

National Racquetball®

October 1986

Vol. 15

No. 10

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OFF THE WALL

by Joe Massarelli



What If . . . ?

When I was in my college days -
- yes, colleges did exist in my youth -
- we had a professor who always liked to play a game called "what if?"

At first we all laughed at his suggestion, but that didn't dampen his spirit or his enthusiasm about wanting us to try it. The philosophy behind it was simple: Present a problem -- real or hypothetical -- and then explore alternative solutions to the problem.

Initially, there was token cooperation from the group. You know, there's always those who are cynical about any attempt to solve a problem. But as the individual scenarios developed into more interesting subjects the cynicism and skepticism began to fade.

Our "what if" projects began to take on more meaning. We began to attack each in earnest. The interest and enthusiasm to solve a problem heightened with each new assignment. Before we knew it, we had taken negative situations to positive conclusions.

What's my point? Simply this. It's about time for us to start playing "what if" with the future growth and development of racquetball.

What if our clubs began a strong developmental effort to bring young people into the facilities and onto the courts? Developing the next and future generations of players is not just the club owners' responsibilities, but certainly they are crucial to guaranteeing racquetball's successful growth.

But owners are not singular in our "what if" game.

What if the manufacturers and suppliers joined forces to develop the teens and pre-teens who know of racquetball only as a sport that their parents and older people can play, but that they can't because of their inability to have a place to learn the game?

And what if high schools developed racquetball as an integral part of their athletic curriculum? Sure, the monetary considerations are substantial, but not insurmountable. One or two racquetball courts can be constructed at each high school with funds raised from school drives and/or support from local businesses - especially those in the construction industry that cannot only provide monetary aid but also building capability. And let's not forget school bond issues for special funding.

Finally, what if our associations put in place committees to actually go about seeding the youth market on a state by state basis? We already have strong state by state organizations that are attempting to foster the sport at the teen and pre-teen levels, but often the funds are not available to complete the effort. Where do we turn for such funding?

We don't have the answers. And, the "what if" game is not designed to provide them each and every time. But if we ask enough what ifs of ourselves and others in the sport and the industry, surely many positive things will happen.

This magazine plans to play its own what if game.

What if we formed a National Racquetball Research Council to explore the sport in detail by examining options for the development and deployment of courts at strategic locations for youngsters to have ready access?

What if we started a fund raising campaign to expand the Juniors programs and activities on a broader basis and with more national visibility?

What if, with the assistance of the pros, we developed a heavy advertising and promotional campaign that brought in national sponsors to support Junior events? And what if this magazine became the focal point for

uniting associations, suppliers, clubs, colleges and high schools in an ambitious rebuilding programs for our sport?

It's certainly food for thought, but we need your input. After all, you are racquetball and its very survival and success depends on you. □

National Racquetball

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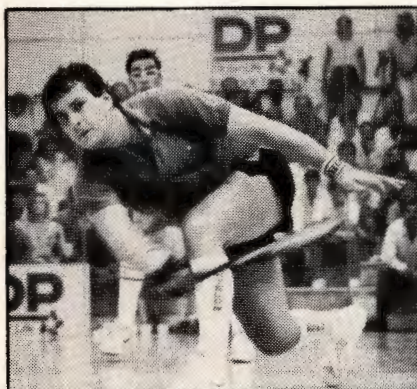
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OFF COURT FITNESS

by Jean Sauser



Results

I never realized the value of the saying, "Do it right or don't do it at all," until I began playing racquetball seriously and training for it. Over those years, I spend a lot of time in various health clubs watching people work out on and off the racquetball courts. There were winners and there were losers. The winners were the ones who took the time and made the effort to do things right in order to get the results they wanted.

My efforts to be the best that I could be in racquetball and fitness taught me that doing things right is not an endeavor for the lazy, or for the stubborn. It is certainly not for those lacking in self discipline, or for those who don't want to take the time to learn new things. Lastly, it is not for those who are afraid to fail.

When I began playing racquetball, I certainly wasn't lazy, I spent hours on the courts. And, I wasn't afraid to fail. I lost as many games as I won. However, I was stubborn, and although I had the self-discipline to practice shots for hours, I had no backhand and didn't want to take the time to learn that stroke.

So for the first two years I played, I hit every shot with my forehand. Amazingly enough, I managed to win a lot of the amateur tournaments without a backhand. Even though my coach kept warning me that I was developing a bad habit, I stubbornly reminded him that as long as I was winning, I wasn't going to change a thing.

Then came a tournament in Michigan that had drawn the best

women players from all over the country. I made a good showing in the first round of pro play, but lost to one of the top seeds. Everyone agreed that I was a sure bet to win consolation and on the day of the finals I was delighted to discover that my opponent was a woman I had defeated many times in Chicago.

I won the first game easy, 21-8. It was sometime during the second game that I found myself in trouble. My opponent began hitting backhand ceiling balls forcing me into backhand corner of the court where I couldn't use my forehand.

In what was probably the most boring match the State of Michigan ever saw, she proceeded to beat me with that one shot through the second game and the tie-breaker. It was so obvious that my stubbornness about not learning a backhand combined with my refusal to learn new things was costing me my career. As I walked off the court, I looked at my coach and said, "Teach me to have the best backhand in the game and I don't care if it takes me all summer."

Learning a backhand did take all summer, and most of the fall for that matter. It was hard breaking my habit of hitting everything with a forehand. For a while I lost to every player in the book. The saying around the YMCA went from "She's one of the best," to "If you're looking for someone to beat, play Jean."

Finally, after six months, I got good results. I developed a very strong backhand, and a much

better attitude about learning to play racquetball correctly. My coach was delighted with my new attitude. Together we read everything we could about playing properly, studied videos of my strokes and my game reached new heights that even surprised me. All because I finally swallowed my pride and took the time to do things right.

As a health club manager, I came across many members who had the same problem I had once about doing things right, but for a different reason, fear of failure. They had no problem about joining the club with the idea that they would be taught to work out properly, but when it came time for that fitness test on the first day of instruction, that's where the philosophy about doing things right to get the results you want went out the window.

"Let me get into better shape first so I can peddle the stationary bike longer when you test me," said most of my male members. "I would like to lose 10 pounds before I take the test," said most of the women. "You're acting like someone who cleans their house before the maid comes," was my consistent reply to both.

As our fitness membership headed straight for zero, my staff and I decided that we had better come up with a better method of dealing with this fear of failure. We changed the name from "Fitness test" to "Fitness evaluation" and things immediately changed. The fitness center began to fill up with

(continued on page 38)



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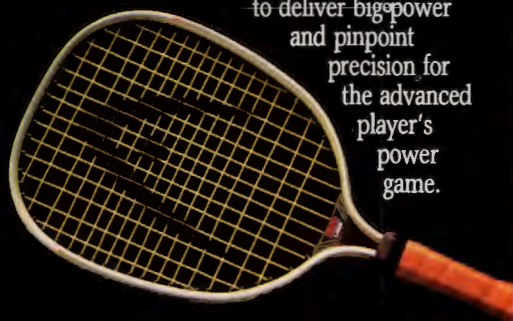
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LETTERS TO THE EDITOR

If you would like to write a letter to the Editor, please send your comments to: Letters to the Editor, National Racquetball, P.O. Drawer 6126, Clearwater, FL 33518-6126. All letters become property of this magazine. We reserve the right to edit for clarity or space considerations. Letters will not be returned.

Poster Proposal

I started playing racquetball while in seminary, about four years ago. I was moved to a small country church, and, with no courts nearby, my game ground to a halt. About a year ago I moved to an area 1/2 hour away from a YMCA, so I started up again.

To help me with my game I looked for a magazine to help me. It took me weeks to find you! The YMCA had no knowledge of you, the local club in Salisbury, MD had no knowledge of you . . . or any other publication. So, I almost despaired of anyone publishing a magazine on racquetball.

In desperation I called the public library. They gave me your address, and I now subscribe! And your mag is good news, even for a preacher!

I do believe that if you advertised more, in all clubs and YMCA's, you would have a greater subscription base and more interest would develop in the sport. If there is any way you can help me interest others in your magazine it would go a long way to reinforce my word of mouth tribute to you at my Y. Something like a poster with an ad on it, and a pad of reduced first-time subscriptions that I could put on the bulletin board outside the courts at my Y.

Good luck, and God Bless!

Dave Miller
Federalsburg, MD

Editor: Thank you for your suggestions (and the illustration). We take you up on it.

Going Outdoors

I'm a recreational/beginner player, who not only enjoys the game but your magazine. I

appreciate the wide coverage of all aspects of the game that you provide in your fine publication.

The reason for my letter is: How about coverage of outdoor, three-wall racquetball?? Is there such a thing? Let me explain: Over labor Day weekend, I was vacationing in Toledo, OH and saw a banner and some outdoor, concrete three-wall courts with partial ceilings. So I'm curious and thought I'd question the industry experts!! I think other readers would be interested too. I can't even imagine how the game is played.

Keep up the good work.

Dale Klein
Carpentersville, IL

Editor: Yes, three-wall racquetball outdoors does exist. And for the heartier player, it's a year-round game. It's not easy to play (and the ball does go over the fence), but if you want a change of pace from the comfy indoors, try it.

Screen Serve

Out of all the developments in racquetball over the last twenty years that I've seen come and go there is one that happened just recently that really bugs me. It's the sudden controversy over the so-called screen serve.

I've been playing this game for 23 years. I've seen the ball get faster and faster, the players get stronger and faster along with the ball, and the serves change accordingly. We used to stand in the middle of the court to serve, but receivers kept calling a screen, so we started moving over to the side wall to serve. That was to give the returner a better view of the ball. Now the returner is

Letters (continued)

complaining that he can't see the serve coming down the line. Next I suppose they will want a limitation on how hard the ball is hit.

Personally, I don't think it's a matter of not seeing the ball as it is served down the line. I suspect it's more a matter of the returner just not being able to get to the ball. If these people played tennis they

would probably want John McEnroe's wide hooking serve (that pulls the returner way out of the court to their backhand side) outlawed, too. About 98 percent of the tennis players in the world couldn't return that serve but they never tried to outlaw it.

Being from San Diego I've had the opportunity to play quite a few

of the best pro racquetball players in the world and most of the amateurs. Every one of them used the down-the-line serve from against the wall. Nobody ever complained that it was a screen.

Of the thousands of these serves that I've returned, I can count on one hand the serves that I honestly couldn't see. One of the most exciting plays I've ever seen was Jerry Hilecher diving flat out to his right to return a serve from Charlie Brumfield that was hit hard down the right side. Jerry flat rolled the ball out cross-court.

Hogan wrote an article about he screen serve that started all the talk about it. If I remember correctly Hogan used that particular serve quite well for many years. Now that he is slowing down some and can't move to his right as well as he used to he wants it stopped. Well I can see changing a rule for safety reasons but just because a play is hard to execute doesn't mean that it should be outlawed.

Bill Stevens
Ft. Gordon, GA

Editor: Thank you for your comments. We would like to hear the opinions of other readers on this issue.

To All Serious Open Players

I recently attended the National Elite Training Camp at the U.S. Olympic Training Center in Marquette, MI. Unfortunately the open division week had to be cancelled due to the lack of entrants so the few of us were split into the Junior and Age division groups.

By choice, I went to Junior week and found it very beneficial in many ways. I learned and improved my stroke mechanics, proper dieting, psychology of racquetball, not to mention many other subjects.

Overall my game has improved 110 percent mentally and physically. Not only did we receive intense training and lectures, I met new people from all over the States and, most importantly, had fun!

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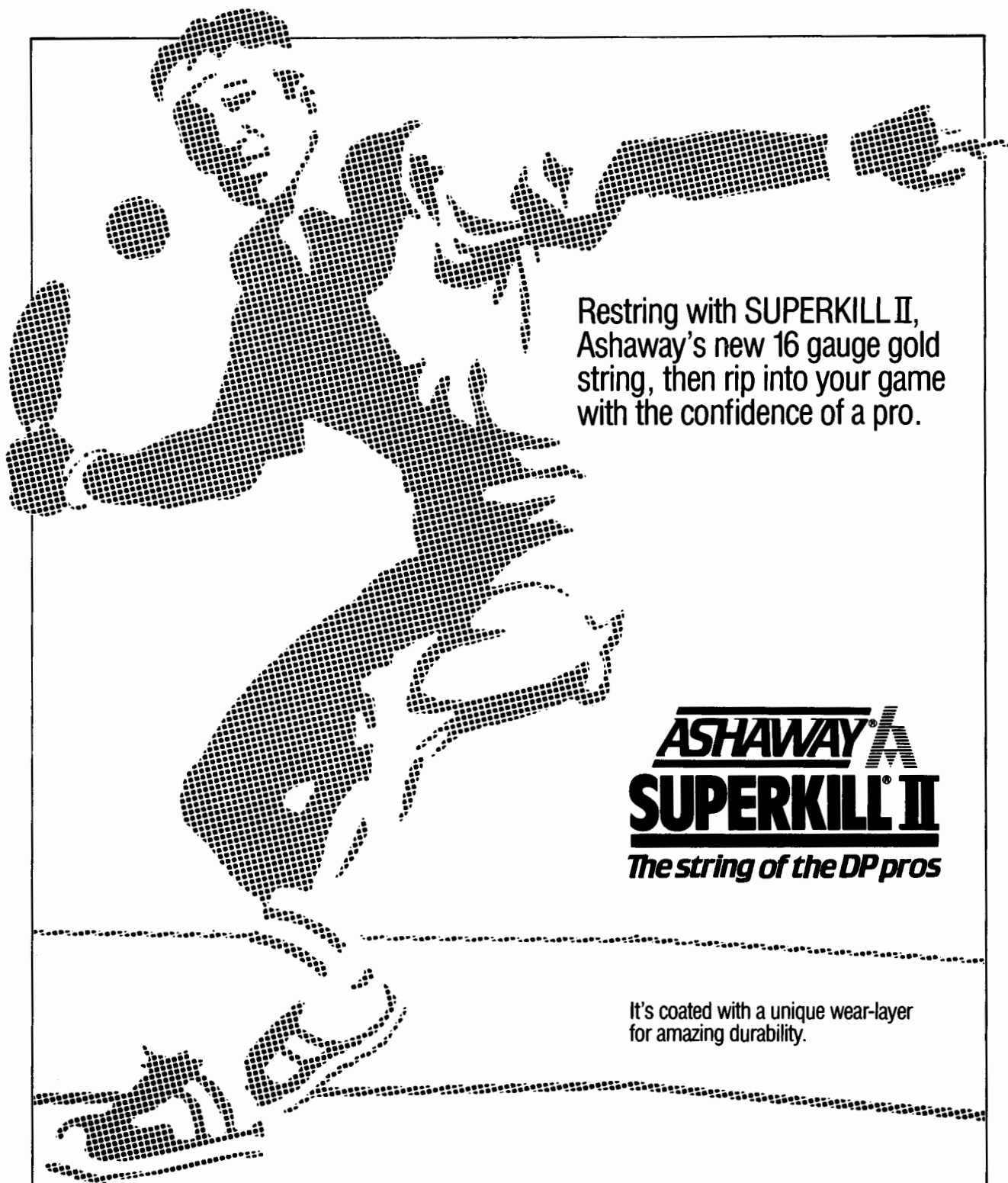
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Letters (continued)

On behalf of our entire group I would like to give special recognition and thanks to the sponsors who made this camp possible. Debbie Nohstead of Head, Greg Eveland of D.P. and Theresa Nunn of Ektelon were our main sponsors. Because of this camp you have given more motivation and improvement than you could imagine to many top players; thanks to you and I hope we can do it again next year.

Jim Hiser did an excellent job directing the camp, keeping us going from 5:30 a.m. to 9:00 p.m. Thanks for the intense pain, Jim!

(I'm sure the participants know what I mean!) Finally special recognition should go to our group leaders: Jim Winnerton, Mike Yellen, Fran Davis, Dan Obremski, Jack Newman and Sean Moskwa.

Hopefully next year there will be more open participants. Believe me you won't walk away dissatisfied. On a scale of one-10 this camp rates an 11!

Lydia Hammock
Fremont, CA

Editor: Your enthusiastic endorsement makes us want to sign up ourselves!

Media Coverage

We read with interest the letter from Robert L. Johnson of Glendora, CA regarding the lack of publicity in Southern California for the Ektelon National Championships.

In fact, this year's coverage for "The Championships" was the best in the history of the event. It was covered by seven different Southern California newspapers a total of 22 times, representing some 210 column inches. It was also covered by two television stations for a total of seven minutes of air time.

Hallelujah! They recognized our sport and gave it the coverage it deserves.

