

RACQUETBALL

MAGAZINE — September/October 1994

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*KING OF THE
LION'S DEN
Chicago's
Stedman
Graham takes
on racquetball*



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FROM THE EDITOR

By Linda Mojer

It's been a short, jam-packed summer, with plenty to write about. To do that, we welcomed the chance to introduce the work of three new authors to the pages of this issue – features author Jan Exum, re-discovered event columnist/photog Kevin Joyce and transitional beat writer Brian Eaton.

Although she majored in speech communication at Ottawa University in Kansas, **Jan Exum** only recently became interested in journalistic writing. The mother of three volunteered to interview athletes for USA Wrestling at the Olympic Training Center, then decided to write about the intriguing stories people had to tell. Originally a speech writer, Exum fell into journalistic writing by mistake but wants to continue the line of work now that her 5-year-old son will start school this fall.

"After failing to launch a writing career, I settled into sports management," explains AARA Membership Director **Kevin Joyce**. A 1985 business administration graduate of Robert Morris College in Pittsburgh, he became involved in the Olympic movement as an intern in 1984. Although he once worked for the Pittsburgh Post-Gazette, Joyce describes his journalistic skills as rusty ... "Feeling the pressure of the deadline, I had to pull out the manual for the camera flash and still failed to operate it properly -- thus severely limiting the selection of photos to print with the article on Skill Nationals."

Summer intern **Brian Eaton** is back at school at the University of Oklahoma after spending 10 glorious weeks in the trenches of the AARA. Eaton currently works for The Oklahoma Daily and has served stints with the Associated Press and Fort Worth Star-Telegram. After graduating in December, he will be entering the real job market and said he will consider any and all job offers that don't involve farm animals.

So we're happy to deliver the summer "goods," from some fresh new voices. Let us know what you think ...

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ON THE COVER

Stedman Graham, on and off the court.

Photo: Suzanne O'Connor.

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reader forum

REAL RACQUETBALL

Your magazine was available to everyone at the Olympic Festival recently held in St. Louis. We enjoyed reading it.

I would like to thank the wonderful players. They displayed beautiful execution, integrity and fabulous play. It was just amazing how very fast these players are and their great ability.

I also want to thank the players for getting my grandson, Brendan, to want his Grandpa to give him lessons. His uncle Jerry has always been his idol, now he has added Jackie Gibson, Joy MacKenzie, Sudsy Monchik, Derek Robinson, Tim Sweeney, John Ellis and all the athletes who signed the *RACQUETBALL Magazine* for him. He also is displaying the "Winning Glove" given to him by Joy and Jackie, a beautiful medallion, and a winning autographed ball. This was an event he will never, ever forget. Thank you all for showing us *real racquetball*.

Anne & Dan Hilecher
St. Louis, Missouri

THE LAST WORD ... REALLY

I would like to get my two cents in on the Fran Davis controversy. In the issue a few months back there were some very derogatory letters comparing Fran to General Patton at best. Having taken Fran and Stu's weekend camp, I disagree strongly with the opinions expressed. Fran was a real pleasure, and while a real competitor, someone who really enjoys the game of racquetball. I think she received some unfair press and I would like to be one of those standing up for her contribution to racquetball in the states and believe she really represents the best aspects of the game. So there.

Mel Blaustein, M.D.
San Francisco, California

SPEEDSKATING ENTHUSIAST

I just wanted to say thanks for sending me the equipment. I've been playing as much as possible and it's been great. Sorry this letter is a bit late, but I've been traveling lately and just now getting around to answering mail, etc.

Again, thanks a million and also thanks for the magazine. Keep up the good work and hopefully I'll see/hear from you soon.

Andy Gabel
U.S. Speed Skating Team

(Andy is a U.S. Speed Skating Olympian. They have a group at the Wisconsin Olympic Training Center who play racquetball every day.)

GOOD POINT

I just finished reading my July-August '94 issue of *RACQUETBALL Magazine* and was glad to see Annie Muniz being honored with the John Halverson Fair Play Award. I "enthusiastically" wish to point out that it is not "reluctantly" that she is much admired and respected by all who know her. Hopefully we all got the intended meaning in spite of the unintended wording.

Jim Hutchinson
Houston, Texas

[I'm always pleased to know that our readers are so thorough, even when they catch a mistake. The sentence should have read "Although reluctant to accept the award, the modest Muniz is much admired and respected by all who know her." Thanks for spotting the error and setting the record straight on our uncompromised appreciation of Annie - Ed.]

CORRECTIONS ...

In the last issue of *RACQUETBALL Magazine* the results of the Jacksonville, Florida metro regional were

mistakenly exchanged with the Florida State singles results. Following are the correct results for that regional. MO: Aaron Metcalf; MA: Greg Neimeyer; MB: Elliott Gamsey; MC: Reggie Perdue; MD: Steve Kowkabanay (Ga.); MNOV: David Leon (Ga.); M19+: Aaron Metcalf; M19+B: Joe Tummanelli; M25+: Glenn Warren; M25+B: Jim Gignilliat; M30+: Brent Huber; M30+B: Pat Bryan; M35+: Mitt Layton; M35+B: Bobby Isaac; M40+: Mitt Layton; M40+B: Barry Hutchison; M45+: Bob Heller; M45+B: Greg Kvaska; M50+: Roger Wehrle (Ga.); M50+B: Bill Mencinsky; M55+: Dan Day; M55+B: Mike Weins; M60+: Earl Black; M65+: Mal Roberts; M70+: Edward Busigo; WO: Kersten Hallander; WA: Sau Tang; WB: Kathy Geels; WD: Lynn Slaughter; WNOV: Pam Potter; W25B: Kathy Geels; W30+: Mary Lyons; W30+B: Laura Brandt; W35+: Susan Pfahler; W35+B: April McAfee; W40+: Jo Kenyon.

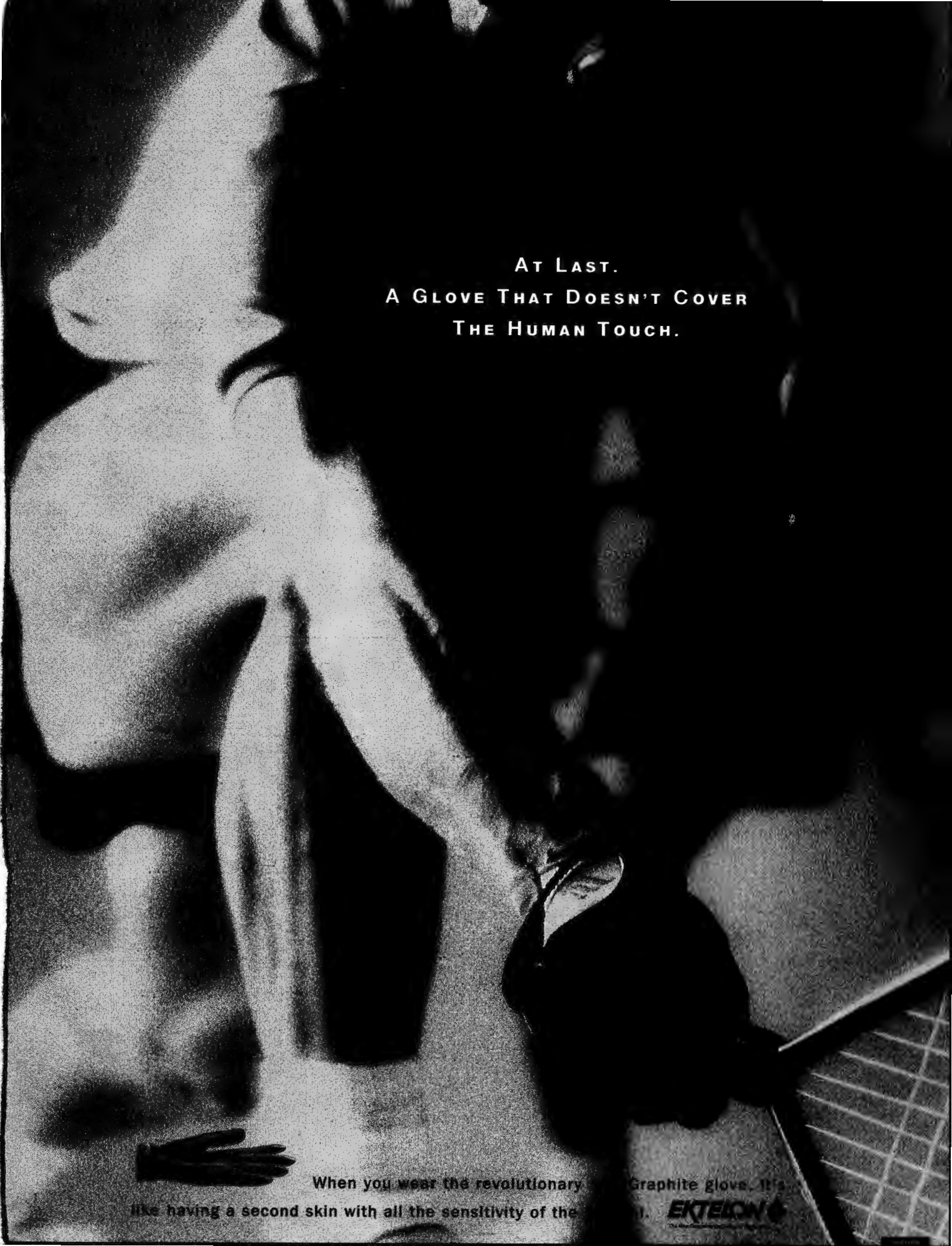
JUST A MOMENT ...

Michelle Gould called our offices to inform us that Jaime Guerra's announcement of her retirement from amateur competition in his article on the U.S. National Singles was a bit off the mark. It seems that Jaime, a big fan of Gould's, was more upset about her loss than she was, and neglected to omit the statement about retiring when his copy was submitted to *RACQUETBALL Magazine*. She has no plans to commit to the pro tour exclusively, and will continue to be a force on the amateur circuit for quite a while to come.

IT'S TOO QUIET ...

This is a very small letters section - I'm assuming that everyone is happy, hmmm? Or just concentrating on the upcoming season? Practicing? Or dazzled by getting the July/August issue before the leftover fireworks had died down? Let's hear from you!

- Linda



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KING OF THE LION'S DEN

By Jan Exum



Suspenders.
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When you meet Stedman Graham, the first thing you think is "This is a man who knows how to do things right. This is a man who never sweats, regardless of the circumstances."

And you'd be mostly right.

But there is one place you'll find him sweating profusely – on the racquetball court.

"When I was growing up I was tall, a good athlete, and wanted to be a professional basketball player."

After earning a Bachelors degree at Hardin-Simmons University and his Masters from Ball State University, Graham went to Europe where he played professional basketball for 3^o years. While in Europe some friends introduced him to the sport of racquetball.

"In Europe," Graham said, "I played it sparingly."

He traveled a great deal, and began playing racquetball more often as a health and fitness alternative.

"When I make a decision to do something I don't want to be average," he said. "I want to be the best I can be. I liked racquetball, decided to make it a part of my fitness routine, and

wanted to be a good player. My skill level is consistently improving and my effort is 110 percent because of my competitiveness."

A frequent racquetball opponent is David Steinberg, vice president of CMI (Copy-Mor, Inc.), a successful commercial printing operation based in Chicago. They play three times a week at the East Bank Club in the Windy City. Today, I have met them there to watch the competition.

At 6'6", 235 pounds, and 43-years old, Graham looks intimidating. By comparison, Steinberg is 5'9", 158 pounds and is 29 years old. Size seems to be no major advantage for either of them.

Graham said, "This is a sport where the big guys can play the little guys and neither has any clear advantage. David is fast. But guys as big as me aren't slow like we used to be. We're quick. My advantage, if I have one, is that because of my height, my reach is longer, which enables me to use most of the court without the extra steps."

"David's advantage is his quickness and because of his age he can recuperate faster."

They're both very competitive.

"We go after each other. It's like a lion's den in there," Graham noted.

After the first game, which Graham won 21-10, they are tired but appear eager to talk. Possibly, they appreciate the timeout. It becomes clear, however, that the only reason they are willing to pause between games is because the topic is a very important one to them.

Graham – "In 1985, I started a charity called Athletes Against Drugs. David is on the Board of Directors. I wanted to create a national organization where drug-free athletes could encourage young people to stay away from drugs. Athletes can be excellent role models for kids."

Steinberg – "AAD has been in existence for almost 10 years. There are 135 professional athletes who participate actively. We also have Olympic, college, and amateur athletes, men and women, from all backgrounds. Our company and family supports Athletes Against Drugs and what it stands for in the community."

Graham – "Our goal is to have programs in every state, and athlete members throughout the country. We'd like to sign up racquetball players who are drug-free. Racquetball players are unique athletes and have a lot to offer to our young people and communities."

As they get back to their second game, I glance through a partial list of the pro-athletes who are a part of this organization. Michael Jordan was the

first to sign on. Chris Evert, Julius Erving, Ernie Banks, Steve Garvey, Jackie Joyner-Kersey, Zina Garrison ... the list goes on and on.

As I watch them play, it is obvious that racquetball is great fun for them. And it's also serious business, a real "lion's den." The intensity with which they play shows their competitiveness.

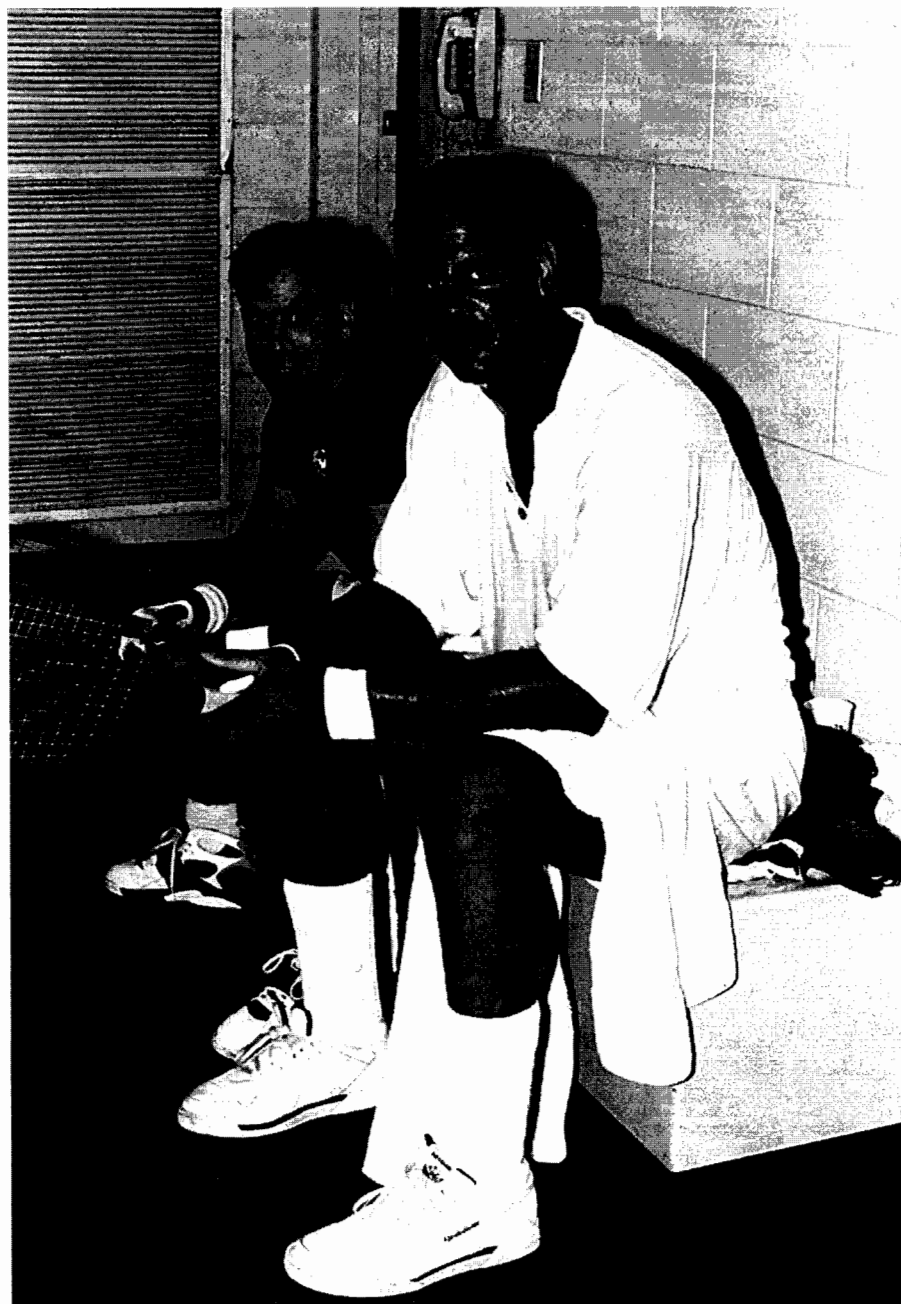
"On a scale of 1-10 I'd say I'm about a 7," Graham estimated. "I don't compete in tournaments, although I've played against some pretty tough competition. That level has been extraordinary. If you give them an opportunity for a kill shot, it's over. You're through. I would like to compete in a major tournament to see how good I really am."

This morning, he's good. He's just beaten Steinberg for the second time. Our talk returns to Athletes Against Drugs.

Graham – "AAD has a real working program. It's called the fitness and Career Awareness Program (FCAP)."

Steinberg – "FCAP serves 2,200 fourth-, fifth- and sixth-grade students in 11 different Chicago-area schools. It exposes kids to alternatives to drugs and destructive behavior by introducing them to fitness and career opportunities."

Basically, AAD strives to expose youth to organized



David Steinberg and Graham cool off between games, with Stedman leading 2-1.
Photo: Suzanne O'Connor

sports. They then provide information on proper diet, nutrition, health and fitness. Another large part of the program is to encourage thinking about careers and the future, so they feature corporate speakers and successful business people who explain what they do and how they achieved their success.

The last game is over with Steinberg the victor, 21-17.

"It was that kill shot," said Steinberg. "Stedman knows not to give me one of those."

Graham thinks that the best thing about racquetball is that it's one on one.

"You can also play against yourself to improve your skills," he said. "It's a terrific workout. It's an anaerobic sport. I lift weights some and run a little, but not like I used to. That's why racquetball works so well for me. It gives me the opportunity to be versatile. I can play for one hour and be drenched with sweat. I feel great about myself when I'm finished."

It's that same great feeling that Graham would like to pass on to youth. "When you feel good about yourself, your self-esteem is greatly enhanced, and you are likely to become a productive member of society," he added.

Recently, Graham received a videotape from AARA Execu-



Back at the office, it's business as usual for Graham, whose AAD project is doing well. Photo: Suzanne O'Connor

tive Director Luke St. Onge. The video explains how racquetball can be played on one wall, a perfect way to play racquetball if you don't have access to a court.

Graham thinks this is a way to introduce inner-city youth, who don't have court access, to the sport.

"If we could take kids and get them racquets, balls and lessons, we would not only be helping them, we'd be promoting the sport as well" stated Graham.

As president of S. Graham & Associates, a management, marketing and consulting firm specializing in sports and entertainment, Stedman is also a partner in Kemper Golf Management of Chicago, as well as the Director for the

Forum for Sports and Special Events/Management and Marketing at George Washington University in Washington, D.C. He has just completed a book entitled "The Ultimate Guide to Sport/Event Management and Marketing."

On the personal side, Stedman spends time with one of the most popular and powerful women in the television business. Her name is Oprah Winfrey. In spite of their busy schedules they both find time to work out at the same health club. She is currently training for a marathon by running 8 to 10 miles a day.

Good marketing and diversification, reaching into different communities, is how Graham thinks the sport of racquetball could grow.

Graham is thinking about a celebrity/elite-athlete racquetball tournament that would introduce young people to racquetball. This past June, Athletes Against Drugs had its second annual celebrity golf tournament.

"We had over 30 star athletes and entertainers participate. We brought in 50 young people and did a golf clinic for them. The tournament is great fun. We raise money and are able to support our Junior Golf Program as well as other programs in the Chicago Public Schools," he said.

"A celebrity/elite-athlete racquetball tournament could also be developed by Athletes Against Drugs," he added. And he admits it would give him an opportunity to compete in a tournament of high-level play.

"I could see if I am a 7," he mused.

If he turned out to be a 7, a 10, or a 3, it would be less important to him, however, than the reason for the tournament.

"Regardless of what we involve ourselves in, we must remember the future of this country depends upon what we give back to our youth and community and we should always build with the desire of bringing someone along to share in the success."

It's that philosophy that makes Stedman Graham the "King of the Lion's Den."

OUTREACH PROGRAMS

The AARA shares Graham's commitment to inner-city development for racquetball in several ways. If you need ideas, or would like to contribute some time and energy to programs in your area, contact any of the individuals listed below.

NATIONAL: "Project Outreach" is headed by five-time Olympic medalist and racquetball fanatic, Willie Davenport. The program is part of the National Guard Inner-city program. For further information contact Willie Davenport at 2500 N. Van Dorn, Unit 518, Alexandria, Virginia 22302.

The AARA Outreach Committee is chaired by Michael Carter, 26824 Edgewater Blvd., Poulsbo, Washington 98370, 206/697-6283.

CHICAGO: Athletes Against Drugs can be contacted at 180 North La Salle, Suite 800, Chicago, IL 60601.

MEMPHIS: The World Racquet Sports Association (WRSA) supports Drug-Off, a Memphis-based non-profit corporation, which offers a variety of incentives for children to stay drug-free. Incentives are earned through participation in a variety of activities, including educational, sporting and civic events. Drug-Off sees racquetball as an ideal sport for many at-risk children since it is easy to learn and can be played as a one-wall variation in otherwise unsuitable areas. Drug-Off is currently supporting "National Youth Sports Program" participants in summer programs at sites such as Chicago State University. Each child receives a Smartcard to record rating changes, based upon the WRSA ratings system, and incentive points for a range of prizes. For more details, contact WRSA at 901/767-5063.

NEW YORK: A similar program is being administered by Neil Shapiro (American Collegiate Racquetball Association and AARA Collegiate Commissioner) within the Albany, New York school system. Contact Neil at 128 Lancaster St., Albany, New York 12210, 518/436-9522.

ST. LOUIS: "Dreams of Youth" is a program for inner-city youth that recently introduced racquetball to its participants. At the St. Louis Olympic Festival, over 35 children took part in the program, which featured homegrown legends Marty Hogan and Jerry Hilecher, plus members of the U.S. National Racquetball Team who worked with the children on the court. Program organizers were introduced to the one-wall racquetball variation, and the children received balls, racquets, gloves, eyeguards and t-shirts. An ongoing program in St. Louis, you can get more information by contacting Deb Forsten, St. Louis Dreams for Youth, St. Louis Sports Authority, 10 S. Broadway, Suite 1000, St. Louis, Missouri 63102.

GATEWAY TO RACQUETBALL

St. Louis U.S. Olympic Festival

Full of Surprises

It's an interesting mix. Take the top doubles teams in the country, from last fall. Add a dozen premier singles athletes ranging in age from 19 to 38. Top with the most enthusiastic of young, just-named junior champions. Then blend in a wealth of coaching experience, officiating expertise and administrative know-how and what have you got? Upsets, surprises and more action than you'd expect from a 32-person mini-tournament that lasts for five days. But that's exactly what U.S. Olympic Festival racquetball is all about.

