

National Racquetball[®]

December 1986

Vol. 15

No. 12

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Fran Davis:
A class act on
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Arlington, VA Stop**

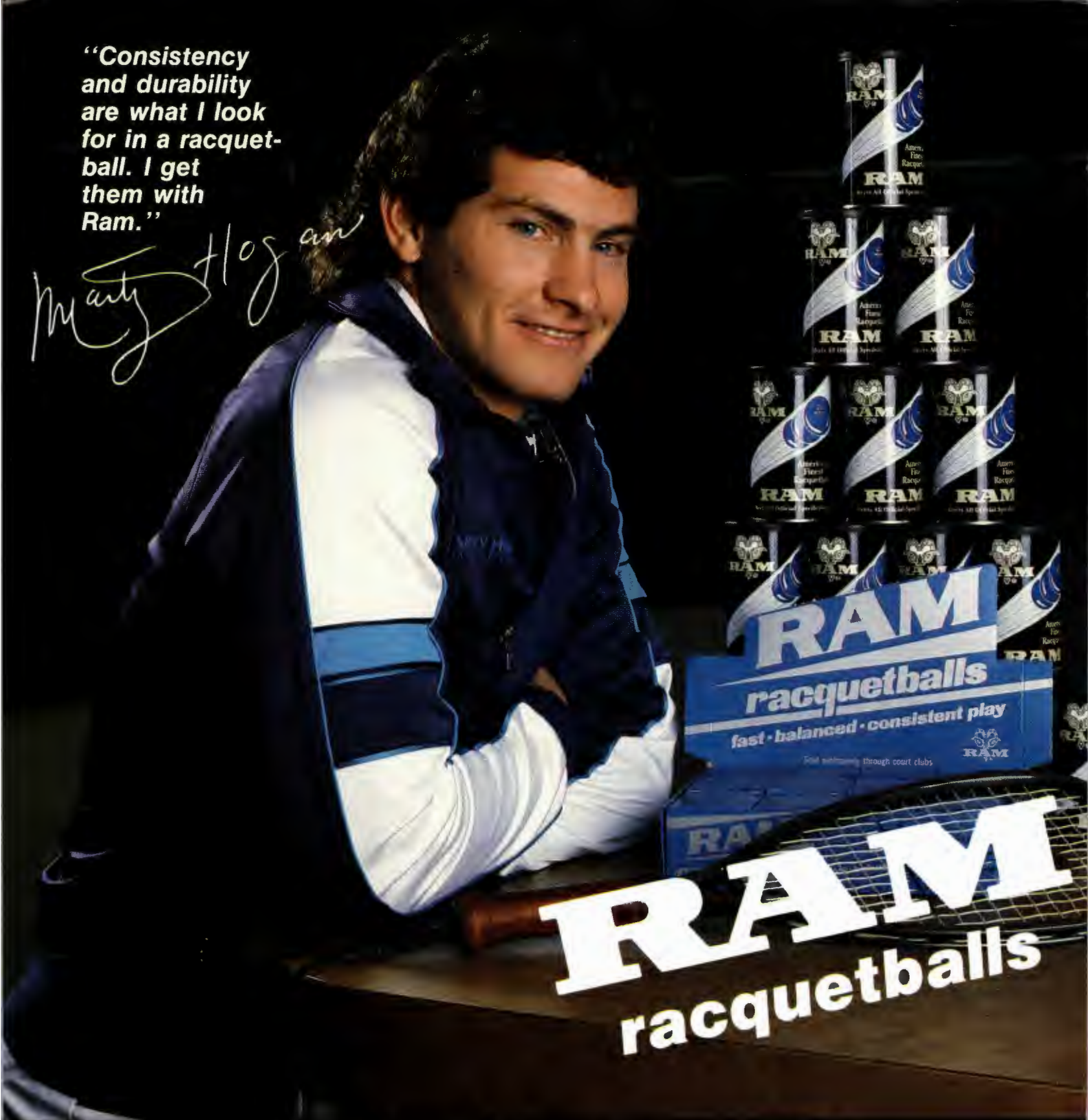
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Off The Wall

by Joe Massarelli



Tis The Season . . .

The racquetball season has swung into high gear. Tournaments - both pro and amateur - are popping up everywhere.

We here in Florida have a difficult time thinking of racquetball as "seasonal," but we know that as you read this column some of you will be up to your ankles in snow. So, I guess the rest of the country - excluding the sunbelt states - participates in racquetball, both competitively and recreationally, more frequently during the winter months.

With the RMA and WPRA pro tours in full swing, many amateur players around the country will have the opportunity to see some really fine racquetball because of the excellent geographic selection of pro tournament sites. Tour stops are scheduled for Texas, Colorado, Oregon, Hawaii, and Arizona. A portion of the schedule has already been played in Michigan, Canada and Virginia.

AARA amateur tournaments are very heavy in every state from December through June, so check with your local AARA chapter to find out if your club, or one close by, is sponsoring an event. Even if you aren't a participant, it's fun watching and cheering your friends to victory.

And, speaking of seasons, the holidays will soon be upon us. I think we should all take the time from our busy business and personal schedules to enjoy this time of year with our family and friends.

This issue is our annual racquet guide edition. Without sounding like I'm giving you a sales pitch, I do want to point out that there are many neat gift ideas to be found throughout this issue. Our racquetball-playing family and friends like nothing more than racquetball related gifts for the holidays.

New Year's resolutions, of course, are always fun to make, easy to break, and even more easily forgotten. But I'm going to stick my neck out and make a few on behalf of this magazine.

First, we're going to do our best to promote racquetball equally at all levels. The exposure and visibility of the pros via tournament reports, profiles, interviews and general interest features will lend viability and credibility to the sport. This creates interest and enthusiasm among the amateur ranks. And hopefully, this editorial thrust will translate to more amateur or pro/am tournament participation and support.

Secondly, we will fully back the efforts of those associations responsible for the future growth and prosperity of the sport here and abroad. The American Amateur Racquetball Association (AARA), the Racquetball Manufacturers Association (RMA), the Womens Professional Racquetball Association (WPRA) and the newly formed International Mens Professional Racquetball Organization (IMPRO) are functioning for the enhancement of the sport at all levels. So are their overseas counterparts. Their impact on the grassroots element will spell our future success (or failure) to allow racquetball to take its rightful place with other popular participation sports.

Third, and equally as important, this magazine will take an active role in bringing home the vital message that racquetball rates advertiser sponsorship and national publicity right up there with the likes of tennis, golf, bowling and a variety of other family oriented sports activities. Anyway, it will be fun to look back at 1987 a year from now and see how well we fared in keeping our promises.

We here at National Racquetball want to take this opportunity to wish

you a very Merry Christmas and a healthy, Happy New Year.

Keep up the good game . . . and thanks for being our friends! ■

National Racquetball

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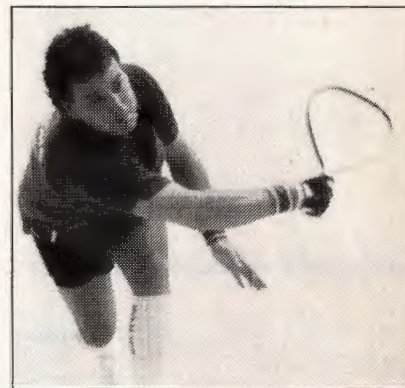
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First Serve

by Chuck Leve



What Ever Happened To Cramps?

A few weeks ago I went over and watched a pro tournament. Actually, it was more a major, amateur event with a couple of the fairly well known pros on hand to scoop up a modest first and second place prize in the absence of some of the big boomers.

I spent a couple of days taking in the action, enjoying the play and remembering all the hassles of running tournaments — hassles I'm happy not to have to deal with anymore. I have new hassles, of course, but that's another story.

My friend, who came along for the ride and brought his nasty attitude with him, constantly remarked about the marvelous physical condition the players were obviously in. Their running, diving, grunting and sweating was making quite a positive impression on us.

Finally, after a particularly tough, close five game (11-9 in the fifth) battle, my friend asked a simple question: Whatever happened to cramps?

I assured him that I didn't have the foggiest idea of what he meant. Cramps, as in menstrual? Cramps, as in your side when you can't run anymore? Cramps, as in stomach when fast food races through your system like a Hogan forehand?

It turns out my friend's kid was doing some racquetball research for gym class or some such nonsense and the kid remarked that in the old days, all the players used to fear cramps. Cramps, in fact, often were the determining factor in a match. Players even strategized to try and force their opponents to cramp up.

I decided the question was a

good one. Whatever happened to cramps? Obviously, they have left racquetball. But why? And will they ever come back? And if they do, will they ever be the factor they once were?

I grant you the issue of cramps is not going to determine the future greatness of racquetball. Yet some of the greatest matches of all time found cramps at center stage. Just ask Steve Strandemo or Charlie Brumfield.

Brumfield, you'll recall, was the world's best racquetball player in the pre-Marty Hogan days. He won everything there was to win and then he won again. In the late 1960's and early '70's, Brumfield amassed victories like we toss pennies into jars on the mantel. He was the player others grumbled about when they looked at the draw.

In 1974 racquetball turned pro and, as everybody expected, Brumfield was odds-on favorite to take the first big prize of racquetball, \$1,500 if my memory serves me. Strandemo, merely a regional, amateur semi-finalist, was expected to use the tournament as learning experience.

But then, nobody figured on cramps.

The site was the now-famous Houston Downtown YMCA (before their big addition) late in September and it was hot outside. Inside, on the courts, it was cold. We never could figure out why they kept the courts so cold. Somebody said it was like restaurants where they keep the temperature cold because it causes you to eat faster and thus leave quicker.

In any event Brumfield played Strandemo in the quarters and since both played control style — keep the ball in play, go to the ceiling, make your opponent make the mistake — well it was like playing your twin. They played for what seemed like forever and sure enough in the middle of the third game (all games were to 21 and a match was two out of three for those of you born after 1965) Brumfield got cramps. In both legs. Calves to be exact.

Needless to say, Brumfield lost and Strandemo won, aided greatly by cramps.

Another time, about a year later in Chicago, Steve Keeley and Bill Schmidtke both cramped up in the third game. To make it worse, Schmidtke got a cramp in both legs and his right hand. He had to call time out and have a spectator wrap his fingers around the racquet, then tape his hand to it so he could hit the ball. Then he did his toad imitation.

Looking back, it almost does not matter who won or the fact that the winner couldn't answer the bell for the finals the next day.

I guess the point of all this is that racquetball sorely misses cramps. At least I think so. I admit I used to enjoy watching the agony of pulsating muscles dancing to the beat of their own drummer. I enjoyed toad racquetball.

