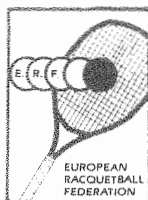
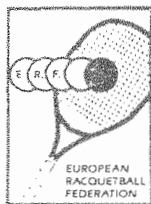
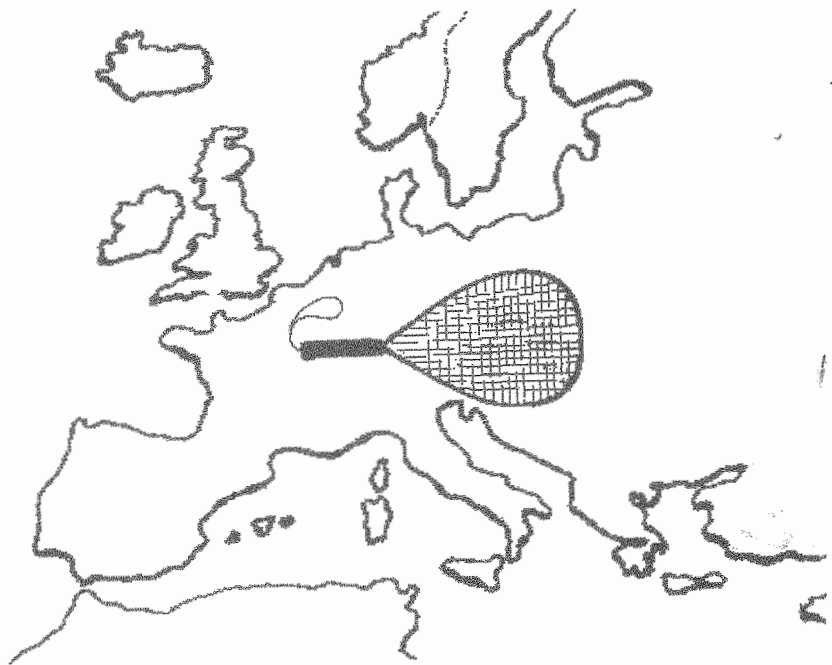


RACQUETBALL EUROPE



Volume 1 No. 2

\$8 dollars per year



This issue:

- Junior World Championships
- New Drug Commission
- Central American Games
- US news
- Results around Europe
- National Rankings
- Ulster Games

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JANUARY/APRIL 1991
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- ★ Orange Bowl 1990
- ★ Coaching in Belfast
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Racquetball Europe is a publication of the E.R.F. All views expressed in *Racquetball Europe* are those of the Editorial Staff and not necessary those of the E.R.F. or its Executive.

Articles, photographs and advertisements are most welcome and will be considered for inclusion.

The next issue Vol. 1 No. 3 will cover May/August 1991 and deadline for submissions is 31st August, 1991.

Next issue:
Results from European Championship
Results of Pacific Rim Tournament
News from Europe
New European Calendar
National Rankings
World News and Information

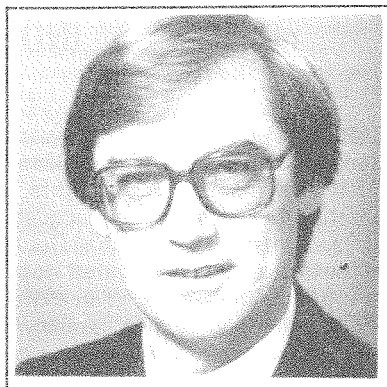
Editorial

Racquetball Europe is underway and hopefully here to stay. We are very pleased with the response and feedback and as a result have included a lot more information in this issue.

Our circulation list now includes Japan, New Zealand, Canada, USA, Mexico and all European Federation members.

For this issue we have worked to produce a better quality newsletter. To continue with these improvements and bring as much information as possible to European racquetballers, we need your help and would ask you to subscribe towards membership of the magazine.

It costs only \$8 and the subscription form is on the back page.



The Editor, Mr. Philip Duignan.

We hope you will again find this edition as informative as the first release.

Please keep the news, information, stories and results coming in.

Looking forward to meeting you all in Antwerp at the European Championships.

EDITOR

1990 Central American Caribbean Games

(NOVEMBER)

EARLIER this year racquetball was accepted as a full medal sport in the 1990 Central American Caribbean Games, recently played in Mexico. Mexico City hosted the majority of the sports, with volleyball scheduled for Guadalajara, baseball for Monterey, and racquetball for San Luis Potosi. Under the direction of Pan American Racquetball Confederation Vice-President Enrique Villagran of Mexico, a totally dedicated local organizing committee worked unceasingly to organize the Games in an extremely short period of time. Not only were the opening and closing ceremonies planned down to the last detail, but a brand new stadium court with side and back wall glass was constructed by the La Lomas Racquet Club, with seating for over 1,000 spectators and perfect for television.

Racquetball owes a special thank you to Enrique Villagran and the city of San Luis Potosi for bringing the Olympic dream ever so nearer.

The tournament was one of the best Central American International competitions. Dominican Republic, Costa Rica, Panama, Honduras, Mexico and Guatemala competed.

Mexico took the gold medal in the Combined, Men's and Women's, in the Countries Competition with Costa Rica in second place. Dominican Republic took the third spot in the women's competition and Panama took the third spot in the men's competition.

In the individual competition, Raul Torres of Mexico took the gold while Juan Carlos Quevedo also from Mexico took the second and the silver. Third place was Sergio Montealegre from Costa Rica. In the women's division, Hilda Rodriguez took the gold and Diana Almeida, silver. Both are from Mexico. The third place was to Rosa Gutierrez from Dominican Republic.

In doubles, Francisco Martin and Arturo Martin won the title for Mexico. In second place came the Costarican team of O. Lopez and M. Morera. Third was the Dominican Republic with Andres Marranzini and A. Valenzuela.

In women's doubles the team of Hilda Rodriguez and Diana Almeida from Mexico took the gold. The silver went to Costa Rica with Herrera and Ortiz. Third was the Dominican Republic with Rosa Gutierrez and I. Garcia.

OVERALL RESULTS (MEDALS)

MEXICO	7 gold	2 silver	0 bronze
Costa Rica	0 gold	5 silver	1 bronze
Dominican Rep.	0 gold	0 silver	5 bronze
Panama	0 gold	0 silver	1 bronze

European News

BELGIUM:

Antwerp has been selected by the ERF as the venue for the 6th European Championships. The event will be held from May 15 to 20. Entries are expected from France, Holland, Switzerland, Belgium, Germany, Ireland, Spain, Great Britain and Italy. The championship was last held in Antwerp in 1985. All countries should contact Rene Hehemann, European Secretary, before April 21 for full event details.

The Brussels Open will take place at the Brussels Racquetball Centre on April 20 and 21.