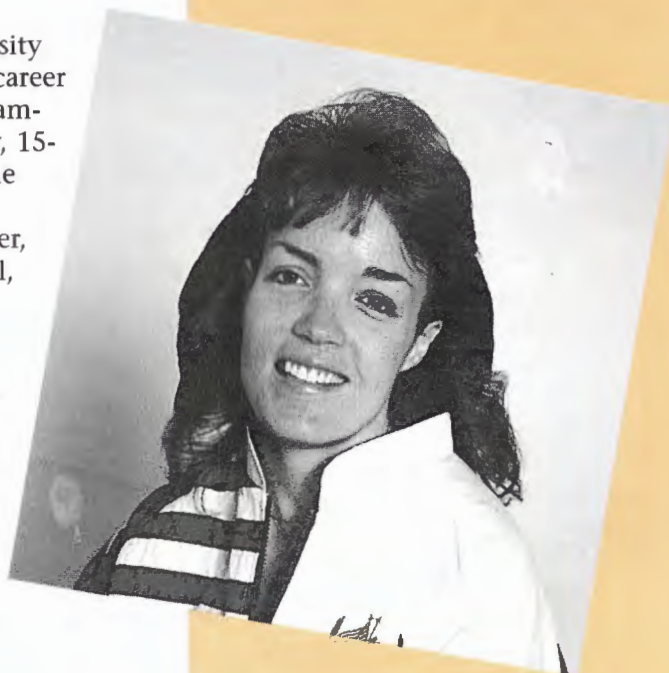
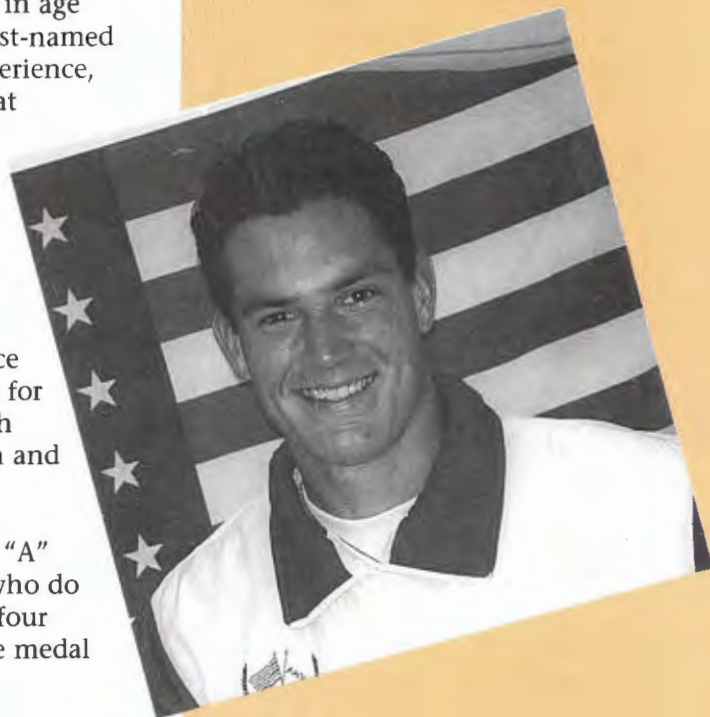
It's a complicated process. Players are divided into their respective North, South, East and West teams as evenly as possible, and doubles teams are paired with equal care. Since several players qualify at both singles and doubles, playoffs for extra roster spots take on new importance. You might finish dead last in the round of 16 in the open singles in Houston and still make it to the Festival.

Once in, preliminary rounds between the teams set singles "A" and "B" players against one another, and the four players who do the best overall advance into the semifinal. In doubles, all four teams play once for seeding, then are shuffled again for the medal rounds.

A slight height advantage ...

For newcomer and recent Southwest Missouri State University graduate Derek Robinson, reaching the Festival final set a career plateau. After his first round drumming of fellow SMSU teammate and four-time intercollegiate champion Tim Sweeney, 15-6, 15-5, the 6'4" Robinson became the player to watch as he towered over most of his opponents in the preliminaries. Another straight game win over pro tour regular Dan Fowler, 15-7, 15-8, put Derek within striking range of the semifinal, but his hardest match was yet to come ... against then current world champion Chris Cole.

"I mean, he's the world champion right now and I'd never played him before," recalled Robinson, "I thought I knew what to expect, but it's different when you're right on the court with him." Adding some balance to Derek's streak, Cole took their match 15-4, 15-1. But the 2-1 record was more than enough to put Robinson into the semifinal, with Cole, against more tall guys - Jeff Evans and Scott Reiff.





U.S. OLYMPIC
FESTIVAL '94

Derek Robinson Kennewick, Wash.

..... def. Tim Sweeney 15-6, 15-5;
..... def. Dan Fowler 15-7, 15-8
..... lost to Chris Cole 15-4, 15-1
..... def. Jeff Evans 15-14, 14-15, 11-8

Scott Reiff Coral Springs, Fla.

..... def. Michael Bronfeld 15-6, 8-15, 11-1
..... lost to Jeff Evans 15-11, 6-15, 11-4
..... def. Brian Rankin 15-12, 15-12
..... def. Chris Cole 15-14, 15-11

FINAL ROBINSON DEF. REIFF
..... 7-15, 15-5, 11-8

U.S. OLYMPIC
FESTIVAL '94

For Jeff Evans, advancing to the semifinal followed on the heels of his first-ever singles match win at an Olympic Festival (he has attended three times), and a career victory over current national singles champion Michael Bronfeld, which eliminated the champion from medal contention.

As it turned out, Robinson would play Washington neighbor and long-time friend Evans, the next-to-tallest player on the roster at 6'2". In their two-hour match, Robinson's win was a see-saw affair, with Evans narrowly losing the first game 15-14, then reversing the outcome in the second with the same score. The tiebreaker might have gone the same way, but Evans lost two close decisions at 8-10 that would have tied the two at match point. With his slightly longer reach, Robinson retrieved everything on no more than two strides, then closed out the match with the last in a long series of a well-chosen shots, executed to perfection.

Reiff hears the call ...

Early in the preliminary round, Memphis State grad Scott Reiff took his first upset win over Michael Bronfeld. In their

tiebreaker, Reiff and Bronfeld played closer than the scores could indicate, with Bronfeld taking a racquet blow to the face on one of Reiff's shots that bruised his left cheek and eye. "He's a big guy and takes a big swing ... I was behind him, but not far enough," said Bronfeld. It was the start of a long weekend for Bronfeld, who agreed to play both singles and doubles to substitute for Egan Inoue, who was a late no-show after an injury.

In the next round, Reiff got a wake-up call from Evans, who won their tiebreaker, 15-11, 6-15, 11-4. But he shook it off and went on to defeat fellow Floridian Brian Rankin, 15-12, 15-12, to get into the semi against Cole.

A silver medalist in this year's intercollegiate nationals, Reiff returned from a 14-10 deficit to save the first game of his semi against Cole, with extended rallies and surprise off-balance winners. Then, on what would be the match-ending drive serve at 14-11 in the second, Cole apparently returned the ball to the ceiling, but then stopped the rally to call a double bounce on his get, ending the match 15-14, 15-11. The move not only cost Cole the match, but a spot on the U.S. Team and his last chance to defend his world title. But anyone who knows Cole's

reputation for good sportsmanship couldn't have been surprised by the call.

Post Grad Rematch ...

The MSU/SMSU rematch between recent grads Reiff and Robinson was destined to go to three, with even odds. After splitting the first two games with low scores by the losers, both were cautious in the tiebreaker, where nerves soon became a factor. Reiff opened with a series of skipped forehands to give Robinson a 4-1 lead before Derek earned the next four points on decisive shots. Then, as Reiff recovered and inched closer to a tie score, Robinson took his turn on the edge, skipping three of his own to bring it to 8-8. Reiff replied with a set of errors, one backhand and one forehand, to give Derek the serve and the advantage.

After Robinson buried a backhand pinch from center court, Reiff took his last time out, then reclaimed the serve with a forehand kill and promptly broke the ball on the next rally. Unaffected by the change, Derek dropped a soft forehand into the nearest corner at match point, and the entire gallery held its breath at his next opportunity. A big backhand windup and slight turn to the left set up the finest splat of the tournament and put him over the top, 11-8.

Robinson, who went into the match with an 0-2 record against Reiff, was frankly amazed by his win. "It's always been the other guys that win," he reflected. "For me, I feel self-satisfied in a deep and personal way ... like I've reached an important goal and become accepted by people I respect - and become one of them."

Gudinas takes two ...

In contrast to the new faces on the men's side, the women's semifinal was filled with veterans, and only one rookie. Defending USOF champion Cheryl Gudinas went into the round undefeated in preliminaries, followed by national champion Robin Levine, four-time Festival participant Lynne Coburn and first-timer Kersten Hallander. Levine, who had injured herself in practice, was making her fifth consecutive USOF appearance in St. Louis, but her first attempt at a singles medal since 1989.

Cheryl Gudinas is a player on the brink of success, after starting a string of impressive finishes in 1992. Wins in Women's 19+ at the 1992 and 1993 National Singles started the trend that Cheryl capped with top honors at the 1993 Olympic Festival, 1994 Pan American Games Team Trials and a third place finish at the 1994 National Singles Championships.

Drive, she said ...

In her bid for a title defense, Gudinas took no chances in the preliminaries, losing only one game in the round to Kersten Hallander. Everything else went according to a straight-game plan for getting into the semifinal. There, Cheryl recovered from a close first game loss to Lynne Coburn. Gudinas came back from a 12-6 deficit to reach 13 in the first game, but could not overtake Coburn until the second, 15-10. Tied at 10-10 in their tiebreaker, the two players exchanged places several times before Coburn, serving for the match, faulted with a short drive serve for a sideout. Gudinas then carefully lobbed the ball into play and

won the final rally with a cross court forehand.

Levine Toughs it Out

Current national champion Robin Levine, injured in the first day of practice, received treatment for pinched nerves in her neck all week long but continued to win her preliminary matches up to the last. Clearly suffering in her last match against Kim Allen, Levine was forfeited by West team coach Jim Winterton at the close of her second game after struggling to win the first. Her game had quickly deteriorated after several diving retrievals, particularly one into the back wall. Still, the injury default did not affect her standing, and she moved into the semifinal in the #1 position in her flight.

After a full morning at the sports medicine center, Robin pulled out her much-needed win to reach the gold medal round with a straight game defeat over Kersten Hallander. In a freak accident, Levine drove a forehand overhead shot directly into Hallander's face, breaking her eyeguards and giving her a good-sized shiner in the right eye. After a fifteen minute timeout and attendance by the trainer,

Hallander returned to the court and scored three more points, but kept her distance as Levine closed out the match, 15-7, 15-4.

What to do ...

For Gudinas, her second Olympic Festival gold medal was more difficult than her first. It was a bittersweet victory when, tied at 10-10 in the tiebreaker, Levine dove for a shot, re-injured her back and had to withdraw from the match. "I had a feeling going in that this might happen," said Gudinas, "and I really wanted to win outright. I'm disappointed, but I know I played my best." Earlier, Gudinas had served for the match once and was frustrated at not being able to close it out before the injury sidelined Levine. "I had to keep reminding myself ... she may be hurt but she's making incredible shots ... I had to concentrate and stay focused."

The first two games of their match couldn't have been closer, as Gudinas and Levine exchanged wins at 15-14, 15-14. Levine was helped by a few ace drive serves, but was forced to dive for shots from the outset and was soon massaging the shoulder between points. To keep her own concen-

Cheryl Gudinas Lisle, Ill.

.....def. Tammy Brockbank 15-12, 15-4
.....def. Amy Kilbane 15-8, 15-1
.....def. Kersten Hallander 14-15, 15-12, 11-3
.....def. Lynne Coburn 13-15, 15-10, 11-10

Robin Levine Sacramento, Calif.

.....def. Lynne Coburn 15-7, 15-6
.....def. Chris Evon 15-7, 15-10
.....defaulted to Kim Allen 15-9, 9-15, injury default
.....def. Kersten Hallander 15-7, 15-4

FINAL GUDINAS DEF. LEVINE
..... **14-15, 15-14, 10-10**

Tony Jelso & Sudsy Monchik

.....lost to Doug Ganim & Eric Muller 15-11, 15-8

.....def. Michael Bronfeld & Bobby Rodriguez 15-0, 15-3

.....def. John Ellis & Shane Wood 15-6, 14-15, 11-4

.....def. Michael Bronfeld & Bobby Rodriguez 14-15, 15-4, 11-1

Doug Ganim & Eric Muller

.....def. Tony Jelso & Sudsy Monchik 15-11, 15-8

.....lost to John Ellis & Shane Wood 15-4, 15-10

.....def. Michael Bronfeld & Bobby Rodriguez 15-9, 15-11

.....def. John Ellis & Shane Wood 15-4, 15-14

FINAL JELSO/MONCHIK DEF.

..... **GANIM/MULLER 15-7, 9-15, 11-7**

Jackie Paraiso Gibson & Joy Paraiso MacKenzie

.....def. Laura Fenton & Mary Lyons 15-9, 15-14

.....def. Elaine Hooghe & Kerri Stoffregen 15-11, 15-11

.....def. Linda Moore & Jen Yokota 15-5, 15-6

.....def. Linda Moore & Jen Yokota 15-5, 15-8

Laura Fenton & Mary Lyons

.....lost to Jackie Gibson & Joy MacKenzie 15-9, 15-14

.....def. Linda Moore & Jen Yokota 15-10, 15-5

.....lost to Elaine Hooghe & Kerri Stoffregen 15-11, 6-15, 11-10

.....def. Elaine Hooghe & Kerri Stoffregen 15-8, 15-11

FINAL GIBSON/MACKENZIE DEF.

..... **FENTON/LYONS 15-3, 15-10**

tration, Gudinas pounded the ball from sidewall to sidewall as Levine recovered more and more slowly. In the tiebreaker, Gudinas recovered from a 6-0 deficit with a methodical series of forehand winners and passes, then pulled into the lead at 8-6. There, Levine called out another pair of drive aces and a solid forehand of her own to reach 9-8, but Cheryl responded with two more forehands to reach match point. Robin regained the serve with a backhand cross court to set up the last rally of the match. It was a long one, ending when Robin dove to retrieve a shot and rolled it out with a backhand. The crowd and coaches sensed the end when Robin did not return to her feet.

Even then, Levine did not want to be forfeited by her coach until her allotted injury time had expired, but Winterton insisted. "In the middle of the first game, I could feel it going," recalled Robin, "My legs were weak and the pain started up but I still felt like I could do it. I didn't care what the score was, I had to keep trying."

The trainer who had been at her side all week administered the last ice pack of the tournament

before she returned to the Washington University medical center for treatment, and later missed the awards ceremony.

Upbeat repeat ...

In women's doubles, U.S. team spots were on the line for San Diego twins Jackie Paraiso Gibson and Joy Paraiso MacKenzie, who held onto their positions with a straight game win over newly paired Laura Fenton and Mary Lyons, 15-3, 15-10.

"We're excited about staying on the team, and hopefully we'll get to go to an international event" said new mother Jackie, who gave birth to her first child only three months ago. "After nationals, this is the first time I felt really good about my timing and my shots."

In defending their '93 USOF title, Jackie and Joy were motivated. Both needed the win to stay on the team, and remain in the athlete pool for a possible World Championship substitution and Pan American Game selections later in the year. With the win, the pair become eligible to serve as replacements, if needed, for upcoming events.

Opponents Fenton and Lyons were experienced in doubles competition with other partners, and didn't take long to adjust to each other's game styles and reach the medal round. A recent national champion, Fenton took home a gold medal from the 1993 National Doubles Championships with Michelle Gould, while the long-established Lyons holds eight doubles titles, including the 1992 national title, with long-time partner Susan Morgan-Pfahler.

First and second ...

Recent pro national singles winner Sudsy Monchik and partner Tony Jelso also had team spots in mind when they defeated current world champions Doug Ganim and Eric Muller in a tiebreaker. After exchanging games one and two, Monchik and Jelso

held steady in the deciding third game, keeping Ganim and Muller at six points while they moved into scoring position. Jelso claimed the final point with a forehand reverse pinch to end it at 11-7.

Teammates Doug Ganim and Eric Muller were the reigning world champions, but had not played together in a team event since that victory. Ganim double-qualified with a fourth place finish at the National Singles Championships and a silver medal at the National Doubles Championships with Tim Sweeney. Muller reclaimed his 1991 National Doubles Championship title with a win last fall with John Ellis, along with a bid for his first Olympic Festival. He is a four-time AARA scholarship winner who recently graduated from Boston University and is taking a year off before entering Harvard Law School in the fall of 1995.

This win officially put Sudsy on the U.S. National Team for the first time, and renewed an appointment for Jelso, who won last year's Festival singles gold medal.

RESULTS

MEN'S SINGLES GOLD MEDAL: Derek Robinson (North-B; Kennewick, Wash.) def. Scott Reiff (South-A; Coral Springs, Fla.) 7-15, 15-5, 11-8; **BRONZE MEDAL:** Chris Cole (East-B; Houston, Texas) def. Jeff Evans (East-A; Kirkland, Wash.) 6-15, 15-7, 11-7. **WOMEN'S SINGLES GOLD MEDAL:** Cheryl Gudinas (East-B; Lisle, Ill.) def. Robin Levine (West-A; Sacramento, Calif.) 14-15, 15-14, 10-10 (injury default); **BRONZE MEDAL:** Lynne Coburn (East-A; Owings Mills, Md.) def. Kersten Hallander (North-B; Jacksonville Beach, Fla.) 15-5, 15-11. **MEN'S DOUBLES GOLD MEDAL:** Tony Jelso (West; Ventura, Calif.) & Sudsy Monchik (West; Staten Island, N.Y.) def. Doug Ganim (East; Columbus, Ohio) & Eric Muller (East; Overland Park, Kan.) 15-7, 9-15, 11-7; **BRONZE MEDAL:** John Ellis (South; Stockton, Calif.) & Shane Wood (South; Auburn, Mass.) def. Michael Bronfeld (North; Carmel Valley, Calif.) & Bobby Rodriguez (North; Denver, Colo.) 15-7, 15-13. **WOMEN'S DOUBLES GOLD MEDAL:** Jackie Paraiso Gibson & Joy Paraiso MacKenzie (North; San Diego, Calif.) def. Laura Fenton (South; Leominster, Mass.) & Mary Lyons (South; Jacksonville, Fla.) 15-3, 15-10; **BRONZE MEDAL:** Elaine Hooghe (West; Columbus, Ohio) & Kerri Stoffregen (West; Cincinnati, Ohio) def. Linda Moore (East; Madison, Neb.) & Jen Yokota (East; Hazelwood, Mo.) 15-4, 15-13.



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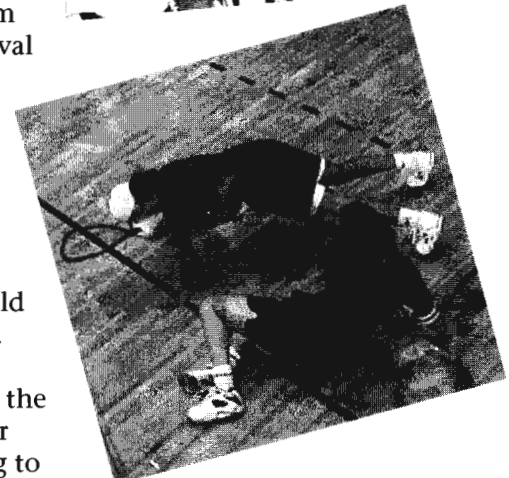
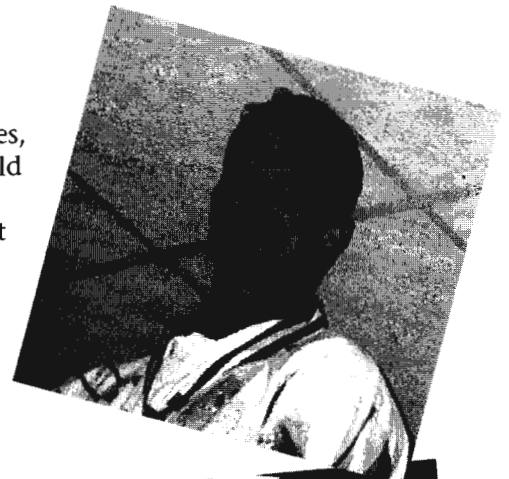
Falling right between the National Singles, the close of the pro season and the World Championships, the U.S. Olympic Festival could easily take on the aspect of "spectacle" rather than serious competition. Indeed, while other sports have been accused of sending only their juniors and "second string" athletes to the Festival, not so in racquetball.

Although the levels of competitors range from veteran U.S. team athletes to the rawest of recruits, Festival qualifying is no cakewalk. And when top U.S. national team athletes make the cut, they had better plan to attend.

In Houston, Joel Bonnett declined to compete in the Festival playoff for position in the round of 16 and was dropped from the roster. Egan Inoue played off, finished #13, then didn't show up due to a late injury. New mom Malia Bailey opted out of both the Festival and the World Championship athlete pool to commit to family. When Michelle Gould injured her back and couldn't compete in St. Louis, medical records, x-rays and a comprehensive follow-up examination by U.S. team physician Rhett Rainey in Colorado Springs were required before she could keep her spot on the World Team.

So, do the top-ranked athletes take the Festival seriously? They do after they've been beaten by a "nothing to lose" newcomer who knows that a U.S. team spot is on the line. Just as interesting as who made the Festival "final four" (as well as the World and Pan Am Teams), is who *didn't*.

Upper left & down: 1. Kersten Hallander, 2. John Ellis & Otto Dietrich, 3. VIP spectators, 4. Bruce Erickson. **Upper right & down:** 5. Derek Robinson, 6. Kim Machiran & Cheryl Gudinas, 7. Gudinas & Levine, 8. Terri Graham & Tim Sweeney.





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BROCKBANK AND WOOD TAKE JUNIOR OLYMPICS

By Brian Eaton

More than 300 young players in 24 divisions swooped down on the Sportsbarn in Chattanooga, Tennessee in late June for the 21st annual Ektelon AARA U.S. Junior Olympic Racquetball Championships. At stake were the last two spots on the 1994 U.S. Olympic Festival racquetball roster and invitations to the Junior Team USA team trials in Colorado Springs in late August.

After all the kills were made, the tiebreakers settled and the smoke cleared, only two players were left as the undisputed 18- Junior Olympic champions.

Shane Wood of Auburn, Mass., and Tammy Brockbank of Boise, Idaho, waded through the largest draws in the history of the five-day tournament and a tiebreaker in each of their final matches

to be crowned champions in the 18- singles divisions. The Junior Olympic victories secured Olympic Festival places for Brockbank as the West's singles B player and Wood as the doubles partner of the South team's John Ellis.

Wood, who narrowly defeated David Hamilton of Mansfield, Ohio, in his Boy's 18- division final, said he faced extra pressure during the tournament due to high expectations.

"Going into the event, I expected to win. I also think maybe a few other people expected me to win because I won at the High Schools," Wood said in an assured tone. "I felt it put a little more pressure on me than usual. I went in hoping to win and focused all my attention on that one goal."

Hamilton kept the match close by making Wood run the length of the court as much as possible, but Wood quickly disposed of the first game 15-8. Although Wood was obviously tired from the first game, the second game looked to be the end-all for Hamilton. The Ohio native rebounded by capitaliz-

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ing on any and all opportunities afforded him, pulling out a narrow 15-13 win and sending the match to a third game.

The tiebreaker went back and forth for much longer than players or fans expected. Wood finally regained his energy and composure to win the match on a quick drive down the left wall. Hamilton lost the ball against the glass side wall and missed the return opportunity, losing the game and match by an 11-9 tally.