Alas, all good things come to an end. Better conditioning, shorter games, faster balls, improved nutrition and younger players have all helped to spell the end for cramps. ■

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Off Court Fitness

by Jean Sauser



Consistency

If you took a nationwide poll to determine how many people really *want* to be physically fit, I am willing to bet that the results would be 100 percent in favor of fitness. Yet, the latest surveys on fitness across the country show that less than 25 percent of our population works out and obesity is at its usual record high level.

What's the reason? A lack of one word in the vocabulary of a population that wants to be fit but can never seem to quite attain real fitness. The word? Consistency. If you're not achieving and maintaining a desirable fitness level for yourself, check to see that this word is one that applies to your weekly routine.

Aside from doing things right, consistency is the most important factor in obtaining and maintaining your fitness goals. Think about your racquetball game for a minute. When do you play your very best? When you play two or three times a week. In other words, consistently.

A friend of mine who's a fitness instructor puts it into even better perspective.

"I tell my club members that achieving and maintaining fitness is a lot like getting rich," he says. "Some people try to get rich by gambling or winning the state lottery and 99 percent of them are called big time losers. Other people try to get rich through financial planning, setting money aside each and every paycheck into saving and investments which will mature over a long period of time. Most of these people are called rich, and the rest are called financially secure."

Consistency is the underlying principle in every type of success. Yet most of us try to circumvent it in every way imaginable.

It's that "I didn't do it this week, so I'll have to do twice as much next week" philosophy that gets most people in trouble. Even when they do what they say they are going to do to make up for lost time, half way through the next week, the commitment becomes too much because double the effort is required.

My first success with consistency actually came in the area of weight loss. Twenty-two years ago, at the tender age of 14, I stepped on the bathroom scale to find out I weighed 125 pounds. When you are 5 ft. 1 in. with 5 ft. 2 in. parents, you know you are not going to grow out of being "a little chubby". Being the realistic, rational teenager that I was, I panicked!

This led to a series of crash diets which made me a 135 pound diet "authority" by the time I was 16. In fact, I was a diet pioneer, always leaving a trail of diet failures behind me while I found new and better diets to fail on.

Luckily, it was just before my 17th birthday that I took a job at the YMCA as a lifeguard and swimming instructor. It was there I discovered that if I played racquetball twice a week and swam laps every other day, I didn't have to diet! Slowly but surely the pounds were coming off. By my 18th birthday I weighed 110, the ideal weight for my height. For the first time in my life, consistency paid off and, in fact, got me through the next phase of my life — college.

Knowing that I hadn't exactly graduated from high school Phi Beta Kappa, I was aware that getting through college was not going to be a "given" where I was concerned. Consistency came into my life again as I made up my mind that since college was a clean slate, I was going to study for smaller amounts of time every day and not miss a day instead of relying on my old high school study habits of studying only one night before an exam.

Not trying to set the world record for memorizing the most material in the least amount of time and just being consistent with my studies on a daily basis worked! This former high school student, who thought the word "honor roll" meant some special kind of Chinese food, made the Dean's list by her senior year. It was a great way to end four years of an uphill battle, and consistency again was the reason why.

Racquetball was another lesson in consistency. Upon graduation, I decided to try and become a professional racquetball player. I found a coach and confided my dream in him. He told me there was some good news and some bad news.

"Let me give you the bad news first," he told me one day as we were standing outside the court. "I've seen the women pros play and you have half their talent."

"What's talent got to do with it?" I said hiding my hurt feelings.

"You already know the good news," he said ecstatically. "You're

(continued on page 42)

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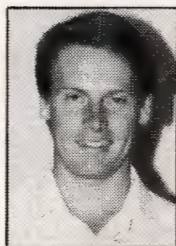


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Canadian Report

by Sigmund Brouwer



South of the Border

When the Houston YMCA hosted the 1986 AARA nationals, it did not take me long to find out what happened in the Men's 35+ Division. I knew someone from Michigan who had spent hard time in pursuing the best racquetball he could play, and it was important for him to measure himself there against the best in the nation.

And he did okay. In fact, he upset the defending champion and lost a tough match in the semi's, to place third. I found out right away despite my location on the Canadian prairies some 2,500 miles to the north.

I thought about that old, old, real old, decrepit guy, who endures me as a doubles partner whenever I make it to Michigan, during a recent conversation about Americans with two top Canadian racquetball players, who spend tournament time in the States.

Roger Harripersad, from Calgary, Alberta, who plays for Cal State Sacramento, did not say the best thing that happened to him in racquetball was his first round victory over Marty Hogan at the 1986 DP Nationals or his U.S. Intercollegiate Championship or his medals in World Championships.

Crystal Fried, teammate at Cal State and native of a place called Medicine Hat in Alberta, did not say the best thing that happened to her in racquetball was her back-to-back U.S. Intercollegiate Championships or reaching the number

2 amateur ranking in America or becoming Canadian National Champion.

Funny enough, they both spoke about international friendships instead.

I liked that.

All that time pursuing excellence, all those tournament wins and it still came down to something very simple like friendship. Even to a cynic, it was a nice touch.

All the Canadians I know have good memories of their time south of the border. Brad Kruger does; Now a teaching pro in Vancouver, he perfected his Hunter S. Thompson gonzo racquetball in the craziness of San Diego and somehow managed to take back to Canada a university degree and no permanent afflictions. Mike Ceresia does, and he makes it to as many

American stops as he can from his home in London, Ontario.

Great Falls, MT, has a tournament of legendary proportions to us in western Canada. And enough Americans make it each year to the Stampede Tournament in Calgary to reciprocate all favors and revenges.

What it comes down to is that it would be nice if this was the kind of world where defense budgets concentrated only on building racquetball courts and stockpiling those bouncy blue balls.

It might work.

And by the way, congratulations Rick, on the AARA tournament. But isn't it about time you returned some bet money, like from the time in Brighton, MI or after the Toronto Blue Jays absolutely thrashed your Tigers?

CURRENT CPRO STANDINGS

- | | |
|-----|--------------------------------|
| 1 | Sherman Greenfeld, Manitoba |
| 2/3 | Mike Ceresia, Ontario |
| 2/3 | Haydn Jones, Ontario |
| 4 | Roger Harripersad, Alberta |
| 5 | Woody Clouse, British Columbia |
| 6 | Paul Shanks, Alberta |
| 7 | Martin Gervais, Quebec |
| 8 | Wayne Bowes, Alberta |
| 9 | Rick Gartel, British Columbia |
| 10 | Brian Thompson, Alberta |

WPRA Report

by Caryn McKinney



Racquetball's Ambassadors at Large

This month's column is devoted to filling you in on the various promotional activities of some WPRA players. As you will discover, the women spend a great deal of time instructing, talking with the media, and, in general, playing the role of racquetball ambassadors. We believe the time spent with these types of appearances is crucial to the continuing growth of racquetball and the building of its reputation as a "big media" sport.

Lynn Adams, the number one player, is one of our most active members. During the past summer and fall, Lynn held camps in Washington, Alaska, Florida and California. Perhaps more importantly, for the past two years, Lynn has been the focus of a nationwide media/informational tour for UpJohn Pharmaceuticals. For those of you who aren't aware of it, Lynn has arthritis and is a valuable spokesperson for UpJohn in its efforts to educate the public concerning the myths and facts surrounding this disease. During a three week period, Lynn travelled to eight cities (Philadelphia, Pittsburgh, Cleveland, Dallas, St. Louis, Indianapolis, Columbus and Cincinnati) for six to 12 interviews daily with television, radio and newspaper reporters. Clearly, racquetball benefited greatly in terms of exposure!

Fran Davis is another busy spokesperson for the WPRA and racquetball. She does numerous camps/clinics throughout the country. In the past few months she has made appearances in New

Jersey, New York, Pennsylvania, West Virginia, North Carolina, Florida, Colorado and Alaska.

A few newcomers to the appearance circuit are Molly O'Brien, Marcy Lynch and Marci Drexler. Molly and Marcy live in the Philadelphia area and are building quite a reputation for quality weekend camps. This past summer they held events in Hershey, Chalfont and King of Prussia, PA.

Lynn Adams, the number one player, is one of our most active members of (WPRA). During the past summer and fall, Lynn held camps in Washington, Alaska, Florida and California. Perhaps more importantly, Lynn has arthritis and is a valuable spokesperson in UpJohn Pharmaceuticals's efforts to educate the public about this disease.

The other new face, Marci Drexler, is from San Diego, but has been doing various exhibitions and appearances in the Los Angeles and southern California area. I'm sure you'll see more of these players in the future.

I have also been "hitting the road" for racquetball. In recent months, I have visited Ohio, Michigan, Alabama, South Carolina, Georgia, Washington, Illinois, Wisconsin and Indiana. Each of these appearances are not only enjoyable, but rewarding. It's truly a pleasure to deal with people across the country who are racquetball enthusiasts and will keep it as their lifetime sport.

In spite of all this activity from

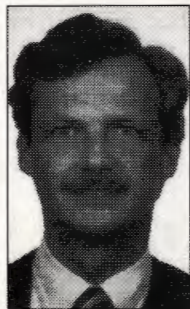
various WPRA players, I believe Terri Gilreath and I can claim to have worked one of the most enjoyable types of appearances. We have each had the enviable duty of working a week-long cruise! Terri served as the sports commissioner for the Reebok Club Challenge with *City Sports Magazine*. This competition between 40 northern and southern California clubs also included a Sundance Cruise.

Similarly, I was part of the Norwegian Carribean Lines' Sports Afloat program aboard the S.S. Norway (the only cruise ship with a racquetball court). It's an understatement to say that the 10 hours of work during my visit to Nassau, St. Thomas, St. Maarten, and other beautiful islands was worth it!

I'm sure I've neglected to mention many WPRA members who are active in their own area of the country. However, the ones discussed are those who have kept our office informed. If you would like a WPRA player to visit your club, please contact them directly or through the WPRA at P.O. Box 95563, Atlanta, GA 30347. ■

Commissioner's Report

by Jim Hiser



A Fresh Point of View

It is sometimes difficult for us diehard racquetball fanatics to go beyond the boundaries of our sport to seek the opinions of the "normal" sports spectator. At a recent professional tournament I noticed a few individuals who did not seem to fit the mold of the typical racquetball fan. I decided to solicit their opinions.

Although impressed by the action and excitement generated

most players. She commented that white photographed better and projected a cleaner image.

Second, the female viewers were disturbed by the frequent usage of foul language. Although not always audible to all spectators, the closeness of fans to players allowed interpretation of even the slightest slang.

Third, the constant bickering between players and referee de-

". . . the constant bickering between players and referee detracted from the excitement and created dull moments, which seemed to drag on and on."

by the intense level of competition, these spectators found other aspects of the game less than enjoyable. I believe their comments have merit, especially at this time when we are seeking wider public appeal.

First, these neophyte spectators felt most players (both amateur and professional) were unattractively dressed. One of the viewers, a design artist, thought white would be a more appealing color than the typical dark colors promoted by

traced from the excitement and created dull moments, which seemed to drag on and on. The dullness was amplified by the fact that the fans, in most cases, could not hear these exchanges and were seldom presented with explanations of the discussions.