Hope you feel better, Mr. Johnson.

Bob Phillips
President
The Phillips Organisation, Ltd.
San Diego, CA.

Editor: Thank you for such precise data. We hope the figures grow and grow.

Too Young?

One of my son's best serves is a lob-Z to the opponent's back hand and it's very tough to return. At the 1986 AARA Junior Nationals, my 10-year old son had to throw this serve right out the window because not once did the young referee call my son's opponent for crossing the five foot line. Nor did the referee make any calls except "point" or "skip," thank goodness my son's opponent is honest, because he overruled the referee on a number of skip calls. All the referee did was keep score.

I'm not writing in anger because my son lost, his opponent was a much better player, but I do believe it would have been a better and more equitable match if we had an older referee.

I protest strongly to eight through 12-year olds refereeing at the national level. I also watched a

(continued on page 50)



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Commissioner's Report

by Jim Hiser



Restricting the Server

Recently there has been great discussion regarding screen serves. As many of you know, the RMA tour is now using a restricted service box (see diagram) in an effort to eliminate the problems associated with a referees interpretation of what is a screen serve.

The new box restricts the server from standing any closer than 3 ft. from the side wall (thus leaving a 16 ft. box) when serving a drive down the same side. Upon contact with the ball on service, no part of the server's body, ball, or racquet may cross the line. Violations are faults and appealable. When serving Z's, lobs, or

cross-court drives the normal service box rules are in effect.

Various amateur state associations are experimenting with the rule utilizing different size boxes (10 ft. and 12 ft.). Indiana and Michigan have used the rule for about three years, with wide player acceptance.

At the pro level the new rule has been extremely successful. Although screens can still occur, they are much easier for the referee to see and thus call.

This new rule is just one example of the new progressive attitude exhibited by the players. Look for more changes and adaptations in the year ahead. □



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CANADIAN REPORT

by Sigmund Brouwer



The Rise of Roger Harripersad

Roger Harripersad knows what is sad and funny about a Canadian reaching excellence.

In May 1985 he became Canada's national singles champion. Because of that, he had to face the great Canadian question. That question is a doubt which haunts all of our performers in sport, art, drama, music, dance or writing. It is Canada's unspoken attitude and goes something like this: "If you're so good, Roger, why are you still in Canada?"

This 21-year-old is a contender, an athlete with great talent. A Canadian treasure. He grew up in Calgary, Alberta, a major Canadian city. And there he garnered three MVP awards on his city championship baseball team: He was leading scorer as left wing in hockey for four years, city doubles badminton champion and then racquetball champ.

"But Roger, if you're so good, why are you still in Canada?"

So he moved to California. Cal State Sacramento wanted him. And with good reason. Among the big guns on the west coast, he finished the 1985 season ranked the #1 player in California, and won open singles and doubles at the state championships. Note that, Canadians.

Sacramento's confidence was not misplaced. Playing for the school team in Rhode Island, Roger became the 1986 U.S. Intercollegiate Men's Champion, leading Sacramento State to victory. Note that, Canadians.

Then Roger beat Marty

Hogan. Yes, Canadians, *the* Marty Hogan. As in three-time world champion. It was not a practice match. It was not a ho-hum tournament. It was the 1986 DP Nationals. And Roger Harripersad defeated Marty Hogan in four games. Note that, Canadians.

But what is sad and funny about a Canadian reaching excellence does not stop there.

Reactions back home after the victory varied from disbelief to wondering what went wrong with Hogan. Negative. However, Americans, despite and including their ability to assemble two hundred Elvis Presley imitators at a July 4 statue party, would have reacted positively. That's why they have heroes and legends.

This is what Roger had to say back home in Calgary. "To finally

play Hogan was a thrill in itself, but to beat him was a greater thrill. And all I've heard since then is 'did Hogan play well', or 'but Hogan usually takes it easy in the first round'. Maybe he did and maybe he didn't. All I know is I came out on top, which is something not many people can say, first round or not."

Roger did get one congratulatory letter in Calgary though. The gentleman who wrote it thanked Roger for displaying a beautiful and talented level of play, and added he felt Roger would go much farther in the sport of racquetball. It had been sent by a spectator who had enjoyed the Harripersad-Hogan match immensely. It had been sent by Greg Eveland, product manager of D.P. From Alabama. An American.

Please note that, Canadians. □

1986 Klondike Canadian Open Edmonton, Alberta - July 18-20

Men's Pro:

1st - Roger Harripersad
2nd - Mike Ceresia
Cons - Wayne Bowes

Men's A:

1st - Crystal Fried
2nd - Danny Terrabain
Cons - Jeff Miller

Men's Open Doubles:

1st - Roger Harripersad/Crystal Fried
2nd - Harry Fornefett/Rob Pratt
Cons - Darryl Foreman/Gord Low

Women's A:

1st - Lori David
2nd - Wendy McKee
Cons - Lenore Davis

Women's Open Doubles:

1st - Razina Visram/Robin Halbert
2nd - Siv Smithson/Barb Lush
Cons - Karen Crawford/Sue Foreman

NEW DIRECTIONS

by Luke St. Onge



Teaching Certification

One of the most important developmental projects in our sport is the teaching certification program. The objective of the certification program is to have a bonafide teaching professional in each court club in the U.S. The program is not unlike the U.S. Professional Tennis Association (USPTA), which represents and is responsible for teaching professionals in tennis. The USPTA has been one of the most successful driving forces in the promotion of tennis, as well as retention of membership, within the tennis clubs where it operates.

The AARA has recognized this tremendous void in our sport since the demise of the APRO three years ago. Under the guidance of Jim Hiser, vice president of the AARA, and the direct development of Connie Peterson, Oregon, a complete new program for certification of teaching professionals will be unveiled this fall.

Connie Peterson, for those who are not aware of her credentials, has for years been one of the premier teachers and programmers of racquetball in the U.S. She was extremely active in APRO, conducts teaching clinics across the nation, has been a yearly lecturer at the International Racquet Sports Association Convention and has written numerous articles for such highly regarded publications as *Fitness Industry*,

Club Industry and *Club Business*.

This new teaching association (name not determined yet) will operate under the auspices of the AARA but will be basically self-governing with its own constitution and own means of financing its programs. We have already received positive indications from three manufacturers of their willingness to help provide seed money for this program. Certainly it is in the best interests of all parts of the industry to support this extremely important program.

One of the immediate goals of Connie is to establish a cadre of teaching professionals geographically positioned throughout the U.S. to start certifying teaching professionals within their areas. Teaching seminars and certifications would be held in conjunction with the U.S. National Singles and Doubles as well as the annual convention of IRSA. The long-range goal of the AARA is to see this fledgling association grow to the point where it is self-sufficient and able to operate independently and take its rightful place as an integral part of the promotional arm of the sport, the same as in tennis.

If you are a club owner or an interested person in this program, please contact us directly at AARA National Headquarters, 815 North Weber, Colorado Springs, CO 80903. □

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Taking Care of Your Feet

by Dr. Paul B. Ross

Your Feet, during one hour of racquetball will contact the floor about 10,000 times. That is equivalent to running a 10K. The similarity to running stops there. Whereas running involves repetition of the same motion, one foot after the other, racquetball involves varying foot motion changing directions all the time.

Our feet are composed of 26 bones, 38 joints and an intricate network of ligaments, tendons and muscles making it all work. No two pair of feet function identically the same. Just as the color of our eyes and hair are determined by heredity so is the structure of our feet. Whether your feet are overly flexible or extremely rigid, high arch or low arch, will determine how they will function on the unnatural, hard, rigid, unyielding surfaces on which we play.

The ideal normal function of the feet during a given step is to strike on the outside of your heel, gradually rolling to the inside as the rest of the foot contacts the ground. The arch will go through a mild flattening-out or rolling-in motion to absorb excess shock. As the weight is passed onto the ball, the foot starts to roll outward to become more rigid so as to propel the body forward more efficiently. All these motions occur within a fraction of a second every time you place your foot on the ground.

Types of Feet

Any abnormality or incongruity will alter these ideal foot motions. A very flexible foot will stay flattened out throughout an entire step without rolling outward thus altering foot function. A very rigid foot won't absorb shock. A high arched foot causes increased weight bearing on the heels and balls of the feet. Also a low arched foot causes increased weight bearing in arches. During racquetball any minor deviation from ideal normal foot structure and



Dr. Paul B. Ross

function will only set you up for a potential injury.

Many of the common injuries are associated with the different foot structures and can be avoided with the proper shoe. This does not preclude injury. For once the proper shoe is utilized for the appropriate foot type, overuse then becomes the main cause of injury. During racquetball the foot must propel forward, backward and side to side. It must start us going in any of those directions and it must also stop us while recovering from those directions. We have to be light on our feet to move in a flash. Without realizing it, we take our feet for granted until they start hurting or giving us other lower extremity problems.

The feet require that shoes have the following qualities to ensure proper function: (1) shock absorption, (2) motion control, (3) flexibility and (4) breathable material.

Each foot type has different needs. Not every shoe that is manufactured is ideal for every racquetball player. There was a time when the availability of different types of racquetball shoes was nonexistent. Today with

the support of biomechanics, research, more shoe manufacturers and the search for a better shoe, there is a wider selection to choose from. This can make finding the right shoe all the more difficult. For all the shoes may not be available in your particular area of the country. Certainly you can't expect all the pro shops or sporting goods stores to stock every brand. Therefore when giving recommendation of shoes to patients I go over those qualities in the shoes that are important to the individual and then give a list of several racquetball shoes that have these qualities. Just because one pair of shoes is recommended doesn't mean it's going to be comfortable to the individual. Therefore each shoe in that given category must be tried on to find the best fitting one.

Types of Shoes

Racquetball shoes as opposed to running shoes, require different modification qualities. Because of the lateral movement involved during racquetball there is now a large sampling of shoes that are either mid or high top. This is for added ankle support in an attempt to stabilize the ankle and

hopefully prevent an injury. During running, between each step, the body is airborne. Thus when we land, the amount of force each foot must absorb can be between two to three times body weight. This then is repeated with every step. In racquetball we are generally bearing weight on one or both feet. Therefore the shock absorption qualities of racquetball shoes would be different from that of a running shoe. If the racquetball shoe were very soft and mushy your foot would be most unstable when it struck the ground.

The soles of the shoes also vary greatly. When looking at running shoe soles, you must take into consideration the surface on which they will function, be it pavement, gravel or blacktop, whereas racquetball shoes need function primarily on hardwood floors (indoors). The tread patterns are different so as to allow quick change of direction motion without the shoe planting itself in one position and gripping the surface, for this would also increase the likelihood of injury.

Generally all shoes have some form of arch support innersole material which also adds to the shock absorbing qualities of a shoe. Realize these innersoles are made with the "average" foot in mind. If they are uncomfortable for you then remove them and replace them with spenco innersoles.

The midsole, or that cushioning material between the upper and the outsole, can be made of various materials. Commonly the denser that the material is (the smaller and fewer the air bubbles in it) the firmer and more resilient it will be.

The outer outside part of the racquetball shoe is the heel counter. This is a firm cup -- ideally made of thermoplastic -- which holds the heel and controls excess motion. It's that piece of material that wraps around the back of the shoe and extends around the heel.

Matching Shoes to Feet

Now that we've talked about

the varying foot types and qualities of shoes, there then must be a proper shoe for each foot type.

The high arched rigid foot needs a shoe with increased shock absorption qualities in the outsole, midsole and insole. Shoes that have very dense midsole material will not absorb as much shock as a less dense material. Changing the innersole material by purchasing spenco or sorbothene innersoles will raise the shock absorbing capacity of whatever shoe is purchased.

The low arch flexible foot needs a shoe with good motion control. This is accomplished by a rigid heel counter that extends around the heel and goes toward the arch area. This foot type also needs a shoe that has increased density in its outer, mid and innersole materials. Remember, a flexible foot is already absorbing and dissipating the force of body weight by flattening itself out. The innersole is also important for if it is too flexible it won't control the excess foot motion either. A spenco arch support may be all that is necessary. However, if you still have problems a prescription orthotic foot device may be necessary.

As you can see there are so many things to consider when buying racquetball shoes besides just the price. Once you understand what foot type you have, seek out the appropriate shoes that have the qualities you need. Don't compromise. Only use your racquetball shoes for racquetball. If you use them for general ambulation on other surfaces, you cannot expect them to serve your feet properly when on the court.

Questions on any foot or lower extremity problem may be sent to Dr. Ross c/o National Racquetball Magazine, or directly to him at: 8218 Wisconsin Ave., Suite 112, Bethesda, MD 20814. □

About the author: Dr. Paul B. Ross practices podiatric and sports medicine in Bethesda, MD.

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WPRA Report

by Caryn McKinney



The Best Week in Racquetball

This month you get to read about the best week racquetball has to offer! The AARA Elite Training Camp, a part of the U.S. Olympic movement, is the *ONLY* program which combines the talents of the Women's Pro Tour, the Men's Pro Tour, the AARA, the country's best instructors and dedicated players of all ages.

The camp was first held in 1984 at the Olympic Training Facility in Colorado Springs. The 1985 camp was also held in Colorado Springs, but this summer the site moved to the Olympic facility on the campus of Northern Michigan University in Marquette. Both locations are beautiful and offer an atmosphere highly conducive to serious training.

For those of you unfamiliar with the program, the AARA sets standards for players to qualify as participants. For the 1986 camp, players had to finish in the semi-finals or better in their regional tournament. These players are given the opportunity to take advantage of a week of intense training, testing, education and constant feedback from the best instructors in their fields.

One week is offered for Open players, another for Juniors and another for Age Group players. During each of these weeks, the instructional staff consists of a minimum of two professional players, two top amateurs, apprentice instructors, numerous expert speakers and the coordinator of all activities — Jim Hiser.

I am fortunate to work for my sponsor company, Diversified Prod-

ucts, which has supported the Elite Training Camp from its inception. As a result, I'm proud to have participated each year and am pleased to say that now Ektelon and Head have followed DP's lead by providing their professional player staff as well. Mike Yellen, Lynn Adams, Bret Hamett, Terri Gilreath, Mike Ray, Fran Davis, Jerry Hilecher, Bonnie Stoll and Dan Obremski are a few top names who have participated over the years. In addition, top racquetball strategists and teaching talents such as Fielding Snow, Scott Winters, Lou Fabian and Stu Hastings have contributed their time and energy.

But no one has devoted more time to this effort during the past two years than Jim Hiser. Some of you may know him as the commissioner of the Men's Pro Tour or as the vice-president of the AARA. Well, he also spends three weeks of his summer making sure this camp runs like clockwork. I believe he has the schedule mastered right down to the few "free" hours during the week and a final evening party.

To give you an idea of why you should strive to attend the Elite Camp next summer, here's a brief schedule:

Sunday:	Organizational meeting
Monday through Friday:	
5:30 a.m.	Wake up
6:00 a.m.	Voluntary Run
6:30 a.m.	Fitness Training
7:30 a.m.	Breakfast
8:30 a.m.	Lecture
9:30 a.m.	Court Time

10:30 a.m.	Lecture, Court Time or Fitness Training
12:00	Lunch
1:00 p.m.	Lecture
2:00 p.m.	Court Time
3:00 p.m.	Fitness testing, Lecture, or Court Time
4:00 p.m.	Challenge The Pros
5:30 p.m.	Dinner
7:00 p.m.	Lecture
9:00 p.m.	Your time!
Saturday:	Depart

Topics covered during the lectures and court time include stretching, ceiling game, service, service return, forehand, backhand, back wall play, short-hop, center court positioning, game strategies, court drills, training aids, physical conditioning, weight training, sports psychology, diet and nutrition, designing your personal training schedule, taping and sports injuries, video-tape analysis, charting, rules and referee certification, foot problems and doubles play. You get Wednesday afternoon off to recover from Monday and Tuesday. Friday afternoon is devoted to a tournament.

Each year this camp has been an overwhelming success and it continues to get better. Be forewarned: I've watched it develop over three years and become quite demanding, both mentally and physically. It's not an easy week, but it's definitely one of the most rewarding. Just as the instructors from the WPRA do, you can take great pride in having participated. □

Quick Tips #3

Improving Your Defense

by Sigmund Brouwer

Editor's Note: This is the third of three instructional articles to help your court coverage.

Try a great offensive tactic by improving your defense. At all levels of play, retrieving those shots formerly just out of reach not only means more saves, but more time to set up on all the shots you managed to barely reach before. A better defense forces your opponent to hit better shots, pressure that builds as the match lengthens.

