



National Racquetball Magazine

May 1989

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Magazine



Prepared for camp?

Racquetball Camp

A worthwhile experience

Carbing Up For Camp

Pre-camp diet

Preparing For Camp

Physical fitness

Racquetball Books

A review

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National Racquetball Magazine

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Photo by Richard Kevern, Jacksonville, FL.

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A MESSAGE FROM THE EDITOR...

To our readers:

It is with both pleasure and anticipation that I assume the editorship of *National Racquetball Magazine*.

As a avid participant and supporter of racquetball for twenty years, I look forward to rediscovering and reexamining the sport from a journalist's perspective.

I'm hopeful that my involvement with racquetball

as spectator, player, teaching pro, tournament director and junior coach as well as an AARA state and national board member will enhance my ability to provide editorial material which is interesting, informative and, often times, plain fun.

Upcoming issues will feature more instructional information for players — novice through open — articles on fitness and nutrition which have become increasingly important to the American lifestyle; personality features and interviews, increased coverage of both amateur and professional events and activities, new products and industry news and surveys as well as those columns which appear regularly.

Our goal is to produce a magazine YOU want to read. Be vocal! Let us know your likes and dislikes. Ask questions. Demand answers. *National Racquetball* is YOUR magazine. It must meet your needs as a reader.

We know you'll soon be as excited about this publication as you are about the game of racquetball.



Judi Schmidt
Judi Schmidt
Editor

LETTERS TO THE EDITOR

What Do You Think?

A dispute arose over the proper entry fee at an AARA sponsored tournament (and Pro Stop). Can you settle the issue for me?

The entry form had the following listed under "entry fee": Pro \$60.00; Open \$48.00; Pro/Open Doubles \$50.00 per team; combination Pro & Open \$95.00; all other \$38.00.

Divisions listed were: Men's Pro, Open, A, B, C, D, Novice, Pro-Open Doubles, A/B Doubles.

I assumed A/B Doubles fell into the category of "all other", and the entry fee would be \$38.00. My partner wanted to enter the "A" division and I just wanted to play doubles. Therefore, I thought the entry fee for his "A" division would be \$38.00, for a total of \$76.00.

The Tournament Director, Mike Anderson, said my partner's "A" division cost \$38.00, the A/B doubles was a second division, costing \$19.00. A/B Doubles was my first division, costing \$38.00, total entry fee \$95.00.

This didn't seem right to me. The entry form clearly stated Pro/Open Doubles, with first-prize money of \$400 per team, cost \$50.00 per team. Mr. Anderson wanted to charge us \$57.00 to play in a lower division without prize money.

By entering "B" Singles instead of "A/B Doubles", my partner and I would have paid \$76.00 in total fees, for the same tournament shirts, hospitality, and court time. The only difference would be four people in the court instead of two. There's no extra cost involved, yet the Tournament Director wanted to charge us an extra \$19.00.

Is there any ruling on this from the AARA? Was I wrong to dispute his assessment of fees?

Bill Hays
Lansing, MI

Editor's Note: The AARA has no nationwide sanctioning policies. Such guidelines are established and enforced by state associations. Take the complaint to the State Director listed in the AARA section of this issue if you've had no success with the tournament director. We agree with your assessment of the situation. "It doesn't seem right." Tournament fees are going up. Are we getting our money's worth? Are we discouraging

tournament play? Send your comments to the Editor. ○

Over 80's

I am a member of the AARA, New Mexico Racquetball Association. I am writing you for two reasons. I will be 80 soon and plan to play racquetball competitively for at least five more years. I do not see an over 80 category in our magazine, or on other lists of age groups. I don't think it's fair to have to play those younger players, do you?

Last year I won first place in the New Mexico State Singles Championships, and for three years have won first place in the North American AARA over 75 division held here in Albuquerque. That's the second reason I am writing. On page 49 of the January issue, you name two officially ranked men over 75, J. Pearce, TX and B. Duckworth, FL. Why not three — Howard Cole, NM? In the new over 80 bracket, maybe I could get to #1.

I'll be glad to tell you more and send a picture of my four tournament trophies. I would consider meeting any other 80+ players on their home ground or mine.

Howard E. Cole
Albuquerque, NM

Editor's Note: The rankings we print come from the AARA office in Colorado Springs. Points are accrued by participation in sanctioned events. Perhaps your points have not been reported by the tournament director or your state association. ○

The Doyles

It was really nice to see two of my former students honored in *National Racquetball*. Tim and Cindy Doyle are not only very good players, but genuinely nice people. That is inherited from their parents, Merilee and John Doyle. The Doyles are a great, loving family who have done well for their kids. Over the years they have opened their home to me and many other racquetball players.

Thanks for the great article and congratulations to the Doyle family.

Jim Winterton
Syracuse, NY ○

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RACQUETBALL CAMP

A Worthwhile Experience

by Steve Strandemo

It's impossible to tell you everything there is to know about racquetball camp in one article, but I can offer a few tips on getting into the proper frame of mind for the camp experience. As you prepare physically remember to limber up your learning circuits with mental exercises as well. It will make a tremendous difference in your camp performance, and what you get out of it.

Be realistic in setting your goals. The camp staff can't make you transform your entire game in three to four days, but they can start you in the right direction in the areas of strategy and stroke. Players at camp may make tremendous strides in both areas, but must also realize how much practice it takes to refine their new found skills. With regard to strokes, the staff can't give you a devastating new swing. If you've been playing for any length of time your swings are basically grooved into your game. A video tape session at camp will show every player their bad habits which can be modified. Many players coming to camp think all their problems will be solved with improved swings. There's more to improving your game than form alone. It's important to learn solid strategy as well.

One of the first priorities at my camp is to have participants write down goals, weaknesses and feel-



ings regarding their game. These goals vary considerably from player to player. One may only be concerned about improving play and keeping fit; another wants to jump from C level to B, and still another may want to compete effectively at a national level.

Many participants come to camp feeling frustrated with their game. They haven't been able to reach their goals via private lessons, emulation

of better players in the area or "pointers" from friends. They arrive at camp eager for explanations.

Instruction at a well run racquetball camp will be beneficial to your game. It may include your first exposure to racquetball strategy and stroke mechanics. Subtleties of the game are extremely difficult to pick up on your own. Camp participants working with qualified instructors, for concentrated periods of time, will progress much faster. The most constructive use of your instruction time will come from instructor reinforcement and support and encouragement from fellow campers.

There is a natural resistance to trying something new. Remember the first day of school when the algebra books were passed out? Did you leaf through yours and wonder how you'd ever learn that stuff? At that point many a student has wondered what in the world was wrong with good old arithmetic. Some students approach camp the same way. They developed a game strategy and a couple of shots that always work and they really don't want to change anything. It's much better to arrive at camp with an open mind, realizing that the first steps to a better game may be faltering ones.

Good racquetball is relative. There will be players of all levels and ages at camp. You will play at your own ability level, but will also have the opportunity to meet players from other levels. You will test yourself against the more advanced players and gain confidence against players who don't have as much experience as you. There is a challenge for every player at camp. You can always learn to do things better and when you have a good foundation in the game, you can always improve.



The goal of a camp is to provide that foundation.

I teach lots of stroke mechanics and strategy; winning through good percentage racquetball. A "C" player and an A player will approach this information in different ways, but both will learn more about the game if they are in a receptive frame of mind. I look at each person

who comes to camp as an individual challenge. I try to analyze his game and make him a better player.

To maximize the benefits of camp and to grasp the concepts presented, you must be open-minded. If you are willing to work hard you will make some very worthwhile advances. ○

CARBING UP FOR CAMP

by Marcy Lynch

Marcy Lynch is a top-ranked WPRR player and nutrition consultant. Her columns can provide specific answers to your diet and nutrition questions as they relate to racquetball. Send your questions to: Marcy Lynch, Nutrition Editor, P.O. Box 719, Montgomeryville, PA 18936.



Summer is the time for racquetball camps, so by now you're probably considering which one to attend — or have decided and are gearing up physically for the rigors of several days of non-stop skills, drills, and thrills. What can you do with your diet to be properly fueled for camp?

Let's talk first about how to eat before going to camp. The diet I would normally recommend would not differ greatly from the diet I recommend people follow on a regular basis. It's important to eat three balanced meals a day — at approximately the same time each day — so your appetite and body metabolism develop a rhythm. Your body knows when to expect food and you know how and when to plan for it. A balanced meal includes protein, fat, and carbohydrates in a ratio of approximately 15%, 25%, and 60% of total calories consumed.

The week before camp I would concentrate on eating more carbohydrates, and in particular, more complex carbohydrates such as whole grain breads and cereals, whole grains (brown rice, millet, barley, etc.), corn, baked potatoes, and pasta. These foods are converted to glucose in your body and stored as glycogen in your muscles and liver. Your body draws on these glycogen stores for energy during activity. In effect, you are "warehousing" fuel or "carbing up". Long distance runners and bikers take a more drastic approach to loading their muscles with glycogen, but racquetball players are rarely subjected to the kind of sustained and prolonged activity that warrants this kind of carbo loading. Just be conscious of eating lots of good healthy carbohydrates and you'll be ready for camp.

Okay, so camp has started. Now what do you eat? The most important meal of the day will be breakfast. Not only do your muscles need the fuel, but so does your brain and you'll need all your brain power to concentrate on learning new skills. Have a high carbohydrate breakfast; whole grain toast, cereal (hot or cold), some fruit, juice. Make sure to include a protein source — an egg, milk, yogurt, or cottage cheese. Breakfast doesn't need to be big, just balanced.

This should carry you through the morning until you break for lunch. Lunch is the trickiest meal of the day in

a camp situation. How do you avoid A.L.S., better known as After Lunch Syndrome? I'm sure you've experienced it — the yawning, sleepy, lethargic feeling that follows the afternoon meal. The best way to avoid A.L.S. is to keep protein and fat to a minimum. Large amounts of lunch meats, potato salad, coleslaw, or potato chips are surefire snoozers.

Large green salads with lots of fresh veggies and a minimum of salad dressing, whole grain rolls or bread, fruit or fruit salad will fill (fuel) you up without causing sluggishness. You'll be back on the court physically and mentally alert and ready to go.

At the end of the day, when you've finished playing you'll want to have a meal that includes protein and plenty of complex carbohydrates in order to refuel for the next day.

Snacks may be appropriate during the camp day. By now you can guess what type of food snacks should be; carbohydrates, of course; whole grain bread or muffins, dried fruit or fresh fruit, maybe even some trail mix (nuts tend to be high in fat but a little trail mix goes a long way and digests fairly easily).

The most important thing to remember during camp is to drink plenty of fluids, in particular — water! It's hard to drink too much water. Water keeps your system clean and healthy by carrying food and nutrients throughout the body and helps eliminate waste. Water also replenishes fluids lost through perspiration and prevents dehydration. Without sufficient water you can feel tired and sluggish.

Sugary sodas and diet soft drinks provide little in the way of usable fluid. Sodas are mostly sugar and diet drinks are often filled with sodium and caffeine. Carbo replacement drinks have become more common. They have some benefit, but do not replace water. Even fruit juice is too concentrated for fluid replacement. Mix fruit juices half and half with water as a more effective way to rehydrate.

Now you should be ready to go. Start your ignition, fire up your engines, and give your body plenty of good food and water for fuel. Have fun at camp and I'll be talking to you again next month. ○

Editor's Note:

Not all experts agree that carbing up is necessary. See Before Camp Advice by Dr. Richard Honaker on page 9.

PREPARING FOR YOUR CAMP

by Dan Obremski

After the first day, camps seem to be filled with people moaning about sore legs, tired muscles or cramps. I recently ran into a long time acquaintance, who is a tennis instructor. She has been unable to step on the court for the last month due to a pulled hamstring. This kind of injury is common among instructors at camps I've taught and I've learned that if my friend had prepared adequately, she could have avoided injury. Fortunately, there are a few things one can do to ensure that camp is a more rewarding experience.

Three basic routines to help you prepare for an injury-free camp are: 1) Stretching drills; 2) Cardiovascular work; 3) Footwork drills.

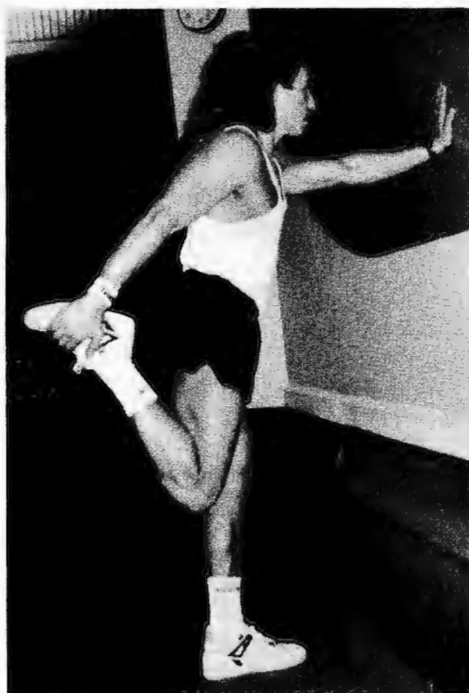
These routines will prepare you for the Olympic Training Center Camp which, physically speaking, is the most strenuous of all, so you will be more than adequately conditioned for any other camp.

Stretching/Flexibility

If you are unaccustomed to stretching, you might find that this series of exercises leaves you feeling a little sore the first couple of days. However, among its advantages, stretching loosens up your muscles before a match, so you can play hard from the start. It helps avoid pulled muscles, and helps your muscles gain elasticity and strength, which allows you greater reach, while still hitting shots proficiently. Start slowly and work your way up to several sets throughout the day. Vary your routine to avoid boredom. It is usually best to start with the major muscle groups (the legs and chest) and finish with the smaller muscles (the arms and shoulders).



Above: Dan illustrates one method of stretching the hamstrings. Right: Dan illustrates the importance of maintaining good balance while stretching. Far right: Dan demonstrates the proper form used for stretching the calves.



Calves

Stand two to three feet away from a wall or any stationary object. Place both hands on the wall, while positioning one of your legs behind your body with your feet flat on the floor. Your front knee should be bent. Let your hips sink towards the floor until you feel a good stretch. (20-30 seconds) Breathe deeply and exhale to relax the body. Switch legs.

Thighs

Stand erect and balance yourself on a wall with one arm. With the other arm, grab your leg around the ankle and bring the ankle towards the buttocks. Your knee should be pointing towards the ground. Pull up on the ankle to achieve a complete stretch. For an even greater stretch, try pushing the leg back behind your body with your hip muscle. Switch legs. (20-30 seconds)

Groin

Position your legs slightly wider than shoulder width. Squat over your right leg, keeping the left leg straight out to the side. Extend your left arm and torso to the left, stretching the groin of the left leg. Switch sides. After this initial stretch, stay down in the same position and rotate on your toes so that you are facing sideways in a hurdlers stretch position. Your body weight should be over the bent front leg, while the opposite leg is straight and behind you. Lower your hips to stretch the groin. Switch sides.

Hamstring

Stand erect with your feet shoulder width apart. Attempt to touch your toes while keeping your legs relatively straight. Hold one position for 30 seconds and then repeat, trying to get lower each time. Concentrate on stretching the hamstrings.

Another effective hamstring stretch utilizes a bench or step of



Chest stretch

some sort. Stand a few feet away from the step and put one leg out on the step, keeping it as straight as possible. The opposite leg can be bent. Bend at the waist and reach for your toes with both hands. Switch legs.

Mid-section

A good basic stretch to warm up the stomach and the lower

back is the twist. Stand erect with your legs a little wider than shoulders width. Keeping your hips stationary, rotate from side to side for two to five minutes.

Chest

Stand sideways close to a wall and extend your arm along the wall behind you. Push your body into the wall gently (20-30 seconds) keeping your palm open and on the wall. Switch arms.

Another good stretch for the chest utilizes a partner. Extend your arms to the side and have your partner stand behind you and slowly pull both arms by the wrists. Do not pull to far or too hard.

Upper Back

Once again stand close to a wall and raise your arms towards the ceiling with your palm facing the wall. Push gently towards the wall with your body. Switch arms. Now extend your arm in front of your body and reach under it with the opposite arm grabbing the elbow. Pull the arm across the front of the body until a sufficient stretch is achieved.



Upper back stretch

Shoulders

Stand erect with your knees slightly bent and extend your arms to the side. Rotate them in small circles, gradually increasing the size of the circle. Rotate both forward and backward for 30 seconds. One arm shoulder rotations are also very helpful and provide an even greater stretch.

Triceps

Raise your right arm over your head and bend at the elbow. Grab your arm with your left hand and pull down gently behind your head. Keep your elbow pointed up.



Tricep stretch

Biceps

A slow warm-up on the court or a few light biceps curls should get blood flowing enough to avoid a pulled bicep.

Safety Tips for Stretching

- 1) Warm up for 5-15 minutes with a run or bike ride before stretching;
- 2) Hold each stretch 20-30 seconds without bouncing;
- 3) Do not force

any stretch (use your own limitations).

Cardiovascular Training

Every year, at every camp, people are dragging because of the physical and mental intensity of a week-long camp. You don't want to lose concentration during a lecture or play because you are fatigued from the week's activities. This routine will increase your endurance, and improve your overall fitness level.

To make this routine fun and beneficial without detracting from your game, do these exercises during your regular racquetball workouts. They are four exercises that you can choose from and you can choose the intensity level at which to start.

Bike, Run, Aerobics, Steps (or step ups)

Now, the only sacrifice you need to make is time. Give yourself 1/2 to one hour each day to get in better shape. You should do one exercise before your racquetball workout, and one after. Choose a different exercise each time for variety. Also, if your racquetball workout was not very intense, then you can intensify your training session afterwards. To begin, I suggest 10 minutes of each exercise, working your way up to 20 minutes. I try to increase a

(continued on page 8)

Preparing For Your Camp

(continued from page 7)

minute of cardiovascular work a week.