Although these comments may seem trivial to many, we should all evaluate their merit. The impressions left upon the general public may determine our future growth. ■

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by Luke St. Onge



Junior, High School Projects

Ever since I became involved in our great sport of racquetball, I have heard numerous leaders within our industry say with total conviction that our future is with the Juniors and development of Junior programs.

Most of you are aware that the AARA currently has two major

grass roots programs other than the state, regional, national and world championship tournaments. The Junior League sponsored by DP and Penn has met with great success, as well as the Junior Handbook which has now gone into its second printing.

I would like to share with you a

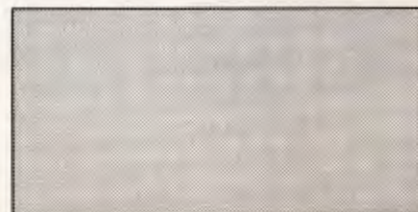
new project that has been an objective of this sport since its inception — the inclusion of racquetball into high school programs. For eight years, the St. Louis High School Racquetball League has been in existence and this year has affiliated with the AARA.

The High School League, under the direction of High School Commissioner Rick Lukasek, comprises 28 St. Louis area high schools with racquetball league competition for both boys and girls. The league runs from November through March and team titles are awarded to both boys and girls, as well as all star team selected at the end of the season.

The high school contract with St. Louis clubs for off-time hours has become an added economic bonus for the clubs.

Mr. Lukasek has developed an operational manual (basically a "how to" manual) for the league which will be available in early January for high school development programs throughout the United States.

We feel that this pilot project will have a tremendous impact on our sport and could easily become one of the most important projects for the future of racquetball. ■



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Letters To The Editor

Coors Light/Marty Hogan Classic

I read, with interest, your article in the September 1986 issue on Ted Lange.

There is a reference to a series of amateur tournaments in Southern California to benefit Multiple Sclerosis: the Coors Light/Marty Hogan Classic.

My mother was a victim of M.S. and I would like more information on the tournaments in this series. Are there any tournaments planned for Northern California? I know my friends and I would like to enter if they were a little closer to home!

Thanks for your help.

Madeline Restaino
Placerville, CA

Editor's Note: Yes, another series is being planned for 1987, hopefully with some stops in Northern California. We have forwarded your letter to the tournament organizers and they promise to send you details as soon as plans are complete.

Many Masters Are Masters

I love to watch tennis on T.V. Invariably they pan the spectators and point out the coaches and managers. Some of them are so old; at least 45+. No wonder! Tennis has been played since the 1880s and through time, good management, etc., they have attained a maturity that we in racquetball are striving to achieve.

A large number of tennis players obviously recognize the inherent value of long term experimentation and innovation — resulting in experience common to the tennis masters' age group. A large number of tennis buffs have learned that it is not necessary to work with an open or pro stud to improve their game. Soon, I hope, we in racquetball will assimilate this

concept in our sport.

The masters and golden masters have much to offer and should be included in teaching corps by the aspiring club and tournament players. Let us keep in mind that much of the formalized training techniques existing today resulted from input provided by the older players. Many of them know these techniques and have the communication skills necessary to relay them to the student.

(Signature withheld by request of the author)

Protect Your Eyes

Mandatory eyeguards, you bet. Maybe people don't know what it means. Let me relate to you my recent tale of woe due to a non-racquetball accident resulting in my having to wear a bandage over my eye for only one day.

At first it was a challenge. Could I drive? You have, maybe, 50 percent depth perception. That became a problem when I tried to put my pride-and-joy Porsche in the garage. I'm far enough from the metal frame, I think.

Worse than that, I'm blind to the right side. Try driving California freeways in the slow lane because, no matter how you crane your neck, you can't see to change lanes.

And that damn patch. If I had to wear it one more day I would have torn it off.

Being a D level and playing lots of doubles dictates that I get hit in the eyeguards about once a year. I'm glad I wear them.

It only takes one shot.

Mike Halbert

Editor's Note: Every player should read this letter and take heed.

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Letters

(continued from page 15)

Nice to Hear It

... I would like to compliment you on the August issue, which I feel was the best ever. The photography, articles, by-lines, etc. were all top notch. You have gathered a very enthusiastic, yet realistic group of writers who "know their stuff" ... congratulations and keep it up!

Doug Smith
Lilburn, GA

A Doctor's Observations

I want to congratulate your magazine on two good articles concerning health and the racquetball player. Though the articles were good, there are a few areas that need emphasizing and some obvious areas of omission.

In the April issue, there was an

article written by Jeri Watlington entitled "What's Causing Your Headache?" Nothing was mentioned about one of the most common causes of headaches, cervical vertebral subluxations. Vertebral subluxations are minor dislocations which are accompanied by swelling, muscle spasms and pressure on nerves. If the nerves involved supply the head and scalp area, this can cause a headache. These subluxations can be caused by trauma (running into a racquetball wall), rapid turning of the neck, poor posture and other physical insults. We see a great number of patients with just this problem and many respond very well to chiropractic care.

Also, one needs to keep in mind that headaches need to be examined thoroughly and not just "medicated". These can be symptoms of some thing far more serious than simply "tension". If you suffer from headaches, I strongly encourage your readers to seek professional chiropractic advice.

In your June 1986 issue, Jacque Hooper's article "Your Only

As Strong As Your Spine . . ." was again an excellent piece. The information, explanations and diagrams will help shed light on the spine to the public. There was just one statement that was in extreme error. Jacque stated that "... manipulation . . . relieve(s) the symptoms, but not the cause." This is quite the contrary. Chiropractic manipulation was developed and designed to correct the *cause* of symptoms, not to cover them up. Modern day chiropractic is in the forefront of spinal rehabilitation and striving for permanent solutions to back instabilities.

Keith M. Johnson, D.C.
Doctor of Chiropractic
Certified Team Physician
Elk River, MN

AARA Rankings

Each and every year Connecticut racquetball clubs run tournaments. When they send out their applications, we usually find the words "AARA sanctioned", yet most clubs do not report their results to the state or national offices.

May I suggest that when a club holds a sanctioned tournament, and they do not send in their results, they be disallowed from using AARA sponsorship and the association's name.

This would encourage the clubs to send in their results, and it would help Connecticut racquetball players, and those in other states, in getting national rankings. It would also help the AARA uphold its image of a professional organization.

A uniform ranking system within states is also needed. Perhaps we can use the way Florida ranks players as a guide.

Joseph A. Shelto
Kensington, CT

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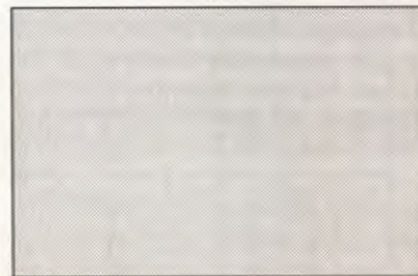
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PASSING SHOTS

by Norm Blum



Welcome to My Mind . . .

Welcome to Passing Shots, a smattering of tidbits, opinions, gossip and general observations on the racquetball industry. I have no credentials as a player. In fact, I receive little respect on the court. As a journalist, I've been causing havoc since my days at the Ohio University Post. This column may anger some people and make others laugh. We hope to entertain you as well as generate reaction.

Believe It or Not — This one is straight from Ripley's. Florida's Yale Berman, competing in the National Doubles Championship, was matched up in the first round against a former high school friend he hadn't seen since 1943. Yale said the fellow was stunned. His first words: "I thought you were dead."

Yes, It's True Department — It took a sex change operation to accomplish it, but a female player won her first match in the men's D division after almost two years of first round losses. However, she was eliminated in the second round and lost in the women's division because of exhaustion . . . Expect Doug Ganim's exclusion rule to be challenged in the near future. Ganim's series of nine tournaments in Ohio disallows pro players ranked in the top 24 of the RMA (Racquetball Manufacturers Association) Tour to compete.

AARA Executive Director Luke St. Onge says tournament directors should start offering more age group divisions. Only a few

states offer all the divisions. A 50-year-old guy wants to play fellows in his age group, not the young bucks . . . Let's hope California's Mona Mook is starting a new fashion trend. At the National Doubles she wore an outfit with no logos on it . . . Can't understand why any couple would hold their wedding reception at a racquetball club during a tournament. Formal wear and sweaty players don't mix.

While Marty Hogan has been ranked number two the last four years, the word on the court is he just doesn't have the desire. It only proves even the great ones need that intangible to stay on top . . .

Shop Talk Department — Whiz kid Mark Wentura switched racquets — moving from the marketing division of Head to Ektelon . . . What kind of sports fan is Mike Yellen? He called our office during the 12th inning of the Mets-Astros playoff game . . . You can throw all the "Eat To Win" books out. Four-time world champ Mike Yellen eats junk food with the best of them . . . The site of the 1987 DP Nationals has yet to be decided and there are rumors circulating that the tournament might not be held at all . . . If you're interested in attending a winter weekend racquetball academy in Florida, contact me at (904) 743-0218 or write P.O. Box 11657, Jacksonville, FL 32239 . . . It's come to this. There's now a towel detector on the market. If you leave the club with a towel a buzzer sounds . . . Except for a water throwing incident at the

(continued on page 42)

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How to Play and Win a Match

by Charlie Garfinkel

Two issues ago, Mike Yellen, my Ektelon teammate, was interviewed by *National Racquetball*. I thought that Yellen's comments were extremely modest for a four-time national champion. However, I was very impressed with his views on racquetball and his own game.

What Yellen stressed emphatically was the idea that you should play as hard in practice as you do in a tournament. Most of us know a player or players who play like The Gar — I mean, Mike Yellen — in practice. But, once he or she plays in a tournament, his/her game seems to fall apart.

There are many reasons for this. First, as Yellen said, you should use the serves, shots and strategies you feel the most comfortable with, in both practice and in tournaments. For instance, if your backhand killshot isn't your best shot, and your backhand passing shot is effective, don't try to continually kill your backhand, especially at a crucial point in the match.

Second, play hard at all times. Nothing infuriates me more than to play against a player in practice who doesn't try his hardest at all times. Although I want to win every time I step on the court, whether or not its practice or a tournament, I also want to feel that my opponent played his best, tried his hardest and gave me a hard physical workout.

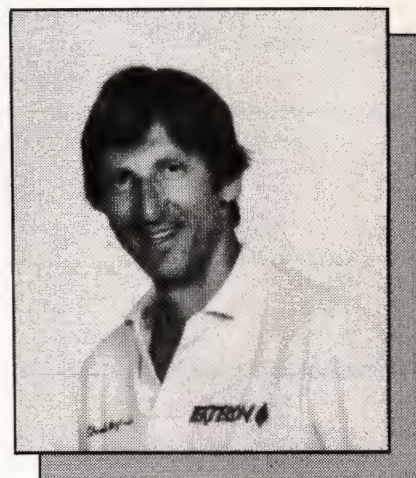
If you don't play as hard as you can in practice, both physically and mentally, you're only hurting yourself. If you let up in practice, you'll do the same in a tournament. If you don't feel like moving for a ball or continually get down on yourself, you'll do the same thing in a tournament.

