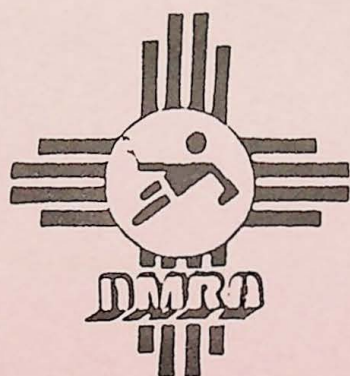

*NEW MEXICO
RACQUETBALL
ASSOCIATION*



NEWSLETTER

FEBRUARY



1985

JUNIORS TEAM MEET

It was no real surprise that we had the largest number of junior racquetball players ever to attend any meet in the state of New Mexico. The meet was held at Supreme Courts January 5th, 1985.

We had some 85 participants aging from 5 years old to 18, we even had 14 players from Dallas, Texas, thanks to Perry Latham.

The eleven teams participating in our first Juniors Team Meet were: Academy, Supreme I, Supreme II, Tom Youngs I, Tom Youngs II, Tom Youngs III, Dallas I, Dallas II, Dallas III, Rio Grande, and Royal Spa. Winners were as follows: Royal Spa 1st, Tom Youngs I 2nd, Supreme I 3rd, & Dallas I 4th.

The meet was very successful and at the same time a lot of fun for the juniors as well as for the adults. We played a lot of RB, ate a lot of food, watched movies on the big screen, played dodge ball, and in general had an excellent time. We urge all you juniors out there to go to your local club and join this program. For any assistance call Steve Groomer (505) 325-8868.

TYPIST FOR THE NERA NEWSLETTER NEEDED

We are looking for someone who has access to a typewriter who is willing to donate 1½ hours monthly (maximum time) of typing for the NERA Newsletter. Interested. Call Lyn at 255-8440



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NEW MEXICO RACQUETBALL ASSOCIATION NEWSLETTER

is published
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STRING CHOICE

The string you choose and how it is put in your racquet are the most important factors in how well your racquet will play. That \$150 graphite beauty, poorly strung, will play like a \$10 discount store special. On the other hand, an ordinary frame properly strung will play well.

The racquet stringers at String King have been stringing frames for all the racquet sports for 10 years, and offer these items to consider:

No other racquet sport is as demanding on strings as racquetball. The power player with 100mph kills will go through weak strings like spaghetti.

Choosing a string that is compatible with your frame is just as important as the tension it is strung at. The most popular tennis strings often have short life spans in racquetball racquets. For instance, metal framed racquets with steel grommets are harder on some multi-filament strings than say, many of the graphite laminated or "formed" racquets. A string that can handle the sharp turns of these metal racquets must be used unless you want to see your stringer often.

If you are unsure of what to use, talk with your stringer and ask for recommendations. The first question asked will be "What kind of racquet do you use?" and then "Tell me about your style of play."

Your stringer's goal is to give you a string job that is right for you and your racquet--take advantage of his experience.

Next month - String Tension

We condense a mountain of information on how this seemingly minor subject affects you game in big ways.



STRING KING

"Finest Stringing
For All Racquet Sports"

Jerry Garr
822-0357

1985 JUNIOR STATE RACQUETBALL TOURNAMENT RESULTS

BOYS

18-

1.F. Alongi 2.A. Howell 3.K. Shoemate

16-

1.T. Jelso 2.L. Vogel 3.D. Lingman

14-

1.T. Jelso 2.T. Ortega 3.L. Aragon

12-

1.L. Aragon 2.C. Nims 3.S. Salvador

10-

1.J. Mulcock 2.G. Groomer

8-

1.M. Greemough 2.L. Groomer 3.S. Weiland

GIRLS

18-

1.L. Heresman 2.L. Mallock

16-

1.L. Hermesman

14-

1.J. Towig 2.R. Gellman 3.K. Lingman

12-

1.K. Lingman 2.R. Gellman 3.C. Mobley

10-

1.C. Mobley

8-

1.L. Jelso

BOYS 18- DOUBLES

1.Haworth/Alongi 2.Howell/Jelso

BOYS 14- DOUBLES

1.Aragon/Nims 2.Aragon/Clair

SPECIAL AWARD FOR YOUNGEST PLAYER
WENT TO CODY MOBLEY, WHO JUST
TURNED 6.

