

National Racquetball®

June 1987

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No. 5

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Off The Wall

by Joe Massarelli



Profiles

From time to time, *National Racquetball* conducts readership surveys to determine reader preferences in editorial content and format, in products and/or services being offered through the magazine, or to identify trends in the sport that may impact its future growth and development.

One such survey recently polled our readers' preferences in equipment, wearing apparel and drink while playing racquetball, but the survey also sought to improve our demographic profile by asking questions relating to income, education, business careers, etc.

First, as an avid reader of *National Racquetball*, more than 75% of you have been playing the sport regularly for more than three years. Half of those responding have been playing for

over five years. So, we know that our circulation reaches the hardcore, serious competitive player.

We use the term "competitive" because a related question sought the skill level of those responding and amazingly only five percent of our readers play racquetball at the recreational/beginner level. And, almost 50% are advanced amateurs!

What else does your profile show? Well, there's a three in four chance — as a regular subscriber — that you are a male between 26 and 45 years old and that you've had at least some college education. Interestingly, 55% of our respondents have either graduated college or have gone on to post graduate work. This statistic, when compared to other specialty interest consumer magazines, is quite high.

Forty five percent of you are professionals in the career of your choosing, and another 31% are in management or administrative work. Six out of 10 respondents earn more than \$30,000 annually and one in four earn over \$45,000 annually. Sixteen percent of the respondents have incomes exceeding \$55,000.

Of course, some not so surprising statistics include where racquetball is played. The clubs still control the expansion and growth potential of racquetball. Almost 75% of play is on club courts. The balance is spread among Y's, military bases, schools and park districts. Thus, it's easy to understand why the young, grass roots player has such a difficult time breaking into the sport.

(continued on page 47)

Results of Reader Survey							
1. Male	79.6%	\$45,000-\$55,000	10.8%	Exercise equipment	61.8%	annually on equipment?	
2. Female	20.4%	Over \$55,000	16.5%	Suntan equipment	11.9%	Less than \$250	74.2%
3. Age		7. How long have you played racquetball?		Tennis courts	3.8%	Less than \$500	22.2%
18 years or younger	2.0%	Less than one year	1.6%	Spa/pool	41.7%	Less than \$750	2.4%
18-25 years	11.0%	1-3 years	21.3%	Track	9.5%	More than \$750	1.2%
26-35 years	41.0%	3-5 years	26.4%	Lounge/restaurant	32.4%	17. Do you buy apparel specifically designed for racquetball/exercise?	
36-45 years	28.6%	Over 5 years	50.6%	Pro shop	32.9%	Yes	65.3%
45+ years	17.4%	8. Where do you normally play?		12. Where are your racquetball equipment purchases made?		No	34.7%
3. Marital status		Local club	73.0%	Pro shop at club	28.6%	18. How much do you spend annually on such apparel?	
Married	61.0%	YMCA/JCC	13.8%	Sporting goods store	50.8%	Less than \$250	89.0%
Single	39.0%	Park District	1.2%	Major department stores	12.6%	Less than \$500	10.3%
4. Education		School	3.1%	Discount catalogs/houses	35.5%	More than \$500	0.7%
Graduates high school	12.0%	Military base	7.9%	13. How many racquets do you own?		19. What are your preferences in drink while playing?	
Some college	31.0%	Other	1.0%	One	28.3%	Water	74.9%
Graduated college	32.0%	9. What is your skill level?		Two	42.2%	Soft drinks	4.2%
Post graduate/Ph.D	24.0%	Recreational/beginner	5.0%	Three	21.8%	Juices	9.8%
5. Business/career		Intermediate	39.6%	More than three	7.7%	Thirst quenchers	11.4%
Professional/technical	45.0%	Advanced	46.2%	14. Do you own shoes specifically designed for racquetball?		20. ... after playing?	
Mgmt./administrative	31.0%	Open	8.8%	Yes	81.6%	Water	41.0%
Trade/craftsman	7.0%	Professional	0.4%	No	18.4%	Soft drinks	17.9%
Clerical/general services	4.0%	10. How often do you play?		15. Do you wear eyeguards?		Juices	9.8%
Other	13.0%	Once a week	7.5%	Yes	83.5%	Thirst quenchers	9.0%
6. Annual income		Twice a week	26.7%	No	8.5%	Beer/wine	17.1%
Less than \$20,000	16.8%	Three times a week	34.3%	Sometimes	8.0%	Liquor	14.2%
\$20,000-\$30,000	25.5%	Over three times a week	31.5%	16. How much do you spend			
\$30,000-\$45,000	30.4%	11. What other facilities do you use at the club?					

*Due to multiple responses in some categories totals exceed 100%

National Racquetball®



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Off Court Fitness

by Jean Sauser



Don't Diet - Part 1

According to *Webster's Dictionary*, in health and fitness terms, the word "diet" means "food and drink regularly provided or consumed", or, "the kind and amount of food prescribed for a person or animal for a special reason". Harmless enough, right? Wrong. In contemporary society, many of us have twisted that definition into a whole new meaning. For most of us, the word "diet" means deprivation.

Over the last 20 years, the word "diet" has become married to commercial success, tied to weight loss and divorced from nutrition. Specifically, many commercially popular diets promote weight loss through a restriction of your daily caloric intake at any cost to your health and nutrition.

Through best selling books, we've been encouraged to stop eating and start dieting to get that whole new beautiful body in less than the time it takes to go shopping for new clothes. These books are based on simple math. Eat fewer calories than you need and your body will get thinner. Sounds good, but it isn't that simple. More importantly, it does not work for long.

Let's look at what really happens to your body when you restrict the number of calories you eat on a daily basis to far below what's normal for you.

Through evolution, human beings developed the ability as living things to store extra calories, taken in from food, as fat. Unless you are a martian, this principle also applies to you.

When you go on a diet, your body says, "Oh, oh, here comes a famine!" The quick fix is that, initially, some weight is lost. You do get thinner at first, but your body is just waiting for you to go off your diet. So, during this time

Generally speaking, this is why fat people are always on diets. Think about it. Have you ever been in a room with a number of people and discussed how to lose weight? It seems and is almost always true that the fat-

Through evolution, human beings developed the ability as living things to store extra calories, taken in from food, as fat. Unless you are a martian, this principle also applies to you.

of restricted caloric intake, your body, keeping your long term survival at heart, learns to get by on fewer calories, and worse still, learns to make fat with fewer calories.

Then comes the day when you go off your diet. It will be because you've lost the weight you wanted to, or your simply can't keep depriving yourself because you are too hungry, tired and irritable. In most cases, the latter occurs.

The minute you return to that inevitable higher caloric intake, your body is ready and waiting to go into action. It will make more fat than it did before, just in case another famine occurs. Remember, your body doesn't know the difference between a real famine and a diet.

Due to this fact, whatever fat you lost is quickly regained. The end result is that you gain all of your weight back and then some. You get fatter than before!

test people in that room will have been on more diets than anyone else. They will be the first people to tell you that they are authorities on the subject.

"I know what I have to do to lose weight," they'll say confidently. "I just have to stick to my diet."

How sad. For the reasons just described, the kind of deprivation most diets require, combined with what really goes on in your body while you are dieting, spells failure every time.

Not only that, but the kind of diet which requires deprivation is just plain unhealthy because chances are that along with calories, you are also restricting a substantial number of nutrients from your body as well.

One of my friends puts it this way: "Until I learned how to eat properly and exercise regularly, diet always meant 'die with a t'."

If you're a person who has
(continued on page 45)

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What's The Call

by Michael Arnolt



Q: *The server tosses the ball in the air and strikes it before it bounces on the floor, or the server lets the ball bounce twice before hitting the ball during the server motion. Since they are not legal serves, are these out serves under Rule 7.G.?*

— **John Greer, Casper, WY**

A: Yes, they are illegal. But, as you are so deftly pointing out by raising the question, those illegal serves do not appear under Rule 7.Out Serves as they should. The description of a correct serve appears in Sec. III, 2.C: "Once the service motion begins the ball is dropped . . . and, on the first bounce is struck by the racquet . . ." Rule 7.G applies to hitting the ball twice, hitting the ball with the handle, etc. It's been duly noted. Thanks, John.

Q: *1) The score has been called, and a player notices his shoe is untied, racquet strings are broken, or some similar malady. Should the ref call timeout for the player to make repairs and charge the timeout to the player, or simply delay the game until the players are ready? 2) Forty-five seconds after a timeout has been called, one of the players returns to the court at the vocal urging of the referee and hits the ball around. Then the other player wanders in and hits the ball around. How can the ref restrict delays and how forceful should he be when both players cooperate in the delays?*

— **John Greer, Casper, WY**

A: (This question, like the one above, belongs to John Greer, who has obviously spent some time playing and refereeing racquetball. More of his questions

and situations will appear in subsequent columns.)

1) Tying shoelaces or wiping off eyeguards can be generally completed within the 10 seconds allowed between serves, and does not warrant a timeout. The ref starts the flow with the calling of the score, and a second or two delay between the 10 seconds is tolerable unless the move is repeated or appears to be deliberate. In these cases, the ref must use applicable rules such as issuing a warning for delay of game. Repairing broken shoestrings or changing racquets, on the other hand, does require a timeout.

2) Both players are responsible to be ready to play immediately at the end of 30 seconds, and the velvet hammer is in the hands of the referee to ensure that. The ref can alleviate the extended timeouts by (A) announcing "30 seconds, please" to both players as soon as the timeout is requested; (B) calling out "10 seconds" after 20 seconds of the timeout has passed; (C) asking the dawdling player if he wants a timeout; (D) issuing a warning — good for both players — after the first violation; (E) saying "time is in" as soon as the 30 seconds has lapsed, and promptly calling the score; (F) lastly, and most cautiously, issuing a delay of game technical to the last person of the two to step into the court.

The key is to make these devices a "velvet hammer". Players know when they are taking unfair advantage of situations and will respond to appropriate calls, but they don't want to be bullied.

Q: *May a player change the racquet from one hand to the*

other during a rally? In doubles, must the non-serving partner remain in the box until the ball crosses the short line or the receiving (five foot) line? Is it allowable to heat up a ball in order to make it more lively?

— **John Chromy, Granbury, TX**

A: Curiously enough, the rules don't directly address the issue of switching the racquet from one hand to another during the rally. But in Sec. II, D.3, it says: "The regulation racquet frame must include a thong that must be securely attached to the player's wrist"; this is for safety on the court. Since the thong must be attached to the wrist, it is impossible to switch hands during a rally. Although it isn't stated, the penalty for an infraction if would be loss of the rally. There is nothing which prevents an ambidextrous player from switching hands between rallies. In fact, I have seen an injured player do so.

In doubles, the server's partner must stay in the doubles box until the ball crosses the short line (Sec. III, 3.B). Leaving the box prematurely but staying in the service zone results in a fault serve; leaving the doubles box early and entering the safety zone results in a loss of serve.

Heating up a ball artificially, or by any other manner than hitting it, would be improper during tournament play. Putting an off-used ball in hot water or the sauna to liven it up during a casual match is common practice. It would be unfair if a player did so without the knowledge of his opponent just so as to get more back wall set-ups. ○

Instructional Tips from Fran and Jim

Don't Grip The War Club — Hold The Scalpel

Here's a tip that will give your game more control. When holding your racquet, use the technique of the surgeon holding a scalpel. Note a scalpel in the hands of a skilled technician in figure A.

In figure B the baseball bat is held in a fist grip, the grip our ancestors used when they wanted food or a mate!

Figure C shows the forehand grip similar to the

scalpel grip of figure A, while D illustrates the "war-club" grip of figure B.

Use the scalpel hold for precision control instead of the heavy-handed warclub grip and your game will leap!

Instructional Tips provided by Fran Davis and Jim Winterton



Figure A



Figure C



Figure B

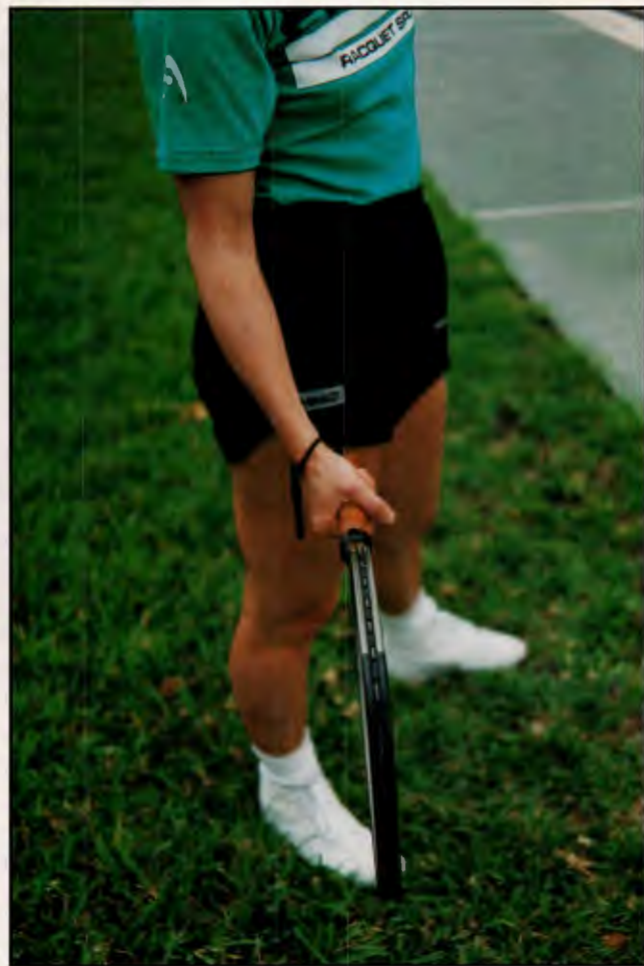


Figure D

Canadian Report

by Sigmund Brouwer



Just Like Last Time, Right?

Call it the same old story.

And that's what's exciting about it.

Following the Torneos de Las Americas (Tournament of the Americas) held in Caracas, Venezuela, April 13-18, the same old story is that Canada and the U.S. amateur racquetball teams dominated again the international competition. But despite that, there is a lot to be excited about at these events.

Frankly, for us Canadians it's damn exciting that the outcome is never sure between Canada and the U.S. in racquetball.

It's no news that we are no longer the undisputed best hockey country in the world. Sadly, back in 1972 when we finally put our best professional hockey players on the ice against the USSR, the series that we had expected to be a cakewalk became a vicious dog fight resolved only in the dying minutes of the eighth and final game. Our hockey myth died.

Football, baseball, basketball, Olympic sports — the giant U.S. competitors dominate. No myths for us to cherish there.

But in racquetball, and this is not gloating, the Canadians cannot be steamrolled into submission by the Americans. If they could, international tournaments would lose a lot of excitement.

It happened that at this tournament, the Torneos de Las Americas, American Egan Inoue, the current amateur World Champion, won the Men's Open. Benoit Tur-

cotte, technical director of the Canadian Racquetball Association, says there is no doubt Inoue was the one who deserved to win, despite the breathtakingly close scores.

After winning the first game, Inoue came from six points down to pass Roger Harripersad (Canadian team, third place in the tournament) and win 15-14. In the

against each other. It certainly doesn't diminish for the other teams, even with the predictability of which teams will reach the finals.

It is the friendliness of international competition and the chance to learn that makes it exciting for teams like Bolivia or Columbia. That kind of excitement attracted 120 participants from

Frankly, for us Canadians, it's damn exciting that the outcome is never sure between Canada and the U.S. in racquetball.

other important match, to second place Ruben Gonzalez of Puerto Rico, Inoue toughed it out from behind again, winning 15-12 in the tiebreaker — US, first place, Men's Open.

On the other hand, Canada's Heather Stupp dominated the Women's Open — Canada, first place, Women's Open.

It took doubles to decide the outcome of the tournament. The Americans won, and in this tournament it was the U.S. first, Canada second, and Panama third.

But a tournament back, at the World Championships in Orlando, Canada and the U.S. tied for first place.

So the same old story continues, but the excitement doesn't diminish for the Canadian or American teams that struggle

14 countries to this tournament, including the newcomers Peru and Argentina.

The other kind of excitement generated by this same old story of international competition is what those tournaments do for the whole sport.

Torneos de Las Americas will be held once a year for three years. The fourth year it will be replaced by the Pan American Championships, held at the same time and in the same location as the Pan American Games. (This year is the only time both tournaments will run in the same year.)

Racquetball has its own World Championships, is included in the World Games (an "Olympics" for non-Olympic sports), has been officially recognized by the International Olympic Com-

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First Serve

by Chuck Leve



Riding For The Future

At a time when too many club promotions are not tailored toward racquetball, along comes an exciting fund-raising event that is both creative and designed to help our sport where it needs it most — at the junior level.

Rich Wagner, veteran pro racquetball player and general partner of The Tournament House Racquetball Club in Riverside, CA, will be riding a bicycle a long distance this summer. His purpose is to help raise money for the California Amateur Racquetball Association junior racquetball program.