Third, if you're involved in a close match in practice, be prepared to make the winning shot or shots. This is very important. If you can't make the important shots in practice, when there's far less pressure than a tournament, you'll have great difficulty making the same shots in a tournament.

Fourth, if you're a person who is constantly late for matches, continually arguing with your opponent and has a reputation for cheating, whether deserved or undeserved, you'll encounter a great amount of difficulty in a tournament.

In practice, you and your opponent make all of the calls. In a tournament the referee makes them. Many of the calls and shenanigans you've gotten away with in practice will all prove to be your undoing in tournaments. A good referee will not stand for a player's antics on the court. This will cause you feelings of great apprehension and anger, which will only serve to affect your play, both mentally and physically. But, remember this, you are causing your own aggravation by not playing according to the rules.

Assuming that you've prepared hard in practice, both mentally and physically, there are definite ways to play the first, second and, possibly the tie-breaker in a tournament match. Because I have been fortunate to have had the success and skill to have won a total of 30 out of 35 championships in the finals of the nationals and in the Buffalo City Championships (16 nationals and 14 city titles), I feel there are some definite suggestions which can help you play and win a match, regardless of your level of play.



The First Game

Assuming that you've prepared yourself in practice for any type of opponent or style of play you may encounter in a tournament, you should use the first few points of the first game to see what types of serves and shots your opponent likes or doesn't like.

Mix up your drives, Z-serves and lobs to both sides of the court. See what your opponent does with his return of serve. Be prepared to move back if he returns your serves with ceiling balls or passes. Move up after serving if he appears to be a shooter who likes to hit straight in kill or pinch shots.

When your opponent is serving, carefully note what types of serves he likes to hit on both his first and second serves. Fortunately, you'll find that most opponents use only a choice of one or two serves for both their first and second serves. This will help you in your preparation in returning their serves.

When the ball is in play, mentally note whether your opponent prefers to hit shots on his forehand or backhand side, if he likes to hit straight in kills or pinches, or if he's a power or control player. Surprisingly, you'll find that you'll be able to determine most of these things after only a few points.

Once you've determined how you're going to play against your opponent, you must still concentrate on the serves, shots and strategies that have worked best

for you. Yellen feels you should use certain serves and shots that have proved to be consistent winners for you, regardless of who you're playing.

When you start the first game, jumping out to a lead is very important. Often, this can determine the tempo of that game. Having a lead will put great pressure on your opponent, while giving you great feelings of confidence.

If you continue to lead throughout the first game, continue to use the game plan which has worked for you. However, if you find that you're losing, change your game plan. That is, switch from power to control, or vice versa. Or, be more patient and wait until you get the shot you like to hit best. Also, be sure to take the three timeouts you're allowed.

If you win the first game, you have put tremendous pressure on your opponent. If you lose the first game, you must regroup and alter your game plan for game two.

Game Two

If you've won game one, continue to use the same shots and strategies that won the game for you. However, if you've lost game one, try to concentrate on the serves, shots and strategies you can utilize to your fullest talents.

For instance, if your drive serves are the serves which work best for you, continue to use them. However, take plenty of time before hitting them. Also, try moving your serving position around to different areas in the service box. This will force your opponent to return serves that are coming toward him from different angles than he saw in the first game. Be sure to take your time with well placed lobs and Z-serves in the second game, again moving your position around the service box.

Because you've lost the first game, it is imperative that you make few unforced errors when returning your opponent's serve. Therefore, I would attempt to

return almost every serve to the ceiling. This will allow you to put the ball in play, and move the serve to the back of the court. Continue to keep the ball in play until you get a shot you feel extremely comfortable with. Then shoot or pass.

Trying low percentage shots when you're losing the game or match will only result in your losing even faster.

When the ball is in play, try to use the shots you're most comfortable with. For example, if your forehand is your bread and butter shot, with only a slight marginal error at times, try to take as many shots as you can on your forehand side. Actually, this is easier than it sounds. If a shot comes down the middle of the court, which may be taken on the forehand or backhand side, take the shot on the forehand. I've seen players at all levels with good forehands hit forehands, backed up practically against the left side wall.

Making adjustments in your game plan after losing the first game, will greatly help you in game two. Assuming you've won game two after having lost the first game, the following will show you how to play the tiebreaker.

The Tiebreaker

Because most tiebreakers are played to only 11 points, it is imperative that you attempt to score as many points as you can, quickly. Using hard drives and Zs on the first serve can be very effective. Medium Zs and lobs should be used for the second serves.

When your opponent returns the serve, you should attempt to put the ball away at the earliest opportunity. You must put as much pressure as you possibly can on your opponent. Once he knows you're going to shoot or pass at the first opportunity that presents itself, he is likely to become very tentative in his shotmaking and on-court movement.

When you're returning serve, be sure to go to the ceiling as you

did in game two. Getting the server out of front court is imperative, especially in the tiebreaker. The ceiling ball is the most effective way to do this. As we stressed earlier, be patient and wait for your shot when you're the receiver.

As the tiebreaker approaches the 11th point you must attempt to shoot or pass your opponent to win. Don't assume your opponent will make the mistake first. Often, it never happens. Therefore, regardless of the score being 10-4, 10-6, 10-8 or 10-9 in your favor, go for it.

Remember: Never change a winning game. Always change a losing game. And regardless of the score, never, never give up, until the last point has been played. □

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Fran Davis: Racquetball Is Her Life and Living

by Helen Quinn

Fran Davis has been playing racquetball for nine years and during that time has accumulated an impressive set of credentials. She is founder and past president of the Women's Professional Racquetball Association (WPRA); received both the Steding Cup Award and received the AMF Voit Outstanding Merit Award in 1982, just to name a few of her achievements.

After obtaining a bachelors degree in physical education and a teaching certificate from Brooklyn College, NY, Fran started to send out applications to physical therapy schools. In the interim she started playing racquetball in tournaments and was offered a position as manager of a racquetball club so she decided to postpone physical therapy education and go into racquetball.

After a year as manager of the club she started working for Head Racquet Sports (then AMF Voit). As national promotion manager for Head she traveled first up and down the east coast and then all over the country promoting not just their products but also racquetball. She is now a full time contract player for Head, Foot-Joy, California Fitness (a weight management

company) and Penn. She travels extensively doing clinics, exhibitions and promotions and that is how she makes her living.

"I was ranked #6 on the women's pro tour at the end of this year and I made \$5,000 playing pro tournaments. Obviously I could not live on just the \$5,000, so I make a 100 percent effort to do exhibitions and clinics around the country and in the off-season I do camps.

"I earn money from the clinics that I give, seminars I give and the tournaments I play in. Head gives me a budget at the beginning of the year and that budget is used for the fulfillment of my contract, which says that I must do X amount of clinics. And that budget has to

last. I've been pretty successful at making it last.

"I average about three or four clinics a week. Like last week. I was in Alaska for a tournament, so before the tournament I went in and did a clinic. Next week I am going to Boulder, CO so I'll do some clinics in the Denver area."

Over the last eight years she has made many friends in and out of racquetball so instead of staying in hotels four or five nights a week, she frequently has someone in an area who is happy to put her up.

"I would go crazy if I had to stay in a hotel all the time. Also the WPRA tour has it in their contract that the clubs will provide the pros with private housing where possible. They put up a sign in the club and a lot of families put us up and we develop friendships that way. People at the club feel really involved. They give us a bed to sleep in and they help us out. It defrays on some of the cost but it also defrays on some of the loneliness. If I were just playing in tournaments once a month I could probably deal with being in a hotel, but because my travel takes me to a different



city every week and I am staying three or four nights outside my house, it would get very, very lonely so I enjoy having the option of staying in a private home. I would say I probably now stay in someone's house 70 percent of the time.

While most of the women pros put on clinics, they might do 10 or 20 a year. Fran does close to a 100 and she sets them all up herself.

"I make phone calls. Sometimes cold calls, sometimes to people I know. Then I send out press packets confirming dates, cost, etc. I send pictures, pamphlets and any other information I think the club may need and it's all put together in a promo packet

(continued on page 24)



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Fran Davis

(continued from page 22)

which Head provides. I really wish the salesman would call me and say 'Fran, we want you here, here or here,' but they don't, so that is why I have to hustle and get



as many clinics as I can."

Fran feels that if the day ever comes when women pros are able to earn their living just playing tournaments, it will be after she has retired. She will probably play professionally for another two or three years but doesn't think anything will change within the next five years at least.

"Basically, we are not a good spectator sport. The major networks are not willing to pick us up because the major companies won't pick us up, and the major companies won't pick us up because the networks

won't, so it's a vicious cycle. Needless to say, we need sponsors and the sponsors want media and we can't get one without the other. Now a sponsor comes in and gives \$10-\$15,000. TV is not going to pick that up. They want a major sponsor like Toyota or Seiko to come in with lots of money like they do in tennis.

"TV also has problems with racquetball because it is a very difficult to follow the ball which is going at about 100 to 130 miles per hour. Some people feel that a slower ball might help, but I think if all the major (racquetball) equipment manufacturers pooled together and bought time on TV, like the milk and orange juice people do, for example, it would help to get racquetball back on the map. I know the manufacturers have got together and put on a mens pro tour and that's great, but I think they need to take it a step further and promote racquetball in general. They need to promote racquetball as a participatory sport, a sport not only for the men's tour but for amateurs, for men and women, for kids — really develop the grass roots level.

She is very optimistic about the future of racquetball. Traveling around the country, making a living doing clinics and giving exhibitions, she knows the interest is there. So much so that people like Steve Strandemo, for example, who no longer plays pro racquetball, are able to make a living writing books and holding camps. Steve has about 40 or 50 people who attend his camps each year. Fran draws about 100 people to a clinic and 20 or so to her camps.

"People out there are hungry for education. They are ready to expand and grow but what will have to happen if racquetball is going stay is that the clubs will have to start promoting the sport again.

"Six or seven years ago the clubs were really gung ho and most of them had program directors who did nothing but promote programs such as leagues, ladders, tournaments and special events. Today a lot of clubs have one person doing everything; aerobics, weight training, fitness, as well as racquetball. Also when the economy became depressed a lot of women who played in the morning leagues rejoined the workforce and leagues have become virtually nonexistent in most clubs.

"The clubs that have racquetball coordinators who push the programs and clinics are the ones that have the most successful clinics."

It is these clinics that are helping to promote racquetball, and to popularize women's racquetball.

