchell was killed in a skiing accident March 11. Larry was 52 and is survived by his son Greg A. Mitchell and adopted son Jason L. Mitchell. Larry was night skiing at Wisp with Greg when he hit a patch of ice and slid off the trail into a tree. He was pronounced dead on arrival at Garrett County Hospital, Maryland. Larry was the living definition of what loving life was all about. He loved his racquetball, his big trucks, his '66 GTO, his family, children and his friends. You always knew where you stood with Larry, and he was the best kind of friend you could ever have. He died as he lived, doing things he loved, with the people he loved. You left us too soon, Larry. We will miss you. (Reprinted from "Racquetball In West Virginia")

Fong Runs Outstanding Tournament

After competing in the 1994 Ektelon AARA Regional Qualifying Championships held at Solano Athletic Club in Fairfield, I had to write a letter of commendation on behalf of both the club and Marilyn Fong, the club's tournament director.

Ms. Fong organized and ran an outstanding contest; she kept the matches going on time, which is very difficult to do, and in fact, she was at times ahead of schedule, allowing people to play early if they were ready and willing to do so. This is the first regional tournament that I have played in that was run this well.

Marilyn and the club also have to be congratulated for securing so many generous sponsors which accounted for the warm hospitality, the quality of the souvenirs, the excellent food provided, and the classy trophies that the players received. I heard a lot of positive comments from many participants during the contest; some insisted to be put on a mailing list for the club's next tournament.

To conclude, I must say that I hope you consider Solano Athletic Club again for next year's northern California regional qualifying champi-

onships. Ms. Fong is a bright and capable tournament director who does an excellent job. She is friendly, conscientious and hardworking; easy to work with and can handle problems tactfully and effectively.

Again, both the club and the tournament director deserve felicitations for running such a successful competition!

Pedro E. Hlort-Lorenzen
Fairfield, California

I have a little game I play
And it's a lot of fun.
I'm at it nearly every day
It keeps me on the run.

The problem is there's two of me
Who like to play the spark.
I never know which one, you see
Will show up on the court.

One always knows which shot to hit
And plays with strategy.
He never fails to make the get
and moves so easily.

The other guy will skip them in
Or leave them up too high.
It seems that he can never win
A point he couldn't buy.

I'd like to introduce the two
And get the one in synch.
And teach him what he has to do
Or learn to hit a duck.

Frank Franco
Fredericksburg, Virginia



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A. Heavyweight 100% cotton *sweatshirt* with Racquet Warrior logo (L,XL) \$29.00

B. 100% cotton *polo* with Racquet Warrior logo (L,XL) \$29.00

C. Heather grey *jersey knit shorts* with Racquet Warrior logo (M,L,XL) \$20.00

D. Maya print *knit shorts* (S,M,L,XL) \$24.00

E. Maya print *workout pants* (S,M,L,XL) \$29.00

Not shown—Heavyweight 100% cotton *t-shirt*, white with Racquet Warrior logo (L,XL) \$15.00 • Matching Maya print *headband* w/ velcro closure \$8.00 • Matching Maya print tie-on *headband* \$6.00 • Iron on Racquet Warrior logo *patch* \$3.00.

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_____ Check/\$ order enclosed, or _____ Visa/MasterCard

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Signature _____ Exp. Date _____

Name _____

Address _____

City _____ State/Zip _____

Telephone _____ Date Ordered _____

Item Description	Size/Color	How Many	Price

Order with MasterCard or Visa by calling 719/635-5396 or send your completed order form to: AARA Sportswear, 1685 West Uintah, Colorado Springs, Colorado 80904-2921 – Please allow 4-6 weeks for delivery.

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D/E

F. U.S. RACQUETBALL TEAM LOGO SWEATSHIRT 50/50 Fruit of the Loom, with National Team eagle logo on front, USA on back, AARA on sleeve. White. S, M, L, XL, XXL \$20.00. *Team Logo T-Shirt (not shown)* — 100% cotton. Same design as sweatshirt (without sleeve logo) White. S, M, L, XL. \$12.00

G. USA RACQUETBALL POLO SHIRTS All cotton, with tri-color embroidery. (S,M,L,XL) Colors: Navy, Pink, White, Blue & other assorted colors. \$29.00

H. RACQUETBALL TRAVEL BAG (shown lower right). The same bag used by members of the U.S. National Racquetball Team, of tough cordura nylon. \$39.00



H

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Learn your Lessons I – A step by step approach outlining the fundamentals of racquetball. Learn the basics of stroke mechanics, court positioning and strategy. Great for the beginner interested in improving their racquetball skills.

Learn your Lessons II – PARI practice drills help you improve every aspect of your game with individual, paired and group examples. Great for the teacher or instructor who wants new ideas, or for intermediate players who want more out of their practice sessions.

AND COMING SOON ... ADVANCED RACQUETBALL (Available June 1)

Learn your Lessons III – Advanced Racquetball will offer much more than the typical instructional video, investigating the psychology of winning athletes, speed training techniques of world champions and the on- and off-court preparations required to maintain peak performance.