Belgian Radio and TV will be televising the singles finals at the European Championships on the Monday afternoon. They will then screen 15 minutes of the finals at half-time during the European Soccer Championships on May 22.

GERMANY

Thomas Knakk, secretary of the German Federation tells us that the German/European Open was not played as scheduled in February. The event will now be played on April 26, 27 and 28 in Racquetball Jenfeld, Hamburg.

The decision to postpone the tournament was due to the Gulf situation. Many of the players who normally compete in the competition were on duty in the Middle East.

The German Nationals/Bavarian Open will be held on May 24/26. Anybody who has ever been to a tournament to Bad Tölz knows that the Bad Tölz Racquetball Federation does a great job. Since they have problems building a club open to the public the courts at the US Flint Kaserne are used. Due to the political changes it is not clear if these courts will be kept open. But they will still be available for the 1991 Bavarian Open on May 24. This might be the last tournament for a couple of years, so for all the players who like good competition, great hospitality, nice T-shirts and Bavarian banquets, it's a must. For more information call Willi Wenzel at 08041-3335.

FRANCE

The French Open which was scheduled for March was cancelled according to Philippe Lecomete. The reason for the cancellation was the poor entry caused by the Gulf war. The new dates will be announced in our next edition.

HOLLAND

Richard Van Doezum, Europe's no. 1 player, was elected Sportsman of the Year in the city of Zoetermeer. Richard was outstanding in his performance during the past 12 months and captured most of the major European Open Tournaments during that time.

Congratulations Richard on a well deserved award.

Philomena Van Pelt has been selected as Sportswoman of the Year in Zwindrecht. Congratulations!!

The twinning of Ottawa and The Hague will occur on July 8/14. Three hundred and fifty Canadian sportsmen and women representing 18 sports will compete in a Sports Festival during the official twinning. Racquetball is included and a team from Ottawa City will compete against players from Zoetermeer and Zwindrecht.

IRELAND

Noel O'Callaghan and Mick Ryan both received Sports Star of the Year awards. Ryan was awarded the Showrings/Cidona Tipperary Racquet Sports award covering squash, tennis, badminton and racquetball. The award was presented following his achievements at national and European level where he retained his European seniors title and led the Irish team to victory in the mens event.

O'Callaghan who is Irish national champion and no. 1 ranked player, won the Cork Sports Star of the Year award for his achievements in winning national titles at u-17, u-19 and Open categories. This is his second year to win a Sports Star Award and he was nominated in a number of separate categories this year.

PACIFIC RIM TOURNAMENT

Holland and Germany will be sending teams to this prestigious invitation event which will be held in Hawaii in June.

This will be racquetball's first formal demonstration as a sport to leading officials of the International Olympic Committee and as a competition at this inaugural Pacific Games, racquetball was selected as a participating sport ahead of seventeen existing Olympic events.

Taking part in the tournament will be Korea, Japan, Bolivia, Holland, Mexico, United States, Venezuela, Germany and Canada.

The remaining four countries still have to be named. Invitations to take part were issued to the top 12 finishers at the World Championships in Caracas last August.

GREAT BRITAIN

In January of this year the Great Britain

Racquetball Federation was granted associate membership of the National Sports Council and will be accepted as a full member when more courts are available.

New proposed courts for London:

Fairways, Waltham Forest. Building will begin in April, completion in September/October.

East London Rugby & Football Club, West Ham, London, building to begin 1992/93 — phase 3 in building plan.

RICHCRAFT who have become well known on the racquetball scene over the past few years have appointed Mathias Drieschner to handle their product in Europe. Richcraft racquets were widely used at the World Championships last year by a number of leading players. Their Epic 7 racquet compares very favourably with the top racquets from other well known brands, particularly in the area of durability and pricing.

Richcraft racquets were used by the German team when winning the Mens team award at the Ulster Games.

To help launch the racquets in Europe, Richcraft are reducing their price list by 40% which works out in money terms to about \$50 less for top of the line racquets when compared to other brands.

For more information on brochures, availability, selection and prices, why not phone, fax or write to:

Mathias Drieschner at
Grootmoor Str. 132, 2000 Hamburg 71,
Germany.

Tel.: 0049-40-6401339.
Fax: 0049-40-6522826.

RICHCRAFT



Results from Europe

GREAT BRITAIN RANKINGS:

Men: 1, David Brett Williams; 2, Hershell Baptista; 3, Reynaldo Santoya; 4, Willy Lawrence; 5, John Rawson; 6, Derek Yearwood; 7, Dermot Hanafin; 8, James Harris; 9, Crys Simms; 10, Ken Fiels.

Women: 1, Wendy Hackett; 2, Karen Walker; 3, Lyn Batten; 4, Leilani Holzerlandt; 5, Laura Chapman; 6, Brenae Bryd; 7, Sue Dunn; 8, Vanessa Harris; 9, Gladys Smith; 10, Michelle Harte

BELGIAN OPEN — ANTWERP

Mens Open: 1, R. Postma (Holland).

Womens Open: 1, Philomena Van Pelt (Holland)

IRELAND: INTER UNIVERSITY CHAMPIONSHIPS

MARCH 9/10

The 3rd Inter Varsity Championships were held in the Dublin University College Sports Complex. Teams from Cork, Dublin, Galway and Maynooth universities took part. The event was organised this year by Paddy O'Donoghue, Mary Kennedy and Gillian Hipwell of the UCD club. University College Galway captured both the mens and womens team events while Davin Roche, UCD and Jenny Lynch, UCG took the mens and womens open titles.

Results: Mens divisions: Open, D. Roche (UCD) bt M. O'Cathain (UCG). B: D. Hickey (UCG) bt F. Monaghan (Maynooth). C: S. Harney (UCG) tie with J. Mullaney (Maynooth); D: J. Costelloe (UCG) bt B. Smith (UCD). E: K. Scanlon (UCG) bt F. Humphries (UCD).

Womens divisions: Open: J. Lynch (UCG) bt B. O'Sullivan (Maynooth). B: N. Barnes (Maynooth) bt T. Hanly (UCG). C: A. Lennon (UCG) bt S. Kilduff (UCD). D: B. Fahy (UCG) bt S. Gannon (Maynooth). E: G. Ridge (UCG) bt J. Berman (UCD).

World Junior Orange Bowl

MIAMI, FLORIDA: The International Racquetball Federation named the 1990 World Orange Bowl Champions in Miami, Florida over the Christmas holiday, following three days of singles and doubles competition among youngsters from around the world.

The US swept each of the twelve age divisions with gold medal wins, including the most competitive 18 and under singles bracket. Doug Eagle of Raleigh, North Carolina defeated 1990 US National High School and Junior Olympic champion Joel Bonnett of Grand Rapids, Michigan for the title in Boys 18 and under, while Heather Dunn of Beverly Farms, Massachusetts defeated Lori Powell for the gold in the Girls 18 and under.