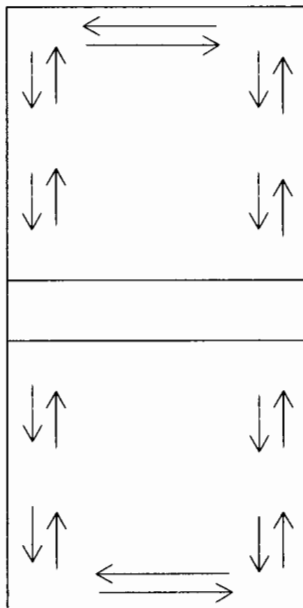
By the time camp rolls around this summer, your heart, legs, and self confidence will be at an ultimate high, and the rigors of camp will be like second nature.

Footwork Drills

Footwork drills ensure three things. One, begin better movement to the ball; two, stronger legs; and three, muscular endurance. The three drills below, are only a few of the many drills available, but, I've found them to be the most effective for me.

1) Shuffle Drill

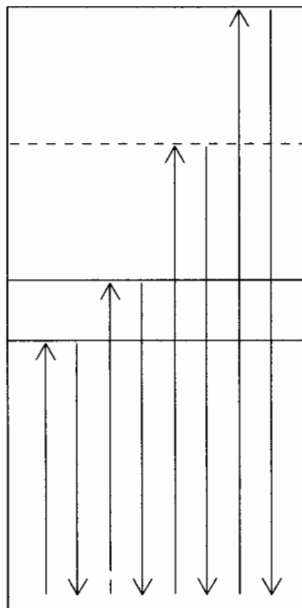
Face a wall and squat low. Side step around the court facing the walls while maintaining the squat. This drill strengthens your legs, increases balance, and enforces the fact that you should constantly have your knees bent. (Start with three times around the court in each direction).



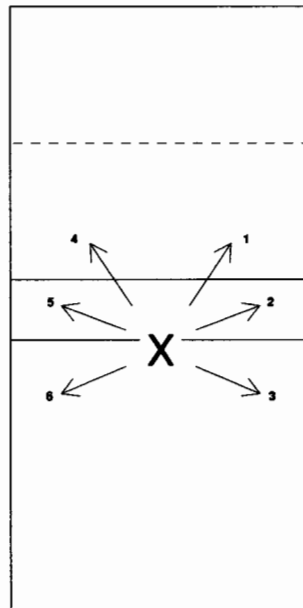
Shuffle Drill

2) Line Drill

Begin at the back wall and run to the first red line, bending to touch it; run backwards to the back wall, slowing at the wall to ensure safety. Run to the next line, and so on until you reach the front wall (30 second break, repeat three times). This drill builds endurance and reinforces low center of gravity.



Line Drill



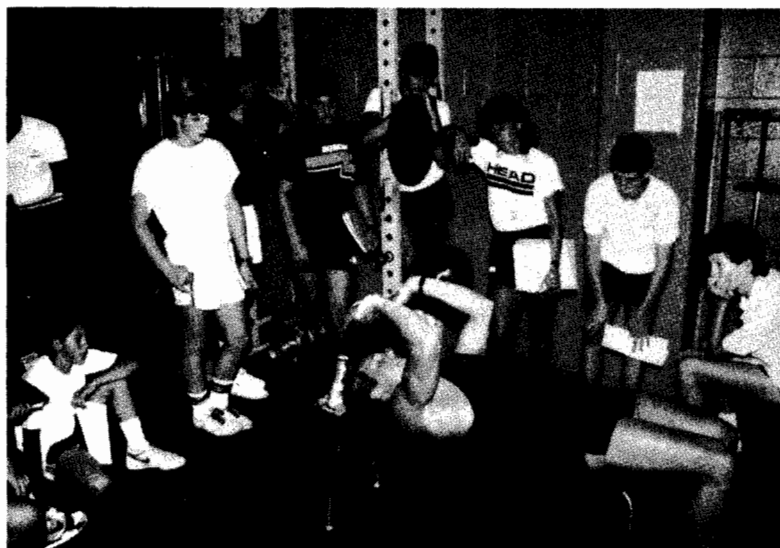
Star Drill

3) Star Drill

Start in center court with knees bent. Move to first position and execute a proper stroke while maintaining balance. Shuffle back to center court and maintain

balance. Move to the next five positions (shown in diagram) (30 second break, repeat three times). This drill enforces balance when hitting the ball. (Use a racquet).

The implementation of these three areas into your workout routine are not very time consuming and can really add to the value of your camp. Have fun and good luck. ○

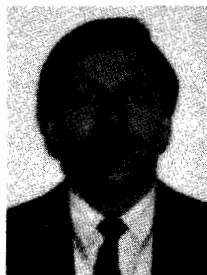


Weight training with Dan Obremski at the Elite Training Center.

BEFORE CAMP OR TOURNAMENT — SOME ADVICE

by Dr. Richard Honaker

Doctor Richard Honaker is a diplomate of the American Board of Family Practice and an avid racquetball player.



Weekend racquetball warriors, or occasional tournament champions, beware of intensive workouts if you are not already in good condition. There are dangers inherent in intensive workout experiences when the body is not already in condition to withstand such intensity.

Various injuries occur to those who risk overuse syndromes. In the upper body this includes rotator cuff tendonitis and tennis elbow (*lateral epicondylitis*). Lower body hazards include ankle sprains, low back pain and hip discomfort. Contusions (bruises), strains, sprains and abrasions are more likely to occur when our usual reflexes and instincts are not geared with recent practice for the intensity of racquetball camps or tournaments. Muscle tone, hand to eye coordination, reflexes and a multitude of body interactions must be tuned and gradually made ready through workouts.

The cardiovascular system also requires gradual change. Muscles require tone, so does the heart muscle. The heart is

basically a four-chambered muscle and like our calf muscles must be warmed up, cooled down, conditioned and cared for. Lung capacity and the oxygen carrying capacity of the red blood cells is affected by our fitness level. Both must be working at peak abilities to reach peak exercise. The three important factors in our cardiovascular system pertaining to fitness are heart rate, blood pressure and cardiac output, which is a measure of the heart's functional efficiency. The optimal balance among these three factors can only be obtained by regular exercise and the equation between them is skewed in one direction or the other when an unfit cardiovascular system is put through rigorous exercise.

Another hazard to the weekend warrior is leg cramps, related to bodily mineral and electrolyte abnormalities and blood flow characteristics. Heat exhaustion and on occasion heat stroke are also potential problems.

How can we avoid these problems? The obvious

answer is regular workouts in anticipation of intensive tournament or camp situations. Warmups should include a minimum of 10-15 minutes involving all major muscle groups with emphasis on the shoulder, hip girdle and low back muscles which take the brunt of much of our activity. When we warmup muscles they work more efficiently, just as the motor of a car works more efficiently at operating temperature.

Cool down is also important. At the end of a peak exercise period, the muscles, including the heart muscle, are geared for full activity. The body has a full load of adrenalin. Coming to a dead halt is dangerous. The pumping action of muscles in our arms and legs returns the blood to the heart for recirculation. If you stop suddenly, this muscle pumping activity stops and the

heart has nothing to work with. This can result in low blood flow to the brain with accompanying dizziness and potential for fainting spells.

The body, like any machine, requires rest and repair periods. Constant damage occurs with every step and move we make.

Regular night and

intermittent day rest contribute to the healing process, especially in camp or tournament situations. Relaxation periods also allow cool down of emotions and dissipation of excessive adrenalin.

Diet is an important factor that cannot be overlooked. Carbohydrate loading is not advised, nor is the old wives tale that chocolate give you more energy. A high carbohydrate meal several hours prior to play will often sustain one. However, for the average healthy person, the body stores nutrients which will provide ample sustenance.

In summary, for those of you approaching tournament situations or camps, treat your body with respect. When your body is cold, do not expect it to function as though it were warm. We have all had the experience of starting a car on a cold day, depressing the accelerator rapidly and having the car stall. Had the car been warmed up and in good tune up condition, the stall would not have occurred. Let us not take a chance on stalling our body motors. ○



WHAT'S AN ELITE TRAINING CAMP?

The AARA National Elite Training Camp is probably one of the most comprehensive racquetball camp offered in the United States.

Three week-long sessions will be held this year during June and July at the U.S. Olympic Training Center, Colorado Springs facility. Sessions are geared to different segments of the racquetball population, including separate weeks for Open level players, juniors and adult age group participants, all of whom must pre-qualify in order to attend the camp.

Pre-qualification is accomplished by participation in Regional Singles competitions, (the AARA has established 15 regions throughout the U.S.) and placement in the quarter finals, (top eight) of the individual's particular age or skill division. All eight qualifiers in each division receive invitations to apply for the camp but registration is limited to approximately 40 players per session so the indepth application must be completed and returned quickly if one is really interested in attending.

Campers are housed in training center dormitories and fed at the cafeteria which offers an unending array of nutritious foods to all athletes who train at the facility.

Instruction at each session of camp is provided by nationally known teaching and playing professionals such as Lynn Adams, Caryn McKinney, Dave Peck, Dan Obremski, U.S. Team coaches plus others.

The week of intensive racquetball and fitness training makes full use of all facilities available at the host racquetball club and the training center.

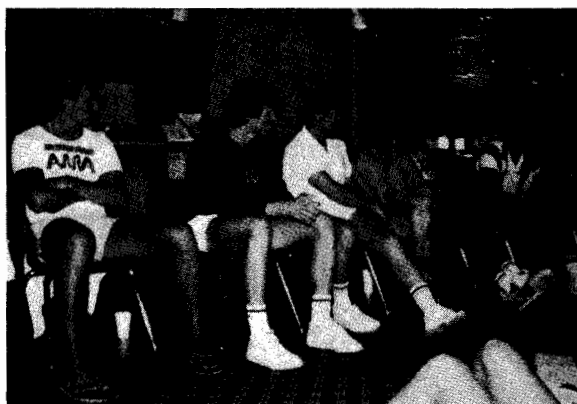
Participants are schooled in nutrition, mental preparation, strategy, stroke mechanics, weight training, physiological testing, video tape analysis, etc. Each student is asked to develop his own one-year training program before leaving camp.

The results of tests in various areas of physiology, given to participants by USOC training personnel, will be used to develop norms for the sport of racquetball and advanced training methods for future campers.

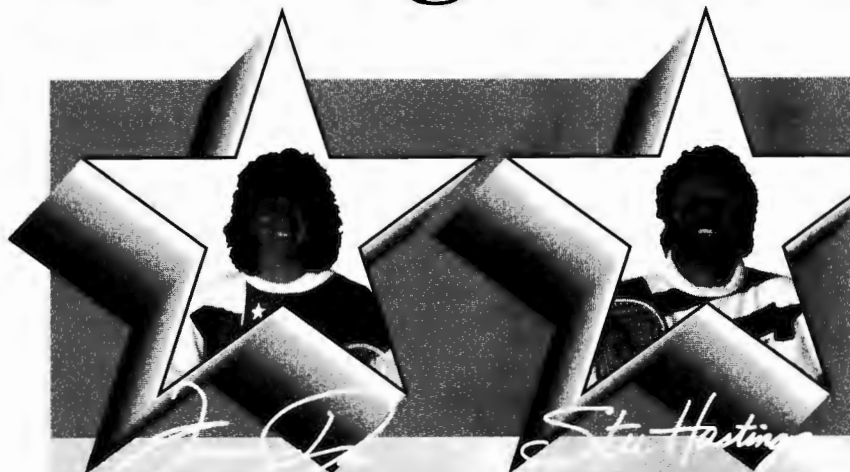
Cost for the camp is \$225 for each session. This includes room, board and all camp and USOC activities. Transportation to Colorado Springs is the responsibility of each participant. Costs will vary depending on distance to and from Colorado Springs and method of transportation used.○



Top to bottom: Stu Hastings instructs campers with the aid of video tape. Campers begin the day with an early morning run. Camp participants are tested for lactic acid. Instructors answer questions for students.



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STROKE MECHANICS

An Analysis of the Back Hand Drive

by Wayne Hollander & John Stevenson, Ph.D.

One of the most important ingredients in successful racquetball competition is the ability to hit a forceful, accurate backhand drive. This article highlights results of a biomechanical study of the backhand drive of a skilled, elite player compared to that of an unskilled player. Some motion characteristics (kinematics) and forces (kinetics) involved in various racquetball strokes appear similar to those of other sports that involve striking an object with an implement, i.e., tennis, squash or baseball. However, racquetball does possess specific motion characteristics that are unique to the sport. In fact, proficiency in racquetball is often determined by the mechanics employed by each athlete in performing the various shot techniques.

Subjects for this comparison consisted of an elite (skilled) player, Stu Hastings, and a sub-elite (unskilled) player, Steve Medemar. Stu is well known as a coach at the U.S. Olympic Training Center, a three-time national champion, and was the 1988 U.S. National 35-and-over singles champion. Anyone who has watched him play realizes he has textbook stroke mechanics. Steve is similar in size, a good all-around athlete, but is not an accomplished racquetball player.

Our analysis procedures involved filming and subsequent study and analysis of the video records. Both players were filmed from a side view (sagittal plane), then directly overhead (transverse plane) as they performed several backhand drives. Their mechanics were then studied frame by frame. Five key frames were identified: (1) full racquet preparation; (2) early swing phase; (3) late swing phase; (4) impact; and, (5) follow through (these frames are shown Figure 1). This method allowed for a qualitative analysis of the following mechanical elements: linear and angular displacements; temporal (timing) features; and approximated velocities. Three motion phenomena of the backhand drive were studied: (1) flexion and extension of the knees; (2) rotational motion of the hips and shoulders; and, (3) motion of the racquet arm.

Knee Motion

As illustrated in Figure 2, both players had slightly flexed knees at full racquet preparation. Thereafter, the skilled player demonstrated greater knee flexion of both legs throughout the entire stroke with the greatest flexion at ball impact. Both players exhibited more knee flexion of the trailing leg as compared to that of the lead leg. With his greater knee flexion throughout the stroke, the skilled player maintained a lower center of mass, and

thus more stability, than the unskilled player.

Hip & Shoulder Rotation

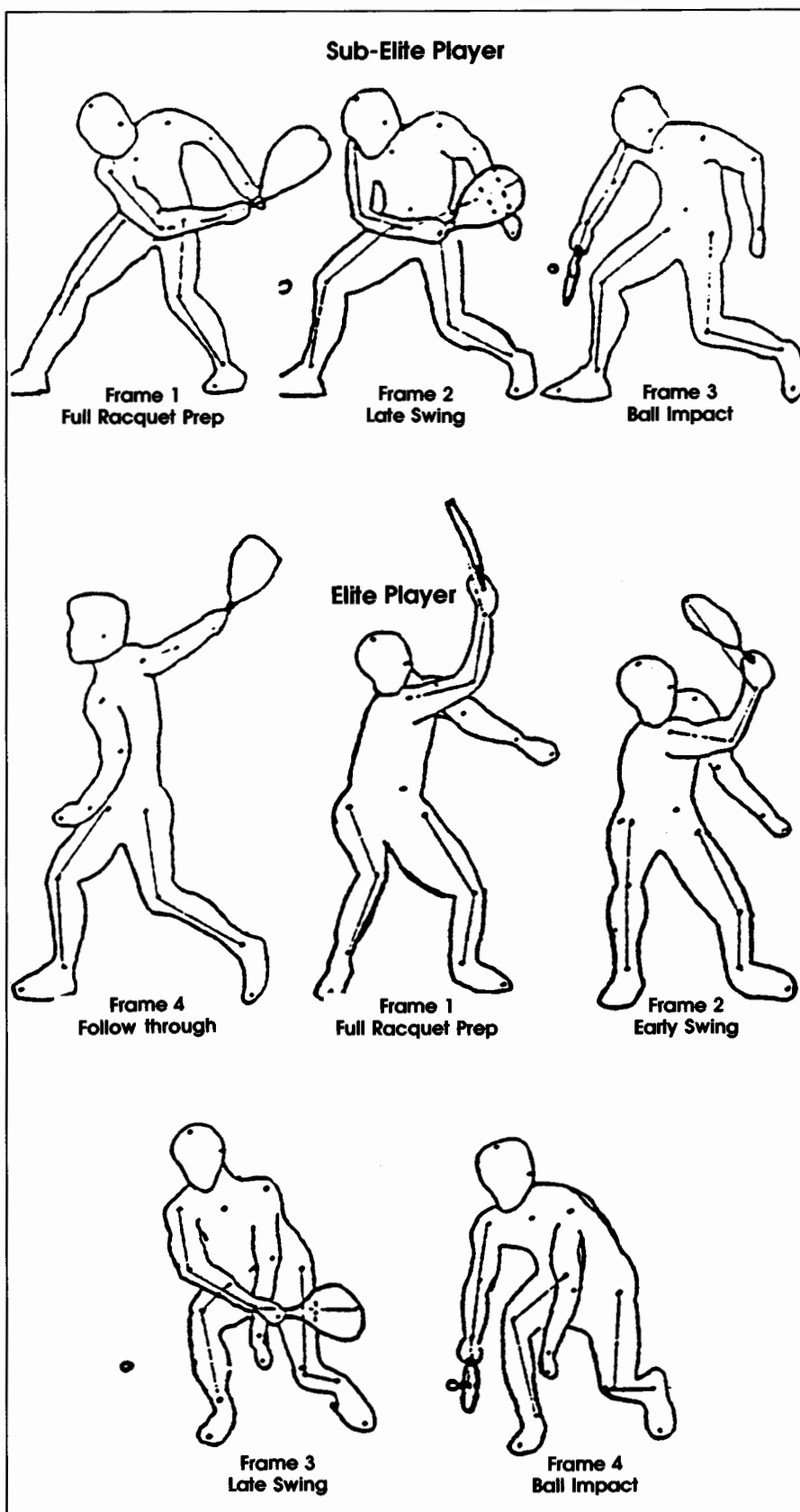
The angular displacement (rotation) of the hips and shoulders of the skilled player is illustrated in Figure 3. The skilled player initiated hip rotation during the stroke. As his hip rotation began to slow, the shoulders continued to rotate, increasing in both displacement and velocity.