F



G

RACQUETBALL

MEN

Men's Open

1. John Ellis, CA
2. Jimmy Lowe, KY
3. Doug Ganim, OH
4. Michael Bronfeld, CA
5. Dan Fowler, MD
6. Rich Baer, NY
7. Sudsy Monchik, NY
8. Brian Rankin, FL
9. Chris Thomas, NC
10. Gary Mazaroff, NM

Men's A

1. Bryan Stanley, TX
2. Steve Kalal, IL
3. Thomas Evans, TX
4. Herb Walberg, IL
5. Danny Davis, AR
- 6T. Nate Gagne, ME
- 6T. Greg Patton, VA
- 8T. Jim Brane, MO
- 8T. Ernie Sankoe, OH
10. Brian Erickson, OH

Men's B

1. Grant Barker, MO
2. Mike Disora, PA
3. Gary Depiccio, NY
4. T. J. Ferro, IL
5. Mark Szabo, NJ
6. Mike Young, AR
7. Greg Blackwell, ME
8. Bob Erbrich, IN
- 9T. Matt Bolson, AR
- 9T. Fred Cwynar, IL

Men's C

- 1T. Cliff Slinkard, AR
- 1T. Alex Spaeth, IL
3. Justin Carey, NY
4. Mark McNabney, IN
5. Juan Martinez, IL
6. Bobby Bolin, MO
7. Andi Anderson, KS
8. Jeff Gudeson, OH
- 9T. Armin Cardenas, FL
- 9T. Mike Ginn, NC

Men's D

1. Rod Miller, AR
2. Philip Hammond, OH
3. Ray Cruz-Solano, IL
- 4T. Glen Childers, TX
- 4T. Sam Hood, AR
- 6T. Raul Arteaga, IL
- 6T. Ed Day, TN
- 6T. Mike DeGaetano, IL
- 6T. Bernd Dunemann, NE
- 6T. Preston Gaster, NC

Men's Novice

1. Glen Kersten, AR
- 2T. Sean Dannas, PA
- 2T. Miguel Figueredo, NC
- 4T. Greg Albert, FL
- 4T. Todd Wilson, OH
6. Skip Christian, AR
7. James White, NH

- 8T. Mauro Belli, CT
- 8T. Marc Berger, NE
- 8T. Henry Helfner, NY

Men's 19+

- 1T. Jeff Evans, WA
- 1T. Tim Sweeney, MO
3. Brett Parker, MO
- 4T. Brian Fredenberg, TX
- 4T. Craig Rappaport, PA
- 6T. Matt Adesso, OH
- 6T. Bob Horner, MO
- 6T. Troy Moore, KY
- 6T. Scott Reiff, TN
- 6T. Jeff Stark, CA

Men's 25+

1. John Negrete, IL
2. Chris Wright, MO
3. Jim Jeffers, IL
4. Tony Boscia, CO
5. Chris Fine, NJ
- 6T. Oscar Alvarez, FL
- 6T. Lance Gilliam, TX
- 6T. Brac McCunniff, IA
- 6T. David Rahn, LA
10. Dave Cardillo, NY

Men's 30+

1. Jimmy Lowe, KY
2. Bill Lyman, IL
3. Armando Alonso, FL
4. Bill Serafin, NJ
5. Carlos Hill, SC
- 6T. Rob French, IA
- 6T. Kevin Thiessen, AR
8. Scott Worthy, MI
9. Greg Freeze, CA
10. Jim Hamilton, MI

Men's 35+

1. Mitch Smith, PA
2. Andy Pitock, IL
3. Dave Peck, TX
- 4T. Mike Anderson, MI
- 4T. Jim Young, PA
- 6T. Nathan Deer, TN
- 6T. Keith Tidd, OH
8. Tony Cosmano, IL
9. Carl Gatewood, KY
10. Jacky Grayson, FL

Men's 40+

1. Tom Travers, OH
2. Gregg Mandell, IL
3. Tom Ray, FL
4. Jim Bailey, VA
5. Ed Garabedian, PA
- 6T. Dave Kovanda, OH
- 6T. Dan Sublett, AR
8. Jim Luzar, WI
9. Garrett Parks, CA
10. Philip Parker, PA

Men's 45+

1. Johnny Hennen, TN
2. Barry Berger, AZ
- 3T. Dan Davis, TX
- 3T. Skip Deal, CA
5. Doug Dickman, MO
6. Craig Olsen, NE
- 7T. Jay Schwartz, FL

- 7T. Bill Wolfe, NY
9. Denny Frye, MO
10. Herb Grigg, IL

Men's 50+

1. Jerry Davis, OH
2. Ron Johnson, IL
3. Ray Huss, OH
4. Ron Galbreath, PA
5. Brad Parra, CA
6. Joe Winkiel, IL
7. Glenn Allen, VA
8. Charlie Garfinkel, NY
- 9T. Les Barbanell, NJ
- 9T. Bobby Sanders, OH

Men's 55+

1. Dario Mas, DE
2. Rex Lawler, IN
3. Art Johnson, CO
4. Paul Banales, AZ
5. David Jordan, NJ
- 6T. Paul Becker, MI
- 6T. Obed Oas, NE
- 6T. Bobby Sanders, OH
9. Dave Lund, MI
10. Lee Graff, OR

Men's 60+

1. Paul Banales, AZ
2. Don Alt, FL
3. Bert Shulimson, IL
4. Don Alt, OH
5. Rex Benham, AR
6. Bud Moretz, IL
- 7T. Lynn Hahn, MI
- 7T. Don Maxey, MO
9. John Bogasky, VA
10. Fintan Kilbride, Can