Ten or 15 years ago men's tennis and golf were in the limelight and it took a long time before people looked at women's tennis and felt they could relate to the slower game. The same thing in golf. There is no doubt that in any sport in which men and women are involved, the men receive the lion's share of media attention. In Fran's opinion, however, women's sports in general are definitely becoming more popular and are receiving more press coverage and attention.

"In terms of racquetball, there wouldn't be a women's pro tour if people weren't interested in the women's game. We were just in Alaska and it was a women's only tournament in terms of the pros but there were men and women playing in the amateurs. They had a men's open and there was no prize

(continued on page 43)

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IRSA

Amateurs Vie for U.S. Doubles Titles in Jacksonville

by Cathie Frederickson,
AARA Media Coordinator

Racquetpower Club, Jacksonville, FL — It was standing-room-only at Racquetpower's three-wall glass court, staged and ready for the Mens Open Championship match kicking off the 1986 U.S. National Doubles Racquetball Championships. Dan Obremski (PA) and partner Doug Ganim (OH), seeded #4, faced off against #6 seeds Bill Sell (CA) and Tim Doyle (NY).

In the first game Obremski's and Ganim's performance towered over their opponents. They maintained a one point lead most of the game, their act consistent as they continually pressed Doyle with lob serves. With the game tied at 11-11, Sell and Doyle suddenly rallied to a brief 12-11 lead. Following numerous sideouts Ganim and Obremski scored four straight points and won the game 15-12.

After reviewing the first scene, Sell and Doyle came out with new strategies, Sell began cutting off the lob serves intended for Doyle. They won 15-8, sending the match into a tiebreaker.

During the encore perform-

ance, Obremski and Ganim took a 6-5 lead. Sell and Doyle came back with a 9-7 lead. This scene was all too familiar to Obremski and Ganim. Throughout the entire event they came from deficit positions and stole the show. The final score, 11-9.

Obremski and Ganim captured the 1986 Mens Open U.S. Doubles Championship title and berths on the U.S. National Racquetball Team for their final victory.

The champions moved into the finals after they defeated the #1 seed and 1985 defending doubles champions, Andy Roberts and Tim Anthony. The match went into a long three games with Roberts and Anthony taking the first game 15-13. The defending champions missed a quick opportunity to move on to the finals as Obremski and Ganim snatched game two 15-14. The tiebreaker went to Obremski and Ganim 11-7.

Sell and Doyle proved their abilities by taking out Todd O'Neil and Tom Montalbano both U.S. team members in the semifinals 15-4, 6-15, 11-9.

The performance in the Womens Open final featuring four

U.S. team members, took a different course of action. Trina Rasmussen (OR) and partner Mona Mook (CA) defeated their #2 seeded teammates, Michelle Gilman (OR) and Connie Peterson (OR) in two straight games.

With the first game tied 7-7, Rasmussen and Mook moved out gathering five quick points to take a 12-7 lead. With their act almost flawless, Rasmussen and Mook took the first game 15-11.

At 12-11 in the second game it appeared as though Gilman and Peterson were going to push the match into a tiebreaker. But then Rasmussen served twice and brought the score to 13-12. Peterson forced a handout which ended Rasmussen's service and allowed Mook to serve. Mook quickly ended the match with two ace Z serves to Gilman's backhand. Rasmussen and Mook won the 1986 Womens Open Doubles Championship title and secured their positions on the U.S. team with the final score at 15-12.

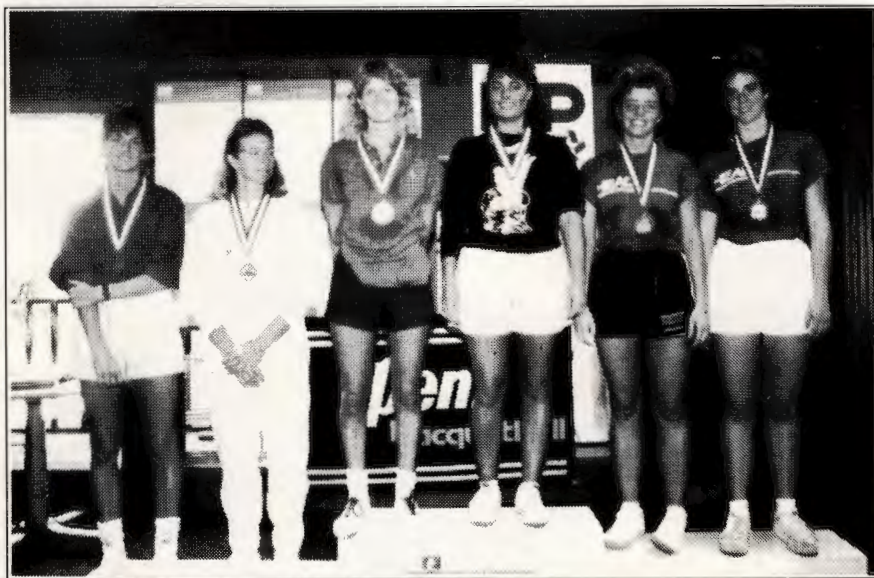
Rasmussen and Mook moved to the finals by eliminating the top seeded, 1985 defending champions, Toni Bevelock (TN) and Malia Kamahoahoa (VA). Rasmussen and Mook lost the first game 14-15, then came back and claimed the semifinal's victory 15-6, 11-6.

Gilman and Peterson held off Florida's Diane Bullard and Julie Pinnell 15-9, 15-8 in their semifinals match.

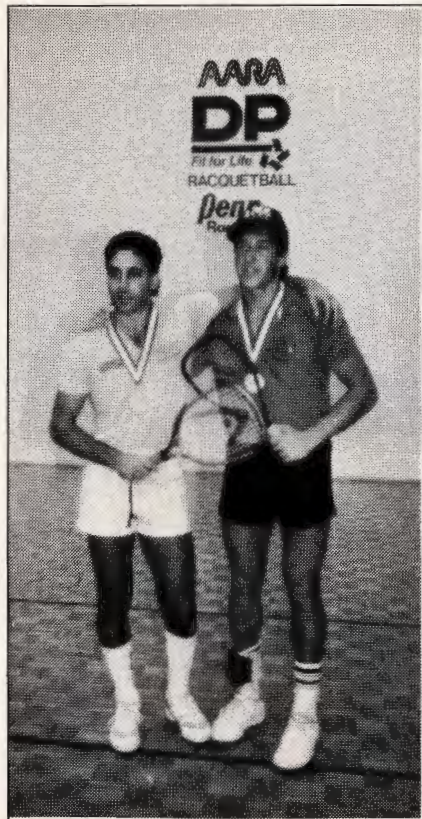
Bullard and Pinnell went up against Bevelock and Kamahoahoa for third place and the bronze medal. Bevelock and Kamahoahoa won the first game 15-8, but Bullard and Pinnell regrouped and won 15-8, 11-8.

In the mixed doubles final, Trina Rasmussen of Oregon and Bobby Rodriguez of Colorado, picked up a second victory for Trina and the mixed doubles championship title by downing Toni Bevelock (TN) and Dan Obremski

Womens Open winners, left to right: (3rd place) Diane Bullard, Julie Pinnell; (1st place) Trina Rasmussen, Mona Mook; (2nd place) Connie Peterson, Michele Gilman.



(PA). Rodriguez and Rasmussen were defeated in the first game 8-15, took the second 15-9, and dominated in the tiebreaker 11-1. Rodriguez and Rasmussen beat Florida's Brenda Barrett and Oscar Gonzalez 15-14, 15-9 to move into the final round. Bevelock and Obremski made their way to the finals by eliminating Malia Kamahoa-hoa (VA) and Bill Sell (CA) 15-12, 15-8.



Mens Open champs Doug Ganim (left), Dan Obremski.

Men's, Women's Age Divisions

Ike Gumer and partner Andrew Hyman both of Kentucky, took on Norman Creamer (FL) and Charlie Higgins (NH) in the finals of the Men's 70+ Division, the oldest division of the entire event. Gumer and Hyman swept up in two straight games 15-1, 15-1 to claim the gold medals and the championship title.

New champions were crowned in the Men's 65+ Division. Stan Berney (CA) and partner Carl Loveday (CA) downed the 1985 defending champions and #1 seeds, Irv Zietman (MO) and Ike Gumer (KY) 15-8, 15-14. Berney and Loveday took out the tough team of Earl Acuff (VA) and Art

Payne (OH) 15-4, 11-15, 11-8 to compete in the finals. Zietman and Gumer blew out Des Smith (WI) and Brad Turner (OH) in the semifinals 15-1, 15-2. The bronze medals were awarded to Acuff and Payne after they defeated Smith and Turner 15-1, 15-4.

Al Rossi (CA) and Saal Lesser (NY) teamed up and won the Men's 60+ Championship title. In the finals, they battled with Mal Roberts and George Bonfleur of Florida. The gold medalist took the first game 15-8, lost the second, 1-15, and squeezed by in the tiebreaker, 11-10. Rossi and Lesser removed the #1 seeded team, Stan Berney and Carl Loveday of California, 15-12, 15-14 to reach the finals. Roberts and Bonfleur beat Colorado's Dewey Houston and Dick Kincade in the semifinals 15-9, 15-7. Kincade and Houston took third place.

Al Rossi (CA) claimed his second victory in the Mens 55+ Division. He and his partner Joe Rizzo (NY), the #2 seeds, went home gold medalists by upsetting the #1 seeded team, Gene Grapes (PA) and Al Schattner (PA), 13-15, 15-8, 11-5. Rossi and Rizzo defeated Mal Roberts and Herb Nathan both of Florida in the semifinals, 15-10, 15-4. Grapes and Schattner moved into the finals by beating Russ Carruth and Norman Skanchy of Vermont, 15-13, 15-8 in the semifinals. Nathan and Roberts took third place by holding back Carruth and Skanchy, 15-6, 15-6.

Thomas Waltz (CT) and Pat Colombo (NY) claimed the gold medals and title in the Mens 50+ Division by holding back the #1 seeds Otis Chapman (OH) and Pete Talbot (NJ) 15-5, 15-10. Colombo and Waltz removed William Hurst and Herb Nathan both of Florida, 15-5, 15-9 in the semifinals. Talbot and Chapman paved their way to the finals by defeating Florida's Don Fox and Mike Mojer, 15-8, 15-5. The bronze medals were presented to Fox and Mojer after taking out Hurst and Nathan, 15-6, 15-14.

Florida's Jack Ross and Fred White captured the Mens 45+ Championship title and gold medals. Ross and White earned their title by removing the #2 seeds, Otis Chapman and Bobby

(continued on page 51)

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A look at the latest in racquetball racquets . .

Oversized and standard . . . graphite or ceramic . . . today's racquetball racquets offer a wide range of styles for both pro and amateur players. In the following pages, some of the leading manufacturers present their latest models. Suggested retail prices are listed in captions, when available. For more information, such as player profiles for each model, we suggest you contact the manufacturers at the addresses given.