(continued on page 14)



Figure 1
Clockwise from top left: A. Full racquet preparation: high racquet position; B. Early swing phase: good hip and shoulder rotation; C. Late swing phase: racquet arm is tight to body; D. Ball contact: arm extension at maximum velocity; E. Follow through: eyes remain on contact point

Figure 2. Sagittal Views of Sub-Elite and Elite Player Swing Phases



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Instruction

Stroke Mechanics

(continued from page 12)

Since the skilled player did not demonstrate much trunk flexion (bending forward at the waist), the effects of this shoulder rotation on the racquet arm would be added to the rotation of the hips. In comparing this rotation between the two subjects, the skilled player exhibited three times as much combined rotational displacement and velocity as that of the unskilled player.

Racquet Arm Motion

For purposes of analysis, the racquet arm can be divided into three segments: (1) the upper arm; (2) the lower arm (to the wrist); and, (3) the hand/racquet segment. Both players executed their strokes with elbows fully extended (straight) at ball contact. Examining the respective angles of the three segments, it became apparent that the skilled player had greater flexion (bending) at each of the joint segments during the early swing phase than the unskilled player (see Figure 2). Viewed overhead (Figure 3), the players demonstrated noticeably different arm positions throughout the stroke. The skilled player's racquet arm segments stayed much closer to his trunk from full racquet preparation to the late swing phase. Just prior to ball impact, his arm segments straightened and moved out away from the body to contact the ball. In comparison, the unskilled player kept his racquet arm segments further from his trunk, demonstrating less flexion at each of the segmental joints during the

entire swing. The skilled player's racquet arm traveled through a much greater range of motion during the stroke than the unskilled player's. Nevertheless, both players executed their strokes in the same amount of time. Thus, the rotational and linear velocities were much higher for the skilled player. Estimates of ball velocity after impact of the skilled player were 105 mph while estimates for the unskilled player were only 47 mph. In pre-filming discussions, both players were asked to concentrate more on form than velocity; Stu told us he's been clocked at higher velocities.

What did this basic skill analysis tell us? First, maintaining greater knee flexion (without corresponding trunk flexion) during racquetball strokes has an advantage—it allows both the hips and shoulders to rotate around a similar vertical axis, thus keeping the body's mass closer to the axis of rotation. Second, since the hips and shoulders can rotate about the same axis, this net added effect will initiate greater racquet arm speed. The presence of trunk flexion takes away from rotational velocity by distributing a large mass (chest, shoulders, and head) further away from the vertical axis of rotation. The analogous sports situation is the figure skater who increases rate of spin by bringing leg and arms in closer to the trunk. Greater knee flexion coupled with less trunk flexion results in a higher rotational velocity applied to the first segment of the racquet arm.

In racquetball strokes, more than tennis or golf (motions in which the arm is relatively straight), the racquet arm can

be analyzed as a three segment system. In such a system, the upper arm (segment) accelerates to its maximum velocity, then begins to flow as the next segment (lower arm) accelerates. This pattern continues down the segments of the racquet arm to the moment of ball impact where these added rotational velocities have hopefully reached their peak. This sequential timing of segmental contributions has been suggested as an explanation for the kinematics of the racquet arm in a stroking motion. The skilled player exhibited this timing sequence to a much greater degree than did the unskilled.

In conclusion, the use of qualitative analysis in the teaching and coaching of racquetball holds many benefits. First, the video methods used in this study were inexpensive, relatively easy in terms of time demand, and could be learned and mastered in a short period by individuals knowledgeable in racquetball. Coaches and teachers could easily incorporate this method in their instructional techniques, thereby better illustrating the mechanical principles involved. Second, the use of comparisons of proficient performances with less proficient ones can demonstrate: (1) use of improper techniques; (2) the contributions of specific motions; (3) the beneficial effects of timing and positioning; and, (4) general motion characteristics. Lastly, the ability to objectively view one's own performance through video can clarify misperceptions regarding stroke mechanics. After all, seeing your performance leads to understanding and understanding is believing! ○

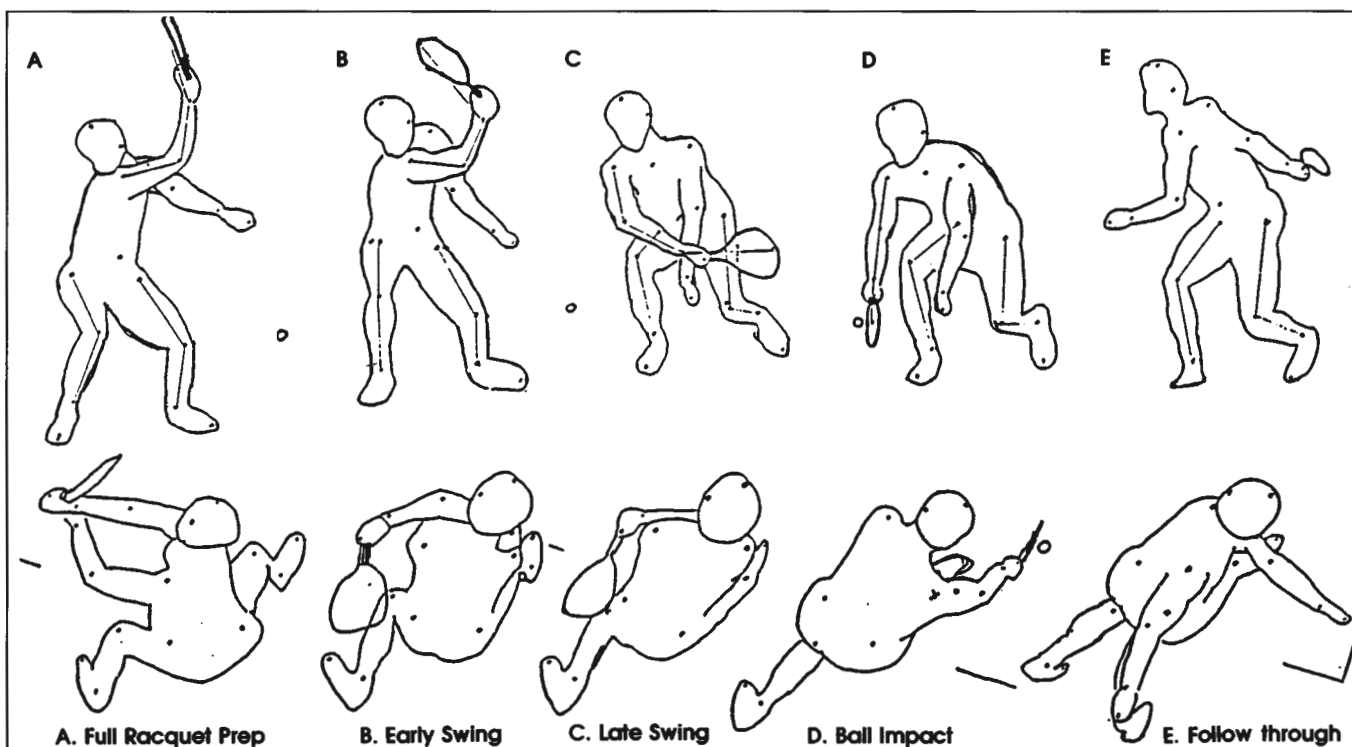


Figure 3. Concurrent Sagittal and Transverse Views of Elite Player's Stroke

THE EIGHT "P FACTORS" OF CHAMPIONSHIP RACQUETBALL

by Jim Winterton

Jim Winterton is a member of the Ektelon senior advisory staff. He is the head professional at Sundown Health Clubs in Syracuse and is an instructor at the AARA National Elite Training Camp. He is also the New York State AARA Juniors Coach.



Volumes have been written about becoming the best, but over the years I have noticed certain championship traits in every sport which also apply to racquetball.

When athletes comes to me proclaiming they want to be "the best" I have to find out what they really mean.

As the process of interviewing unfolds, I often find an athlete would like to be the best but is unaware of the time and sacrifice it takes. The following are eight traits I look for in an aspiring athlete:

1. Perseverance

If any one trait is most important, this is it. The world is full of people who tried and few who made it to the top. Often the difference is the "dogged stick-to-itness" it takes. I think of my teammates Mike Yellen, Dave Peck, Lynn Adams, and Ruben Gonzalez as examples of athletes who all failed before they succeeded. The difference between the best and the rest is perseverance.

2. Pride

I rank pride high because champions set lofty standards for themselves. If you think about it, the semifinalists and quarter finalists get almost as much attention as the champion. True champions have an insatiable thirst for winning. Anything less than their best effort is intolerable.

3. Presence of mind to get help

Another important principle is proper coaching or teaching. Champions find coaches or teachers who push, not worship them. They find someone who cares about them as a person first and a competitor second. The great coaches I have known care deeply about their students. Without help, players are doomed to make the same mistakes again and again.

4. Preparation

Champions prepare properly by working on weaknesses. Champions improve from tournament to tournament and sea-

son to season because they are always attacking their weaknesses. Remember, champions are lucky and luck is preparation meeting opportunity!!

5. Poise

This goes hand in hand with preparation. If athletes do not prepare properly, they will fold under pressure. Under the gun players must possess the confidence necessary to execute the kill shot or ceiling ball. This comes only from proper preparation and belief in one's self.

6. Proper lifestyle & conditioning

In order to be unconcerned about conditioning in tournament play, athletes must be concerned about conditioning in practice. It takes discipline to condition properly. It is harder to quit when champions put so much into their practice schedule. If players depend on the bottle, pills, the pipe, the needle, the juice or any artificial substance, they will have a weakness when they play. When the chips are down, they will not believe in themselves and they will fail.

7. Profit from your mistakes

Champions have an uncanny knack of developing new shots or serves when they get beat with them. They learn from their mistakes and their game gets better. The little adjustments made during a match or tournament separates winners from the rest.

8. Payback

Champions know everything has a price tag. Once they have paid the price, true champions give to others in their sport. Winners should be givers and not takers. That means giving something back to your sponsor, club, hometown, sport and most importantly, other players.

These eight principles of proper attitude are hard to achieve. That is why there is only one champion per tournament!! The champions I have mentioned in this article possess these attributes. We all cannot be number one in the world, but we can set our goals higher, become an example for our fellow players and students, and strive to achieve those goals. O

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SEVEN COMMON SERVING MISTAKES

by Fran Davis

As a clinician, I see these common mistakes made by players who have been playing only a few months, as well as those who have been playing for five to six years. Usually, more experience means fewer of these common mistakes, but most of us are guilty of one or more of these. This article is the third of an ongoing series designed to help you recognize — and correct — the all-too-easy bad habits in your game. Once you make the appropriate correction, you will undoubtedly hit the ball with more power and control, and play smarter with better court position and a variety of serves. Give it a shot! Good luck.

This month we are going to discuss the number one weapon in the game of racquetball — the serve. When you are in the service box ready to serve, you're in the drivers seat and in total control. You have the receiver exactly where you want him, eating out of the palm of your hand. So take a deep breath and take advantage of this situation.

The server in racquetball is similar to the pitcher in baseball. A pitcher might be known as a "fast ball pitcher" or "a change up pitcher" or a knuckle ball pitcher", but no matter what he is known for and feels best throwing, he still varies his routine with different pitches. It keeps the batter off balance and guessing;

an element of surprise will not allow the batter to anticipate the pitch and get a jump on the ball.

Servers in racquetball should use the same philosophy. You might be known for your drive serve but you should still use variety — high lobs, half lobs, or Z-serves etc.

The object of any server is to force a weak return by using a good deceptive serve. This is done primarily by not allowing the return of server to anticipate what is coming, by not allowing them to get a jump on the ball (similar to the batter in baseball).

Too often, too many racquetballers fall into a pattern of serving only one, two or three serves all from the middle. In order to keep the receiver guessing, you need to do exactly what a pitcher in baseball does — throw different pitches.

Most racquetball players use only two to five serves in their entire racquetball game. If you change the type, position in box, speed, height, direction and angle of the serve, you now will have over 30 serves in your racquetball game. If you start to incorporate the above philosophy in your game, variety, it will assist you in keeping your opponent off guard, and no longer will your serves be read like a book!

The following are a few common mistakes made by a majority of racquetball players:

Incorrect techniques

1. Hit the same type of serve over and over again
2. Serve from the same position
3. Serve the same speed, always hard
4. Serve the same height
5. Serve to the same side of the court all the time, always to backhand
6. Turn your body in the direction the ball is going
7. No movement to center court after serving

Correct techniques

1. Change the type of serve:
a) drive; b) hard court; c) high lob; d) half lob; e) lob into side wall; f) others
2. Change service position
3. Change ball speed — hard, soft, off speed
4. Change ball height — high, three quarter, low
5. Change ball direction — serve to forehand as well as backhand by changing your direction and angle.
6. Change the angle of your racquet, not your body, for deception
7. Move out of box quickly and efficiently after serve to get in good court position

Incorrect Technique #6



Correct Technique #6



Incorrect Technique #7



Correct Technique #7





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Stu Hastings and Fran Davis.



Why have a coach?

At all levels of play in every sport, there are coaches. Yet if someone takes a racquetball lesson once a week or maybe twice a week, people ask, "Isn't that overdoing it?"

When we were in high school or college, before each game we practiced three, four or even five days a week, two or three hours a day, under the supervision of our coach. We never thought or asked if this was too much practice or coaching.

Does a racquetball player really need a coach? Why not practice and compete alone?

Frequently an impartial observer can pick out things that you might not see in your own game. Even if you are very knowledgeable about racquetball in general, you are often too closely involved to be impartial in your judgement or critique. It is much like proofreading something you have typed. When you come to a mistake, your mind has a tendency to read what should be there rather than what is there. It is just as important to have someone else analyze your game as it is to have someone else proofread your material.

Many of the top athletes in tennis, track, and even some team sports have an individual coach. A number of these athletes have several coaches, each of whom specialize in a particular facet of their sport. As a C or B player or even an open or pro player, I'm sure you can visualize the benefits of coaching. Why then, don't racquetball pros all have coaches to work with them on the important aspects of their game?

Whether amateur or pro, the answer is money. At the moment, few of the pros make enough money to employ a full time coach, and most amateurs would find the cost of full time coaching prohibitive. But, there is a solution: If you can't go to school full time — go part time. Attempt to get together with a reputable coach who is holding a camp in your area or, if necessary, travel to their area to expand your knowledge.

If you are unable to attend a camp you could send a video tape of yourself (strokes, and playing) for analysis. Many coaches will be happy to work with you using this method. We have experienced

relationships of both types with various students over the years and either one can be very satisfactory. Obviously, it would be ideal to work with a coach on a regular basis, but if this is not possible, some is better than none.

Sometimes ego, and not lack of money, keeps potentially good players down. They figure they made it this far on their own and they're pretty good, so they will continue to grow the same way. This is a misconception on their part. Fran and I didn't get where we are without help and support and neither did they. Sometimes, when we're good at something, we forget we've had instruction and coaching along the way, even if it wasn't from a professional.

Fran and I have worked with players of all levels. I personally have coached some of the best players in the game today. A few are rising stars such as Dan Obremski, Roger Harripersad, Leigh Ann Coutu, Dottie Fischl and Patricia Blue. I have also coached professional player, Caryn McKinney. I have worked with Caryn the longest. She has won the last three stops on the Women's Professional Racquetball Association (WPROA) tour and taken over the #1 ranking in women's racquetball.

So, did I win these last three pro stops? Will I make Dan or Roger the next #1 male player in the game? The answer is no. A coach is a tool to be used by a player to reach a goal, much like a map, giving you directions on how to reach your destination. The actual traveling you have to do yourself.

Caryn McKinney was number two for several years before she contacted me. Many players would have been happy to remain number two, but for Caryn this wasn't good enough and she was willing to let a coach "mess" with her successful winning ways because she knew that an impartial observer with a fresh approach was what she needed to take the step up to number one.

Remember: The mind is like a parachute, it works best when open! Once you think you have this game all figured out or perfected, that is when you stop growing. You can always improve — with a little coaching. ○

Next month: What makes a good coach?

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TRAINING THE LOWER BACK

by Dan Obremski

The lower back area causes problems for millions of Americans. From a non-medical perspective, this muscle group seems to be injured more frequently than others. My dad has pulled back muscles stooping to pick up a paper. Others suffer injuries when lifting up their children or participating in a favorite sport. I always felt safe from lower back injury because of the stomach work and constant repetition of my racquetball stroke. But, last month, my eyes were opened to the world of lower back pain. In the past few years, I've worked my lower back very little compared to the rest of my body, so I never wrote any specific article on the development of lower back strength and endurance. Now that I've suffered lower back strain, I'll implement the necessary exercises to ensure injury free matches in the future.

The following exercises, done properly, should provide the strength and endurance necessary to sustain you through any number of grueling matches. Proper racquetball involves the use of the lower back. After a long tournament lower back muscles tire, necessitating strength and endurance training. I suggest you consult your physician before jumping into a workout of this nature, especially if you've already had back problems.

Exercises (three days a week)

- Lying extensions
 - Twists
- Standing Deadlifts
- Nautilus Extension
- Hanging extension

When planning my workout, I choose two exercises for the day, doing many reps (30-60 to build endurance) on one machine, and using more weight (to build strength) on the other.

Lying Extensions (can be done at home)

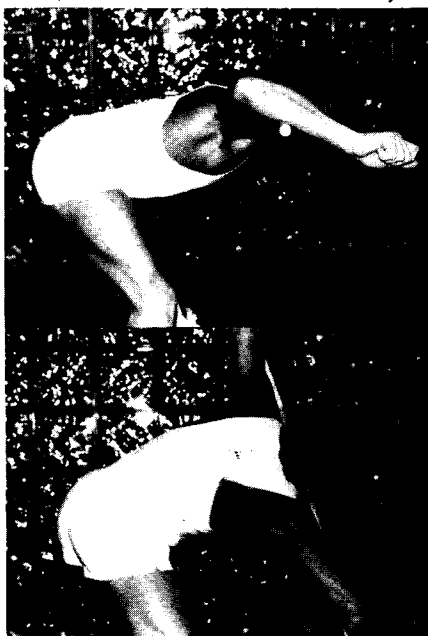
Lying extensions are done lying face down on the carpet with your hands at your sides. Begin by trying to lift your shoulders and your upper torso off the ground. This will be difficult at first but keep trying until you can do 20 with strict form. (Do not throw your head up, lift slowly.) After you can do 20 easily, lock your hands behind your head to add the



weight of your arms and repeat the process, increasing the reps.