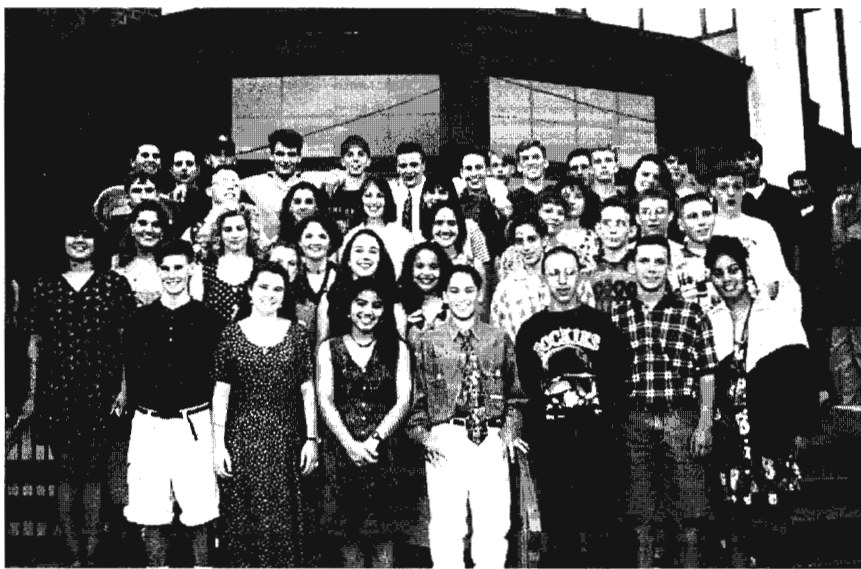
Heading into the finals, Wood was seeded No. 1, and Hamilton earned the second position, although the two players were reversed in the national rankings going into the event. To get to the singles final, Wood knocked off his first three opponents by a combined total score of 90-28 and shoved past Shane Dodge of Boise, Idaho, in the semifinal 15-2, 15-3.

Although Wood only made it to the quarterfinal round in the Boy's 18- division last year, the three-time world junior champion said he knew what to expect from the competition this year.

"It's the same kids you play year in and year out," Wood said. "You just have to play them enough to get used to them and recognize their game plan so you can perfect yours. There's just some kids you get accustomed to playing."

Hamilton and Wood were accustomed to playing each other before the singles final rolled around. Wood and partner Justin Bell of Sutton, Mass., narrowly shot down Hamilton and Boy's 16- singles champion Eric Storey of Provo, Utah, in the 18- doubles final, 15-14, 15-13.

Wood is the reigning champion not only of the high school circuit and, now, Boy's 18- singles and doubles at the Junior Olympics, but also in Boy's 16- singles and doubles at the World Junior Championships. Wood is not eligible to defend that world title this year but can compete in the 18- division.



Top-44 Junior Team USA hopefuls selected for team trials in late August. Photo: Margo Daniels

Brockbank's success story follows in much the same manner as Wood's. Her opponent in the final, reigning high school champion Shannon Feaster of Washington, D.C., was also ranked No. 1 in the class. Brockbank was tied for second. The Girl's 18- final also went to a tiebreaker. Both competitors are reigning junior world champions.

"I did a lot of mental preparation before the final match," Brockbank said. "I thought about what I needed to do and put everything else, like the Festival, out of my mind. (The match) . . . was a lot different from other finals I had played in. It was intense but I still had a lot of fun."

Feaster stunned the Boise native in the first game, using a strong opening burst of energy to take game one 15-9. Conditioning proved to be the factor in the remaining two games, also. Feaster lagged in the second, handing the game over to Brockbank by a 15-11 score.

Brockbank surged well ahead of her younger opponent early in the tiebreaker. Feaster rallied back to a 10-8 score before Brockbank sealed the Festival roster spot and team trials bid in an 11-8 win.

TAMMY BROCKBANK

"The level of play at the [U.S. Olympic] Festival was definitely a shock, especially after just completing juniors. At the juniors, your first few matches are usually not very hard and you don't meet the top competitors until the last few rounds. At the festival, though, you know you're playing the top people in the country from the start. Mentally, juniors is a lot different because you have time to prepare for the final rounds.

SHANE WOOD

"At the juniors, the younger kids look up to you. They want your autograph and they always come up to talk to you. I was the same way when I was 8 and 10. It's mostly the younger kids because the older ones think it's embarrassing. When I see a kid coming up to me, I like to talk to them. If I see a kid crying because he just lost a match then I usually go over to them and tell them to keep their head up. They look up to you for that and respect you personally. I tell them I've been there and I know it means more to hear that from another kid that's been there than from a parent or coach. I try as much as I can to keep the kids interested and involved in the sport wherever I go and remind them that's it's a game and they play it to have fun."

Brockbank's win in the singles division was the second half of a one-two comeback combination on Feaster. In doubles, playing alongside Girl's 16-champion Sadie Gross of Apple Valley, Minn., Brockbank escaped with a 15-11, 2-15, 11-10 defeat of two-time Junior Team USA members Feaster and Andrea Beugen of Golden Valley, Minn. Brockbank had already defeated Beugen in the semifinal round of the singles competition in two games, 15-8, 15-10, to advance to the finals.

At the age of 19, the 1994 team trials could be the last Junior Team USA experience for Brockbank if she fails to qualify for the 1994-1995 team.

"... I'm going to try my hardest to make the junior national team again," Brockbank said after the event. "I plan on running a lot and doing everything the coaches told us to do."

"I think my mental preparation will again be the determining factor for me. I don't start out as well as I'd like to. It takes me a while to get a rhythm. I need to be prepared from the start, not waiting to see how the first points go."

The Junior Team USA trials camp will be held Aug. 28 through Sept. 2 at the U.S. Olympic Training Center in Colorado Springs. The top 14 athletes from the trials, selected on playing ability, academics and character, will represent the United States as team members. The team will be coached by 1992 U.S. National Singles and IRF World Champion Chris Cole.

1994 EKTELON AARA U.S. JUNIOR OLYMPICS RACQUETBALL CHAMPIONSHIPS RESULTS

SINGLES FINALS -- BOYS 18-: Shane Wood (Auburn, Mass.) d. David Hamilton (Mansfield, Ohio) 15-8, (13-15), 11-9; **Boys 16-:** Eric Storey (Provo, Utah) d. Mark Hurst (Panama City, Fla.) 15-9, 15-5; **Boys 14-:** Rocky Carson (Santa Maria, Calif.) d. Dan Gottlieb (Dix Hills, N.Y.) 15-9, 15-11; **Boys 12-:** Shane Vanderson (Dublin, Ohio) d. Grant Barker (Liberty, Mo.) 15-14, 15-7; **Boys 10-:** Jack Huczek (Rochester Hills, Mich.) d. Jim Gooden (Houston, Texas) 15-6, 15-5; **Boys 8-:** Geoffrey Mora (San Jose, Calif.) def. Michael Kamin (Grand Prairie, Texas) (14-15), 15-5, 11-3; **Boys 8-Multi:** Jeremy Robbins (Houston, Texas) def. Tyler Hollingsworth (Salem, Ore.) 15-10, 15-6. **GIRLS 18-:** Tammy Brockbank (Boise, Idaho) d. Shannon Feaster (Washington, D.C.) (9-15), 15-11, 11-8; **Girls 16-:** Sadie Gross (Apple Valley, Minn.) d. Vanessa Tulao (Hixson, Tenn.) 15-4, 15-4; **Girls 14-:** Katie Gould (Ballwin, Mo.) d. Sara Borland (Bettendorf, Iowa) 15-9, (7-15), 11-5; **Girls 12-:** Rebecca Dolloff (Hobbs, N.M.) d. Melanie Mueller (Grand Junction, Colo.) 15-6, 15-6; **Girls 10-:** Crystal Winfrey (Powell, Ohio) d. Kimberly Irons (Dublin, Ohio) (9-15), 15-13, 11-7; **Girls 8-:** Adrienne Fisher (Centerville, Ohio) d. Melissa Holden (Gold River, Calif.) 15-2, 15-1; **Girls 8-Multi:** Adrienne Fisher (Centerville, Ohio) d. Kelley Fisher (Centerville, Ohio) 15-1, 15-5.

DOUBLES FINALS -- BOYS 18-: Justin Bell (Sutton, Mass.)/Shane Wood (Auburn, Mass.) d. David Hamilton (Mansfield, Ohio)/Eric Storey (Provo, Utah) 15-14, 15-13; **Boys 16-:** Mark Hurst (Panama City, Fla.)/John Stanford (Melbourne, Fla.) d. Mark Bloom (Metairie, La.)/Bucky Freeman (Longview, Texas) 15-10, 15-14; **Boys 14-:** Brandon Friend (Rockville Center, N.Y.)/Daniel Gottlieb (Dix Hills, N.Y.) d. Chad Hahne (Virginia, Minn.)/Trevor Larson (Stillwater, Minn.) 15-14, (9-15), 11-10; **Boys 12-:** Shane Vanderson (Dublin, Ohio)/Jason Jansen (Fargo, N.D.) d. Lane Mershon (Montgomery, Ala.)/Grant Barker (Liberty, Mo.) (13-15), 15-5, 11-7; **Boys 10-:** Jim Gooden (Houston, Texas)/Juan Martinez (Aurora, Ill.) d. Bart Crawford (Klamath Falls, Ore.)/Trevor Crowe (Portland, Ore.) 15-8, 15-4. **GIRLS 18-:** Tammy Brockbank (Boise, Idaho)/Sadie Gross (Apple Valley, Minn.) d. Andrea Beugen (Golden Valley, Minn.)/Shannon Feaster (Washington, D.C.) 15-11, (2-15), 11-10; **Girls 16-:** Vanessa Tulao (Hixson, Tenn.)/Rhonda Rajsich (Phoenix, Ariz.) d. Mandi McClure (Lilburn, Ga.)/Colleen Maginn (Portage, Wis.) 15-4, 15-8; **Girls 14-:** Jill Brittain (Keizer, Ore.)/Liana Kerwood (Beaverton, Ore.) d. Brooke Crawford (Klamath Falls, Ore.)/Michelle Helie (Turner, Ore.) 15-12, 15-5; **Girls 12-:** Rebecca Dolloff (Hobbs, N.M.)/Eve Bateman (Media, Pa.) d. Melanie Mueller (Grand Junction, Colo.)/Molly Law (Denver, Colo.) 15-4, 15-8; **Girls 10-:** Kimberly Irons (Dublin, Ohio)/Crystal Winfrey (Powell, Ohio) d. Elida Schilts (Dublin, Calif.)/Heather Holden (Gold River, Calif.) 15-8, 15-5.

STATE TEAM FINISHES (Boys, G/irls, T/otal) -- 1. Oregon (B/378.5, G/174, T/552.5); 2. California (B/374.5, G/77.5, T/452); 3. Ohio (B/241, G/184, T/425); 4. Minnesota (B/171, G/151, T/322); 5. Texas (B/261.5, G/56, T/317.5); 6. Florida (B/232.5, G/25, T/247.5); 7. Massachusetts (B/214, G/25, T/239); 8. Indiana (B/196, G/3, T/199); 9. Missouri (B/130, G/56, T/186); 10. New York (B/178, G/2, T/180).

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PENN SKILL NATIONALS MAKE A SCORCHING DEBUT IN PHOENIX

By Kevin Joyce

The first ever Penn AARA U.S. National Skill Championships were held July 22-24 in sultry Phoenix at the City Square Sports Club. As a "first time out of the gate" event, hesitation and skepticism surrounded the tournament in the planning stages, but these premonitions were soon put to rest.

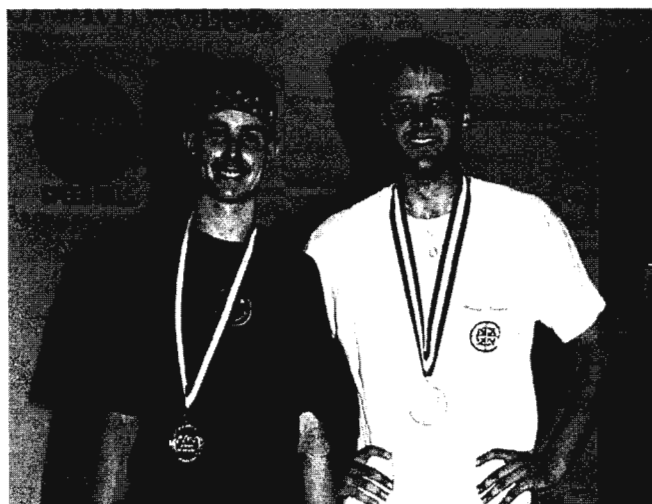
From Alaska to Florida, players representing 28 states converged in the Valley of the Sun amongst the palms, cactus and desert heat to compete for national championship titles in A, B, C, and D singles and doubles divisions.

A host of Arizonans comprised a large percentage of the 130 participants who were rated by PARI instructors before competition began to insure fair draws. But whether rated as a level A or C player, the Olympic format of play guaranteed at least three matches to everyone, with medals awarded to the top four finishers in each of the Gold, Blue, Red and White brackets of each skill division.

In the women's A championship match, top Phoenix junior Rhonda Rajsich claimed the gold medal with a win over Tempe resident Mary Beke in straight games of 15-3, 15-9. Rhonda, 15, advanced through two early rounds without losing a game. Beke survived an early first round struggle with Miriam Crane of Alaska before reaching the finals after a straight game semifinal win over top-seeded Mary Ann Steward of Pennsylvania.

After a third-place finish at the U.S. Junior Olympics in Girls' 16- singles and a first-place finish in Girls' 16- doubles, Rajsich was one of two favorites for the Women's A title, the other had been Beke. Seeding and predictions held true to form when Rajsich faced long-time mentor and Women's 35+ sixth-ranked player Mary Beke in the final. Just three hours earlier, Rajsich and partner Susan Hendricks had captured the Women's A Doubles title.

In an exciting match up on the Men's side, A division contenders Joey Sacco of Merced, California and Steve Black of Provo, Utah had to face off



Men's A winner Joey Sacco (left) and runner-up Steve Black. Below: Women's A champ Rhonda Rajsich (left) and silver medalist Mary Beke. Photo: Kevin Joyce.

against each other less than two hours after earning third place medals as a team in the Men's A Doubles.

Sacco dropped the first game 15-11 to the BYU undergraduate but quickly gained his momentum and won the second game 15-13, and the tiebreaker 11-2. Sacco advanced through his first four rounds of play without losing a game.

At the age of 16, Sacco has long been watched in the racquetball community after taking the A division crown at the California regional championships. His defeat of doubles partner Steve Black marks his first title since the 1993 Merced Valley Championships. Sacco, who resides in Phoenix during the summer, also took second in doubles at the 1994 U.S. National High School Championships.

Both Sacco and Rajsich have been invited to Colorado Springs for a try-out with the U.S. National

Junior Team in late August, and will have the new "A" title to add to their resumes.

In the all-Arizona Men's B finals, Mesa's Richmond Ellis easily found victory over Glendale's Raymond Bierner with a 15-2, 15-9 win. Earlier, Ellis' fourth round opponent Kris Brightwell, also of Mesa, had forced an 11-8 tiebreaker in a crowd-pleasing match up.

Joyce Schafer of Atascadero, California fended off Victoria Carpenter of Fayetteville, North Carolina in straight games of 15-14, 15-2 to earn the Women's B gold medal. Carpenter had a first round scare when Darlene Bench (Mesa) forced her into a tiebreaker.

In the Men's C finals, Carlton Rebeske fought off Ronald Frantz's attack to win a nail-biting 11-9 tiebreaker before a host of spectators. For the women, round robin play named Scottsdale's Karen Wozniak the gold medal winner.

Men's D singles champion Glen Childers, Jr. of Bridge City, Texas, added a gold medal to his take home cache from an earlier doubles victory when he dropped Mark Sandoval of Lakeland, Colorado 15-11, 15-6.

It was double trouble when Raymond Maestas and Michael Nova, both of Las Vegas, New Mexico took to the court in the Men's A Doubles final. The arsenal of Liberty, Missouri's Jim Brane and Doug Dickman (Sedalia, MO) was not enough to earn them gold in this 15-12, 15-13 match. Maestas and Nova advanced to the finals with an emotional semifinal tiebreaker win over the duo of Sacco and Black.

In a four-team round robin, Rhonda Rajsich and Phoenix neighbor Susan Hendricks won the Womens A Doubles championship. Hendricks, who earned a third place finish in singles play, and her teammate allowed only 25 points to opponents after three matches.

The Men's B Doubles team of Lee Lindenburg (Martinez, Calif.) and John Schriever (San Carlos, Calif.) held off Florida doubles opponents Steve Shapiro and Jim Gignilliat in two games of 15-8, 15-7.

On the women's side, Concepcion Prat (Atlanta, Ga.) and Candy Mason (Alpharetta, Ga.), teamed up to win gold medals in the Women's B championship.

Mark Bouchard and Joe Souza, both of Plymouth, Massachusetts cleanly advanced through four rounds to claim victory over Santa Fe, New Mexico natives John Cotoia and John Odell. The Plymouth team earned the title spot with 15-10, 15-8 wins and forced the "John and John Show" to a silver medal performance.

In the Men's D Doubles championship playoff, Robert Arroyo of Largo, Florida and Childer's earned victory by defeating Carl Pitts of Baytown, Texas, and Mesa's Rick Warner 15-10, 15-11. Earlier, Warner and Pitts had advanced to the championship round with two impressive match wins.

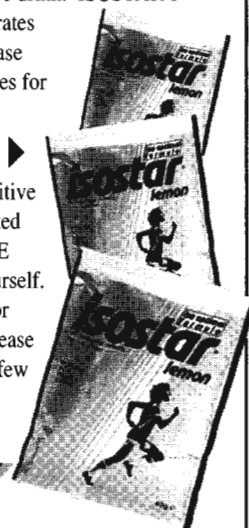
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Behind the Glass Wall ...

After five rounds of play in the Men's D Singles, **Sam Hood** (Hot Springs, Ark.) said he never found that prized opponent "the one with a cement block tied to his foot." A bronze medal winner in the blue division and accomplished bow hunter, Hood said he "relies on a power serve in his game" and "likes to use all of the 10 allotted seconds between points." ... **Larry DeSorbo** (New London, N.H.) made his tournament debut in the Men's A after a four-year hiatus from the sport. Up 10-0 in a first round tiebreaker, he dropped the possible win to Albuquerque's **Eric Fought** ... **Brian and Debra Bristow** (Barre, Vt.) added a lot of color with their flashy leisure and tournament wear. Both are noted for their outstanding line judging duties in a Men's D Doubles Match ... **Rod Alston and David Miller** (both of Reno, Nev.) donned Viking hats complete with horns to take on Men's C doubles opponents **Shawn Blazius and Darin Lahaderne** (San Jose, Calif.) in a first round match. But the Nordsman's ship never reached shore as they fell short of victory in a 11-2 tiebreaker ... You just won two gold medals. Where are you going after the tournament? "We're going to Disneyworld," said **Glen Childer's Jr.** (Bridge City, Texas), where he and his wife plan to celebrate their second wedding anniversary ... **Lee**

Lindenberg (Martinez, Calif.) sported the most gold chains and best tan in the tournament. Iced tea anyone? ...

Concepcion Prat, Candy Masson and Marina Purtee (Princess) represented the state of Georgia. All Southern Belles in their own right, of course ... **Jim Gignilliat** (Palm Beach Gardens, Fla.) made the trip to Phoenix with doubles partner **Steven Shapiro** (West Palm). Aside from

being Jim's first time on a airplane it was also his first time across the border of the Sunshine State ... It was a family affair for Mesa, Arizona mom **Patti Warner** and sons **Mark, Jr., Andy and Rick** who all played the event. Mark, Sr. was sidelined with an injury but provided great cheerleading support.



SAM HOOD

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Above: the Nordsmen! Below left: Men's B champs Lee Lindenberg (l) and John Schriever. Below right: Reunited old friends Kerri Wethington (l) and Mimi Crane yuk it up. Photos: Kevin Joyce.



1994 PENN AARA U.S. NATIONAL SKILL CHAMPIONSHIPS

FINAL RESULTS -- Men's A: Joey Sacco (Merced, Calif.) d. Steve Black (Mesa, Ariz.) 11-15, 15-13, 11-2; **Men's B:** Richmond Ellis (Mesa, Ariz.) d. Raymond Bierner (Glendale, Ariz.) 15-2, 15-9; **Men's C:** Carlton Rebeske (Mesa, Ariz.) d. Ronald Frantz (New Castle, Calif.) 15-5, 12-15, 11-9; **Men's D:** Glen Childers (Bridge City, Texas) d. Mark Sandoval (Lakeland, Colo.) 15-11, 15-6; **Men's A Dbls:** Raymond Maestas (Albuquerque, N.M.)/Michael Nava (Las Vegas, N.M.) d. Jim Brane (Liberty, Mo.)/Doug Dickman (Sedalia, Mo.) 15-12, 15-13; **Men's B Dbls:** Lee Lindenberg (Martinez, Calif.)/John Schriever (San Carlos, Calif.) d. Jim Gignilliat (Palm Beach Gardens, Fla.)/Steven Shapiro (West Palm Beach, Fla.) 15-8, 15-7; **Men's C Dbls:** Mark Bouchard (Plymouth, Mass.)/Joe Souza (Plymouth, Mass.) d. John Cotoia (Santa Fe, N.M.)/John Odell (Santa Fe, N.M.) 15-10, 15-8; **Men's D Dbls:** Robert Arroyo (Largo, Fla.)/Glen Childers (Bridge City, Texas) d. Rick Warner (Mesa, Ariz.)/Carl Pitts (Baytown, Texas) 15-10, 15-11.

Women's A: Rhonda Rajsich (Phoenix, Ariz.) d. Mary Beke (Tempe, Ariz.) 15-3, 15-9; **Women's B:** Joyce Schafer (Atascadero, Calif.) d. Victoria Carpenter (Fayetteville, N.C.) 15-14, 15-2; **Women's C:** Karen Wozniak (Scottsdale, Ariz.) d. Concepcion Prat (Atlanta, Ga.) 15-10, 15-14; **Women's A Dbls:** Susan Hendricks (Phoenix, Ariz.)/Rhonda Rajsich (Phoenix, Ariz.) d. Miriam Crane (Anchorage, Alaska)/Kerri Wethington (Southlake, Texas) 15-1, 15-3; **Women's B Dbls:** Candy Masson (Alpharetta, Ga.)/Concepcion Pratt (Atlanta, Ga.) d. Becky Brannan/P.K. Thiemann (Albuquerque, N.M.) 15-10, 15-12.