RESULTS:

BOYS 18: Doug Eagle (Raleigh, N.C.) def. Joel Bonnett (Grand Rapids, Mich.) 15-3, 7-15, 15-8.

BOYS 16: Alan Engel (Bradenton, Fla.) def. James Mulcock (Albuquerque, N.M.) 15-8, 15-11.

BOYS 14: Paul Apilado (Arlington, Texas) def. Chris George (Monroeville, Pa.) 8-15, 15-8, 15-9.

GIRLS 18: Heather Dunn (Beverly Farms, Mass.) def. Lori Powell (Prince Albert, CAN) 15-10, 15-2.

GIRLS 16: Rhonda Holt (Regina, CAN) def. Amber Frisch (Carrollton, Texas) 8-15, 15-11, 15-3.

GIRLS 14: Andrea Beugen (Golden Valley, Minn.) def. Claudine Garcia (De'ray Beach, Fla.) 15-10, 15-4.

New I.R.F. Drug Commission

AT THE World Congress, held in Caracas, Venezuela, an International Racquetball Federation Drug Commission was established, headed up by Dr. Rhett Rainey of the United States.

It is the intention of the Drug Commission to be extremely active and to keep all member federations abreast of the ever-changing IOC position on drugs.

After several meetings with the USOC regarding how to obtain and disseminate this information, Dr. Rainey will periodically keep you informed through the ERF Newsletter.

The IRF has also adopted the IOC's protocol and penalties for the detected use of performance enhancing drugs.

It is extremely important that we disseminate this information to our athletes so that they are totally informed regarding doping. Remember that any athlete is subject to drug testing at any IRF sanctioned event, such as the Tournament of the Americas, European Championships, Asian Championships, World Championships and major IRF invitationals.

The IRF Drug Commission will submit to the IRF Executive Committee in Chile this Spring a formal resolution outlining the IOC position adapted by the IRF as it relates to banned substances, protocol, and penalties.

The IRF welcome your suggestions, support and enthusiasm for this extremely important project.

The editors have full details of the U.S.O.C. Drug Education and Doping Control Programme which is mentioned above and copies of this are free to ERF members upon request.



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A subsidiary of **prince**

New Ektelon outlet in Europe

HOLLAND

By now most Associations, Clubs and Players will have received a copy of the new EKTELON brochure and price list from Nova Tec in Holland.

If you have not, write to them at the address below, we're sure they will be pleased to hear from you.

Write to: Rene De Jong, at
Nova-Tec, Postbus 4143, 3102 GC, Schiedam, The Netherlands.
Tel.: (010) 4712333. Fax: 31-10-4708822

EXTELON PRICELIST:

RACQUETS:				GLOVES:		EYEWEAR:	
Oversize:		Midsize:					
Mirada	\$198	Nemesis	£165	Controller	\$7.80	Quantum	\$13.50
Toron	£150	Cordea	\$83	All Pro	\$9.90	Argus	\$22.50
Xpre	\$59	Omni	\$52	Classic	\$11.50	Interceptor	\$26.50
Serex	\$89	Mentor	\$34.50	Performer	\$14.35	Sentry	\$15.00
Sonata	\$31	Protege	\$24			Regent	\$11.25
Lexus	\$48	Medallion	\$20.50	GRIPS:	\$5.50	Lensed Court	
						Special	\$9.85

NOTE: include also \$30 US dollars on racquets to cover postage and shipping charges. It is important that European players and Federations support this venture by Nova Tec. They are the first official Ektelon outlet in Europe and deserve our full co-operation.

Letter from the President of the AARA

My congratulations to the European Racquetball Federation for publishing such an informative newsletter. It is exciting for all of us in the USA to read of your progress and development. As we grow, we will need to have such communication mechanisms so that our ideas, promotions and critical information can be common knowledge. Racquetball players and organizations should always share information that will make us stronger and more united.

We will only be better as an International Federation if we follow this practise.

My best wishes to you in your future publications and I applaud your growth and development.

*Sincerely,
Your friend in Sport,*

KEITH CALKINS,
President, AARA.

Around the Globe

NEW DIRECTIONS by Luke St. Onge

AS YOU know, racquetball has experienced phenomenal growth worldwide over the past ten years. From its modest beginnings in 1979, the International Racquetball Federation has grown from a fledgling organization containing 10 charter countries to a major institution boasting 77 countries in 5 continents.

Before any sport can become an Olympic sport it must first demonstrate that it has the worldwide practice so fundamental to inclusion in the Games. Secondly, it must establish that it has the leadership, organization and class to conduct the competition on the Olympic level. I am proud to say that racquetball has recently passed these tests on two separate occasions, with each being of equal importance and both catapulting our sport in to the Olympic arena.

NWRA REORGANIZES

The National Wheelchair Racquetball Association (NWRA) has reorganized under the auspices of the AARA Disabled Council, with the goal of offering greater exposure and opportunity to wheelchair racquetball athletes in 1991. John Foust, AARA Commissioner for the Disabled, initiated a preliminary conference call to interested individuals who then agreed to form the new NWRA Board of Directors.

Internationally, wheelchair racquetball is listed as a participant division within all International Racquetball Federation sanctioned events. This has commenced with the Torneo de las Americas in March in Santiago, Chile.

1994 WORLDS TO MEXICO

The 1994 World Racquetball Championships were awarded to Mexico and the Mexican Racquetball Federation. The '94' Worlds will be held at the Lomas Racquet Club in San Luis Potosi, Mexico. The IRF estimates that over 45 countries will participate. The Lomas Racquet Club boasts a stadium glass court with seating for over 1,000 spectators.

RACQUETBALL AT THE 1995 PAN AMERICAS GAMES

At a recent PASO meeting in Mexico City, racquetball was officially accepted to the competition schedule of the Pan Americas Games in Mar del Plata, Argentina in 1995. Racquetball was selected from a programme of 33 eligible sports, of which not all have been chosen for official inclusion.

Most of the credit for this important new step in the international development of racquetball goes to IRF executive director, Luke St. Onge, for his outstanding actions and efforts over the past few years. This new growth brings us closer to Olympic participation.

JAPAN

Ken Ishiguru, Vice President Asian Federation wrote to tell us that over 300,000 people are playing racquetball in Japan.

He sent us a copy of the Japanese Newsletter *SKIP* but we could only look at the pictures and adverts!

The Asian Regional Championships will be held in Tokyo in July and will include teams from Korea, Singapore, India, Hong Kong and Japan. We hope to have the results for you next issue.

He also advises that their Association has dropped the word "Amateur" from their title and are now the "Japan Racquetball Association".

Their forthcoming calendar includes the Japan Open in May, Nationals in November and four major tournaments between both events.