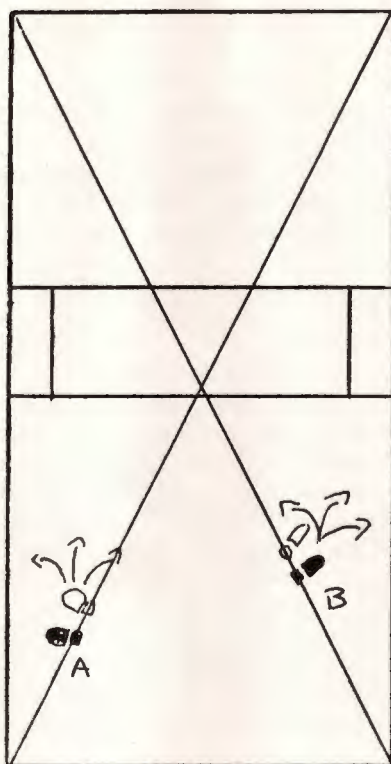
After position (quick tips #1 & #2), great court coverage needs decision and action, and the shortest possible time gap between them all. Despite establishing good position, you have to be ready to move. Good position only takes you as far as finding the optimum spot *before* the shooter hits. But *as he hits*, you then need to move to the ball in as little time as possible.

Shaving split seconds from your movement takes anticipation and footwork.

Anticipation, gained by viewing the shooter's stance, racquet height and angle, body turn and head position, only comes through experience. You cannot consciously teach the computer in your brain to judge the oncoming shot from hundreds of variations of those factors. Anticipation must be a rapid assimilation of all those factors leading to an unconscious decision, a knowing feel of where to move next, as you move. Only experience lets you do that.

Luckily, in learning to improve your game, you can enhance that experience by making a conscious effort to watch your opponent. Watching also means safety. Knowing where the ball and your opponent are, lets you give plenty of room for both.

If you have been playing long enough to know you should be



watching your opponent, not the front wall, you can add to your experience easily by watching as a spectator, letting your mind "soak" in what factors lead to what shots. Spectating all levels of players helps considerably in gaining anticipatory experience.

With whatever anticipation you have now, you need proper footwork to get the most of your split-second guesses. That takes stance. If you don't start right, you will always be that fraction of a step behind.

The worst stance, ironically enough, looks the most graceful to novices. All-around athletes new to racquetball assume it readily. It is the cat-like crouch, knees apart and flexed, facing front, feet facing front and weight evenly balanced on the balls of both feet. It is the worst stance possible, because of simple physics.

A simple push in any direction needs a push in the opposite direction. In racquetball, as in any

human movement, *going left* means planting the right foot and pushing into it, that is, *pushing right*.

The cat-like crouch effectively limits the player into one movement -- straight ahead, much in the manner of linebackers who adapt the same stance. The limitations come from equal balance. The mind may scream "left-side lunge," but the body has to take the weight from its evenly balanced state, put the weight on the right foot, and finally push left from right side. This split second of awkwardness, time after time in a game, adversely affects the decision to action process.

(The cat-like crouch facing straight ahead also makes it near impossible to watch the shooter during the anticipatory instant before he shoots.)

An unevenly balanced stance solves that split second time lag. The most efficient stance, for watching, anticipating and immediate response fits with your movement on the diagonals of last month's instructional. Not only take position on the diagonal, but line your feet up with the diagonal. Then put your weight on the back foot, (A,B) the one closest to the back wall. This way, your weight is already shifted into the push-off position, and when your mind screams for movement, your body can respond by immediately pushing left, right, or straight ahead from its planted foot.

From the same position, it is easy to watch your opponent. A slight turn of the head lets you look back, and a slight turn of the head again brings the front wall and the ball into view after his shot.

The easiest method of becoming comfortable with this stance is to consciously assume it immediately after serving. Half lobes and

(continued on page 38)

Guam Athletic Club Popularizing Racquetball

by Patrick M. Wolff

Guam Athletic Club (GAC), Guam's only complete civilian Health Club, features six racquetball courts recently refurbished by the new owner.

Set on top of a strategic cliff on the Pacific island, Guam Athletic Club boasts a spectacular view of Agana (the capital city), Agana Bay and Guam's \$1 million baseball stadium.

During the recent 4th Annual island-wide Racquetball Tournament, a benefit for the American Cancer Society, some 80 racquetballers paid \$15.00 each to participate in the competition-for-charity match-ups. These participants included businessmen and government administrators of numerous ethnic strains (Koreans,

Filipinos, Japanese, Vietnamese, Stateside Americans and local Chamorros). Radio and television coverage helped enliven the event for the athletes, who ranged in age from 13 to 50. Unlike such tournaments in the past, in which military racquetball players dominated, the 1986 trophies went exclusively to civilians.

While the winners (Brian Boddy, Michael Hamilton, James Whelchel, Mark Ruth, Alicia Yamaguchi and Joe Rubio) of the Open, "B", "C", "Over-40" and Doubles brackets may not be world-class players (at least not yet), they do indeed bring an interesting array of backgrounds to the racquetball arena. Mark Ruth, for example, is one of Guam's premier

architects, while Jim Whelchel is on the staff of Campus Crusade for Christ.

When the tournament ended, the players congregated at a local pizza parlor to view themselves on video tape.

"Racquetball is ideal for Guam's climate," says GAC club manager Joe Flores. Rain is unpredictable here so it is difficult to schedule outdoor sports, but racquetball can be played comfortably anytime on our air-conditioned courts.

Flores, who teaches racquetball at GAC, had quite an impressive set of racquetball credentials himself. He won the 1975 Air Force Open in Okinawa, Japan and the 14th Naval District title in Hawaii (1976). He placed third in the West Coast All-Navy Competition, and was 1977-81 Southern Regional Champion (Guam and Subic Bay). He was also a member of the 1981 All-Navy Racquetball Inter-service Team.

GAC's racquetball courts are available to non-members at selected hours when club members are not active.

Joe Flores is also arranging for a University of Guam physical education class to come to GAC for racquetball instruction. A similar outreach is being developed for local Catholic School students.

Flores has hopes of some International Competition at GAC in the future.

"Japan's racquetball clubs are so crowded that we can attract some tourists to Guam for a racquetball vacation," he says.

Future events include quarterly "Club" tournaments for the 283 GAC members and another island-wide tournament scheduled for December. Meanwhile, Flores keeps himself in shape as he casts his hopeful eyes upon the 1988 Olympics in nearby Seoul, Korea. □

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Yellen talks about four years as champion



Mike Yellen: It's obviously the goal of any professional athlete to be recognized as the top in his sport.



Mike Yellen looks over the shoulder of Brett Harnett at the 1986 DP Nationals.

Editor's Note: This is an interview with national champion Mike Yellen. We join the conversation as Mike talks of top opponent Marty Hogan.

Yellen: Marty has done a great job in the sport. His play during the years that he dominated was second to none, it was No. 1 by itself, it was in a league by itself.

National Racquetball: Is it over?

Yellen: No, it's not over. Marty's era is not over. Each time he hasn't won the thing he has been No. 2. He is still a great competitor. He is somebody who is right there fighting for the National title at the end of each season. For the five years that he hasn't finished as National Champion, he has been No. 2. He was second to Dave Peck in the 1981/82 season, and he has been No. 2 to me in every season since then. The guy has obviously been a great competitor over his career. It's not like he's dropped off in the last five years, but at the same time we have a situation now where it's me that's virtually in that position. This is the fourth consecutive year that I'm National Champion but when I talked with you last year I felt I got played down at the end of the season. There were a lot of changes. You guys were just coming in, there were a lot of things going on. I can understand that. Now, with the change in the way the National Champion is decided, this tournament is basically just like any other tournament of the year as far as points, as far as what it counts for. Now it is the DP National Championship and it is a much more prestigious tournament to win as far as money and some of the publicity, just like the Ektelon is. But as far as points go this tournament counts no different than any other. I could have lost the first round here because Marty lost early and I would have still finished as National Champion. Now the National Champion is the overall consistent player of the year, and that is what deserves the most recognition.

NR: What has happened, probably, is Hogan is the champ of grabbing the press.

Yellen: Well, in a sense. There is no question that because of the media in racquetball and the way it operates, things aren't acknowledged and things don't happen for some time. When Dave Peck won the '77 nationals he didn't get anything right away. I used to spend quite a lot of time with Davy in the late '70s early '80s and he was still recognized by a lot of people as being the current National Champion, even though he had been champion three years before. But because of the way media travels in racquetball, it seems that things aren't recognized right away in some cases. They take longer to get out there, and

when they do they stay with you a little longer because it takes a while for the media to change to something else.

NR: This is your fourth year?

Yellen: Exactly, this is my fourth year and that's what I mean. Nobody thought anybody would win the Nationals a second time let alone four in a row.

NR: There were quite a few people who were winning tournaments at the beginning of the season. But your performance really started to come around this spring, you started winning tournaments and that's when the points spread. How close were you to Marty in the rankings?

Yellen: We were fairly close. I had a lead of a number of points. The ranking system is pretty complicated, the points themselves. The points may seem farther apart than they really are . . . There was quite a gap there, but he could have conceivably finished ahead of me in points at the end of the season if he had a good tournament. I believe he would have had to finish two rounds ahead of me though. If he won the tournament I had to lose the semi's. If I lost in the final to him I would have finished ahead of him.

NR: You are almost equal to his record now, as far as National Champion.

Yellen: Yes, as far as National Championships, I have equalled it right here. He won the DPs five years in a row but the fifth year he won he finished behind Dave in points. And even though there was some cross opinion about who was National Champion, Dave was actually the National Champion according to points . . .

NR: And where do the record books stand now?

Yellen: As far as the record books are concerned I have equalled Marty's record as National Champion, which is something I'm very proud of. It's obviously the goal of any professional athlete to be recognized as the top in his sport.

A lot of people said "the same thing's going to happen to you that happened to Peck after he won the championship." Dave went out there and tried real hard the next season, maybe put a little too much pressure on himself to maintain it and I think got himself in a little bit of trouble.

NR: A lot of people out there consider you the thinking man's player. They look at Mike Yellen playing, they say, "Mike's not playing with his muscles so much as with his head." Do you think that's true?

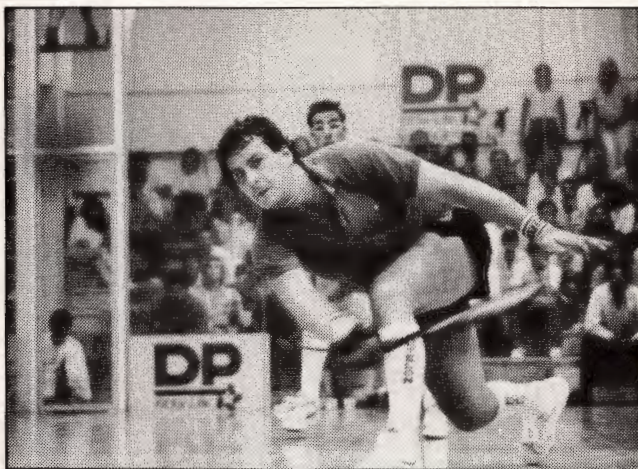
Yellen: Absolutely.

NR: Do you think that is what has made you a champ?

Yellen: Well that's had a lot to do with it. It has been a key factor in making me a champion definitely. The mental aspect of my game has always been one of my strengths and my bread and butter.

NR: When you practice the game do you approach it in a mental way?

Yellen: Yes, there is no question about it. I think you approach your workout and practice games in a very serious way. You approach them as if they were a tournament. In other words, you can't go out there and work out and have your mind 20 or 50 percent into the workout and then expect to go out there in a



Yellen returns a low one at DP Nationals.

tournament and be able to turn this thing on like water and have 100 percent of your mind on the game. If you expect to perform at 100 percent of your ability in a tournament you'd better be working out in the same fashion and be working out with your mind at 100 percent.

If you have to beat whoever you're playing 11-0, 11-0 because you're that much better, go ahead and do it. You shouldn't lower your game for the other player in workouts, you should take them seriously, which is what some people fail to do. A lot of people think this is just like water. You walk up to the faucet and turn it on. That's why some players are always asking, "How come I choked in a tournament? I played so well in my workouts last week and I'm doing it differently here." The answer is: The tournament should basically be an extension of the workout.

NR: The other thing that really adds another element to the match is the crowd.

Yellen: Yes. The crowd, the tournament hype. There's a lot of press involved, but that shouldn't affect play. That's just a matter of circumstance that happens in the course of events.

NR: Is there something you do to put the crowd out of your mind.

(continued on page 26)



Mike Yellen and friends.

Caryn McKinney: Number Two Has Always Tried Harder

by Carole George

"Obviously I'm not putsying around at number two just to be the 'best of the rest.' I like the idea of being number one. But even number one doesn't mean you're the best at everything. There's always room for improvement."

Twenty-eight-year-old Caryn McKinney has been improving her racquetball game ever since she first started playing in 1979, just after entering law school in Atlanta. By the time McKinney graduated and passed the bar exam she was already hooked on racquetball, so she put aside her law career and made a go at professional racquetball. Now, seven years later, McKinney has secured her position as number two on the WPRA tour, just behind 16-time national champion Lynn Adams.

"Terri Gilreath went from number 20 to number five in one year -- something amazing like that," explained McKinney. "Meanwhile, I've just sort of pecked away at it. I've probably been every number in the ranking."



Consistency is something that has helped McKinney peck her way to the top. She's proud to say that only once has she ever lost to a player who was ranked lower than herself. She's worked hard to get where she is today, and she's surprised many players along the way, including Adams.

"I never thought Caryn would be number two, say three or four years ago," confessed Adams. "I never saw her as being a real physical player. Where she's come through is on the mental game. She's real strong there."

McKinney has defeated Adams only once, in an unsanctioned tournament a year and a half ago. Last season she was able to take a game just about every time they met, but this season they've paired off in the finals every time. And the outcome practically every time has been Adams 3, McKinney 0. However, McKinney doesn't feel this is due to a weakness on her part, but rather the strength of Adams.

"To me," says McKinney, "Lynn Adams is a great, all-around professional athlete. She is very talented, very well conditioned, and mentally strong. I've learned a lot from Lynn Adams. She is definitely a resource for me, whether she likes it or not."

The admiration between these two women is undeniably mutual. Adams describes McKinney as "the greatest" and hates to think where the women's pro tour would have been without her great energy and dedication. McKinney served two years as a WPRA board member, and next season will begin her third term as WPRA president. Her accomplishments have not gone unnoticed. At this year's WPRA Nationals the pros honored McKinney with both the Steding Cup and the Most Improved Player award.

Being elected president is an honor, but it's also a big job. McKinney works 5-20 hours per week for the WPRA, without financial compensation.

"Unfortunately that's reality," laments McKinney. "Women's sports have to struggle harder than men's." The WPRA is very concerned about its image and enforces strict guidelines on dress and behavior, both on and off the court. While many spectators enjoy the antics of a John McEnroe or Marty Hogan, the WPRA has a different image in mind.

Another unique feature of the WPRA is its ability to work together for the benefit of the majority. Rather than McKinney and other board members looking out for their own interest first, their main concern has always been to help out the new faces on the Tour.

For example, the WPRA distributes their prize money more evenly, rather than overloading it impressively at the top. The top winner in a WPRA tournament takes home just 24 percent of the total purse while the men's tour gives 33 to 50 percent to the winner. The theory behind the WPRA's distribution is that the top pros are already making a living from racquetball via salaries, endorsements, clinics, exhibitions, but the up-and-comers are the ones who need the prize money to help them make expenses.

The WPRA also offers free entry into the pro qualifying for all Open entrants, so they won't let money hold them back from getting the experience they need. Plus, housing is provided with club members for any player who requests it.

Obviously, the WPRA is a not-for-profit organization. Their only sources of income are membership (roughly 500 members), pro tour entry fees, and any national sponsorships -- which they're still working on.

Another decision that was made in the interest of the pro-qualifiers rather than the ranked players, was to schedule the WPRA Nationals immediately following the DP Nationals, which were held just 20 miles apart. For sponsored players like McKinney, flying home for a week and then back to Texas would have been preferable, but for many players the cost would have been prohibitive. "I'll just feel bad if someone gets injured in the DPs and can't participate that soon in the WPRA Nationals -- especially if it's me," laughed McKinney. Fortunately, that didn't happen.

Even as a child Caryn McKinney might have been voted "most likely to succeed." She was the top student and top athlete that other parents often encouraged their sons and daughters to be more like. Although she hates to admit it, Caryn was "one of those disgusting do-everything-good kids: kept my room clean, read before school, got straight A's, skipped a grade, never got in trouble . . . I've spent my whole life trying to tarnish my halo," joked McKinney.