Twists (bent over, can be done at home)

Using a broomstick over your shoulders, bend over at the waist with your



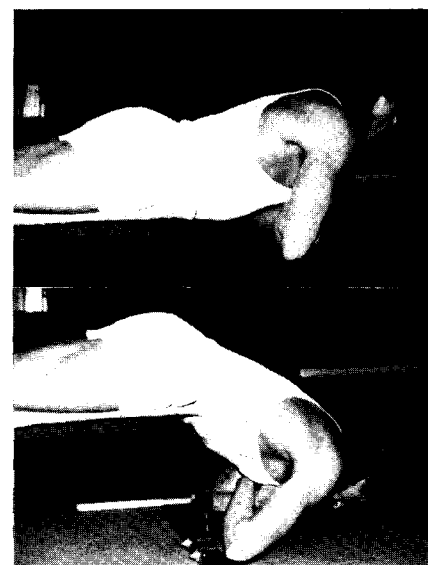
upper body parallel to the ground. Twist slowly to one side as far as possible, then to the other. This exercise should improve your flexibility, which is also very important to an injury free game. Start doing 25 each day and increase five each week. (one set)

Standing Deadlifts (*advanced athletes only)

Stand erect with your knees slightly bent and a light weight at your feet. Bend over at the waist and pick up the weight using your lower back to do the work. (This exercise also will involve the use of the buttocks and hamstring. Do not lift with your arms.) (10-15 reps) (one set)

Nautilus Extension

Sit in a properly adjusted machine folding your arms across your chest, and using your lower back push backwards slowly and resist forward. Start with light weights. (15-25 reps) (one set)



Hanging Extension

Using a machine that allows you to secure your hips and your ankles, bend your upper body at a 90 degree angle and lift until you're parallel with the floor. Go slowly. After you can do 20, begin holding weight across your chest for added resistance.

Give yourself a month with a workout of this nature and I'm sure you'll see improvement in your progress and hopefully your game. O

1989 IRSA CONVENTION/ TRADE SHOW

Reno, Nevada. "Winning in the '90's" was the theme of this year's International Racquet Sports Association (IRSA) convention/trade show headquartered at Bally's Hotel and the Reno/Sparks Convention Center.

Wayne Westwood, association president, said the theme was selected "to focus attention on the strategies and information needed by IRSA members to succeed in the decade ahead."

Whether it was the lure of a freewheeling casino atmosphere and lavish hotel amenities or a general shift in industry trends, attendance was up and interest high.

Trade show exhibitors were more numerous, equipment displays more varied and overall member participation was consistent throughout the event despite a major late winter snow storm which delayed arrivals and set-up procedures for many vendors and suppliers.

Exhibitors and IRSA members polled at the show voiced optimism for the racquetball industry in the '90's. Most of the racquetball manufacturers, many of whom were noticeably absent during past conventions were active participants this year as were the suppliers of accessory products and services for the sport.

Seminars relating specifically to racquetball marketing, profitability and programming were well-received by the general membership and included such notables as: Lynn Adams, Ektelon pro staff and top-ranked WPRA player; Sandy Coffman, president of Programs for Profit; Fran Davis, Head pro staff, WPRA,

Women's Coach, U.S. Team; Jim Hiser, AARA Executive Assistant and former Commissioner of the U.S. Men's Pro Tour; Clint Koble, manager Incline Court House, Incline Village, Nevada; Connie Peterson-Martin, program director, Cascade Athletic Club, Gresham, Oregon and PARI founder; Luke St. Onge, AARA Executive Director; and Carole Pellowski, manager North Hills Athletic Club of Wisconsin.

Of special significance to racquetball members this year was initiation of a plan to form an IRSA Racquetball Council to ultimately function as an advocate for racquetball clubs similar to the current Tennis Council which was established in 1988.

Some thirty representatives of various segments of the racquetball community met April 1st to discuss the proposed council. IRSA president, Wayne Westwood explained the philosophy and need of such an organization and procedures for its development.

The group empowered Geoffrey Hampton, president of Club Marketing Resources Co., Allentown, Pennsylvania, to create a task force of five to seven individuals representing different aspects of racquetball. The appointed task force will then select those who will actually serve on the council, subject to association approval. ○

Editor's Note: Dallas has been selected host of the 1990 Convention. An active Racquetball Council by that date would be a positive indication of renewed growth and stability of the sport and the industry.

TOURNAMENT COVERAGE

Tournament coverage in *National Racquetball Magazine* is not limited to professional events. We welcome information and photos of all racquetball activities as well. We will publish as many articles as possible, and look forward to receiving your input at any time.

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BUCKEYE RACQUETBALL CLASSIC

by Denny Vincent

After last year's Buckeye Racquetball Classic finals between Egan Inoue and Dan Obremski, it was hard to believe a racquetball match could be more exciting. But when you add Doug Ganim's powerful backhand and his "never say die" attitude to Dan Obremski's incredible retrieving and crushing forehand, you've got the ingredients for one thrilling match. But we're not talking singles here. We're talking doubles. Awesome doubles!! Mix in a blur serve and backhand from Egan Inoue with that wily fox Ruben Gonzalez and his own diving, retrieving show and now you're getting the picture. Four modern day gladiators doing battle on the same court. And battle they did.

Last year, the Ganim/Obremski team was knocked out early by Anthony/Doyle. But not this year! Doug Ganim has played his best racquetball this year and his backhand made them the team to beat. They took out Woolard/Kovanda in two games and then faced the #2 seed Andy Roberts and Jack Newman in the semi's. Andy and Jack who had won the weekend before in Grand Rapids, felt confident coming into this tournament. But Doug's consistent backhand and the fact that he and Dan have played together so long was too much for Newman and Roberts. Doug and Dan won in two 15-12 and 15-10.

In the upper bracket, Egan Inoue and his new partner Ruben Gonzalez (last year Egan and Tim Hansen took first together) were going through the draw with little trouble. They defeated Eagle/Pence in the quarters and Tim Doyle/Woody Clouse in the semi's without losing a game. The showdown for Sunday's finals was set.

In today's world of power racquetball, you wonder how 37 year old Ruben Gonzalez could bang it around with these young dudes. "Don't worry—he's happy" and his diving sidewall-frontwall rollout at 14 all in the first game made everyone

(except Doug and Dan) very happy! Standing ovation time! On that game-ending rally, Dan and Ruben were airborne four times with Doug and Egan going "bottom board" shot after shot.

The second game went back and forth and was close right up to the finish with Doug and Dan winning 15-13. On a couple of occasions, Ruben and Egan became confused, thinking the other guy was taking the shot. That's all it took as Doug's backhand ended game two. Tiebreaker time. Dan got his forehand cooking and they jumped out to a 10-2 lead. Twice Dan and Doug served at match point to no avail. Things got real tense. Would Dan and Doug blow a 10-2 lead and the \$1,000 first place check? No way! Doug ripped a backhand splat, Ruben dove, but came up short. Game and match to the reigning World Doubles Champs. What a match!

Singles Draw

The singles draw was so good that one of the best matches was in the round of 16's. Tim Doyle (#8), who relocated to Columbus, Ohio for training reasons, faced the always tough Tim Hansen (#9). Doyle took out Hansen 11-4 in the tiebreaker after getting hammered in the first game. Doyle's rocket serve came to life and constantly kept Hansen off balance. "Egan gave me a good lesson last year with his ace second serves," said Doyle. "I've worked on my drive second serve very hard over the past few months!" No kidding!

Doyle faced #1 seed Ruben Gonzalez in the quarters and sneaked by the first game 15-14 with Ruben skipping an easy backhand at 14 all. Besides being disgusted at not winning the first game, Ruben appeared to have problems seeing on the all glass court. His half-hearted start in the second game proved his undoing, as Doyle served his way to a 9-1 lead. Ruben realized he was not looking good and tried to rally but it was too late. Final score, Doyle the winner, 15-9. Doyle then took out good friend Doug Ganim (#5) who had beat a hot-shooting Woody Clouse (#4) in two straight. The Doyle/Ganim match was intense. Doyle's serve was the difference, as he won the tiebreaker 11-8 with an ace serve.

In the lower bracket, Jack Newman (#7) went to the finals by knocking off Egan Inoue (#2) 15-14, 15-6. Egan looked rusty as his shots were staying up which gave Jack good court position. Jack then faced his doubles partner Andy Roberts. Earlier, Andy had bested Dan Obremski

in a hard fought three game match. This match was dubbed, "the battle of the linebackers." Two super strong athletes. Andy beat Jack 15-14 in a great first game. But Andy's arm was going sour quick and after he lost 15-6 in the second game, he reluctantly forfeited the match to Newman.

Newman against Doyle in the final. Jack's quickness, combined with his precise backhand was more than the lesser experienced Doyle could handle. Tim had the toughest draw in the tournament and it looked like he just ran out of gas. Jack Newman is a real credit to the sport as his court conduct is a great example for all young players. ○



Above: Tim Doyle won the "highest jump" as he clears for a shot from his partner Woody Clouse; Egan Inoue shown at right. Left: Dan Obremski in a familiar pose, with Andy Roberts looking on. Bottom left: Doug Ganim rips a forehand pinch as Obremski, Roberts, and Jack Newman look for the ball. Below: Junior winner Shane Vanderson looks cool in his A'me sport shades.



ATLANTA TOURNEY WIN GIVES McKINNEY #1 RANKING

by WPRA writer

Before hometown friends and fans, Caryn McKinney defeated six time national champion Lynn Adams in the 1989 Pizza Hut Racquetball Challenge in Atlanta on February 5. McKinney won the match in three games 11-8, 11-10, 11-0.

For the first time in five years a new name stands at the top of the WPRA rankings. With the win in Atlanta, Caryn takes the #1 spot.

"Taking over the #1 spot by beating Lynn is a great feeling. But it was tooth and nail on every point; anytime you play Lynn you're in for a battle. She's a great competitor and that's why I love playing her."

McKinney came into the event recovering from the flu and a sore hamstring. She had played only twice in three weeks. "I was confident coming into the tournament that I was ready mentally, even

though physically I was cautious," McKinney said. "My experience with sports psychology and the use of video tapes, which my coach Stu Hastings and I made last summer, were crucial to my preparation. I have to give Stu a great deal of credit for my success this year—he's just a tremendous coach and friend."

McKinney faced Cindy Doyle in the quarter final. Cindy jumped out to an early lead in the first game but Caryn eventually regained control and won in three games 11-5, 11-0, 11-3.

Jackie Paraiso, ranked #6, showed extraordinary poise and skill to come back and upset #3 Toni Bevelock 1-11, 2-11, 11-5, 11-10, 11-9 in the quarter final match.

The third quarter final match featured Marci Drexler and Kaye Kuhfeld. Drexler displayed some of this season's most incredible shotmaking to win 11-2, 11-2, 11-9.

Lynn Adams looked very strong throughout her preliminary matches. She defeated seventh ranked Molly O'Brien in her quarter final match.

In the semifinals Adams played Marci Drexler to earn a finals spot. This five-game match was a highlight of the tournament. Adams finally took control and won 11-6, 6-11, 11-6, 6-11, 11-6. Caryn moved into the finals by defeating Jackie Paraiso 11-3, 11-4, 11-5.

"I was real nervous coming in to this match, especially in the first game," Adams said. "I really wanted to win; I felt as though I was back in good shape after my injury."

Caryn felt good during warm-up and seemed very relaxed. "I was pumped and ready, after all, it had been three years since I was in the finals of my own tournament, plus I knew I had the chance to take over #1 on my home court."

Caryn held on to win the first game 1-8.

Lynn came out strong, in the second game setting the pace, serving hard and in control. "But after leading 10-6, I became intimidated by Caryn after she picked up some steam. I just seemed to lose confidence," Adams said. Caryn came back to win the game 11-10.

The third game ended 11-0. McKinney was in control from the start. "I just couldn't believe I didn't score," said Adams. "But Caryn is a steady player and she doesn't give away points. She deserved this win."

Caryn McKinney (left) and Lynn Adams battle for #1 spot.





Lynn Adams (right) out duals Marci Drexler in a five-game semifinal match.

As for the #1 ranking. "It feels great," said Caryn, "But my goal now is to win the Nationals and finish the season as number one." O

RESULTS

Round of 16

Lynn Adams d. Janet Burke, 5, 2, 7
Molly O'Brien d. Sue MacTaggart, (3), 8, 10, 8
Kaye Kuhfeld d. Carol McFetridge, 2, (8), 4, 1
M. Drexler d. Susan Morgan, 8, 10, (3), (4), 6
Toni Bevelock d. Chris Evon, 9, (3), 4, 10
Jackie Paraiso d. M. Lynch, 4, (7), (10), 10, 7
Cindy Doyle d. Sandy Robson, 1, 2, 4

Caryn McKinney d. Andrea Katz, 4, 4, 9

Quarter Finals

Adams d. O'Brien, (3), 8, 10, 8
Drexler d. Kuhfeld, 2, 2, 9
Paraiso d. Bevelock, (1), (2), 5, 10, 9
McKinney d. Doyle, 5, 0, 3

Semifinals

Adams d. Drexler, 6, (5), 6, (5), 6
McKinney d. Paraiso, 3, 4, 5

Finals

McKinney d. Adams, 8, 10, 0

Caryn McKinney (left) dominates Jackie Paraiso in the semifinals.



GUIDRY WINS TRIPLE CROWN

Mike Guidry, the 1988 Junior National and Junior World champion, sent a very strong message to the Pro racquetball community in Dallas March 10-12. Guidry defeated Gregg Peck in the finals to the second leg of the Park Central Triple Crown of Racquetball to claim the \$1,500 first prize. Seeded sixth in the tournament, he also bested Dave Peck and Mike Ray on the way to the finals, posting the biggest victory in his career.

Guidry's quickness and shot making ability proved to be too much for Mike Ray in the semifinals. He won in four games 11-10, 7-11, 11-6 and 11-7. Peck defeated Aaron Katz 3-11, 11-6, 9-11, 11-3, 11-0 in his semifinal.

When asked about his victory, Guidry said, "I felt like I was playing real solid all weekend, my concentration was real good against Gregg in the finals." Guidry went on to say "This will give me a lot of confidence going into the World Games next week."

The tournament held at the Landmark Club in Dallas, was the second in a three tournament series. O

PRO DIVISION RESULTS

Quarter Finals

M. Guidry d. D. Peck 11-10, 10-11, 11-4, 11-7
A. Katz d. D. Kachtik 11-6, 11-8, 11-5
M. Ray d. B. Williams 11-6, 11-4, 8-11, 11-9
G. Peck d. S. Cullins 11-6, 11-9, 7-11, 11-8

Semifinals

M. Guidry d. Ray 11-10, 7-11, 11-6, 11-7
G. Peck d. Katz 3-11, 11-6, 9-11, 11-13, 11-10

Finals

M. Guidry d. G. Peck 5-11, 11-8, 5-11, 11-6, 11-5

AVAILABLE RACQUETBALL BOOKS

by Laura LoManto

Laura LoManto is a freelance writer specializing in health and fitness articles. She is a recreational racquetball player and certified aerobic instructor.



When you want to whip up a fancy French dinner, you automatically reach for a cookbook. When your car starts acting up, you dig out the owner's manual. But what do you do when you want to pick up a few racquetball pointers? Well, for starters, you can head down to your local library or bookstore, where you will find a number of books devoted to the sport of racquetball.

Taking lessons from a racquetball professional is the best way to learn the sport, but reading instructional books runs a close second. Reading gives you the opportunity to take what you see, study it and absorb it. It's good for players of all levels.

If you're a beginning player, books will give you background so you won't walk into your first lesson or game completely cold. If you're an intermediate player and already know the basics, reading books can help you with strategy. The advanced player can keep up with the latest trends and benefit from the knowledge of other advanced players. You may think you know everything about the game, but there's always more to learn.

Some available racquetball books may not cover the latest trends. They are not very recent. The majority of books on the shelves were written in the late 1970s and early 1980s when the sport was at its most popular.

Disregard information about the "latest" racquets since many of today's racquets are much more advanced. Stop in your club's pro shop to see the most recent equipment. Also, keep in mind that some of the rules have been changed. For current rules, contact

the AARA representative in your area.

Most of the books reviewed cover necessary equipment; the court; forehand and backhand grips; strokes; footwork; serves; shots; strategy; rules; conditioning and drills. What follows are brief summaries of some of the books available. You can decide which one is best for you.

Inside Racquetball for Women, by Jean Sauser and Arthur Shay (Contemporary Books, Inc., Chicago, 1977).

This book is written to appeal to the beginning female player, but it can be helpful to anyone. The language is simple and easy to understand, as is the physical layout of the book. Each topic includes a paragraph or two accompanied by a large picture illustrating what is being said.

The book also addresses problems unique to women encountering the sport for the first time, such as the tendency to hold the racquet the way you would "hold a frying pan". Also, when discussing body positioning and jumping for a ball, the book tells women to disregard steps they might have learned in dance class or in cheerleading practice.

If you are interested in learning more about doubles this book would not be the

best choice. It makes little reference to that style of play.

The Women's Book of Racquetball, by Shannon Wright with Steve Keeley (Contemporary Books, Inc., Chicago, 1980).

The vocabulary in this book tends to be more advanced particularly in the beginning where the author explains the game by analyzing pictures taken during one of her professional matches. A positive aspect of this book is its emphasis on the importance of conditioning and drills, but be careful when following the warm-up exercises, some of them have been labeled dangerous by exercise experts, e.g., the old-fashioned hurdler stretch where the leg is bent behind the body. Check on the exercises with your local exercise instructor.