Men's 65+

1. Joe Lambert, TX
2. Philip Dziuk, IL
3. J. D. Driver, MI
4. Donald Grieve, IL
5. Fintan Kilbride, Can
- 6T. Earl Acuff, NC
- 6T. Mal Roberts, FL
- 8T. Hugh Groover, AR
- 8T. Don Hughes, MO
- 8T. Marvin Rosenberg, NJ

Men's 70+

1. Nick Sans, CA
2. Earl Acuff, NC
3. Don Goddard, MT
4. Cam Snowberger, PA
5. Luzell Wilde, UT
- 6T. C. Allen Shepherd, MD
- 6T. John Stewart, IL
- 8T. J. W. Studak, TX
- 8T. Lake Westphal, AZ
10. William Matotan, NM

Men's 75+

1. Charlie Russell, CA
2. Luzell Wilde, UT
- 3T. Daniel Lyons, LA
- 3T. C. Allen Shepherd, MD

5. Earl Acuff, NC
6. Fred Felton, TX
7. Jerome Singer, CA
8. Andy Trozzi, MA
- 9T. Jack Daly, VA
- 9T. John Pearce, TX

Men's 80+

- 1T. Jack Daly, VA
- 1T. John Pearce, TX
3. Howard Hesse, AZ

WOMEN

Women's Open

1. Elaine Hooghe, OH
2. Lorraine Galloway, NY
3. Michelle Gould, ID
4. Kelly Whalen, WI
5. Jen Yokota, MO
6. Lisa Hjelm, CA
7. Kim Machiran, MO
- 8T. Malia Bailey, VA
- 8T. Rachel Gellman, NM
- 8T. Molly O'Brien, PA

Women's A

1. Bridget Barron, TX
2. Grace Hastings, TX
- 3T. Tina Bragdon, NM
- 3T. Rhonda Ferconio, IL
5. Wendy Smith, NJ
- 6T. Claudia Andrade, FL
- 6T. Jessi Slaughter, SC
8. Jill Rhodes, AR
9. Sue Ruhl, CO
10. Pam Benson, MN

Women's B

1. Jill Rhodes, AR
2. Erika Juhl, DE
3. Jennifer Reiser, MT
4. Teresa Buck, AR
- 5T. Joanna Boyte, NC
- 5T. Carolyn Leech, OH
7. Cathy Alexander, VA
8. Linda Foster, KS
- 9T. Cynthia Fauteck, IL
- 9T. Julie Smith, IL

Women's C

1. Karen Morris, AR
2. Cheri Prickett, AR
3. Judy Cummings, NC
4. Paula Furey, MD
- 5T. Diane Greene, WY
- 5T. Krista Moyle, NE
- 5T. Maggi Rausch, OH
8. Gale Mills, AR
9. Debbie Gwilt, NM
10. Karen Schulte, NJ

Women's D

1. Barb Carrington, IL
- 2T. Rose Maddan, AR
- 2T. Fran Outten, FL
- 2T. Bobbie Ross, NC
- 2T. Gail Rutschilling, OH
6. Terry McKeever, ME

NATIONAL RANKINGS

7. Ingrid Downes, NH
- 8T. Jeanne Cooper, CT
- 8T. Kelly Griffiths, AR
- 8T. Debbie Gwilt, NM

Women's Novice

1. Rose Maddan, AR
2. Sue Forsberg, NH
- 3T. Natasha Bethell, FL
- 3T. Mary Lauer, MI
- 5T. Laurie Gordon, CT
- 5T. Debbie Robertson, AR
7. Monica Hernandez, AR
- 8T. Carol Buckley, NY
- 8T. Cindy Williamson, AR
10. Pamela Muir, UT

Women's 19+

- 1T. Rachel Gellman, NM
- 1T. Amy Kilbane, OH
- 3T. Cheryl Gudinas, IL
- 3T. Kerri Stoffregen, TN
5. Jen Yokota, MO
6. Cara Pellowski, WI
- 7T. Ellen Crawford, NY
- 7T. Elkova Icenogle, MA
9. Leslie Parrott, WY
10. Jennifer Gould, MO

Women's 25+

1. Lorraine Galloway, NY
2. Megan O'Malley, IL
3. Kersten Hallander, FL
4. Allison Wohl, MO
5. Pat Bornhorst, OH
6. Anthnita Dickerson, MI
- 7T. Carrie Healy, TN
- 7T. Josee Moore, FL
- 7T. Jessi Slaughter, SC
10. Mary Bickley, PA

Women's 30+

1. BJ Ehrigott, CT
2. Laura Fenton, MA
3. Mary Bickley, PA
- 4T. Kim Machiran, MO
- 4T. Karin Sobotta, OR
6. Janet Tyler, FL
- 7T. Debra Bryant, NC
- 7T. Jessica Hedler, OH
- 9T. Pat Bornhorst, OH
- 9T. Joan Gunnerson, WY

Women's 35+

1. Susan Pfahler, FL
- 2T. Peggy Ludwig, OH
- 2T. Linda Moore, NE
4. Karen Bouchard, FL
5. Val Shewfelt, UT
- 6T. Mary Beke, AZ
- 6T. Janet Insko, MI
- 6T. Mary Lyons, FL
- 6T. Debbie Tisinger, CA
10. Marcia Richards, LA