Caryn started swimming at the age of four and swam competitively all through high school. She loved all sports, but as a woman she never guessed that she'd be able to make a living as a professional athlete. No one else at Briarcliff High School in Atlanta foresaw Caryn's good fortune either. Recently at the Class of '75 Ten-Year Reunion, McKinney was honored for the "Most Unusual Occupation."

While many of her classmates have moved away from their hometown, McKinney is still in love with Atlanta and wouldn't want to live anywhere else. However, it has one major drawback -- very few Open racquetball players. Davey Bledsoe now lives in Atlanta but he isn't playing much these days. The only other big name in Atlanta racquetball is Mike Ray.

"I remember when Mike was 15 and scrawny," jokes McKinney. But she has nothing but praise for Ray. "For me, Mike Ray is the epitome of what I see as the new breed of young players. He has great attitude and is definitely Most Improved on the men's tour."

Without the resources that women pros in other



parts of the country have, McKinney has had to coach herself. "You have to be willing to seek out a diverse set of opinions," claims McKinney, who even learns from watching Chrissie and Martina on television. She keeps notes on all her observations.

"From the shoulders up is my strength," explained McKinney, who is the first to admit that she's not as quick or flashy as Terri Gilreath or Marci Drexler. But because of anticipation and concentration, McKinney is able to retrieve most shots.

"You might call it self hypnosis, or sports psychology," says McKinney. "The ability to concentrate on a single task and to be aware of many things around you is very important. The longer I play, the more important the mental preparation becomes. The mental aspects of the game are much more exhausting than the physical. You have to be able to function and execute under pressure."

That doesn't mean McKinney ignores the physical requirements of the sport. Because of limited resources she concentrates more on conditioning than actual playing. In a typical week, McKinney plays two times, practices on the court three times, lifts weights two times and either runs, does life cycle, sprints or a combination of the three, eight times a week to gain both anaerobic and aerobic workouts.

"I love what I'm doing and I'm making good money at it. I'll take more money, but I can't say I'd be any happier if I was making twice the money," concluded McKinney.

The million dollar question is, how much is "good

(continued on page 38)

Profiles continued

(continued from page 23)

Yellen: Not necessarily. I feel I have 100 percent concentration. Whatever your position in any job, whether you're an insurance salesman, magazine editor, anything, if you want to perform to the best of your ability you can, if you have 100 percent of your mind on what you are doing. Racquetball is the same. I have 100 percent of my mind on my job at the tournament. So basically, the crowd is not a factor in what's going on. Sure you'll hear some cheering or negative remarks against you or more applause for your opponent than for you. Sometimes crowds go for the underdog or they might have a favorite player. That is not a factor in winning or losing a match. I just block that out and concentrate 100 percent on hitting shots.

When I am out there on the court, I'm not thinking so much about the score as the shot. Whether it's a workout session or tournament, that ball belongs in a certain area. Whether the crowd is for me or against me is irrelevant. It's just a question of the ball being in this area of the court at this time in the match. I'm playing the ball at all times -- workout, tournament -- it doesn't make any difference. That's the mental approach to the game and the strength I've always had. And I was taught that early in my career and that's how I was able to go out there in my first pro tournament at 16 years old.

NR: I don't think a lot of people realize you were in

the game since you were 16 years old. In '76 the game was real hot, you were playing some tough opponents. Are there some tournaments you remember that were turning points in your career? Was it a good win or a bad loss that made you change the way you were doing things?

Yellen: Back in the days when I was just starting out and playing my first couple of pro tournaments, I learned from mistakes. My first pro tournament was in Ft. Lauderdale, December 1976. I had a great first pro tournament. No one knew me, I had played in the Michigan State Championships in singles and doubles and a few regional tournaments, but this was my first pro tournament. I lost, but I went back and learned something from it. I feel if you learn something from a loss it is not necessarily a total loss. Losing a match, I'm not upset with myself if I feel I played the best I was capable of playing that day. Sometimes you go out there with certain opponents and they'll just be real hot and uncomfortable.

NR: Do you scout your opponents?

Yellen: I don't scout them because I usually play guys I've played many times, and there's nothing new that's really going to be instituted. And I don't scout them because, like I said, when the ball is in a certain area it belongs in a certain area of the court and if I'm hitting my shots properly, then the points take care of

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themselves and the games take care of themselves and I win my share.

NR: In this situation you play a lot of the same people, but if you were in a situation with someone who had something you hadn't seen . . . ?

Yellen: From time to time you'll see a different style or a different idea tried by an opponent. Hopefully you can make the necessary adjustments to counter the new moves and find a way to nullify them so that your opponent doesn't get a chance to catch you off guard too often.

NR: I'm just remembering what another player said to me once, when he was talking about opponent ceiling ball. This was the first time he had seen it. Of course, this was a long time back. You are pretty famous for your C-pass.

Yellen: I don't believe I invented that shot, it was being hit. It has always been a pretty good shot I think. In the right situation it's a good shot. It's something I've learned to use to the best of my advantage. I've become pretty proficient at hitting it I guess.

NR: You've heard that said of you?

Yellen: Oh, absolutely. There's no question that I mix my shots and seem to hit the right shots at the right time, but in a lot of situations, due to the coaching, I mean I was programmed to hit certain balls at certain areas at the right time and wide-angle or C-pass is a part of that and it can be a very successful

shot if hit at the right time.

NR: Everyone keeps saying that your nickname on the tour is kind of funny, they call you Dough Boy? Is this true?

Yellen: I've heard that! I don't have any real nickname that stands. I don't think any of the players have now like they used to. Most of the guys are noticed for a certain style of play, but I don't think anybody has a real nickname.

NR: I know that you have a contract with Ektelon, which is great. So next year it's more of the same, I would imagine. I understand the tour has been expanded to 20 tournaments.

Yellen: Well, they're working in that direction, I don't know if the 20 have been solidified at this time. I definitely think it's a bit much.

NR: Do you think that any of the players will go to all those tournaments?

Yellen: Some of the guys will. I think those are the guys that really wanted them. I was personally against having 20 tournaments. But some of the guys who do not go too far in the rounds, losing in the first or second in the 16, don't make much money from these things. So if they can have a tournament to go to every weekend they will do it because they only play one or two days. And if they happen to break through then they make a few more bucks, and if there's 20

(continued on page 37)



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The 1986 World Championships of Racquetball

by Cathie Frederickson

* See Tournament results on page 49.

One by one the national teams paraded through the beautifully landscaped Eola Park in Orlando, FL, at the opening ceremonies of the 1986 World Championships of Racquetball, sponsored by Penn Athletic Products Company and Omega Sports. The aura was one of patriotism and grandeur as the music played and teams displayed colorful flags representing their countries.

The 20 national teams were seated as Hahn van der Heijden, president of the IARF, welcomed everyone in the various languages represented. Cheers rang out as the countries recognized their personal welcome. Congressman Bill McCollum and Councilmen Jeff Clark and Nap Ford spoke, as did Allan Sobel, of the Orlando Tennis and Racquet Club and Van Dubolsky, president of the AARA. The ceremonies ended after the final dedications were made.

While the teams were trans-



The flags of the countries participating in the World Championships.

ported back to the club, excitement mounted and game plans were recapitulated, in preparation for the long-awaited team competition.

Late that morning, as the

competitors entered the club, familiar sounds of echoing racquetballs and voices on the public address system greeted them, contributing to the growing anticipation.

Each of the nations' mens and womens teams were divided into four pools, each consisting of five teams. The teams then competed within that pool on Monday and Tuesday. The final pool standings, calculated Tuesday evening, determined the seeding for the overall draws on Wednesday, in the final team competition.

As Monday and Tuesday progressed, team scores were calculated and posted, exhibiting running accounts of each team's performance. The team standings emerged as competitors continued to square off and try their best to overcome the opposition.

While walking from court to court you could hear shouts of encouragement in many languages from coaches and teammates. Each nation knew that the final pool standings calculated on Tuesday evening were crucial.

Finally, after Tuesday's rounds were completed, it was known how the final draw's bracket positions

In Retrospect

by Cathie Frederickson,
International Amateur Racquetball Federation,
Media Coordinator

After personally experiencing the 1986 World Championships of Racquetball, I realized that world events offered much more than just competition between nations.

Friendships unfolded, and deep caring relationships, formulated at prior international events, were evident and powerful. The languages, of which there were many, enhanced conversation and did not create barriers.

Customs of other nations gave alluring tastes of their different cultures and beliefs . . . the French made manifest a poetic language, the Irish serenaded with their historic folk songs. Holland portrayed generosity and sensitivity, and the Japanese, warmth, beauty and love. The Canadian's enthusiasm and spirit was always present, while the South American's unified and demonstrated camaraderie, loyalty and pride.

And finally, there was a peace and an energy that was experienced and felt by all, one that went beyond our common interests in the sport. The energy, an intense awareness that played on our emotions and created feelings of warmth . . . a peace that was always present and prevails even today with the distances that again separate us.

This experience of peace, human caring and love, I will always cherish and remember.

were to be seeded. The U.S. and Canada won all possible matches and were consecutively entered in the number one and two positions, in both the men's and women's draws.

Mexico, earned the number three spot in the men's, as did Japan in the women's. The fourth position in the men's went to Puerto Rico, while Costa Rica took fourth in the women's. (Other bracket positions can be seen with the team championship results at the end of this article.)

Wednesday's competition proved to be tough for all the nations as they battled for superiority within their bracket.

Late that evening, after number three through 20 positions had been determined, the U.S. and Canada continued to battle for the number one position in both the men's and women's divisions.

Cindy Baxter, the 1981 World Champion and the number one female player for the U.S. entered the court with Canada's number one women's player and 1986 U.S. Intercollegiate Womens Champion, Crystal Fried. After an exciting and suspenseful match, Baxter came out on top, 15-11, 11-15, 15-13. Baxter's win contributed two games to the total game score that the U.S. needed to assume the number one spot. Canada added one game to their score.

Toni Bevelock, number two womens player for the U.S. was frustrated by Heather Stupp, the Canadian No. 2 player. Stupp lost the first game, 15-2, but came back and won 15-8, 15-1 scoring a victory for Canada. This intensified the situation bringing the score to a 3-3 tie between the U.S. and

Canadian women.

The number three women's player for the U.S., Malia Kamahoahoa, added two more team points to the score. Kamahoahoa lost the first game to Lisa Devine of Canada, 11-15, but regrouped and won 15-10, 15-8, leaving the overall score at 5-4 in favor of the U.S.

Following the winning examples of Baxter and Kamahoahoa, Connie Peterson and Michelle Gilman, the U.S. womens doubles team, upset the Canadian doubles team, Carol McFetridge and Manon Sicotte. The U.S. lost the first game 13-15, then dominated 15-6, 15-2 to win the match and secure the 1986 World Championship Womens Team Title. The women's final team score: U.S. women - seven games, Canadian women - five.

In the mens division, Ed Andrews, the number one player for the U.S. and 1981 World Champion was defeated by Roger Harripersad, number one player for Canada and 1986 U.S. Intercollegiate Mens Champion. Roger won the first game, 15-9, lost the second, 10-15, then took the tiebreaker, 15-11. This gave the Canadian men a 2-1 lead over the U.S.

Andy Roberts, the number two player for the U.S., failed to contribute to the team score. He was upset 15-10, 15-14, by Canada's number two player, and 1984 defending World Champion Ross Harvey. The men's score was now four to one, Canada.

The number three player for the U.S. Egan Inoue, demonstrated his awesome abilities and power in a match against Canada's



Men's Doubles champs (front row, left to right) Willie Rodriguez and Ruben Gonzalez (Puerto Rico, Silver Medals), Glen Collard and Joe Kirkwood (Canada, Bronze, Men's Doubles) and back row: Jack Nolan and Todd O'Neil (U.S., Gold).

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Willie Rodriguez holds the flag, posing with champs Jack Nolan and Todd O'Neil (U.S., Gold Medalists, Men's Doubles), Nanon Sicotte and Carol McFetridge (Canada, Gold, Women's Doubles), Connie Peterson and Michelle Gilman (U.S., Silver, Women's Doubles) and Yumiko Shimamura and Eriko Watanabe (Japan, Bronze, Women's Doubles).

number three player, Lindsay Myers. Inoue crushed Myers 15-4, 15-11. This narrowed Canada's lead, four games to three.

The U.S. was back in the running for the 1986 World Championship Mens Team Title. It was up to Jack Nolan and Todd O'Neil, the U.S. mens doubles team. If the U.S. won in two games, the mens team title would belong to the U.S. If the match went to a tiebreaker, then the team scores would tie at 5-5. This automatically designates the number one match, the match between Andrews and Harripersad, the tiebreaker. Canada, in that situation, would win the championship title with a score of 7-5 over the U.S. mens team.

With the known pressures, Nolan and O'Neil entered the court with great intensity, ready to battle with the Canadian team of Glenn Collard and Joe Kirkwood. The first game was close, but not the success the U.S. needed. Canada won the first game 15-13. This game win automatically awarded the Men's Championship Team Title to Canada. The last two games went to the U.S., 15-6, 15-6.

The final team scores for the men rested at five for the U.S. and seven for Canada. These scores combined with the womens team scores, gave the U.S. and Canada a tie for first place for the 1986 World Championships Combined Team Title. Third place in the combined went to Japan and fourth to Mexico.

After daily competition came to a close, evenings were used to formulate and explore friendships through conversation and song, a tradition from past World events. Additionally, on Wednesday evening, sounds of celebration could be heard throughout the hotel.

Thursday was a day of rest and relaxation. With clear blue skies and 90 degree temperatures, some athletes made their way to Disney World and others to the beach. The R and R was needed in preparation for Friday's preliminary rounds in the single elimination.

Eight a.m. Friday, it was back to the courts to vie for the 1986 World Championship Singles Titles.

In the mens singles, Roger Harripersad of Canada was seeded in the number one position and Puerto Rico's Ruben Gonzalez was placed number two. Ed Andrews, of the U.S. was number three and Canada's Ross Harvey received the number four position.

Cindy Baxter of the U.S. held the number one seed position in the women's singles, with Canada's Crystal Fried, number two. Toni Bevelock, U.S., received the number three spot, playing into Fried and Heather Stupp of Canada, was seeded number four, playing into Baxter.

In Friday's preliminary rounds, all the seeded players advanced as expected. However, in the quarterfinals through the finals on Saturday and Sunday, one could

witness amateur racquetball at its best.

In the mens division, one major upset did not really surprise many: Egan Inoue of the U.S., seeded number six, dominated his quarterfinals match against teammate Ed Andrews. By using his powerful serve, Inoue ousted Andrews, 15-9, 15-9. This win, allowed Inoue to advance to the semifinals, where he faced Ruben Gonzalez, in what was said to be the best match of the 1986 World Championships.

In the first game of their match, the winning factor was Inoue's fierce bullet serves, which were on target every time, keeping Gonzalez off balance. Inoue claimed the first game, 15-13.

Gonzalez jumped out to a 5-0 lead in the second game. Inoue caught up briefly, however he could not maintain the momentum. His lack of an effective first serve in the game and Gonzalez' determination and drive, kept constant pressure on Inoue. The game went to Gonzalez, 15-6. The tiebreaker appeared to belong to Gonzalez, as he quickly advanced to 5-0 lead. After a seemingly long period of time, Inoue closed the gap 6-8. After a few exchanges, Inoue brought the deficit to a 9-8 lead. From that point on Inoue's percentage of first serves went up. This set the pattern for the rest of the tiebreaker. The match went to Inoue, 15-11.

Throughout the match, Gonzalez and Inoue not only demonstrated their amazing ability to hit off balance, while diving

(continued on page 39)



The tops in Women's Singles (left to right) Toni Bevelock (U.S., Silver), Cindy Baxter (U.S., Gold) and Crystal Fried (Canada, Bronze).

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Europe's 30+ Best Meets in Holland

by Rene Hehemann

It was a gathering of the pioneers of European racquetball, so to speak, when five countries sent men's and women's teams to Zoetermeer, Holland, recently for the 1st European Championships Masters 30+. For some years these players have been trying to promote racquetball in their countries, and now, for four days, they finally had their own international tournament. It was a round robin tournament for five teams.

The first two days were hectic, everybody battling for points (and having a lot of fun). Some of the teams had no extra doubles teams, so some of their team members had to play in eight matches.

The Belgian team surprised everybody. In the first match against Germany, Belgian Ivan Devos upset Jurgen Denk. More upsets followed, and the Belgians finished third in the men's and women's, and second in the combined.

Belgium's surprise position was slightly marred by a controversy over ages. Some of the competitors did not believe that other players were over 30. Even after passports were checked, there were doubts. But it was a friendly debate and all was soon forgotten.