The Women's Book of Racquetball stresses forehand and backhand grips and backhand grips and strokes. It does not deal much with strategy and game tactics. The information it does contain is very detailed and specific, particularly when explaining drills and practice sessions.

Racquetball, by John W. Reznik (Sterling Publishing Co., Inc., New York, 1979)

If you want to learn about a variety of serves you'll find this book helpful. The serve "is the most important shot in racquetball" and Mr. Reznik devotes a great deal of time to this subject, with pictures, diagrams and strategies of each choice. The author also devotes ample time to "Receiving and Returning the Serve". The book is also useful for its strategy pointers and doubles tips. As an added bonus, you are provided with ways to chart your own game and progress.

Winning Racquetball, by Arthur Shay with Chuck Leve (Contemporary Books, Inc., Chicago, 1976)

This is one of the earliest books on racquetball. Pick it up just to get a few laughs from the way people dressed to watch the games — plaid leisure suits, etc. Former top player Steve Strandemo offers an interesting chapter on the importance of center-court position. There is also a chapter devoted to questions-and-answers with the early pros.

Beginner's Racquetball, by Jack Kramer (World Publications, California, 1979)

In the introduction, Mr. Kramer admits he is not a professional racquetball player, but rather a professional writer who took

(continued on page 26)

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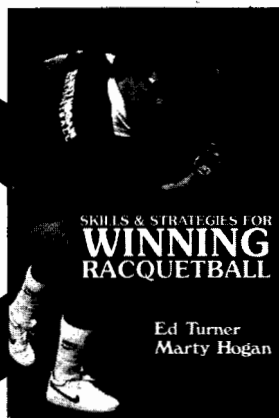
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SKILLS & STRATEGIES FOR WINNING RACQUETBALL

by Ed Turner and Marty Hogan

"THE PLAYERS BIBLE"

Available Racquetball Books (continued from page 25)

up the sport for recreational purposes. He felt that a racquetball book for beginners like himself who play for recreation and general fitness purposes would be useful.

Mr. Kramer writes in language that is easy to understand and uses pictures and drawings to illustrate his points. In addition to telling you all the things you should do, he devotes a chapter to "beginner pitfalls", discussing the most common problems faced by a novice player.

Exploring Sports Series: Racquetball, by Philip E. Allsen and Pete Witbeck (Wm. C. Brown Company Publishers, Iowa, 1983)

The preface of this book states that it is geared toward the beginning racquetball player. Part of one chapter is devoted to the "language of racquetball". The book has been organized so "a beginner following the information in a step-by-step sequence will soon know the basic skills and the strategy which dictates the use of each particular skill," according to the authors.

The photos depicting forehand and backhand swings are most effective. Throughout the book there are questions — small tests — about information you have read which helps you to retain what you are studying.

The Complete Book of Racquetball, by Steve Keeley (DBI Books, Inc., Illinois, 1976)

According to the preface this book was designed "to benefit every racquetball player, from greenhorn beginner to the seasoned veteran." Each chapter begins with a summary of what is to follow. The copy is detailed and very informative. It is the most complete of all the books, covering virtually every aspect of the game, including a section on doubles even though Mr. Keeley states that in his opinion, doubles is a "catastrophic mutation of the real game." This is definitely a good book, but, as with the others, be careful, some of the material is outdated.

Racquetball for All, by Alan C. Moore, Thomas M. Scott and William E. Harlan (Kendall/Hunt Publishing Company, Iowa, 1979)

This text has an interesting "Self-Evaluation" as its final chapter, including a test to baffle even the more advanced player. For example: Is the continental grip used to increase speed on the backhand shot? True or False. Or, is a "chucker" when one side wins the first and second games? True or False.

The book devotes little time to strategy, but gives descriptions of the one wall, three wall (short side wall), three wall (long side wall) and the four wall (no ceiling) games.

Inside Racquetball, by Chuck Leve (Contemporary Books, Inc., Chicago, 1981)

If you sat down and read all of the above books, you might be getting pretty bored with racquetball by now. Most books tell you the same thing. But, if you look hard enough, you can find something in each that is a little different. In *Inside Racquetball*, the last chapter "Mind and Body" relates the author's views on mental attitude, psyching yourself and physical conditioning. Mr. Leve also makes an attempt to discuss nutrition, but unfortunately, not enough is said.

Marty Hogan's Power Racquetball, by Marty Hogan and Charlie Brumfield with Arthur Shay (Contemporary Books, Inc., Chicago, 1978)

In the introduction, Arthur Shay wonders whether "Marty Hogan's power racquetball will prevail over Charlie Brumfield's kind of instant-chess and precise placement." He then predicts "the kids coming up seem to be heading for the power game. They're imitating Hogan's personal, unorthodox swing — and, truth to say, they're doing well with it." In the ten years since this book was written, Hogan is still a threat on the court, so he must have been doing something right.

The techniques in this book are guaranteed to help racquetball players hit the ball at speeds up to 100 miles per hour." One of the most important ways to do this, according to the author, is to adjust your grip. Contrary to what you have read in most other books, Hogan advocates using the same grip for both forehand and backhand, with the "V" of the grip slightly away from the orthodox position. This allows you to "square off your racquet farther in your stance...more off the back of the right knee (if you are a right-handed player)." Hogan also stresses the importance of "the crucial wrist," which he claims makes up 70 percent of his game. Another interesting section is the one dealing with playing on a glass court.

Racquetball, by Linus J. Dowell and William A. Grice (American Press, Massachusetts, 1979)

In case you cannot get the center court position — the most desired — this book provides enough play options so that you will not be at a loss. It gives adequate fundamental skills and expands on these in the "Play Options" chapter. The book also gives a variety of exercises to be done on the standard Universal Weight Machine and light free-weights

designed to enhance backhand and forehand strength.

Racquetball: 1, 2, 3, by Terry Fancher (The Athletic Institute, Florida, 1981)

This short book explains the game of cut-throat and offers some strategies worth checking out. There is also a racquetball quiz you may want to try, but the book devotes a great deal of space to rule and regulations, some of which have been changed throughout the years.

Sports Illustrated Racquetball, by Victor I. Spear, M.C. (J.P. Lippincott Company, New York, 1979)

This is another book written by a recreational player — a doctor who has a great love for the sport. To aid Spear in the specifics of the sport, a number of pros offer their advice. As stated in the preface, it is the "art of racquetball" that "turns on" the author — the "strategy, manipulation and maneuverism of the chess game". Thus, "strategy and tactics are what the book is all about...the meat."

Contemporary Racquetball, by Chuck Sheftel and Arthur Shay (Contemporary Books, Inc., Chicago, 1978)

If you have never played racquetball before, this book is for you. It has been set up so the reader is taking lessons designed so two people can work together. Each hour long lesson has been divided into different sections with a suggested time period for completion. This is not one of the better books for strategy.

Racquetball Strategy, by Jean Sauser and Arthur Shay (Contemporary Books, Inc., Chicago, 1979)

If you are a beginner player, do not read this book first. It does not tell you about equipment or how to hold a racquet. It gives tips for a male about to play a female and vice versa. It addresses what should be done when playing an out-of-shape player; an older player; a younger player; a fast ball or a slow ball. After reading all the books that discuss the standards, it is refreshing to read one that devotes itself entirely to strategy and tactics.

Only you can decide which book is best for you. Reading anything on the sport can improve your game. Since the late 70s and early 80s, new information is available on conditioning, training and the importance of nutrition. It is time for new racquetball books to help to regenerate interest in the sport. ○

Editor's Note: This is a partial representation of racquetball books and publications available to the consumer. Check your local book store, newsstand or library for additional titles.

AARA Official Rankings February 24, 1989

Mens Open: 1-D. Ganim, OH; 2-R. McKinney, PA; 3-A. Roberts, TN; 4-T. Sweeney, IL; 5-T. Hansen, FL; 6-C. Nichols, FL; 7-C. Cole, MI; 8-J. Cascio, PA; **Mens A:** 1-T. Gately, VA; 2-S. Arizmendi, NY; 3-J. Bonnett, MI; 4-S. Reiff, FL; 5-J. Allen, MS; 6-B. Johnson, PA; 7-S. Lerner, OH; 8-G. Wolf, OH; **Mens B:** 1-S. Patel, NJ; 2-R. Dargan, PA; 3-B. Schirmacher, MN; 4-T. Altenburg, MI; 5-V. Grodzicki, IL; 6-D. Berl, GA; 7-J. Fuchala, OH; 8-G. Brizendine, IN; **Mens C:** 1-R. Hendren, MD; 2-H. Bergman, NJ; 3-J. Gallegos, DE; 4-T. Thompson, MA; 5-T. Krogman, OH; 6-J. Clark, FL; 7-G. Giles, GA; 8-U. Thomanek, DE; **Mens D:** 1-S. Martin, MA; 2-J. Martyniak, IN; 3-J. Eliasik, IL; 4-J. Fetterman, CA; 5-T. Dawson, OH; 6-F. Galan, TX; 7-T. Linn, GA; 8-P. Metlin, FL; **Mens Novice:** 1-B. Dougan, NJ; 2-J. Fallabel, PA; 3-D. Faust, PA; 4-R. Cain, TX; 5-D. Delong, WA; 6-J. Fallagel, PA; 7-J. Moran, SC; 8-R. Rangle, CA; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-M. Jenkinson, WV; 3-S. Hickey, WV; 4-J. Harman, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-G. Gose, NM; 4-S. Huggins, FL; 5-S. Redelheim, TN; 6-R. Remen, VA; 7-V. Robledo, CA; 8-G. Manzuri, CA; **Mens 8:** 1-J. Gautreau, TX; 2-M. Saad, CO; 3-T. St. Pierre, FL; 4-S. Huggins, FL; 5-J. Townsend, WI; 6-G. Gose, NM; 7-K. Wilken, NM; 8-W. Tilton, CO; **Mens 10:** 1-B. Zimmerman, MI; 2-M. Hurst, FL; 3-E. Storey, IN; 4-R. Buchanan, MD; 5-C. Locker, MN; 6-S. Rodd, VT; 7-T. Siggins, CA; 8-J. Friedman, FL; **Mens 12:** 1-A. Thompson, WI; 2-S. Zimmerman, MI; 3-J. Icenogle, CA; 4-J. Armbrrecht, NC; 5-M. Kelly, CO; 6-S. Wood, MA; 7-J. Xynidis, FL; 8-A. Gross, MN; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-S. Monchik, NY; 4-J. Ellenberger, WI; 5-R. Davis, IN; 6-J. Aghaloo, TX; 7-C. Pfaff, OH; 8-A. Labra, CA; **Mens 16:** 1-J. Ellis, CA; 2-J. Bonnett, MI; 3-R. Walden, FL; 4-B. Simpson, IN; 5-B. Sawyer, NC; 6-T. Brennan, CO; 7-J. Gillyooly, MA; 8-B. Hartinger, MN; **Mens 18:** 1-M. Guidry, TX; 2-M. Locker, MN; 3-J. Floyd, MI; 4-J. Waggoner, FL; 5-M. Engel, MD; 6-E. Ram, CA; 7-K. Gelhaus, CA; 8-M. Sekul, NY; **Mens 19+:** 1-M. Bronfeld, CA; 2-R. McKinney, PA; 3-T. Sweeney, IL; 4-B. Erickson, MN; 5-J. Jeffers, TN; 6-M. Lowe, CA; 7-R. Ryder, PA; 8-C. Winter, FL; **Mens 25+:** 1-M. Morrison, FL; 2-D. Negrete, IL; 3-J. Young, PA; 4-B. Lyman, IL; 5-J. Emes, PA; 6-R. French, MN; 7-G. Weitzel, IN; 8-V. Ganley, FL; **Mens 30+:** 1-B. Corcoran, AZ; 2-D. Kovanda, OH; 3-J. Young, PA; 4-E. Garabedian, PA; 5-J. Peterson, NY; 6-R. Dern, IL; 7-S. Worthy, MI; 8-D. Hardan, WA; **Mens 35+:** 1-S. Hastings, MI; 2-E. Garabedian, PA; 3-D. Kovanda, OH; 4-M. Layton, FL; 5-B. Fulkerson, IN; 6-T. Lavoi, MN; 7-R. Woolard, OH; 8-G. Owen, FL; **Mens 40+:** 1-E. Remen, VA; 2-M. Stephens, MI; 3-J. Schwartz, FL; 4-J. Hennon, TN; 5-F. Ciociola, NY; 6-R. Galbreath, PA; 7-B. Brookens, CO; 8-R. Rounds, OH; **Mens 45+:** 1-R. Hutcherson, IN; 2-R. Reicher, DE; 3-B. Parra, CA; 4-R. Galbreath, PA; 5-R. Wehrle, GA; 6-T. Perna, OH; 7-N. Shapiro, NY; 8-R. Johnson, IL; **Mens 50+:** 1-D. Mas, DE; 2-R. Adams, CA; 3-S. Marcus, FL; 4-B. Sanders, OH; 5-R. Lawler, IN; 6-B. Schram, IL; 7-J. Fay, TX; 8-A. Johnson, CO; **Mens 55+:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MN; 4-D. Weinberg, NY; 5-J. Bogasky, VA; 6-L. Cox, IN; 7-C. Gross, PA; 8-P. Miller, IN; **Mens 60+:** 1-J. Bareilles, VA; 2-P. Miller, IN; 3-F. Kilbride, CAN; 4-J. Lambert, TX; 5-R. Fabry, MD; 6-R. Caretti, MI; 7-S. Eller, IL; 8-R. Johnson, CA; **Mens 65+:** 1-A. Shepherd, MD; 2-L. Wilde, UT; 3-E.

Men's Pro Tour Official Rankings March 15, 1989

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

Acuff, VA; 4-N. Sans, CA; 5-C. Snowberger, PA; 6-R. Craig, Jr., IN; 7-D. Goddard, MT; 8-R. Picard, MA; **Mens 70+:** 1-L. Wilde, UT; 2-C. Russell, CA; 3-A. Shepherd, MD; 4-J. Singer, CA; 5-L. Gumer, KY; 6-G. McDougall, SD; 7-H. Minor, CO; 8-A. Beetle, SD; **Mens 75+:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

Womens Open: 1-T. Bevelock, AZ; 2-M. Bailey, VA; 3-S. Morgan, FL; 4-L. Ecker, MI; 5-R. Levine, CA; 6-C. Evon, IL; 7-L. Anthony, CA; 8-L. Coutu, DE; **Womens A:** 1-N. MacFetridge, MD; 2-A. Silva, PA; 3-H. Gray, VA; 4-S. Huczek, MI; 5-K. Beane, NH; 6-P. Musselman, PA; 7-L. Galloway, NY; 8-H. Dunn, MA; **Womens B:** 1-D. Bercili, PA; 2-D. Westerkon, NY; 3-S. Ruhl, CO; 4-K. Nelson, NH; 5-A. Kinney, WA; 6-K. Klouser, PA; 7-C. Elsea, IN; 8-D. Bean, TX; **Womens C:** 1-M. Webb, PA; 2-M. Bishop, PA; 3-D. Leon, FL; 4-S. Rosling, MT; 5-S. Turner, CT; 6-M. Davis, CO; 7-B. Duncan, TN; 8-P. Saad, MI; **Womens D:** 1-D. Tracy, MA; 2-G. Goldfine, FL; 3-W. Raft, TX; 4-M. Reese, SC; 5-N. Sloan, IN; 6-C. Staats, WA; 7-B. Vanderson, OH; 8-H. Hall, IN; **Womens Novice:** 1-J. Bulle, NJ; 2-M. Remen, VA; 3-B. Beveney, NY; 4-R. Greene, PA; 5-J. Williams, TX; 6-L. Celozzi, MD; 7-S. Elfes, MI; 8-S. Klein, NY; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-K. Thompson, WI; 5-J. Degutis, MI; 6-M. Manzuri, CA; 7-A. Redelheim, TN; 8-E. Daniels, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-M. Manzuri, CA; 4-J. Hardeman, TN; 5-Jill Trachsel, MN; 6-A. Redelheim, TN; 7-N. Kois, CO; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-A. Meyer, CO; 4-J. Koppel, TX; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-V. Tulao, AL; 8-B. Knitter, WI; **Womens 12:** 1-A. Beugen, MI; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Boland, MT; 7-S. Linsky, CT; 8-K. Wilday, CA; **Womens 14:** 1-E. Icenogle, CA; 2-H. May, CA; 3-J. Spangenberg, CA; 4-B. Engel, FL; 5-

WPRA Official Rankings February 26, 1989

1	C. McKinney	1840.0
2	L. Adams	1760.0
3	T. Bevelock	1070.0
4	M. Drexler	990.0
5	K. Kuhfeld	740.0
6	J. Paraiso	730.0
7	M. O'Brien	660.0
8	C. Doyle	587.5
9	M. Lynch	480.0
10	D. Fischl	412.5
11	C. McFetridge	337.5
12	S. MacTaggart	300.0
13	C. Evon	260.0
14T	A. Katz	250.0
14T	R. Whitmire	250.0
16	S. Robson	212.5
17	J. Grimaldi	200.0
18	M. Bailey	187.5
19	R. Goblish	140.0
20	K. Langlotz	125.0
21T	R. Chilcoate	100.0
21T	S. Morgan	100.0
23T	L. Alexander, L. Alvarado, C. Barcelo, J. Burke, M. Chin, L. Coburn, B. Faulkenberry, G. Ferguson, T. Ingram, R. Olson, V. Panzeri, R. Petrini, T. Petrocy	75.0

A. Roehler, PA; 6-A. Kinney, WA; 7-A. Crocker, CO; 8-D. Peterson, WI; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-R. Lockey, TX; 5-A. Melville, MN; 6-E. Icenogle, CA; 7-A. Simmons, FL; 8-N. Sloan, IN; **Womens 18:** 1-M. Gilman, OR; 2-S. Cox, FL; 3-D. Sibell, MN; 4-C. Doyle, NY; 5-A. Prentiss, NY; 6-H. Gray, VA; 7-C. Matherly, IN; 8-R. Lockey, TX; **Womens 19+:** 1-L. Coburn, MD; 2-L. Ecker, MI; 3-C. Gudinas, IL; 4-K. Hallander, FL; 5-L. Anthony, CA; 6-P. Musselman, PA; 7-R. Olson, MA; 8-M. LaBonne, IN; **Womens 25+:** 1-M. Bailey, VA; 2-M. Lyons, FL; 3-G. Grigsby, KY; 4-R. Petrini, UT; 5-J. Pochilly, NH; 6-C. Collins, MI; 7-L. Screeton, IN; 8-P. Musselman, PA; **Womens 30+:** 1-S. Morgan, FL; 2-M. Bickley, PA; 3-T. Gatarz, NJ; 4-B. Harrison, OH; 5-B. Lepley, TN; 6-J. Risch, TX; 7-C. Shields, IL; 8-B. Kowalski, OH; **Womens 35+:** 1-C. Dattisman, PA; 2-F. Iffert, PA; 3-A. Falso, FL; 4-M. Copley, TN; 5-M. Eichorn, CO; 6-T. Hokanson, CA; 7-M. Kelley, CA; 8-J. Smith, FL; **Womens 40+:** 1-M. Kelley, CA; 2-A. Falso, FL; 3-D. Hinkin, PA; 4-G. Benham, AR; 5-M. Weldin, DE; 6-Y. Cox, PA; 7-G. Low, MA; 8-L. Miller, IN; **Womens 45+:** 1-C. Lombardi, VA; 2-J. Schmidt, FL; 3-K. Mueller, MN; 4-M. Johnson, TX; 5-N. Loomis, VA; 6-M. McNutt, FL; 7-S. Busch, MO; 8-J. Kenyon, FL; **Womens 50+:** 1-M. Crawford, NY; 2-J. Kenyon, FL; 3-C. Ching, PA; 4-K. Mueller, MN; 5-S. Elgaway, FL; 6-J. Gartland, MA; 7-L. Hunt, TX; 8-J. Tull, VA; **Womens 55+:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, ND; **Womens 65+:** 1-M. Acuff, VA; 2-E. Quackenbush, OR; 3-N. Friedland, NM; **Womens 70+:** 1-Z. Friedland, NM.