Wagner, who turned pro 12 years ago while still a teenager, is scheduled to ride from July 26-August 7. The journey is sponsored by Head Racquet Sports and A.M.E. Grips, and will cover nearly 900 miles of rugged Cali-

This journey . . . will cover nearly 900 miles of rugged California coast.

fornia coast.

"It's something I've always wanted to do," says Wagner. "Racquetball has been good to me and I felt I wanted to put something back."

In addition to donations and pledges per mile on the ride, Wagner will make 10 stops along the way to conduct "Play The Pro" clinics and exhibitions. The proceeds will again be donated to the CARA's junior fund.

Some of that money will be used to help defray the expenses

of California's junior champions to compete at either the Junior Nationals or World Games.

"As a young player I struggled financially to get to tournaments," says Wagner. "I know

"As a young player I struggled financially to get to tournaments . . . I know how frustrating it can be." - Wagner

how frustrating it can be. All I wanted to do was play, but other things (like money) kept getting in the way. Now, at least California's top juniors won't have to worry about getting to the Nationals."

A.M.E. and Head, the two sponsors, will be donating equipment to be raffled off at each stop along the 892 miles of highway. Wagner hopes to raise at least \$6,000 for CARA.

Other well-known racquetballers will also be on the path with Wagner. Carl Loveday, the San Diego guru of racquetball and Rich's long-time coach, will be driving the support van along the trail which begins in Eureka, CA, about 200 miles south of the California/Oregon border.

Ed Andrews will join the ride at Santa Barbara for 200 miles south to Los Angeles, Steve Lerner will be cycling with Wagner the 350 miles from Monterrey to Riverside, and Brian Hawkes plans to be pedaling with Rich from Fullerton to San Diego.

Good show. ○

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Heel Pain

by Dr. Paul Ross

Dr. Ross is a podiatrist with a private practice in Bethesda, MD. If you have any specific questions about this article or feet in general, send correspondence to National Racquetball or directly to Dr. Ross at 8218 Wisconsin Avenue, Suite 112, Bethesda, MD 20814.

You're just off the court after several hard games. The adrenaline is still pumping and you feel great. After you've cooled off a little and you stand to go to the showers, there is a severe pain in your heel, but as you start walking this pain eases. You don't notice it again until the next morning when you first stand. The pain has returned and you wonder what is going on with your heel.

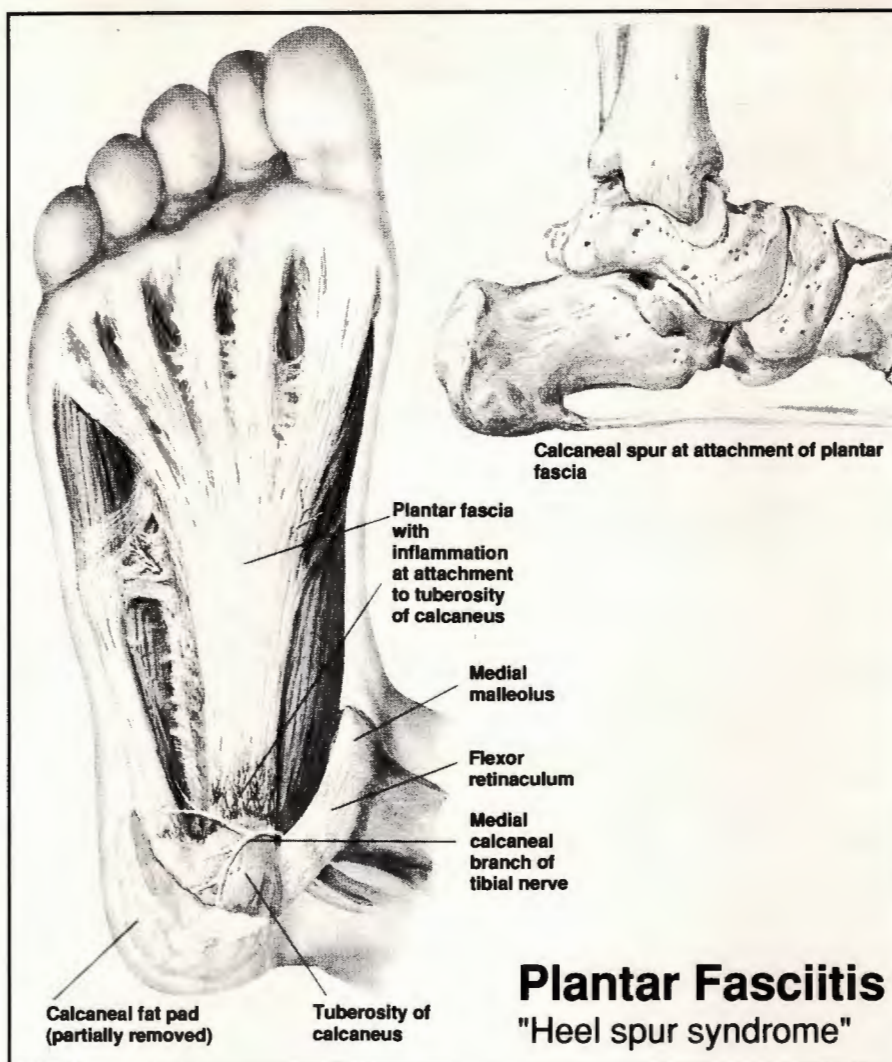
This kind of heel pain is most frequently associated with the **heel spur syndrome**, involving several different anatomic structures in the corresponding area.

On the bottom of your foot is a thick fibrous band of tissue called the *plantar fascia*. It starts from the heel and extends forward almost to the ball of the foot. This fibrous band is the supportive structure which maintains the arch of your foot.

With excess flattening motions of the foot, the plantar fascia will over-stretch from its origin in the heel. Racquetball, and any other sport with side-ways motion and stop-go action, will accentuate the flattening process. When this continues, an inflammation is created, causing what is called a *plantar fasciitis*. This becomes noticeable as a discomfort along the arch of the foot, and may be even more intense when running on the ball of the foot.

With further abuse and trauma, the fibrous band will begin tearing and pulling at the *periosteum*, or bone covering, at its attachment to the heel.

This area then tries healing itself by forming scar tissue,



Plantar Fasciitis
"Heel spur syndrome"

which in time begins to calcify (change into bone). This calcification becomes a shelf of bone, or heel spur, which runs across the entire bottom of the heel.

As this heel spur enlarges, it causes irritation in the surrounding soft tissue structures. As a means of protection, the body then forms a fluid-filled sac, called a *bursa*. With chronic or continuing irritation from the heel spur, the fluid-filled sac will become inflamed, leading to a *bursitis*. As well, the small nerve that supplies the heel will sometimes get trapped in the scar tissue and become inflamed, causing a *neuritis*.

The treatment for heel spur syndrome is geared to do two things — alleviate pain, and prevent recurrence. However, an accurate diagnosis is essential first.

To begin, the examination should involve evaluation of exactly from where the pain comes. This can only be done by feeling

the various areas of the feet with an understanding of the underlying areas. Foot position and motion are observed off weight-bearing, then by gait analysis. Many times a computerized gait analysis is done to isolate tiny alterations in foot function.

After x-ray evaluation, all the information is correlated for an appropriate diagnosis, and then proper treatment can be initiated.

Conservative management, would include possible changes in racquetball shoes to ones that are more supportive and have better shock absorbing qualities. Many times a heel cup or foam padding in the shoe is enough to alleviate the pain.

If these simple measures don't work, then your podiatrist will consider a cortisone injection to the heel, often following that with physical therapy. Even medication taken by mouth, such as

(continued on page 48)

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McKinney Overcomes Adams

It took two years, but finally the controlling force in women's professional racquetball lost.

Lynn Adams is clearly a champion's champion. Not only did she remain undefeated for a period of two years, winning two triple-

McKinney had reached the finals with victories over Molly O'Brien the round before, and over a spunky Terri Gilreath in the quarter finals.

Adams had reached her usual tournament position with a semi-final win over Marci Drexler, and a round of eight victory over Jennifer Harding.

Game one of the much-anticipated finals found both players fighting for every point. As they edged closer to the 11 point goal, McKinney took control, and won 11-6. The second game was equally exciting as both Adams and

McKinney responded to the encouraging crowd. Adams turned the second game into a reverse score of the first by winning 11-6.

Adams kept momentum, and the competitive racquetball continued as she again won by the 11-6 margin. It continued to look bleak for McKinney and she rapidly found herself behind by 6-1 in the fourth game. But she stopped Adams and won 11-7.

Later, McKinney said she had no idea she was down that badly in the fourth. "All I wanted to do was play to win each point," she said. "That's what I had been



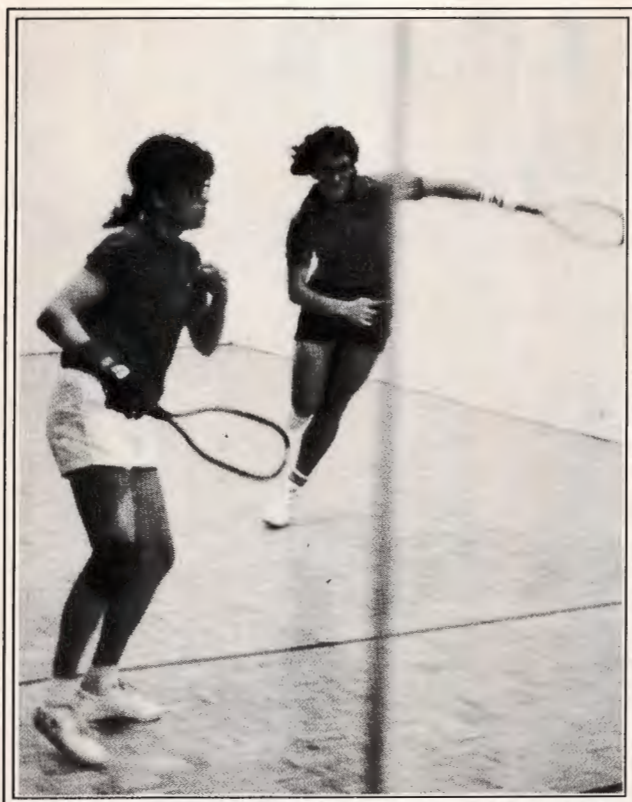
Terri Gilreath rips a backhand during her quarter final loss to McKinney.

crowns at National Championships, but she also continues to raise the level of play in her game, and as a result, the play of those attempting to challenge her.

Even so she was stunned in Philadelphia's Holy Redeemer Pro/Am Classic by the #2 seed, Caryn McKinney. That match-up was not unusual for a WPRA final. Both met each other in every final of the 1985-86 season, with Adams always coming out on top. But not this time.



Adams shoots a winner down the right wall against McKinney in the finals.



Marcie Drexler shoots a winner past Liz Alvarado in the quarter finals.

doing the entire match and it finally came together.

"Then I was excited after that game. It had been a long time since I had had such an opportunity to beat Lynn. Besides, I was having fun competing at that level. The crowd was great, the intensity was there, and I could hardly stand it! Fortunately, Bonnie Stoll provided the calming effect I needed before returning to the court, and I was ready for the tie-breaker."

Whatever Bonnie did to calm Caryn worked as she bolted from the gates in game five. Serving low, hard drives to Lynn's backhand, McKinney forced weak returns and took advantage of each one for a big 9-3 lead. It was then that Adams called a timeout.

She said, "I had to do something. Caryn was running me all over the court. So I tried everything. I walked, I talked to the ball, then I walked with Caryn and talked to her!" All of this was done to the great amusement of the crowd, and after the timeout, Adams battled back to as close as 10-6.

McKinney finally got a chance to serve, and then the Pennsyl-

vania crowd was treated to the best racquetball of the match. Every shot, every retrieval, every rally shone with championship racquetball.

Lynn Adams showed why she possessed an incomparable 69-match winning streak as she fought off six match points. But McKinney was equally tough, and did not let Adams score either. At one point, Adams was so excited to survive another match point, she pounded on the glass, and the crowd pounded back!

In the end, it took a perfect wallpaper pass around Adams' backhand, but McKinney earned her first professional tournament victory.

In addition to the singles competition, the WPRA pros were highlighted in professional doubles. With major upsets, U.S. National Team members Mona Mook and Malia Kamahoahoa, won the event. They defeated the first seeded team, Lynn Adams and Terri Gilreath, in the quarter finals to make it to the finals. There, they won in straight games over Caryn McKinney and Jennifer Harding. ○

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Adams wins in Atlanta, but it wasn't easy!

Photos by Brian Bobinski

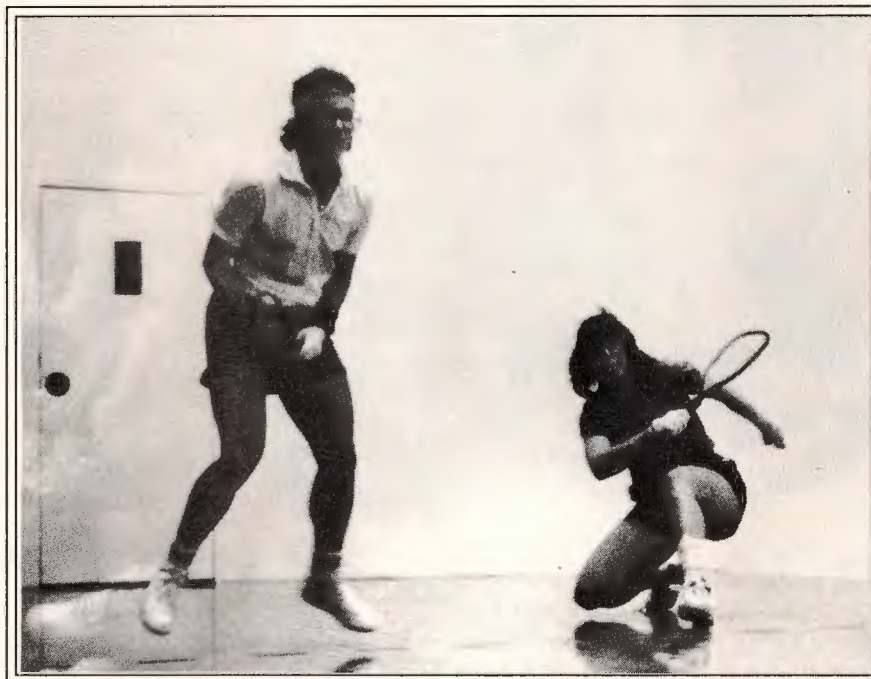
For the second straight tournament, Lynn Adams was stretched all the way to a tie-breaker in the finals. However, this one she did not lose, as her experience proved stronger than Marci Drexler's determination, and Adams took the championship title at the Pizza Hut/AT&T Racquetball Challenge.

The Round of 16

Neither finalist had an easy road to the final rounds. To the pleasure of the tournament galleries, both were extended to exciting tie-breakers in this round. Lynn was struggling and Mary Dee was red-hot. Even as late as 10:30 p.m., the crowd stayed to view the outcome as Mary Dee seemed to take advantage of every Adams' mistake. But at 8-8 in the fifth game, Lynn clinched the match with three consecutive points.

Marci Drexler was also surprised as she faced a calm, confident Bonnie Stoll. As the two lefties took the court, Drexler won the first game easily, 11-3, but Bonnie fought back with excellent serves and well-angled shots to win the second game 11-8. Marci won the third game by only four points, and Bonnie stayed in the match and seemed to take control with an 11-3 victory in the fourth. But Marci came out shooting in the tie-breaker and came through 11-3, even as Bonnie Stoll served notice that she may finish the season just as she did last season — on a hot streak!

Other upsets in the earlier rounds included two by U.S. National Team member Toni Bevelock. In the first round she decisively defeated the number six seed, Liz Alvarado, in three straight games, and followed that performance with an equally stunning upset of ninth seed Fran



Lynn Adams goes low for a winner against Marci Drexler in the finals.

Davis, in three games again. Toni proved to be a fine example of how the AARA Intercollegiate system is producing quality players.

Due to the rapidly increasing quality and depth of play on the WPR Tour, the other side of the draw had its own upsets in the round of 16. Martha McDonald of Gainesville, FL, defeated fifth seed Kay Kuhfeld in straight games, and number 12 seed Chris Evon of Chicago swept Marcy Lynch, seeded eighth, in three games as well.

It set the quarter finals with only five of the top eight seeds making an appearance.

The Quarter Finals

Fortunately for the top seeds, the round of eight was a bit less surprising. Adams defeated a hard-working Terri Gilreath in three close games. McKinney handled Chris Evon in three,

in the same way that Drexler took care of Martha McDonald.