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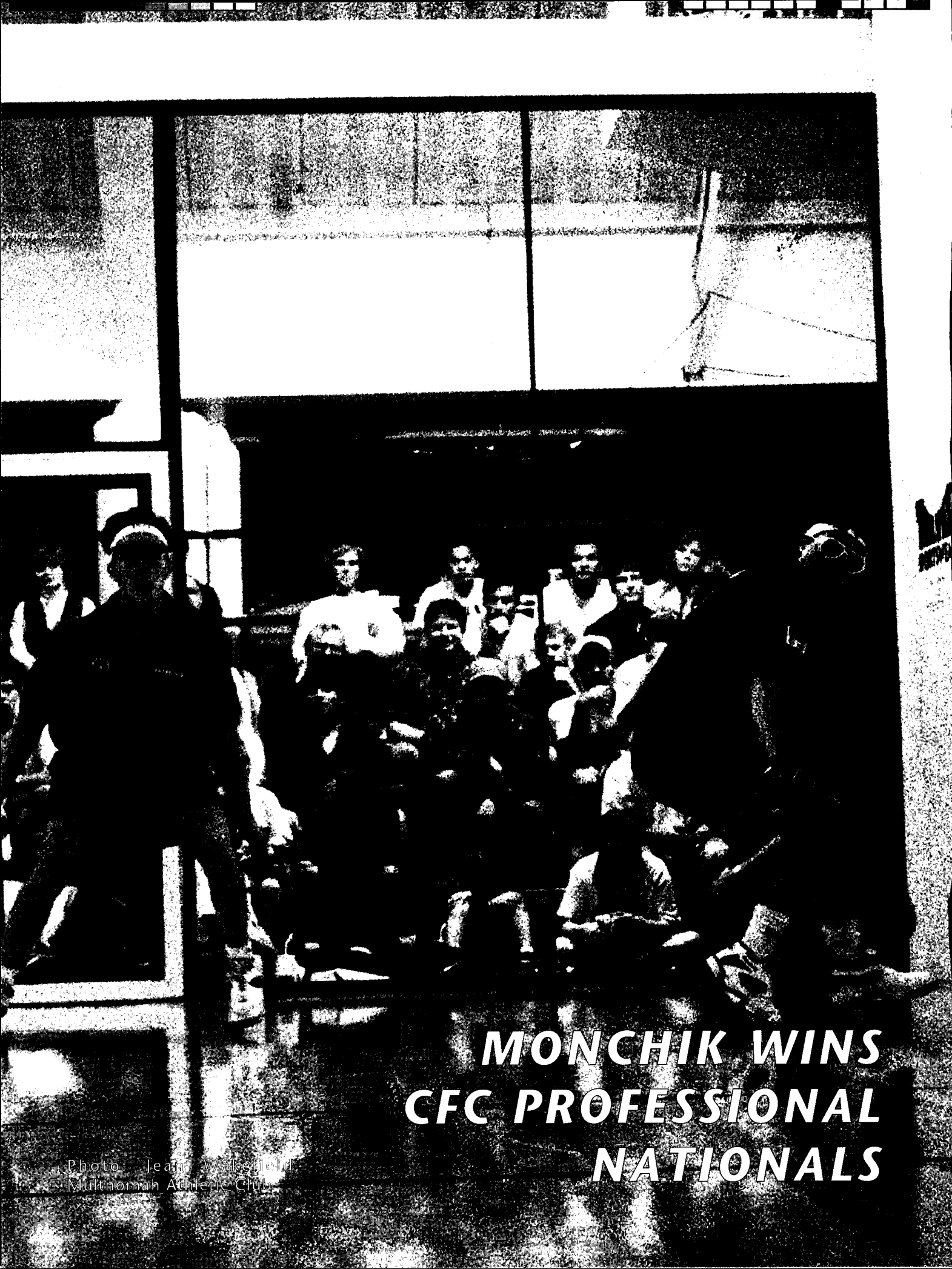
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**MONCHIK WINS
CFC PROFESSIONAL
NATIONALS**

Photo: Jean Wakefield
Multnomah Athletic Club

By Jack Newman

The Pro Nationals always has the added drama of being the most prestigious event of the year, with all the players fighting for their end-of-season bonuses and final rankings.

This tournament had special importance for Cliff Swain, who hoped to finish off the year with a big win. Tim Doyle was looking to finish #2 and capture his first pro national title. Andy Roberts, battling upcoming knee surgery, was trying to defend the title he won last year. Drew Kachtik was attempting to regain his #1 form of 1992. Mike Ray hoped to cap off a dismal season by winning a fourth national title. Then there are always the up-and-coming players trying to etch their names in the racquetball history books ... like John Ellis, Woody Clouse and Sudsy Monchik.

The 32s were a relative breeze for all the top players. A couple of good first round matches found Adam Karp defeating Tony Jelso in three straight games, marking three straight round of 16 appearances for Karp. Dan Fowler was taken to four games by Mike Brady.

Round of 16

While the preceding round had been uneventful, the round of 16 produced many upsets and great matches. The first saw Dan Obremski come back from a 2-0 deficit to end a remarkable season for fifth seeded Mike Guidry in five games. Obremski played a limited schedule this season but always seems to call on his athletic ability to beat someone. But expect Guidry to bounce back and win a tournament next season.

Dan Fowler has had Drew Kachtik against the wall in every match that they have played this season, and this one was no exception! They battled all the way to the fifth and deciding game, with Drew coming out on top 12-10. Egan Inoue made an appearance in Portland after missing the last few events, and was able to receive a favorable draw against an injured Andy Roberts. Egan prevailed in four games, and Andy went back to Memphis to have knee surgery the following Monday.

Sudsy Monchik vs. Mike Ray was a great match-up. Mike Ray won easily 11-1 in game one with his control style, but Sudsy powered

his way to a 13-11 second game victory, only to have Mike come back and win game three, 11-9. Mike appeared to be on his way to victory with a 9-4 lead in the fourth, but Sudsy cranked some drive serves and killed some backhands to come back and win 13-11. Game five was more of the same as Sudsy moved to the quarters with an 11-6 win.

Ruben Gonzalez, playing as steady as ever, ended a disappointing season for Bret Harnett with an easy straight game win. Bret has had trouble regaining his former No.1 form of years past. Before a home crowd in Portland, Tim Doyle dispatched Louis Vogel in four games, while Woody

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ADVANCING IN PORTLAND

ROUND OF 16

Cliff Swain def. Adam Karp 11-8, 11-2, 2-11, 12-10
Woody Clouse def. John Ellis 8-11, 8-11, 11-8, 15-13, 12-10
Dan Obremski def. Mike Guidry 2-11, 6-11, 11-7, 11-6, 11-5
Drew Kachtik def. Dan Fowler 11-4, 3-11, 11-3, 9-11, 12-10
Egan Inoue def. Andy Roberts 11-0, 11-13, 12-10, 11-8
Sudsy Monchik def. Mike Ray 1-11, 13-11, 9-11, 13-11, 11-6
Ruben Gonzalez def. Bret Harnett 11-4, 11-6, 11-9
Tim Doyle def. Louis Vogel 11-7, 7-11, 11-9, 11-3

QUARTERFINALS

Cliff Swain def. Woody Clouse 12-14, 11-7, 11-1, 11-0
Drew Kachtik def. Dan Obremski 12-10, 11-7, 5-11, 11-9
Sudsy Monchik def. Egan Inoue 8-11, 11-5, 11-9, 11-3
Tim Doyle def. Ruben Gonzalez 11-6, 11-8, 11-7

SEMIFINALS

Drew Kachtik def. Cliff Swain 6-11, 11-11, 6-11, 11-8, 12-10
Sudsy Monchik def. Tim Doyle 11-4, 11-5, 11-5

FINAL

Sudsy Monchik def. Drew Kachtik 11-4, 11-6, 8-11, 11-0



Even though Monchik suffered a disappointing near-miss at National Singles the week before (losing in the quarterfinal, team qualifying round), he bounced back in Portland to win his first tour stop.

Clouse and John Ellis played an enjoyable five-game war. These two players get every ball and do not believe in ceiling shots. Ellis powered his way to a 2-0 lead in games before Woody was able to win game three, 11-8. The fourth game was up and back with Woody able to hold John off 15-13. The crowd was hoping for a super-tiebreaker and they got it. Always the showman, Clouse was the victor in this battle 12-0. Swain was next on the show court at the MAC club and he was pushed to a close four game victory over Adam Karp.

Quarterfinals

The quarters started with Drew Kachtik defeating Dan Obremski in a close four-game match, which was highlighted by tremendous diving gets by both players. In a battle of 180 mph, serves Sudsy Monchik seemed to be gathering momentum as he beat Egan in a four games. Tim Doyle seems to have Ruben's number this season, and moved one step closer to the finals with a three straight victory. Cliff dropped game one to a pumped up Clouse 14-12, but after that he turned it up a notch. The next three games were all Swain 11-7, 11-1, 11-0.

Semifinals

The first semifinal saw one motivated player in Sudsy Monchik. Playing the best ball of his young career, he defeated Tim Doyle for the second straight time, but this time it wasn't even close. Monchik advanced into his first pro final, 11-4, 11-5, 11-5. Then Swain battled Kachtik for the right to compete in the national finals. Swain was able to take a 2-1 lead in games before Drew kicked it in to overdrive, winning game four 11-8. The tiebreaker had the crowd at the edge of their seats. As many matches did over the weekend, this match went to the super-tiebreaker, with Drew pulling off the upset, 12-10 and spoiling Cliffs's title hopes.

Drew hurt his ribs in his match against Cliff and was really not able to mount much offense as Sudsy was able to overpower Drew and pull off the biggest surprise this season by winning his first pro tournament and the 1994 National Championship. Sudsy will probably return to the winning circle next season.

IRT UPDATE

By Hank Marcus

IRT KICKS OFF SEASON

The International Racquetball Tour kicked off the largest tour in pro racquetball history in August at the beautiful Elmwood Fitness Club in New Orleans. This season includes 25 events and another 10 satellite events, plus the VCI Challenge Cup Series sponsored by VW Credit, Inc. The tour schedule on the next page lists the first half of the IRT season. For more info, call 503/639-3410.

SATELLITE TOUR INITIATED

With twenty events, ESPN coverage, major sponsors, and over \$300,000 in prize money, the IRT is on the move. Last season was a landmark for professional racquetball that created a demand for the pros. As a result, the IRT created the 1994-95 IRT Satellite Tour to bring the top pros to new cities across the world and give local and regional open players a chance to compete against the best. Visiting pros will also be available to host clinics and junior development programs. If you are interested in hosting an IRT Satellite event, please contact IRT Commissioner Hank Marcus at 503/639-3410.

CFC NATIONALS UPDATE

Special thanks to the awesome Multnomah Athletic Club and its staff, especially Matt Hanners, who handled the tournament desk and controlled 400 players from Wednesday to Sunday. The pros also did their traditional clinic for the Oregon Junior Team getting them ready for the

Junior Nationals. This event would not be possible without the tremendous support of CFC Mortgage, VW Credit, Inc., Chelsea's Restaurants, Sandy's Camera Shops/Kodak, Leader, and Sunset Porsche & Audi.

RIVERSIDE TO HOST CAMPBELL'S HEALTHY REQUEST/V-8 SPLAT SHOT PRO-AM, SEPT. 29-OCT. 2

The first pro stop at The Tournament House was held in 1989, and over the years, its annual pro-am has become one of the most desirable and enjoyable stops on the pro tour. With its new major sponsor, the event is now called the Campbell's

Healthy Request/V-8 Splat Shot Pro Am.

The Tournament House opened its doors in March 1979 and has maintained its image as a racquetball club with a solid membership of top advanced players, as well as newcomers, men, women and kids. The club is still the home club of some of the greatest players in the history of the game: Rich Wagner, Steve Lerner, Jeff Conine and Kelly Gelhaus. The club is owned and managed by people who know, love and play racquetball: Vance Lerner, Robin Dixon and Bart McClintic. For more information, contact Robin Dixon at 909/682-7511.

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1994 TOUR SCHEDULE

Stop #3: Arlington, Virginia

The Skyline Club
*Saturday night final
September 7-10

Stop #4: Riverside, California

The Tournament House
September 28-October 2

Stop #5: Montreal, Quebec
VCI CHALLENGE CUP SERIES #1
October 19-23

Stop #6: Chicago, Illinois

Woodfield Racquet Club
October 26-30

Stop #7: Baltimore, Maryland
VCI CHALLENGE CUP SERIES #2
Merritt Athletic Club
November 2-6

Stop #8: Denver, Colorado

Lakewood Athletic Club
November 30-December 4

Stop #9: Dallas, Texas
VCI CHALLENGE CUP SERIES #3
December 8-12

JACK NEWMAN: TRIBUTE TO A FRIEND

By Woody Clouse

This tribute is in appreciation of both Jack Newman and his parents, Mike and Evonne. In Jack's own words, "without the love and support of my parents, my career would have never taken place." From driving Jack to his junior tournaments, to cheering him on to winning this first pro stop, the Newmans were always there to support their son unconditionally. So, my tribute to Jack is in special honor of Mike and Evonne Newman as well.

Although Jack was never the strongest, fastest or biggest player in any draw in which he competed, he was certainly never short on talent or skills. Jack relied on great shot selection, pinpoint pinches and the best lob serves in the history of the game. He had a backhand splat that was sent from the gods, a positive mindset and the heart of a lion.

He began making history in racquetball thirteen years ago in 1981. That year he won both the AARA and USRA (United States Racquetball Association) Junior National Championships. He was the first person to ever receive a full racquetball scholarship to a university (Memphis State). In 1982, he became the first freshman to win a National Intercollegiate Championship and in the same year, he went on to



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win the AARA Open National Championships in Buffalo, New York.

After winning the intercollegiates again as a sophomore in 1983, he turned pro. Jack's first professional tournament was the Ektelon Pro Nationals that same year. After qualifying for the main draw, he upset two of the top pros before being edged out in the quarterfinals by one of the all-time greats, Dave Peck. Placing high stock on education, Jack split his time between racquetball and his degree. After graduating from the University of Illinois, he knew it was time to devote all his energies to professional racquetball. From 1989 to 1994, Jack was a mainstay in the top eight. His first pro win came in April of 1991 at Woodfield Racquet Club, his home club in Chicago.

According to Jack, the biggest prize racquetball ever gave him came in February of 1990. That's when he met his elegant and charming wife, Christy, at a tournament in Pittsburgh. Jack immediately adopted Pittsburgh as his second home town, there marrying Christy in May of 1991 and then winning his second pro stop in February of 1994. During his years on the pro tour, Jack was a constant contributor to its success. He organized and made sense of a very confusing ranking system and served as a member of the board of directors responsible for all decisions regarding the tour.

Most importantly, Jack was a contributor to the well-being of the sport. Creator of "America's Most Wanted" racquetball camps, the instructional program has schooled many of the top instructors and players across the country.

Jack feels good about the timing of his retirement. He's leaving the game while he's playing great! He's the only player to have beaten Cliff Swain twice this past season and there isn't a single top player from Jack's era who hasn't suffered a loss from him. Being ranked fifth at the time of his departure, he is definitely leaving the IRT on a high note.

Although Jack is leaving the tour, he isn't leaving racquetball. His camps will still be offered at clubs across the country, but his first and foremost commitment will be to his family. On May 3 of this year, Christy and Jack welcomed their firstborn son, Mitchell Zachary Newman! At about the same time, Jack began a new job as a financial planner with Prudential Securities.



Photo: Steve Lerner

Jack's three closest friends on the tour, Andy Roberts, Ruben Gonzalez and Mike Ray, will all greatly miss a genuine and trustworthy partner (aside from the fact that they won't have Jack reciting the newspaper to them, or breaking down the food bill to the penny, of course). But Andy doesn't know where he's going to find as good a roommate. Mike doesn't know how he's going to keep current on local and world news ... reading the paper on his own just won't be the same. And Ruben doesn't know who will be there with a joke, handshake and a hug. All three – as well as the rest of us – knew that Jack's path would lead to business. His ambition told us so and his formula for success has been drawn out in front of us for years. Jack is going to be a great financial planner!

So, from all the guys, we'd like to once again thank Mike and Evonne – because "Jack Newmans" don't come around very often.

Best of luck and thanks for everything!

**Your Pals from the IRT
(P.S. See 'ya in the 70+ division)**

A DISCUSSION WITH MARCI DREXLER

By Chris Evon

Marci Drexler started playing racquetball with her dad when she was thirteen years old. Since then, her style of play, which she professes is "more like a guy's" has earned her numerous singles and doubles titles. She has the heart and the determination to win and to be the best, but she insists on doing it her way. She was a member of the U.S. National Team for three years and has been playing professionally for the past ten years – longer than any other women currently playing the tour. Her aggressiveness on the court surprises many who usually see her as shy and soft spoken. We recently had the chance to sit down with Marci and talk about an uncomfortable subject - herself. Here is a person who has taken the experience of racquetball and made it a positive influence in her life. Here are the thoughts of Marci Drexler ...

Chris: At the WPRA AllSport National Championships in Baltimore you were elected to be President of the WPRA. What do you see as the biggest challenge ahead of you in that position?

Marci: I see my biggest challenge as getting all the players involved in the future success of the organization. I've recently set up a program where the players can volunteer for a committee that interests them. I believe if we all continue to work together, we will be able to channel more of our energies into the growth of the tour.

C: You bring to the tour more years of experience at the professional level than any other current player. What changes do you want to see in the organization in the next five years?

M: There are three areas that I would like to focus on. I would like to see more player involvement, I'd like to work on bringing in someone from outside of the pool of players to work on securing sponsors



Photo: Beth Dyer

and tournament sites, and I would like to see more players playing the tour, by increasing the number of stops and the amount of prize money offered.

C: Which players had the most influence on you or your game as you started playing professionally?

M: There really was no one player in particular that influenced my game. I always looked up to the men players more than the women, and was always inspired when watching them. Whenever I had the chance to watch them, I tried to find something from their game that I could incorporate into mine.

C: Your style of play is different from any player on the tour today. How would you describe your style and what makes you effective as a player?

M: I think I play more like a guy. I use a lot of power, although I don't depend on it as much as I used to. In the past few years I've changed my game from just using power to adding more thinking and strategy. I think I'm an effective player because I have confidence playing my way. Spectators, or even other players, might think I hit low percentage shots, but they are actually high percentage for me. I'm not as good at hitting straight

down the line or hitting the "typical" high percentage shots. I'm much more comfortable and effective hitting the corners and using my overheads as much as possible.

C: You were sidelined for more than a season because of a serious knee injury. What effect did the injury have on your game?

M: In 1989 I had ACL reconstruction done on my knee. It took me the entire following year to come back from it. I think the injury really motivated me and had a positive effect on my game. At first I was scared I would never be able to play again. But when I started coming back I saw the game differently than I had before, and I started enjoying it more. I think the whole experience added to my growth and maturity as a player. That's when I feel I really started to use my head more when I played.

C: What have you done differently this year that allowed you to secure the No.2 ranking and the Player of the Year Award?

M: I don't think I did anything differently. I know I was more consistent both mentally and physically than any other point in my career which made a big difference.

C: What do you consider the single most important part of your training program?

M: Taking care of my knee and making sure I'm physically fit. Another positive outcome from my knee injury is that I have to keep my body totally balanced all the time or it effects my knee.

C: Many coaches or players have tried to convince you to change your style of play. What advice has helped your game and what has hindered you?

M: In 1987 I worked with Dave Peck for a while which helped a lot. He worked mostly on my strokes and my court positioning. A few years ago I worked with Jim Carson, and although he helped me with some physical aspects of my game, our philosophies about what style of play would allow me to be the best differed tremendously. What happened was that I started to doubt myself and my ability to win playing the way I wanted to play. I had no confidence playing his style of play, and I was losing confidence in my own style. I soon realized that to enjoy playing and to win I had to believe in myself and in my own philosophies of playing.

C: Michelle Gould has been a dominant force on the tour since the retirement of Lynn Adams. Do you see that changing? Who do you think has the ability to challenge her next season?

M: I would like to be a factor in changing Michelle's dominance on the tour. I think to do that, I have to raise both my physical and mental games to be



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Photo: Beth Dyer

more consistent. I also think players like Robin Levine, Jackie Paraiso-Gibson and Malia Bailey have the abilities to challenge her at any time.

C: You were a member of the U.S. National Team in 1983, '84 and '85. Do you plan on regaining your amateur status in the near future?

M: Yes, I've considered it for next season. I could get excited about being a part of the Pan Am team or the Olympic team when that happens.

C: Do you believe the pros should be allowed to play at the AARA National Championships?

M: No, I don't. When the pros are allowed by the amateur organization to play at the Nationals, it takes away that stepping stone from the amateurs to the pros.

However, I do believe the best players should be on the U.S. team, and I would like to see the AARA establish a separate event, away from the Nationals, to be used as a qualifying tournament for the team.

C: Your mom traveled with you to the 1994 WPRA National Championships. Is that common? How has your family supported your racquetball career?

M: My mom always used to travel with me when I was younger, but this was the first event out of state she's been able to make in a while. As for my family, they've always been very supportive of my career as a professional racquetball player.

C: What other sports do you enjoy playing?

M: I love to play tennis and at one point wanted to try to play profes-

sionally. I also enjoy both snow and water skiing.

C: What has been the most gratifying accomplishment or title throughout your racquetball career?

M: My first season back after my knee surgery I beat Michelle in the quarters at a pro stop in Philadelphia. It was the first time I felt the confidence I felt prior to the injury. I knew then I was back!

WPRA 1994-95 TOURNAMENT SCHEDULE

November 3-6, 1994
Merritt Athletic Club
Baltimore, Maryland

December 2-4, 1994
The Sports Barn
Chattanooga, Tennessee

January 13-15, 1995
Highpoint Athletic Club
Chalfont, Pennsylvania

January 27-29
Tysons Corner, Virginia

February
Mayfield, Pennsylvania

March 24-27
The Track and Racquet Club
Syracuse, New York

April
Atlanta, Georgia

May 5-7
WPRA National Championships
Merritt Athletic Club
Baltimore, Maryland

WPRA END OF SEASON RANKINGS

1.	Michelle Gould	2028.6
2.	Marci Drexler	1497.7
3.	Robin Levine	1278.6
4.	Cheryl Gudinas	978.6
5.	Lynne Coburn	814.3
6.	Molly O'Brien	707.1
7.	Laura Fenton	604.5
8.	Chris Evon	550.0
9.	Ellen Crawford	512.8
10.	Roz Olson	459.9
11.	Caryn McKinney	403.3
12.	Janet Myers	390.7
13.	Marcy Lynch	373.9
14.	Lorraine Galloway	357.1
15T.	Dee Ferreira-Worth	341.9
15T.	Kim Machiran	341.9
17.	Robin Whitmire	303.3
18.	Karen Key	244.2
19.	Michelle Wiragh	202.2
20.	Kim Russell	159.4
21.	Tammy Brockbank	155.6
22.	Kersten Hallander	130.3
23.	Barbara Faulkenberry	109.4
24.	Doreen Metzold	95.1
25.	Holly Gray	74.5
26T.	Cindy Conine	58.3
26T.	Kerri Stoffregen	58.3
28T.	Yolanda Jordan	45.7
28T.	Josee Moore	45.7
30T.	Babette Bell	29.8
30T.	Mary Lyons	29.8
30T.	Jessi Slaughter	29.8
30T.	Jen Yokota	29.8
34T.	Shannon Feaster	14.6
34T.	Jovi Larson	14.6
34T.	Susan Morgan-Pfahler	14.6
34T.	Capt. Laura L. Patterson	14.6
34T.	Sandy Robson	14.6
34T.	Lauren Sheprow	14.6
34T.	Kathy Treadway	14.6
34T.	Vanessa Tulao	14.6

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6.	Molly O'Brien	4150
7.	Laura Fenton	4150
8.	Caryn McKinney	3400
9.	Chris Evon	2650
10.	Ellen Crawford	2250
11.	Roz Olson	1500
12T.	Kersten Hallander	750
12T.	Robin Whitmire	750
12T.	Barbara Faulkenberry	750
12T.	Marcy Lynch	750



THE ANTI-OXIDANT STORY

By Marcy Lynch, C.N.C.

Any discussion of antioxidants must first explain the concept of free radicals. Free radicals are toxic molecules which are created in our bodies with every breath we take, and are implicated in more than 60 age-related afflictions including cancer and heart disease. Free radicals are unstable molecules which are highly reactive because they contain one or more unpaired electrons. In an attempt to become stable they seek, attack and damage neighboring molecules such as DNA, lipids in cell membranes and body proteins. When these molecules are damaged, their molecular structure is altered. Then the altered molecules themselves become free radicals. This chain reaction has the potential to damage thousands of molecules throughout the body.

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The body has elaborate strategies for controlling this process, known as oxidation, but safeguards aren't foolproof. Countless daily stresses from smoking to pollutants in our food, air and water can accelerate oxidation damage. Even exercise, so essential for good health, is a major source of free radicals. This is where antioxidants come to our aid.