SOMETHING NEW

Anti-Fog Cleaner

North American Marketing has introduced Kleer Vu, an eyeguard anti-fog/cleaning solution. Kleer Vu eliminates fogging and steaming on glass and plastic. Kleer Vu cleans your lenses while repelling dust and lint without leaving a greasy film. Available in a 2 ounce bottle with a spray pump. Suggested retail is \$4.95. Dealer inquiries welcome.



Reader Service No. 1

Over The Glass Sports Eyeguard

Leader Sports Products announces a new over the glass sports eyeguard. The O.T.G. eyeguard features a unique design for optimum fit over any style of



eyeglasses. Molded of shatter-proof Lexan® polycarbonate, it provides maximum air ventilation preventing glasses from fogging. The eyeguard also features Leader's Per-

mavue® anti-fog treatment, and Silitec® anti-scratch application. The headband and strap are removable and washable. Outstanding shock absorption capability makes it perfect for any racquet or team sports. The over the glass sports eyeguard passes safety standards for CSA and ASTM. Suggested retail \$40.00.

Reader Service No. 3

II Step

The II Step combines highly effective aerobic conditioning with an efficient, low impact lower body workout. The vertically inclined parallel track system keeps the steps level at all times, to assure biomechanically correct movements. An infinitely variable climbing stroke of 14" offers versatility for various user controlled climbing patterns and ranges of movement. The extra large steps provide safety and easy focus. 28 programmed workouts plus a manual climbing mode provide endless variety. From rehabilitation therapy to world class athletes, the II Step is excellent because its design allows for either the steps working in tandem, dependent on one another, or the free floating challenge of totally independent step action.

Reader Service No. 2



Wilson SBR Indoor Court Shoe

Wilson Sporting Goods Co. has added the SBR — an indoor court shoe for racquetball, squash and badminton — to its 1989 footwear line. Features of the SBR include a radial designed outsole; EVA midsole; exterior heel counter; biomechanical eyelet stays; nylon mesh uppers; suede toe box and removable insoles. White with navy trim, the SBR is designed for both men and women and is available in men's sizes 5 to 12 and 13. It carries a suggested consumer price of \$55.00 and is available at health clubs and athletic footwear outlets.

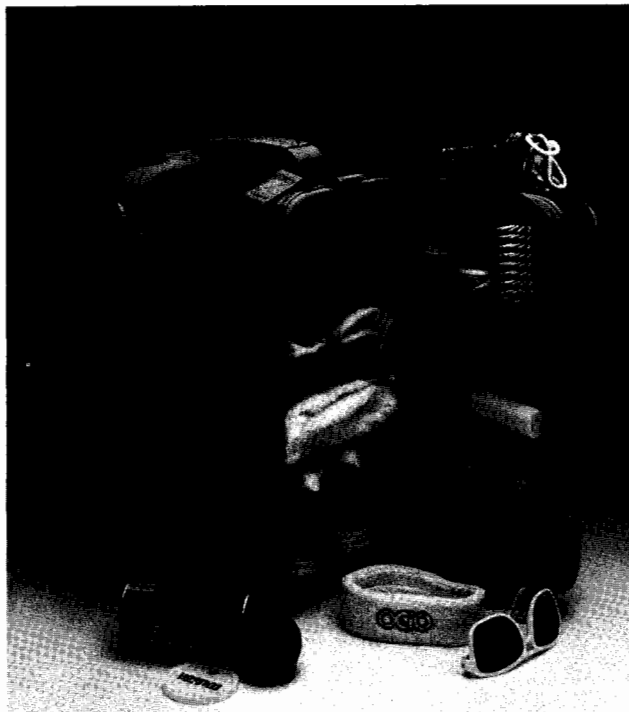


Reader Service No. 5

It's All In The Bag

A fantastic all-purpose sports bag, for carrying everything you need when traveling to tournaments, or to the club. The compartmentalized bag organizes all your racquetball needs. It fits in a standard locker, under an airplane seat or overhead compartment. It has many exciting features including: Separate compartment for shoes, side pocket for a racquet or magazine, large wetpocket for swimming suit or dirty clothes, two outside door pockets, one zippered for wallet, change, keys and valuables...the other for tickets, maps, etc., even a pocket for a razor, button legs to keep bag off wet and dirty floors, detachable shoulder strap. The Ogio made of high quality materials. Included with the bag: three refillable liquid containers, toothbrush holder, soap dish, comb, hair brush and mirror. Suggested retail \$54.95.

Reader Service No. 4



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Telephone _____

To receive free information, simply circle the number(s) corresponding to the products you have selected.

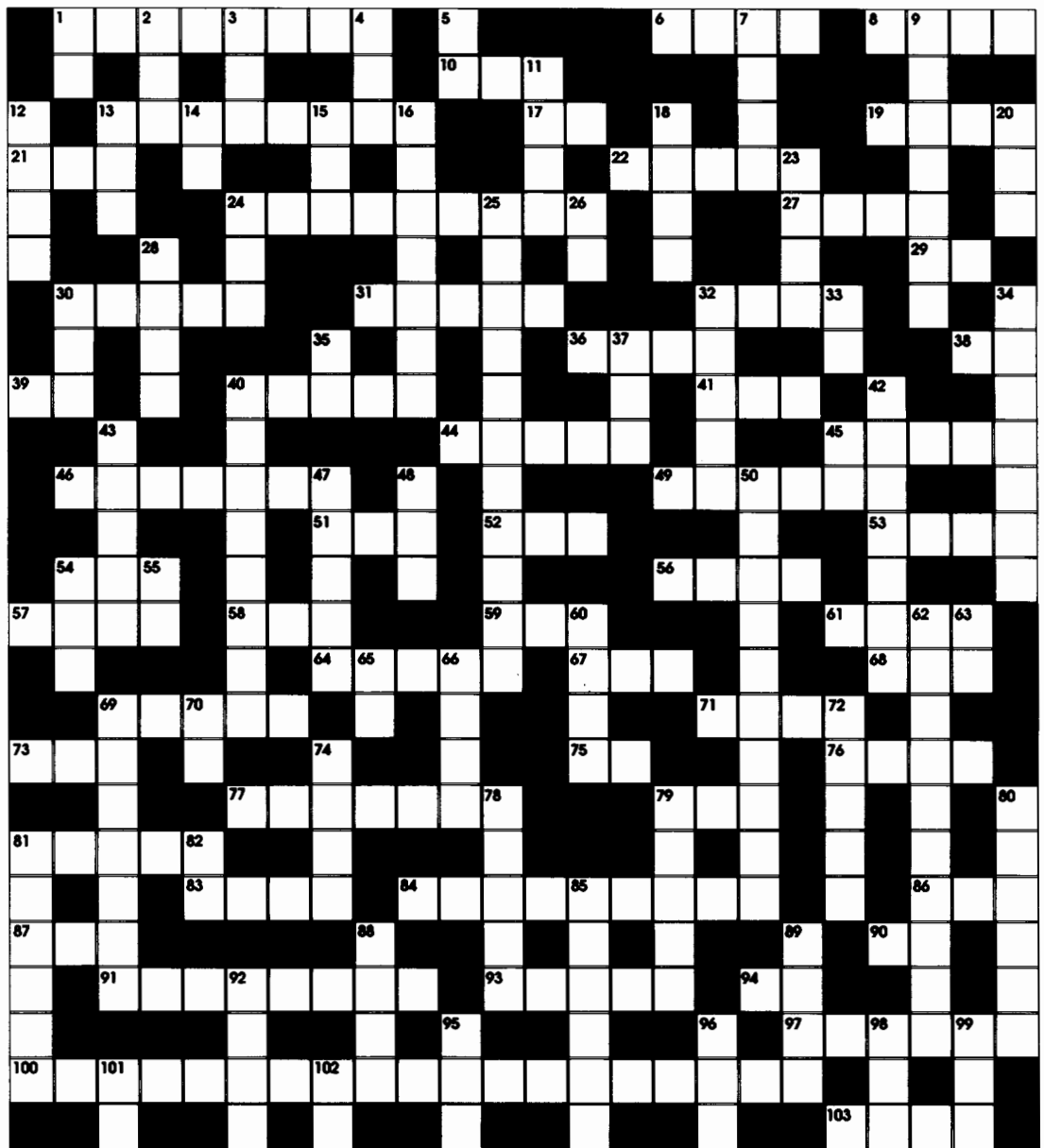
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National Racquetball Magazine
P.O. Box 6126, Clearwater, FL 34618-6126

RACQUETBALL CROSSWORD PUZZLE

by Paula Patterson

Test your knowledge of the sport! Almost all the words in this puzzle are related to racquetball. Good luck!



ACROSS

1. a hit from non-dominant side
6. Hawaiian Pro's serve
8. "top" and "back"
10. racquet size
13. opposite of 1 across
17. Pro in 6 across (initials)
19. tournament set-up
21. grip manufacturer
22. each is earned
24. mandatory now
27. first name of 29 across
29. same as 17 across
30. screen serve
31. 30 across does this
32. match component
36. necessary for 32 across
38. male player
39. not out

40. necessary for play
41. "side" and "half"
44. most important shot
45. 44 across is hit between these
46. two are not allowed
49. shot after 44 across
51. Marty Hogan
52. area is 45 across
53. Italian good-bye
54. retrieval
56. time on 69 across
57. our association
58. to compete
59. serve type
61. tournament division
64. practice
67. official
68. distress signal
69. where game is played
71. type of shot
73. means a game to 11
75. short break (abbr.)

76. sizes vary
77. contact area
79. opposite of 38 across
81. winning shot
83. if 8 across is miss-hit
84. 3 players
86. female possessive
87. a streak
90. #1 female Pro (initials)
91. racquet type
93. popular balls
94. serve change (abbr.)
97. 24 across manufacturer
100. our magazine
103. to defeat

DOWN

1. lefty Pro (initials)
2. energy nutrient (initials)

3. ball color
4. athletic Pro (first name)
5. female teaching Pro (initials)
7. same as 8 across
9. necessary for 16 down
11. ball hinder
12. Strandemo's vacation spot
13. payment for 50 down
14. our sport (initials)
15. tournament division
16. 4 players
18. on the road
20. tournament objective
23. 2 of 9 down
24. refuel
25. our sport
26. Pro in 12 down (initials)
28. helpful in 19 across
30. what it's all about

32. Cabretta is a type
33. same as 29 across
34. pounds per square inch
35. serve type (initials)
37. winning serve
40. defensive player
42. corner shots
43. Marty Hogan style
45. stomach strength exercise (initials)
47. claim to fame of 33 down
48. type of 8 across
50. proving ground
54. nickname of Charlie G.
55. top ranked male amateur (initials)
60. first name of 1 down
62. forehand only
63. fault (initials)
65. same as 25 down

- (initials)
66. fault serve
69. defensive shot
70. aim for 69 down
72. fault serve
74. hand position
78. may precede a kill shot
79. lower body equipment
80. point earner
81. type of fault
82. touch shot (initials)
85. obstruction of play
88. Pro
89. winning shot
92. color of first 36 across
95. same as 37 down
96. liquid replenishment area
98. same as 95 down
99. same as 24 down
101. too bad (initials)
102. California city (initials)

ASSOCIATION ROUNDUP

AARA

by Luke St. Onge

The annual banquet of the United States Olympic Committee was recently held in Portland, Oregon. As part of the festivities of this gala occasion, all athletes of the year were honored by the U.S.O.C. Racquetball was represented by Andy Roberts, gold medalist in the World Championships and first in the National Singles; and Toni Bevelock, silver medalist in the World Championships and first in the National Singles. It was a proud moment for all of us to see Andy and Toni honored on the same level as Flo Jo Joyner, Matt Biondi, Greg Barton, Andre Agassi, Bonnie Blair, and so on. I can assure you racquetball was well represented at this special time.

I have just returned from the 1989 IRSA convention in Reno, Nevada. IRSA is made up of 1,500 court club owners, the majority of which have racquetball courts. I have attended these meetings since 1978 and no past meeting ever showed so much interest and activity in racquetball. The resurgence of interest in racquetball continues to gain momentum. For the first time ever there were four sessions on racquetball in addition to the AARA booth. Jim Hiser and myself manned the AARA booth and much to our surprise, we were extremely busy each day, going over programming, developments, teaching aids, memberships, organizations, etc. Most managers were looking for programming aids to help expand and enhance their racquetball activities.

We also screened our video tape from the 1988 National Doubles in Baltimore, MD. Anyone who has had the opportunity to see the tape knows it is the best telecast of racquetball to date. I made a special effort to observe those in attendance as they walked by the T.V. It was amazing to see, time after time, people stop in their tracks and take time to get a closer look. It was so packed at one time



that security asked those who had blocked the aisle to make a path so people could pass. I've never seen anything like it. This year, 1989, promises even better coverage with three Nationals to be televised (Singles, Juniors, Doubles). Each time we learn more and the telecast becomes more professional. See you in Houston. O

WPRA

by Chris Evon

It's starting to happen! The WPRA, after two productive days in Atlanta, has begun to develop goals and strategies to achieve those goals to ensure the success of the organization for many years to come. The meetings took us back to our past, explained our present, and gave us the opportunity to look into the future, realizing how much control we have over our own destiny.

Through brainstorming and setting priorities, we were able to get a feel for why the organization has survived through some very adverse conditions and what it will take to move on.

Our main goal is to increase the visibility of women's professional racquetball and the sport as a whole. Public relations popped up repeatedly as the number one concern of the board. We will be working on securing major corporate sponsors to increase the number of our stops and overall prize money. We also plan to look into hiring a full time commissioner for the WPRA.

The process of indentifying goals and planning can be long and tedious but, the importance of developing a three to five year plan is apparent to all of us, and will be our priority throughout this season. WPRA members currently involved with this project are: Chris Evon, Marcy Lynch, Andrea Katz, Toni Bevelock, Kaye Kuhfeld, Molly O'Brien, Caryn McKinney, Lynn Adams, and Shirley Houk. O



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NORM BLUM'S PASSING SHOTS

BUT THE SPORT IS HOT — Cut Bank, Montana, made national news earlier this year when it was more than minus 30 degrees below zero — the coldest spot in the continental 48.

Although businesses and schools closed, folks managed to bundle up and trek to the Cut Bank Recreation Center where all six courts were booked the entire day and evening.

Cut Bank is a racquetball hotbed. There are probably more racquetball players per capita in Cut Bank than anywhere else. In a population of less than 3,500, there are more than 100 active players.

"We just push it. It was slow at first but we started leagues and have tournaments so it has become real popular," says manager **Cindy Askelson**. "At one point we had 150 players but then some of the big companies like Phillips and other refineries moved out."

DEADLINE PRESSURE — Perhaps the nation's foremost expert on how to handle pressure in a tight racquetball match is a sports columnist. With evening sporting events ending at midnight, a columnist often finds himself with only minutes to write prose to entertain readers the next morning.

"If it's 10-10 in a tiebreaker, convince yourself it's fun," says syndicated sports columnist **Greg Larson**. "It's a situation you've been trying to get to and just say to yourself, 'Isn't this fun?'"

After the match, **Larson** suggests more positive reinforcement.

"Analyze how you played and what you did right. That's what I'd do when I got the morning paper. Make a game out of it."

NATIONAL ATTENTION — Racquetball received some bad publicity at the beginning of 1989. South Carolina football coach **Joe Morrison**, the former New York Giant great, suffered a massive heart attack moments after playing racquetball. Every sports report I read or heard mentioned racquetball and the heart attack. Buried in most reports was the fact he was only a once-a-week player and wasn't in the best of shape. He also was a big drinker and heavy eater.