Only the number four seed, Molly O'Brien, to make her second straight semifinal appearance, went five games before winning against Toni Bevelock, who had started the match as a continuation of her determined march. Bevelock won the first game and the next three games that led to the tie-breaker were all very tight. Although the score in the fifth game was not as close, it was equally intense before Molly won 11-4.

The Semifinals

The semifinal match between Marci Drexler and Caryn McKinney was clearly a showdown. Marci had defeated Caryn twice earlier this season, but McKinney was coming off a tournament victory two weeks earlier against Lynn Adams, and wanted to win



Marci Drexler shoots from front court to go ahead of Lynn Adams, 2-0 in the finals.

in front of her hometown crowd.

The packed gallery of over two hundred was definitely pro-McKinney, but Drexler won the first see-saw game, 11-9. Game two found Marci serving extremely well down the left wall, earning a third of her points on aces. Caryn couldn't seem to put the ball away and, somewhat uncharacteristically, was leaving her passing shots up on the back wall for easy Drexler put-aways. Marci walked away with a big 11-2 win.

It wasn't until McKinney was facing match point, 10-6 in the third game that she performed as she had wanted to for the crowd. Fighting off four match points, Caryn came back to 10-10, serving for the game.

It was then that she made her most crucial error. Using what had been an effective high Z-serve to Drexler's back hand, McKinney hit her racquet with the serve for a side-out. That's all the momentum Marci needed as she served for the match to win 11-10.

As McKinney later commented, "I think for the first time I felt the pressure of being at home, playing at my club and knowing there were many people in the audience who were only there to

watch me.

"It's a great experience to have people behind you like that, but I'll definitely have to handle it better next year. Marci just played better than I did. I had my opportunity to get back in the match and I blew it."

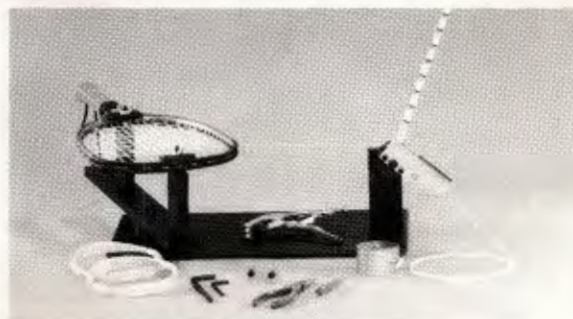
In the other semifinal, Molly O'Brien took Adams to four games. For the first two, Molly played her typical, consistent racquetball. Adams won the first game, but O'Brien bounced back for game two, only to lose the next two as Adams took charge to move into the finals. Although Molly didn't get past the number one seeded Adams, she did establish herself as the fourth ranked WPRA professional — a difficult goal to achieve.

The Finals

The showdown between the ultimate in experience Lynn Adams, and the young phenom, Marci Drexler, was just what every finals should be — an ex-

(continued on the next page)

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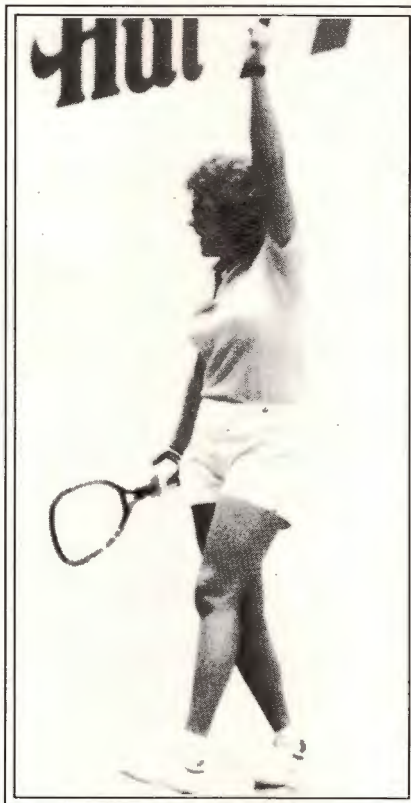
Atlanta

(continued from page 17)

citing, action-packed, five-game thriller.

Adams took a 5-1 lead in the first game, but Drexler fought ahead to 10-5 before Lynn was able to tie the game at 10.

"Marci kicked me all over the court," Adams said after losing the first game. With Marci serving at 10-10, Lynn gave her a set-up off the back wall. Scrambling for position to return the obvious kill attempt, she blocked the ball, and the referee ruled an avoidable hinder. Game one to Marci Drexler.



Caryn McKinney rejoices after a good shot.

The scene was set and the crowd was ready for a tough match between the two talented competitors.

Game two was vintage Drexler, with reverse pinches, overhead splats, and ace serves. No shot was unthinkable to her. She walked away with the game, 11-2, as Lynn struggled to prepare for the third game.

And prepare she did. Adams put her game together before stepping onto the court and proceeded to mix and execute passing angles, kill shots and a

variety of serves that stopped Marci from repeating her miracle shots of the previous game. Lynn took that game 11-5, looking like she had the momentum.

Marci had different ideas though, as she came out storming at the beginning of game four. With a 6-1 lead, it appeared as if Marci would have her first tournament victory over Adams. But Lynn fought back to force the tie-breaker with an 11-8 win. "I used all the things I've learned to do in the past 10 years," said Adams. "I changed the speed of the ball, my shot selection, anything I could think of that would throw off Marci's momentum."

The crowd continued to applaud and encourage both competitors and experience finally won. Adams had overcome a two-game deficit to win in five games.

Speaking of the loss, Drexler commented, "After the second game, I started thinking about winning and waiting for Lynn to make mistakes, instead of playing like I had been and going for my own shots. I let her get going and feeling comfortable with her shots.

Adams said that Drexler had placed her shots well in the first two games, and kept reversing the speed and direction of the ball.

"That's what's so amazing about Marci — her range and ability to play like that," said Adams. "In the last two games I walked a lot, talked to the ball, and got myself together. This is really a thrilling victory."

Tournament Director Caryn McKinney commented, "A great finals match was clearly what everyone had been waiting for, and they certainly got it. Better yet, the match was taped for television. Our major sponsors, Pizza Hut and AT&T, will get much more exposure than we originally anticipated because of the quality of the match. It will be played many times across the country when it is syndicated through Home Sports Entertainment out of Texas."

McKinney added that those sponsors, as well as the hosting Atlanta Sporting Club, look forward to increasing the prize money and making the WPRM trip to Atlanta an annual affair. ○

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Journey Rocks and the Racquetballs Roll

by Stacey Okonowsky



When *National Racquetball* called and asked me to fly up to San Francisco to interview Journey rock stars Neil Schon and Jonathan Cain along with racquetball pro Gregg Peck, I wasn't sure what to expect. Here were two of music's top professionals, known all over the world for their talent and music, together with one of the top players on the Pro Tour.

What I found were three charming, likeable and very different guys. Jonathan is serious and thoughtful; Neil is fast and explosive; Gregg is one of the sport's brightest and best looking young pros.

Jonathan was born in Chicago and studied music at the Conservatory of Chicago, Roosevelt University. He signed his first record deal in Nashville at the age of nineteen and then moved to Los Angeles, joining the rock group The Babies in 1977. Touring for three years, they opened up for top groups all over the country, including Journey, whom he joined in 1979 during their "Capture" tour. Jonathan has since gone on to co-write thirty of the songs on their last three albums, including "Don't Stop Believin'", "The Girl Can't Help It" and "I'll Be Alright Without You".

Neil is best described as a bullet. He likes fast cars, motorcycles and describes himself as a "street type person". He has definitely learned by doing and has

been on the road performing since he was fifteen. His first band, The Crime Stoppers, was formed in New Jersey while he was in the fourth grade. In 1970 he joined the original Santana band, touring with them for two years. Then in 1974, along with manager Herbie Herbert, Neil formed Journey. Today he is the band's only original member, and has been described as one of the greatest guitar players in the world.

Both Jonathan and Neil are very fitness oriented and both like running and baseball. They became involved in racquetball because it was a quick way to get a good workout when they were on the road on tour. Neil noted that while they were on the road, it always seemed to be raining in places like Cleveland, making outdoor sports impractical. Since most of his youth was spent on the road, he became involved in sports very late and really enjoys a regular workout now. Jonathan agrees, saying "I like to have a regular routine on the road . . . work out every other day and run whenever. About four years ago, Neil and I started looking for racquetball courts wherever we were, to run around for an hour

or so to get out all of the tension from the night before. For Neil and I, there's nothing better than racquetball, because we get a chance in an hour to do what it takes a long time to do in any other sport. We've been known to drive a good hour and a half to get to a court."

A few years ago Eddie Reynolds, Jonathan's keyboard technician, began helping Jonathan learn his way around the court, and from then on he was hooked. Neil wasn't too pleased about that though as he started losing on a regular basis. Eddie himself had been taking lessons with Gregg Peck and had become an excellent club player. While giving Eddie lessons Gregg asked him what he did and learned of his association with Journey. They became friends during the lessons and exchanged instruction for concert tickets.

When Journey visited Dallas during a concert tour, Eddie called Gregg to arrange a game and said that Jonathan might want to play. Shortly after Gregg and Eddie began to play, Jonathan showed up and joined the lesson. Then when Journey came to Austin, TX Neil came along too. Now they both take lessons from



Left to right, Steve Perry, Jonathan Cain and Neal Schon.

Gregg whenever they can all get together in one city. When I asked Gregg about his professional opinion of their talent on the court he laughed, saying, "I've seen them play in concert, and I've seen them play racquetball. They'd better stick to music."

Although they may not be ready for the pro circuit, both are interested in more than the workout part of the game. As Gregg Peck says, "Now more technical aspects are involved. When they play they are very competitive and want to be better than they were before. It's a matter of pride and they want to know what they are trying to accomplish, what playing the game well means. It takes discipline and pride to be one of the best at anything and it carries over to other things. That's why they wanted to be on the court with me, a professional player."

Jonathan compares music and sports as being very similar. "You can't just think about it . . . timing, conditioning and discipline are the key factors. It takes an incredible amount of discipline to sit down and work all day or to practice . . . your focus has to be

(continued on page 45)



Jonathan Cain (left) challenging Neal Schon on the court.

The 1987 European Goodwill Racquetball Tour

by Cathie Frederickson, IARF Media Coordinator

Editor's note: Cathie Frederickson's diary of the tour is an account of the interesting and demanding effort it takes to promote racquetball among different cultures. The U.S. Team members were Toni Bevelock, Doug Ganim, Tom Montalbano, Jack Nolan, Dan Obremski, Trina Rasmussen and Andy Roberts. Members of the International Amateur Racquetball Federation and the AARA also accompanied the tour.

Day 1 — February 14, 1987

After an eight-hour flight originating in New York on Friday evening, we arrived in Paris. We were tired and disoriented from the six-hour time change and the long flight, so it was nice to be greeted at the airport by Stephen Glasgow, President of the French Amateur Racquetball Association.

Without any rest, we dropped off our luggage and continued into what became a very long day.

After shopping, lunch and a brief tour of Paris, we were taken to the Squash Racquetball Club de France to perform a series of exhibitions and clinics. The club had one court, the only court in all of Paris.

The team went in shifts; two of us would teach or put on an exhibition while everyone else slept in a small room within the club. The clinics continued until 7 p.m. After showering we were again taken on a tour of the city until 2 a.m.

Day 2 — Everyone except Keith Calkins, Secretary General of the IARF, made their way to Brussels, Belgium. Keith remained in Paris until Monday to talk with Joel Delplanque, director of the French Olympic committee which makes recommendations on sports federation funding. Keith, Stephen and Joel met for one



Delegates from Holland, Spain and U.S. with team members from U.S., Germany and Holland.

and a half hours to discuss funding and racquetball in France. Keith indicated he felt the meeting was a great success; Joel asked Stephen to submit a formal request for subsidy for further consideration.

Upon leaving Brussels we were taken to Antwerp, Belgium where we stayed for two and a half days.

We were taken to Rubens Hofhotel, which was built in 1852. The old rustic building looked the same as when it was originally built. Inside, the building had a narrow staircase that led up to the rooms. After analyzing the baggage (an enormous amount), Toni Bevelock jokingly asked where the elevator was — we still had five flights of stairs to climb. The rooms were small in size and had only a few beds and a sink and the bathroom facilities were at the end of the short narrow halls to be shared by all.

In Belgium, we visited two clubs that had a total of six courts. The locker-room facilities in the clubs were limited compared to most in the U.S. They were simply small rooms with benches, hooks, and showers.

The first evening everyone played racquetball and squash — the first real exercise anyone had had in a number of days.

Day 3 — The team went to the small club in Antwerp to play, then waited to go back to Brussels to teach and put on the scheduled exhibitions.

The mayor of Brussels arrived in the early evening for a brief ceremony and presentation, following which all the members of the team demonstrated our sport to the mayor. The team continued with clinics for the Belgium National Team and other interested players of all levels.

Day 4 — Tuesday was a day organized for exploring the city of Antwerp in Belgium. The old, well preserved city was breathtaking and picturesque.

In the afternoon, we were taken to the train station. Sadly, we said our goodbyes and made our way to Rotterdam, Holland.

A few members of the Dutch Racquetball Team picked us up at the train station. They took our luggage by car and we went by bus to the Racketcenter de

Leyens in the city of Zoetermeer. The club was much larger than any we had seen in Europe so far. It had racquetball, tennis, a room with free weights, and a restaurant/bar social area, with the locker-room facilities like those in Belgium.

Day 5 — In the morning, Keith Calkins, Ed Martin, Trina Rasmussen, Andy Roberts and I were escorted into a closed press conference with Han van der Heijden, Rene Hehemann, photographers and columnists from various newspapers from Holland. The entire press conference was in Dutch, but we all understood the message being given to the members of the press.

Exhibitions were held on the racquetball courts following the conference. Lengthy articles appeared in the following day's paper, proving the conference a success.

After a politically informative luncheon, the team was transported back over to the club in Zoetermeer, where clinics were held on the four courts for junior players.

A break for dinner was followed by an instructional clinic for the members of the Dutch Racquetball Team.

Day 6 — The day began as we all met at the club in Zoetermeer to begin a partial day of sightseeing. We all boarded the train which took us to Amsterdam. There we went on a tour of the canals throughout the city and then made our way around the city itself. From Amsterdam we took the train to Den Haag and walked through the streets, observing as much as we could in a short period of time.

In the evening, the team split into two groups; one remained at the club and worked with the Dutch Team members, while the other group traveled to the Tennis en Racketbal Centrum Zwijndrecht to put on an exhibition and instructional clinics.

Day 7 — We continued our travels by train and headed for Hamburg, Germany where the team was scheduled to compete in the European Open Racquetball Tournament that weekend.

The evening was spent at Hamburg's Racquetball Jenfeld club in a typical tournament atmosphere. We were again split up and stayed at many of the German organizers homes.

Day 8 — The day was spent at the club, playing, watching, and trying to communicate despite the many different languages there—Flemish, Dutch, German, French, and many variations of the English language.

Again the atmosphere was very similar to a tournament in the U.S. as Armin Schroder and Wolfgrum Heese coordinated the tournament.

Armin, Keith and Gigi, Ed, Larry, Lee, Rene, members of the Hamburg press and I, were all invited to spend time at the home of a club owner and true racquetball enthusiast, Uwe Krogmann, and his wife. Conversation carried us into the early evening hours as we excitedly planned for the 1988 World Championships to be held in Germany.

We made plans to put together a package trip with airfare, lodging and sightseeing all prepared, available to every racquet-

ball player around the world. Armin and Mr. Krogmann discussed various ways to include the German culture in the event itself.

We all felt it was important to show and share racquetball on an international level with those who would not ordinarily have the opportunity to travel abroad. We feel it would be a great experience for many to get a better understanding of what energy can really be felt with others from around the world.

Day 9 — Like any other tournament the final rounds of play were in sight, and many from the U.S. remained in the event.

In the women's open finals, Trina Rasmussen upset Toni Bevelock to receive the first place award. And in the men's open finals Dan Obremski took out Andy Roberts.

Other U.S. delegates that fared well were Lee Frederickson, Larry Liles and Keith Calkins.

That evening a tasty German buffet dinner was held at the club for the Germans and the Americans. This was followed by a

(continued on page 40)

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Hogan — Number One in Sport Number Two

Photos by Ernest Boudell

by Randy Hice

Watching Marty Hogan play paddleball is like watching Joe Montana play Canadian football, Dennis Connor sail a Hobie Cat, or Mike Tyson kick box. At first, the difference in equipment and rules tends to hinder them, then after a few timing adjustments, WATCH OUT! That's what happened in March when Hogan went north to Ann Arbor, MI for the COORS National Paddleball Singles Championships.

Hogan's appearance, not to mention the \$1000 championship check, drew many champions, past and present, to the Ann Arbor Court Club. Steve Keeley, one of the "old guard" racquetball pros of the '70's, Steve Wilson, Dick Jury, Dan McLaughlin, Mark Kozub, and Moby Benedict, all former National Singles champs, either played or checked out the antics of the 217 paddleball entrants.