Ektelon

Ektelon offers the following five racquets for pro and amateur alike:

Toron Graphite — The oversize Toron Graphite was the power racquet used by Mike Yellen to win the 1986 National Championship. Its stiff composite construction, extra length and larger "sweet spot" combine to put more snap on the ball than any other racquet. Plus, its light



Quazar, \$29.95

weight (245 grams) and ultra-thin profile frame make it an extremely maneuverable racquet. Its hitting surface is 50 percent larger than that of a standard-size racquet, providing maximum reach and defensive coverage, while its 80 percent "sweet spot" adds consistency and control to the player's game. The Toron Graphite features a multilayered graphite frame with a solid Kevlar 49 core to dampen vibration.

• **Quantus Graphite** — The Quantus Graphite is the new high-performance midsize addition to Ektelon's patented MACRO Series. The hitting surface of the Quantus Graphite is 25 percent

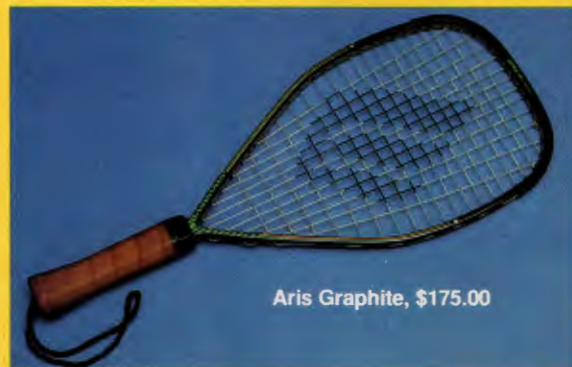


Quantus Graphite, \$100.00

larger than that of a conventional racquet, offering greater coverage. The "sweet spot" is 63 percent bigger which adds power and increases control. The tournament-caliber Quantus Graphite features a multilayered graphite

frame with a solid Kevlar 49 core to dampen vibration.

• **Aris Graphite** — The Aris Graphite is Ektelon's most powerful conventional-size racquet. The Aris Graphite's stiff composite frame is



Aris Graphite, \$175.00

designed for the advanced intermediate through tournament pro who generates exceptional racquet speed. Its extended "RLM" frame design puts a larger "sweet spot" further out on the racquet face for even more power. The lightweight Aris Graphite (240 grams) features an ultra-thin profile, multilayered graphite construction with a solid Kevlar 49 core to dampen vibration.

• **XPRE Graphite** — The XPRE Graphite is the newest addition to Ektelon's composite line. It puts Eketelon hand-laid composite technology within reach of any intermediate player. A moderate frame flex makes the XPRE Graphite a



XPRE Graphite, \$85.00

"forgiving" racquet. So it offers the responsiveness of graphite with more "feel" on one's shots. Its teardrop head shape offers a wider "sweet spot" while its sunburst string pattern heightens string responsiveness.

• **Quazar** — The new mid-size Quazar metal racquet is designed to bring extra coverage and control to the recreational player. Its longer reach and larger "sweet spot" increase power, confi-



Toron Graphite, \$150.00

dence and consistency. Its hitting surface is 25 percent larger, and its "sweet spot" 63 percent bigger, than those of conventional-size racquets. The Quazar has a moderately flexible aluminum frame with a graphite-reinforced throat piece which helps stabilize the racquet and prevent head twisting on off-center shots.

For more information, contact: Ektelon, 8929 Aero Drive, San Diego, CA 92123, or phone (800) 854-2958.

DP

• **44-2000 Graphite Mid/8000** — DP recently introduced the 44-2000 Graphite Mid/8000, its newest graphite. This racquet features the same construction as our universally known Graphite 8000 but gives you the added size of a mid-size

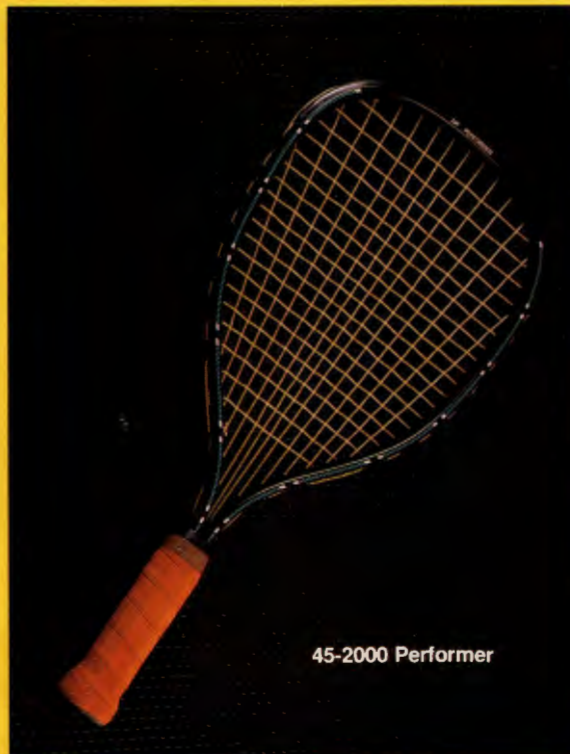


44-2000 Graphite Mid/8000

frame. The hitting surface has been increased by 25 percent, but the weight and balance have

stayed the same. The racquet is made of 80 percent graphite construction featuring a molded bumper guard, long lasting graphite strings, a smooth 3 7/8 in. grip, flared handle, and a deluxe cover. The weight is 250 grams.

• **45-2000 Performer** — For the ultimate in a beginner's racquet, DP offers the 45-2000 Performer. This racquet combines the durability of aluminum and the added hitting surface of a mid-size racquet. Constructed of extruded aluminum alloy, and featuring an open throat head design.



45-2000 Performer

The grip is a smooth 3 7/8 in. and the racquet comes with a cover.

For more information, contact: Diversified Products, P.O. Box 100, Opelika, AL 36803, or phone (205) 749-9001.

Pro-Kennex

Pro-Kennex has introduced a new line of racquetball racquets — the Optimum Series. For years, racquetball manufacturers have known that a longer and wider racquet would increase head speed and produce a larger hitting area. For players, this should mean more power and control. Up until 1985, regulations limited the overall length and width of a racquetball racquet to 27 inches. The new AARA rule has removed the restrictions on width and merely limits the overall length of a racquetball racquet to 21 inches. With these new guidelines, design and production personnel at Hogan Racquetball immediately went to answer the question "How Big Is Better?" Our objective — performance.

Racquet Showcase

Our discovery — "Optimum Size." We recognized that too large a racquet ("oversize") would restrict maneuverability and cause problems with weight and balance. Traditional size racquets are limited in the power and control they offer. A racquet 19-5/8 inches in length and 9-3/8 inches in width, featuring a modified teardrop head shape (our Hogan Headshape), a denser string pattern and revised string tension, produces the best performing racquets. Therefore, the "Optimum Size." Here is the Pro-Kennex line:

- **Marty Hogan Micro Ceramic** — The new optimum size, aerodynamic profile design utilizing state-of-the-art materials: high modulus graphite, silicon carbide fibers, tighter ply fiber-

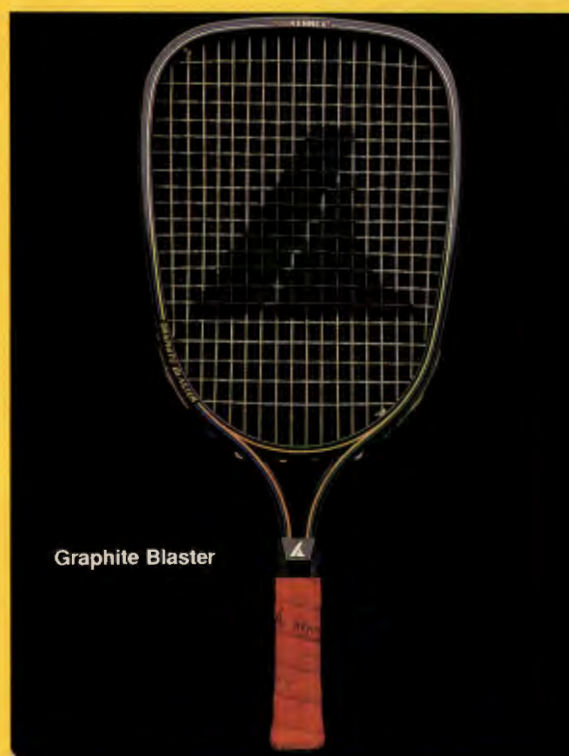


glass combined with a patented Micro string system with 50 percent more string, 25 percent thinner string at 25 percent lower tensions. 2-year frame, 90-day string, full thermal cover - The Ultimate Weapon.

- **Marty Hogan Graphite** — Optimum size, step down, Hogan headshape frame built with 100 percent unidirectional high modulus graphite fibers wrapped around a patented foam core. Denser string pattern, full thermal cover, 2-year frame; 90-day string warranty.

- **Marty Hogan Comp** — Optimum size, step down, Hogan headshape frame constructed of a versatile blend of 80 percent unidirectional graphite and 20 percent fiberglass. Denser string pattern, full thermal cover, 2-year frame, 90-day string warranty.

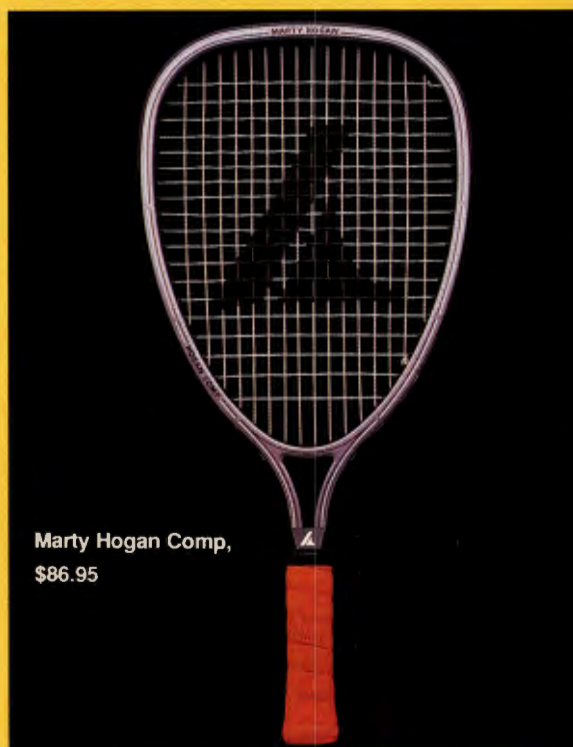
- **Graphite Micro** — Optimum size Hogan headshape, injection molded blend of 20 percent chopped graphite fibers combined with an 80 percent fiberglass/nylon matrix. Patented Micro string system (thinner string, 50 percent



- **Graphite Blaster** — Optimum size, Hogan headshape, composition, injection molded 20 percent chopped graphite; 80 percent fiberglass/nylon matrix. Leather grip and 1.3 mm tournament string are standard features.