At the end of the second day, the team coaches were counting points for final results. In the evening, the awards were presented by tournament director Wim Vink (NRA Committee member). After the ceremony, the team captains sat down for the seeding and the drawing for the singles tournament, which started the following day.

In the women's singles, Dineke Kool of Holland (cross my heart, she's 30+) was seeded number one and Marie Duignan of Ireland was number two. The third and fourth seeded women were also from Ireland.



Medal winners gather for picture at the end of the Masters 30+.

In the men's, Jurgen Denk (Germany) was seeded number one, Phil Duignan (Ireland) number two, Willi Wenzel (Germany) number four and Ivan Devos (Belgium) number four. Fifth to eighth were Michael Murphy (Ireland), Rene Hehemann (Holland), Ray Kennedy (Ireland) and Beat Koller (Switzerland).

Twenty women played some interesting matches, but there were no upsets for any of the seeded players. All top four made it into the semi's. In the semi's Dineke Kool beat Orla Ryan fairly easily with 15-6, 15-9 and Marie Duignan didn't give Paula Jennings a chance 15-2, 15-0. A tiebreaker was necessary between Orla Ryan and Paula Jennings for third place in a match that lasted more than an hour. Paula Jennings won 11-15, 15-7, 11-7. (Paula later said that Orla and she always play close matches.)

In the men's, Ivan Devos and Ray Kennedy both were surprised by unseeded players in their first match. Ray Kearny and David Brosnan (both Irish) were responsible for this. Ray Kearny turned out to be in better shape than fifth seed Michael Murphy.

In the quarter finals Rene Hehemann not only upset Willi Wenzel but surprised everybody present. Nobody believed that Willi would lose this match. In the first game Willi was in control all the way, winning 15-7. In the second, Rene, being in the best form of his life (if I do say so myself), got in his game, stunning everybody by beating Willi 15-3. In the tiebreaker Willi got serious again and took a lead of 9-3. All the spectators thought that this was the end of Rene (only I was unconvinced of that). Rene fought back to 9-7. Then Willi scored his last point. Rene took the rest, winning 11-10.

The next day, the semi's match between Jurgen Denk and Ray Kearny was a formality, Denk won 15-2, 15-3. And Phil Duignan was in control during the whole match winning Rene Hehemann 15-5, 15-9. For third place between Ray Kearny and Rene Hehemann, the first game was a clear win (15-6) for Ray. The second game lasted more than 40 minutes, bouncing back and forth to a 13-13 tie, with Ray finally winning 15-13.

The final between Jurgen Denk and Phil Duignan was sort of

an anticlimax. Denk wanted to prove that he was by far the best player in the 1st European Championships Masters 30+ and he did, winning 15-1, 15-3.

It was a good day for European Racquetball Federation executives: Jurgen (the president of ERF), Duignan (vice president) and Rene Hehemann (general secretary) were among the top four in men's singles. And many more representatives of the European national bodies played in a friendly manner.

Women:

- 1 - Holland (14)
- 2 - Ireland (13)
- 3 - Belgium (9)
- 4 - Germany (3)
- 4 - Switzerland (-)

Men:

- 1 - Germany (14)
- 2 - Ireland (12)
- 3 - Belgium (10)
- 4 - Holland (3)
- 5 - Switzerland (1)

Combined:

- 1 - Ireland (25)
- 2 - Belgium (19)
- 3 - Holland (17)
- 4 - Germany (17)
- 5 - Switzerland (1)

Men's Singles:

- 1 - Jurgen Denk (GFR)
- 2 - Phil Duignan (IRL)
- 3 - Ray Kearny (IRL)
- 4 - Rene Hehemann (HOL)

Women's Singles:

- 1 - Dineke Kool (HOL)
- 2 - Marie Duignan (IRL)
- 3 - Paula Jennings (IRL)
- 4 - Orla Ryan (IRL)



Dutch Open finalists: (left to right): Dineke Kool, Brigitte Corsius.



The Dutch team (front row left to right): Brigitte Corsius, Jensen Vink. (back row left to right) Rene Hehemann, Ronald de Swijger, Dineke Kool, Fritz Gruenendijh, Richard van Doezum.

OMEGA Heading For Europe

Omega, which was a major sponsor of the World Championships in Orlando, FL. recently, is planning to spread its wings over Europe soon.

Later this year Omega will go on the market in Europe.

Sponsoring the Dutch racquetball team at the World Championships was the first step in the offensive of Omega on the European racquetball market. The Dutch team has proven to be the leader in European racquetball for the past eight years and one of the leading countries (after the U.S. and Canada) in the world. Omega Products will help the Dutch players improve their skills even more, and hopefully they will bring European racquetball to a higher level overall.

Omega was the first racquetball company to sponsor a European racquetball event. The 1st European Masters 30+ was a big success with Omega Products. The representatives of the European bodies, who were present in Holland, were presented with Omega racquets, and Omega racquets were raffled off at a farewell party.

More Countries Playing Racquetball in Europe

I have discovered that racquetball is played in Austria near Innsbruck in the Brenner Valley. A four-court facility is located in a small village between Fulpmes and Neustift. The ERF is trying to make contact.

In Spain, the first courts in Barcelona are under construction. An eight-court facility will open around Christmas 1986. A big tournament is planned to celebrate the opening.

The 8th Dutch Open

The Dutch Open is the oldest racquetball Open in Europe. Held recently for the eighth time, it's also one of the continent's most popular tournaments. Some players came for their fourth or fifth consecutive time. But because of the court situation, the NRA had to disappoint at least 20 players. The three courts couldn't handle more than 100 players in a 2-1, 2 days, and there were 108 players at the tournament, so unfortunately some players had to be scratched.

But what a tournament it was, with players from Switzerland, Germany, Belgium, Holland, Denmark, France and Spain. For

the first time Dutch Television came to cover racquetball, which was very important in promoting the sport. It meant improvising. While the camera crew was shooting, the tournament had to go on. A week later we got five minutes on Dutch television.

Usually in a bracket of 32 players, eight to 10 players are better than the rest and that means fast matches in the first two rounds. From the quarter finals on, tight matches occur and tiebreakers are more likely. This tournament was different. Of 32 players, about 20 were equal, which was a horror for the tournament director and his two assistants. There were tight matches from the round of 16 on. More than 35 tiebreakers in six categories in one week-end. The tournament director had to adjust several times when things fell behind schedule.

(It was later observed that the tight matches meant competition in Europe is getting stronger.)

In the Mens Open semifinal match between Lou Souther and Frank Leist (both U.S.), it was all one-way-traffic. Lou had an easy match and won 15-4, 15-44.

The second semifinal match between Jorg Hanold (Germany) and Frank Toney (U.S.) was a different matter. Both wanted to reach the finals for different reasons. Jorg wanted to get a chance to get even with Lou for his loss in the final of the German Open, which he lost 11-10 in tiebreaker, after leading 10-7. And Frank Toney wanted to get his first chance to meet the "Legend." And again in a long lasting match finishing in a tiebreaker. Frank beat Jorg 15-11, 10-15, 11-8 and by doing this, he got his first shot at Lou Souther.

Unfortunately Frank Leist and Jorg Hanold didn't play for third place. Jorg had to leave for Hamburg. The tournament was running behind and he had a six-

hour drive to be at work at 3:00 a.m. The final between Lou Souther and Frank Toney was a great experience for both spectators and finalists, excellent play, exciting rallies, flying shots by Frank Toney (who is famous in Europe for rallies) and drama.

Lou won the first game 15-10. While Lou was in his game, Frank



Dutch Open Doubles finalists (left to right): Eddie Vigil, Frank Toney, Chuck Warwick and Lou Souther.

was getting warmed up. The second game was probably the longest game of the day, about 35 minutes. Frank came back from behind and won 15-11. Both players needed every second of the five minute break. Lou took off with a flying start, which finished Frank completely. Lou took the third game 11-1 and the Championship.

(Who can stop the legendary Lou Souther? It will be difficult, but from my point of view only Jorg Hanold, Frank Toney, Ronald de Zwijger (Holland), Richard van Doezum (Holland) or the European Champion Arno Mooyman (Holland), who's recovering from an operation on both legs, are capable of defeating Lou. But when will this happen?)

The Womens Open unfortunately wasn't as exciting as the Mens Open.

In the semifinal match between Dineke Kool (Holland) and Tania Grunder (U.S.) Dineke didn't have to show all her skills to win easily 15-7, 15-4. In the other

match however, Brigitte Corsius (Holland) met Norma Bilbo (U.S.) in a close one. Although Brigitte seemed to have everything under control in the first game, 15-3, she let up in the second. Norma won 15-11. Brigitte got over it quickly in the tiebreaker and showed who deserved to play in the finals, winning 11-5.

The final between Dineke and Brigitte (one of the matches which was filmed for television) promised to be an exciting one in the first game. Brigitte was in the lead until the score reached 9-8, then Dineke took over and won fairly easily 15-9. In the second game Dineke stayed on top all the way. She won 15-7 and brought back the title to Holland. (The previous year, Ann-Marie Whelan (Ireland) took the title home.) The match between Tania Grunder and Norma Bilbo was won by Tania 15-13, 15-12.

Lou Souther was one of the players who left late that Sunday Evening, unfortunately, not being able to celebrate his birthday at home with his wife and daughter. He was winning his third Dutch Open title, which was one of the nicest birthday presents he ever gave himself!

RESULTS OF THE DUTCH OPEN

MEN'S OPEN

Finals

Lou Souther (USA) - Frank Toney (USA) 15-10, 11-15, 11-1

3rd place

Frank Leist (USA) - Jorg Hanold (GFR) forfeit

WOMEN'S OPEN

Dineke Kool (HOL) - Brigitte Corsius (HOL) 15-9, 15-7

3rd place

Tania Grunder (USA) - Norma Bilbo (USA) 15-13, 15-12

MEN'S B

Finals

Gary Spraggins (USA) - George Vite (USA) 15-14, 15-11

3rd place

Thomas Strasser (SWI) - Skip Francisco (USA) 15-9, 11-15, 11-7

(continued on page 50)

tournaments and they know I'm not playing in 20 -- I'm probably playing my minimum, which is 14 and I'll struggle playing 14 -- it gives the younger players a better chance. I don't know if 20 tournaments can be put together.

NR: The pro stops have been really good this year. Perhaps the money is not as much as it should be, but there seems to be a great deal of interest.

Yellen: This season was a very successful season. Actually the entire season was put together by Drew Stoddard through the end of last season and last summer and it has given us a nice foundation to grow from because there have been some politics in the past and some other things that have kind of hurt us.

NR: And will continue to grow?

Yellen: No doubt about it. At least our aspect of it through the RMA and through Drew's efforts and Jim Hiser's efforts seems to be going in a positive direction.

NR: You've been in the sport for a long time. You've been playing for 13 years and you've seen a lot of regimes come and go. You've played with Ektelon, I guess, most of your career. Is there something in the sport that you'd like to see different if you had a wish list?

Yellen: Well, I think a couple of years ago I would have said the administrative part of the tour would be something I would like to see different, but all in all, considering all the opportunities and considering the companies and the people involved I think the RMA is definitely one of those things I was glad to see happen. And the structure of the tour is right where I think it should be. Obviously if we could get some major sponsors involved to keep the money up, it would be a very successful step forward.

NR: What about the portable court?

Yellen: The portable court is something that I would like to see given a chance. I'm not exactly familiar with the portable court and all the arrangements involved, the costs of bringing it into an arena and how it can work out for a sponsor, but if it could be a successful situation, I think it would definitely help the visibility of the sport. And that is something I would like to see have a chance.

NR: Unfortunately, the company that makes it has kind of priced itself out of the market.

Yellen: Maybe in time, if they don't sell it, they will come down.

NR: I've heard people say the sport is on its way down, but I can't really believe it because I keep running across new people who are just getting interested. Perhaps there are two schools to the sport. There are the people who grew up in the game and saw it real hot in the late '70s and cool off during the recession and now they feel that the heyday of racquetball has passed. Then there's another group of people who think racquetball's hottest time hasn't come yet.

Yellen: The late '70s, early '80s saw major growth in the sport and there's no doubt that those people were on the ground floor. I don't feel it's really been

down after that point, I think there have been some changes in the sport. There might have been a few areas where clubs were overbuilt and a few clubs might have gone down and other clubs might have enjoyed some new members and some successes as a result of a couple others going down. But I think what happened was a lot of courts were built and programs were not instituted right away -- and there was no need for racquetball programs in the early days. People were so excited to just go on the court and play that it didn't really make a difference if you had a club pro and you had ladders and challenges and all of these things going on now. People were playing anyhow. Then all of a sudden a few years later when people needed programs, some clubs offered them and other clubs didn't. The ones that didn't are the ones that have closed up or are struggling now.

I have been involved in many international trips and in the last five years I've probably seen 25 new countries add racquetball courts, and even in the States I've been involved in some grand openings as recent as this year of new clubs. They are health club facilities but that's good for them. And I've seen continual growth throughout my career I've never really seen any down-surge in the sport. It's not just growing as fast. The growth in the last 4-5 years has not been close to the growth of the late '70s, early '80s, but I really don't think I've seen a downturn in the sport. And as far as the next boom is concerned, that's really hard for me to say.

NR: Your experiences overseas: Obviously you have tremendous experience and Ektelon has given you a chance to spread the word probably as far as any player has ever spread it.

Yellen: Absolutely. I have been all over. South America, the Orient and Western Europe numerous times. I have had a chance to really see the sport start up overseas. My first trip to Europe I got involved with some people who were building the first racquetball court in France, and I agreed to do their grand opening. It was a kind of a joke, a racquetball court with three squash courts.

NR: Yet there was probably 100-150 people at that grand opening.

Yellen: Oh yeah, they were into the squash exhibition and the racquetball exhibition.

NR: They're having tournaments now. Did you play in a French tournament?

Yellen: This was just a promo. I played a couple of people. Actually, a couple of guys came down from Belgium to participate. Everybody is so supportive of the sport over there that these guys travel. They sent down the French association. They sent invitations to some of the Swiss players, to some of the Belgians, and the English, inviting them over for the grand opening of the first courts in all of France. And I'll be darned if a lot of them didn't show up. It was amazing. There were a couple of pretty good players from some of these countries.

NR: Well, with professionals like you, Mike, representing the sport we are sure racquetball will continue to grow throughout the world. □

McKinney

(continued from page 25)

money"? Normally, McKinney's pat answer is "I pay the mortgage and feed the cat." Even when pressed she'll only admit that her annual income is somewhere close to six figures. Not bad for doing something you love.

But McKinney works hard for the money. It comes in, not just from prize money, but also from clinics, camps, exhibitions and a variety of sponsors she loyally thanks after every finals match.

In 1985 McKinney signed a three-year contract with DP, whom she feels are good, honest people. Even though she's an attorney, she feels the only

reason they put things in writing is because "the memory fades with time." She also represents Kaepa Athletic Shoes, Tacki-Mak Grips and Pizza Hut.

McKinney made contact with many of her sponsors when she helped DP put on the 1983 and 1984 DP Nationals in Atlanta. She also did a lot of television at that time, like PM Magazine and short instruction spots.

"I think everyone hates to see themselves on TV because we never look or sound like we think we do. But it's fun and flattering. I'm happy to do whatever I can for the sport and my sponsors."

So not only fortune, but fame has been the payoff for all those years of pecking away by Caryn McKinney. She has succeeded in law school, as WPRA president, as a person and a player. But until next season, she will still be number two. And that means just one thing to Caryn McKinney -- she's got to keep trying harder. □

For more information on joining the WPRA, please contact Caryn McKinney, P.O. Box 95563, Atlanta, GA 30347.

Tips

(continued from page 19)

lobs give you the time to choose your footwork without worrying about the ball. Soon enough, your body will choose to stand that way in preparation for every ball, serve or rally. Then, putting your decision as it happens, into immediate action, will give more flow and rhythm to your game. □

Results

(continued from page 4)

people determined to do things right!

Most of us, upon leaving school, also leave behind the self-discipline of real learning. We don't want to take lessons, we don't want to read or study, and we don't want to take tests. With more time for television and leisure, it's no wonder that most of us respond more quickly to the commercial that promises total body fitness in 10 days if you join a certain health club, or that you can lose weight overnight if you take a certain pill. It never ceases to amaze me that the very things that don't get results are sold over and over again to those who want it fast and easy.

