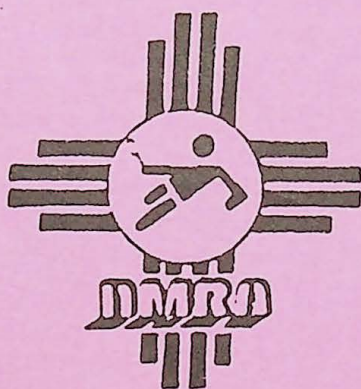


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*NEW MEXICO  
RACQUETBALL  
ASSOCIATION*



*NEWSLETTER*

**DECEMBER**



1984

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## WOMEN AND RACQUETBALL

by Jan Corsie

When I first started playing racquetball, way back in the dark ages, there was only one division - Women's Open. There were about five women in the draw, if we were lucky. Since then women's RB has improved in both quantity and quality. The growth of the sport has expanded the women's draw into six levels of play - Open through Novice, and many women are enjoying tournament play at every level.

All this has taken place through spontaneous generation. But we, the NMRA, feel that there is a great deal of talent within the ranks, and that many players could benefit from some training and guidance in their games. So we are implementing a program, now in it's beginning stages, that will offer a series of clinics by our Men's Open players on specific elements of the game. Several of the top men have volunteered their time and energy to help us out. They will each cover a topic in which they excel.

When the formal clinic is over, several other men will be available for play and more individualized attention. Our intention in setting up this program is to stimulate interest, and therefore competition in women's RB in New Mexico. We would like to put you in touch with those willing to share their knowledge and help you improve your level of play.

Any of you ladies who are interested in participating or have any suggestions to help us, please - let us know. I have seen lots of enthusiasm for the sport and that's the prime ingredient. We're here to help you develop and enjoy your game!

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**NEW MEXICO  
RACQUETBALL  
ASSOCIATION  
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# NUTRITIONAL FITNESS

By Naomi Brett-Nowak

Do you, as an athlete, need more protein? Should you drink water, salt water, or no water at all during a competition? How soon before an event should you eat, and what should you eat to maximize your performance?

How much do you know about nutrition? For years nutrition has been concentrated in the medical community, but not anymore. People, especially athletes, are beginning to understand the benefits that can be derived from understanding how nutrition can work for you, in improving your game and in general how you feel each day.

Nutrition isn't maintaining a strict, and often unbearable diet, but rather developing and understanding of how what you eat can affect your body, your attitude and your performance. Through a series of articles on Nutritional Fitness, I hope I can give you tips on how to finetune your body, using a combination of exercise and nutrition. The two are often thought of separately but they shouldn't be. After all, you can't put low quality gas in a finely tuned car and expect high performance. The same holds true for your body and your game.

The questions asked at the beginning are just a few of the topics that will be covered in future newsletters. If there are any other questions you'd like answered, let me know either through Academy Court Club in Alb., or by dropping me a line at 1829 Mary Ellen NE #3, Alb., 87112. I'd be happy to hear from you.

In addition, there will be clinics held at Academy Court Club every other Sunday at 2 PM starting Dec. 2nd. The first topic will be "The Myth About Protein" and "Eating For Competition." These clinics will develop into a program including behavior modification, focusing on how you can analyze your diet and make it work for you.

The fee is \$5 for club members and \$7 for non-members. Everyone is welcome. Have a great December

## WOMEN

### Open

I.T.Mims 2.C.McConaghy

### A

I.D.Brown 2.L.Duran

### B

I.C.Weaver 2.E.Byrd

### C

I.D.Fischer 2.J.Collis

### D

I.V.Witten 2.C.Thurman

### Novice

I.M.Anderson 2.M.Gillespie

## DOUBLES

### Open

I.Hill/McConaghy 2.Wright/Mims

### C

I.Groomer/Mobley 2.Kiscaden/Stahl

## JUNIORS GIRLS 12-

I.K.Lingman 2.K.Aragon

## JUNIORS - BOYS 15-

I.D.Lingman 2.R.Kefauver

## JUNIORS - BOYS 12-

I.L.Aragon 2.B.Aragon

## RESULTS : ACADEMY AWARDS TOURNEY , Nov. 15-18

## MEN

### Open

I.R.Wright 2.R.Hill

### A

I.C.Nicolaids 2.D.Daniel

### B

I.D.Duggan 2.R.Beltramo

### C

I.R.Beltramo 2.D.Petrov

### D

I.A.Houle 2.D.Johnson

### Novice

I.J.Gregory 2.J.Gillquist

### 30+

I.R.Wright 2.B.Krauser

### 40+

I.R.Barnitz 2.D.O'Brien

### Heavyweight

I.F.Faiola 2.P.Blanchard

## DOUBLES

### Open

I.Mazaroff/Childs 2.Sanford/Nowak

### A

I.Gellman/Fuller 2.Kirkpatrick/Mims

### B

I.Waddington/Collis 2.Owens/Olsen

### C

I.Hubbard/Ball 2.Stout/Krebs

### D

I.Bauerschmidt/Kildare 2.Houle/Blea

### MIXED DOUBLES

### Open

I.Sanford/McConaghy 2.Allen/Delgado

### A

I.Duggan/Aragon 2.Torres/Stern

### B

I.Kefauver/Moore 2.Stocknow/Aragon

### C

I.Hubbard/Morrison 2.Crites/Baca

### D

I.Claypool/Claypool 2.Maese/Maese

## SIDE OUT

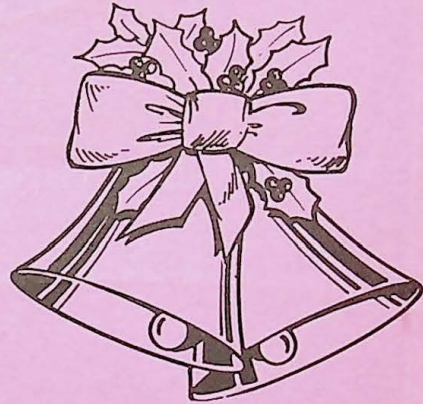
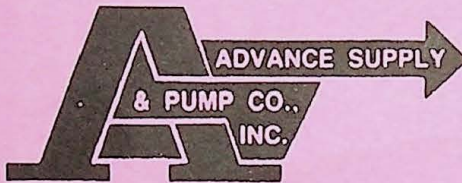
January of 1985 brings a new opportunity for me. I will be going to college in Boulder, Colorado, working with the Peace and Conflict Studies program. Racquetball will continue to be an important part of my life.

My stay in New Mexico has been a fruitful one. In a short period of time I have made many friends. These relationships have brought me joyous moments on and off the court. You have taught me much. Thank you! With such warm blessings I step forth with renewed strength and inspiration.

Enjoy,  
Jim Owen

GOOD BYE JAE MALONE  
AND GOOD LUCK ! !

WE WILL MISS YOU



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