For more information, contact: Pro-Kennex,

9606 Kearny Villa Road, San Diego, CA 92126,
or phone: (800) 854-1908.



Marty Hogan Comp,
\$86.95



Graphite Optimum,
\$119.95

ERGE

Now after years of testing in Sweden, ERGE U.S.A. has introduced the **ERGE Anatomic Plus** graphite racquetball racquet. ERGE'S line of ergonomically designed racquets give players more power, more control and more enjoyment from the game. Designed as a natural extension of the arm, the ERGE racquet allows for a more natural grip which means less unnecessary tension on the arm, wrist, and elbow. For more information, contact ERGE U.S.A. 9 Greenacre Lane, Westport, CT 06880 or phone (203) 454-3890.



Anatomic Plus, \$99.00

Racquet Showcase

Head

To design the "perfect racquetball racquet", Head engineers increased the size of the standard racquet 27 percent — but not the overall length or the weight, just the hitting area. The result was a manageable, playable, powerful racquet with a huge sweet spot that turns all the others sour. Top pros Jerry Hilecher, John Egerman, Doug Cohen and Fran Davis have moved up to Head's mid-size racquet, and the mid-size is legal for all AARA tournament play. Here are the four models:



- **The Radial** — For high performance in a top-of-the line graphite, boron, kevlar and fiberglass racquet. It's ultra-light and firm for the control, accuracy and power that pros and top players demand.
 - **The Spectrum** — The choice for intermediate and advancing players, because it offers graphite and kevlar construction, increased flexibility and lightweight design.
 - **The Laser** — This high-end tubular aluminum design gives intermediate to advanced players the big power and pin-point precision they need. Plus it's equipped with a graphite-reinforced throat for even more power and firm control.
 - **The Sprint** — Designed with forgiving flex, its extruded aluminum construction combines power with playability for the advancing player.
- For more information, contact: Head Racquet Sports, 4801 N. 63rd Street, Boulder, CO 80301, or phone (800) 257-5100.

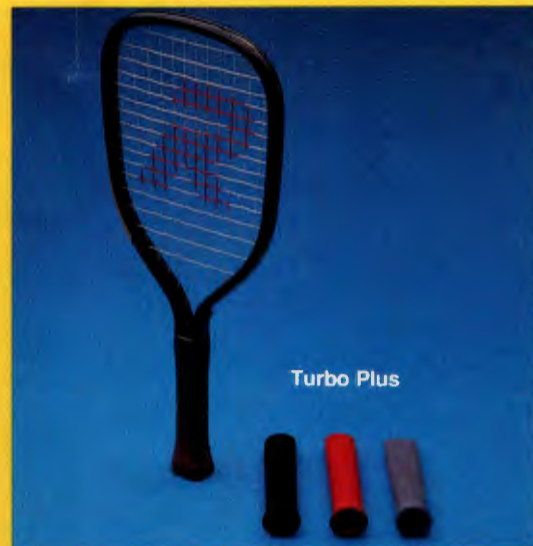


RichCraft

RichCraft has introduced its first ceramic racquetball racquet. Designed for players who want to retain not only the explosive power of graphite but also the extra feel, control and shock absorption made possible with the addition of ceramic. The Ceramic USA is a lightweight frame made using structural layers of continuous ceramic and graphite fibers around a vibration dampening core. The racquet incorporates a technically advanced twin beam cross-sectional configuration that features molded-in contoured string passages, not drilled. It's an innovative



design solution, new to the racquetball industry which eliminates fiber burrs and the grommets that must be used to cover them and it is a design feature which helps to maintain racquet frame integrity — drilling string holes has been found to weaken the racquet by severing the



'continuous' fibers within the frame. The Ceramic USA has a unique teardrop head shape with an open throat. It weighs 230 grams is 18-1/2 in. long. Other RichCraft performance racquets include:

- **The Pulsar** — Oversized with an ultra thin frame of hand laid 100 percent graphite with boron fibers and PMI foam. It has an isometric head shape and weighs 235 grams.
- **MS 230G** — Super lightweight frame with contoured aerodynamic profile made using handlaid 100 percent continuous fiber graphite. Teardrop head shape (65 sq. in.) Weight: 230 grams.
- **Turbo Plus** — Graphite and fiberglass frame encased in nylon resin, square head shape (standard size). Weight: 240 grams.
- **Spectrum 240** — Graphite, fiberglass and nylon formed into narrow rectangular torque resistant frame, quadraform head shape (standard size). Weight, 240 grams.

For more information contact: RichCraft, Inc., 2817 Empire Avenue, Burbank, CA 91504, or phone (800) 331-7143.



Wilson

Wilson, the trailblazer in sporting equipment, continues tradition with these outstanding racquets for the racquetball pro and amateur alike:

- **Graphite Force** — A composite construction of Graphite and Fiberglass produces a light-weight racquet with extreme power and flex with



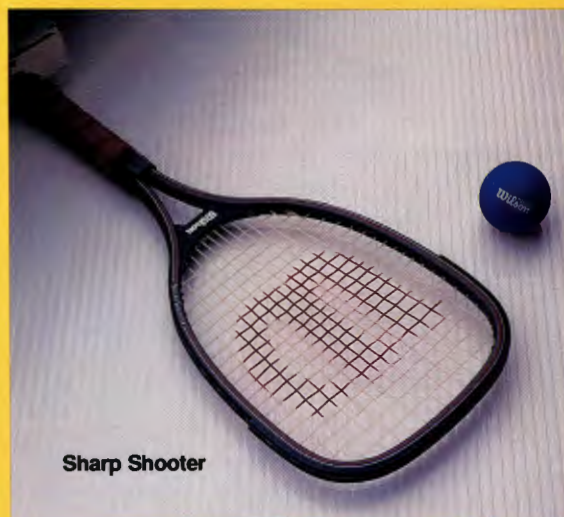
Graphite Force



Tempest Plus

er and grommet strip to protect top grade multi-filament string; one-piece foam handle, and high-tack leather grip. Weight: 240 grams.

- **Sharpshooter** — Flat-channel aluminum construction blends rigidity for durability with sufficient flex to offer a racquet of extreme



Sharp Shooter



Graphite Boss

tack, raised leather grip and vinyl headcover. Weight: 245 grams.

- **Force 250** — A competitively priced aluminum racquet for beginning players. Single channel aluminum extension, rectangular head shape foam-filled handle to absorb vibration,



Force 250



Champion

raised leather grip.

For more information, contact: Wilson Sporting Goods, 2233 West Street, River Grove, IL 60171, or phone (312) 456-6100.

Ektelon Introduces New Junior Racquetball Program Kit

Ektelon has recognized the need to develop and promote junior racquetball on a national level, and is offering an exciting new program to court club owners, managers, program directors, club pros and junior enthusiasts.

It is a known fact that a successful junior program in a club can: Fill non-primetime court hours, increase family membership retention, increase racquetball programs and pro shop revenue and develop a "feeder system" for future club memberships and programs.

The Ektelon Junior Racquetball Program Kit was developed from successful programs at Racquetball World in California, and input of other

Junior Program Directors across the country. The program kit is so complete that even the first-time junior racquetball promoter will find it easy to use.

The Ektelon Junior Program Kit includes:

- A promotional kit containing fliers, sign-up sheets and press releases.
- A league package containing competition charts, score cards, rulebooks and participation certificates endorsed by four-time National Professional Champion and Honorary Chairman Mike Yellen.
- An optional equipment package, which enables you to purchase Ektelon racquetball equipment, balls, and program t-shirts at substantial discounts

for your program.

- The most important item in the kit is the Program Handbook which describes how to use all program materials offered in detail, and offers helpful promotional and instructional tips to get the most out of your programs.
- All materials are designed for photocopying purposes, making it possible to re-use all materials many times.

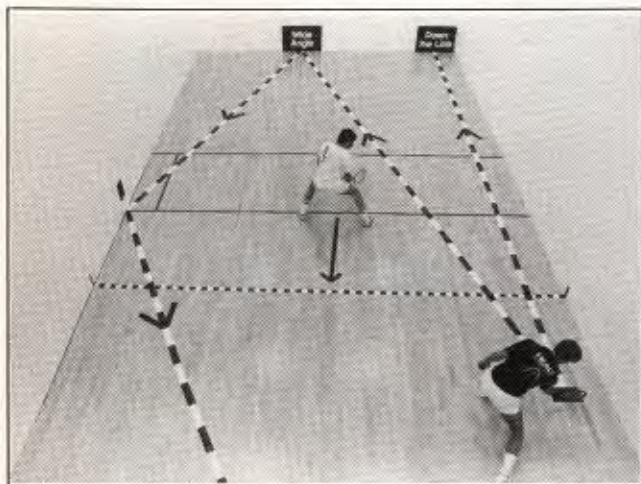
The Ektelon Junior Program Kit is available for only \$5.00 each by written request to: Ektelon, 8929 Aero Drive, San Diego, CA 92123 (Attn: Player Department).

We wish you good luck and continued success with the Ektelon Junior Racquetball Program! ■

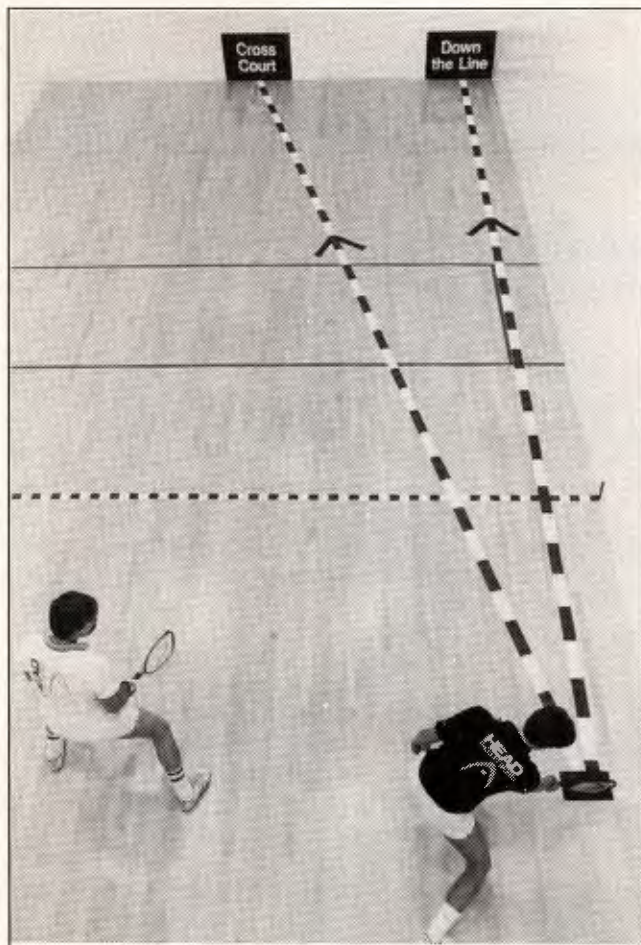
The Strategic Game

Part Eight: Coping with Different Playing Styles

by Steve Strandemo
with Bill Bruns



When your opponent plays too far forward in his coverage, exploit him with down-the-line and wide-angle passing shots.