In the world of racquetball and fitness as well as in life, getting results is never the way they show you in the movies. It's the long, tedious, often boring process of doing things right that gets the gold. □

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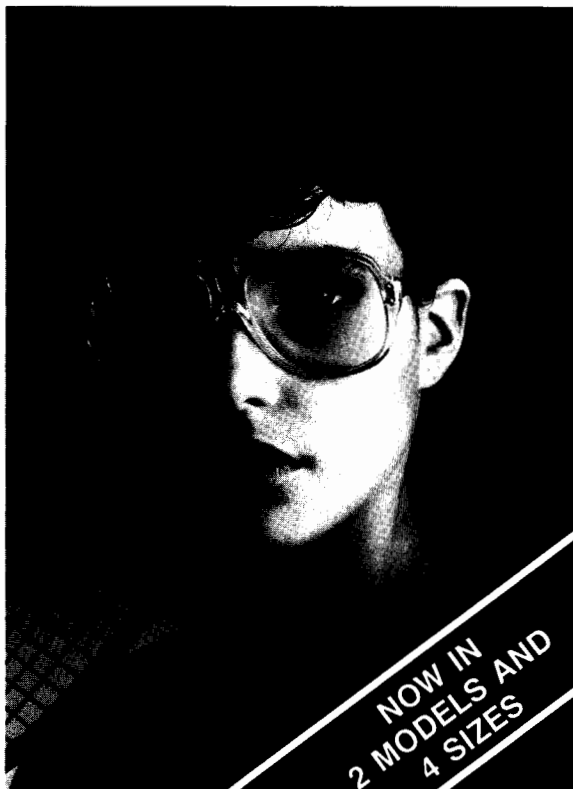
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(continued from page 30)

across the court, but more importantly, the two demonstrated fairness, honesty, generosity and courtesy. Both congratulated each other on fine shots and amazing gets. They replayed points when there was any question and neither raised their voice or argued with the referee. A fine demonstration of true sportsmanship!

Inoue made his way to the quarterfinals by defeating Japan's Shoiehi Naol and Mike Figueroa of Puerto Rico. Gonzalez eliminated Steve Xynidis, representing Greece, Rob van de Kamp of Holland and Lindsey Meyers of Danaga, to step on the court in front of a standing-room-only crowd, for the semifinals match.

In the top half of the mens division, Roger Harripersad met up with Ross Harvey in the semifinals. Harripersad dominated the match 15-9, 15-2.

Before the two Canadian's met, Harripersad removed Trobaldo Fumero of Costa Rico, Dominican Republic's Andres Marranzini and Japan's Yakata Furata. Harvey took out Columbia's Juan Pablo Guzman, Jurgen Denk of West Germany, and then in a very close quarterfinals battle, Harvey squeezed by Andy Roberts of the U.S., 15-10, 13-15, 15-14.

In the finals on Sunday, Inoue came out performing extremely well in the first game serving eight straight aces for a 15-2 victory. Harripersad came back in the second game with seven aces, winning 7-15. The tiebreaker was neck and neck for a while until Inoue's determination guided him to a 15-7 victory. Inoue was crowned the 1986 Mens World Champion of Racquetball.

Canada's Harvey took the bronze medal with a victory over Ruben Gonzalez.

The womens semifinals were as competitive as the mens. Cindy Baxter outlasted Heather Stupp 15-8, 13-15, 15-3 to advance to the finals. Toni Bevelock downed Crystal Fried in a tough match, winning 15-11, 11-15, 15-12.

In the finals, Bevelock came on strong and won the first game, 15-11. Baxter then reversed the momentum and took the second game, 15-11. With the score at 8-4 in the tiebreaker, Bevelock dominating, a power surge hit the club and the match was delayed for



Tops in Men's Singles (left to right) Roger Harripersad (Canada, Silver), Egan Inoue (U.S., Gold) and Ross Harvey (Canada, Bronze).

10 minutes. During the confusion, Baxter used the sudden power surge as time to think and slow down the pace of the game. Baxter claimed the victory and the 1986 World Championship title over her teammate, winning 15-8.

The bronze medal was awarded to Crystal Fried.

In the mens doubles finals, Jack Nolan and Todd O'Neil of the U.S. seeded number one, declared a major victory over Puerto Rico's number three seeded team of Ruben Gonzalez and Willie Rodriguez. After winning the intense first game, 15-14, Nolan and O'Neil struggled and trailed in the second game, 13-11. They then scored four straight points, to bring the deficit to a 15-13 win. Nolan and O'Neil were awarded the gold medal and the 1986 Mens Doubles World Championship title.

Nolan and O'Neil defeated Japan's Kinya Okuyama and Shigeru Yamamura and Mexico's Raul Canales and Federico Alvarez to reach the finals. Gonzalez and Rodriguez made their way to the final by upsetting Andres Guzman and Juan Pablo Guzman of Colombia and the number two seeds Glenn Gollard and Joe Kirkwood of Canada.

The bronze medal was presented to Canada's Collard and Kirkwood. The Canadian team defeated Mexico's Canales and Alvarez for the third place title.

The Womens Doubles Championship title and gold medal went to Canada's Carol McFetridge and Manon Sicotte. Seeded in the number two position, McFetridge

and Sicotte took out the number one seeds Connie Peterson and Michelle Gilman of the U.S., 15-13, 15-9.

McFetridge and Sicotte downed Caludia Drieschner and Kerstin Moll of West Germany and Yumiko Shimaura and Eriko Watanabe of Japan to make it to the finals. Peterson and Gilman defeated Claudia Andrade and Martha Guzman of Colombia and Diana Almeida and Marta Nance of Mexico.

Third place and the bronze medal went to Japan's Watanabe and Shimaura. They defeated Mexico's Almeida and Nance, 9-15, 15-9 and 15-1.

The International Amateur Racquetball Federation and the American Amateur Racquetball Association would like to thank Penn Athletics Products Company, Omega Sports, the Orlando Tennis and Racquet Club, and Texas Light, for their sponsorship of the 1986 World Championships of Racquetball.

A special thank you goes to Julie and Ron Pinnell, who dedicated themselves totally throughout the event.

I would like to personally thank Linda Moser for all her unsolicited help.

This international event would not have been possible without the support of the above mentioned and many more unmentioned persons and companies. □

About the author: Cathie Frederickson is media coordinator for the International Amateur Racquetball Federation.

The Strategic Game

Part Six: The Serve Return

by Steve Strandemo
with Bill Bruns

If you're interested in ordering an autographed copy of Strategic Racquetball, please write to Strategic Racquetball, Inc., Box 591, Coronado, CA 92118.

Returning serve is a demanding challenge against the good, intelligent server, and your mental approach should be:

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If the serve is simply too tough to shoot, go to the ceiling and patiently wait for a low-zone opportunity.

That's the idealistic plan of attack, but in reality the game situation and how well you're hitting your various shots will dictate just how offensive you can afford to be.

I find that the majority of players around the country are too defensive when returning serve. They tend to go to the ceiling too much unless they have an absolute setup, bypassing offensive opportunities whenever the server hits a less-than-perfect serve. If this is your approach, you not only give your opponent continual reprieves, you remove the psychological pressure he feels when he knows his opponent is going to his a low-zone return if his serve is not right on the money.

Ready Position and Readiness

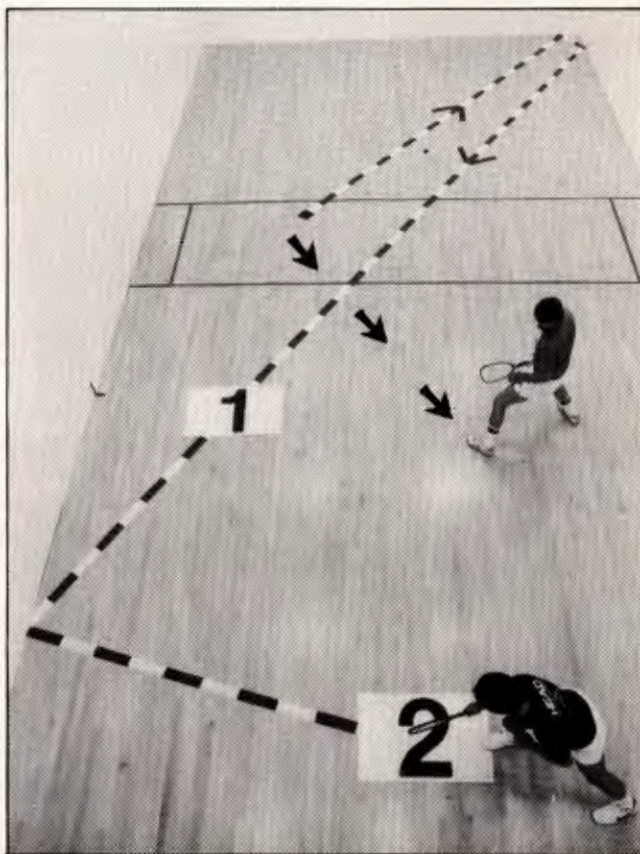
You should take a ready position about 3 or 4 feet off the back wall. This enables you to efficiently cover a good low-drive serve by moving to either side with a strong cross-over step.

A surprising number of players are reluctant to stand this close to the back wall, fearing they will be aced by a low-drive serve that dies up ahead of them. I remind them how difficult it is to hit a low-drive serve that bounces twice inside of 35 feet. Moreover, if you position yourself too far forward, a strong serve will force you to move diagonally backward to return the ball. It's much harder to return the ball offensively when you're retreating diagonally than when you can move laterally from a deeper ready position.

When your opponent is serving lobs, you can have a relatively relaxed attitude as you prepare to return serve, since you have plenty of time to move to the shot. But when you have your ready position and you're studying your opponent's serving intentions, you must be keenly alert and ready to react quickly against his low drives and hard "Z's," especially if he knows how to mix them up off the same hitting motion.



The receiver positions himself one step off the back wall to return serve. Most players use a slight drop step to get themselves moving to the side, but the critical part of the return is the crossover step with shoulder rotation. This allows the receiver to reach near the side wall to hit high-zone or low-zone.



If the receiver has a basic understanding of the short "Z" serve, and the patience to let it run its course, the serve will rebound right to him off the left side wall. Notice how the server must move off the right side to give the receiver his proper hitting lanes.

Returning Low-Drive Serves

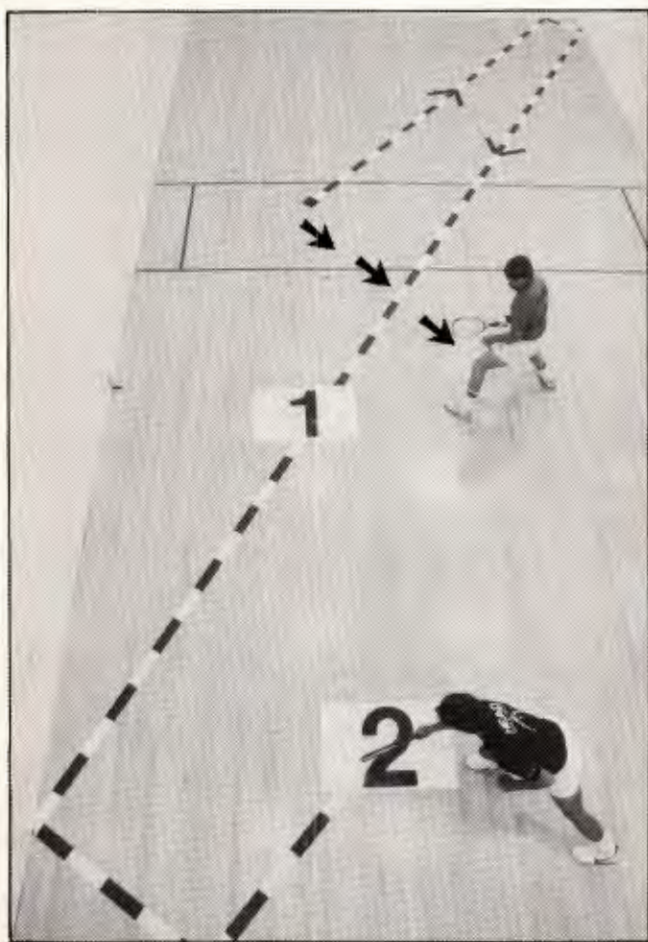
If you're having trouble covering or just getting the ball back against tough, low-drive serves into either corner, several factors could be holding you back.

First, have you worked on your ability to read the server's intentions? And how soon can you evaluate the serve's effectiveness?

Second, you should anchor down in your ready position (but don't let your feet fall asleep!) so that you can move quickly to either side.

Third, an efficient, immediate cross-over step is essential to get you to the ball with enough time to hit. One or two quick shuffle steps will never work.

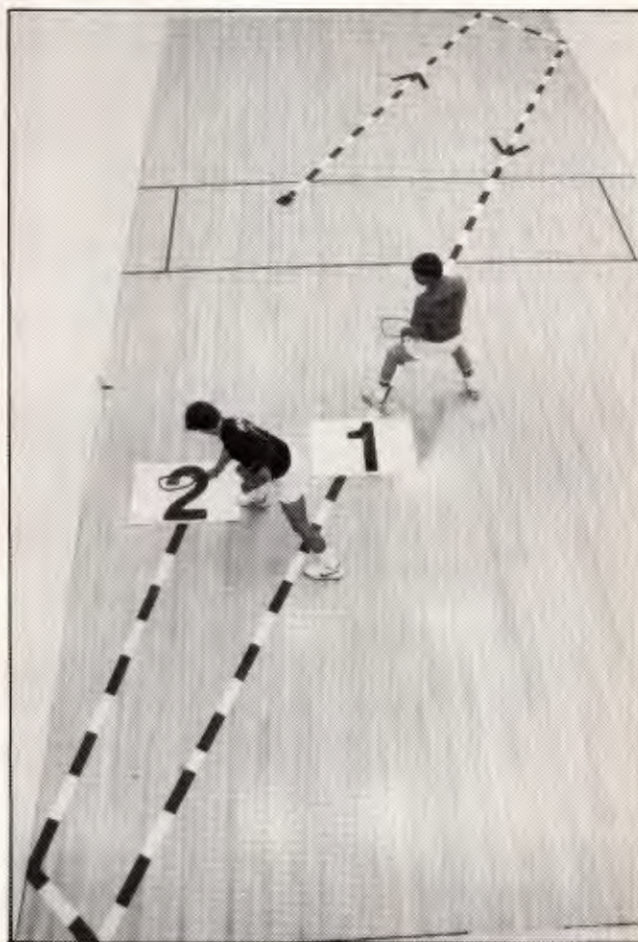
Keeping these points in mind, when you see a low-drive serve ripping toward the back left corner, your only recourse is to move there with a cross-over step as the shoulders rotate -- and then try to flick the ball to the ceiling. Many players can serve a lot of near-perfect low drives, and they play very well when the return is weak and gives them an immediate setup. But it's amazing how inefficient they are when you pull them into a ceiling-ball rally and force them to earn the point.



A long "Z" will kick off the back wall for an offensive setup. The receiver is often afraid that the ball won't come out of the back corner, but the long "Z" serve will always jump off the back wall. So it takes patience not to panic on this return.

Generally, against a strong server who mixes up his offensive serves, you should position yourself in the middle of the court and simply be ready to react to either side. But in specific game situations, such as when you need to change the momentum, try gambling a bit. Here's an example.

At one of my 1984 summer camps, I played an exhibition match against an aspiring young pro who happened to be visiting. In the first game, he moved ahead 9-2 (we were playing to 11), and I had the serve. I had been struggling the whole game, but suddenly I started to get a run of points strictly off low-drive serves to the left corner. I kept exploiting that shot until I had won, 11-9. Afterward, I told him that I felt he had made a strategic error while returning serve in that particular game. "You were getting to the ball," I said, "but all you did was go to the ceiling and hope that I would miss and give you a setup. But I had the better ceiling ball and you kept giving me a shot to end the rally." I suggested that instead of reacting defensively to all my low-drive serves, he should have gambled several times. He had nine points and he just needed to get back in the service box to pick up the final two. "I wasn't serving to the right corner because I



The mis-angled "Z" serve either comes directly off the back wall for the setup or off the back wall and then the side wall (as the photo shows). Many players like to hit this return after the first bounce and before the back wall -- but as you can see, when the receiver lets the serve run its course he ends up with an easy setup.

had found an area I could exploit, so if you had cheated to the left, you could have ripped away at a couple of my tough serves and perhaps broken my momentum. Instead, you sat back and let me control the play, hoping that I would finally make some errors."

Returning Hard "Z" Serves

Not until you understand each category of the hard "Z" and its return options can you confidently return these serves.

As a refresher point, remember the server's goal. He wants the ball to go front wall, side wall, bounce on the floor at 25-27 feet, kick into the opposite side wall about 4 feet high, and not come off the back wall. If he generates that kind of angle, it leaves you two options on your return (assuming here that it's to your backhand; the principles are the same on the forehand):

(1) You can take the shot after the bounce and before the side wall either go low or high, depending upon how ready you are for the shot, how tough it is, and the effectiveness of your backhand. Your closeness to the left wall shouldn't really be a factor.