OUCH! — Think you've heard all the alibis for losing? Well, how 'bout putting the blame on the food spread at a tournament? A player spreading cream cheese on a bagel cut herself with a knife and

needed two stitches. The injury wasn't on her playing hand but the throbbing pain interrupted her concentration.

POTPOURRI — Ektelon's **Karen Lynam**, whose responsibilities include heading the bag department, jokingly refers to herself as "the bag lady"...With the pro tour in limbo this year, requests for clinics are down...**Cliff Swain** defeated **Ruben Gonzalez** to take \$1,000 in a Montgomery, Alabama tournament...My wife is still rolling her eyes over this one. Someone called the house at 10:00 p.m. one night in a panic. He had seen my racquetball shoes and said that he had to have a pair. I told her the fanatics are the ones that make our sport...The Racquetball Manufacturers Association met in Atlanta at the Super Show and will pay a research firm to survey how many and how often people play and why they give it up. Here are my free answers on why they quit: Veteran players, frustrated when they don't improve mainly because they can't accept age is causing skills to diminish, they turn to another sport. The good news is they eventually return when they discover golf is even more frustrating. Secondly, racquetball is too expensive for youngsters and, despite what you read, this is a couch potato society...Remember **Steve Keeley**? Now 40, **Keeley** was racquetball's most eccentric personality and was featured in *Sports Illustrated* 10 years ago. He's been to more than 430 countries and lived the hobo life travelling on trains. **Keeley** may be returning to the racquetball scene.

SHOP TALK DEPARTMENT — Marketing whiz **Mark Wentura**, formerly of Head, Ektelon and Pro Kennex has signed on with Spalding in the tennis division. He'll be missed in racquetball...Business is booming at the Tri-State Racquet Club in Evansville, Indiana. They added more than 400 members in one month...I'll receive poison pen letters from **Caryn McKinney** fans, but the truth is I think she's ranked No. 1 because **Lynn Adams** is unable to play at full strength. At 100 percent Lynn is on a different level from the rest of the field. She's just too much of a professional to admit it...Tried calling directory information for the Women's Professional Racquetball Association in Oak Park, Illinois and there was no listing. Come on ladies, there might be a big-time sponsor trying to reach you. The Oak Park address was listed as the mailing location for the WPRA in its newsletter. First rule of thumb in any

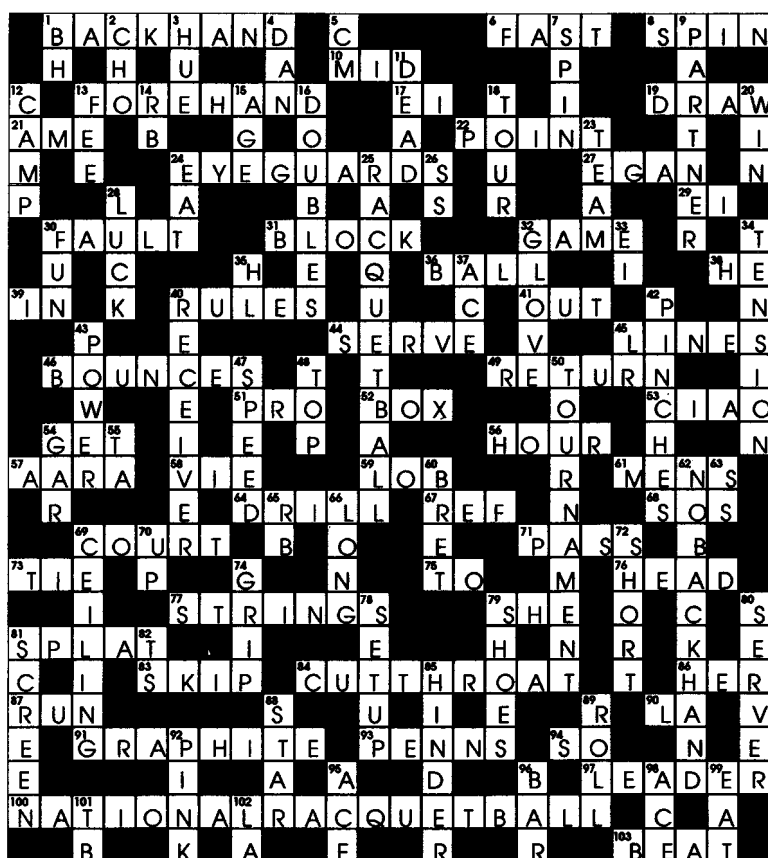
publicity game is to get your phone number out...

Chris Evon, president of the WPRA, says the players are excited because **Adams** is no longer No. 1. "They feel she's beatable. Everyone feels things are wide open even though **Lynn** and **Caryn** have been in the finals most of the tournaments..."Why is it every time you beat someone in the game of singles they are anxious to play doubles?...Not knowing which pros will compete, it's impossible to place odds on the upcoming national championships. But despite that, I'll go out on a limb. Look for **Jim Cascio** to regain his title and last year's runner-up, **Michelle Gilman**, to take the top spot...I'm also willing to wager that less than three players will repeat as national champions. They say the toughest thing in sports is to repeat.

Here's a case of chutzpah. A player, unable to play for third place at the scheduled time, ordered a plaque from my company for herself. She felt if she had played she would have won easily...Top Court Club Name Department: Ace of Clubs in Wisconsin and People's Court in Ohio...This isn't meant as a "beggar" line but if you have an entertaining anecdote to report, call me at (904) 396-9693 or write in care of First Coast Promotions, 1760 Shadowood Lane, Suite 410A, Jacksonville, FL 32207...A club was going to dedicate a court to one of its members who died while playing. It was a fine idea but with only six courts it could cause some hard feelings down the line. So instead, they named a club tournament in his behalf...We had our first overseas order for *National Racquetball* sportswear from **Shigeyuki Takama** of Japan...Congrats to **Judi Schmidt** on becoming editor of *National Racquetball*...Now that **Sigmund Brouwer** is a former editor of *National Racquetball* I can burn my bridges and say thank God I'll no longer receive calls concerning his racquetball prowess. Only kidding, **Sig**, you can call me any time...There are some players who are so overweight they do the sport an injustice when they tell people they play racquetball.

THINGS I LIKE — Noon-time games that last less than an hour, seeing young players defeat aging open players and the intensity of league play.

THINGS I DISLIKE — Opponents who beat you after you've played three hours and then brag to everyone, cold courts and sidewall glass. O



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Newsbriefs

Racquetball Achieves Pan Am and U.S.O.C. Group A Status

Racquetball has become the youngest sport to gain full medal sport status in the Pan American Games and Group A membership in the United States Olympic Committee.

As a result of the U.S.O.C. action in early March, the sport will receive \$750,000. in revenue and in-kind services from the Olympic committee aimed at developing the sport at the grassroots level.

Plans call for a full-time staff member to implement 20 AARA grassroots programs as well as a full-time media and public relations officer to promote the sport.

In addition to designation as a full medal sport in the Olympic Festival at Oklahoma City this summer, three National Championships will be held in major metropolitan areas. There is also a good chance racquetball will be an exhibition sport in the 1992 Olympics to be held in Barcelona, Spain.

Others plans include allocation of \$35,000 to AARA affiliate state organizations in the form of grants for local development, the financing of eight major

councils for development of various programs, including women's, juniors, masters, etc.; and funding to send all Junior National winners to the 1989 World Championships.

Of the \$750,000 coming from the U.S.O.C. \$200,000 will be returned to individual states in the form of rebates. ○

Hogan Signs Partner

Marty Hogan is pleased to announce the signing of his new doubles partner Benjamin John to a no cut, no trade, lifetime contract.

Benjamin will play the fore-hand side and should cover the front court well because of his 19 1/4 inch reach. Marty needed a teammate with great speed and at 6 pounds 2 ounces, Benjamin's light weight will fit the bill.

Signing took place on Thursday, January 12th, at 11:30 a.m.

Ann will handle any team disputes that may arise on Benjamin's behalf. ○



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

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City _____

State _____ Zip _____

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

PRESIDENT'S COLUMN by Van Dubolsky

Golden Masters players who play in the 1989 Golden Masters Invitational Tournament in Pittsburgh, April 21-23, 1989, have been granted a waiver and will not be required to qualify in



order to participate in the 1989 National Singles in Houston. The Board of Directors voted unanimously to grant the waiver for 1989 only. In future Golden Master players (55+) must enter and play their AARA Regional Championships in order to qualify for the U.S. National Championships. The board considered the request from the Masters Council and based its decision upon the commitment that all future Golden Masters Tournaments would require compliance with AARA rules, which include specifically that all players will be required to wear lensed eyewear for racquet sports and be an AARA member. The board will make every effort to keep AARA regional tournaments from conflicting with the Annual 3rd weekend in April Golden Masters Tournament. Every effort will be made to hold AARA regional tournaments in February, March and May of each year. The rules for playing the regional will apply to all players in 1990. These are: Regional tournaments will offer invitations to all age groups and everyone will be required to submit entry blanks to the regional and will have to participate if their age division has enough players to promote reasonable competition to be eligible for the U.S. National Singles. If there is not reasonable competition in a division, those who are entered in that division will have the option of playing in a lower age division or withdrawing from the tournament. They will receive a refund of the entry fee and will be welcome to play in the U.S. National Singles. ○

STATE AND REGIONAL DIRECTORS MEET AT OLYMPIC TRAINING CENTER

by Linda Mojer

Fifty of the most dynamic and active AARA State and Regional Directors spent the better part of 72 hours in each other's company a few months ago at the Olympic Training Center in Colorado Springs, in a concerted effort to make racquetball a stronger and better organized sport in the next decade.

Among the news shared was the announcement that racquetball was to become a Group A Olympic sport.

During the discussions, it became apparent that the national office is beginning a transformation which will result in a tightening of its organizational structure and a renewed sense of purpose. State organization will be expected to follow suit by taking on added responsibilities in the promotion, development and administration of sanctioned events. As those duties fall to individual associations, the need to legally incorporate state operations will become imperative. Each state will also have increased responsibility for outreach and communication to its members.

State directors were told that, in order for state associations to remain eligible for renewal membership funding, each must publish and distribute a bi-monthly newsletter to their members. As an alternative, state directors may submit material for publication in the AARA in Review section of *National Racquetball* on a monthly basis. Either method, a bi-



monthly publication or monthly articles, will fulfill the outreach obligation of state associations. In September, the AARA in Review section will move to the center of *National Racquetball* and additional copies will be printed for di-

rect mail to those AARA members who do not subscribe to the magazine.

The meeting agenda was packed with topics, all of which were in some way affected by the new Olympic status of racquetball. Following a welcome address by Casey Clark of the OTC, the team policy, state games programs and fund-raising plans for the coming year were discussed.

Other topics included the re-structure of the regional directorships (they are now on a two-year rotation schedule, rather than appointed indefinitely); the Elite Training Camp opportunities; referee certification; Masters & Seniors Councils; PARI; High School and Intercollegiate programs; publicity and media coverage; the Women's Commission and the State Hall of Fame program.

Next year, the national offices hope to expand this program to include greater numbers of interested racquetball administrators from across the country. Officers and members of state association boards should consider attending in 1990, in addition to the regular crew of state and regional directors. ○



1989 JUNIOR ORANGE BOWL

by Scott Winters

Last year's 1988 Junior Orange Bowl/World Junior Racquetball Championships was once again hosted by The Miami Lakes Inn and Athletic Club of Miami Lakes, FL. The World Junior Racquetball Championships is sanctioned by the American Amateur Racquetball Association (AARA) as a level 5 tournament, which is the highest ranking status possible for a tournament. It is also sanctioned by the International Racquetball Federation (IRF), which is the governing body for all international racquetball competition.

This year's tournament drew more than 250 entries from Costa Rica, Columbia, Venezuela, Mexico, Canada, and the U.S. Entries were received in 22 different age divisions, ranging from boys and girls 8 and under to boys and girls 18 and under, singles and doubles.

Tournament director, Jim Hiser, noted, "The level of competition was very high due to the entries from other countries. This is what makes competing in this tournament so unique. Also, winning your age division in this tournament earns each player a 'World Championship'." With such stakes, the competition was fierce, and some great matches were played during the four-day tournament.

The featured match of the tournament was a duel between Canadian Junior Champion, Simon Roy, and AARA Junior National Champion, Mike Guidry, from Texas. Both Roy and Guidry had won their country's Junior National 18 and under singles title, and both had relatively little trouble advancing to the final round and setting the stage for an undisputed World Championship play-off.

As the match got underway, it looked as though Roy was going to dominate the game as he started off "smokin'!" Even though Guidry really started getting warmed-up, Roy hung on to win the first game. It was about half way through the second game that Guidry really turned it on. It seemed that everything he hit, from

anywhere on the court, was a winner. This momentum carried him through to the second game and a tiebreaker win, which gave Guidry the Boys 18 and under singles championship.

The Girls 18 and under singles championship was won by Holly Gray from Virginia, with her defeat of Jenny Roach from Canada. Holly also teamed with Jennifer Mason from Tennessee to finish as runner-up in the Girls 18 and under doubles division.

More than ever, we are seeing a display of good sportsmanship in our junior tournaments. This tournament was no exception as Rhonda Holt from Canada, and Jimmy Floyd from Michigan were honored with International Sportsmanship awards.

The Junior Orange Bowl (JOB) committee once again did a great job of organizing the tournament attractions and hospitality. This year, the JOB will be working with an International Junior Council to put more emphasis on international participation and hospitality. This year's tournament encouraged more international interaction between players than ever before. We saw kids of different countries exchanging t-shirts and pins. This interaction left everyone with a very positive attitude and a great deal of enthusiasm towards this year's event.

For additional information regarding the 1989 Junior Orange Bowl/Junior World Racquetball Championships, contact Gloria Burns, Executive Director, Junior Orange Bowl, 1390 South Dixie Highway, Suite 2110, Coral Gables, FL 33136; (305) 662-1210. ○



Debra Derr, 1st place winner



Standing room only crowd at Miami Lakes.



AARA STRATEGIC PLANNING STATEMENT

Part 2

No. 3 — Funding

Funding is yet another major component affecting the success of both the AARA and the sport. Without adequate financial resources the AARA cannot fulfill its basic charge of representing the amateur racquetball player in the sports industry. To generate these funds, the AARA must cultivate external funding sources (such as large national sponsors) while retaining its independence by continuing to depend largely upon funding from within (via memberships, program fees and special events). From those internal sources, the present 50/50 revenue sharing system with affiliated state organizations must be maintained to ensure continued development of the sport at the local level.

The AARA must also offer attractive tax-deductible giving opportunities to private donors, plus seek foundation grants to reduce its dependence upon large sponsors for general operating funds, as the racquetball industry as a whole is not large enough (nor should it be expected to) support the AARA entirely. The AARA must continue to carefully balance its current fund allocations between membership, development and administrative overhead. Currently, administrative overhead is stable at less than 10% of each membership dollar, with the remaining 90% going back to the membership in the form of developmental programs.

It is also important to note that attaining Group A Olympic status for racquet-

ball will qualify the AARA for receipt of substantial monetary allocations directly from the USOC's centralized funding program for member sports.

No. 4 — Membership Development

Another high priority for the AARA is the rapid expansion of its membership base. If the AARA is to compete on the level of other sport organizations, and truly become a dynamic force among them, it must boast a broad and impressive membership roster. The AARA needs to address both the recruitment and retention of its members through:

- A) Stronger state affiliates
- B) A valuable membership package, which will encourage voluntary participation apart from tournaments
- C) Dynamic programming that promotes the sport while attracting new members
- D) An atmosphere of common cause, unity and solidarity in attaining future AARA participation goals
- E) Setting a goal of one million members by the year 2000

No. 5 — Management

The AARA philosophy of sports management is unique among governing organizations and must be carefully preserved as it evolves to serve a larger population of players. The AARA management team is comprised of a dedi-

cated Board of Directors, experienced professional staff members in the National Office, administrators from autonomous state AARA affiliates and strong individuals from diverse segments of the racquetball industry. Both the National Office and the Board Of Directors serve in direct response to the needs of state associations. In turn, state organizations are free to select those programs and services which best suit their specific purposes. This system keeps the National organization in constant touch with its "grass roots" affiliates, and aids in the development of effective programs and common goals.

In addition, special-interest segments of the sport such as Seniors, Masters, Juniors, Women, Disabled, Minorities, Intercollegiate, Teaching Certification and High Schools have been organized, and are represented by official AARA Councils. These Councils are made up of highly dedicated individuals who have accepted the responsibility, through the AARA, of developing and promoting these areas on a national scale.

It is essential that these Councils receive funding for their activities, yet remain accountable to the AARA for all such revenues and actions. This accountability is particularly important to maintaining "affiliate" status in contrast to "independent" status for these Councils, especially as the AARA grows in size and reputation. In its management, the AARA must strive to preserve a service orientation for its affiliates, rather than the opposite. ○

CERTIFIED REFEREES NEEDED!

Anyone who would like to be considered for selection as an official (referee or line judge) at the U.S. Olympic Festival in Oklahoma City, July 26-30 should send a brief resume to Otto Dietrich at the address shown on page 24 on the AARA's 1988-89 Official Rulebook. Only highly-motivated, certified (or certifiable) Level II or III referees need apply. There will be no personal compensation, but transportation, lodging, and meals will be provided. Please call Otto at (404) 972-2303 if you have any questions



REGIONAL REPORTS

Region Four: North Carolina, Georgia, Florida, South Carolina

Survival of the Fittest

Because of a flu epidemic which hit the southeast in February, the 1989 Florida Racquetball Association State Singles Championships quickly became one of the smallest state events in recent memory.

Yes, a respectable turnout of 350 of the "fittest" Florida players appeared, at the Orlando Tennis and Racquet Club on Thursday, February 16 to compete in a total of 45 adult and junior age and skill divisions.

In the Men's Open, the ailing defending champion and #1 seed Tim Hansen was one of the first to succumb after an uninspired win over Derek Lee in the first round. The short trip to the quarter finals places Hansen squarely against up and coming junior Robby Walden who quickly took advantage of the situation. With no-nonsense precision, Walden stuck to business and gave Tim the rest of the weekend off, with match scores of 15-6, 15-10.