Antioxidants are essential vitamins, minerals and compounds which help stabilize free radical oxidation before it can damage the body. It is the action of

free radicals that causes a freshly cut apple to turn brown when exposed to the air. Vitamin C in lemon juice can be used to protect the surfaces. Vitamin C is one of the antioxidant vitamins and it neutralizes and stabilizes the free radicals before they can damage the exposed tissue of the apple. This is the protection that antioxidants offer against the cellular and molecular effects of free radicals.

Antioxidants are found in fruits and vegetables, but according to Dr. Jeffrey Blumberg, associate director of the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tuft's University, we need these nutrients *significantly* above the RDA's to achieve adequate antioxidant protection. Moreover, he states that the higher the antioxidant level, the lower the risk of disease and vice versa.

The antioxidant nutrients are Vitamin A, Beta Carotene, Vitamin C (Ester C), Vitamin E, Selenium, Zinc, Copper, Manganese, Glutathione, and Leucoanthocyanin (grape seed extract).

When looking for antioxidant products, purchase only those which contain all 10 known antioxidants for optimum cost and effective protection. In addition, look for all four forms of Vitamin E tocopherols, not just the d-alpha form found in soy beans. Leucoanthocyanin can boost the antioxidant effect of Vitamin C by 20 times and Vitamin E by 50 times while ensuring that protection remains at an effective level throughout the day and night. Look for leucoanthocyanin in your antioxidant supplement, whatever the brand.

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What determines a winner? Sure, athletic talent is important. And of course, practice helps. But there is a mental attitude, a kind of inner strength, that separates the champions from the rest of us. To help you play better racquetball, 1994 Ektelon AARA U.S. National Champion Mike Bronfeld shares his tips on staying focused during a match. And Linda Moore, PARI Certified Level III instructor, offers hints on how to play against a superior player – and score.



STAYING FOCUSED IN RACQUETBALL

By Michael Bronfeld

1994 Ektelon AARA Nationals Champion

Ektelon-sponsored player Michael Bronfeld, Men's Open winner of the 1994 Ektelon AARA National Championships in Houston, is a competitor who knows what he wants – and goes after it. The 27-year-old from Northern California has collected numerous victories in his racquetball career, including the 1988 Intercollegiate championship and a gold medal at the 1993 World Games. His next goal – first place at the Pan American Games.



Want to know how I won the Nationals? I constantly worked on staying focused during the match and keeping my concentration intense. To be successful in competition you must have confidence in yourself, a belief in yourself, and knowing that no matter what's happening on the court, you can win. The mental game of racquetball is as important as the physical game. And it could make the difference between your point – or his.

Focus

The key is to focus on one point at a time. Don't look ahead and think "I've got to get 10 points (or whatever) to win." This just contributes to a loss of concentration. Instead, play each point as hard as you can. When I'm playing well, I'm taking my time, not missing or rushing anything.



Also watch the ball. It sounds simple, but really try keeping your eye on the ball so you can determine your opponent's intentions. Turn back and watch the shot that is hit. By watching, you will see the area of the court that your opponent is hitting from, and you can make sure that you are out of the way of his swing. You can also see if they are going low (offensive) or high (defensive) with the shot. Actually watch the approach, swing and strategy so that you can anticipate the next shot and help with your defensive coverage.

Visualization

Picture the perfect game - and you'll perform at your maximum skill level on the court. In racquetball, visualization is like a video in your mind. Take your serve for instance: picture what serve you will hit, and where you want it to go. Do the same with your return. Even visualize what return

your opponent is going to hit. By mentally practicing your shots, you can practice your strokes and strategy against any upcoming opponent.

Creating a mental picture of the game also develops confidence and helps when you're under pressure: essentially, you've already played that person over and over in your mind. Visualize, even when going over a problem area, then make a mental picture of how you are going to correct it. Make sure your thoughts are positive.

Even in practice, I visualize. I watch people and watch the special things they do, like their favorite shots. Then, I play a mental picture of what and how I will react – perfecting shots, returns, etc. And of course, making the point. Practice in your mind – and on the court – everything from your service to the return.

Goals

As in everything worthwhile, you must put the work in to achieve something important. I believe

in setting goals, but you have to have a plan to achieve them. This plan should include practice goals, skills you need to improve on and anything else you need to do to win.

Ten years ago, my long-term goal was to win the nationals (when I was playing in the juniors). To win the nationals seemed unreachable. I hoped to do it, but the goal was far, far away. I not only believed that my goal was attainable, but it was important to me as a person. So I practiced and worked at my game. Even today, practice is important. Because I play on the U.S. Team, I have to be prepared to face tough competition. Certain areas of my game just have to be better, so I focus in on those problem spots. Some days, I may practice a half hour, others two or more hours, depending on how I feel. But I always have a goal in mind, and work toward that goal.

The motivation that keeps me working on my game is that I love racquetball. I'm a pretty competitive person – and I hate to lose!



HOW TO COMPETE AGAINST A BETTER PLAYER

*By Linda Moore
PARI Certified Level III Instructor*

Ektelon's Linda Moore is a PARI Certified Level III Instructor. A racquetball competitor for 18 years, she is currently Racquetball Director at the Lincoln Racquet Club in Lincoln, Nebraska. Moore, who started playing the sport in college at Central Michigan University, finished second in Women's 35+ at the 1994 Ektelon AARA U.S. National Championships, and recently represented the U.S. in doubles at the Olympic Festival.

All of us who are competitive racquetball players will frequently have occasion to play higher-ranked players. In fact, the only exceptions are if you are No.1 in the country, or if you choose to stay safely nestled in a lower division and never move up. For most of us, that is certainly not the case.

Playing a higher level player should not be viewed as something dreadful, or as bad "luck of the draw." Instead, it should be welcomed as an opportunity to improve your game and experience a high-quality match. And yes, as a chance to regale your friends later with stories of "... and then I actually got to play Ms. Phenom of the '90s!"

My first step in approaching such a match is to "scout out" my opponent. If possible, the best way to do this is to watch them play. If that cannot be arranged, then I try to talk to quality players who have played the person themselves, or who have at least seen the person play. In scouting the player, I try to evaluate the following areas:

1. What is the player's style of play? In other words – are they a power player, a control player or a combination of both?
2. What is their quickness? Not only flat-out foot speed, but how quickly can the player move their body in reaching, and how quick is your opponent from side to side and moving forward

and backward in the court?

3. What weaknesses does your opponent have on return of serve? Are there any serves that they tend to return defensively? Are there any that frequently become set-ups on the return?

4. What weaknesses does the opponent have in rally? Do they have difficulty with ceiling balls? Susceptible to pinches? Can they be passed?

5. How good is their shooting ability? Does your opponent consistently put away set-ups? Can they shoot from deep in the court, and off the back wall? Can they shoot well on the run? How good is the backhand vs. the forehand?

6. What are your opponent's "deadly strengths?" That is, what must I stay away from at all costs? A killer forehand? Deadly off the back wall? Do they murder lob serves?

After I have completed my scouting, I formulate a game plan, and I'm ready and anxious for our match to begin. When the long-awaited moment arrives and we are finally playing the match, I try to do the following:

1. Remember my game plan, but at the same time be flexible, open-minded and attentive if it needs to be changed. Are certain things working, or not working? Have I discovered some additional things during the match?

2. Play smart: no stupid shots! There is no

room for mental laxness in playing a better player. Every mistake will give my opponent a scoring opportunity that they likely will not miss.

3. Don't miss my opportunities. Against a better player, the opportunities for a winning shot will be fewer. When the chance occurs, it is important to go for it, and not be conservative. At the same time, don't be crazy, either, and attempt shots that you normally don't make.

Hopefully, if all goes well, when the match is over I will have played to the best of my physical and mental ability. Maybe it was even good enough to win! But if not, I will still have the satisfaction of a good effort, and maybe my opponent has left the court wondering "Where did she come from?"

It is important not to be intimidated by playing a better player, either before or during the match. Don't let falling behind get to you, or cause you to give up. Remember, all the pressure is really on your opponent, not you. Your opponent has to "prove something" and live up to their ranking, at the risk of failure. You are in a "no-lose" situation: if you win, it's an upset; if you lose, oh well, it was expected. And don't forget – with perseverance someday you just may become the "better player" yourself. Then maybe your present-day opponent will be forced to say "Geez, I used to beat her all the time, way back when."



PARI TIP: MAKE YOUR OPPONENTS PAY FOR MISTAKES

By Fran Davis

U.S. National Team Assistant Coach

Too often in a match we "play it safe" and go defensive when we have a dead set-up and should be going offensive. We become tentative and instead of going for it, we play it safe and expect our opponents to make a mistake and give us the point. No way — we must change that thinking and make our opponents pay for their mistakes and not let them off the hook with another chance — end it when you have the opportunity.

With a clear understanding of the difference between offense and defense (see boxed review on next page), let's go into a bit more detail on the subject. Generally as a beginner we are taught to cut the court in half and go offensive from the front wall to the dotted 25' line and go defensive from the dotted 25' line to the back wall, 40' (see diagram #1).

Review of Terms

Offense – ends the rally and/or scores a point. Examples of the type of shots: a) Basic - kill, pinch, pass (down the line or cross court); b) Advanced - splat, reverse pinch, wide angle pass, fly kill - pinch or pass, over-head pass

Defense – draws your opponent out of center court and/or bides your time. Examples: ceiling ball, around-the-world, Z ball.

Diagram 1

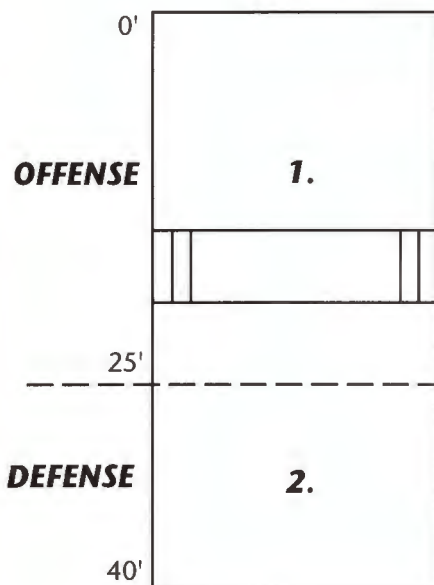
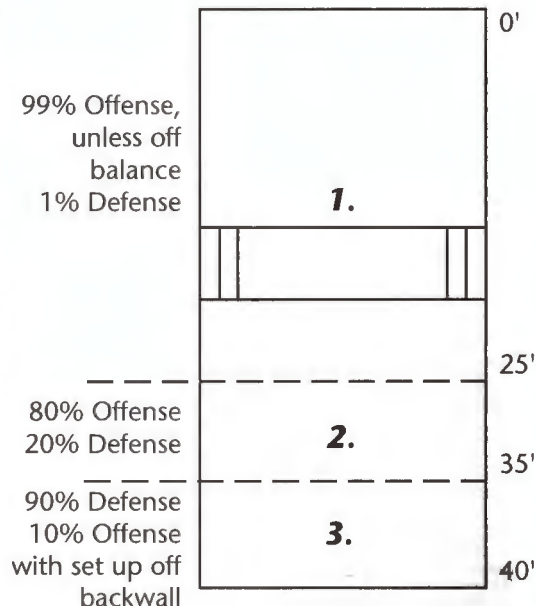


Diagram 2



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Photo by John Foust

As you become more skilled in gaining racquet control and confidence, you should start to go offensive from deeper in the court. In diagram #2, the court is divided into three zones. You want to go offensive from zone #1 (0'-25', the same as a beginner), but from zone #2 (25'-35') you want to add more offense to your game, then from zone #3 (35'-40') you want to go primarily defense.

You want your opponent to begin to pay for their mistakes, as you become a higher level player. During a rally (set up off the side walls or back wall or a drive serve that comes off the back wall or a Z serve that comes short or long, etc.). you want to capitalize on their mistakes (set ups) and not let them back in the play by going defensive.

Opportunity often knocks only once, so take advantage of it when you can - don't wait or prolong it. Remember, the longer the ball stays in play, the advantage swings to the better player. Take advantage when and if you can. If you can end the rally in 10 seconds instead of 20 seconds, or end the match in one hour instead of two hours, do it - go for it **now!**

The key to remember is when you make your opponent pay for their mistakes think high percentage, not low percentage.

Good Luck!



WHEN TO USE YOUR TIMEOUTS

By Jack Newman

In this issue I will take a break from the normal instructional article and reveal some strategy that will keep you fresh and help you win more matches. After teaching racquetball camps for more than eight years, I have come across many questions

that the competitive amateur player asks. The question on when timeouts should be used is asked at each and every camp from New York to California.

I am going to break down timeouts to three different scenarios that happen in a racquetball match. The first case in point is the most obvious: when fatigue sets in. It never fails that when we are tired we skip the ball or our shots start to stay up. Yet, whenever this happens, the player is too stubborn to admit they are tired and winds up losing the game. I want everyone who reads this article to stop themselves when they are tired in a racquetball match and use a timeout to get your energy back. Remember you have three timeouts, each 30 seconds in length. Do not be afraid to use all three.

A second common use of good timeout strategy is to break momentum. I like to use a three-point guideline for stopping my opponent's momentum in a racquetball match. By stopping the match you can leave the court which usually will break your opponent's concentration and give you a chance to get back into the match. When

you leave the court, make sure to come back extra focused to win the first point after the timeout. Remember a successful timeout will result in a quick sideout and your regaining of the serve. In summary, if your opponent scores three points in a row, take a timeout to stop his streak.

The third case is one in which you are stuck on a point and cannot seem to score. This commonly happens in a close match where the score is always tied, or in a match where you have a big lead and your opponent comes back to beat you. To avoid getting stuck I suggest a timeout to jump start yourself, then coming back in with a new serve or a new shot to regain some momentum to win the game. When you leave the court, it is always good to consult a friend or coach to help you decide how to get off the point you are stuck on. They usually have a better view of what is happening in a match.

***Don't concede a point
by saying to yourself,
"If they score one
more point I think I
will call a timeout!"***



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I will end this article with a couple of important points about timeout use. Whenever you find yourself in the back court saying to yourself, "If they score one more point I think I will call a timeout," it is conceding one more point to your opponent before taking the timeout. Stop yourself immediately when this happens and call your timeout right away!

The last point I will make is make sure if you are losing a match that you use all three of your timeouts, to go down with a fight. In every other sport you see on T.V., whether it be football or basketball, the losing team always uses all timeouts available before going down. It always baffled me to see a tournament scorecard and not see the losing player with all three timeouts checked off. You are investing time and money in this sport, so what's another 30 seconds!? Take your time, you might surprise yourself and actually win a few more matches!

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RACQUETBALL CONDITIONING

*By Scott M. Phelps
Speed Coach, U.S. Racquetball Team*

Is racquetball an aerobic or anaerobic sport? This is a question of great importance when it comes to developing a conditioning program. When you train or condition your body for competitive or recreational racquetball, you need to focus specifically on what will give you the best results in the shortest amount of time. This means cutting through any misconceptions about sport-specific conditioning. Racquetball is both aerobic and anaerobic. It's base is purely explosive, with an emphasis on power output. This is indicative of an anaerobic sport. Racquetball also has an aerobic property because of the short rest period between serves and the length of games. What we need, then, is a "combination" conditioning program.

Aerobic training means long-term continuous exercise, but it is not done at maximum speed. Anaerobic is purely explosive but for short periods of time. Racquetball falls in the middle of the two. We cannot train aerobically and expect to compete and be conditioned for the continuous high-energy bursts of an explosive game. On the other hand, if we train purely on an anaerobic program which has long rest periods we will not be able to handle the long term game situation. I recommend a modified anaerobic training program based primarily on explosive movements.

The best example of this type of training is the program I developed with Tim Doyle. When Tim and I first started training together in November of '92, I took him completely off the Stairmaster, bike, jogging, and all exercises that were slow-paced and long-term. We then focused on doing drills and exercises that were explosive in nature with very little rest between reps and sets. The key is to look at the active versus rest ratio of a game, then try to mimic that ratio with our training drills and exercises until we have a better conditioned athlete who is now specifically prepared for the demands of the sport. Therefore, you need to prepare for highly explosive bursts, with little rest in between. I used the following program with Tim:

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By
Connie Martin - PARI Commissioner

PARI NOTES

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CONGRATULATIONS

New PARI people who completed the two-day PARI Clinic/Exam this past summer areas follows: Congratulations to David Azuma (San Ramon, CA) who earned the Level II Teaching Professional ranking. Those who earned the Advanced Instructor or Instructor ranking are: Kari McDonough (Rancho Cordova, CA); Anna Tang (Woodland, CA); Trish Moore (San Jose, CA); Elaine Dexter (Dublin, CA); Shawn Royster (Shingle Springs, CA); Richard Krinsky (Pueblo, CO); G. Alex Carver (Reston, VA); Jim Woollen (Gastonia, NC); Tina Bragdon (Albuquerque, NM); Oscar Gutierrez (Placitas, NM); Gregory C. Fowler (Las Vegas, NM); Lynea Seal (Lafayette, CO).

FALL 1994 CLINICS & EXAM

THE NEW PARI PROGRAMMERS CLINICS AND THE LEVEL I/II INSTRUCTORS CLINIC & EXAM SITES FOR FALL 1994 ARE AVAILABLE NOW. IF YOU WISH TO BE PUT ON THE MAILING LIST. PLEASE CONTACT THE AARA-PARI OFFICE AT 1-719-635-5396. IF YOU ARE ALREADY ON THE MAILING LIST, BROCHURES WILL BE MAILED TO YOU.



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Warm-up:

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1. Mini Hurdle drills to focus on lift and

drive from the hips: Generally we used six mini hurdles (12" tall), and did a series of linear and lateral runs, skips, or jumps to develop powerful hips. Duration of each drill was 3-4 seconds of fast action and 5-6 seconds of rest as Tim walked back to the starting point. The overall duration should be about 10 minutes.

2. Quick Foot Ladder drills to develop extremely fast feet: Again we did runs, skips, shuffles and jumps that ranged between 4-6 seconds of action and the same rest period. The overall duration is about 10 minutes.

3. Ball Drop drills to enhance linear explosion, and forward and backward motion: These last about 2-3 seconds with about 5 seconds rest. The overall duration of these drills is again about 10 minutes.

4. Line drills to develop lateral speed: Using the service lines as a guide for distance, Tim did shuffles, jumps, and crossover moves. The duration of each was 6-10 seconds with 15 seconds rest between each rep. The overall duration of these drills is 10 to 15 minutes.

5. Balance drills using some sort of balancing apparatus: This helped to control his body through control of the hips. Overall duration is about 5 minutes.

The above workout constituted the first hour of a training session. The last hour would be more specific racquetball drills that would continue to follow the same format. Remember this is for an elite level player who only trains for racquetball. You would need to modify your program to meet your own specific needs. There are also a multitude of other drills that we choose from to change up the training. The key is that it is very specific to the demands of racquetball. Tim is now in better physical condition than he has ever been and he spends less overall time training.

One thing you need to be aware of is that your game will change when you learn to move faster, and you need to be ready for the change in speed and endurance on the court. The truth is that you will get to balls so quickly that you will literally not know what to do when you get there. You just need some time to adjust your game. Overall you will become a far better player who is more specifically conditioned for the speed and explosive motions of racquetball, and you will have more endurance to last longer in those critical tournaments that we all want so much to win.

Training for racquetball needs to be just like the game. Doing Stairmaster or the bike is great for the very hard physical demands of the game of racquetball. However, if you focus more on speed and explosion drills that last 3-6 seconds and take a rest of no longer than 10-15 seconds, you will prepare yourself much more specifically for success on the court. Your training needs to reflect the way you play. For more information about this type of training or the new video on Speed and Explosion Training for Racquetball, please call 800/255-9930.

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TOURNAMENT JITTERS

Controlling Stress and Anxiety in Racquetball

By Dr. LaTell Clark

Recently I played in my first racquetball tournament. Although I have attended many tournaments to watch friends play, I had never participated. Then, it was so easy to judge from the sidelines – criticizing other players for missing what appeared to be easy shots or set-ups. At other times I would catch myself saying things like, “Boy! That was a dumb shot to take. He’s pushing the ball.” But now that I have played in a tournament, I realize how naive I was not to consider the impact that stress and anxiety have on competitive sports.

Perhaps there are no feelings of anxiety greater than those that precede the first game of a tournament. As it is in most aspects of life, anxiety is also present in competitive sports. Each time a person takes the court they not only live with anxiety, they embrace it. The tournament motivates each of us toward a greater understanding of the development of our skills in a specific contest. Tournament conditions require each of us to face our anxieties.

***Each time a person takes the court
they not only live with anxiety, they
embrace it.***

What causes athletes to become uptight? Why do some athletes rise to the occasion in intense competition while others buckle under the pressure? Why is it that for some of us, once we are in a competitive situation, we suffer from what is commonly known as “stage fright?”

Sir Laurence Olivier has been called the greatest actor of the 20th century. He has received worldwide acclaim for his many classical performances, yet, when he was 65 years old, he developed a severe case of stage fright.

On opening night of *King Lear*, Olivier refused to go on stage. He was afraid and no one could persuade

him to perform – a classic case of stage fright. Finally, when all else failed, he was forcibly pushed out onto the center of the stage. The curtain was raised and Sir Laurence faced what he feared the most – the audience. He stared into space. Five minutes passed before he said a word. When other actors appeared on stage, Olivier threatened to leave if anyone made eye contact with him. That night, all lines were delivered by actors looking everywhere but at Olivier himself. This severe case of stage fright stayed with Sir Laurence Olivier for a period of one year.

The point of this story is that anxiety can strike anyone at any time, and that anxiety associated with a performance (artistic or athletic) can inhibit the execution of any skill.

So many of the beliefs we hold in our minds predetermine how well we play. What we think affects the way we feel, and what we feel affects the way we behave. Our experience on the court is the product of three elements: Thoughts + Feelings = Behavior.

On the court, pleasure and fear are opposite sides of the same coin. Although both of these emotional states originate in the mind, they display themselves during a match in how well we execute the game plan. Having a positive attitude as opposed to a negative one can make competitive racquetball an enjoyable experience or a painful ordeal. But remember, you do have a choice!

STRESS AND ANXIETY

When you enter a tournament, you are there to win. Although you may see a few faces you recognize, most of the people there are strangers. The stress process is generally initiated by situations or circumstances we perceive as unfamiliar or potentially threatening. If this is our first tournament, it is important to understand that stress and anxiety are nothing more than expressions of fear.

Even for the more experienced players, stress may be produced by several factors; the sound of how hard some players hit the ball, ranking of players, schedule of matches (especially if you are playing in more than one division), or the fear of being rejected by a group of players you want to be associated with because of their reputation.

THE POWER OF PERCEPTION

When we perceive a situation as threatening, a negative emotional reaction called anxiety rises to the surface. In a tournament, the fear of losing or looking foolish can produce this emotional reaction. But, anxiety can also be produced by a previous thought or memory, for example, playing an opponent that has always beaten you in the past. In this situation a thought or memory, whether it is real or imagined, can produce an emotional state where we re-experience a feeling of "threat and fear."

American horror movies are based upon a premise that the average person will become frightened and respond emotion-

ally to an experience that is thought to be real although we know "it's just a movie." In this case, memory or imagination creates anxiety in response to a set of circumstances that does not exist in reality.

TAKING CONTROL OF STRESS AND ANXIETY

In racquetball, just because a person has beaten you in the past does not give that person absolute power over your future. If you have been practicing, paying special attention to your physical conditioning, and watching your nutritional intake between tournaments, you will continue to grow as a player. If you are disciplined about training, your performance on the court will improve. Heracleitus, the Greek

philosopher said it best, "There is nothing permanent in the world. All things are subject to change."