The game is almost identical

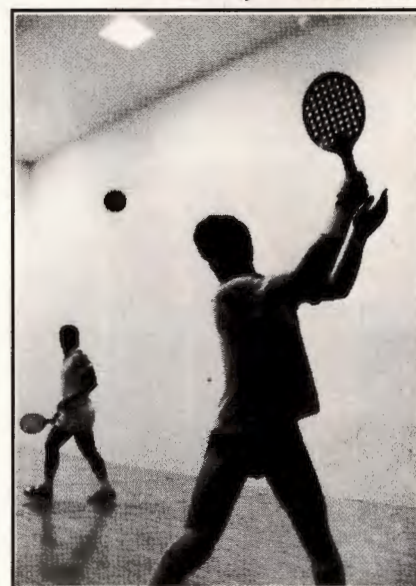
to racquetball in rules, but paddleball players use wooden paddles instead of stringed racquets. The ball is like a heavy racquetball with pinholes, and moves no faster than a drunk bumblebee.

Hogan did not enter the tournament as a stranger to the game. He had played in one other tournament . . . in 1979. That time, he beat five-time National Paddleball Champ Steve Keeley in three games to win the singles title for himself.

Back then, it was a little different. "The paddleball crowd did not give me any respect when I came here eight years ago," he says. "I was a racquetball player who thought he was hot enough to win."

Hogan, as usual did it backwards. Before Hogan, paddleball players moved to racquetball, not from. Charlie Brumfield won the tournament in '69 and '70. Dr. Bud Muehleisen in '66 and '68.

But it was Steve Keeley who really put color into paddleball.



Steve Wilson paddles the ball in the finals with Marty Hogan.

Most racquetball players who remember the tour in the '70's remember him as the tireless retriever who did crazy things like cycle to tournaments, shave his head as a psyche tactic, and win more than his fair share. But as a paddleball player? He was the unknown, unseeded player entering the '71 Nationals with mismatched Converse high-tops.

He knifed through the competition, astounding spectators with his effortless control. He would float lobs into deep court to toy with his opponents until they crossed the fine line between exhaustion and collapse. The galleries cheered crazily whenever Keeley cartwheeled to intercept his opponent's attempted pass shots, then hit pinches from deep court to die on the front wall with soft shrieks. Keeley didn't really *play* paddleball, he performed his art on a 20' by 40' canvas.

Keeley won the singles titles in '71, '73, '74, '76, and '77. So it was heresy for Hogan to take the championship from him in 1979. This year, Keeley was at the tournament only as a spectator, with a vow to leave retirement only under certain conditions.



Tournament co-director Jim Owens, Marty Hogan and co-director Phil Conlin.

"Only if I could play left-handed. I do everything as a lefty now," he says. "I'm trying to exercise a portion of my brain that I never used in thirty-odd years of being right-handed."

Then true Keeleyism kicks in. "You know what my big ambition is? To enter a tournament in both sides of the bracket. One side as a left, the other as a righty. Then ..."

He looks towards a wall wistfully. "... I'd meet myself in the finals."

But the finals, the real finals of '87, belonged to Marty Hogan and a man named Steve Wilson. Wilson had won the championship in '81, '83, '84, and '85. He sat out the '86 season to let his shoulder heal, and to regain inspiration. Hogan was enough inspiration.

Hogan had reached the finals with tough matches over paddleball greats like Mike Wisniewski, Randy Hoyle, and Mark Kozub. Wilson had reached it without trouble. So it became the best in paddleball against one of the best in racquetball — a replay of 1979.

The first game was touch and go, with Hogan taking a slight lead. Wilson's lob serve was nearly perfect, drifting into deep court to jam Hogan's returns. Too often, all Hogan could do was get the ball to the front wall. And when he ran up to cover, Wilson would blister pass shots down the opposite side wall. Hogan though, ran them down, maintaining his control and balance.

Halfway into the game, Wilson was serving at five points to Hogan's 11. After Hogan won a phenomenal rally, he stopped to discuss his first get, then rejected it, even though both linesmen and the referee thought it was good. Wilson served at six, then continued, to gradually tie the score at 17 with a range of kills from all over the backcourt.

The gallery, frenzied at the prospect of Wilson taking the first game, hooted and yelped until Hogan was facing game point, down 17-20.

Hogan waited until they fell silent, then grinned widely and shook his finger at the crowd for ten seconds and said, "**Beware!**"



It was a large and enthusiastic crowd at Ann Arbor.

Not yet, Mr. Hogan. The crowd loved it, but loved the game-ending rally even better. Wilson served and Hogan could

not quite put the ball above his vertical reach. Wilson buried the return with an overhead pinch —

(continued on page 45)

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Bouquet For Colorado Club

Rallysport Health and Racquet Club is a multi-faceted health and racquet club in Boulder, CO. It has 10 racquetball courts, a challenge court, 13 racquetball leagues, an annual St. Valentine's Day tournament and, most recently, a very successful junior program.

Denny Dipaula does what most farsighted club managers do. He turns juniors into future stars — and long-term club members. Junior programs may not always pay off immediately (though sometimes they do), but like stamps, wine and coins, the younger members are able to contribute more as they age.

And developing juniors is a win-win situation. Dipaula and the Rallysport club will benefit from their junior program, but the juniors win too. By starting young (his club has a program for children aged eight and up), the new players not only develop balance

and coordination, but also self esteem and confidence.

Each week, after practicing previously learned skills, a new skill is taught so that as the program progresses the youngsters become proficient in the fundamentals of the sport. Competition is not stressed until the children have learned and practiced the basics, but they are encouraged to compete with themselves. For example, if the child hits the ball in the square on the front wall five times, he wins a soda.

The Rallysport club's program may not be headline news, but on the other hand, it is special to the youngsters who show up on the courts each Saturday during the club's slower times. And, it is a good example of how clubs can ensure the future of racquetball while at the same time making good use of their club's facilities during slow periods.



Above, a study in concentration. Below, Sue Swanson discusses proper racquet position with pupil.



Sue Swanson instructing the next generation of racquetball players at Rallysport in Boulder, CO.



Letters To The Editor

RE: Tempe, AZ PRO-AM

My thanks to Jack Nolan and the Arizona Athletic Club for running a great tournament, the March 25-29 pro stop. The Club staff was very pleasant, cheerful, and hospitable and Jack does an excellent job with his tournament. I've always felt this was the ideal place for a tournament; excellent weather and a fine facility (except for the mike on the glass court). Bring the Nationals (if we ever have one again) back to the Arizona Athletic Club!!

Which brings me to another point. Let's not let the professional racquetball tour flounder. We must keep it going if our sport is to remain viable. No major sport succeeds without its professional players. I've been following the tour for about fifteen years now and the level of play has never been better. Yet we're in a period of apathy about it. Why? I don't know. I could have watched NCAA basketballs' Final Four, but I chose to watch professional racquetball. Am I that much in the minority? I don't think so. The RMA, tournament directors, and club owners need to do a better job of promotion. So what if TV doesn't accept us . . . yet! The news media used to print nice articles when a pro stop came to town. But you tournament people need to promote the sport better, at least call the sports page. Surely if the Fish Report can get in the sports page so can professional racquetball results and schedule. And you RMA people . . . if you want to sell your racquets, you should do something to keep the tour going. As a club owner, I'll buy your equipment when I see the best players in the world using it . . . not because some sales rep comes knocking at the door. Amateur players and amateur tournaments are great, but amateurs in any sport need professionals to look to, and see how good they can eventually be.

Vance Lerner
Riverside, CA

Thanks Steve

Your magazine has been a source of pleasure to me in helping to increase my appreciation and enjoyment for racquetball. I read, with great interest, your article, "Racquetball at its Best", about Steve Strandemo's racquetball camp in Coronado, CA. After reading it, my initial reflection was simply "Amen! That article was quite timely as I had just spent four phenomenal and fantastic days with Steve in Philadelphia at one of his camps.

As a teacher, he embodies all of the superb qualities one could wish for; knowledge, enthusiasm, passion for the game, the ability to convey and organize his information and lastly, but most important, a genuine concern and desire for his students to improve. His camps offer something for everyone, from novice to pro; with his students leaving exhausted but more knowledgeable and more deeply committed to our sport!

Steve is doing much for this sport at the grassroots level to insure not only that racquetball will survive, but flourish with more skilled and courteous and dedicated players at all levels. Steve deserves our respect admiration and congratulations. Steve, thanks for everything!!

Bob Mirsky
Livingston, NJ

Women Pros On TV Too

In a response to a letter to the editor in your April issue, you indicated that the only professionally taped racquetball event was the Ektelon Nationals. Not so! The WPRA National Championships have been taped and televised by Home Sports Entertainment for the past four years. The tapes are then syndicated through many sports stations, including New York Madison Square Garden, Texas Cable Network, Detroit Sports Channel,

Washington/Baltimore Sports, Los Angeles Prime, and Home Sports Entertainment in Dallas, Fort Worth, Houston, San Antonio.

Further, this year's Atlanta pro stop, the Pizza Hut/AT&T Racquetball Challenge, was taped for regional telecast and syndicated through the same network.

The WPRA's increasing exposure through television is due to sponsor support, WPRA promotional efforts, Home Sports Entertainment, and requests from viewers for more WPRA tournaments! The WPRA looks forward to a full series of televised events within the next year or two. Your readers can consult their area cable sports stations for our action. WPRA is bringing racquetball to millions of viewers!

Caryn McKinney
WPRA President

I Just Had To Write

I read an article in your April issue called "No Diving Allowed". I believe that it says that there should not be diving allowed (a new rule). I disagree. I have the article right next to me as I am writing this letter. Jean Sausser is the lady who wrote this article. I know I'm only 12 years of age but it doesn't matter because I'm in the top C's and low B's, and yes I do dive and I've been told I'm pretty consistent. People have told me that I could get everything but of course that is an exaggeration. People have told me I dive far too much. Again I disagree. In National Racquetball I've read plenty of things, but this really hit me. I would like for this article of mine to be in your magazine.

Jason Mannino
Staten Island, NY
p.s. Thank you

Editor's note: We are interested in everyone's opinion and always pleased to hear from our younger readers. ○

Product Showcase



Where There's Smoke

The Smoke is a shoe designed for the performance racquetball player who demands comfort and stability. The upper is a combination leather and mesh offering support and breathability while being extremely lightweight.

Midfoot 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 solid rubber outsole has a concentric circle design for greater traction in all directions with less strain to the leg while pivoting. Available in white, royal blue, black. Suggested retail is \$44.95.

For more information contact: Kevin Brown, Nike, 3900 S.W. Murray Blvd., Beaverton, OR 97005, (503) 641-6453. ○

Visual Skills Training Program

Professional athletes know how to keep their eye on the ball. They train their eyes, just as they train the rest of their bodies. The championship performances of many sports' superstars, including hockey goalies Billy Smith and Kelly Hrucey, golfer Nancy Lopez and tennis players Ivan Lendl and Virginia Wade, are due, in part, to specialized visual skills training provided by Dr. Leon Revien, a visual skills expert. Dr. Revien's pioneering techniques have also been used by the New York Yankees, the New York Islanders and the New York Jets.

Until now, visual skills training could only be afforded by pros. With the introduction of Pro-Vision, a new interactive video disc visual skills training program, which includes several three-dimensional procedures, Dr. Revien's proven techniques will be available to health clubs, college and high school athletic departments, sports camps and individuals, as well as professional teams.

"ProVision will make visual training a vital part of overall athletic conditioning," says Dr. Revien, president of Visual Skills, Inc., a public company.

According to Dr. Revien, eyes must be trained to respond properly to an object hurtling toward the individual at a high rate of speed. "An individual's QAMSS quotient — the quality, accuracy, magnitude, speed and smoothness of delivery of visual information to the brain — determines the character of response. Only with high-caliber QAMSS, can an athlete return a serve as powerful as one fired off by Boris Becker."

"I developed ProVision so that visual training could be undertaken without making use of a private trainer in attendance," Dr. Revien says. The core of the program is contained on an interactive laser video disc, which includes a ten "chapter" sequence



of techniques and exercises. The equipment in the ProVision package includes the disc, an interactive videodisc player with a 26 inch color television monitor and a specially adapted stand. In addition, Pro-Vision includes a cord ball training kit, a strobe light used in several of the training procedures and a complete visual training manual.

For more information, contact: Visual Skills, Inc., 10 Jeffrey Lane, Great Neck, NY 11020. ○

Product Showcase

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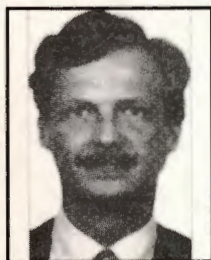
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Improving your game means improving your strength, so Ektelon, whose Cabretta Sheepskin Racquetball and Handball gloves have become sports standards, now produces an incredibly tough yet comfortable weightlifting glove — the Cabretta Sheepskin Weightlifting Glove. Specially treated to stay soft, the Magnums naturally tacky, moisture resistant sheepskin also prevents slippage, ensuring maximum grip on every lift. Padded palm and thumb areas protect the hand, and the pliable sheepskin, elastic wristband adds to lifting comfort. An expandable, double strength nylon mesh backing promotes dry hands and ensures freedom of movement. A special tanning process allows leather to dry soft and supple. Reinforced stitching increases durability, and nylon mesh inserts between fingers allow breathing for more comfortable fit. Suggested retail price is \$14.95 per pair. For more information, contact: Ektelon, 8929 Aero Dr., San Diego, CA 92123 or call: (619) 560-0066. ○

Association Roundup



Jim Hiser



Caryn McKinney



Luke St. Onge

AARA

New Directions

by Luke St. Onge

This spring, three major events have brought us closer to becoming an Olympic sport.

These past columns have dealt with the tremendous expansion of the AARA membership programs and services. There is another phase to our development and that is to spread and support the development of racquetball worldwide. Racquetball is now contested in over 50 countries and the United States is the vanmark and leader in this most important development. The question we receive the most is what's happening to racquetball and the Olympic movement? 1987 may prove to be the year of acceptance for our sport.

In February, the U.S. National Team, headed by Ed Martin as National Coach and Keith Calkins leading the U.S. Delegation, went on a Goodwill Tour of Europe. After we traveled through France, Belgium, Germany, Netherlands and Switzerland, two of our team members, Andy Roberts and Toni Bevelock, along with the U.S. Delegation, traveled to Barcelona, Spain. There they put on an exhibition for the Olympic Organizing Committee for the 1992 Olympic Games. The sport was extremely well received and was a major step towards the inclusion of racquetball as an exhibition sport in 1992.

At the Annual Awards Banquet of the United States Olym-

pic Committee, the World Champions of Racquetball, Egan Inoue and Cindy Baxter, were honored in person along with 76 other selected athletes from all amateur sports. It was truly a proud moment when Egan and Cindy received a standing ovation from over 300 of the top sports people in the United States.

I just had the pleasure of

And the U.S. Delegation, headed by Michael Arnolt, not only dominated the play by winning the Men's Open, Open Doubles, Men's 40+, second in Women's Open, and the traveling cup, but made lasting friends with players attending from 13 countries.

attending the Second Tournament of the Americas in Caracas, Venezuela, where Egan Inoue and Mona Mook competed on behalf of the United States. The U.S. Delegation, headed by Michael Arnolt, not only dominated the play by winning the Men's Open, Women's Open - 2nd place, Open Doubles, Men's 40+, and the traveling cup, but made lasting friends amongst the 13 attending countries. A major meeting of the Pan American Racquetball Confederation was held which plotted out strategy for inclusion in future Pan Am Games.

Coming up in the balance of this year will be the Pan American Racquetball Championships at the Olympic Training Center. The September 17-20 tournament will fea-

ture the best athletes in racquetball from over 15 countries. The 4th Executive Committee Meeting of the IARF will meet as well as a General Membership Meeting of the Pan American Racquetball Confederation.

In October, the General Association of International Sports Federations will meet in Colorado Springs. GAISF is the major worldwide body of sports made up of over 63 sports federations, IOC, and many National Olympic Committees. The IARF will host a racquetball exhibition as part of this meeting thus introducing racquetball to over 153 different country officials that may have never seen racquetball before. During the 1988 Winter Olympics in Calgary, a similar exhibition has been planned.

For racquetball to become an Olympic sport one of our major goals, much planning, politicking, and plain hard work, must go on. We are taking all of the right steps and we welcome your enthusiasm for the effort. ○

RMA

Cutting Away The Confusion

by Jim Hiser

At every professional event this year I attempt to take a few minutes between games to explain to the spectators the differences in rules between the professional and amateur game. As with

(continued on page 36)

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The Legal Screen Serve:

A Closer Look

by Brad Kruger

Brad Kruger is a former Canadian National Junior Champion and National Open Doubles Champion. He is a journalism graduate from San Diego State University and currently a teaching pro in Vancouver, Canada.