CANADA: Executive Director Leaves

by Siobhaun Williams, Racquetball Canada

Bill Houldsworth, Executive Director of Racquetball Canada for nearly five years, has resigned to take up a position as Director General with the Canadian Gymnastics Association beginning on January 7 last.

Houldsworth has seen the Association through a period of change and growth. Under his direction the staff has grown from three to five members, two successful Fitweek Programs, *What's Your Racquet?* were co-ordinated, the National Office became a fully computerized working environment, a name change from the Canadian Racquetball Association to Racquetball Canada occurred. He assisted with the marketing of our products through CRAPA, the administration of the National Championship Program was refined, the successful bid campaign for hosting the IRF World Championships in Montréal in 1992 was won and he was involved in the development of the Domestic Plan.

The ERF would like to congratulate Bill on his new position and we wish him continued success. Bill was a great friend of European Racquetball and helped us in many ways with his advice and encouragement. We thank him and wish him well — Editor.

Ness wins Longines-Wittnauer Coaching Excellent Award

Dr. Gary Ness, national team coach, was honoured with one of ten Longines-Wittnauer Coaching Excellent Awards at the Coaching Association of Canada's annual awards night held at the Chateau Laurier on October 24, 1990.

A total of 24 coaches received awards — four won 3M Coaching Canada Awards open to coaches at all levels, 10 won Longines-Wittnauer Coaching Excellent Awards for coaches of teams or athletes who have placed in the top three at a world championship, and 10 won TSN Turning Point scholarships to help support their studies at the National Coaching Institute in Victoria.

Ness has dedicated more than 15 years to the sport of racquetball. He was honoured at the awards ceremony for coaching the men's and women's teams to silver medals at the IRF World Championships in Caracas, Venezuela in August of 1990. National team athletes Heather Stupp and Sherman Greenfield won individual gold and bronze medals respectively, Vicki Brown, Josée Grandmaitre, Mike Ceresia and Ross Harvey won silver.

ATLANTA 1996

Over the past seven years the IRF have been working diligently and most forcefully towards Olympic recognition. The 1996 Games in Atlanta is viewed as one of the best opportunities of reaching our goal and as a result there has been a redoubling in the IRF effort towards Olympic involvement.

Through this column and with the help of the IRF we intend to keep all our readers up to date with developments. Recent happenings in the area are:

- Luke St. Onge, Executive Director IRF and Keith Calkins, General Secretary IRF have met and held discussions with members of the US Olympic Committee and the Atlanta Organising Committee.
- Han Van der Heijden, President IRF and Luke St. Onge met with International Olympic Committee members in Spain (April 15) to work on support for racquetball's involvement.
- Jurgen Denk, President ERF donated the proceeds of the 7th Point Classic along with a raffle (top prize, car) towards the Olympic drive and Colorado Racquetball Association.
- ERF to issue formal letters to all member nations regarding approaches towards each member nations respective Olympic Committee. Thus establishing full links between ERF, IRF and European Olympic Organisations.

Coaching Course in Belfast

(December)

by LIAM McCARNEY

CANADIAN National Coach, Dr. Gary Ness, together with David Hinton, conducted a coaching course in Beechmount Leisure Centre, Belfast, Northern Ireland.

Coach to World Champion Heather Stupp and himself formerly one of Canada's leading players, Dr. Ness is Associate Professor of exercise physiology in Acadia University, Nova Scotia. He is chairman of the CRA Coaching Committee. Assisting Dr. Ness was David Hinton who is the Technical Director for Racquetball Canada. David is an "A" ranked senior player. He is chairman of the Wheelchair Committee of the International Racquetball Federation.

The course was aimed at coaches and was made up of three parts.

(a) LEVEL 1 — TECHNICAL CERTIFICATION

(b) LEVEL 2 — TECHNICAL CERTIFICATION

(c) LEVEL 1 & 2 COURSE — CONDUCTOR CERTIFICATION

The Canadian National Coaching Certification Programme itself was established to provide a systematic approach to the development of coaches in Canada. The Programme has five levels — Levels 1 to Level 5 — and each Level has three components — **Theory, Technical and Practical**. The Theory component of the programme offers coaches information on the principles of coaching, and the Technical and Practical components offer sport-specific information on coaching. To become fully certified at any level of the National Coaching Certification Programme, the coach must successfully complete the Theory component *and* the Technical and Practical components. When all three components have been completed the coach is deemed to be a NCCP certified coach at that level. The hours required to complete each component at each level of certification are as follows:

COMPONENTS:

Level	Theory (Hours)	Technical (Hours)	Practical (Hours)
1	14	18-hour clinic 100% attendance required. Evaluation of basic strokes and serves.	30 hours of coaching after completion of Technical course.
2	21	18 hour clinic. 100% attendance required. Evaluated on ability to demonstrate and describe, analyse and correct selected skills; analyse playing characteristics of an opponent or analyse shot selection.	50 hours of coaching after completion of Technical course (in addition to the 30 hours required at Level 1).
3	30	16-hour clinic minimum 100% attendance required Extensive evaluation.	100 hours of coaching after completing Technical course — in addition to the 80 hours required at Levels 1 and 2.
4	Level 4 and 5 combine the Theory, Technical and Practical components.		
5	in a course of study extending over at least two years.		

News from the US

We received the following letter from the AARA in Colorado Springs:

*I have just finished reviewing the first edition of **RACQUETBALL EUROPE**. Congratulations! It is most exciting to see the initiative and commitment of the European Racquetball Federation to the further development of our sport. Your initiative could not have come at a better time, as the vote for the program for the Atlanta Olympics gets closer and closer.*

Please accept this small donation from the American Amateur Racquetball Association to help you as you continue your publishing venture.

*You might be interested to know that **RACQUETBALL USA** magazine is changing its format and name. Beginning with the January/February issue, the magazine will be called **RACQUETBALL** magazine and the International section will be expanded. The paper will be upgraded, as well as another eight pages being added to the magazine.*

*With your permission, we would like to reprint sections from **RACQUETBALL EUROPE**.*

Once again, congratulations and it's great to have you on the team!

The Editors wish to thank the AARA for their encouragement.