When we play a tournament, so much of the anxiety we feel is created by our imagination. We construct images in our mind of what we think will happen. For example, as we look at the draw sheet, fear may take over when we see the name of an opponent. We then assign all types of capabilities to that name before the game is even played. We become so filled with anxiety that psychologically we have lost the match. Sung Tzu, the Chinese philosopher and military strategist once wrote, "Every battle is won before it is fought." If this is true, we must learn not to beat ourselves.



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One technique which could be helpful in not beating ourselves is to write down issues which identify and challenge irrational beliefs. Discussions with your coach can then form the basis of an "anti-stress log" in which a player can list those irrational beliefs and develop an anti-stress substitute for each negative self-statement. It is important to remember that once an anti-stress substitute is developed, it must be implemented, maintained, and reinforced by you and your coach.

Anxiety produces feelings of tension, apprehension, nervousness and worry.

It is a common misconception that anxiety is a problem only for players who are new to the tournament circuit. Nothing could be further from the truth. Regardless of playing level (from novice through semi-pro), we all experience feelings of anxiety. The question is: how do we control it?

Stu Hastings once told me that when he first started to play tournaments, he was filled with anxiety. His remedy was simple. He played 24 tournaments a year until he felt comfortable in a tournament environment.

Anxiety is largely a product of perception. What we perceive as a threat dictates how we feel and how we will react. If our perception of an opponent makes us feel afraid, the intensity of an anxiety reaction will increase over time. When we feel threatened and there is a time delay between matches, our anxiety level may fluctuate, but it will always increase the longer we have to wait.

REDUCING TOURNAMENT JITTERS

One way to reduce anxiety and fear during a match is to first answer the question, "What's going on?" That is, analyze the situation. Second, decide on the appropriate action to take, and third, anticipate and execute the shot that will produce an expected outcome. This three step process places you in control of your game.

So concentrate on proper mechanics, racquet speed and follow through. Remember, eliminate all distractions from your mind and keep your eyes on the ball.

SIMULATION

Simulation is an invaluable strategy for coping with stress factors associated with "tournament jitters."

The greatest fullback to ever play in the NFL was Jim Brown. He knew that every Sunday he would be marked as the player to stop. The week preceding each game Brown would visualize getting hit by his opponent(s). He would rehearse what he would do if they grabbed an arm, and ankle, or his face mask. In short, he would simulate or visualize his escape route in his mind. By each kickoff, Jim Brown had created the illusion that he was unstoppable. When interviewed years later, he said visualization made his experience in the NFL enjoyable: he always knew what to expect. Jim Brown chose to make his football career enjoyable by mentally preparing with visualization and simulation. It allowed him to control his stress and anxiety and eliminate the jitters before and during a game.

There are times during a match when we find ourselves behind our opponent in points. What do

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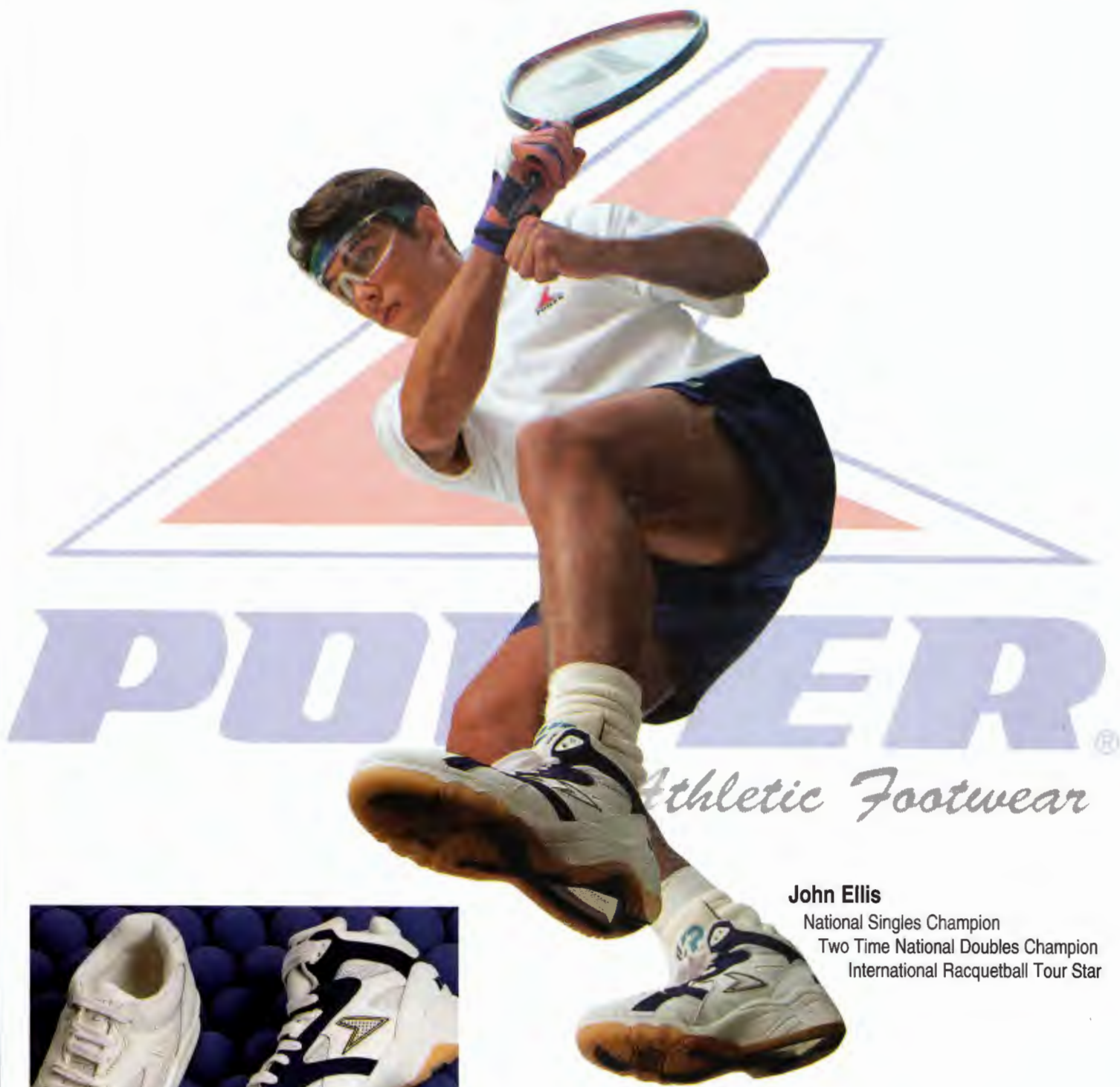
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we do? Often we panic and play without thinking. We simply hit the ball as hard as we can without a conscious thought as to where it will land. At other times we “freeze” and cannot think of a thing to do to catch up and turn the match around.

This is a common problem and the solution is simple. Take the time to practice with a partner to set up a game situation where you are playing from behind in points. Through game simulation, you will develop strategies and skills that will aid you in similar tournament situations.

Stress coping skills are no different than any other type of skills.

The same technique can be applied to finishing a game when you are ahead in points. We all have had the experience of having a big lead but not being able to close out the match. Simulate closing out a game when you are ahead with your practice partner. Visualize your serves for the remaining points and execute them with confidence. A winning formula for championship racquetball is “read, react, and execute.” Simulation is nothing more than skill rehearsal and skill acquisition.

Stress coping skills are no different than any other type of skills. In order to be effective, they must be rehearsed or practiced under conditions that approximate the real life situations in which they will be employed.

HYPERVENTILATION

Another type of anxiety response which may be a problem for some players is hyperventilation. The feeling of not being able to get enough air, followed by heavy breathing, is a common experience among tournament players. During this condition a player may begin to perspire heavily. In my first tournament, I went through three t-shirts in one game. Suddenly I could not get enough air, although I had trained very hard in advance. I could feel my heart pounding and my legs felt very heavy. When I talked with other first-time players at the tournament, they reported the same experience.

Many people have had similar experiences with hyperventilation, racing heart beat and leg fatigue, in addition to muscle spasms and tingling sensa-

tions in the extremities. It has long been recognized that heavy physical exercise often leads to hyperventilation. This is a normal physiological response, however, it is also a response to a perception of threat. Hence, hyperventilation is closely associated with what is sometimes called a “panic attack.”

Basically, the stress process is a complex psychobiologic condition. As mentioned earlier, how we think dictates what we feel. The perception of threat cannot be separated from the anxiety response.

RELAXATION

Although deep breathing as a relaxation technique is not the primary focus of this article, it is important to mention as a mechanism to help cope with symptoms of stress such as hyperventilation, loss of concentration, or the failure to execute specific shots under tournament conditions.

Briefly, relaxation skills are useful in controlling the psychological and physical elements of stress responses. Relaxation techniques can prevent an increase in your anxiety responses beyond the best performance level for the game at hand.

In addition, the feeling of self-worth is closely associated with our performance on the court. Two of the most common reasons for our inability to relax under tournament conditions are the fear of losing and the loss of self-esteem. Who we are as a person is not defined by what we do on the court. If we fail to pay special attention to this distinction, our ego will come under attack. Once this happens we are unable to relax while playing a match.

We forget sometimes that racquetball is just a game. We forget that everyday tournaments are not the pro tour. We forget that we have families and friends who love us. We forget that this is not the Coliseum in ancient Rome, where gladiators were obligated to say “We who are about to die salute you.”

In order to relax we must keep things in their proper perspective. If we can do this, we can begin to have fun again and enjoy the wonderful experience that racquetball can give to all of us.

Dr. Clark is the President and CEO of Communication Systems, Inc. and lectures extensively on Sports Psychology.

CHANGING TIMES

By Luke St. Onge

For the first time in the history of our young sport we have held a Skill Level National Championship. The AARA had discussed, deliberated and planned such an event for more than 12 years and for 12 years nothing happened.

At the May 1993 board meeting, the board bit the bullet and said "ready or not, we're going to push it forward." The single concern that had held it back for so long was sandbagging, either knowingly or inadvertently. We certainly knew from the outset that a "B" player in Pennsylvania

may not be considered a "B" player in California.

This was a perfect problem for PARI (newly renamed PAR for Professional Association of Racquetball) to start certifying skill players and begin the long, hard task of establishing measurable standards for A, B, C and D level players across the country and applying them in an objective manner.

But what happens if someone enters the Nationals in good faith, certified by a PARI instructor for a certain skill level, but after beginning play, obviously is in the wrong division? Without a fair failsafe mechanism to handle such a situation it was felt that the Skill Level Nationals would be



short lived. Thanks to an idea from Dave George (PARI instructor from California) it was decided to adopt the Olympic format, thus allowing players to be moved to another division after play had begun.

The board also took a chance by scheduling the Nationals in the middle of the summer when it

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was felt that the interest in playing racquetball was at its lowest. We felt that it was important to spread the nationals out and keep interest alive in the summer. It was felt that for the first time around, 100 players would make the event a success. Well, we had more than 135 individuals and over 200 entries, counting second events, a success well beyond our early expectations.

We've learned a lot in holding our first Skill Levels and the results will be analyzed to make them better each time. We do know, however, that there is a great need for skill level competition, administered fairly, and that the Skill Level Nationals could easily surpass the Houston U.S. National Singles in both numbers and enthusiasm. Thanks to all those who took part in an historic event and made the Skill Nationals a tournament with a bright future!

NOTES FROM THE U.S. OLYMPIC FESTIVAL '94
Visitors to the racquetball venue at the USOF '94 included: Hale Irwin-Golf; Ben Calton-Past Pro; Marty Hogan-Past Pro; Len Marks-Past AARA Board member; Mr. & Mrs. Dan Hilecher-parents of Jerry Hilecher who ran the first National Tournament at

the JCC in 1969 for the IRA; Dan Cohen-MSU great; Doug Cohen-Retired Pro; M. Jorge Nery Carvajal Castro and M. Adrian Pearson Wilson-President and Secretary General of the Costa Rica Olympic Committee; Alfredo Lamont-USOC; Chuck Foster-Officer USOC; Leroy Walker-President USOC; Oswaldo Maggi-President Argentina Racquetball Federation; Keith Calkins-Past President AARA, Secretary/Treasurer of IRF, President of PARC; Bill Maddox-President of U.S. Swimming; John Rugger-Chairman, USOC Athletes Advisory Committee; Mike Dwyer-President USOF '94; Terry Graham-Wilson Racquetball; John Hooghe-Transition Sports.

Rookie Tammy Brockbank said, "This was the worst day of my life!" after she ... 1) forgot her shoes; 2) forgot her playing shirt; 3) hit Gary Mazaroff in the eye with a racquetball; 4) got hit in the mouth with a racquet during play; 5) was late for the bus to the "Breakfast of Champions"; 6) lost every match that day; 7) actually accused Robin Levine of mothering her; 8) all of the above. (Answer: #8)

Mike Bronfeld hit a shot so hard that it knocked Jeff Evans' racquet out of his hand and broke his wrist thong. In turn, Bronfeld was given a shiner off the racquet of Scott Reiff on a big windup.

John Ellis helped to clean and pick up the courts after the competition was over for the day! He also took time to go on an empty court and teach fundamentals to local high school players.

Derek Robinson relived his victory after the awards ceremony, standing at the championship court after everyone had left Sunday night. Derek was still carrying the awards bouquet at the dorms five hours after the finals!

On the sidelines: Ken Autabo—our liaison who was always there for us—especially his knack of being able to secure more than 10 vans and cars for us; Jim Murphy—our local sports director and National High School Commissioner who spent numerous hours making sure everything went smoothly; Bruce Erickson—official ticket taker who gave everyone a lesson in Catch 22 on how athletes' tickets got recirculated; Vickie Birch—who made sure that the club and all its employees were prepared and the club was ready; Karen Venditti—who made sure the volunteers were scheduled, briefed, in place and ready to help each and every day. Many thanks to all of our supporters!

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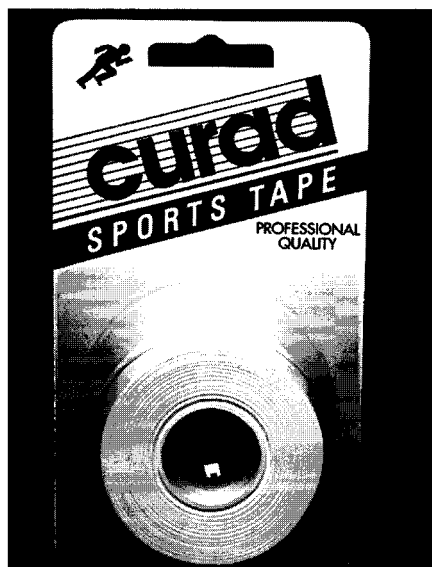
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Isostar, the best selling sports drink in Europe is being introduced to the U.S. market exclusively by Liberty Richter, Inc. of Saddle Brook, New Jersey. Isostar is a true isotonic beverage that was developed by Wander PLC, a division of Sandoz Nutrition Trading, Ltd. of Berne, Switzerland. It is recommended for use before, during and after periods of strenuous exercise to help replace lost fluids, carbohydrates, and nutrients that maintain body temperature and energy, and prevent dehydration, muscle cramps and fatigue. Isostar is currently supplied in powder form that readily mixes with water to make a lemon flavored drink. It is com-



pletely natural, with no artificial flavorings or preservatives, and its isotonic formula contains four carbohydrates, six minerals, and nine vitamins. Isostar is currently available in the U.S. only through mail order, and may be ordered by calling 800/ISOSTAR. It will be introduced through selected retail outlets later this year. Interested parties may contact Marc Resnick at Liberty Richter 201/843-8900.



KENDALL-FUTURO ENTERS THE SPORTS TAPE MARKET

Kendall-Futuro, makers of Curad® adhesive bandages, have combined their expertise to create the newest competitor in the sports tape category. Their new product, Curad Sports Tape, was designed to provide

extra-strong, custom-fit support for muscles, while allowing the user to continue to engage in sports with less discomfort and reduced risk of injury. Curad Sports Tape is currently available in all major retail supermarkets, drug stores and mass merchandisers. The newest member in the sports tape category will have a suggested retail price of \$1.89.

EKTELON JOINS PRINCE IN BORDENTOWN, NEW JERSEY

Ektelon has completed its planned consolidation of operations with the Prince Sports Group's facilities in Bordentown, New Jersey. Formerly based in San Diego, Ektelon is a wholly-owned subsidiary of Prince. With the merged operations, a new management team has been named. Rob Ahrens Dorf is Director of Marketing, assisted by Scott Winters as the Product Manager. Ektelon Sports Promotions is managed by Dave Peck, previously Western Regional Sales Manager for the racquetball firm. Vice President of Sales is Bob Fenton, with Andy Hughes continuing as Ektelon Eastern Regional Sales Manager.

Ektelon is a member of the growing Benetton Sportssystem family which includes such premier brands as Prince, Nordica, Rollerblade, Kastle, Killer Loop and Asolo. For Ektelon customer service and dealer information, contact: Ektelon, One Tennis Court, Bordentown, New Jersey 08505. 800/283-2635.

WILSON RACQUETBALL FORMED

Wilson Racquet Sports announced the formation of a new company – Wilson Racquetball – specifically dedicated to the development, production, marketing and sales of all Wilson racquetball products. The new general manager of Wilson Racquetball is former Ektelon president Norm Peck. Peck's management team includes Jay McGregor, Manager of Sales and Marketing, Player Program Director Terri Graham, Senior Product Manager Kerry Lynch and Marketing Communications Manager Tom Odishoo, all formerly with Ektelon.

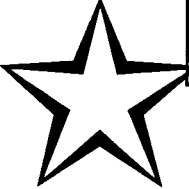
Wilson Racquetball will expand its product line to include racquets, balls, gloves, footwear and accessories. The new management team will begin effective immediately, while the transition of all Wilson racquetball sales from Wilson Racquet Sports to the new company will start early this fall.

"Our objective is to establish Wilson Racquetball as the number one brand in the sport," Peck said. "Successful working partnerships with the racquetball dealer base, combined with strong grassroots marketing programs and technologically-superior products, will be the key to our growth. Expect to see new high-performance racquets from Wilson Racquetball this fall."



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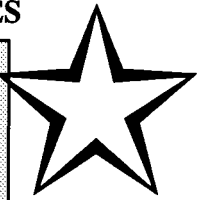


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AARA Executive Director Luke St. Onge (left) signs the most recent four-year contract with Penn Racquet Sports, at the U.S. National Singles in Houston, as Penn promotions manager Amy Wishingrad and product manager Jeff Miller look on. The contract grants "Official Ball" status to Penn Racquet Sports through 1998. Photo: Steve Lerner.

NEW PLAYERS RATING SOFTWARE

Rate simply, easily, quickly and accurately rates players using the results of competition and two or more reference ratings. At any time, reference ratings can be entered again to further improve the rating accuracy. Rate also ranks players. The rating/ranking software has been created primarily for racquet sports, but is applicable to other sports and activities. Player ratings are shown on the screen and in nine report formats. Reports of the match/game results can be made for any one player, for all players, or between any two players. Mailing labels can be produced. Rate is menu-driven, easy-to-use, and very fast. Runs on IBM-PC compatible computers; hard disk not required. Introductory price is only \$79, with satisfaction guaranteed. For more information call 714/894-8161 or write WIN Sports, 15892 Redlands Street, Westminster, California 92683-7612.

CASH IN ON RACQUETBALL



The American Amateur Racquetball Association (AARA) and IRSA (the Association of Quality Clubs) have teamed up to show you the profitability of racquetball through the AARA RACQUETBALL

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719/635-5396 for information.**

LATE BREAKING VII WORLD CHAMPIONSHIP RESULTS ...

Twenty-seven countries compete for world titles in San Luis Potosi, Mexico

More than 250 racquetball players and officials from 27 nations converged on Las Lomas Racquet Club in San Luis Potosi, Mexico, for the VII IRF World Racquetball Championships, August 12-20. The most prestigious racquetball event in the world, the bi-annual championship has grown from a six-country competition in 1982 to a diversified 1994 global field of 27 countries – representing the sport's more than 11 million players worldwide.

U.S. Wins Seventh World Cup

After four days of round-robin preliminary competition between six flights of men's national teams and four flights of women's squads, the United States and Canada squared off for the World Cup team title. Set up to go "head to head" with each other (U.S. #1 singles vs. CAN #1 singles, #2 vs. #2, etc.), the U.S. team came away with an overall record of 7-1 wins over long-time Canadian rivals.

U.S. women paved the way with straight game wins in all four match-ups (three singles, one doubles), leaving the men to clinch the title with a single match win. Current U.S. national champion Michael Bronfeld pushed it over the top with a defeat of Canadian counterpart Sherman Greenfeld in straight games of 15-11, 15-13. In wheelchair competition, U.S. #1 Chip Parmelly and #2 Gary Baker each swept the preliminaries with wins over representatives from Canada and Great Britain.

TEAM USA RESULTS: Robin Levine (Sacramento, Calif./USA) def. Carol McFetridge (CAN) 15-5, 15-8; Michelle Gould (Boise, Idaho/USA) def. Josee Grandmaitre (CAN) 15-4, 15-5; Cheryl Gudinas (Chicago, Ill./USA) def. Lori Jane Powell (CAN) 15-8, 15-11; Laura Fenton (Leominster, Mass./USA) & Jackie Gibson (San Diego, Calif.) def. Vicky Shanks/Debbie Ward (CAN) 15-9, 15-7 — Michael Bronfeld (Carmel Valley, Calif./USA) def. Sherman Greenfeld (CAN) 15-11, 15-13; Mike Ceresia (CAN) def. Tim Sweeney (Chicago, Ill./USA) 15-9, 8-15, 11-9; Derek Robinson (Muncie, Ind./USA) def. Simon Roy (CAN) 13-15, 15-12, 11-4; John Ellis (Stockton, Calif./USA) & Eric Muller (Overland Park, Kansas) def. Chris Brumwell/Jacques Demers (CAN) 15-3, 15-11 — Chip Parmelly (Diamond Bar, Calif./USA) def. George Gouldbourn-Simons (Great Britain) 15-1, 15-2; Gary Baker (Indianapolis, Ind./USA) def. Ken Michaylenko (Canada) 13-15, 15-1, 11-8

Canadian Men break 10 year Drought

Canadian national champion Sherman Greenfeld of Winnipeg, Manitoba became the first man to win a world title in singles for Canada since 1984, with a devastating straight game win over teammate Mike Ceresia of Montreal, 15-3, 15-2. For Greenfeld, who was unable to compete for Canada in 1992 due to an injury, the win was an emotional as well as physical victory. Earlier that day, Ceresia and Greenfeld defeated U.S. favorites Tim Sweeney and national champion Mike Bronfeld in the semi-final round.

Gould wins second World Title

In singles, defending world champion Michelle Gould held on to her title with a grudge rematch win over left-hander Robin Levine, who stripped Gould of her national title in May. After taking some time off following nationals, Gould was in the type of top form, with ace serving and precision shotmaking, that has earned her a spot on the list of top-ten finalists for the Women's Sports Foundation Sudafed Sportswoman of the Year award for the second straight year.



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VII WORLD CUP TEAM RESULTS

MEN'S TEAM

1. United States
2. Canada
3. Mexico
4. Japan
5. Venezuela
6. Australia
7. Bolivia
8. Argentina
9. Costa Rica
10. Puerto Rico
11. Germany
12. Netherlands
13. Uruguay
14. Colombia
15. Ireland
16. Panama
17. Peru

WOMEN'S TEAM

1. United States
2. Canada
3. Japan
4. Mexico
5. Costa Rica
6. Bolivia
7. Puerto Rico
8. Great Britain
9. Korea
10. Argentina
11. Venezuela
12. Panama
13. Germany
14. Guam
15. Dominican Republic
16. Belgium

OVERALL TEAM

1. United States
2. Canada
3. Mexico
4. Japan
5. Bolivia
6. Costa Rica
7. Venezuela
8. Puerto Rico
9. Argentina
10. Germany
11. Panama
12. Korea
13. Great Britain
14. Belgium
15. Guam

18. Belgium, 19. Guatemala, 20. Cuba, 21. Korea, 22. Great Britain, 23. Guam, 24. Belize, 25. Israel, 26. Honduras.

Muller Takes Two

In doubles, defending champion Eric Muller teamed up with long-time former junior partner John Ellis to win his second world doubles title. Muller, who won in '92 with another partner, earned his second major career win with '93 national singles champion Ellis in straight games over Canadians Chris Brumwell and Jacques Demers.