Bruce Christensen has been called racquetball's greatest server of all time. Christensen's 6'4" frame and an eight foot approach got so much UMPH behind the serve, it was simply impossible to see. It was during an early round in a Las Vegas pro stop that Charlie Brumfield learned just how good this blistering serve was. Facing each other on the championship glass court, Brumfield later compared receiving the serve to being blind. "I ended up playing by sonic radar alone!" Brumfield explained, "If the ball ka-racked only once, I knew it had to

be a drive serve . . . and it was a Z-serve if it ka-racked twice. I was screaming for my white cane!" Needless to say, Brumfield did not win the match.

While Christensen's serves were phantom nightmares on glass walls, he was hardly dependent on just speed. On solid white-walled courts, things grew even worse. He hit his serve with less pace, and more direction . . . making it somehow even more difficult to see. Christensen was the first person to consistently hit the *legal screen serve* — a serve that crosses the short line over four feet away from the server's body, but still cannot be seen by the receiver. Since then, the legal screen has filtered down through the ranks. And if you've ever been on the receiving end of this serve, you know just how frustrating it can be. Swatting at flies, as they say.

Before we analyze the sure-fire techniques behind consistently blasting a legal screen, and follow that up with a proof-positive method for the receiver to return it, we should investigate just how a contradictory term like "legal screen" is possible.

Think about it: *legal screen*. How can a screen be legal? The answer hides in the sometimes vague, always entertaining pages of the rulebook, Rule 5.B on dead-ball serves. The rule reads: *Screen Serve: passes so closely to the server, or server's partner in the doubles box, as to obstruct the view of the returning side.* (emphasis mine)

A legal screen serve, then, is any ball that does not pass "so closely" past the server's body.

How close is "so closely"? Nobody really seems to know. Ask someone. Chances are you'll get some strange looks, and even

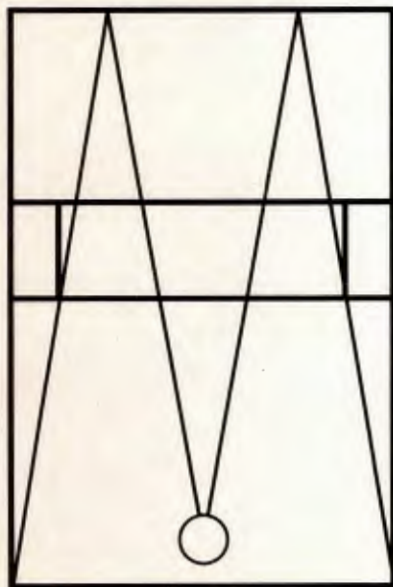


Figure One shows the receiver's line of sight for a serve directed at either rear corner.

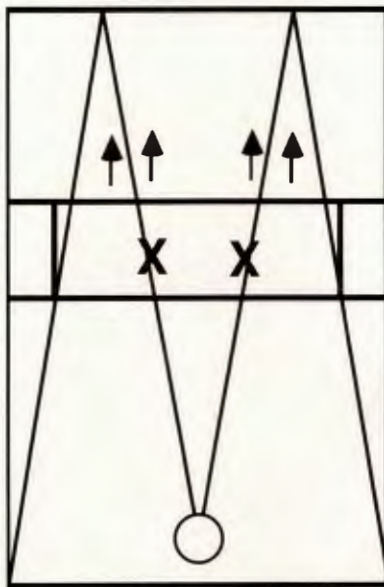


Figure Two shows exactly where the server should stand in order to properly hit a legal screen serve.

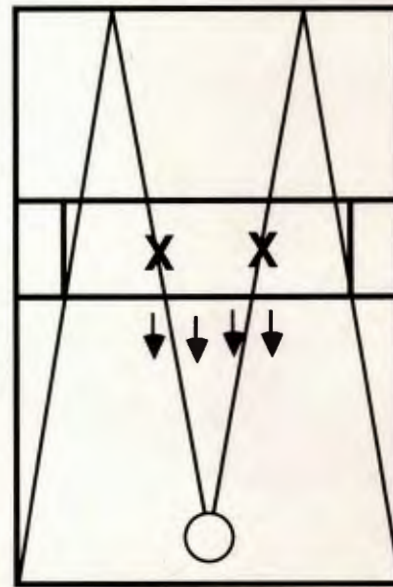


Figure Three shows the direction of movement the server should take after contact with the ball has been completed. The server should move toward center court along the receivers line of vision — extending the legal screen's effect for an optimal time period.

stranger answers: "18 inches" is too close, or "a racquet's length," or . . . well, you get the point. The answers have about as much accuracy as a fisherman boasting about the one that got away.

The important thing is how the referee calls a screen serve. In most cases, the referee weighs his call against one factor: what chance did the receiver have to return the serve. If the serve wasn't so great, and the receiver doesn't move for it, a replay is usually ordered. But, if the serve was great, a point will probably be awarded . . . regardless of whether the receiver could see the serve. "He wouldn't have made the return," most referees think, "even if he could have seen it."

Anyway, the rules are ambiguous, and this spells loophole. As they say, there are no problems, only opportunities. You can either complain about the grey area, or you can exploit it for everything it's worth. One man's nightmare is another man's fantasy.

How to Hit The Legal Screen Serve

Before leaping into the basics of hitting or returning legal screen serves, you must understand the mechanics of how it works. Somehow your serve must cross the short line not "so closely" to your body to be called a screen, but still blindfold your opponent.

To hit the legal screen serve, two angles must be considered: the angle of the serve as it flies toward the front wall, and the angle of your opponent's vision of the same shot.

The rules do little to prevent the legal screen serve because the screen actually occurs much earlier — before the ball even struck the front wall!

As server, you are trying to block the receiver's vision of your serve *as the ball flies toward the front wall*. The objective is to hide the entire serve until the ball rebounds off the front wall, until close to the front of the two service lines.

The receiver's line of vision,

then, is of utmost concern. When hitting the serve, determine exactly what his line of vision is to the front wall, and then block it. Here's how.

We can assume that as server, you are trying to blast the ball toward one of the rear corners. To hit the legal screen, simply look at your intended angles, but do this *through the eyes of the receiver*. How would he see a shot directed to the same rear corner? (See diagram one.)

Once you've determined the angle of your opponent's vision, you need only to begin and complete your service motion on the line of the receiver's vision to the ball as it travels toward the front wall. (See diagram two.) If the angle of the serve is true toward the rear corner, the receiver will not see the ball until it has hit the front wall and rebounded at least a few feet. By then, of

course, he has hesitated and the legal screen serve has been effective. Best of all, the receiver has no legal recourse because the serve truly did not pass "so closely" to the server's body.

For those zealots who want even more of an edge, add more fuel to your legal screen serve, and extend the receiver's blindness even further. After hitting the serve, rather than moving directly to the center of the court, choose a different course. Move toward center court position directly along the line of the receiver's original line of sight. (See diagram three.) This accomplishes three objectives: (1) it moves you even further away from the ball as it crosses the short line, without improving your opponent's sight of the ball, (2) it moves you closer to center court, and (3) it extends the duration of the receiver's blindness. Ultimate-

(continued on page 50)

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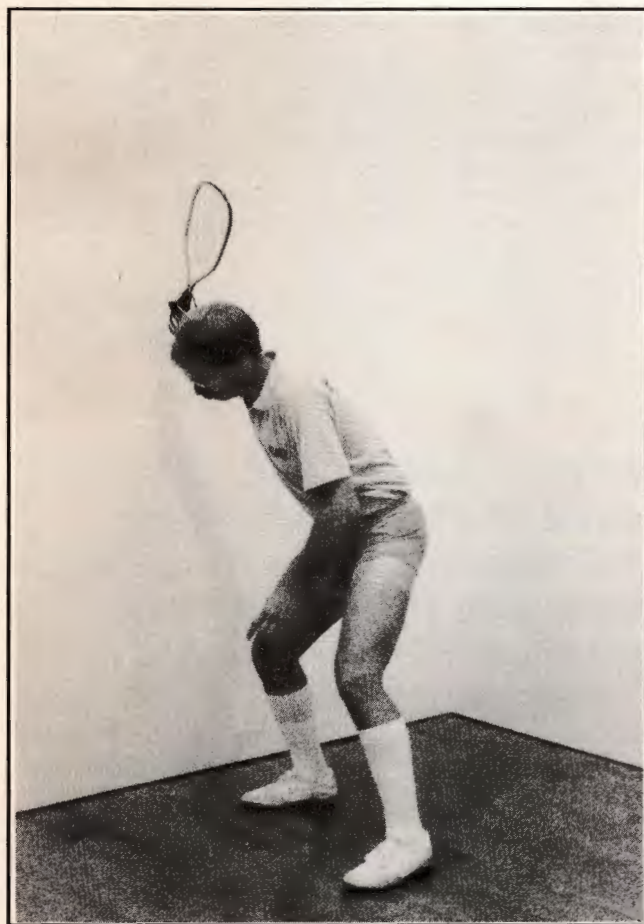
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Back Wall Play for Beginners

by Lou Fabian

If you simplify racquetball into the four areas that control 95 percent of the game (serve, return of serve, backcourt play, and midcourt play), it becomes obvious that one skill is crucial to scoring points — back wall play. In each area, except for serving, knowing how to take advantage of your opponent's back wall mistakes properly will make the difference between winning and losing.



Waiting — racquet high and ready.

Knowledge of proper back wall techniques, and then practice, will give you the key to mastering this skill.

Beat the common mistakes

Judge the arc of the ball properly. Too often players underestimate how far the ball will carry from the back wall. By standing too close to the back wall, players have to chase the ball and hit while running. It forces shots to be played to high.

When players over estimate the carry of the ball, they are forced to reach backwards, either hitting the ball weakly to the front wall or hitting it

into the back wall for a desperation save.

Prepare your racquet. Waiting to take the back wall shot with a lowered racquet forces quick and incomplete swings, and that leads to a variety of bad shots. Instead, wait with the racquet at the top of your swing, which you can find with practice strokes in front of a mirror.

Let the ball drop low into your contact zone. By rushing your shot and contacting it high, you also leave the ball high on the front wall and easy for your opponent to cover.

Give yourself the right amount of room to swing. If you swing with the ball too close to your body, you will jam yourself, taking power from the stroke and putting you off-balance.

By swinging at balls too far away from your body, you have a wild, straight-armed swing that leads to weak and uncontrolled shots.

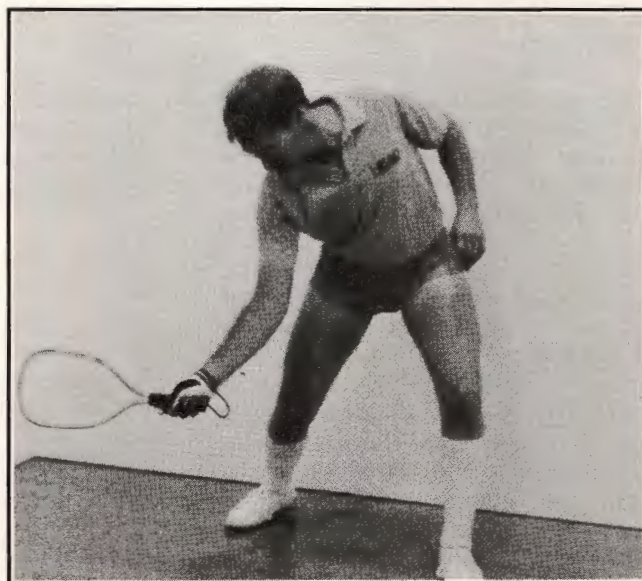
Position yourself with care. It takes experience, to be sure. But also consider the ball speed and bounce of court surfaces. Slow balls and dead walls greatly reduce the number of back wall shots, as well as shorten the distance you should be waiting from the back wall. And of course, lively balls and fast court surfaces do the opposite. The best time to check it out is during warm-up.

Remember to stay alert. This applies to all parts of your game, but it never hurts as a reminder.

The Best Way to Practice

Use the back wall toss to develop rhythm and move your body through the shot.

For the forehand, stand about six inches from



Moving with the ball — sideways shuffle maintains stance.



Follow through to the front wall.

the back wall and face the right side wall (right-handed players). Hold the ball in your left hand and toss it straight at the back wall, about three feet high. The ball should rebound straight out and pass about six to nine inches in front of your body.

Shuffle sideways on your toes in synchronized

rhythm to the movement of the ball. Permit the ball to bounce once, then catch it with your left hand (even though it seems more natural to use your right hand) as the ball drops again. Catch it about ankle high, just inside your left (front) foot. This corresponds to the contact point when using a racquet. Let your body follow through the contact point at least one full step. Finish by facing the front wall with your follow through, then move to center court to cover the imaginary return. Repeat this drill until your body automatically moves forward in synchronization with the ball.

For the next step, do the same thing, except as you move, have your racquet high and ready. Then, after catching the ball, stop and swing your racquet down to the ball you are holding in your left hand. It may seem awkward and slow, but it emphasizes to your body to reach low and stretch.

Finally, do the drill and hit the ball straight ahead. Now your left hand should be swinging in synchronization with your racquet swing, but ahead and out of the way. This emphasizes the shoulder turn you should be making to hit with power. *The major point of the drill is to keep your body moving, with the ball, toward the front wall.*

All new skills take practice. With patience, you will learn to feel comfortable with the movements that make for consistent back-wall shots. Remember, have good position from the back wall, early racquet preparation, and patience to let the ball drop to the same height of contact every time.

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Association News

(continued from page 30)

many other sports, racquetball has many differences in rules between the two.

I feel many of those differences are unwarranted, created mostly through acceptance of previous philosophies and a lack of communication between the governing bodies.

These are some of the major differences I discuss with interested spectators:

Service box rule — The professionals have adapted a restricted service box (three feet from the side wall) to eliminate screen serves down the same side. The AARA will vote for the same rule, but with a four foot restriction.

The rule is good, and has been effective in stopping controversial screen serves. Although four and five foot restrictions are also used experimentally, I have found that the three-foot-line accomplishes the intent of the rule. If this is the case, why confuse the issue with different standards between the professional and amateur games? If both organizations agree a new rule is indeed valuable, then at least a common boundary should be used.

Server leaving the service box — In the amateur game, the server cannot leave the box until the served ball passes the short line, while professionals may leave the box immediately after hitting the ball.

Although many believe it is safer to restrict players to the service box, my experience says otherwise. The AARA rule was *not* created to guarantee safety, but to eliminate the server from intentionally stepping out of the box to get a foot fault serve on bad lob serves. Instead, it now restricts the server to a confined area and actually decreases his or her ability to move away from the return shot. By allowing the server to leave the box, the referee no longer has to make decisions on the back-line-foot-fault.

Screen serves — The amateurs will soon vote on making a screen serve a fault. This seems reasonable, since some screens

are bad serves. Giving the server another chance then, is rewarding him for the mistake. The Canadian rule gives the receiver an option to return "set-up" screen serves, but that may add confusion and make the screen serve call more debatable.

I would like to see the professionals adapt the amateur idea of screens as fault serves.

Continuation rule — In both games, the referee's call

Although many believe it is safer to restrict players to the service box, my experience says otherwise. The AARA rule was *not* created to guarantee safety, but to eliminate the server from intentionally stepping out of the box to get a foot fault serve on bad lob serves.

stops play immediately. But in professional matches, if the call is overturned, the shot that would have followed the stop in play is considered.

In other words, if the referee calls a skip ball that is successfully appealed and reversed, it must be decided if that shot could have been retrieved. If so, the overturned call becomes a replay.

But if the "alleged skip" is ruled as good, and had virtually rolled out, as is often the case, the appealing player is declared winner of that rally. This seems to be logical, because then players aren't penalized for a referee's incorrect call.

Eyeguards — Amateurs will also vote on making eyeguards compulsory at tournaments. The professionals should consider this as well, and accept responsibility as leaders in our sport. Unfortunately, they still seem to resent that change. It will be tragic if they wait until someone is seriously injured to change the present rule.

Although there are other differences, these five rules could be easily changed to make the

amateur and professional games more alike. It would eliminate some of the present confusion, and help make both aspects of racquetball even more acceptable to everyone. ○

WPRA

Around-The-Walls With the WPRA

by Caryn McKinney

The WPRA is pleased to announce the appointment of John Samford as tour commissioner for the WPRA. Samford, a native of Texas, owns a public relations firm in the Dallas/Fort Worth area. As former public affairs director for Mothers Against Drunk Drivers (MADD), he brings more than 20 years of public relations and marketing experience to our organization.

"It's a pleasure to serve as WPRA commissioner," John said. "The organization has a tremendous opportunity to reach more people, especially women, for the sport of racquetball." Samford has worked with professional athletes and sports-related groups in the past, developing public relations/publicity projects, so he has a good feel for potential.