RANKING LISTS 1991

AARA	AARA	AARA
MEN	WOMEN	DISABLED
MENS OPEN	WOMENS OPEN	WHEELCHAIR OPEN
1. Doug Ganim, OH	1, Elaine Hooghe, OH	1, Gary Baker, PA
2. Tim Hansen, FL	2, Dana Sibell, MN	2, John Foust, CO
3. Tim Doyle, CA	3, Janet Myers, NC	3, Chip Parmelly, CA
4, Mike Locker, MN	4, Toni Bevelock, CA	4, Doug Steniszewski, CN
5, Louis Vogel, NM	5, Michelle Gilman, OR	5, Brian Foran, CN
6, Davey Bledsoe, GA	6, Susan Pfahler, FL	6, Mark Jenkinson, PA
7, Brian Simpson, IN	7, Mary Dee Jolly, NH	7, Les Gorsline, PA
8, Chris Cole, MI	8, Diane Adama, CO	
9, Jim Floyd, MI	9, Chris Evon, CA	
10, Charlie Nichols, FL	10, Joetta Hastings, MI	

New Coaching Staff announced by AARA

JIM WINTERTON of Syracuse, New York has been named the new US National Team Coach by the AARA Board of Directors. An eighth grade English teacher at North Syracuse Central Schools and the director of racquetball instruction at the Sundown Fitness Club, Winterton has 22 years of coaching and playing experience and is excited about the opportunity to work with the US team.

To aid Winterton in these tasks, Fran Davis of Middlex, New Jersey has been selected as Assistant Coach of the US team, and brings 14 years of playing, coaching and teaching expertise to the pared-down staff. Davis is also the east coast director of the Professional Association of Racquetball Instructors (PARI) and a national champion in her own right. Formerly one of five US team coaches that led the team to its current World Championship status, Davis hopes to incorporate proven techniques with Winterton's new strategies to bring even greater success to the team in the 90s.

Also named to the US team coaching staff was Mary Lyons of Jacksonville, Florida, who will become the Team Manager, and Mike Arnolt of Indianapolis, Indiana, who will serve as Team Leader. The two administrative positions support the US team by providing technical and travel services during special events and international competition.

WITH THE PRO'S . . .

MEN'S PROFESSIONAL RACQUETBALL ASSOCIATION TOP TEN:

- | | | |
|-------------------|-----------------|-----------------|
| 1. EGAN INOUE | 2. DAN OBREMSKI | 3. MIKE RAY |
| 4. RUBEN GONZALEZ | 5. DREW KACHTIK | 6. TIM DOYLE |
| 7. ANDY ROBERS | 8. DAVE JOHNSON | 9. BRIAN HAWKES |
| | 10. MIKE YELLEN | |

WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION TOP TEN:

- | | | |
|--------------------|-------------------|-------------------|
| 1. MICHELLE GILMAN | 2. LYNN ADAMS | 3. CARYN McKINNEY |
| 4. TONI BEVLOCK | 5. KAYE KUHFIELD | 6. DOTTIE FISCHER |
| 7. JACKIE PARAISO | 8. MALIA BAILEY | 9. LYNNE COBURN |
| | 10. MOLLY O'BRIEN | |

PROFESSIONAL UPDATE: The AARA is serving as a springboard to professional racquetball which is the way it is in most sports. In tennis, John McEnroe was a junior sensation and at 13, experts predicted he'd be the next Rod Laver. It's happening in racquetball as well. No longer are Marty Hogan and Mike Yellen the dominant players. Hogan is in semi-retirement and Yellen (31), while still competitive, has had trouble adjusting to today's power game. Today's stars are the ones you've read about following AARA national events. Tim Doyle and Andy Roberts, past US National champs, have victories this season as does Tim Sweeney. Dan Obremski, known for his prowess in doubles, had become a great singles player. Going into the winter, Obremski is ranked second behind Mike Ray, followed by Egan Inoue and ageless Ruben Gonzales.



Racquetball Aches & Pains

by Rhett Rainey **Ankle Sprains**

MANY of us have experienced twisting injuries to our ankles while playing racquetball. This can result in a wide spectrum of disability, from a minor localized pain in the ankle to significant pain and swelling that requires medical attention. I want to discuss exactly what happens when you twist your ankle and what to do once the injury has occurred.

Ankle sprains are very common ankle injuries, and usually are the result of an inversion injury, or your ankle turning in. An ankle sprain occurs when a ligament connecting bones at a joint stretches or ruptures.

Immediately painful and sometimes incapacitating, ankle sprains can, at times, develop into a chronic problem. However, if treated quickly and properly, most ankle sprains can heal well and allow a safe and early return to your racquetball activity.

There are three degrees of ankle sprains. The more severe the sprain, the longer the time to recover.

First degree sprains are the most common and least severe. The ligaments on the outside part of the ankle are microscopically stretched but not torn. There may be a subtle amount of swelling present and isolated pain over the outside of your ankle. With a first degree sprain you can expect to return to regular activity within two weeks.

Second degree sprains involve a partial tearing of the ligament. The ankle usually swells immediately and there will be some bruising the following day. A second degree sprain may require a three to six week rest before returning to full activity.

Third degree sprains involve a complete rupture or tear of the lateral ligament

complex. This can lead to instability in a small percentage of athletes.

Treatment of ankle sprains is divided into four stages:

STAGE 1: (Up to 72 hours). To reduce pain and swelling, ice your ankle for 60 minutes every two hours. Compression of your ankle may also limit swelling, so utilize an elastic bandage. Elevation is also important to control swelling. Depending on the degree of sprain, taping, splinting or casting may be required to immobilize your ankle. Anti-inflammatory medication may also benefit.

STAGE 2: (First week). You can walk on your ankle as soon as it feels comfortable. Crutches may be necessary in the early stages to facilitate walking. Let pain be your guide in determining how much weight to apply. To prevent stiffness, it is important to maintain the full range of motion by immediate rotational exercises once the initial discomfort subsides.

STAGE 3: (Second week or longer). The crucial part of the treatment is a rehabilitation program to regain ankle flexibility and strength. Specific exercises can be prescribed by your physician or therapist.

STAGE 4: (Variable). Your ankle must be strong before returning to full activity or sports. Too early a return may lead to re-injury and a chronic problem. To test your readiness, stand on your toes for 20 seconds and hop 10 times. Once you have completed this without difficulty, then you may begin to run straight ahead. Once you have passed this test, then try figure eights. Finally, zig-zag and cut in different directions. When these exercises are non-painful, then you may return to racquetball.

United States study

Racquetball participation stable RMA study finds

RACQUETBALL participation in the United States has stabilized at round 10·5 million players, according to a national research study released today by the Racquetball Manufacturers Association (RMA).

According to the project, conducted by American Sports Data, Inc., there were 10,414,000 Americans over the age of six that played racquetball in 1989. This compares to 10,146,000 in 1988 and 10,395,000 in 1987.

The study also found that in 1989 there were 2·5 million frequent (more than 25 days per year) players, 1·4 million who said that racquetball was their favourite sport and 2·5 million first-time players. These figures are all similar to findings in both 1987 and 1988.

"Clearly racquetball popularity has stabilized since its rapid growth and decline in the 1970s and 1980s," said Brad Patterson, executive director of the RMA. The studies show that the sport has real potential for growth.