National Champions Pair for Gold

Laura Fenton and Jackie Gibson teamed up for the first time to seek a world title, and succeeded with a two-game victory over Canadians Vicky Shanks and Debbie Ward. Fenton is the current national doubles champion with Michelle Gould, and Gibson is the current U.S. Olympic Festival champion with twin sister Joy.

MEN'S SINGLES GOLD: Sherman Greenfeld (Winnepeg, Manitoba/CAN) def. Mike Ceresia (Montreal/CAN) 15-3, 15-2. **Bronze:** Tim Sweeney (Chicago, Ill.) over Michael Bronfeld (Carmel Valley, Calif.) — **WOMEN'S SINGLES GOLD:** Michelle Gould (Boise, Idaho) def. Robin Levine (Sacramento, Calif.) 15-3, 15-6. **Bronze:** Cheryl Gudinas (Chicago, Ill.) over Carol McFetridge (Canada) — **MEN'S DOUBLES GOLD:** John Ellis (Stockton, Calif.) & Eric Muller (Overland Park, Kansas) def. Chris Brumwell & Jacques Demers (Canada) 15-12, 15-11. **Bronze:** Enrique Villegas/Sergio Torres (Mexico) over Shoichi Sakai/Tsuyoshi Hagiwara (Japan) 15-9, 11-15, 11-1 — **WOMEN'S DOUBLES GOLD:** Laura Fenton (Leominster, Mass.) & Jackie Gibson (El Cajon, Calif.) def. Vicky Shanks/Debbie Ward (Canada) 15-9, 15-7. **Bronze:** Diana Almeida/Lupita Torres (Mexico) over Toshiko Sakamoto/Rie Yamanaka (Japan) — **MEN'S WHEELCHAIR GOLD:** Chip Parmelly (Diamond Bar, Calif) def. Gary Baker (Indianapolis, Ind.) 15-0, 15-6. **Bronze:** Ken Michaylenko (Canada) over George Gouldbourn-Simons (Great Britain) — **WOMEN'S WHEELCHAIR GOLD:** Carol Mulholland (Canada) def. Karen Darke (Great Britain) 15-3, 15-2.

Look for full feature coverage of the World Championships in the November/December issue of RACQUETBALL Magazine!

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Phone (Day) _____ (Evening) _____

Birthdate _____ Age _____

Regional Competed In _____

Division in Regional _____ Finish _____

Partner _____ Division _____

Partner _____ Division _____

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, Penn Racquet Sports, Racquetpower and Holiday Inn or their respective agents for any and all injuries. By registering to compete in this event, I consent to drug testing as administered according to AARA/USOC guidelines.

Participant Signature & Date

MEN'S DIVISIONS:

☐ Open
☐ Jr. Vet - 19+
☐ Jr. Vet - 25+
☐ Seniors 30+
☐ Seniors 35+
☐ Seniors 40+
☐ Masters 45+
☐ Masters 50+
☐ Golden Masters 55+
☐ Golden Masters 60+
☐ Golden Masters 65+
☐ Golden Masters 70+
☐ Golden Masters 75+
☐ Golden Masters 80+
☐ Men's A

WOMEN'S DIVISIONS:

☐ Open
☐ Jr. Vet - 19+
☐ Jr. Vet - 25+
☐ Seniors 30+
☐ Seniors 35+
☐ Seniors 40+
☐ Masters 45+
☐ Masters 50+
☐ Golden Masters 55+
☐ Golden Masters 60+
☐ Golden Masters 65+
☐ Golden Masters 70+
☐ Golden Masters 75+
☐ Golden Masters 80+
☐ Women's A

MIXED :

☐ Open
☐ Mixed 19+
☐ Mixed 25+
☐ Mixed 30+
☐ Mixed 35+
☐ Mixed 40+
☐ Mixed 45+
☐ Mixed 50+
☐ Mixed 55+
☐ Mixed 60+
☐ Mixed 65+
☐ Mixed 70+
☐ Mixed 75+
☐ Mixed 80+
☐ Mixed A

ENTRY FEES AND PAYMENT :

First event (per player) (\$60.00) _____
 Second event (per player) (\$30.00) _____
 AARA Membership fee (\$15.00) _____
 Tax deductible donation to U.S. Team \$ _____

TOTAL DUE: \$ _____

MAIL COMPLETED ENTRY AND FEES TO:

AARA NATIONAL DOUBLES -- 1685 W. UINTAH,
COLORADO SPRINGS, COLORADO 80904-2921

ENTRIES MUST BE POSTMARKED BY WEDNESDAY, OCTOBER 5, 1994

October 19-23

RACQUETPOWER

Jacksonville, Florida

U.S. TEAM AND U.S. OLYMPIC FESTIVAL QUALIFIER: Winning teams in men's and women's open will be appointed to the U.S. National Racquetball Team for one year. Semi-final finishers in men's and women's open will qualify for the 1995 U.S. Olympic Festival in Denver, Colorado.

ENTRY FEE: \$60.00 first event per player (includes referee fee), \$30.00 second event per player. Two division limit.

ENTRY DEADLINE: October 7, postmarked no later than October 5, 1994. *If any entries are accepted after the deadline an additional \$15.00 late fee will be assessed.* All entries are FINAL, with absolutely no refunds after the deadline date.

AARA MEMBERSHIP: Non AARA members should add \$20.00 for a one-year competitive license membership. (Note: If you have recently joined the AARA and have not received your membership card, you must present your receipt copy of the membership application or a cancelled check upon registration.)

STARTING TIMES: Will be available after 5:00 pm on Monday, October 17. Call 904/268-8888.

PLAY BEGINS:

Men's Open, A, 19, 25, 30, 35, 40+	Wed. 10/19
Men's 45, 50, 55, 60, 65+	Thu. 10/20
Women's Open, A, 19, 25, 30, 35, 40+	Thu. 10/20
All Mixed Divisions	Thu. 10/20
Men's 70, 75, 80+	Fri. 10/21
Women's 45, 50, 55, 60, 65, 70, 75, 80+	Fri. 10/21

OFFICIATING: \$5.00 will be paid for every match you referee. Director of Referees: Otto Dietrich, AARA National Rules Commissioner.

OFFICIAL BALL: Penn Tournament

DRUG TESTING: Random testing will be performed. For more information about specific medications call the Drug Hotline at 1-800-233-0393.

TOURNAMENT DIRECTOR: Margo Daniels, AARA National Tournament Commissioner, 1685 W. Uintah, Colorado Springs, CO 80904-2921. PH: 719/635-5396.

LODGING: Holiday Inn/Baymeadows Rd. (\$49.00/night, 1-4 per room), 904/737-1700. Homewood Suites (\$70.00/night, 1-2 Bdr. suites), 904/733-9299. Both hotels are located five miles from the club, at I-95 and Baymeadows Rd. Shuttle service will be provided from hotels to host facility hourly. Airport transportation must be arranged prior to arrival - Airport is 20 miles from club (\$8.00 per person - 3 or more in van, \$22.00 per person, 1-2 in van). Call Rick or Jan at 904/353-8880.

UNITED AIRFARE DISCOUNT: United offers you 5% off any published United fare regardless of cost. Phone United's toll-free number at 800/521-4041, daily between 8:30 am and 8:00 pm EST and use AARA account number 547 KL.

NATIONAL DOUBLES CHAMPIONSHIPS

R B : G L O B A L

RACQUETBALL KICKS OFF THE 1995 PAN AMERICAN GAMES

When the Color Regiment of General San Martin's Horse Grenadiers carried out the San Lorenzo March, it wasn't just the opening of the Pan American Games team trials for racquetball taking place. The atmosphere was as though the entire 1995 Pan American Games themselves were beginning to move forward. As Director of the COPAN, Mayor Victor Sergio Grouppierre indicated, "We are one year from the games and the beginning of this elimination trial has the great importance of being the starting point for the Pan American racquetball event. We will see you next year, at this same place."

The Argentine Olympic Committee's president also expressed a similar theme, "This meeting demonstrates that the Games are a reality." Even more notable was that, from the competitive point of view, the margin separating the first three places (USA, Canada and Mexico) and the rest of the field is rapidly narrowing, as evidenced by the remarkable fourth place win by Argentina.

1st INTERNATIONAL WHEELCHAIR RANKINGS

The International Wheelchair Racquetball Association recently compiled the first-ever ranking of their players. The events included were the 1993 International Stoke Mandeville Wheelchair Games in Aylesbury, England, the 1994 Tourneo de las Americas in Buenos Aires, Argentina and the 1994 Australian National Wheelchair Games in Melbourne, Australia.

Rank	Name	Country	Points
1.	Chip Parmelly	United States	1,040
2.	Mark Cormack	Canada	1,016
3.	Jake Smellie	Canada	1,012
4.	Gary Baker	United States	992
5.	Ken Michaylenko	Canada	960
6.	Liesl Tesch	Australia	932
7.	Dennis May	Ireland	927
8.	Darren Cunningham	Australia	916
9.	Rune Lorentsen	Norway	908
10T.	George Simonds	Great Britain	900
10T.	Colin Dawson	Australia	900
12T.	John Finn	Ireland	892
12T.	Tom Hynes	Ireland	892
12T.	Oscar Diaz	Argentina	892
15.	Philip Smallman	Australia	884
16T.	Anna Tavano	France	876
16T.	Hector Zuniga	Argentina	876
18.	Charles Heerey	Australia	868

Upcoming National Events

October 19-23 Ektelon AARA U.S. National Doubles
..... Jacksonville, Florida

December 17-21 IRF World Junior Championships
..... Jacksonville, Florida

1995

January 27-29 Women's Senior/Master
..... Championships

..... Atlanta, Georgia

February 16-18 Master's Singles Invitational

..... Phoenix, Arizona

March 03-05 National High Schools

..... St. Louis, Missouri

April 05-09 National Intercollegiates

..... TBA

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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Address _____

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Country _____ Zip _____

Phone (Day) _____ (Evening) _____

Birthdate _____ Age _____

Partner's Name _____

_____ I need a doubles partner. National Ranking _____

Division in National Championships _____ Finish _____

Other Seeding Information _____

Entries are limited to two (2) divisions.

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 IRF, Racquetpower Health & Fitness, event sponsors or their respective agents for any and all injuries. By registering to compete in this event, I consent to be subject to drug testing as administered according to the IRF/USOC guidelines.

Participant Signature & Date

LIABILITY — I agree to be liable for all costs for damages for which my child is responsible and to pay for all costs arising from any disciplinary action imposed as stated in the Junior Code of Conduct, as adopted by the IRF.

Parent/Guardian Signature & Date

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____ 14 and under
____ 12 and under
____ 10 and under
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____ 8- regular rules

GIRLS SINGLES

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____ 16 and under
____ 14 and under
____ 12 and under
____ 10 and under
____ 8- multi-bounce
____ 8- regular rules

BOYS DOUBLES

____ 18 and under
____ 16 and under
____ 14 and under
____ 12 and under
____ 10 and under

GIRLS DOUBLES

____ 18 and under
____ 16 and under
____ 14 and under
____ 12 and under
____ 10 and under

OLYMPIC PLAY-OFF FORMAT: Each entrant is guaranteed three matches in singles. Please review the section explaining the new format for individuals who lose. Awards will be presented to winners in each play-off bracket.

ACCOMMODATIONS: Holiday Inn/Baymeadows (\$45.00/night, 1-4 per room), 904/737-1700. Homewood Suites (\$75.00/night, 1-6 per room), 904/733-9299. Both hotels are located approximately five miles from the club, at I-95 and Baymeadows road.

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1685 WEST UINTAH
COLORADO SPRINGS, COLORADO 80904-2921

ENTRIES MUST BE RECEIVED BY DECEMBER 2

ENTRY FEES AND PAYMENT

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Second event (\$25.00) _____
AARA Membership fee (\$15.00) _____

TOTAL DUE: \$ _____

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Memphis State Reunion

Memphis State University racquetball coaches Larry Liles and Jack Fulton are anxiously awaiting responses to their "once every five years" MSU reunion invitation. This year's get together will be held in conjunction with the 18th Annual Jack Fulton Open Tournament, at the University of Memphis P.E. Complex, October 27-30. All MSU racquetball alumni are invited to attend (even if they've lost track of you and your formal invitation got lost in the mail ...) For more information, contact Larry Liles (901/685-0764) or Jack Fulton (901/754-3076)!

Wheelchair Instructional Video

If you need to sharpen your skills, you may want to pick up a copy of the National Wheelchair Racquetball Association's instructional videotape for wheelchair racquetball. The action-packed videotape features world champion Chip Parmelly and other top wheelchair athletes, and is available for \$45.00 (shipping and handling included). To order, please send check or money order made payable to NWRRA, to Geno Bonetti, Director/Spinal Cord Program at HealthSouth of the Greater Pittsburgh Rehab Hospital, 2380 McGinley Road, Monroeville, PA 15146.

Army Sports Adds Racquetball to 1994 Calendar

Racquetball has been restored to the 1994 All Army Sports calendar, and will be conducted at Fort Gordon, Georgia, October 30 - November 5. Competition will be available in Men's Open (34 and under), Men's Senior (35-39), Men's Masters (40 and over), Women's Open (29 and under), Women's Senior (30 and over). Interested soldier/athletes should check with their local sports offices to submit an application (DA form 4762/4763). Entry deadline is October 10.

RB: PEOPLE



BAKER



GREENE



MCCOY

GARY BAKER PUTS WHEELCHAIR RACQUETBALL IN THE RECORD BOOKS

Number two ranked wheelchair racquetball athlete, Gary Baker of Indianapolis, Indiana recently played 66 matches in 24 hours at the Noblesville Athletic Club. Baker staged the event to not only attempt to get into the Guinness Book of World Records, but also to raise funds for the NWRA and help offset expenses for himself and other wheelchair racquetball players to compete at the World Championships San Luis Potosi, Mexico in August.

The event raised over \$1000 and it will be determined by the Guinness officials as to whether a record was established. Baker's original plan was to play 100 matches, or about one every 15 minutes, but some ran longer. He won about 80 to 85 percent of the matches against both able-bodied opponents and other wheelchair athletes.

Baker's goal is to be the number one ranked wheelchair racquetball athlete this year. His energies during the marathon were focused on the World Championships, but he is also looking ahead to the 1996 Paralympic Games in Atlanta. He trains five days a week and is confident that he will reach his goals.

JANE GREENE SEEKS STATE SEAT

Jane Greene has taken her expertise on the racquetball court into the political arena. Jane is running for State Representative in Kansas. An avid racquetball player, Jane has taken the Kansas State Women's Open division five times and was a competitor at the 1993 U.S. Olympic Festival in San Antonio.

Jane has lived in Kansas with husband Russell Greene, M.D., and their two daughters, Rachael and Lisa for more than a decade. She is a Pediatric Nurse Practitioner with Pediatrics, PA. Her other athletic accomplishments include a four-year stint on the UCLA Women's Varsity Basketball team while she was a student working toward her degree in nursing.

"I was recruited to run for the Democratic seat for our State House and have decided to give it a try. I have been going door-to-door 2-4 hours per night. I have a contested primary August 2," Jane wrote to the AARA recently.

Jane, however, continues her racquetball regimen and was renewed with Team Head for the 1994-95 season.

IN MEMORIAM: CRAIG MCCOY

Craig McCoy, long time racquetball competitor, national champion and sport legend, died unexpectedly in his home of a heart attack on August 1, at the age of 37. Up to the last, McCoy was a racquetball enthusiast, and had played with regular partners Robin Dixon and Steve Lerner on the day of

his passing. Long-time supporter and friend Vance Lerner noted "Even when he was a star, he was always quiet, king, maybe even a little shy. But most importantly, he was always a nice man."

DAN LLACERA HITS THE COURT WITH THEISMANN

If any of you have been watching television lately, you've probably seen a commercial for a pain reliever featuring Washington Redskins' All-Pro quarterback, Joe Theismann engaged in a hotly contested racquetball game. His playing partner in the match was none other than #10 AARA Men's Open ranked Dan Llacera of Delaware.

The commercial was filmed at the King George Racquet Club in Greenbrook, New Jersey. The location was chosen for its glass-walled courts. While waiting for crews to prepare another court to film the commercial and then to make changes to the set between shots, Theismann and Llacera spent time playing racquetball on adjoining courts.

It was noted that every detail, right down to the racquetball goggles worn by Theismann, was important to the film crew.

So, the next time you notice the ad, look for Dan in the background!

ERICKSON & KOHL WED

SW Missouri State University racquetball alumni Bruce Erickson and Kimberly Lynne Kohl were married in St. Louis on June 25th, honeymooned in Colorado, then returned home just in time for the U.S. Olympic Festival. Erickson, who received his MBA last December, owns Erickson Product Marketing and represents Wilson sporting goods and Hi-Tec court shoes. Kim earned her B.S. degree from SMSU last July, and is now the Marketing Director for Consultant Lubricants, Inc. The couple met when they were mem-





A/B

C

RACQUETBALL SPORTSWEAR

RACQUET WARRIOR GEAR BY EARTHMONSTER **SALE**

A. Heavyweight 100% cotton **sweatshirt** with Racquet Warrior logo (L,XL) ~~\$29.00~~ **Now \$20.00**

B. 100% cotton **polo** with Racquet Warrior logo (L,XL) ~~\$29.00~~ **Now \$20.00**

C. Heather grey **jersey knit shorts** with Racquet Warrior logo (M,L,XL) ~~\$20.00~~ **Now \$15.00**

D. Maya print **knit shorts** (S,M,L,XL) ~~\$24.00~~ **Now \$20.00**

E. Maya print **workout pants** (S,M,L,XL) ~~\$29.00~~ **Now \$24**

Not shown—Heavyweight 100% cotton **t-shirt**, white with Racquet Warrior logo (L,XL) ~~\$15.00~~ **Now \$10.00** • 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.

ORDER FORM

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

Number _____

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.

Order Total _____

Postage \$ 4.50

Enclosed _____



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

AND ... INSTRUCTIONAL VIDEOS

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



H



G

RACQUETBALL

MEN

Men's Open

1. Michael Bronfeld, CA
2. Jimmy Lowe, KY
3. Rich Baer, NY
4. Doug Ganim, OH
5. John Ellis, CA
6. Dan Fowler, MD
7. Dave Cardillo, NY
8. Gary Mazaroff, NM
9. Sean Graham, CT
10. Sudsy Monchik, NY

Men's A

- 1T. David Sparling, CA
- 1T. Joey Sacco, CA
3. Jim Brane, MO
4. Jaime Alexander, TX
5. David Meagher, MD
- 6T. Steve Black, UT
- 6T. Chris Clogston, WA
- 6T. Robert Lybbert, WA
- 6T. Tim Secondiani, MA
10. Shishir Mohan, NJ

Men's B

1. Richmond Ellis, AZ
2. Raymond Bierner, AZ
3. Grant Barker, MO
4. Tom Macarle, AZ
- 5T. Jody Morris, TX
- 5T. John Lewis, CT
7. Gary Depiccio, NY
- 8T. Mike Disora, PA
- 8T. Jason Jansen, ND
- 8T. Doug Markle, OH

Men's C

1. Justin Carey, NY
2. Carlton Rebeske, AZ
3. Mike Walsh, NJ
- 4T. Mark Bouchard, MA
- 4T. Ronald Frantz, CA
- 4T. Cliff Slinkard, AR
7. Bernard Pucci, CT
8. Mark Robert, WA
9. Mark McNabney, IN
10. Glen Childers, Jr. TX

Men's D

1. Mark Sandoval, CO
2. Glen Childers, Jr. TX
- 3T. Steve Erdos, CT
- 3T. Rod Miller, AR
5. Chad Gilbert, ND
6. Keenan Jarnagin, CO
7. Carl Pitts, TX
- 8T. Ray Cruz-Solano, IL
- 8T. Philip Hammond, OH
10. Derek Cochran, GA

Men's Novice

1. Glen Kersten, AR
2. Sean Danna, PA
3. Steven Klaiman, TX
4. Earl Tewksbury, NY
- 5T. Greg Albert, FL
- 5T. Billy Barker, OH

- 5T. Johathan Brinson, NC
- 5T. David Leon, GA
- 5T. Greg Roberts, MA
- 5T. Frank Serra, TX

Men's 19+

1. Brian Fredenberg, TX
2. Bob Horner, MO
3. Tim Sweeney, IL
4. Brett Parker, MO
5. Craig Rappaport, PA
6. Jason Thoerner, FL
- 7T. Rich Baer, NY
- 7T. Pat Gonzales, AZ
- 7T. Troy Moore, KY
- 7T. Scott Reiff, TN

Men's 25+

1. Dave Cardillo, NY
2. Tony Boscia, CO
- 3T. Jim Jeffers, IL
- 3T. John Negrete, IL
5. David McAfee, FL
6. Dan Hugelen, MT
- 7T. Brad McQuinniff, IA
- 7T. Dave Werschay, MN
9. Chris Fine, NJ
10. Oscar Alvarez, FL

Men's 30+

- 1T. Armando Alonso, FL
- 1T. Jimmy Lowe, KY
3. Bill Serafin, NJ
4. Bill Lyman, IL
5. Greg Freeze, CA
6. Greg Hayenga, MN
7. Joe Mootz, NY
8. Kevin Thiessen, AR
9. Bill Sell, CA
10. Rob French, IA

Men's 35+

1. Mitch Smith, PA
2. Dave Schwent, MO
3. Jim Young, PA
4. Tim Armstrong, MO
5. Andy Pitock, IL
6. Nathan Deer, TN
- 7T. Mike Martinez, CA
- 7T. Keith Tidd, OH
9. Jim Luzar, WI
10. Mitch Posner, NJ

Men's 40+

1. Walter McDade, TN
2. Tom Travers, OH
- 3T. Mitt Layton, FL
- 3T. Dan Sublett, AR
5. Gregg Mandell, IL
6. Dave Holland, CA
7. Jim Luzar, WI
8. Tom Ray, FL
9. Mike Kane, TN
10. Ed Garabedian, PA

Men's 45+

1. Tim Lavoie, MN
2. Dave Kovanda, OH
3. Frank Ciociola, NY
4. Dan Davis, TX
5. Gene Ezell, TN
6. Doug Dickman, MO

7. Mark Daigle, NY
8. Tim Scott, CA
- 9T. Bruce Shafer, NY
- 9T. Bill Wolfe, NY

Men's 50+

1. Brad Parra, CA
2. Ray Huss, OH
3. Les Barbanell, NJ
4. Ron Galbreath, PA
5. Luis Guerrero, CA
6. Ron Johnson, IL
7. John Mootz, NY
- 8T. Lynn Corbridge, UT
- 8T. Dennis O'Brien, ID
- 8T. Bobby Sanders, OH

Men's 55+

1. Bobby Sanders, OH
2. Charlie Garfinkel, NY
3. Dario Mas, DE
4. Rex Lawler, IN
5. David Jordan, NJ
6. Ken Moore, CA
7. Dan Day, FL
8. Paul Becker, MI
- 9T. Len Corte, AZ
- 9T. Jack Howard, CA