Lynn Adams, our top-seeded player, feels confident with the WPRA's choice. "This is the first time in a good four or five years that I have been really excited about where women's racquetball is going," she said. "Part of that is due to John's affiliation. We finally have someone who has the tools and the capability of moving us in the direction we want to go."

Although John feels we have done an excellent job putting our current program together, he has plans to build a management system and implement new procedures for Tour expansion, as well as promoting racquetball to men and women of every age. We're certainly glad to have John on our side! ○

Military Upset

It turns out that Henry Carbajal was the military secret at the Grand Opening Tournament for Misawa's new racquetball complex in Japan. While Japan's sixth-ranked Shigeku Shimada placed first as expected in the women's open division, Carbajal won a semifinal match over the heavily favored Randolph McDonald (see April, 1987 issue).

Carbajal picked a good time to be a tournament surprise; with more than 114 military players from Misawa and Yokota Air Bases, and a seven-person Japanese team from Sendai, it was one of the biggest ever racquetball tournaments in the far east.

Carbajal's upset was a pleasant surprise to the other finalist, Ed Hageman. "I had psyched myself up throughout the entire tournament getting ready to play Mac," he said. "I honestly felt, that if I made the finals, it would be against him."

"We have so many quality players on this base now, that in most cases it boils down to who is in the right frame of mind during any given match. And Mac is such an intimidating power player that, yes, it gave me a little boost when I found out I was playing Henry instead."

The finals were not anticlimatic with Carbajal there instead of McDonald. The first game went to Hageman 15-14, and then he closed the door by taking the second game 15-11, to win the A Division.

With his win, Hageman, who has been playing racquetball for only five years, finds himself temporarily on top of the heap at Misawa. But it's a position he says is precarious at best.

"I guess, right now, I consider myself the best here. But it is a tournament-by-tournament, match-by-match thing."

The presence of the Shigeku Shimada, as the number six ranked player in Japan was seen as a coup for tournament director, Bill Demattia. He said it "gives the Misawa racquetball program a real boost."

Other winners in the three-day single-elimination event in-

cluded John Larusso in the Men's B, Paul Mueller in the Men's C, and Demattia in the Senior's Division. Demattia's son, Craig, took top honors in Junior's, and the elder Demattia teamed up with Hugh Doherty to capture top prize in Men's Doubles.

On the women's side, Judy Berry won the B event. Cathy Fougere teamed with Lauren Feldman to beat Shimada and her

partner Mizuho Takahashi for the double's crown.

Looking back at the tournament, DeMattia said, "The thing I'm most pleased with is that we had 16 entrants in the junior's division. These were kids who ranged in age from 12 to 15."

"I think that it shows there's a real interest in the game among the young people at Misawa. I'd like to see that interest grow."

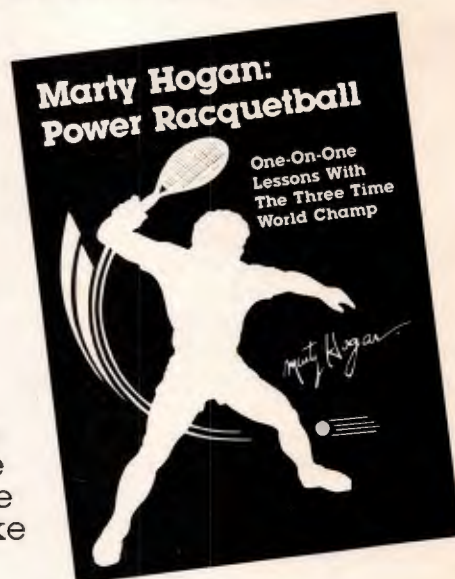
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Nine Tips For Handling The Pressure of Competition

It's a crucial point in the game and the outcome hangs in the balance. You've been here before and your mind and body remind you of the unpleasantness . . . the self-doubts and concerns about losing, the tightness across your shoulders and neck, the lump in your throat, and arms and legs that suddenly feel like stone. Your mind barks instructions to your body to relax, but no one's listening. And to make matters worse, it always seems that in these situations time is speeded up. Before you know it you've skipped that easy set-up into the floor, lost your cool, and along with it, your self-confidence.

While some nervousness and butterflies are natural and actually necessary for you to play your best racquetball, too often the important matches or big points make us too nervous. When the pressure is turned up to high, it's not unusual for our muscles to respond by tightening up and for our breathing to become progressively shallower. In addition our thoughts speed up, making concentration virtually impossible. Emotions such as anger and frustration tend to get the better of us at these times. For you, as a racquetball player, the combination of these physical, mental and emotional changes can be devastating to your game. Tight muscles and shallow breathing interfere with the smoothness and power of your stroke production. Your ability to set-up suffers as your footwork and anticipation slow down. With excessively tight muscles you tend to tire more easily and are more prone to injury. Without the ability to concentrate and with your emotions out of control your performance totally falls apart. You are easily distracted, your shot selection and overall strategy are impaired, and the self-doubts start creeping in.

So if your game tends to abandon you just when you need it the most, don't despair. There are things you can do to get the ice water flowing through your veins during those crucial points.

Understanding pressure first you need to understand that opponents, mistakes, bad calls, or pressure points don't make you tense. You make yourself tense! It is not what is happening to you, or around you that tightens you up. Instead it is your response to these external events which is the real culprit in determining your level of tension.

Here are nine on-the-court strategies which will help you take control in those tight situations and keep yourself physically and mentally calm.

1. Slow your breathing down and deepen it in between points — when we're tense our breathing tends to become more rapid and shallow. Since breathing is usually the first place where tension hits, by learning to control the depth and rate of your breathing before serve or return you will be able to maintain a relaxed state.

2. Slow yourself down in between points — under pressure we have a tendency to rush too much, causing us to lose control of our game. Walk slowly, in between points, take more time to retrieve the ball and in setting up for both serve and return-of-serve.

3. Stay in the present — one of the biggest causes of tension for racquetball players is their tendency to leave the present and get hung up either in the past or future. Concerns about a missed shot, blown lead or thoughts about the outcome of the match disrupt a player's concentration. Play one shot at a time to stay loose and perform at your best.

4. Play your own game — under pressure it's not unusual to suddenly find yourself changing your game, playing your opponent's game, or using shots you rarely practice. Do what you do best. Stick to your own game plan and use the shots that work for you.

5. Tighten tense muscles to loosen them — if you are feeling muscle tension in any part of your body during the match, a quick way in between points to relieve this tension is by deliberately tightening up this area even more, holding the tension for 10 seconds, and then letting go.

6. Play against yourself to do your best — a preoccupation with your opponent and winning or losing takes you out of the present and further increases the competitive pressures you feel. If you compete against your own potential you will be far more relaxed and perform better.

7. Make your matches fun, especially the important one — if you are not enjoying competing then you are probably too tight, both physically and mentally. One of the characteristics of an exceptional racquetball performance is that the player totally enjoys the experience. Remember first you have to have fun then you can play well or win.

8. Check for "Death Grip" — when a racquetball player is under competitive pressure there is a tendency to squeeze the racquet too tightly. Since over gripping will interfere with control and power, keep your playing hand loose in between points and continually check for excess tension.

9. Check for "Lockjaw" — another place where racquetball players tend to feel the effects of the big point is in the jaw muscles. In between points make sure that your teeth are unclenched and your jaw is loose.

Remember, while you have little to no control over events and circumstances that generate competitive pressures, you have total control over how you choose to react to these pressures. Use these strategies to help yourself stay loose and play well.○

Passing Shots

by Norm Blum



Yellen's No. 1 in her book — It comes as no surprise to **Lynn Adams** why her **Ektelon** teammate, **Mike Yellen**, has finished No. 1 the last four years. When Yellen travels to California he and Lynn often work out. Adams says she has played other men pros and, while they eventually wear her out with their power, she can give them a game. Not true with Yellen. "I'm exhausted after playing Mike. He moves the ball around so well I find myself running all over the court. He's just amazing," Adams said . . . How versatile is Marty Hogan? He showed his athletic prowess by recently winning the national paddleball championships. Marty is also quite a tennis player.

Summer Camps — With the summer here, an ideal way to hone your game is by attending a weekend or week-long camp. Perhaps the two best known camps offered are by **Steve Strandemo** and **Lynn Adams**. Adams is offering separate junior and adult sessions at **PRP Westside Racquetball Club** in Bradenton, FL. Juniors won't have lodging costs to worry about. They'll be able to stay at the club or in members' homes. For details call **Pat Powers** at (813) 792-7383.

Troubles On The Horizon — You can tell a club is failing when the locker room is dirty and membership fees are drastically reduced. Folks, think twice before purchasing those too-good-to-be-true \$99 yearly memberships which include court time. You can take this to the bank: the owner will sell as many memberships as possible and then bolt town.

Club owners feel industry

leaders aren't visible enough and there's no forum for them to offer their opinions. That was well documented at the annual **International Racquet Sports Association Convention** last March. More than 500 booths were on display, but few racquetball-related manufacturers were present. "It was tremendously disappointing. Unfortunately the companies felt it wasn't worth their while," said IRSA board member **Dean Kachel**. "They blew it." . . . Last year suntanning booths barraged the convention floor. This year computer software companies were prevalent. Software packages are catered to club management and fitness equipment.

Potpourri — You have proof a player hits the ball hard when a ball mark bruise remains on your leg after more than three months . . . Orthopedic surgeons say thumbs down to those rubber devices that you wrap around your back and leg to keep warm. "Your throwing away your money. The best way to warm up is to stretch out for 15 minutes. If you plan on stretching for 15 min., you'll probably end up doing five minutes worth," one orthopedist said . . . The souvenir sweatshirts given at the **AARA National Singles** were extremely popular.

Biggest misconception racquetball enthusiasts have is that pro racquetball players do nothing but play racquetball. Top-ranked **Lynn Adams** spends her spare time quilting. "People are shocked when I tell them," Adams said. By the way, Adams' sister, **Laurie**, isn't a racquetball fanatic but is an excellent athlete. She has a volleyball scholarship at a

(continued on page 50)

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European Tour

(continued from page 23)

memorable tour of the town until late into the evening.

Day 10 — At this point the team was split in two. Seven of us went to Barcelona, Spain, home of the 1992 Olympic Games, and six remained in Germany through Monday evening to hold clinics at the Jenfeld club.

The team members remaining in Germany included Trina, Dan, Doug, Jack, Tom and Larry. After completing their clinic Monday evening they once again returned to their host's homes for their final evening in Germany before going to Switzerland.

The group which traveled by plane to Spain consisted of Keith, Gigi, Ed, Andy, Toni, Lee and I. Also with us was Thomas Knaak of the German Racquetball Team, along to perform in the exhibition for the 1992 local Organizing Committee.

We were greeted at the airport by the energetic Angel Ortega, a driving force behind racquetball in Spain and president of the Spanish Amateur Racquetball Association. Also with him were Dineke Kool, a Dutch team member, and other members of the Spanish Association.

We were driven to a local hotel for a four day stay. A few of us went on a quick shopping spree and returned early enough to be taken out for a true Catalan dinner. (Barcelona is in the Catalonia region has it's own diet, and language based on the Spanish language.)

Day 11 — The team members still in Germany continued on their way, boarding the train headed for Zurich, Switzerland. Their long train ride ended in the evening when they were met by the Swiss delegation.

The group in Spain went to courts outside Barcelona to begin a series of clinics and exhibitions which extended into the early hours of the evening.

The evening was an important one. The IARF delegates, including Han and Keith, met with Josep Lluís Vilaseca I Guash, who sits on the committee which will

make the decision which sports will become exhibition sports at the 1992 summer Olympics.

The meeting was followed by a singles and doubles exhibition.

The exhibition was one of many steps necessary to receive the Class A status and the Olympic recognition we desire.

Day 12 — Once again the group in Barcelona began a day of exploring and shopping. The old, rustic city has a variety of modern shopping centers and many small specialty stores along the narrow streets. Cathedrals built in the 1700s stood among the shops and apartments, leaving no open land.

Every street was extremely busy, lined with small noisy cars and people walking and milling around everywhere. Few store clerks understood English, but we managed through motions and broken Spanish phrases to get our questions answered.

In mid afternoon we went to a small town called Igualada which was up in the foothills northwest of Barcelona. The club, called Squash Igualada, was small with one racquetball court, four squash courts, a bar and restaurant. Exhibitions were presented by the French delegates who were traveling with the U.S. team members, and the local tennis pro and squash champion. Many from the city turned out for the exhibitions and clinics, and it was a great success. Dinner that evening was served at the local city center.

The group in Switzerland met on Wednesday morning at the club, and drove to the mountains to ski. Their hosts lent them ski equipment; for many of the team members it was a first-time experience.

That evening the team members held a clinic and exhibition in Agertic, a small Swiss club with one court.

Day 13 — Our final day in Spain was spent packing, followed by last minute shopping and touring. At 5 p.m. we began a very long two days of continuous travel to return home.

The tour was truly a great success, and it was evident almost immediately. Excitement was gen-

erated for those already involved in the sport, and many political leaders were educated and introduced to racquetball who might have otherwise never learned the sport.

The most gratifying portion of the tour came when the European tournament players expressed their pleasure and thanks for our visit. Many had never seen the game played at such a high level before. Seeing the exhibitions, and participating in the clinics left them with new visions and higher goals that now seem attainable.

The team members and coaches had dedicated themselves to the tour for 12 long and intense days. They gave 12 exhibitions in six countries and organized clinics for over 200 people.

Keith Calkins proved to be a great delegate and excellent leader. He never tired and was always ready for the long promotional hours.

The importance of the European Tour and future tours, goes beyond Olympic recognition and Class A status. This will come in time with the development and the promotion to which we are now dedicating ourselves. But, if we want our sport to survive, it is important that we develop and promote it all around the world.○

Results of the First European Open

Men's Open

- 1 Dan Obremski, USA
- 2 Andy Roberts, USA
- 3 Doug Ganim, USA
- Tom Montalbano, USA

Men's A

- 1 Paul A. Ruth, USA
- 2 Gary Spraggins, USA
- 3 Marc Scheffler, GFR
- 4 Ulli Libbertz, GFR

Men's B

- 1 Bernd Hartmann, GFR
- 2 Lee Frederickson, USA
- 3 Antonio Bebia, ESP
- 4 Matthias Drieschner, GFR

Men's C

- 1 Peter Hutter, SWI
- 2 Ralf Klinke, GFR
- 3 Daniel Bell, USA
- 4 Ralph Tittel, HOL

(Results continued on page 48)

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The American Racquetball Instructional Camps combine the finest playing and teaching professionals in the game today with the latest technology in racquetball instruction. All ages and levels of players will benefit from the five full days of instruction. Each day consists of lectures, exhibitions, play sessions, strength training, video taping and on-court personal instruction from the knowledgeable staff. Save yourself years of frustration, its time to move ahead of the pack!

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World Doubles Champion
Ranked Professional

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Egan Inoue

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Todd O'Neil

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World Doubles Champion
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Six-time Nat'l Singles Champion
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Head Coach Sacramento State

Doug Ganim

U.S. National Team Member
National Juniors Champion
National Doubles Champion

Dan Obremski

U.S. National Team Member
National Doubles Champion
Ranked Professional

Mary Dee

U.S. National Team Member
Ranked Professional

Bill Sell

Finalist National Doubles
Ranked Professional

1987 SUMMER SCHEDULE

WESTERN USA

SACRAMENTO, CA

- June 3-7
- June 10-14

LAKE TAHOE, NV

- * ■ June 17-21

DENVER, CO

- June 24-28
- July 1-5

ALBUQUERQUE, NM

- July 8-12
- July 15-19

EASTERN USA

GRAND RAPIDS, MI

- July 22-26
- July 29-August 2

MANCHESTER, NH

- August 5-9
- August 12-16

PHILADELPHIA, PA

- August 19-23
- August 26-30

ARLINGTON, VA

- September 2-6
- September 9-13

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HEAD
RACQUET SPORTS

Penn
Racquetball

A'ME

Mile High State To Host International Competition

National teams from Colombia north to Canada will enjoy the crisp and cool beauty of a Rocky Mountain autumn during the first ever Pan American Racquetball Championships to be held in the U.S.

The site was awarded to Colorado Springs, CO during a meeting of the Pan American Racquetball Confederation during the Tournament of the Americas held in Caracas, Venezuela. The games will be sponsored by Ektelon and KKTU in Colorado Springs.

The tournament will be held at the Point Athletic Club from September 16-19, and all competitors and officials will be housed at the nearby Olympic Training Center. The Colorado Sports Association will host a reception for all participating athletes and delegates on September 15 at the Olympic Training Center.