TOURNAMENT SUBTLETIES

by

Gary Mazaroff

Do you ever think about why you play well in daily racquetball matches but show poorly in tournaments? Can you recall the last time you won a TOURNAMENT?...a TOURNAMENT MATCH?...a TOURNAMENT GAME? If your approach to club-level racquetball coincides with that for tournaments, your success ratio for tournaments is probably low. This assumption is based on the majority view for defining success--'WINNING!' Club level and tournament racquetball are as different as Pierre Cardin and K Mart, the NBA and the CBA, or Marty Hogan and your club pro.

There are three prerequisites to playing successful tournament racquetball. They include: physical training, goal orientation, and mental preparation. Physical training incorporates fitness variables as well as court playing and practice sessions. Flexibility, cardiovascular endurance, and muscular strength/endurance should be included in a training regimen, in order to combat the demands placed on tournament play over consecutive days. Additionally, tournament racquetball brings out higher intensity levels than does pick up racquetball. One's training program ought to be internalized into a "lifestyle", rather than it being an afterthought on the eve of competition. Everything else being equal, the better trained athlete has the advantage.

Short and long-range goals must be part of the tournament experience. An upcoming tournament can be viewed as a stepping stone to future tournaments with greater import, i.e. the Regionals or the Nationals. On the other hand, each tournament this year can serve to better prepare one for play within a higher classification the following year. Finally, one's will to win the "last" tournament may serve to ease the transition into retirement.

Mental preparation is essential for successful tournament play. It works together with physical training and goal orientation to produce a complex 'tournament game plan'. A player either feels ready for the competitive challenge on the court, or a player is skeptical about the experience. Such skepticism is based on poor or inadequate preparation. A tournament player may view first round matches as a "whet thy appetite" notion for succeeding rounds, or he/she may feel that the first round will be the last round. Another possibility is that the tournament player approaches each round with increased enthusiasm, a greater flow of adrenalin, and as a building block to the ultimate prize of the championship.

Before entering your next tournament, consider your possible reasons for participation. They may include the desire to:

1. play at any cost
2. play with ultimate intensity
3. play well but fair
4. feel a part of a social environment
5. demonstrate prowess
6. improve over the previous tournament performance
7. have fun
8. control the environment
9. enhance the fitness level

If unable to draw from this priority list, then one must draw from his or her own list, or reconsider entering racquetball tournaments.

In summation, successful participation in racquetball tournaments involves an understanding of the difference between tournament and non-tournament play. Secondly, it involves physical training, the establishment of a goal orientation, and mental preparation. Finally, it involves a list of reasons (priorities) for participation. Allow the tournament to bring out the best in you as you strive to bring out the best from the tournament. This interaction between the tournament and the player will heighten the quality of the tournament as well as enhance individual experiences.

**** NOTICE ** NOTICE ** NOTICE ** NOTICE ****
 For the few who are not NMAA/AAA members and the ones who have not passed the rules test; LET'S DO IT. You will be checked at all future tourney's. You must have passed the test to play - you must also be a member.

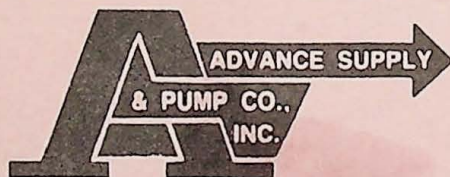
If you enter a tournament and haven't passed the test, your money will be refunded. If you are not a member or don't have the proof that you are, you will be required to join before playing.



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