(2) When you're forced to let a good hard "Z" travel into the side wall, the ball can get tight into the back corner and challenge you to dig it out without being aced. In most cases, just be pleased if you can manage to pop a decent shot to the ceiling. When the ball gets so tight to the back wall you can't execute a ceiling-ball motion, drive the ball into the back wall to keep it in play -- but only as a last resort. An alert

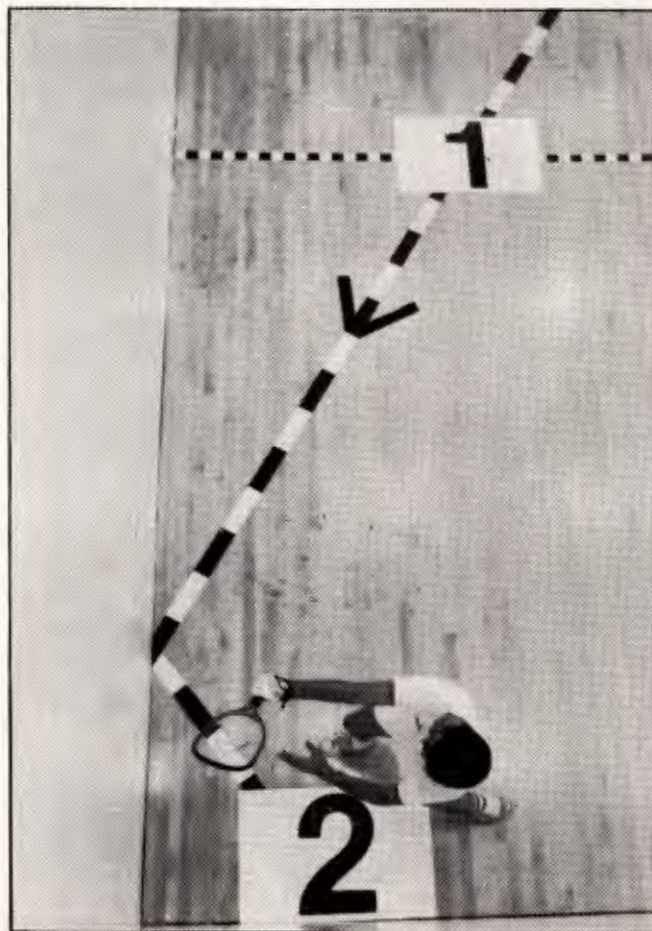
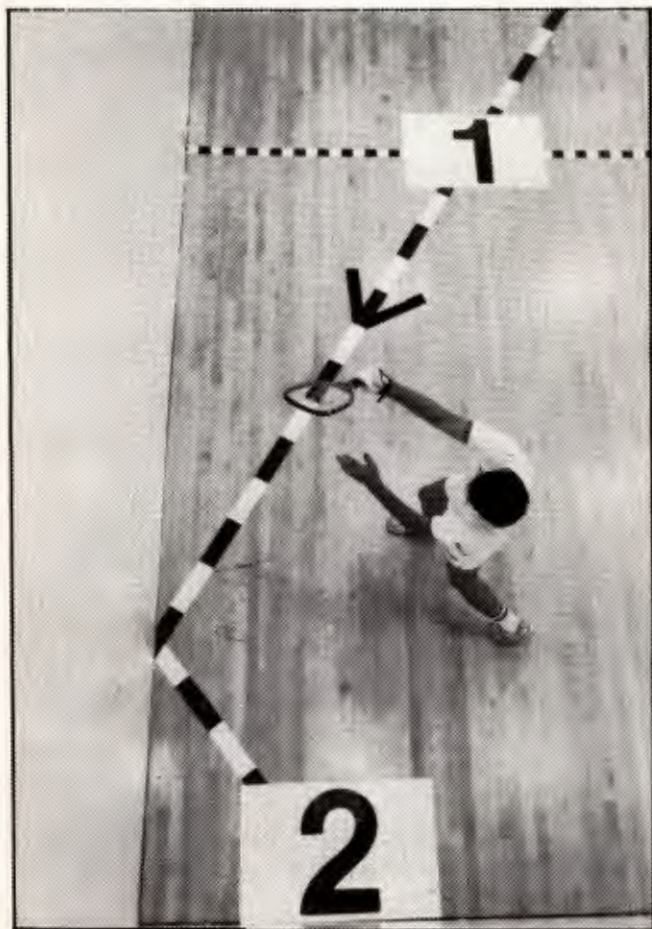
opponent will simply move up quickly to cut this weak shot off as it comes off the front wall, and will drive it or pinch it low-zone before you can recover.

An unbelievably important fact to understand is that as often as you think your opponent is hitting "perfect" hard "Z's," the majority of these serves are actually short, long, or mis-angled. So what counts is your ability to distinguish the relative effectiveness of your opponent's serve as it comes out of the front corner, and your knowing where you should locate to hit your return.

The short "Z" generally occurs when the serve hits too tight into the side wall and often times a little low. If you can read this serve pattern early, you're patient, you'll find that the ball will rebound close to your original ready position -- so stay put. The serves must now relocate off to the right to allow you to drive the ball straight to the front wall and pass him down the right side if you choose. Your obvious shot is down the open left lane, but the server must still give you these other hitting lanes.

The long "Z" serve travels the desired angles, but jumps off the back wall as a setup. However, you must patiently wait for all this to happen, for when you see the pattern develop, you immediately think it's going to be such a good serve you won't even get a return. But right at the end, the ball rebounds off the back wall on a diagonal. You must learn to read this angle and let the ball drop low, then go for the offensive return.

The mis-angled "Z" occurs when the ball hits the front wall too far away from the side wall and proceeds to angle down the middle of the court. Depending



When you return a high-lob "Z," you can make contact either before or after the ball hits the side wall. If the serve is effective, your return will usually go to the ceiling.

upon how badly the serve was mis-hit, the ball will either rebound directly off the back wall for a setup, or carom into the back wall and then off the side wall. When you read this pattern early, let the ball run its course and then be ready to go low-zone with your return.

Returning Lob Serves

A good lob serve will come in to you at shoulder height, short of the back wall, so a ceiling shot is your soundest return option. Instead of risking a leftup shot by trying to pull the ball down, go to the ceiling and wait for a better offensive opportunity.

When you play the methodical opponent who loves to serve nothing but lobs, and you don't want to get caught up in endless ceiling-ball rallies, you must learn to "read" his slightly off serves and take the offensive. You can also try to short-hop the half-lobbs that normally dictate a ceiling return. This is a difficult skill to acquire, but one you can work on. Simply have a friend hit half-lobbs that land at about 25 feet so that you can move up and practice short-hopping the ball and driving it low into the front wall. Once you can do this in a match and keep the ball off the back wall, I guarantee that you will force your opponent to either react quickly in center-court or retrieve outside of that area.

Against the high-lob, you can try to avoid a ceiling-ball rally by hitting an overhead drive from shoulder level, but we know how difficult this is. You may also be tempted to move up and short-hop the ball just behind the back service line and drive it low. But over the years, I've seen very few players who could do this

consistently and not leave the ball up as an easy setup.

Defending Against the High-Lob "Z"

The high-lob "Z," when properly hit, will land deep and take a high arc to the side wall, then die before coming off the back wall. If this serve has been hit to your forehand side, the tendency is to think there should be a return shot that can immediately win the rally. In reality, however, these are your options:

(1) You can try to short-hop the ball after it contacts the floor, and attempt to score or drive your opponent out of center-court.

(2) You can take the ball between the bounce and the side wall and go to the ceiling (generally the wisest choice), or try to hit an overhead drive, particularly on the forehand side.

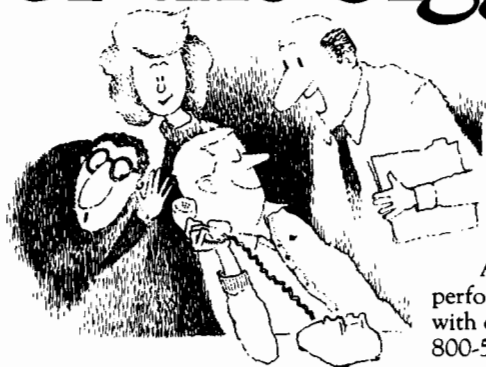
(3) You can take the ball between the side wall and the back corner and go to the ceiling.

(4) You can wait, and gamble that you can shoot the ball when it comes off the back wall.

When you do go to the ceiling, you had better prove at least equal to your opponent in the ceiling-ball rally. Otherwise he is probably going to exploit you in this one area of the game. You may beat him elsewhere around the court, but if he's serving high-lob "Z's" he's trying to create high-zone play. When you face an opponent like this you must work on the shots that will put some low-zone pressure on your opponent (for example, short-hopping, or an overhead drive off his high-lob "Z"), and also spend time working on your ceiling-ball game.

(continued on page 51)

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Playing When Fatigued

by Charlie Garfinkel

Mike Romano, an all-time New England racquetball great, played in the prestigious Nittany Lion Open for the first time in the early 1970s. The tournament, which was held at Penn State, attracted almost every top player on the East Coast, in addition to top players from as far west as Kansas.

Romano won his first match, a gruelling two hour marathon against Jerry Davis. A fine singles player and an exceptional doubles player, Davis had an extremely accurate forehand.

When the match was completed, both Romano and Davis, who each suffered leg cramps, were completely exhausted. Davis being exhausted wasn't a surprise to anyone. For those of us who knew Davis, physical conditioning was never one of his outstanding attributes.

Romano, however, was another story. A superbly conditioned athlete, he looked as if he were chiseled out of granite. As he sat outside the court after the match, he looked pale and weak.

Romano was relating how he felt to a friend. He said, "Even though I won, I can't believe that I was cramping up and got tired. Back home in Fitchburg, MA, I play for at least 2-3 hours a day, lift weights, run and do stretching exercises. I've played 10-12 games in a row without getting tired. I've never felt this exhausted in my life."

After talking with Romano later, I realized that this was his first really big tournament. Although he had played a few small local tournaments in Fitchburg, he'd never played against a player of Davis' caliber, in a tournament.

When Romano realized that he was involved in an extremely difficult match, he started to choke and get nervous. The harder he tried to relax, the more tense and tighter he became. His usually fluid strokes were choppy. Even his footwork was a half a step behind on every shot.

To the casual observer who didn't know who Romano was, nothing appeared to be unusual. However, to his group of friends from New England and myself, we knew that something was wrong. The answer was a simple one. Romano was suffering from severe mental fatigue.

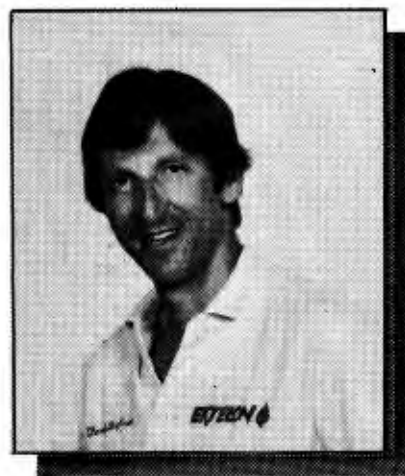
Because he had never been tested in his local area, he had never experienced the sensation of losing a match. The fact that he was in jeopardy of doing so against Davis, caused him to be tight and tense. As the match wore on, Romano's nervousness became more and more evident. Then, the cramps and total mental exhaustion set in.

Even though he was in superb physical condition, he couldn't completely cope with the mental strain that he was experiencing. However, his physical conditioning was the determining factor in his extremely close win over Davis.

Another match that comes to mind in which complete physical fatigue set in, involved the legendary Dr. Bud Muehleisen and one of Louisville's finest, Kenny Porco. Muehleisen, who admittedly said, "In addition to playing three times a week, I probably ride the stationary bicycle 10 minutes a week. I don't want to overdo it." In short, Dr. Bud was never known for his physical conditioning. However, his mental toughness, ability to always stay calm and his court sense has lead to his being recognized as one of the finest players in the history of racquetball.

Porco, who stood only 5'8", weighed slightly more than 205 pounds. All of it was solid muscle. Although there was no truth to the rumor that he changed clothes in a telephone booth, his physical strength was well known. Suffice to say, no one had ever remembered seeing him tired during a match.

The match, the National Invitational Singles Championships, was played in the early 1970s in Minneapolis. Muehleisen



was his deadly accurate self in the first game as he easily won 21-5.

In game two Muehleisen started to miss many of the same shots that he had put away. Porco wisely kept the ball in play until he got a shot to hit. After many extended rallies Porco eked out a close second game over an obviously fatigued Muehleisen.

In game three, Muehleisen committed a glaring error, that will forever be remembered in the history of racquetball. With the score tied at 17-17 (all games were to 21 points in the early 1970s), Muehleisen turned around and gave Charlie Brumfield, who was watching the match with me behind the glass, a knowing look.

Brumfield said, "Watch this Gar. Dr. Bud's going to pull my old trick of purposely serving long when you're tired." Sure enough, Dr. Bud hit a high lob serve that cleared Porco's head by about five feet. As the ball rolled toward the front wall after hitting high on the back wall, Dr. Bud had a sly smile on his face as he went to pick up the ball.

The smile quickly vanished when he heard the referee say, "Double fault, side out." Dr. Bud had completely forgotten that Porco had taken a timeout after Dr. Bud had served a short ball on his first serve. Realizing that he had made a horrible mistake, Dr. Bud went back to receive Porco's serve. Porco quickly scored four points to win the match 21-17 in the third game, over a very tired and dejected Dr. Bud.

As for Brumfield, being the

kind soul that he is, to this day, he constantly reminds Dr. Bud of that match.

The two aforementioned matches point out what can happen when a player becomes mentally or physically fatigued. Of course, you can practice imagery, hypnotism and other methods to improve your mental game. As for your physical game, you can do what Romano did. That is, you can play 2-3 hours a day, work with

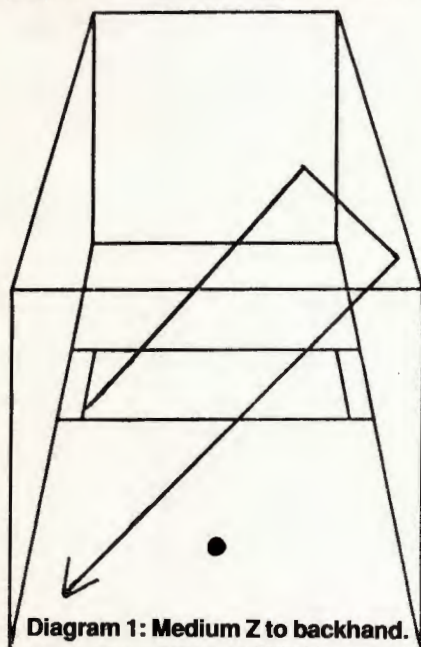


Diagram 1: Medium Z to backhand.

weights or Nautilus, run and do stretching exercises. However, this won't necessarily guarantee that you won't become mentally or physically fatigued during a tournament at sometime in the future.

Fortunately, in addition to taking your allotted timeouts during a match, there are some serves, shots and strategies that can help you still win the match. Assuming that you're fatigued in a match that's close or fairly close, don't resort to the methods that many players use when they're fatigued. That is they try to get an ace serve on every first serve. Or, they try to roll out many shots that are low percentage shots.

Trying to serve hard drive serves when you're tired will only result in you're making a low percentage of good serves. This will also cause you to become even more arm weary. Trying shots that are low percentage will only result in points lost more quickly and greater feelings of frustration and fatigue.

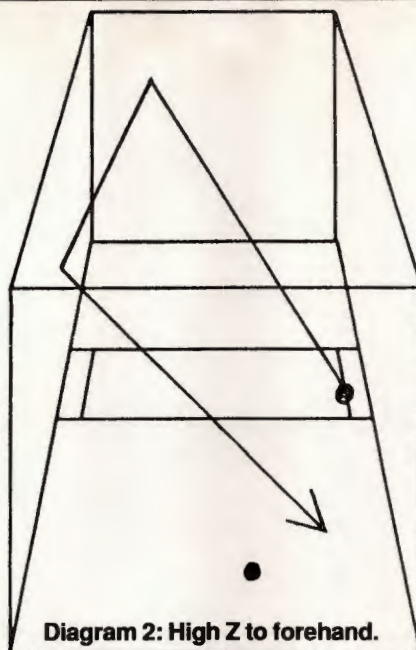


Diagram 2: High Z to forehand.