Women's 40+

1. Sue Dipiano, MO
- 2T. Laurel Davis, IL
- 2T. Janell Marriott, RI

4. Janet Insko, MI
- 5T. Joanne Pomodoro, MA
- 5T. Gail Woods, LA
7. Gerri Stoffregen, OH
8. Agatha Falso, FL
- 9T. Holly House, WI
- 9T. Janet Myers, NC

Women's 45+

1. Agatha Falso, FL
2. Bev Powell, IL
3. Gerri Stoffregen, OH
4. Pat Tarzon, IL
- 5T. Gwen Benham, AR
- 5T. Marijean Kelley, CA
- 5T. Shelley Ogden, OH
8. Linda Miller, IN
- 9T. Jessica Schrier, FL
- 9T. Jan Stelma, NC

Women's 50+

- 1T. Mildred Gwinn, NC
- 1T. Sharon Hastings-Welty, OR
3. Nidia Funes, CA
4. Sylvia Sawyer, UT
5. Jessica Schrier, FL
6. Marilyn Fisher, IL
7. Mary Willerscheidt, MN
- 8T. Pauline Kelly, IL
- 8T. Carol Pellowski, WI
10. Janet Howard, VA

Women's 55+

1. Kathy Mueller, MN
2. Jo Kenyon, FL
- 3T. Joanna Raida, PA
- 3T. Jean Tull, VA
5. Annabelle Kovar, NE
6. Marion Crawford, NY
7. Helen Dunsmoor, ID
8. Cleata Ching, PA
9. Mary Walker, CA
10. Susan Embry, CA

Women's 60+

1. Jo Kenyon, FL
2. Lola Markus, IL
3. Mary Low Acuff, NC
4. Cleata Ching, PA
5. Phyllis Melvey, ND
- 6T. Mary Jo Kreie, AR
- 6T. Jane Peterson, FL
- 6T. B. G. Railey, TN
- 6T. Rosemary Ferris, CO
- 6T. Reta Harring, WI

Women's 65+

- 1T. Mary Low Acuff, NC
- 1T. Reta Harring, WI
3. Phyllis Melvey, ND
4. Dorothy Vezetinski, WA
5. Elsie Cobb, TX

Women's 70+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR
3. Pete Jones, CT

Women's 80+

1. Zelda Friedland, NM

BOYS

Boy's 8 & Under

1. Steven Klaiman, TX
- 2T. Geoffrey Mora, CA
- 2T. Brandon Shoemaker, OH
4. Matthew Hammond, OH
5. Jon Hellner, OR
- 6T. Tyler Hollingsworth, OR
- 6T. Shawn Spindler, IN
- 8T. Chris Howard, OK
- 8T. Ryan James, WI
- 8T. Shane Karmelin, MD

Multi-Bounce

1. Brandon Shoemaker, OH
2. Matthew Hammond, OH
3. Geoffrey Mora, CA
4. Steven Klaiman, TX
5. Ryan James, WI
6. Jon Hellner, OR
- 7T. Tyler Hollingsworth, OR
- 7T. Shawn Spindler, IN
- 9T. Shane Karmelin, PA
- 9T. Roy Lee Luna, NM

Boy's 10-

- 1T. Jim Gooden, TX
- 1T. Jack Huczek, MI
3. Juan Martinez, IL
4. Andrew Wodrich, IN
5. Dain Taylor, IN
6. David Foye, MD
7. Geoffrey Mora, CA
8. C. J. Nelson, CA
9. Roy Lee Luna, NM
10. EJ Basta, MO

Boy's 12-

1. Shane Vanderson, OH
2. Gabe Gose, NM
- 3T. Jason Jansen, ND
- 3T. Ryan Staten, KS
5. Greg Mandella, CA
6. Grant Barker, MO
7. Jeffrey Gerner, AL
8. Seth Taylor, IN
9. Scott Fisher, NY
10. Jordan Fought, NM

Boy's 14-

1. Bucky Freeman, TX
- 2T. Rocky Carson, CA
- 2T. Shane Vanderson, OH
4. Justin Carey, NY
5. Willie Tilton, CO
6. Andy Tucknott, NE
7. Ryan Staten, KS
8. Brit Berkey, IN

9. Ben Williams, NY
10. Mark Bloom, LA

Boy's 16-

1. Eric Storey, UT
2. David Hamilton, OH
3. Erik Ekman, MA
4. Mark Bailey, IN
- 5T. Chris Choukalas, AZ
- 5T. Aaron Granberg, WI
- 5T. Shane Wood, MA
- 8T. Todd Criger, NE
- 8T. Jonathan Foye, MD
- 8T. Dawoud Ghaafarshad, CA

Boy's 18-

1. David Hamilton, OH
2. Sudsy Monchik, NY
- 3T. Eric Storey, UT
- 3T. Shane Wood, MA
5. Tom Helfrich, MO
6. James Mulcock, NM
7. Jason Armbrrecht, NC
8. Jason Mannino, NY
9. Willie Tilton, CO
10. Brian Siegel, NJ

GIRLS

Girl's 8 & Under

1. Kimberly Irons, OH
- 2T. Melissa Holden, CA
- 2T. Leslie Luna, NM
4. Kimberly Markins, AZ
- 5T. Adrienne Fisher, OH
- 5T. Taryn McDonough, CA
7. Jesi Fuller, NM
8. Ashly Mora, CA
- 9T. Jamie Campaign, CO
- 9T. Lindsey Fuller, TX