Men's 60+

1. Don Alt, OH/FL
2. Rex Benham, AR
3. Ken Moore, CA
4. Chris Doyle, MA
5. Bert Shulimson, IL
- 6T. Paul Banales, AZ
- 6T. Norm Goldetsky, MN
- 6T. Bud Moretz, IL
- 6T. Jim Bailey, TN
- 6T. Frank Trask, ME

Men's 65+

1. Mal Roberts, FL
2. Joe Lambert, TX
3. Barney Friesth, SD
4. Donald Grieve, IL
- 5T. Carl Buschner, MA
- 5T. Bob Englund, MN
7. Jack Gushue, NY
- 8T. Richard Davis, TX
- 8T. Hugh Groover, AR
- 8T. Hal Price, AZ

Men's 70+

1. Nick Sans, CA
2. John Bareilles, VA
- 3T. Don Goddard, MT
- 3T. Jess Nero, NY
- 3T. J.W. Studak, TX
- 6T. Earl Acuff, NC
- 6T. Cam Snowberger, PA
- 6T. Andy Trozzi, MA
- 9T. Edward Busigo, FL
- 9T. Kevin Jones, CT

Men's 75+

1. Earl Acuff, NC
2. Charles Russell, CA
- 3T. C. Allen Shepherd, MD
- 3T. Andy Trozzi, MA

5. Harry Steinman, MD
6. Ralph Greco, OH
7. Fred Felton, TX

Men's 80+

1. John Pearce, TX
2. Harry Steinman, MD
- 3T. Steve Ordos, MN
- 3T. Wyman Woodyard, NE
5. Howard Hesse, AZ
6. Jack Daly, VA

WOMEN

Women's Open

1. Dana Sibell, MN
2. Lorraine Galloway, NY
3. Cheryl Gudinas, IL
4. Robin Levine, CA
5. Lisa Hjelm, CA
6. Kerri Stoffregen, OH
7. Anthnita Dickerson, MI
8. Elaine Hooghe, OH
9. Marcy Lynch, PA
10. Leesa Smith, ME

Women's A

1. Wendy Smith, NJ
2. Rhonda Rajsich, AZ
- 3T. Ann Hemphill, AL
- 3T. Wyllis Viorine, OH
5. Pam Benson, MN
- 6T. Mary Beke, AZ
- 6T. Julie Murphy, TX
8. Sandy McCarthy, NY
9. Vallana Perrault, MN
10. Brenda Kauffman, IN

Women's B

- 1T. Victoria Carpenter, NC
- 1T. Joyce Schafer, CA
3. Cathy Alexander, VA
4. Julie Duca, CO
5. Jennifer Reiser, MT
6. Jill Rhodes, AR
- 7T. Erika Juhl, DE
- 7T. April Schwobell, WA
9. April McAfee, FL
10. Becky Brannan, NM

Women's C

1. Karen Wozniak, AZ
2. Concepcion Prat, GA
3. Karen Morris, AR
4. Cheri Prickett, AR
5. Maria Shelby, NM
6. Mary Lauer, MI
7. Cathy Rossi, NY
- 8T. Maria Fulmer, NC
- 8T. Paula Furey, MD
- 8T. Diane Greene, WY

Women's D

1. Marie Michael Hill, NJ
2. Barb Carrington, IL
3. Rose Madden, AR
4. Cindy Lyster, TN
- 5T. Joanne Loiselle, CT
- 5T. Michelle Oaks, GA
- 5T. Fran Outten, FL
- 5T. Bobbie Ross, NC
- 5T. Gail Rutschilling, OH
- 5T. Lynn Slaughter, FL

NATIONAL RANKINGS

Women's Novice

1. Rose Madden, AR
2. Sue Forsberg, NH
3. Pam Potter, FL
- 4T. Natasha Bethell, FL
- 4T. Stacey Brown, NY
- 4T. Mary Lauer, MI
- 4T. Alice Murphey, NJ
- 8T. Laurie Gordon, CT
- 8T. Debbie Robertson, AR
10. Monica Hernandez, AR

Women's 19+

- 1T. Amy Kilbane, OH
- 1T. Kerri Stoffregen, OH
3. Rachel Gellman, NM
4. Jen Yokota, MO
5. Cara Pellowski, WI
- 6T. Andrea Beugen, MN
- 6T. Lourdes Garcia, CO
- 6T. Beth Katz, NY
9. Elkova Icenogle, MA
10. Jill Crouse, CA

Women's 25+

1. Lorraine Galloway, NY
2. Kim Russell, GA
3. Josee Moore, FL
- 4T. B.J. Ehr Gott, CT
- 4T. Kersten Hallander, FL
- 4T. Megan O'Malley, IL
- 4T. Allison Wohl, MO
- 8T. Pat Bornhorst, OH
- 8T. Debra Bryant, NC
10. Ellen Crawford, NY

Women's 30+

1. Karin Sobotta, WA
2. Mary Bickley, PA
3. B.J. Ehr Gott, CT
4. Mary Lyons, FL
5. Janet Tyler, FL
- 6T. Pat Bornhorst, OH
- 6T. Paula Cheslik, AZ
- 6T. Lori Harper, WI
- 6T. Kim Machiran, MO
- 6T. Gerri Stoffregen, OH

Women's 35+

1. Linda Moore, NE
2. Susan Pfahler, FL
3. Marcy Lynch, PA
4. Kathy Treadway, TN
- 5T. Kelly Kirk, MN
- 5T. Cheryl McConaghy, NM
- 5T. Debbie Tisinger, CA
8. Mary Beke, AZ
- 9T. Janet Insko, MI
- 9T. Mary Lyons, FL

Women's 40+

1. Janet Myers, NC
2. Sue Dipiano, MO
3. Nancy Lee Jensen, NE
- 4T. Laurel Davis, IL
- 4T. Joanne Pomodoro, MA
6. Renee Fish, FL
7. Debbie Chaney, IN
8. Janet Insko, MI
9. Darcy Chastain, MN
10. Norma Bilbo, AZ

Women's 45+

1. Gerri Stoffregen, OH
2. Meri Jean Kelley, CA

3. Bev Powell, IL
- 4T. Sharon Hastings-Welty, OR

- 4T. Dianne Nero, NY
- 6T. Agatha Falso, FL
- 6T. Paula Sperling, NM
8. Shelley Ogden, OH
9. Linda Miller, IN
10. Michael Marie Hill, NJ

Women's 50+

1. Gerri Stoffregen, OH
- 2T. Nidia Funes, CA
- 2T. Sharon Hastings-Welty, OR
- 4T. Mildred Gwinn, NC
- 4T. Kay Halverson, CT
6. Marilyn Fisher, IL
7. Jessica Schreier, FL
- 8T. Linda Perry, TX
- 8T. Sylvia Sawyer, UT
10. Janet Howard, VA

Women's 55+

1. Kathy Mueller, MN
2. Marion Crawford, NY
3. Jo Kenyon, FL
- 4T. Joanna Raida, PA
- 4T. Mary Walker, CA
6. Jean Tull, VA
- 7T. Cleata Ching, PA
- 7T. Helen Dunsmoore, ID
- 7T. Joann Jones, CT
10. Annabelle Kovar, NE

Women's 60+

1. Jo Kenyon, FL
2. Lola Markus, IL
3. Mary Walker, CA
4. Mary Low Acuff, NC
5. Cleata Ching, PA
6. Jane Peterson, FL
7. Reta Harring, WI

Women's 65+

1. Reta Harring, WI
2. Mary Low Acuff, NC
3. Phyllis Melvey, ND
4. Dorothy Vezetinski, WA

Women's 70+

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

Women's 80+

1. Zelda Friedland, NM

BOYS

Boy's 8 & Under

1. Matthew Hammond, OH
2. Geoffrey Mora, CA
3. Tyler Hollingsworth, OR
4. Michael Kamin, TX
5. Jeremy Robbins, TX
- 6T. Alex Roske, MN
- 6T. Blake Vonkaenel, NE
- 8T. Shane Karmelin, MD
- 8T. Marshall McDade, TN
10. Steven Klaiman, TX

Multi-Bounce

1. Jeremy Robbins, TX
2. Matthew Hammond, OH
3. Dan Sheppick, OR
4. Tyler Hollingsworth, OR
5. Ross Lennertz, WI
6. Jonathan Brittain, OR
- 7T. Brandon Shoe maker, OH
- 7T. Shawn Spindler, IN
- 9T. Michael Goodwyn, TX
- 9T. Shane Karmelin, PA

Boy's 10-

- 1T. Jim Gooden, TX
- 1T. Jack Huczek, MI
3. Joshua Epstein, NY
- 4T. Bart Crawford, OR
- 4T. Cory Martin, WI
6. Trevor Crowe, OR
- 7T. Bernie Dorman, CA
- 7T. Andrew Woodrich, IN
9. Steven Klaiman, TX
10. David Foye, MD

Boy's 12-

1. Shane Vanderson, OH
2. Scott Fisher, NY
3. Grant Barker, MO
4. Philip Hammond, OH
5. Jason Jansen, ND
6. Zak Miller, CA
7. Seth Taylor, IN
8. Mitch Williams, OR
- 9T. Greg Mandella, CA
- 9T. Cory Martin, WI

Boy's 14-

1. Dan Gottlieb, NY
2. Ryan Staten, KS
3. Justin Carey, NY
4. Shane Vanderson, OH
5. Rocky Carson, CA
6. Jeffrey Garner, AL
7. Nick Puz, CA
- 8T. David Liakos, NE
- 8T. Willie Tilton, CO
9. Brent McDade, TN

Boy's 16-

1. Eric Storey, UT
- 2T. Mark Bailey, IN
- 2T. Rich Wagner, CA
4. Abe Valdez, OR
- 5T. Mark Hurst, FL
- 5T. Sam Ryder, WI
7. Brandon Terry, OR
8. John Stanford, Jr., FL
- 9T. Asher Friend, NY
- 9T. Hal Spangenberg, CA

Boy's 18-

1. Shane Wood, MA
2. David Hamilton, OH
3. Brian Siegel, NJ
4. Tom Helfrich, MO
5. Shane Dodge, ID
6. Shai Manzuri, CA
- 7T. Jason Armbricht, NC
- 7T. Todd Criger, NE
- 9T. Mark Bloom, LA
- 9T. Eric Storey, UT

GIRLS

Girl's 8 & Under

1. Adrienne Fisher, OH
2. Melissa Holden, CA
3. Jessica Fuller, NM
4. Taryn McDonough, CA
- 5T. Kimberly Irons, OH
- 5T. Ashley Mora, CA
6. Lindsay Fuller, TX
7. Leslie Luna, NM
- 8T. Kelley Fisher, OH
- 8T. Katie McClure, GA

Multi-Bounce

1. Adrienne Fisher, OH
2. Kelley Fisher, OH
3. Molissia Martin, WI
4. Deidra Kamin, TX
- 5T. Jessica Fuller, NM
- 5T. Kimberly Irons, OH
- 7T. Allison MacWade, PA
- 7T. Ashley Mora, CA
9. Melissa Holden, CA
10. Lindsay Fuller, TX

Girl's 10-

1. Crystal Winfrey, OH
2. Kimberly Irons, OH
3. Molly Law, CO
4. Heather Holden, CA
5. Megan Stone, MN
6. Janet Olsson, OR
7. Carrie Olson, ME
- 8T. Jeanine Fuller, NM
- 8T. Danniele Johnson, AZ
- 8T. Marielly Ramos, Mex.

Girl's 12-

1. Kristina Matchett, OR
- 2T. Eve Bateman, PA
- 2T. Rebecca Dolloff, TX
4. Kimberly Irons, OH

- 5T. Keely Brannigan, ID
- 5T. Melanie Mueller, CO
- 7T. Emileigh Basta, MO
- 7T. Nicie Strand, MN
- 7T. Crystal Winfrey, OH
10. Sara Brushahan, NE

Girl's 14-

1. Katie Gould, MO
2. Sara Borland, IA
3. Jill Brittain, OR
4. Lindsay Sears, IN
5. Melissa Boyd, UT
6. Leisa Marquart, NE
7. Liana Kerwood, OR
8. Brooke Crawford, OR
9. Megan Guardiani, MA
10. Eve Bateman, PA

Girl's 16-

1. Sadie Gross, MN
2. Erin Frost, OR
3. Vanessa Tulao, TN
- 4T. Erica Daniels, CA
- 4T. Colleen Maginn, WI
- 6T. Melisa Boyd, UT
- 6T. Shannon Feaster, DC
8. Alison Siegel, NJ
- 9T. Jennifer Doak, WY
- 9T. Jennifer Liakos, NE

Girl's 18-

1. Shannon Feaster, DC
2. Tammy Brockbank, ID
3. Sadie Gross, MN
4. Andrea Beugen, MN
5. Christy Gould, MO
6. Stephanie Torrey, MA
7. Vanessa Tulao, TN
- 8T. Allison Cremo, CA
- 8T. Erin Frost, OR
- 8T. Kayla Harvey, WY

WHEELCHAIR

1. Chip Parmelly, CA
2. Gary Baker, IN
3. Steve Kuketz, MA
4. Mark Shepard, OH
5. Les Gorsline, WI
6. Audie Kemp, IN
7. Marc Fenn, IN
8. Jeannie Nicklos, TX
9. Dave Andrews, IN
10. Wayne Dake, WI

**RANKINGS DATED:
AUGUST 1, 1994**

RACQUETBALL

SEPTEMBER

September 16
Blast It 1994 @ The Sports
Center, Fayetteville, NC
910/864-3303

Pete Peterson Classic VI
Northeast Racquetball Club
Colonial Heights, MN
612/572-0330

California State Doubles
Los Caballeros Sports Village
Fountain Valley, CA
714/546-8560

Kentucky State Doubles
Downtown YMCA
Louisville, KY-502/587-2352

Fall Kick-Off Spalding Super
Series @ King's Court
Lyndhurst, NJ-201/444-0859

September 22
David Gries Memorial
Downtown YMCA/Birming-
ham, AL - 205/428-8729

September 23
Apple Open @ Spa Fitness
Watsonville, CA
408/722-3895

Harbour Island Open
Harbour Island Athletic Club
Tampa, FL - 813/229-5062

Midwest Seniors/Masters
Open @ Keystone Fitness Ctr
Indianapolis, IN
317/846-1111

Connecticut State Doubles
NEHR @ Bristol, Bristol, CT
203/248-6634

Pennsylvania State - Junior
Doubles @ Cocoa Court Club
Hershey, PA - 717/533-4554

September 28
Fall Kick Off @ Alaska Athletic
Club - Anchorage, AK
907/562-2460

September 30
Cool Cucumber @ Lakeland
YMCA, Lakeland, FL
813/644-3528

Solano Open @ Solano
Athletic Club, Fairfield, CA
707/429-4363

Virginia State Doubles
Robious Sport & Fitness
Richmond, VA
804/330-2222

3-Wall Outdoor State
Championships @ Univ. of
Florida Courts, Gainesville, FL
904/392-6738

Warren Open/Spalding Super
Series @ Racquets Club of
Warren, Warren, NJ
201/444-0859

OCTOBER

October 7
Fall Valley Championships
Merced Sports Club
Merced, CA - 209/722-3988

Northern Kentucky Open
World of Sports
Florence, KY - 606/371-8255

Octoberfest Open
Auburn Court House
Auburn, CA - 916/885-1964

Season's Opener @ Sports
Barn, Chattanooga, TN
615/266-1125

Snowcreek Autumn Open '94
Snowcreek Athletic Club
Mammoth Lakes, CA
619/934-8511

South Florida Racquet &
Health Club Open
Ft. Lauderdale, FL
305/987-6410

AARA Regional Doubles
Noblesville Athletic Club
Noblesville, IN
317/776-0224

Minnesota State Doubles
Highway 100 R/B & H/C
St. Louis Park, MN
612/920-6652

October 14
Clayton Valley Open
Clayton Valley Athletic Club
Concord, CA-510/682-1060

Fairbanks Fall Kick Off
Alaska Athletic Club
Fairbanks, AK-907/456-1914

Mullet Festival
Bluewater Racquet & Fitness
Club, Niceville, FL
904/897-4376

5th Ann. Budweiser Chris
Columbus @ Tampa Interbay
YMCA, Tampa, FL
813/839-0210

NJ State Doubles/Spalding
Super Series @ King George
RB Club, Greenbrook, NJ
201/444-0859

October 18
World Senior Games
Huntsman Chemical
St. George, UT
801/378-6010

October 19-23
Ektelon AARA
U.S. National
Doubles
Championships @
Racquetpower
Jacksonville, FL
904/268-8888

October 21
American Fitness Fall Classic
American Fitness Center
Louisville, KY-502/425-4471

Kernal Classic @ The Fitness
Barn, Valparaiso, IN
219/762-3191

Octoberfest @ Sports Farm
Knoxville, TN-615/584-6272

Sierra Shootout II
Auburn Racquet Club
Auburn, CA - 916/885-1602

Thunderbolt Open
Dan Gamel's Hlt. & Rac. Club
Fresno, CA - 209/227-8405

Wedgewood Open
Wedgewood Racquet &
Fitness, Montpelier, VT
802/685-7705

Williamsport Open
Nautilus R/B Club
Williamsport, PA
717/322-1080

October 27
18th Ann. Jack Fulton Open
University of Memphis
Memphis, TN-901/754-3076

October 28
Great Pumpkin Classic
Midtown Athletic Club
Sacramento, CA
916/441-2977

Halloween Monster Bash
Turlock Fitness & Racquet
Club, Turlock, CA
209/668-3838

Halloween Open @ Health
Works, Wallingford, CT
203/248-6634

October 29
Fall Racquetball Classic
Albany YMCA, Albany, GA
912/436-0531

Pennsylvania Women's Only
Alpha R/B Club
Mechanicsburg, PA
717/533-4554

NATIONAL CALENDAR

NOVEMBER

November 2

Maryland Pro-Am Open
Merritt Athletic Club/Security
Baltimore, MD
410/561-4900

November 3

Music City Open
Downtown YMCA
Nashville, TN-615/254-0631

November 4

Erie Paint Open @ Nautilus
Erie, PA - 814/868-0072

Racquet Four Classic
Racquets Four Sports Center
Indianapolis, IN
317/783-5411

RB + WI Open @ Racquetball
Plus, Royal A.C., Burlingame,
CA - 415/697-9162

United Way Open
Somerset/Pulaski County
YMCA, Somerset, KY
606/679-7428

Vermont State Doubles
Racquet's Edge
Essex Junction, VT
802/860-0425

November 9

Racquetball Classic @ Alaska
Athletic Club, Anchorage, AK
907/562-2460

November 11

Cross Court Athletic Club
Open - Woodland, CA
916/666-1319

Orlando Fitness & Racquet
Club Holiday Classic
Orlando, FL - 407/645-3550

Turkey Classic @ Modesto
Court Room, Modesto, CA
209/577-1060

Turkey Gobbler @ Alpha R/B
Club, Mechanicsburg, PA
717/533-4554

November 13

Break The Blues @ Racquet's
Edge, Essex Junction, VT
802/879-7734

November 18

Allegheny County Open
Racquettime - Monroeville, PA
412/466-7325

Lehigh Valley Open
Allentown R/B Club
Allentown, PA
215/821-1300

Olive Garden R/B Classic
Tri-State Athletic Club
Evansville, IN-812/479-3111

Pro Kennex Grand Prix #2
San Jose Schoebers
San Jose, CA-415/968-7970

Turkey Open @ Downtown
Health & Racquet Club
New Haven, CT
203/248-6634

Turkey Shoot @ The Olympiad
So. Burlington, VT
802/863-4299

Turkey Trot @ Alaska Athletic
Club, Fairbanks, AK
907/456-1914

YMCA November Classic
YMCA of Central Kentucky
Lexington, KY
606/254-9622

10th Ann. First Coast Classic
Racquetpower-Jacksonville, FL
904/268-8888

December dates will appear
in the next issue ...

... and in 1995

January 27-29

National Women's Seniors/
Masters Championships @
Southern Athletic Club,
Lilburn, GA - 404/923-5400

February 16-18

U.S. National Masters Singles
Invitational-Phoenix, AZ

See page 61 for National
Event Calendar.

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GUEST EDITORIAL: DON'T DROP 'EM AT THE TRACK...

By Eleanor Quackenbush

Out west in "Ore-Gon" next to the Pacific Ocean, not long ago a daughter took her aging father to the dog races in another state ... and left him! This certainly caused a national outcry, and the question: What to do with the older generation – "Gram & Gramps" and Uncle Willie?

My answer is "don't send them to the home (or the races) – take them to the courts!"

In Salem, Oregon more than two hundred seniors of all ages, sizes, and a variety of skills meet three times a week to enjoy the love of their life: Racquetball PlayDay. Courts are set aside for this jolly bunch from 9:00 am 'til noon – a time in most clubs when there is plenty of empty space on the courts.

The Courthouse Athletic Center in Salem, Oregon is now proud to offer the program at all three of its locations in the city. Some seniors prefer only a certain club, others follow the circuit three times a week – true "Gym Rats" with glasses and hints of arthritis.

Just before nine, a steady stream of smiling seniors sign in, pack their equipment to the locker room, and anticipate their play. A warm up routine is optional and personal – some prefer to work out at home, others avail themselves of the latest machines to warm up the old body.

Doubles play is preferred by most, yet the director of the program (me!) still encourages singles play in a circle challenge, one game to 21 with a ladder progression. This keeps singles play in mind and also helps eliminate the "buddy or cluster" groups which occur. Better players are placed at the bottom of the ladder and must work their way up to the top, thus offering each person at least one game with everyone and those with the least skills are given a good chance to win. The bottom players must work four times as hard to reach victory.

Beware though ... seniors are sneaky. What they lack in footwork and power is made up by the constant use of the old gray matter. Often the advanced player is left standing on the court wondering, "What is he doing to me? His body lies, the footwork spells out ceiling, and then the son-of-a-gun shoots with perfection a very soft sidewall pinch, soft as a baby's derriere."

The three-hour span gives players a chance to rest awhile, have a cup of coffee or grab a snack from the snack bar

without fear of losing their court. It is there you become amazed by the professions of these folks.

Many are retired servicemen including two POWs, ministers, state office workers, a college football coach and several doctors who are still sympathetic to injuries or complaints. Some have small business ventures. Two ladies are very avid bowlers with high scores, teachers and the list goes on ... not to speak of the hard work by the women who have given their lives to family and kids.

After an introduction to the group, newcomers are hooked. Women can be timid, especially if they've never played a racquet sport. Claiming "that's a wicked game – I don't know about it" and "the ball goes too fast," these same gals with white hair are those you see speeding in and out of busy traffic en route to a good sale!

Now, not all these folks are in good physical condition, yet if one is having a good time, the aches and pains that accompany age are minimized. One dearly loved gentleman still makes use of the aerobic classes and he is in his late eighties.

My son, a teacher, came to the PlayDay one morning during spring vacation. A doubles game was being played and after it was over he spoke to one of the players on the other team. "Bill, I see you have trouble moving from left to right – did you sprain your ankle?" The answer was a classic, "Hell, No." Bill then took his racquet and pounded on the leg – an artificial one that had been taken off near the hip – a real shocker to even an experienced player.

Disabilities are common in this bunch. Two have pace-makers, one had open heart surgery, one is blind in one eye, several wear hearing aids, two women successfully survived mastectomy, two have had extensive back surgery accompanied with steel rods placed along the back bone and move without any effort whatsoever. Sore shoulders, bone spurs, tri-focal glasses, bad knees, bunions and corns are common, but no false teeth have been found soaking in a glass outside the court ... yet!

Each of us, as we grow older, has some degree of disability, often causing us players to react to our conditions rather than what the instructor claims is proper form. Do what you can. Let your body and mind work together for hours of fun and pleasure.

But one thing is certain ... don't let anyone dump you at the dog track or elsewhere – demand to be taken to the club and put on the courts!

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