"There is a strong core of loyal players," Patterson continued. "It is the most popular among the younger, more affluent groups and it attracts many new players every year. The challenge for racquetball is retaining players, not recruiting them."

The average participant played racquetball 21 times last year, up from 19 the two previous years.

Nearly six in 10 (59%) of all players are in the 18-34 age group, the study found, while the highest incidence of players (9 out of every 100 people) were in the 12-17 age group. Two-thirds of all players are in households earning \$25,000 or more per year, while the most frequent participants (6·6 out of every 100) are from households earning \$50,000 a year or more.

The study was based on questionnaires completed by 17,500 individuals, and is available free of charge to members of the Racquetball Manufacturers Association. The report, containing some 80 pages of analysis and more than 100 pages of tabular data, may be purchased from the RMA for \$450.

Some of the other findings in the study include:

- 69% of players are men, who participated an average of 23 days in 1989. Women averaged 16 days;
- Racquetball is most popular in the West, with 5·7 players for every 100 individuals, with particular strength in the mountain states (7·6 players per 100 individuals);
- Racquetball is ranked 17th overall among selected recreational and fitness activities, and is ranked 15th for the number of frequent participants;
- 4·3 million racquetball players also played tennis at least once in 1989, while 2·7 million skied and 5 million ran at least once.

"Racquetball has considerable appeal both as a fitness activity and a social sport," said Steve Crandall, chairman of RMA and vice-president of Ashaway Line & Twine. "Growth of the sport will depend on how successfully we promote and blend these two aspects.

"We know that racquetball has a solid base of avid players," Crandall said. "What was really encouraging was the number of new players. This statistic shows that racquetball is positioned very well for the 1990's."

ABOUT THE STUDY — American Sports Data annually tracks the participation in 48 sports and activities, in order to present a comprehensive overview of sports participation in the United States. In January of 1990, two self administered questionnaires were mailed to a nationwide sample of 15,000 households, yielding more than 17,500 usable responses.

(Information courtesy of US Racquetball Manufacturers Association)

RESULTS FROM EUROPE

IRELAND

MUNSTER OPEN

Fermoy

Jan. 19/20

LADIES NOVICE	L. Hennessy bt A. McCarthy, 2-1
MENS NOVICE	P. Hayes bt S. Connolly, 2-0
LADIES C/D	M. O'Keeffe bt A. M. Grumbridge, 2-0
MENS C/D	M. Griffin bt J. Power 2-1
MENS DOUBLES	A. Butler/N. O'Callaghan bt M. Griffin/K. Curran, 2-0
WOMENS OPEN	J. Lynch bt B. Brennan, 2-1
MENS OPEN	N. O'Callaghan bt A. Butler, 2-1

IRISH CLUB CHAMPIONSHIP

Arklow

January

Arklow the host club retained their National Club Championship title when the first Irish event of 1991 was held. The Mens C/D team event went to Templederry for the first time. The Templederry team included the father and son combination of Paddy (Senior) and Patrick Kennedy. Congratulations!!!

Results Open Team final: Arklow bt Fermoy 3-0; 3rd place Kilkenny.

Intermediate (C/D) team: Templederry bt Arklow 2-1. 3rd place, Oldtown.

LEINSTER OPEN

Arklow

Feb. 3/4

MENS C/D SINGLES	G. Redmond bt D. O'Brien, 2-0
WOMENS C/D SINGLES	V. Spencer bt C. Comerford, 2-1
MENS 35+	S. Watters bt J. Comerford, 2-0
MENS OPEN	M. Ryan bt C. Slattery, 2-0
WOMENS OPEN	M. Duignan bt A. M. Whelan, 2-1
MENS C/D DOUBLES	M. & L. Barnes bt J. McGarvey/D. O'Brien, 2-1
WOMENS C/D DOUBLES	C. Vigors/J. Bolger bt P. O'Brien/B. Finnerty, 2-1
MENS OPEN DOUBLES	M. Ryan/O. Malone bt A. Butler/N. O'Callaghan, 2-0
WOMENS OPEN DOUBLES	M. Duignan/B. Farrell bt K. Curran/P. O'Brien, 2-0

TRALEE INTERNATIONAL (IRISH OPEN)

February 15, 16 & 17

The 10th annual Tralee International (Irish Open) was held in February. Once again a huge turn out for this four day festival of racquetball. Players from Holland, France, Belgium, US and over 120 Irish players turned up to support Tommy King, who was organising the event for the eighth time.

The Mens Open title and Waterford Glass Trophy along with \$300 was won by the 17 year old sensation from Fermoy, Noel O'Callaghan, who beat Phillippe Decomte (France), Gail Fenwick (US) before running out an easy winner over Jerome Van Der Hoist (Holland) in the final.

The Womens Open went to Bobbie Brennan (US) who beat Irish No. 2 Jenny Lynch in a tough final. Reports on the event would indicate that it lived up to its usual high standards of enjoyment and hospitality with plenty of partying on Friday, Saturday and Sunday nights!

***** RESULTS *****

MENS OPEN	Noel O'Callaghan bt Jerome Van Der Hoist (Holland)	2-0
MENS C	Aidan Watters bt Michael Barnes	2-0
MENS D	Kevin Padden bt Brian Smith	2-1
MENS OPEN DOUBLES	J. Gannon/M. Rowlands	bt M. Murphy/C. Slattery	2-0
MENS 35+	John Comerford bt Michael Murphy	2-0
LADIES OPEN	Bobbie Brennan (USA) bt Jenny Lynch	2-0
LADIES OPEN DOUBLES	B. Brennan/A. Morrissey	bt J. Lynch/J. O'Flynn	2-1
LADIES C	Orla Heffernan bt Maeve Kavanagh	2-0
LADIES D	Orla Heffernan bt Geraldine Ryan	2-0
LADIES C	Sheila Neary bt Bebe Redmond	2-1

The long-serving tournament director of Ireland's premier event, Tommy King has retired from the hot seat of the Tralee International. Having been involved since the inaugural event away back in 1982, he feels that his batteries are very much worn down. The position of tournament director has been filled by Bertie O'Connor, who also has been involved with the Irish Open since the beginning. Already, Tralee has made their dates for the 1992 tournament. Plans are already in the pipeline for the 1992 event. Such is the planning that goes into this tournament, the organising committee have issued the dates already. They are as follows:

TRALEE INTERNATIONAL (IRISH OPEN)
Friday, Saturday & Sunday, February 23, 24 & 25, 1992

CASTLEBAR OPEN **Castlebar** **March 2, 3, 4**

Anthony Butler (Arklow) won the Mens Open Singles event at the first ever Castlebar Open Racquetball Tournament sponsored by Baxter Healthcare S.A. Seeded no. 1, he defeated the no. 2 seed Noel O'Callaghan (Fermoy) by 2-0 in the final played in An Sportlann, Castlebar. Marie Duignan (Ballygall) dominated the Womens Open by defeating Jenny Lynch (Fermoy) in the final 2-0.