Multi-Bounce

1. Kimberly Irons, OH
2. Melissa Jones, FL
- 3T. Allison MacWade, PA
- 3T. Kimberly Markins, AZ
- 3T. Ashly Mora, CA
6. Adrienne Fisher, OH
- 7T. Kelly Fisher, OH
- 7T. Melissa Holden, CA
- 7T. Leslie Luna, NM
10. Jesi Fuller, NM

Girl's 10-

1. Crystal Winfrey, OH
2. Kimberly Irons, OH
- 3T. Molly Law, CO
- 3T. Melanie Mueller, CO
5. Rebecca Dolloff, NM
6. Morgan Rainey, AZ
7. Kristina Matchett, OR
8. Heather Holden, CA
9. Danniele Johnson, AZ
10. Jeni Fuller, NM

Girl's 12-

1. Sara Borland, IA
2. Kimberly Irons, OH

- 3T. Brooke Crawford, OR
- 3T. Lindsay Sears, IN
5. Eve Bateman, PA
- 6T. Molly Law, CO
- 6T. Crystal Winfrey, OH
8. Rebecca Dolloff, NM
- 9T. Megan Bals, NE
- 9T. Emily Basta, MO

Girl's 14-

1. Vanessa Tulao, TN
2. Rhonda Rajsich, AZ
3. Katie Gould, MO
4. Melisa Boyd, UT
- 5T. Dionna Brown, CA
- 5T. Lindsay Sears, IN
7. Erin Frost, OR
8. Colleen Maginn, WI
- 9T. Becki Bowman, IN
- 9T. Erin Burns, NM

Girl's 16-

1. Shannon Feaster, DC
2. Sadie Gross, MN
3. Debra Derr, FL
- 4T. Andrea Luque, GA
- 4T. Karri Rogers, WY
6. Erin Burns, NM
7. Lakwana Robinson, UT
- 8T. Alison Cremo, CA
- 8T. Erica Daniels, CA
- 8T. Jennifer Doak, WY

Girl's 18-

1. Kerri Stoffregen, OH
2. Tammy Brockbank, ID
3. Shannon Feaster, DC
- 4T. Andrea Beugen, MN
- 4T. Jenny Meyer, CO
6. Rhonda Rajsich, AZ
7. Sadie Gross, MN
- 8T. Christy Gould, MO
- 8T. Cathy Tellier, NM
- 8T. Vanessa Tulao, TN

WHEEL CHAIR

1. Chip Parmelly, CA
2. David Kiley, CA
3. Gary Baker, IN
4. Les Gorsline, WI
5. Audie Kemp, IN
6. Wayne Dake, WI
- 7T. Marc Fenn, IN
- 7T. Steve Kuketz, MA
9. Mike Bond, FL
10. Joe Soares, FL

RANKINGS DATED APRIL 25, 1994

RACQUETBALL

T R A N S I T I O N R a c q u e t • S p o r t s

MAY

May 19

Santa Fe National
Warmup at Club
International
Santa Fe, NM
505/473-9807

5th Annual
Spring Open
Pikes Peak YMCA
Colorado Springs, CO
719/598-2328

May 20

Onomatopoeia
Lakeland YMCA
Lakeland, FL
813/644-3528

Park Point Open
The Parkpoint Clubs
Santa Rosa, CA
707/578-1640

The Summer Sizzler
Clubsport of
Pleasanton
Pleasanton, CA
510/463-2822

Kentucky State Seniors
Elizabethtown Swim
Club
Elizabethtown, KY
502/765-7946

May 25-30
Ektelon AARA U.S.
National Singles
Championships
Downtown YMCA
Houston, TX
713/659-8501

JUNE

June 3

Summer Scorchers
Racquetball World
Canoga Park, CA
818/884-5034

13th Annual Gold
Country Open
Auburn Court House
Auburn, CA
916/885-1964

June 4

Club Challenge
Turlock Fitness &
Racquet Club
Turlock, CA
209/668-3838

June 8

9th Annual Pepsi Cup/
Colorado Club Team
Championships
Aurora Athletic Club
Aurora, CO
303/750-3210

June 10

13th Annual Chuck
Prince at South
Florida Racquet &
Health Club
Ft. Lauderdale, FL
305/987-6410

Coors Light Pig Roast
Open at Congress
Park Athletic Club
Powell, OH
614/548-4188

Maverick Racquetball
Showdown
Maverick Athletic Club
Arlington, TX
817/275-3348

Yogi Berra's Summer
Blast at Yogi Berra's
Racquetball & Fitness
Club-Fairfield, NJ
201/444-0859

3rd Annual Crystal
Coast Classic
Sports Center of
Morehead
Morehead City, NC
919/726-7070

June 11

Quality Sunroof
Open/Courtesy
21st Point
Athletic Club
Mountain View, CA
415/968-7970

June 16

New Mexico Games
Midtown Athletic Club
Albuquerque, NM
505/888-4811

June 17

Aloha Open
Omni Sports Club
Winston-Salem, NC
910/760-3663

Billy Bowlegs
Bluewater Racquet &
Fitness Club
Niceville, FL
904/897-4376

NATIONAL CALENDAR

For Women Only
Bellevue Athletic Club
Bellevue, WA
206/455-1616

Iron City Champion-
ships at Court South
Racquet & Fitness
Birmingham, AL
205/823-2120