Unless you're in pathetic physical shape before you enter a tournament, and most tournament players aren't, you must realize that your opponent is somewhat tired too. And, since it's usually towards the end of the match when you feel fatigued, the player who makes the right serves or shots in a given situation will win the match.

Serving a medium Z-serve to your opponent's backhand is an excellent choice for a first serve. (Diagram 1) To hit it correctly, stand near the left side wall in the service box. The serve should hit the front wall 1-2 feet from the right side wall, 3-4 feet high. It will then hit the right side wall, carry over the short line and bounce towards the left side wall. The ball will then hit the

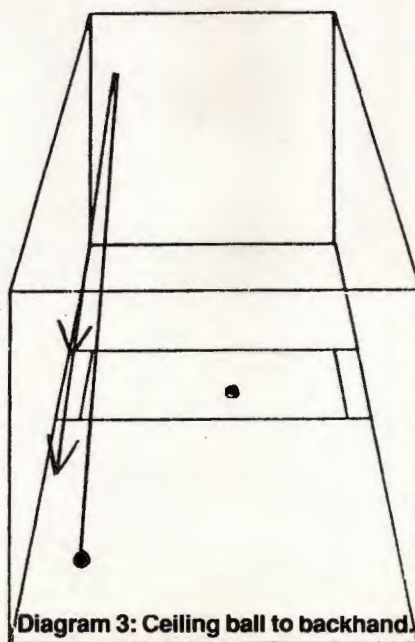


Diagram 3: Ceiling ball to backhand.

left side wall deep in the left side of the court. If served correctly, your opponent will have difficulty making an effective shot.

For your second serve, hit a high Z to your opponent's forehand side. That's right. Hit it to the forehand side. Often, towards the end of a match in which both players are tired, one of the players will often try to return a high Z, or high lob serve, with an overhead kill. Many times he/she will bury the

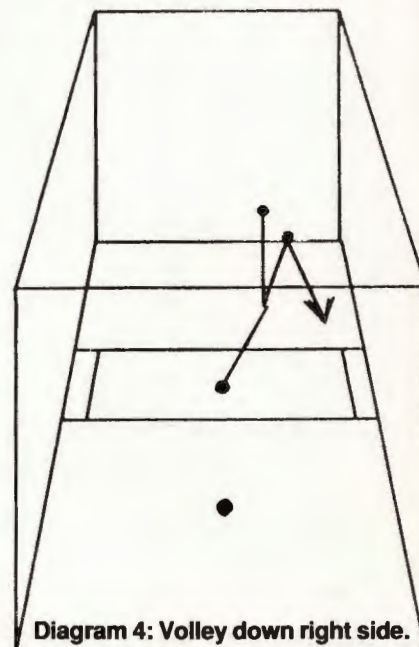


Diagram 4: Volley down right side.

ball in the floor, giving you an easy point.

To hit the high Z (Diagram 2) correctly, stand near the right side wall in the service box. The ball should hit the right wall, 1-2 feet from the left side wall, 4-5 feet high. The ball will then carry over the short line, bounce and proceed to the deep right side of the court. The high Z serve is also an excellent choice for the second serve.

When you're returning serve hit the old standby, the backhand ceiling ball. This will force the server out of the service box into the deep left corner. This will allow you to take over center court. Perhaps, your opponent will make a weak return that you can readily put away.

To hit the backhand ceiling ball, hit the ceiling 3-5 feet from the front wall, 1-2 feet from the left side wall (Diagram 3).

When the ball is in play, hit ceiling balls until your opponent hits a short ball. Then put it away.

(continued on page 51)

PRODUCT SHOWCASE

Nautilus Footwear Introduces High Tech Athletic Shoe



Nautilus Athletic Footwear has scored a major breakthrough in the fitness industry by being the first company to offer an exercise shoe with a midsole made of compression-molded EVA (ethyl vinyl acetate) for superior shock absorption.

Available in both men's and women's versions, the Nautilus Staff shoe is the lightest, most durable and technically advanced fitness shoe on the market today. It is designed for the athlete who participates in a variety of exercises including aerobics and weight training.

Compression molded EVA is not new to the athletic footwear business. The technology comes from the running shoe renaissance, in which light weight and shock absorption were regarded as essential components.

The Nautilus Staff Exercise and Conditioning shoe is available at a suggested retail price of \$55-\$60 for Low and High Top models. For more information, contact: Nautilus Footwear, 33 Villa Rd., #A210, Greenville, SC 29615, or phone: (800) 528-6643.

Viking Cabretta Stay Soft Glove

Viking Sports introduces the first Cabretta Stay Soft Glove to retail for \$9.95 or less! Made with specially tanned water resistant Sheep Skin Cabretta, Buckskin Cabretta joins the popular Buckskin Wash and Wear synthetic for the racquetballers best buy. Both models available in XXS, XS, S, M, L or XL. Suggested retail \$9.95 and \$8.95. For more information, contact: Viking Sports, 5355 Sierra Rd., San Jose, CA 95132.





USP Introduces Super Specs

Unique Sports Products introduces a full-view eyeguard which will retail at \$10.00. This is a quality eyeguard made of shatterproof polycarbonate. Recommended use is for racquetball, squash, basketball and other action sports.

Unique Sports Products manufactures over 50 different sport accessory products. For more information, contact: Unique Sports Products, Inc., 840 McFarland Rd., Alpharetta, GA 30201.

Revolutionary New Racquet

After seven years research and development and one year of extensive field testing, Burt Sports has commenced the marketing of their revolutionary new Dri-Grip hand laid Graphite/ABS composite racquet that permanently eliminates "Slippery Grip" and reduces the incidence of racquet sports elbow.

The racquet features a patent pending perforated stainless steel handle wrapped with perforated leather that permits air to rush through the handle each time the racquet is swung, evaporating perspiration, as opposed to conventional grips and overwraps that absorb moisture, rather than eliminating it.

The grip stays dry, with or without a glove, no matter how long the racquet is in action. After testing the racquet, most players expressed a preference to play without a glove.

For further information contact: Burt Sports Technology, Inc., 24 Tupelo Road, Westport, CT 06880, or phone (203) 222-1776.



PRODUCT SHOWCASE



Nike Offers the Killshot 3/4

The Killshot 3/4 is designed for the performance player who demands comfort and stability. The upper is a combination leather and mesh offering support and breathability while being extremely lightweight.

Forefoot straps and 3/4 height give support to the foot and ankle during lateral movement. The midsole consists of a highly resilient EVA and the gum rubber outsole has a concentric circle designed for greater traction in all directions with less strain to the leg while pivoting.

For more information, contact: Nike, Inc., 9000 S.W. Nimbus Dr., Beaverton, OR 97005 or phone (503) 644-9000.

New XPRE™ Graphite Racquetball Racquet

Ektelon, the company that introduced racquetball's first hand-laid graphite racquet in 1979, announces the newest addition to its composite line: The XPRE™ Graphite.

The new XPRE Graphite puts Ektelon hand-laid composite technology within reach of any intermediate player.

A moderate frame flex makes the XPRE a "forgiving" racquet. So you get the responsiveness of graphite with more "feel" on your shots. Its teardrop head shape offers a wider "sweet spot" and its sunburst string pattern heightens string responsiveness.

For more information write Ektelon, 8929 Aero Drive, San Diego, CA 92123 or call (619) 560-0066.



1986 World Championships Results

Singles Results

Men's Singles:

1st Egan Inoue, USA - Gold
2nd Roger Harripersad, Canada - Silver
3rd Ross Harvey, Canada - Bronze
4th Ruben Gonzalez, Puerto Rico

Women's Singles:

1st Cindy Baxter, USA - Gold
2nd Toni Bevelock, USA - Silver
3rd Crystal Fried, Canada - Bronze
4th Heather Stupp, Canada

Men's Doubles:

1st Todd O'Neil/Jack Nolan, USA - Gold
2nd Ruben Gonzalez/Willie Rodriguez, Puerto Rico - Silver
3rd Glen Collard/Joe Kirkwood, Canada - Bronze
4th Raul Canales/Federico Alvarez, Mexico

Women's Doubles:

1st Carol McFetridge/Manon Sicotte, Canada - Gold
2nd Connie Peterson/Michelle Gilman, USA - Silver
3rd Yumiko Shimaura/Enko Watanabe, Japan - Bronze
4th Diana Almeida/Marta Nance, Mexico

Pool Standings

The team competition, which is run differently than individual competition, was divided into separate pools or groups. All 20 men's teams, were seeded in one of four pools, while the 15 women's teams, were seeded in one of three pools. Each team played within their pool on Monday and Tuesday in a round robin format, keeping record of games won and lost. At the end of Tuesday's competition, the results within each pool then determined the seedings in the draw for the final team competition on Wednesday.

Final Team Results 1986 World Championships of Racquetball

Men's

1 Canada
2 United States
3 Puerto Rico
4 Mexico
5 Japan
6 Holland
7 Ireland
8 Costa Rica
9 Germany
10 Colombia
11 France
12 Equador
13 Dominican Republic
14 Belgium
15 Switzerland
16 Greece
17 Venezuela
18 Panama
19 Great Britain
20 Bolivia

Women's

1 United States
2 Canada
3 Japan
4 Costa Rica
5 Ireland
6 Mexico
7 Holland
8 France
9 Colombia
10 Colombia
11 Puerto Rico
12 Germany
13 Great Britain

Combined

1 United States and Canada
3 Japan
4 Mexico
5 Costa Rica
5 Ireland
7 Holland
8 Puerto Rico
9 Colombia
9 France
11 Germany
12 Belgium
13 Great Britain
14 Equador
15 Dominican Republic
16 Switzerland
17 Greece
18 Venezuela
19 Panama
20 Bolivia

Final Pool Standings Men's Team Competition

Pool A			
Nation/Team	Wins	Loses	Seeding in the Final Draw
United States	32	0	1
Costa Rica	19	14	8
Germany	18	15	9
Switzerland	6	26	16
Panama	6	26	17

Pool B			
Nation/Team	Wins	Loses	Seeding in the Final Draw
Canada	32	0	2
Japan	22	11	7
Colombia	19	16	11
Dominican Republic	10	24	14
Bolivia	0	32	20

Pool C			
Nation/Team	Wins	Loses	Seeding in the Final Draw
Mexico	32	1	3
Ireland	22	11	6
Equador	19	16	10
Greece	8	26	15
Great Britain	4	31	18

Pool D			
Nation/Team	Wins	Loses	Seeding in the Final Draw
Puerto Rico	30	2	4
Holland	26	7	5
France	16	17	12
Belgium	9	24	13
Venezuela	1	32	19

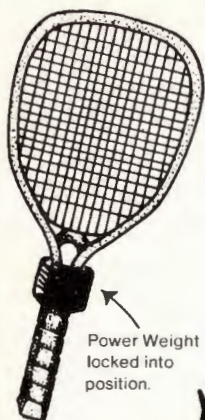
Final Pool Standings Women's Team Competition

Pool A			
Nation/Team	Wins	Loses	Seeding in the Final Draw
United States	32	0	1
Costa Rica	22	11	4
Ireland	18	16	8
Columbia	11	24	11
Great Britain	0	32	13

Pool B			
Nation/Team	Wins	Loses	Seeding in the Final Draw
Canada	32	0	2
France	20	15	7
Puerto Rico	17	18	9
Germany	16	20	10
Venezuela	0	32	14

Pool C			
Nation/Team	Wins	Loses	Seeding in the Final Draw
Japan	27	6	3
Holland	24	11	5
Mexico	22	12	6
Belgium	10	22	12
Bolivia	0	32	15

**See World Championships story,
page 28.**



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Europe

(continued from page 34)

MEN'S C

Stephen Torell (BEL) - Dave Eulette (USA)
15-6, 15-4

3rd place

Heiko Bruhns (GFR) - Steven Hatrmann (SWI) 15-10, 15-5

MEN'S DOUBLES

Toney, Warwick (USA) - Souther, Vigil (USA)
15-8, 15-6

3rd place

Hanold, Knaak (GFR) - Cullars, Wells (USA)
15-10, 15-14

WOMEN'S B

Philomine van Pelt (HOL) - Chris Timmermans (BEL) 15-5, 15-14

Rose Joy (USA) - Bodil Petersen (DEN) 15-8, 15-10

Letters

(continued from page 10)

doubles match of 10-year olds and they were just missing each other's heads by inches and not one safety hinder was called. Finally one kid was nailed. It was a clear avoidable, but a hinder was called while the young referee and his friends giggled from the balcony at the kid below wriggling from the pain. As I went around and watched the younger kids referee, I noticed for the most part, they just kept score — and they were influenced often by adults.

I know there are some 10-year olds who referee better than maybe a 35-year old, but there is always an exception to the rule. Youngsters must have a "take command attitude," but can you remember having it at 10 or 11?

I also recognize that the kids have to learn sometime. But, they can learn refereeing at their local tournaments or in the early rounds of state or regionals. I feel that the eight to 12-year olds are just too young to referee at the National level!

Frank Malowski
Herkimer, NY

Editor: The AARA is working aggressively toward a program of developing better trained, more professional referees for all levels of play. Any specific recommendations you might have can be directed to Luke St. Onge, AARA's executive director, or to Mike Arnolt, the rules commissioner at their headquarters. The address is 815 North Weber, Suite 203, Colorado Springs, CO 80903.



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Playing When Fatigued

(continued from page 45)

Often, when both players are fatigued, sooner or later one player will hit a shot off the front wall that will carom towards the back wall. If your opponent is behind you (as shown in **Diagram 4**) and you're standing in front of him near the short line, volley the ball (take it out of the air) straight down the right side. The ball will bounce twice before your opponent has a chance to react.

By keeping the ball in play until you get an opportunity to shoot the ball or pass your opponent, you'll find yourself conserving energy. This could turn the match around for you.

Trying low percentage serves and shots when you're fatigued will only result in your losing faster. □

Strategic Game

(continued from page 43)

Practice and Improvement

When you practice, try to seek out a player of similar ability who can hit you the respective serves. A good approach is to alternate serving ten serves of one type to each other, where you play the rallies out and then change serves for the next ten.

If you don't have somebody to hit you serves, which is most often the case in this sport, then learn to toss the ball toward the back corner from your ready position and practice going for the different type returns.

Another way to raise your effectiveness when returning serve (especially if you realize you currently have an overly defensive strategy) is to consciously start shooting more balls in practice matches. Be patient but persistent in this transition stage to a more offensive style of play. If you're not willing to suffer a few losses along the way, improvement might be hard for you.

Eventually, this change you're making is going to pay off as you learn how to put pressure right back on the server by being aggressive and not letting him slip off the hook when he misses his serve. □

IMPACT.



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Lakewood, CO 80227
Jay Nelson (303) 989-8100

October 23-26

U.S. National Doubles
Racquet Power
3390 Kori Rd.
Mandarin, FL 32217
Luke St. Onge (303) 635-5396

October 24-26

Rollout Classic 2
Ann Arbor Court Club
2875 Boardwalk
Ann Arbor, MI 48104
(313) 662-0243

October 24-26

Autumn Open
Riverview Racquet Club
4940 Palinfeld N.E.
Grand Rapids, MI 49505
Roy White (616) 363-7769

November 7-9

Super 7 #2
Saginaw Valley Racquet Club
2717 Schust Rd.
Saginaw, MI 48603
Jim Hiser (313) 653-5999

October 30-November 2

Halloween Classic
Woodfield Racquet Club
Schaumburg, IL
Geoff Peters (312) 328-5384

November 7-9

Fla-State 4-Wall Outdoor Champs
Auburndale Rec. Center
202 West Park Street
Auburndale, FL 33828
Keith Johnson
(813) 967-7265

November 14-16

Leukemia Society
824 Philadelphia Park
Wilmington, DE 19809
Suzanne Roberge (302) 764-7700

November 14-16

7th Annual Kiwanis Tournament
Sarasota Family YMCA
1075 S. Euclid Ave.
Sarasota, FL 33577
Barbara Simmons (813) 957-0770

November 14-16

Quadrangle
2160 University Dr.
Coral Springs, FL 33065
Libby Laney (305) 753-8900

November 21-23

8th Annual TN Turkey Shoot
Supreme Courts
4633 Trousdale Dr.
Nashville, TN 37204

November 21-23

Holland Fall Open
Holland Health & Racquet Club
572 East Eight
Holland, MI 49423
Lee Frederickson (616) 392-1417

December 5-7

Dave Greise Memorial
Montgomery Athletic Club
5675 Carmichel Park
Montgomery, AL 36177
Jack Sorenson (205) 277-7130

December 5-7

New Hampshire State Doubles
Manchester Court Club
Manchester, NJ
Lance/Gayann Bloom

December 5-7

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