In the following semifinal round, Walden made an even more impressive showing against Fred Calabrese, but let a first game lead slip to a 15-14 loss. The youngster rallied in the second for a 15-4 win, but couldn't regain momentum in the tiebreaker, losing by a wide margin of 11-4.

On the lower half of the draw, #2 seeded Jason Waggoner appeared healthy as he advanced through a first round forfeit and a second round tiebreaker against junior Allan Engel. But it was a more familiar opponent, Charlie Nichols, who took Waggoner out of the running in the semifinal with straight game scores of 15-11, 15-7.

In a classic finals match-up before highly vocal, Florida spectators, Calabrese and Nichols gave an exhibition of value to everyone. The exacting back-

hand of Nichols gave visual instruction to the left-handers in the stands, while the intensity of Calabrese provided a fundamental lesson in concentration. Both started slowly and exchanged almost identical scores after the two game split with Calabrese taking the first 15-10, Nichols earning the second 15-11. But, as he had done with Walden the round before, Calabrese turned on the heat in the tiebreaker, limiting Nichols to four total points and a second place trophy by mid-afternoon on Sunday.

Epidemic aside, several noteworthy wins were recorded in the early rounds of the Men's Open, particularly among younger players. Straight game wins by Aaron Metcalf over Mark Morrison and Allan Engel over Vinnie Ganley in the round of 16 gave each a boost in confidence, even if they did make it only one round further.

The Women's Open division also drew a fair number of new faces, many of them younger, but the results were not quite as unpredictable. Yet, relative newcomers Michelle Scott and Ceil Clark went to tiebreakers in the round of sixteen before falling to the respective strength and superior court sense of opponents Laurie Potter and Brenda Grossnickle.

By the quarter finals, three of the top four seeds were still positioned for the win. Defending champion and #1 seed Susan Morgan took a quick win over Laurie Potter in straight games 15-6, 15-4 while doubles partner and #2 seed Mary Lyons deftly maneuvered past Diane Fields. Brenda Grossnickle (#4) needed only two games to advance against Britt Engel, and Barbara Simmons disappointed #3 seeded Kersten Hallander with a tiebreaker win of 9-15, 15-7, 11-8. It was Simmons and Grossnickle who played off for third on Sunday afternoon, however, after taking running starts at Lyons and Morgan in the semifinals.

If it's not hard enough just reaching the finals of Women's Open in Florida, imagine how difficult it must be to repeatedly face your doubles partner. In Women's 30s, Susan Morgan and Mary Lyons have to know each other's games by now, yet the two still manage to put on an exciting

match for the benefit of both uninitiated spectators and long-time fans.

Mary Lyons' well paced shot-making, seemingly effortless court coverage and hairline accuracy make the game seem easy. You won't find Mary making the type of extravagant, diving retrievals that are Susan's trademark (and resulted in a pulled calf muscle during an earlier 30+ match). But, in this particular repeat of any Women's Open final over the past year, Mary used every one of the more basic skills to take the title from her partner in straight games of 15-6, 15-13, then go for a follow-up win in Women's 30+ with scores of 15-13, 15-9.

Thanks to the expert control desk management of Gene Owen and Bill Clarke (combined with an early Thursday start), this year's state singles didn't "run into overtime". Thanks to the many court and general sponsors the drawing offered over \$1,500 in prizes to entrants. Thanks to the club lounge, everyone was well fed. And thanks to the players it was a championship without mishap, filled with fun, good competition and surprises. And sniffles.

In sickness and in health, each of the winners of the 1989 FRA State Championships deserves a hearty round of applause and congratulations for a job well done. O

Region Eight: Illinois, Wisconsin, Iowa

Heads of State Meet at Region Eight

by Alvin Barasch, Commissioner

The first Ektelon/Adult Regional Championships this season was held February 3rd at the Charlie Club in Palatine, IL with a record turn out of 309 players entering more than 400 events.

Participants from states outside Re-
(continued on page 38)



Regional Reports

(continued from page 37)

gion Eight came from Nebraska, Michigan, and Indiana, but the large field posed no problems for Geoff Peters, tournament director.

Penny Missirlian, the Pied Piper of Nebraska's racquetball, brought three juniors, Todd Criger, age 12; Troy Shramek, age 14; and Mark Crouse, age 14; plus her husband Art. Troy made it to the semi's in the C division, quarters in the B division and Todd made it to the quarters in the D division.

After talking to Todd, I got the feeling that our adult regional was just a warm-up for the Junior Nationals. Penny won the B division defeating Lori Davis. Two other juniors, Dale Johnson from Illinois and Jim Ellenburger from Wisconsin finished in the quarter finals of the Open division.

Rick Clay, chairman of our Referee Certification Program, conducted two clinics during the tournament. In an attempt to increase the number of certified refs, we experimented with paying increased fees to all refs who were certified. They were paid double that of a non-certified ref. Rich believes that it is essential to increase the quality of refereeing not only to build confidence and understanding of the rules but for safety purposes. A confident ref can control and avoid possible injuries. The ISRA firmly supports the referee certification program.

In the Women's division, Cheryl Gudinas beat Robin Petrini for the championship in the Open division while Robin beat Laura Olson for the championship of the 25+ division. Tim Sweeney, defeated John Negrete in the Open division and John also took second place, losing to the champion Jim Jeffers in the 19+ division. The 35+ division found Wisconsin's Joe Wirkus coming off the injury list to defeat A.J. Allen. However, many spectators agreed that the match of the tournament was for the 45+ title. Marshall Waldo regained the title by defeating Ron Johnson in an 11-8 tiebreaker. The caliber of play was truly open and you could not find two classier sportsmen.

This year's regionals brought a special event with it, one that I thought would never happen, but it did! All the heads of state, met at Region Eight. There was no question in my mind that when junior enthusiasts get together only positive and

good things begin to happen and they did! Sharing this meeting was newly appointed Rich Clay, Illinois AARA and ISRA Junior Director; Bill Roberts ISRA President and State AARA Director; Jay and Jean Hansen from Iowa and Carol Pellowski from Wisconsin, all Adult and Junior State Directors.

We agreed unanimously that rotating the Junior Regional Championship site each year would most benefit the growth of juniors in our region. Two years ago the junior regional was in Wisconsin, last year Illinois and this year it will be in Waterloo, Iowa. Our junior regionals have tripled in five years and we expect a record turnout in Iowa. State Directors will continue to promote junior divisions in all tournaments.

To encourage education, a Region Eight Junior Scholarship Fund has been established whereby each year a five hundred dollar scholarship will be awarded to one recipient per state. Each state will form their own committee and select the junior of their choice who will receive this honor at the Regional Championships. One important criteria for this award will be the continuation of racquetball at the collegiate level.

In addition to the championship events we will be experimenting with extra events in order to reach the novice junior. Team Illinois, Team Iowa, and Team Wisconsin, will compete for a Regional Team Title.

This is the beginning of Team Region Eight. Grassroots is where our sport will grow and juniors is the most important segment of grassroots.

However, with all the competition in progress our primary goal is that the *kids have fun*. In that team spirit, I feel great to have a team in Region Eight...and it's all because of those fabulous Heads of State.

Region Nine:
Michigan, West Virginia, Ohio

Mike Yellen
Michigan Junior
Scholarship
Award
Foundation

The 1987 and 1988 "Mike Yellen Michigan Junior Scholarship Award" foundation winners are Jim Floyd and Nick Rallis.

At the conclusion of 1988, the two received checks of more than \$2,000 each and the awards will total \$4,500. Several years ago Mike Yellen and Jim Hiser had the foresight to initiate and plant the seed that created the Foundation and Junior Scholarship award as it exists today. Basically, Mike Yellen started the Junior Scholarship fund by contributing \$500 each year and the award has grown to our annual award of \$2,500. Mike Yellen is still the cornerstone of the award and the scholarship continues to bear his name. In addition to Mike, Fred Lewerenz, Ron Slavik, Rick Vanderlind, Jim Hiser, Tom Blakeslee, and the Racquetball Association of Michigan continue to fund the scholarship, select the recipient, and make up the foundation.

The winners are chosen on the basis of a balance of outstanding racquetball and scholastic performance. In addition, the winner must attend college and participate in intercollegiate racquetball to receive the award. Normally it might be expected that the award would be given to one racquetball scholar. However, picking between Jim or Nick would be like choosing the perfect fruit, an apple or an orange; you decide by the following...

Nick Rallis

- **Academics:** High school grade point 3.89, sixth in class, varsity letter, Presidents Academic Fitness Award, Michigan Competitive Scholarship Award, Michigan State University Academic Excellence Award, National Honor Society.

- **Racquetball:** Captured five first place, eight second place, and eight semifinal finishes in 1988; Eighteen Division Champion; second in State Doubles and semifinalist in open division; quarter finalist in National Junior Olympic Championship.

- **Upon Graduation:** Currently attending Macomb County Community College - 4.0 grade average. Wants to transfer to the University of Michigan as a Junior. Continues to excel at racquetball. Second in open at Region 9 and third in the regional intercollegiate. Loves college and is considering engineering as a career.



Jim Floyd

- **Academics:** Valedictorian of class, 3.91 grade average, National Honor Society, Presidents Academic Fitness Award, Michigan State University Academic Excellence Award, Class President, lettered in track, golf and wrestling.
- **Racquetball:** Regional Champion 1987 and 1988, High School National Champion 1988, Orange Bowl semifinalist 1987 and 1988, Junior Nationals third place 1987 and 1988, many other first, second, and semifinal finishes in 1988.
- **Upon Graduation:** Attended Michigan State University and has transferred the University of Michigan, Flint. Current grade point average, over 3.0. Wants to make U.S. World Racquetball team.

In summary, Jim and Nick are model students, racquetball players, and people you would love to have as a son, brother, or friend; and model citizens for other junior racquetball players to emulate.

Ohio Masters

by Reed Gunselman

On the national scene, there is a Master's National Council headed up by Ivan Bruner from Madison, WI, with four other members covering the entire United States. Their main activity centers around two tournaments with a Singles Tournament held in a warm locale in the winter months and a Doubles Tournament which is held in the north during the summer months.

Both events are a round robin and are conducted without referees. The philosophy is that players come to enjoy themselves, and want to play as many matches as possible. The round robin events are normally held on Friday, Saturday and Sunday. In each flight, which can number up to 10 or 11 men, the top four players are determined.

On Sunday, all of the #1 players in each flight eventually play for the championship. The #2, #3 and #4 players also play. The #4 players are basically playing for the 13th spot in the tournament. It is not uncommon though for other players who do not make the finals to show up on Sunday and get as much playing in as they want to.

The philosophy of no referees is that

this is to be an enjoyable event played by men of good character. If the players cannot abide and conduct themselves in the proper fashion without referees, they are not invited for the next tournament. Basically, this format works quite well.

The theory behind these tournaments is the chance to play many players of your own age from different parts of the country. There is plenty of time for socializing as all tournament activities normally end by 5:00 or 6:00 p.m. and there are group activities planned every evening culminating with the banquet on Saturday night.

During the day, there are plenty of activities for the non-players centering upon the main interest of the community you are in. Each community takes a lot of personal interest and pride in presenting the best tournament they can for the rest of the players across the country.

As an example, the last Singles Tournament was held in February, 1988 in Las Vegas. The Doubles were held in August in Denver. In 1987, the Singles were held in Dallas, TX, and the Doubles in Edison, NJ.

In these tournament, the 45+ player was treated like the Open players are in most tournaments today. Each match is held on a center, glass court.

If there is enough interest in the Master players, we intend to form a Masters Council in Ohio with the idea of running tournaments similar to the National. That is a round robin event in singles and doubles. A few years ago Norm Gutowitz of Toledo, OH held several of these tournaments which were well received by all players. I hope to be able to institute this again.

It is my intent to contact all Master players who are current ORA/AARA members by letter asking them to participate by writing a column on the events in their area of the state. If you are not a member and wish to contribute to this column please contact me at (216) 439-2424.

Profile: Nicholas Strike

Eighteen-year-old Nicholas Strike is an exceptional young man. He is the type of person and player that we all enjoy

being around and enjoy playing. Everyone who knows Nicholas finds him to be a quality individual who is very likeable and personable, easily making new friends amongst players and adding quality to any tournament he enters.

Nicholas began playing racquetball at age 12 and continued off and on through the age of 16. At 16, he gave up his other high school sports; baseball, basketball and soccer to concentrate on racquetball. He began to play tournaments; first only in doubles with his father, Louie Strike, winning the Cincinnati Men's A title in 1987 and losing in the Ohio State B finals in that same season.

Nicholas plays out of the Courthouse Racquetball and Fitness Center where he began working with top level Open player and teacher, Don Parker. With Parker's efforts and his own dedication, Nicholas developed his singles game and in the last year has exploded through the divisions to the top group of Men's A players in the state. In singles, he has reached the Men's A finals in two tournaments already this season and reached the quarter finals in a third. His success has continued in doubles also, with new partner John Boone, reaching two finals and winning the Men's A/B division at the first Coors Light Series event. Nicholas also teamed with Jenny Boggs recently to win the Cincinnati Mixed A City Championships.

As a high school senior, Nicholas has much more going on in his life than racquetball. Foremost he is an honor student who plans to attend Miami University in the fall of 1989, but is also active in other extracurricular activities. Back to racquetball, he teaches private lessons and is particularly involved with junior's clinics.

Obviously a well-rounded and level-headed individual, Nicholas Strike is a great example of the quality of junior player who is being developed through the racquetball programs of Ohio. Coming from a strong racquetball family, Nicholas has accomplished a lot in his short career, but anticipates better things to come.

With that great combination of talent, dedication, and personality, Nicholas is sure to go very far in Ohio racquetball and along the way he will make many friends and continue to enjoy his playing career, education and strong family life.

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REGIONAL REPORTS

(continued from page 39)

Region Eleven: Nebraska, Minnesota, North & South Dakota

Opens The Court To Communication

by Penny Missirlian

We though you might like to learn a bit about Region 11 members. We are made up of four states which include: Nebraska, Minnesota, North Dakota & South Dakota. Our combined population is 6,989,280. Our total land area is 301,444 sq. miles. What this means to us mid-westerners is that we travel many miles between tournaments. It also means that we have a lot of people out there that need an introduction to our sport.

If we look at the population of each state, and are positive and realistic, we should be able to increase our sport to a 1/2 percent of the total population. That means in Nebraska we should have approximately 7,849 players and potential AARA members, in Minnesota it should be 20,379 players (get to work Les), in North Dakota 3,263 players, and in South Dakota 3,453 players.

My suggestion for regional growth is better communication. If we work with our local clubs, involve our YMCA's, correspond with the entire state and they in turn communicate with the region as a whole, we have set up a networking system that can't help but produce growth in our sport. Don't forget the enthusiasm either.

Region 11 (Nebraska especially) challenges all of you to make your state and region number one with the most increased membership for the year 1989. Please court the theme "Coming of Age" for surely the sport has come of age and it is a thrill to be part of it. ○



Fact or Fiction. Strange but True? Is this any way to act at dinner? Mike Arnolt, Indiana, and Van Dubolsky, Florida, observe Al Seifelman in a feeble attempt to find a new use for racquetballs. Arnolt was heard to comment, "I like it, but I think he needs eyeguards."

Photo by John Foust.

SCHEDULE OF EVENTS

May 17-19

Landmark Triple Crown
of Racquetball
Landmark
12740 Merit Drive
Dallas, TX 75251
Aaron Katz/Debra Freeman
214-392-1500

May 18-21

Pomona Valley Open
The Claremont Club
1777 Padua Avenue
Claremont, CA 91711
Sally Torrez
714-625-6791

May 19-21

Abalone Open
Redwood Health Club
401 Cypress Avenue
Ft. Bragg, CA
Carl Hayward
707-964-6336

May 19-21

Champagne Classic
Sportswest
1575 South Virginia
Reno, NV 89502
Mike Dick
702-348-6666

May 19-21

Ektelon/AARA/Jr. Region 12
Grand Junction Athletic Club
2515 Forsight Circle
Grand Junction, CO 81501
Marianne Czupor

May 19-21

Ektelon/AARA/Jr. Region 11
Suburban Racquet & Swim Club
Rt. 4
St. Cloud, MN 56301
Greg Huenga

May 19-21

Las Vegas Open
Las Vegas Athletic Club West
3315 Spring Mountain Rd.
Las Vegas, NV 89103
Bob Becker/Kyle Kenny

702-362-3720

May 19-21

Onomatopoeia
Lakeland YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page
813-644-3528

May 19-21

Summer Open
Tacoma Athletic Club
2228 S. 78th Street
Tacoma, WA 98409
Sid Williams
206-473-2266

May 19-21

Wilmington Open
Wilmington Athletic Club
2026 South 16th Street
Wilmington, NC 28403
Karen Houston
919-763-9655

May 24-29

1989 Ektelon/U.S. National
Singles
Downtown YMCA
1600 Louisiana Avenue
Houston, TX 77002

June 2-4

Choke Open
Spa Fitness Center
25 Penny Lane
Watsonville, CA 95076
Sharon Rummel
408-722-3895

June 9-11

Juliet Powell Memorial R/B
Family Fitness Sports Center
2805 Wylds Rd.
Augusta, GA 30909
Goddard/Pitcock/
Gurley/Noblett
404-738-1818

June 11-14

Pepsi Cup Club Championships
Denver Sporting Club

5151 S. DTC Parkway
Englewood, CO 80111
Ron Butts/Patti McCurry
303-399-3050

June 16-18

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

June 16-19

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

June 23-25

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

June 23-25

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

June 23-25

White River Park State Games
8 regional sites
Indiana
Renee LaBonne
317-255-7730

June 24-28

1989 Ektelon/U.S. National
Junior Championships
The Court Club
3455 Harbour Avenue
Indianapolis, IN 46240
Mike Arnolt
312-339-9329



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June 1st-4th

(weekend following AARA Nationals)

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