Super 8 Summer
Sizzlers at Sagebrush
Athletic Club
Havre, MT

June 18
Summer Splat
Modesto Court Room
Modesto, CA
209/577-1060

June 24-28
Ektelon AARA U.S.
Junior Olympics
The Sportsbarn
Chattanooga, TN
615/266-1125

Firecracker Open
The Pennbriar
Erie, PA
815/325-8111

Star of the North
State Games
Rochester YMCA
Rochester, MN
507/289-0448

Summer Siesta
Ultimate Courts
El Paso, TX
915/833-1259

TN Olympic Sportsfest
Sportsbarn
Chattanooga, TN
615/266-1125

JULY

July 7
July Jam at The Court
House Racquet Club
Florence, AL
205/764-0034

July 8
Atlanta Cash Doubles
Open at Sportslife/
Club Cobb
Atlanta, GA
404/952-2120

Coors Light Summer
Doubles at Continen-
tal Athletic Club
Powell, OH
614/548-4188

Moore Lake
Summerfest Invita-
tional at Moore Lake
Racquet, Swim &
Health Club
Fridley, MN
612/377-5779

Redwood Empire
Open at Rancho
Arroyo Racquet Club
Petaluma, CA
707/795-5461

July 15
Firecracker R/B
Tourney at Sports
Club of Asheville
Asheville, NC
704/252-0222

YMCA Summer Open
YMCA of Central KY
Lexington, KY
606/254-9622

3rd Ann. Gatorade
Summer Splash
Tampa Interbay
YMCA-Tampa, FL
813/839-0120

July 21
Georgia State Games
Sportslife Club Cobb
Atlanta, GA
404/636-7575

July 22-24
Penn AARA U.S.
National Skill
Level Champion-
ships at City
Square Sports
Club-Phoenix, AZ
602/279-9633

July 22
The Summer Games
Classic Athletic Club
Lyndhurst, NJ
201/444-0859

July 27
International Masters
Invitational at
Northwest Racquet,
Swim & Health Club
St. Louis Park, MN
507/257-3353

July 29
Ballard Open
Olympic Athletic club
Seattle, WA
206/783-0427

Bluegrass State
Games at University of
Kentucky/Seaton
Center-Lexington, KY
606/288-6011

14th Annual Cystic
Fibrosis at Courts Plus
New Bern, NC
919/633-2221

AUGUST

August 4
Meadow City Champi-
onships at Wilson
Center NMHU
Las Vegas, NM
505/454-0146

August 5
Doubles Only Open
Nautilus-Erie, PA
814/868-0072

Pro/Am Cash Mid-
summer Shootout
Orlando Fitness &
Racquet Club
407/645-3550

August 12
Kilshot IV at Phoenix
Fitness & Racquet
Club-Selma, AL
205/875-7500

Summer Sizzler
Northeast
Racquetball Club
Colonial Heights, MN
612/572-0330

NATIONAL CALENDAR



MAY 25-30 Ektelon AARA U.S. National Singles Houston, TX
 JUNE 25-29 Ektelon AARA Junior Olympics Chattanooga, TN
 JULY 22-24 AARA U.S. Skill Level Nationals Phoenix, AZ
 AUG.30-SEPT.3 IRF World Senior Championships Albuquerque, NM
 OCT. 18-22 Ektelon AARA U.S. National Doubles Jacksonville, FL
 DECEMBER 15-19 IRF World Junior Championships Jacksonville, FL

The U.S. Olympic Committee Travel Desk and United Airlines offer their lowest airfares to national events. United offers you 5% off any published United fare, regardless of cost. To take advantage of the program, make your reservations by calling 1-800-521-4041 (daily between 8:30 am and 8:00 pm est) and use the special AARA conference account number 547KL.

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1994 WORLD SENIOR RACQUETBALL CHAMPIONSHIPS

of World Class Racquetball in Albuquerque, New Mexico
August 30 - September 4, 1994

TOURNAMENT VENUES

HEADQUARTERS

Ramada Classic Hotel
6815 Menaul Blvd. NE
Albuquerque, NM 87110
505/881-0000

HOST CLUBS

Tom Young's Athletic Club
2250 Wyoming Blvd. NE
Albuquerque, NM 87112
505/298-7661
Midtown Athletic Club
4100 Prospect Avenue NE
Albuquerque, NM 87110
505/888-4811

OFFICIAL TOURNAMENT BALL

Penn Ultra Blue

SANCTIONING AND RULES

Sanctioned by the IRF (International Racquetball Federation), AARA (American Amateur Racquetball Association), and National Seniors Council. Players must present proof of membership with their International Association; otherwise, AARA membership (\$20.00 for 12 months) is required for participation in this tournament.

IRF rules unless otherwise specified. Round-robin format for qualifying rounds Wednesday through Saturday. Matches consist of 3 games to 11 points. Matches are self-officiated. One tourney point earned for each game point scored, 3 points earned for each game won, and 7 points earned for each match won. Top 8 qualifiers in each age group earn berths in the Sunday Championships Medal Round. Flight winners are guaranteed a berth. Sunday playoff matches consist of 2 out of 3 games to 11 points with finals 2 out of 3 games to 15 points and an 11-point tiebreaker (single elimination). No consolation matches will be scheduled. For more information, call GARY MAZAROFF, TOURNAMENT DIRECTOR, at 505/266-8960.