Athletes will represent Peru, U.S., Canada, Mexico, Venezuela, Argentina, Bahamas, Dominican Republic, Bolivia, Colombia, Costa Rica, Ecuador, Panama, Honduras, and Puerto Rico. Chile and Trinidad are expected to make official commitments as well. ○

U.S. Wins Second Tournament of the Americas Cup

The U.S. Racquetball Team, led by World Champion, Egan Inoue, dominated the 2nd Tournament of the Americas International Competition in Caracas, Venezuela. Thirteen countries: Mexico, Peru, United States, Panama, Argentina, Venezuela, Costa Rica, Bolivia, Colombia, Canada, Dominican Republic, Puerto Rico, and Ecuador, with over 250 players, vied for the coveted title.

In addition to Egan, Mona Mook, ranked #4 in the U.S., took second behind Heather Stupp of Canada. Mona teamed with Egan to dominate the Open Doubles as they swept the field

without losing a match. Egan's strongest competition came from Roger Harripersad, Canada, who he defeated 15-4, 15-14, and Ruben Gonzalez, Puerto Rico, 14-15, 15-12, 15-12. Mike Arnolt, U.S., had little trouble winning the 40+ over a field of 30 entries.

The 1988 Third Tournament of the Americas is slated for Santa Cruz, Bolivia during Easter week. ○

AARA Signs With Visa

If you are an AARA member, expect to receive a unique offer from Visa in the mail sometime soon. Because of a recent agreement with the AARA, their racquetball members can apply to Visa for a card with the AARA logo and racquetball player, special interest rates, and a no-cost first year. A portion of each credit purchase on the card goes to the AARA for membership development.

And if you suspect Visa's offer to be resting in mail heaven (yes, that does happen occasionally with the postal system), write to the AARA for another application. Non-members can write for more information on becoming an AARA member: AARA, 815 N. Weber, Suite 103, Colorado Springs, CO, 80903, (303) 635-5396. ○

Calkins Elected To U.S. Olympic Committee's Executive Board

Keith Calkins, board member of the AARA, was recently elected to the U.S. Olympic Committee's Executive Board.

Calkins was elected unanimously by the seven Group C members of the USOC. Group C is developing sports for the Olympics, such as racquetball, bowling, water skiing, curling, badminton, karate, and sports acrobatics.

In addition to his new position, Keith is the USOC Delegate for Racquetball. ○

The "Are You A Fanatic?" Racquetball Quiz

by Mark Kessinger

Have you driven more than a hundred miles to a tournament? Score 10 points.

Have you had to dress in your car or use your gym bag as a locker at tournaments? Score 10 points.

Have you ever moved up in tournaments without winning that division because you were hungry for better competitors? Score 10 points.

Have you entered three divisions in the same tournament and managed to play all your matches? Score 10 points even though you had to strong-arm all your friends to ref in your place.

Have you dropped out of a tournament due to a "welt"? Lose 10 points.

Have you ever been picked up as a doubles partner, or entered a bye, or taken the place of a no-show at the last minute? Score 10 points.

Have you ever broken the strings in both your racquets, then borrowed a strange one to finish the match? Score 10 points — whether or not you won.

Do you have a draw sheet at home with your name on it? Score 10 points.

Do you have all your trophies at home on display? Lose 10 points.

Do you have all your trophies at home in a box in the attic? Score 10 points.

Do you have all the old tournament shorts around the house, even if they are now car-wash rags? Score 10 points.

100 Mr. Tournament

90 Mr. Runner-up

80 Globe-trotting racquetballer

70 Experienced but not yet wily

60 Getting your feet wet

50 - less Club tournaments only. ○

Journey

(continued from page 21)

there 100 percent."

Both Neil and Jonathan, who are both single, admit to playing more when they're on the road than when they are at home. Perhaps that's partly because of the additional stress involved in constant traveling, the boredom of hotel rooms and the strain of gearing up to play for thousands of fans night after night. Being on the road can be a grueling, mundane sort of existence, traveling every day and playing at night. Although in each performance there's a lot of involvement on the physical level, it's mostly stress. Racquetball has become a fun way to relieve that stress, and as they both pointed out, "The equipment is easy to carry, especially with everything else that we have to bring on the road." Neil mentioned that he was not sick once during the last Journey tour, and credits racquetball

and his fitness routine with keeping him healthy.

At home, Neil prefers his motorcycle over anything else for recreation. He is also working on a possible reunion album and tour for the original Santana band for the not too distant future.

When Jonathan is at home, he's in the studio producing an album for a friend, which will feature a little help from his friends, including Neil. He likes the transition to producer, and feels that his background as an artist comes in handy. He writes constantly when not on the road and music is the major interest in his life.

Both are working on projects outside their involvement with Journey, as the group's future seems a little unclear at this point. Even if Journey ends up going their "Separate Ways", "Don't Stop Believin'" that Jonathan and Neil will both "Faithfully" continue to produce great music, and I know their fans will welcome them with "Open Arms." ○

Canadian Report

(continued from page 8)

mittee, and will eventually be represented at the Pan Am Games or the Pacific Rim Games. That's not too bad for a sport barely a quarter century old.

One rally in Caracas showed the excitement, competition, and goodwill generated by the "same old story" of international competition. It was between Ruben Gonzalez and Roger Harripersad in front of a large crowd.

Because of the high altitude, even great kill shots stayed up long enough to be reached, often through desperation dives to hit the ball into the back wall. After this particularly tremendous rally, both Ruben and Roger were too exhausted to get off the floor.

Suddenly Ruben pounced on Roger, pinned him down and did the "one-two-three" count of a wrestling referee, then to the delight of the audience, "I got you!"

Same old story, huh? ○

Off Court Fitness

(continued from page 4)

been a slave to diets over the years, why not break this vicious cycle?

First, start by going back to Webster's definition. See a nutritionist. Find out what kinds of food and drink you need to provide your body on a regular basis in order to assure that your body gets enough of the right foods, but not enough to store them in fat.

Then find the right kinds of aerobic exercise to complement your racquetball game. Make sure you exercise aerobically three or four times a week. Your club's fitness instructor is a place to start.

Over a period of time, with the right nutrition and exercise program, you won't be depriving yourself, you'll be succeeding instead. You'll find yourself getting thinner and fitter and feeling that it's easy. That's a winning combination every racquetball player needs! ○

Next Month: Don't Diet — Part II: How To Set Up A Good Nutrition Program vs. Diet Your Way To Failure.

Paddleball

(continued from page 25)

right side wall to front center — and won game one, 21-17.

But with giant against giant, the action had only begun.

Game two started with Hogan building another lead, 9-2, mostly on missed kills by Wilson from deep court. Then, as Wilson began making those shots, Hogan's lead began to disintegrate. As Wilson scraped back, Hogan began digging out the big kill attempts, and re-killing them before Steve had a chance to sprint to the front wall. Hogan closed out the game 21-19, adding gray hairs to himself and the spectators.

At the start of the final game, Hogan looked eerily energetic. His speed seemed undiminished, and his shots were as crisp as the first points of the match. Hogan started to shoot earlier in the volleys, killing balls at will.

Hogan maintained a safe buffer of points. He stood in center court to hit pass shots left, then right, then left again until Wilson swung in the back court like a

pendulum. On the final point of the championships, Hogan shuffled to the back wall with a trace of a smile, and set up on the ball as it took a short bounce from the back wall. He glared, then popped in a tremendous backhand that rolled flat from the front left corner. Wilson, waiting close for any bounce, could only watch in astonishment.

Hogan, 21. Wilson, eight. For the crowd, the crashing of two Goliaths had been an awesome spectacle.

Despite ending the match with such certainty, Hogan had to keep running, to make his afternoon flight back to St. Louis. Within minutes, he had cleared the club, taking with him the 1987 National Paddleball Singles Championship and a check for \$1,000.

All he could leave behind was a threat and a promise. "As for next year . . . I'm not sure. But I will be back." ○

Randy Hice is a free-lance writer from Plymouth, MI. He has been ranked as one of the top paddleball doubles players since 1976.

Indiana State Singles
The Court Club — Indianapolis, April 24-26

Mens' Open Division

Finals: Bob Phillippy d. Sid Hales, 15-7, 15-12
Semifinals: Sid Hales d. Alan Sisker, 10-15, 15-10, 11-3;
 Bob Phillippy d. Tony Gabrill, 15-4, 15-3

Men's A Division

Finals: Gary Brezendine d. Ricardo Penarietta, 15-3, 15-12
Semifinals: Ricardo Penarietta d. Mike Smith, 15-7, 9-15,
 11-8; Gary Brezendine d. Ron Alsop, 14-15, 15-8, 11-7

Men's B Division

Finals: Pete Di Premio d. Randy Arnold, 1-15, 15-4, 11-9
Semifinals: Pete Di Premio d. Dale Schultz, 15-9, 15-7;
 Randy Arnold d. Ron Hansen, 15-12, 8-15, 11-6

Men's C Division

Finals: Robert Hullinger d. Fred Griffith, 15-11, 15-10
Semifinals: Fred Griffith d. Steven Slow, 15-5, 15-9;
 Robert Hullinger d. Mike Timms, 15-12, 15-7

Men's D Division

Finals: Barry Tobin d. Jeff Martin, 15-5, 15-8
Semifinals: Jeff Martin d. Mike Wovley, 15-5, 15-7; Barry
 Tobin d. Jay Dreybread, 15-6, 15-9

Men's 19+ Division

Finals: Scott Pufahl d. Pete Cote, 15-8, 15-2
Semifinals: Scott Pufahl d. Ricardo Penarietta, 15-4, 15-1;
 Pete Cote d. Mark Tasbury, 12-15, 15-7, 11-5

Men's 25+ Division

Finals: Keith Hargrove d. Steve Keels, 15-7, 15-8
Semifinals: Steve Keels d. John Schmidlen, 12-15, 15-9,
 11-1; Keith Hargrove d. Joe Ault, 15-9, 15-7

Men's 25+ B Division

Finals: Ron Hansen d. Paul Frattuno, 15-9, 9-15, 11-8
Semifinals: Ron Hansen d. Terry Reagan, 15-10, 15-4;
 Paul Frattuno d. Drake Deavours, 8-15, 15-7, 11-3

Men's 30+ Division

Finals: Tony Gabriel d. Doug Shockley, 8-15, 15-9, 11-9
Semifinals: Tony Gabriel d. John Franks, 15-8, 15-8; Doug
 Shockley d. Neal Boughton, 12-15, 15-10, 11-8

Men's 35+ Division

Finals: Bruce Fulkerson d. Andy Butterbaugh, 14-15, 15-7,
 11-5

Semifinals: Andy Butterbaugh d. Doug Miller, 10-15, 15-6,
 11-4; Bruce Fulkerson d. Terry Wiseman, 15-12, 12-15, 11-6

Men's 35+ B Division

Finals: John Carter d. Ken Rynard, 15-14, 15-3
Semifinals: John Carter d. George Lewis, 15-8, 15-7
 Ken Rynard d. Roger Love, 2-15, 15-8, 11-7

Men's 35+ C Division

Finals: Wally Bartle d. Fred Griffith, 15-9, 15-12
Semifinals: Fred Griffith d. Jeff Martin, 15-1, 15-1; Wally
 Bartle d. John Jackson, 15-3, 15-1

Men's 40+ Division

Finals: Ron Collins d. Mike Hanna, 15-6, 15-12
Semifinals: Ron Collins d. Chuck Childers, 15-12, 15-5;
 Mike Hanna d. Dick Van Zant, 15-9, 15-5

Men's 45+ Division

Finals: Ron Hutchenson d. Fred Dorman, 15-13, 15-10
Semifinals: Fred Dorman d. Rex Tawler, 9-15, 15-14, 11-8;
 Ron Hutchenson d. Bob Steege, 13-15, 15-6, 11-8

Men's 45+ B/C Division

Finals: Bill Mooney d. Jim Emerson, 15-3, 15-13
Semifinals: Bill Mooney d. Baxter Boyle, 15-3, 15-5; Jim
 Emerson d. Frank Tepera, 15-8, 15-2

Men's 50+ Division

Finals: Jack Kroeger d. Tom Robinson, 15-9, 11-15, 11-2
Semifinals: Tom Robinson d. Charlie Gunn, 15-14, 15-9;
 Jack Kroeger d. Jim Emerson, 15-14, 15-14

Men's 55+ Division

Finals: Pierre Miller d. Bob Craig, 15-6, 13-15, 11-4
Semifinals: Pierre Miller d. Dan Camplese, 3-15, 15-2, 11-6;
 Bob Craig d. Ken Van Hoy, 15-6, 13-15, 11-4

Boy's Juniors 14 & Under Division

Finals: Ryan Davis d. Rodney Naylor, 15-9, 15-9
Semifinals: Ryan Davis d. Jeff Cannon, 15-1, 15-3;
 Rodney Naylor d. Pat Donovan, 15-5, 15-4

Women's Open Division

Finals: Kaye Kuhfeld d. Michelle La Bonne, 15-4, 15-6
Semifinals: Kaye Kuhfeld d. Kathy Hudson, 15-1, 15-2;
 Michelle La Bonne d. Julie Sergo, 15-11, 15-0

Women's A Division

Finals: Connie Dinnsen d. Norma Hoepfner, 15-10, 15-8
Semifinals: Connie Dinnsen d. Angi Browning, 15-2, 6-16,
 11-4; Norma Hoepfner d. Brenda Kindy-Kauffman, 15-12,
 12-15, 11-4

Women's B Division

Finals: Kim Howlett d. Doris Roberts, 15-3, 15-5
Semifinals: Kim Howlett d. Melissa Myers, 15-6, 15-2;
 Doris Roberts d. Kathy Adair, 15-5, 15-12

Women's C Division

Finals: Becky Hasty d. Katy Crivello, 15-11, 15-11
Semifinals: Katy Crivello d. Charlene Gilley, 15-5, 15-8;
 Becky Hasty d. Cynthia Folz, 15-14, 6-15, 11-10

Women's 35+ Division

Finals: Betty Metzger d. Jane Pritchett, 15-10, 15-12
Semifinals: Betty Metzger d. Debbie Chaney, 15-5, 6-15,
 11-8; Jane Pritchett d. Sharon Dorman, 15-10, 15-11

Women's 35+ B/C Division

Finals: Judy Donovan d. Carol Tepera, 15-2, 11-15, 11-5
Semifinals: Carol Tepera d. Renee La Bonne, 15-2, 15-2
 Judy Donovan d. Kathie Adair, 11-15, 15-3, 11-0 ○

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Off The Wall

(continued from page 1)

Your dedication to the game is manifested in the number of times you play each week. Almost 32% of our respondents play more than three times a week. Another 34% play at least three times a week, and the rest play once or twice each week.

But racquetball is not the only reason you visit your local club. Exercise facilities are a very high priority for our reader respondents. Fully 62% of you regularly utilize this equipment, though we strongly suspect that such use is coincidental with racquetball play. Swimming pools and spas are a favorite activity among four out of ten of those polled. And, a third of those visiting the club to play racquetball will opt for a soft drink, beer or wine, or a snack after play. About the same percentage of you make regular purchases from the pro shop, though sporting goods stores and discount mail order services represent a major source for your equipment requirements. These retail sources

supply 50.8% and 35.5% of your racquet, glove and shoe requirements respectively.

And speaking of racquets, two of three responding to the survey own more than one racquet, and almost 30% have three or more racquets. When we attended the recently concluded Sporting Goods Manufacturers Association (SGMA) show in Atlanta, it was obvious that shoes dominated the sports apparel pyramid. Yet only a few manufacturers actually displayed shoes designed for racquetball. This is interesting because our respondents actually seek out and buy shoes exclusively for racquetball - 81.6% of them to be exact!

And some really super good news resulted from our survey question relating to eyeguard wear. Fully 83% of our readers wear eyeguards most of the time, and another 8% wear eye protection sometimes. This, in our opinion, indicates the common sense, professional approach our readers are taking in a very controversial issue. We're impressed!

Back to the apparel question again — and back to SGMA.

More than 65% responding said that they buy wearing apparel specifically designed for racquetball. The irony is that we couldn't find a *single* supplier offering a racquetball outfit - for men or women - that was actually promoted as such. We wonder what such an outfit looks like.

During the past few months several readers either suggested or demanded that we take a stand against alcohol in racquetball — a posture that we can't embrace for the reasons outlined in answers to our Letters to the Editor column. Without getting into a great debate here, it's interesting to note that 32% of our respondents indulge in beer or wine after play. More importantly, most of our readers realize that the beer companies are one of our staunchest supporter/sponsors for tournament play.