RESULTS:

MENS OPEN	A. Butler (Arklow) bt N. O'Callaghan (Fermoy)	2-0
LADIES OPEN	M. Duignan (Ballygall) bt J. Lynch (Fermoy)	2-0
MENS C/D	T. Geelan (Ballina) bt J. McGarvey (Oldtown)	2-0
LADIES C/D	M. Gannon (Newport) bt P. O'Brien (Oldtown)	2-0
MENS NOVICE	M. Keane (Castlebar) bt H. McShane (Moylough)	2-0
MENS OPEN DOUBLES	P. Duignan/J. Gannon bt M. Murphy/C. Slattery	2-1
LADIES OPEN DOUBLES	M. Duignan/B. Farrell bt J. Lynch/J. O'Flynn	2-0
MENS C&D DOUBLES	P. Kennedy/G. Redmond bt M. Kelly/M. Keane	2-1

NATIONAL CHAMPIONSHIPS **March/April**

RESULTS:

MENS D	D. Gibbons (Kilkenny) bt P. Santry (Fermoy)	2-0
MENS C	C. Slattery (Templeberry) bt A. Watters (Cavan)	2-1
MENS B	N. O'Callaghan (Fermoy) bt C. Clattery (Templeberry)	2-0
MENS 35+	M. Ryan (Cavan) bt M. Murphy (Arklow)	2-0
MENS 40+	P. Duignan (Ballygall) bt M. Murphy (Arklow)	2-1
MENS OPEN DOUBLES	J. Gannon/P. Duignan bt M. Murphy/C. Slattery	2-0
MENS OPEN	N. O'Callaghan (Fermoy) bt M. Ryan (Cavan)	2-0
WOMENS D	A. M. Grumbridge (Fermoy) bt M. Dooley (Kildare)	2-0
WOMENS B	B. Farrell (Ballygall) bt R. Morrissey (Queens, Belfast)	2-0
WOMENS OPEN	A. M. Whelan (UCD) bt B. Farrell (Ballygall)	2-1

RAI NATIONAL LISTS — APRIL 1991

● MENS OPEN ●

1	NOEL O'CALLAGHAN	94
2	ANTHONY BUTLER	88
3	CHRISTY SLATTERY	48
4	JIMMY GANNON	46
5	MICK RYAN	43
6	PHILIP DUIGNAN	26
7	MICK MURPHY	23
8	DONAL RYAN	11
9	JOHN McDONALD	9
10	CON BROSANAN	9
11	PAUL SANTRY	7
12	JOHN DONOVAN	6

● WOMENS OPEN ●

2	MARIE DUIGNAN	67
2	JENNY LYNCH	64
3	BERNI FARRELL	46
4	BOBBI BRENNAN	44
5	CISS KENNEDY	35
6	ANN MARIE WHELAN	33
7	PATRICIA O'BRIEN	32
8	KATHLEEN CURRAN	24
9	ROSE MORRISSEY	24
10	ANDREA PATTERSON	16
11	KATHLEEN CADDEN	10
12	ANN MARIE GRUMBRIDGE	10

HOLLAND DUTCH OPEN Zoetermeer March 15/17

Over 75 competitors from seven different countries took part. Apart from a large local contingent players attended from the US, France, Germany, Greece, Belgium and Austria. The Mens events were dominated by Germany who took 4 of the 7 titles. Holland captured both Womens events.

RESULTS OF THE 13th DUTCH OPEN:

MEN'S OPEN: 1. Ralf Klinke, GFR, 13-15, 15-10, 15-8. 2. Joachim Loof, GFR. 3. Trevor Hayter, GFR, 15-13, 15-8. 4. Jerome van der Holst, HOL.

MEN'S B: 1. Marc Boulez, FRA, 15-9, 15-12, 15-14. 2. Edwin Schipper, HOL; 3. Joshi Pirigos, GRE, 15-4, 12-15, 15-8. 4. Bernd Hartmann, GFT.

MEN'S C: 1. Klaus Fibrich, GRF, 15-13, 15-11. 2. Robert Seillour, FRA. 3. David Luft, HOL, 15-1, 15-11. 4. Gene Kelley, USA.

MEN'S 30+: 1. Olaf Balzuweit, GFR, 15-12, 15-14. 2. Rene Hehemann, HOL. 3. Willy Waters, USA, 15-7, 15-13. 4. John van Beek, HOL.

MEN'S DOUBLES: 1. Loof/Hayter, GFR, 11-15, 15-5, 15-11. 2. Scheffler/Gerullis, GFR. 3. Dröge/Klinke, GFR, 14-15, 15-14, 15-11. 4. Vink/van der Holst, HOL.

WOMEN'S OPEN: 1. Philomine v. Pelt, HOL, 15-7, 15-8. 2. Birgit Klinke, GFR. 3. Renate Hönig, GFR, 15-12, 15-5. 4. Angelique Baart de la Faille, HOL.

WOMENS B: 1. Jodine v Antwerpen, HOL, 15-11, 15-6. 2. Wendy Wilmowski, USA. 3. Elise Piso, HOL, 15-11, 15-10. 4. Linda Wyland, BEL.

GERMANY

GERMAN NATIONALS

At this year's German Nationals a change of generations could be seen. None of the top 3 finishers in the Mens Open division was older than 21. Eight-time German champion Jörg Hanold had to experience this in the second round when Trevor Hayter walked all over him. Only Achim Loof was finally able to turn Hayter's powerful serve into smart passes and a couple of rollout pinches. The two finalists also form one of the top European doubles teams. They won the European Championships held in Paris in 1989 and weren't beaten by a German team since.

But this year they got upset by Scheffler/Knaak in the semi's, besides all these top matches there was another great development that has to be mentioned. It's the improvement of two brothers, aged 11 and 8. Jan Lysakowski (11) is only playing for a year and has a proper technique, while his little brother just can't stop running all over the court, getting every pass out of the corner. If they continue working as hard as they are doing now, they sure will be part of the national team in a couple of years.

Willi Wenzel from Bad Tölz, who just became European senior champion was able to defend his German title in the 30+ division.

RESULTS:

JUNIORS 16: 1, Marcel Scholz; 2, Jan Lysakowski; 3, Ralph Lysakowski. **MENS OPEN:** 1, Joachim Loof; 2, Trevor Hayter; 3, Ralph Klinke. **SENIORS:** 1, Willi Wenzel; 2, Wolfram Heese.

LADIES: 1, Birgit Klinke; 2, Regina Tiede. **DOUBLES OPEN:** 1, Mark Scheffler/Tomas Knaak; 2, Torsten Krieger/Jörg Hanold; 3, Joachim Loof/Trevor Hayter.