ENTRY FEES AND DEADLINE

\$100 per player, \$150.00 total for Husband/Wife team, \$40.00 for non-playing spectator (includes meals and banquet). Make checks payable to: World Senior Racquetball Championships (WSRC). \$5.00 processing fee for VISA and Mastercard payments. **ALL FEES MUST BE PAID IN U.S. CURRENCY.** All registration forms and fees must be received at the WSRC office no later than **AUGUST 1, 1994.** Enter early to guarantee a space. Entries are limited to the first 400. **ABSOLUTELY NO REFUNDS AFTER AUGUST 1, 1994.** First match time will be available at registration on Tuesday, August 30. Tournament play begins Wednesday, August 31, 1994, at 7:00 AM. **ALL PLAYERS MUST CHECK IN AT REGISTRATION PRIOR TO PLAYING FIRST SCHEDULED MATCH.**

GREAT HOSPITALITY!

TUESDAY - 2:00 PM to 8:00 PM. Opening events at the Ramada Classic. Registration from 2:00 PM to 7:00 PM. **ALL PLAYERS MUST CHECK IN AT REGISTRATION PRIOR TO PLAYING FIRST SCHEDULED MATCH.** Hospitality from 5:30 PM to 8:00 PM. Mandatory players pre-tournament meeting at 7:00 PM.

WEDNESDAY - 8:00 AM to 2:00 PM. Late registration at Tom Young's Athletic Club. **ALL PLAYERS MUST CHECK IN AT REGISTRATION PRIOR TO PLAYING FIRST SCHEDULED MATCH.** **WEDNESDAY thru SUNDAY - 11:30 AM to 2:00 PM.** Lunch at Tom Young's Athletic Club.

THURSDAY - 8:00 PM. Triples Nite Out.

FRIDAY - 9:00 PM. Social at Ramada Sports Saloon.

SUNDAY - 7:30 PM. Awards banquet at Ramada Classic.

THROUGHOUT THE TOURNAMENT

- Daily raffle drawings
- Silent auction thru Saturday - Auction items displayed in the Hospitality Room
- Shuttle service between clubs and Ramada Classic.

TOURNAMENT ENTRY FORM. PLEASE PRINT ALL INFORMATION LEGIBLY.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
COUNTRY _____
HOME PHONE (____) _____
WORK PHONE (____) _____
AGE AS OF 8/31/94 _____

NO ENTRIES ACCEPTED WITHOUT FEE. FEE ENCLOSED:

- ☐ Individual - \$100.00 ☐ Husband/Wife - \$150.00
☐ Spectator(s) - \$40.00 (Enter Spectator(s) Name(s) below.)

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P.O. Box 30188, Albuquerque, NM 87190
ENTRY DEADLINE: AUGUST 1, 1994

EVENT ENTERED (ONE ONLY)

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WOMEN	MEN
☐ 35+	35+ ☐
☐ 40+	40+ ☐
☐ 45+	45+ ☐
☐ 50+	50+ ☐
☐ 55+	55+ ☐
☐ 60+	60+ ☐
☐ 65+	65+ ☐
☐ 70+	70+ ☐
☐ 75+	75+ ☐
☐ 80+	80+ ☐

PLAYER LEVEL

- ☐ Advanced
☐ High Intermediate
☐ Low Intermediate
☐ Novice

Other Seeding Info: _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the World Senior Racquetball Championships, Tom Young's Athletic Club, Midtown Athletic Club, International Racquetball Federation, American Amateur Racquetball Association, New Mexico Racquetball Association, and their respective agents, representatives, successors and assigns for any and all injuries or damage, whether caused by negligence of the above or otherwise.

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GUEST EDITORIAL: 90'S MARK RESURGENCE OF RACQUETBALL

By Gary Mazaroff
President, New Mexico
Racquetball Association

If you haven't noticed, the 90's are well underway; poupon mustard has disappeared and returned, BMWs are back on the streets after a short hibernation, and drive-in movie theaters are springing up across suburbia.

A January 1994 edition of the New Mexico Times rebuked the recent Wall Street Journal notion that racquetball is flat by citing that, on the contrary, New Mexicans are experiencing a second wind for the sport. At the same time the green ball comes out of hibernation, baby boomers and younger men and women are demanding that their athletic and wellness centers include racquetball courts and programs.

Many of these players are entering sanctioned tournaments, choosing from a wide array of skill and age group options once unavailable outside the open and 35+ categories. A majority of those coming out of the woodwork onto the courts have swapped their wood or aluminum racquets for oversized \$200-plus frames. Simultaneously, they have reluctantly tossed their plastic eyeguards in favor of required lensed eye protectors.

Are we experiencing another racquetball fad - when buildings included not much more than courts, a pro shop and locker rooms? Hardly! This is not *deja vu*; today's re-

emerging players are not the groupies who sat outside occupied courts for hours at a time, indulging in an occasional cigarette. The second wave of racquetball player acknowledges the importance of cross-training; the use of cardiovascular and weight training devices, flexibility exercises, and the experience of an occasional match of handball or squash. Today's newcomers and returnees recognize that racquetball is inherently *fun*, and skills acquisition, a competitive environment, and fitness are complementary elements to the game.

They're sensitive to a high occupancy rate of court space and therefore use their exercise opportunities wisely. Furthermore, they are encouraging the re-conversion of courts from small fitness areas back to their original use. Finally, they are hep to advertising gimmicks which opt to sell product rather than respect the integrity of racquetball, like television ads which show random movement of actors without eye protection.