A detailed breakdown of the survey results and of the other questions that were not addressed here can be found on page 1 of this issue. Watch for and participate in other surveys. It helps us help you in pursuit of our favorite sport! ○

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**AARA Region 15
Singles Championships
Pacific West Club
April 16-19**

Men's Open Division

- 1 Jeff Evans, WA
- 2 Randi Rafidi, WA
- 3 Darin Campbell, OR
- 4 John Lockridge, WA

Men's A Division

- 1 Tim Dotson, WA
- 2 Dustin Delong, WA
- 3 Gene Whitefield, WA
- 4 Frank Mitchell, WA

Men's B Division

- 1 Don Harder, WA
- 2 Monte Falen, WA
- 3 Dave Carpenter, WA
- 4 Chris Swanson, WA

Men's C Division

- 1 Jeff Everett, WA
- 2 Mike Mietzner, WA
- 3 Art Redford, WA
- 4 Bill Pruchno, WA

Men's D Division

- 1 Bill Pruncho, WA
- 2 Anthony Gibbon, WA
- 3 Bob Crane, WA
- 4 Alan Jackson, WA

Men's 19+ Division

- 1 Jeff Evans, WA
- 2 Jon Martin, OR
- 3 Keith Wilson, WA
- 4 Randi Rafidi, WA

Men's 25+ Division

- 1 John Lockridge, WA
- 2 Sean Sowards, WA
- 3 Dirk Newnam, ID
- 4 Tim Dotson, WA

Men's 30+ Division

- 1 Steve Deaton, AK

- 2 Gene Whitefield, WA
- 3 Jeff Sandys, AK
- 4 Brad Druktenis, WA

Men's 35+ Division

- 1 Brad Druktenis, WA
- 2 Jim Peters, ID
- 3 Steve Hamrick, AK
- 4 Dave Carpenter, WA

Men's 40+ Division

- 1 Wayne Sageman, WA
- 2 Phil Mortenson, WA
- 3 Monte Falen, WA
- 4 Paul Kartinen, WA

Men's 45+ Division

- 1 Charlie Hamon, WA
- 2 Dick Melhart, WA
- 3 Sid Williams, WA
- 4 Michael Cannon, WA

Men's 50+ Division

- 1 Sid Williams, WA
- 2 Charlie Hamon, WA
- 3 James Smith, WA

- 4 Lee Wheeler, WA

Men's 55+ Division

- 1 Pat Whitehill, WA
- 2 Roger Starwick, WA
- 3 Rod Rodriguez, AK
- 4 Ron Myers, WA

Men's Novice Division

- 1 Wayne Bailey, WA
- 2 Dennis Delong, WA
- 3 Alan Ono, WA
- 4 Brett Connoley, WA

Boy's Juniors 8 & Under

- 1 Colin Akins, WA

Boy's Juniors 12 & Under

- 1 Mike Kreidler, WA
- 2 Shane Smith, WA
- 3 Jeff Akins, WA
- 4 Jason Nishimura, WA

Boy's Juniors 14 & Under

- 1 Rick Ilg, OR
- 2 Scott Bitter, OR
- 3 Brett Connoley, WA
- 4 Mark Williams, WA

Boy's Juniors 16 & Under

- 1 Davin Campbell, OR
- 2 Mike Mahurin, WA
- 3 Vince Kelley, OR
- 4 John Kennis, MT

Boy's Juniors 18 & Under

- 1 Derek Robinson, WA
- 2 Hal Melhart, WA
- 3 John Wetherbee, OR
- 4 Pat Cherry, OR

Women's Open Division

- 1 Joyce Robertson, OR
- 2 Tanya Spangler, WA
- 3 Charlie Ortiz, WA
- 4 Maite Urza, WA

Women's A Division

- 1 Tara Spangler, WA
- 2 Robin Rodriguez, AK
- 3 Christine Sherill, WA
- 4 Carol Luedecke, WA

Women's B Division

- 1 Bonnie Tadej, WA
- 2 Sharon Sutton, WA
- 3 Vickie Higley, WA
- 4 Karen Rector, WA

Women's C Division

- 1 Vickie Higley, WA
- 2 Marilyn Anderson, WA
- 3 Karen Rector, WA
- 4 Angie Owens, WA

Women's D/Novice

- 1 Mary Bailey, WA
- 2 Sheralyn Quehen, WA
- 3 Vicki Urza, WA
- 4 Patty Delong, WA

Women's 35+ Division

- 1 Maite Urza, WA
- 2 Patti Nishimura, WA
- 3 Wanda Collins, WA
- 4 Marilyn Anderson, WA

Girl's Junior's 12 & Under

- 1 Heidi Bitter, OR
- 2 Karen Falen, WA

Girl's Junior's 14 & Under

- 1 Alicia Kinney, AK
- 2 Sheralyn Quehrn, WA
- 3 Vicki Urza, WA ○

Heel Pain

(continued from page 12)

the oral anti-inflammatories, will help.

However, all these measures will only get rid of the acute pain.

Heel spur syndrome is directly related to foot structure and function. If nothing is done to alter the way the foot functions, then there is a high possibility that the heel pain will recur.

Utilization of arch supports may be helpful to some. However, they will wear down, and lessen in support. That is when prescription orthotics will be of more advantageous.

If all conservative management fails to alleviate the symptoms, surgical correction becomes a consideration. Often the surgery can be done under a local anesthetic, or at an out-patient surgical center. This surgery entails removal of the spur, and cutting of the plantar fascia. Recovery could be two to three months. However, surgery is rarely necessary because conservative management is usually successful in stopping the pain.

If you have heel spur syndrome pain, there are several things you can do to help yourself. Always apply ice to the heel after playing. Use a heel cup or foam cushion in the shoe. Take two aspirin, or, if allergic, one of the ibuprofen over-the-counter medications (Nuprin, Advil, etc.) before playing.

If there is no relief after two or three days of treatment, and rest hasn't helped, then you should get some professional care for your heel. While the most common causes of heel pain have been covered in this article, there are other possible problems. ○

Results of the First European Open

(continued from page 40)

Men's 35+

- 1 Larry Liles, USA
- 2 Frank Nell, USA
- 3 Wolfram Heese, GFR
- 4 Keith Calkins, USA

Men's Doubles

- 1 Obremski/Ganim, USA
- 2 Roberts/Liles, USA
- 3 Bevelock/Rasmussen USA
- 4 Nolan/Montalbano, USA

Boy's 16 & Under

- 1 Matthias Drieschner, GFR
- 2 Jeroen van der Holst, HOL
- 3 Steve Heagerty, USA
- 4 Thomas Kruger, GFR

Women's Open

- 1 Trina Rasmussen, USA
- 2 Toni Bevelock, USA
- 3 Mirjam Wielheesen, HOL
- 4 Cathie Frederickson, USA

Women's A

- 1 Regina Tiede, GFR
- 2 Philomine van Pelt, HOL
- 3 Anne Schumann, GFR
- 4 Kerstin Moll, GFR

Women's B

- 1 Amy Heider, GFR
- 2 Iris Olschewski, GFR
- 3 Cynthia Pesek-Heim, USA
- 4 Sonja Holierhoek, HOL ○

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Passing Shots

(continued from page 39)

California college . . . Top requests pros receive — the shirts off their backs. In exhibition, spectators request a shirt which has a player's name on it.

Boorish Behavior — There's nothing more irritating than entering a tournament and your opponent fails to show for a 5 p.m. Friday match. More often than not, the player has paid his entry fee but something came up at the last minute. The courteous thing to do is the inform the tournament director who can then contact the opponent before he needlessly shows up . . . When you call an executive, the secretary's standard line is usually, "He's in a meeting" or "He's not answering his page." Ever try getting hold of a racquetball club manager? Nine out of 10 times the person at the front desk says, "He's on the court." . . . Biggest rumor in the industry is that **Ektelon** is about to be sold. Numerous sources report a deal is imminent . . . Wonder who has the fastest serve in the game today? A few years ago, a promoter put the pros to a speed gun and **Marty Hogan**, known as the inventor of power racquetball, registered an unbelievable 142 mph serve.

Mike Yellen's serve registered at 129 mph. If the same test was given today **Hogan, Egan Inoue, Bret Harnett** and **Cliff Swain** could all possibly break that mark. The bet here is Egan would win the contest. Egan hits the ball so hard that when he plays, other pros watch his matches in amazement . . . Biggest disappointment on the amateur level is women's racquetball.

Tournament directors say the women just aren't competing . . . Things I like: Players who admit they retrieved the ball on two bounces before the referee makes a decision, exciting sporting event like the classic Yellen-Hogan matches, AME's decision to have a men's pro stop every year, large trophies, paying refs \$5 at tournaments and the camaraderie between tournament players. Things I dislike: Nagging injuries which sideline you for weeks, players who sweat on courts and leave them soaking

wet when their hour is up, newspapers that spell racquet "raquet" or "racket." ○

Legal Screen Serve

(continued from page 33)

ly, the receiver shouldn't sight the ball until it is very near the short line — even further back than before! The receiver has even less time to react.

Returning The Legal Screen Serve

Improve your chances of returning this serve, by confusing the server's ability to judge your angle of vision of the ball's flight toward the front wall. The server is trying to block your vision of the ball as it travels toward the front wall. You must constantly change your line of vision to his serve. It's easier than you think.

First, cut down the angle that you'll have to cover on any serve aimed at a rear corner, by moving forward about seven or eight feet from the back wall. Now you'll have only a step or two to move toward the ball (instead of three or four from your regular deeper position). Crouch low. Try to look around the server's body or through his legs. Shift your weight to one leg and peer around his body to the visible alley. Because the serve is blocked by the server's upper torso, try to locate the ball through the opponent's legs.

The Legal Screen — in Practice

As we all know, when it comes to depending on the rules governing the legal screen serve, the only thing consistent is the inconsistency of a referee's call. In practice sessions, prepare yourself to return this serve by ignoring that the screen rule even exists. Get used to playing blind and counting on a vague rule. To help motivate you, think about Burke's great line: "He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper."

In other words, don't ask for screen serve replays in practice, play them; the tougher it is for you in practice, the better you will handle tournament serves. ○

Rankings

The sources for these national rankings are as follows: Men's - Official RMA Pro Racquetball Tour rankings; Women's - Official WPRM Tour; Amateur - Official national rankings.

RMA Pro Racquetball Official Rankings March 31, 1987

1	B. Harnett	444
2	M. Hogan	442
3	M. Yellen	401
4	E. Andrews	318
5	C. Swain	263
6	R. Gonzalez	250
7	S. Lerner	237
8	G. Peck	234
9	G. Price	179
10	E. Inoue	168
11	M. Ray	172
12	J. Hilecher	155
13	D. Obremski	151
14	A. Katz	145
15	R. Harriersad	143
16	D. Peck	141
17	A. Gross	96
18	L. Gilliam	100
19	J. Newman	100
20	D. Gross	96
21	C. Brysman	72
22	D. Green	74
23	J. Egerman	73
24	J. Cascio	71
25	B. Sell	70

WPRM Official Rankings March 15, 1987

1	L. Adams	190.00
2T	M. Drexler	150.00
2T	C. McKinney	150.00
4	M. O'Brien	78.00
5	V. Panzeri	65.00
6	T. Gilreath	58.75
7	K. Kuhfeld	52.50
8T	C. Evon	48.00
8T	M. Lynch	48.00
10	L. Alvarado	42.50
11T	F. Davis	41.25
11T	D. Fischl	41.25
13	J. Paraiso	36.25
14	M. Mook	33.75
15T	C. Nichols	31.25
15T	S. Robson	31.25
17	T. Bevelock	28.75
18	J. Marriott	25.00
19	J. Harding	23.75
20	B. Stoll	22.50
21	M. MacDonald	18.75
22T	A. Katz	18.00
22T	R. Whitmire	18.00
24	M. Dee	17.50
25	T. Rasmussen	15.00

AARA National Rankings Men's Open April 20, 1987

1	Andy Roberts, TN
2	Doug Ganim, OH
3	Tim Hansen, FL
4	Kelvin Vantrease, IL
5	Joe Cline, NJ
6	Don Kelly, CO
7	Dennis Aceto, MA
8	Mike Lowe, CA
9	Tom Montalbano, NY
10	Dave Negrete, IL
11	Jamie Sumner, UT
12	Charlie Nichols, FL
13	Aaron Katz, TX
14	Sean Moskwa, IL
15	Mark Morrison, FL
16	Ruben Gonzalez, NY
17	Dan Obremski, PA
18	Vinnie Ganley, FL
19	Steve Moody, CA
20	Fred Calabrese, FL

Men's Wheelchair

1	Chip Parmelly, CA
2	Jim Leatherman, MD
3	Jim Golden, TX
4	John Foust, CO
5	Gary Baker, TX
6	Rick Benavides, TX

AARA National Rankings Women's Open April 20, 1987

1	Trina Rasmussen, CA
2	Mona Mook, CA
3	Cindy Baxter, PA
4	Mary Dee, NH
5	Chris Evon, IL
6	Elaine Mardas, OH
7	Crystal Fried, CA
8	Cindy Doyle, NY
9	Terry Latham, TX
10	Kim Despain, UT
11	Linda Diamond, FL
12	Lori Basch, FL
13	Sandy Robson, IL
14	Lisa Hjelm, CA
15	Nan Higgins, NH
16	Mary Lyons, FL
17	Janet Kelleher, NH
18	Kaye Kuhfeld, IN
19	Michelle Labonne, IN
20	Fran Davis, NJ

Women's Handicapped

1	Kathy Hagerty, AL
2	Charlotte Morris, AL
3	Bobbie Jo Almond, AL
4	Kay Cody, AL
5	Mary Lasli Dean, AL
6	Brenda Pike, AL

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Schedule of Events

1987 RMA SCHEDULE

June 10-14
Head A'me Nationals
Minneapolis, MN

June 24-28
City Federal Nationals
Seattle, WA

1987 AARA SCHEDULE

June 2-6
Ridge Athletic Club
Tournament
Ridge Athletic Club
4304 North Foothill
Provo, UT 84604
Joel Tuai Leva
(801) 224-6969

June 5-7
Gold Country Open
Old Auburn Court House
11558 F Avenue
Auburn, CA 95603
Nancy Sage
(916) 885-1964

June 5-7
Junior Region 4
Championships
Sarasota YMCA
2170 Robinhood Rd.
Sarasota, FL 32074
Judy Schmidt
(813) 921-6675

June 5-7
Metrosport Open
Metrosport Athletic Club
501 Doubles Street
Durham, NC 27705
Bob Book
(919) 286-7529

June 12-14
Parkpoint Open Racquetball
The Parkpoint Club
1200 North Dutton Avenue
Santa Rosa, CA 95401
Carl Ferreira
(707) 578-1640

June 12-14
Quadrangle Open
Quadrangle Court Club
2160 University Drive
Coral Springs, FL 33065

June 12-14
Tampa Bay Open
Tampa Bay Courthouse
7815 Dale Mabry

Tampa, FL 33614
Jon Chelena
(813) 932-5321

June 12-14
Tarheel Open
Omni Sports Club
301 Executive Park Blvd.
Winston-Salem, NC 27103
Charlotte Harris
(919) 760-3663

June 12-14
U.S. National Wheelchair
Racquetball
Los Callaberos
Fountain Valley, CA
Chip Parmalie
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June 19-21
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Robin Boyett
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June 19-21
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Sawmill Athletic Club
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June 26-28
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State Games
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July 10-12
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Rancho Arroyo
Racquet Club
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Peteluma, CA 94952
Chris Oakes
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July 10-12
White River Park
State Games
Finals - Greenbriar
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Indianapolis, IN 46260
Mike Arnolt
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July 14-17
Steel Days
Tri-City
551 East State Street
American Fork, UT 84403
Ron Peck (801) 756-5224

July 17-19
Del Park Multiple
Sclerosis Classic
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young
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July 17-21
Pioneer Days
Deseret Gym
161 North Main
Salt Lake City, UT 84103
Marty Frustaci
(801) 359-3911

July 31-August 2
Washington State Doubles
Pac West
5227 South Puget Sound
Tacoma, WA 98409
Sid Williams
(206) 473-2266

July 31-August 2
Florida Racquet Journal
Richie Racquet Club
P.O. Box 1177
New Port Richey, FL 33552
Norm Blum
(904) 296-9693

July 31-August 2
Texas Games

Championships
Riverhead Racquet Club
Fort Worth, TX
Mary Pat Sklenka

August 7-9
Tampa Bay
Tampa Bay Court House
7815 North Dale Mabry
Tampa, FL 33614
Dani Dellenini

August 8-10
Tahoe Blue Classic
South Tahoe Fitness Center
2565 So. Lake Tahoe Blvd.
So. Lake Tahoe, CA 95702
Ron Perceville
(916) 544-6222

August 14-16
Chevron Summer Blowout
Tracy Racquet Club
101 So. Tracy Blvd.
Tracy, CA 95376
Chuck Ellis
(209) 836-2504

August 14-16
Doubles Warm-Up
Lakeland YMCA
3620 Cleveland Heights
Lakeland, FL 33803
Grace Page
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August 21-23
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Masters Invitational
National Doubles
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511 Old Post Road & US 1
Edison, NJ 08812
Pete Talbot (201) 287-4444

August 21-23
National Masters
Invitational Doubles
Greenbrook, NJ 08112
Pete Talbot (201) 287-4444

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