Around the Globe

CANADA

RACQUETBALL CANADA RANKINGS — JAN. '91

MENS SINGLES

1	Sherman Greenfield	2421
2	Roger Harripersad	2344
3	Simon Roy	2275
4	Mike Ceresia	2220
5	Haydn Jones	2194
6	Ross Harvey	2185
7	Doug McQuarrie	2182
8	Martin Mercier	2150
9	Martin Gervais	2095
10	Darren Moran	2090

WOMEN SINGLES

2	Heather Stupp	1828
2	Carol McFetridge	1613
3	Sue MacTaggart	1613
4	Josée Grandmaitre	1559
5	Vicki Brown	1554
6	Linda Ellerington	1525
7	Lori Johnstone	1504
8	Debbie Ward	1501
9	Nadia Verilli	1468
10	Monique Parent	1450

WHEELCHAIR:

1	Mark Cormack	1097	6	Jon Breen	944
2	Jake Smellie	1058	7	Scott Heron	930
3	Earl McArthur	1031	8	Mark Wherrett	917
4	Ken Michaylenko	988	9	Garry Reid	903
5	Gerald Teichrib	950	10	Denis Kloppenburg	906

In response to our newsletter, Dave Hinton, Technical Director Racquetball Canada wrote to us as follows:

"We have received the first edition of your newsletter and are extremely excited about the depth and scope of material presented. We are also proud to have some material input and will continue to supply you with additional material from time to time.

We wish you the best of luck and have found that newsletters can unite individuals at great distances to the common goal of promotion and interest in the sport.

I.R.F. HEADQUARTERS — COLORADO SPRINGS

The new IRF 1991 Rule Book with changes approved at the 1990 World Congress in Caracas is being issued at present to all IRF affiliates. Make sure you get your copy to keep you up to date.

EUROPEAN CALENDAR 1991

April 20/21	Brussels Open	Brussels	Belgium	Erik Meyer	
April 26/27/28	German Open	Hamburg	Germany	Thomas Knakk	
May 3/5	Arklow International	Arklow	Ireland	Michael Murphy	0402-39950
May 15/20	8th European C'ships	Antwerp	Belgium	ERF	079-413575
May 24/26	7th Bavarian Open	Bad Tölz	Germany	Willi Wenzel	08041-3335

For corrections/additions, contact: Rene Hehemann, phone 079-413575 or fax 079-310418

BEHIND THE SCENES

by Marie

HIGH FLYER



Tralee's Bertie O'C. is off to the United States to promote the 1992 Tralee International. He would welcome early entries to reach him on or before June 1st and suggests that cheques and POs be made payable to Slattery's Travel Agency.

USELESS INFORMATION

At the Ulster Games, Ireland had among their squad players born in Scotland, USA and England. While England on the other hand had players from Canada, Ireland and USA. The German team had a Spanish senior who answers to the name Antonio (Italian). Holland no. 2 Hans Van Veen flew all the way from South Africa to take part. Confused?

OVER-18 ONLY

Sorry Anto (The Nipper), the photos of you in the shower are all sold out.

MESSAGE FOR BETTY

Christy was a proper gentleman, in fact we were all perfect gentlemen in Belfast. Good night Christy!!

† FIRST AID †

New Dutch member Angilique Baart de la Faille had an unfortunate accident while training with the Dutch team. We look forward to meeting you in Antwerp and wish you a speedy recovery. Kay Curran from Tralee also suffered a nasty ankle injury in Ulster. Would this account for her purchase of two odd shoes in the sales!!!

QUIZ?????????

(A) Gold medallist Mary Peters. Who is her No. 1 fan? (B) Name the Cavan girl? (C) What has Dermot Hanafin got in common with Jurgen Denk? (D) What had the German team on top of their car? (E) What country did 'Surely play for? (F) Who captained the Irish 'B' team?

THE HEAT IS ON . . .

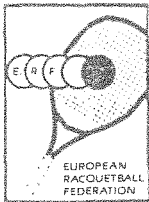
Raymond Postma and Jerome Van der Holst (Holland), Doc Jenny Lynch (Ireland), will all miss the Europeans because of exams. We wish them and all the young racquetballers taking exams in the coming weeks every success.



CUDDLY CORNER

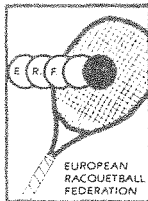
Congratulations to Tom and Gerardine King on their arrival of daughter Victoria. Best wishes to Martin McCone and wife who also had a baby girl. Hopefully Geraldine of the Irish team will make it a hat-trick for the girls!

Answers to quiz: (a) No its not Jurgen Denk. Yes, that's right, Seamus Watters is her no. 1. (b) Mary Peters. (c) Besides a major age gap. Nothing. (d) We don't know, we never asked. (e) As they say in Ulster, leave surely out of this. (f) Tricky question.



NEWSLETTER

SUBSCRIPTION FORM



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YES, I want to subscribe to Racquetball Europe which I understand will be issued quarterly. I enclose a cheque for US\$8 to cover the cost of four issues plus postage.

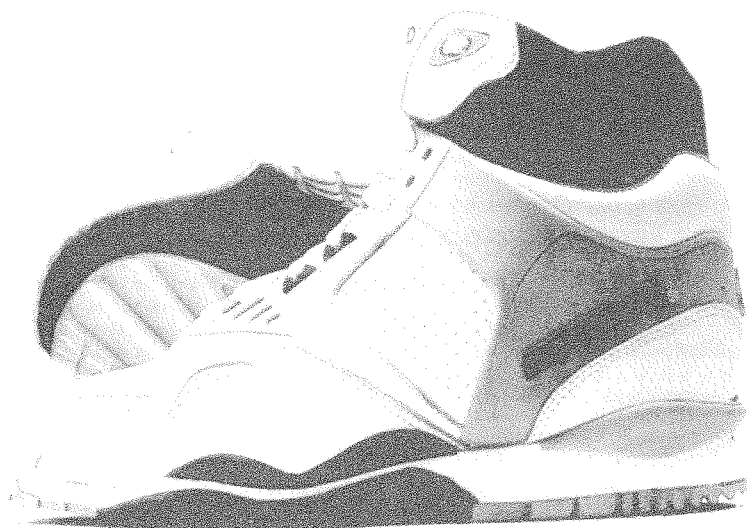


★ ACKNOWLEDGEMENTS ★

Racquetball Magazine (AARA), First Serve Racquetball Canada (magazine), Racquetball Aches & Pains, Dr. Rhett Rainey; Linda Mojer, AARA Media Director; Enrique Villigran, Central American report; Ken Ishiguru, Executive Director, Asian Federation.



Some of the competitors pictured at the European Championships in Paris, summer 1989.



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