Today, players are capable of color-coordinating their racquetball wardrobes; yet they choose to wear generic instead of Cardin and Polo. Fortunately, today's consciousness has outgrown part of the tennis mentality of the 70s, because sweating on the court has now become a high priority.

Younger players are now an active part of the mainstream racquetball community. In the first generation of rac-

quetball, teens and those boys and girls under 8 years of age were excluded from entering courts and club facilities all too often. Today, this group devises strategies on the courts as well as on their computers. They are frequenting public and private facilities, schools, military installations, JCCs and Ys. The physically and mentally impaired, who have waited eagerly for an opportunity to learn and grow with sporting activities, are now showing their racquetball prowess with more regularity.

The 90's racquetball mentality is one which refuses to wait for the Olympics nor weighs growth solely on an expanded professional tour or grand television endorsements. Instead, it takes its model from the bowling establishment, which years ago put all its marbles in the basket of leagues, instructional and skill enhancement programs, and opportunities for the masses.

Racquetball is here to stay for its second generation. We are fortunate that the floodgates have opened for the re-emergence of first generation players who will co-exist with other lovers of the sport. At least, this perception exists in New Mexico. We must continue to promote the sport through our actions and by word of mouth. Welcome other sport enthusiasts into the reality of racquetball, not to the exclusion of their sport, but complementing it. Let them enrich their leisure time by promoting health and fitness and *fun* for a lifetime.

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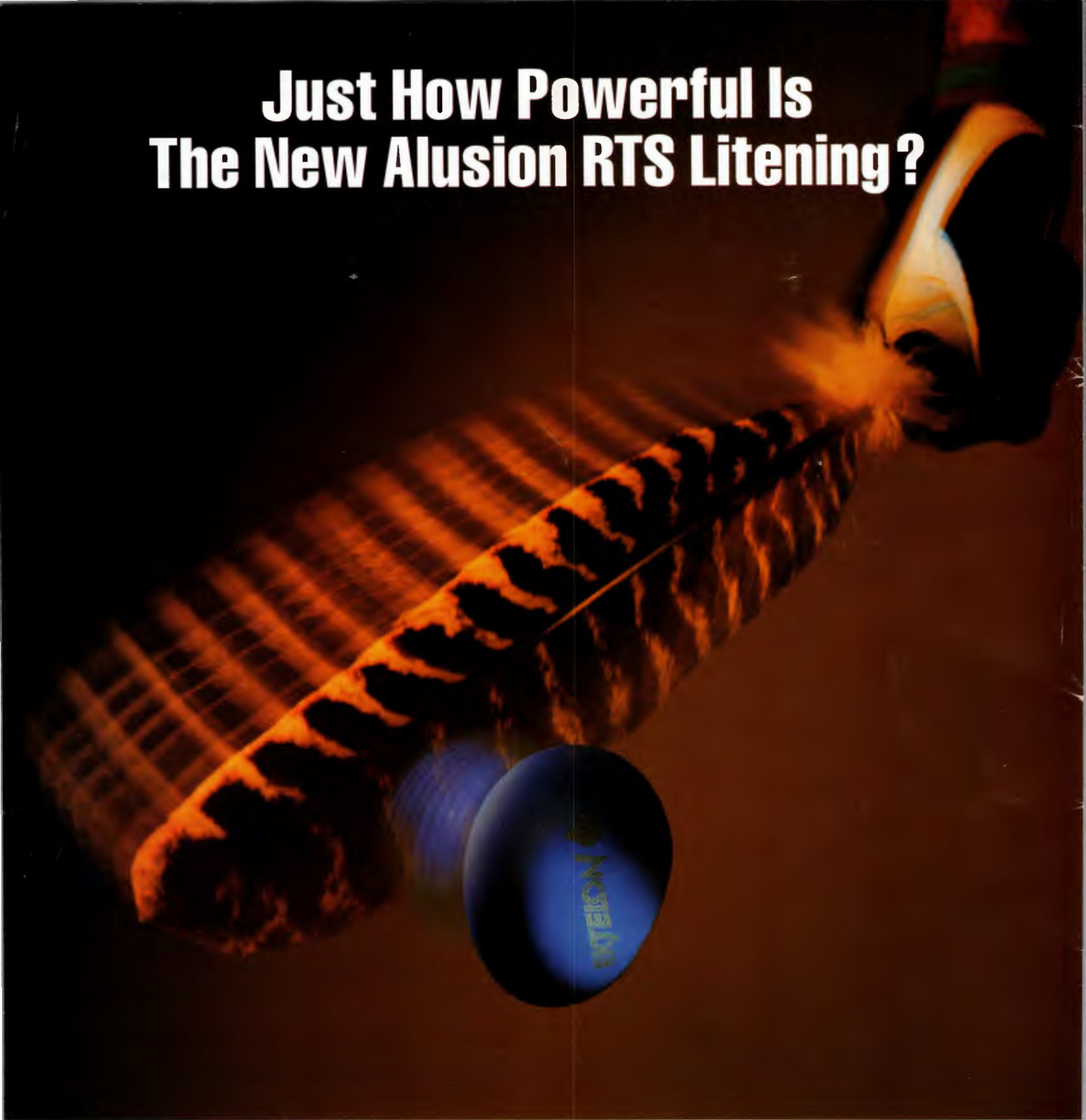
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