Notice how the defender is covering at 30 or 31 feet. Some players would argue that this is excessively deep, but many shots will converge in this area if the offensive player isn't killing the ball. The lagging is thus putting pressure on the hitter to put the ball down.

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

By carefully selecting your regular opponents, you can usually avoid those personalities and playing styles that seem to bring out the worst in your own game. The only drawback is that it's easy to fall into a comfortable rut where you rely on one basic playing style. Falling into this rut will haunt you if you venture into league play, try to move up the challenge ladder, or enter tournaments where you can't avoid those opponents who drive you crazy by forcing you out of your desired playing style.

Following are some tips on how to adjust your shot selection against opponents with well-defined playing styles. The basic principles of good racquetball apply no matter who you play, but there are subtly different shot-making approaches that can capitalize on an opponent's vulnerable areas.

Begin by arranging practice matches against players with contrasting playing styles. You need this experience for a number of reasons:

- (1) To reinforce the idea that you can't play the same way against every single player — and always expect to win.
- (2) To give you a keener, more realistic understanding of just what changes you may have to make in your strategy, shot selection, and thinking process to become a better player.
- (3) To minimize those panic situations when you suddenly have to cover shots you've rarely or perhaps never encountered before.

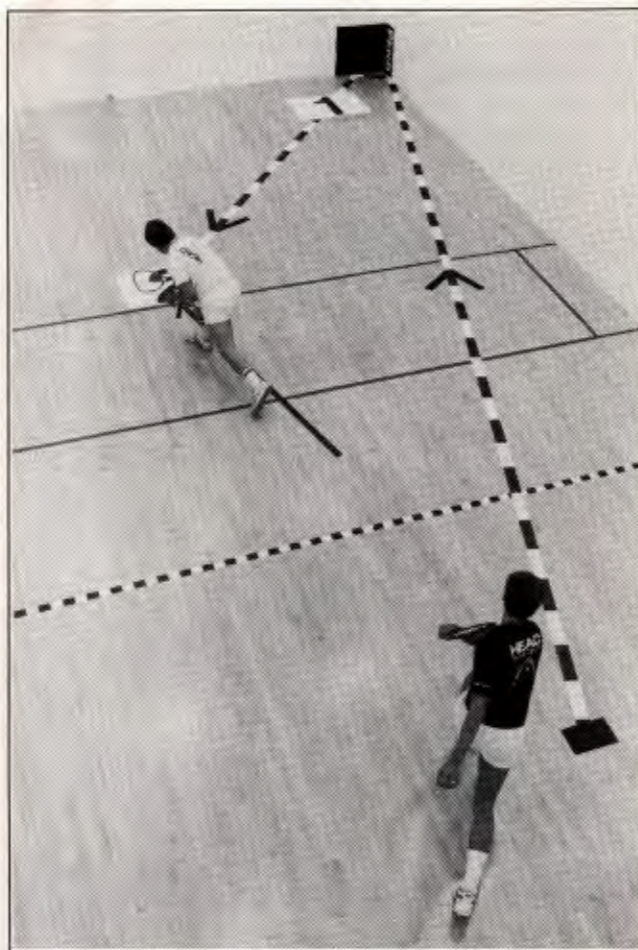
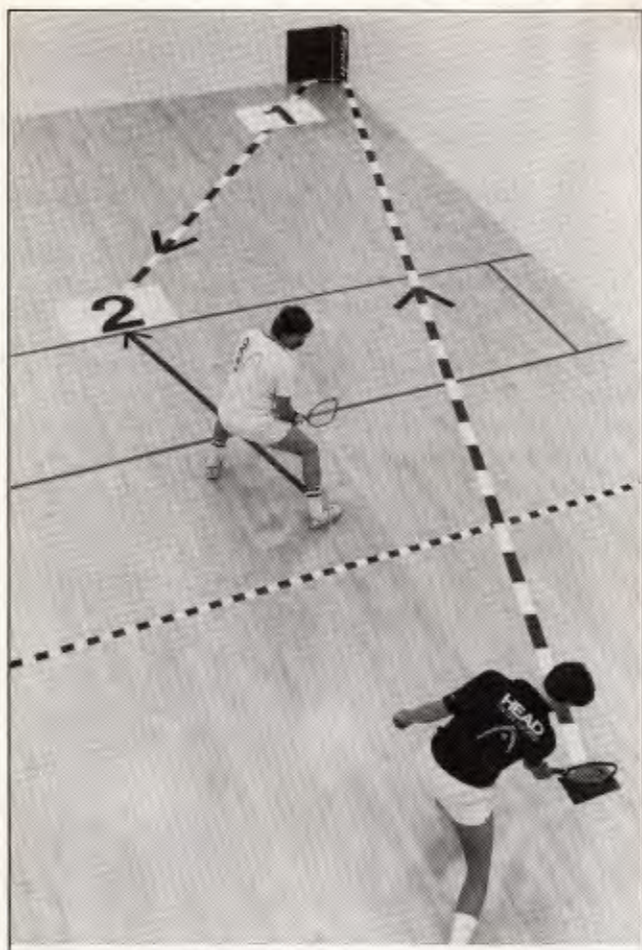
Aside from tournaments and practice matches, other good ways to play a variety of opponents are to throw yourself into the challenge court, join a league, and seek out as many players as you can at your relative level on the club ladder.

The "Up-Front" Opponent

Good players everywhere tell me that one of their toughest opponents is the player — either tall or short — who reacts quickly, locks in his coverage at about 20 feet, and re-kills many of their scoring attempts. He typically has an attitude that the short line is the theoretical heart of the action, so he loves a low-zone rally where he's in the front and you're trying to beat him from behind.

No doubt about it, this type of player can be intimidating with his quick hands and movements, because it appears that he has the whole front court covered and there's no human way to put the ball down or get the ball by him. Instead of your good pinches going for winners, they become re-kills for him, and he cuts off your regular passing lanes and drills the ball down the opposite side wall or pinches in the corner.

The typical response here is to panic and lose



If your opponent always pinches the ball, cheat up a little farther in your coverage. Then, with keen anticipation and one good step forward, you can cover even a near-perfect pinch.

heart, or to continue simply pounding the ball, trying to hit it as low as possible. What you must realize is that this type of player is actually quite vulnerable to intelligent shot-making, and that you can pick him apart with wide-angle passing shots and down-the-line (kill) passes that hug the side wall.

(1) **The wide-angled passing shot.** Your goal with this shot is to hit the side wall on the fly at the same distance your opponent is from the front wall (about 20 feet). This kicks the ball behind him as an irretrievable pass — providing you hit it low enough so that it doesn't come off the back wall. The speed of the shot, when accurately placed, will get it to the correct side-wall target area way before your opponent reaches it. (Adjust your normal, front-wall target area for a cross-court passing shot over just a matter of inches to the left.)

(2) **A down-the-line (kill) passing shot, inside the doubles line.** This shot goes down-the-line (if not killed) and passes back within the doubles alley. No person is quick enough to cover this pass from such an up-front coverage position.

In this situation, forget your pinch shot, unless your opponent starts moving back a bit to counter your shot strategy. Most up-front players tend to stay near 20 feet, stubbornly sticking with the same playing style, even as they go scrambling to defeat.

You may be tempted to hit ceiling balls to drive your opponent back, but this simply prolongs your agony by initiating a defensive stalemate. Eventually, this ceiling-ball rally is going to become a low-zone

exchange and your opponent will quickly return to his favorite location, where it will be misery revisited for you unless you can hit your desired passing angles.

The Lagger

When you play the person who likes to lag especially deep (4 or 5 feet farther back than he probably should), the obvious strategy is to emphasize more pinches and kill attempts into the front court. But beware of the potential pitfalls.

Since your opponent is back slightly too far, you have a little more leniency trying to put the ball down in your low-zone, but not as much as you might think. Also, when your opponent lags deep like this, he's basically tempting you to put the ball down in front of him. So if you think to yourself, "He's deep — I've got to kill it!" you're forgetting just how difficult it is to hit this kind of winner consistently, and you may either skip or leave up a lot of shots — which is exactly your opponent's strategy.

You can try to beat him by driving the ball cross-court and down the line, but you're now trying to hit it around or past a person who is already in the back of the court, and the resulting angles are almost impossible. However, once you start to put the ball down, and avoid the skips, you'll find it a little easier to score points in the front court because of his deeper position.

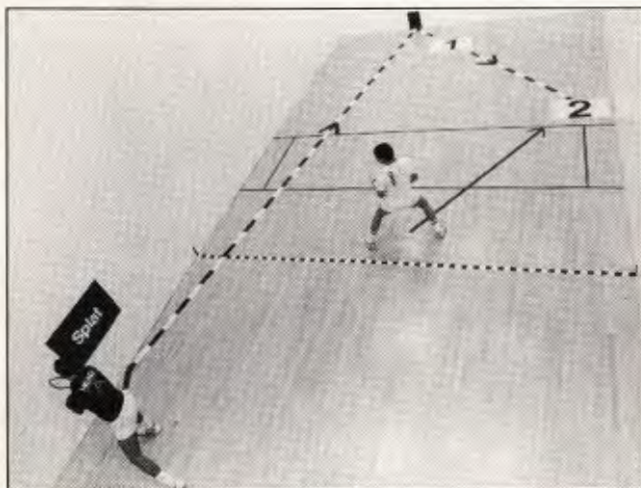
The Pincher

When I advise people to cover from a slightly deeper position, many of them respond, "Yeah, but when I'm back like that, I get burned by players who

soft-touch it into the corners." This will occasionally happen to everybody who plays against an opponent who likes to take velocity off his shots in front court and has good control of his pinches. Such a player will force you to play the front court a little more than normal; you'll need to have a good step forward to dig up shots. But unless your opponent hits the ball perfectly, you will be able to retrieve these finesse shots — and then be offensive.

Meanwhile, you can normally afford to creep up toward the service zone, anticipating his predictable pinch attempts.

You should also remember that in a low-zone rally it is extremely difficult to take the pace off the ball and keep it low; when you can keep the "touch" player hitting on the run, his effectiveness plummets. And



The "splat" is a hard-hit pinch that catches the side wall near the hitter. If your opponent likes to splat and doesn't diversify, you can cheat up in your coverage and — with a good forward step — cover many of his splat attempts.

when this type of player leaves the ball up, his misses are absolute plums.

The Player Who "Splats"

When you find yourself playing a person who loves to "splat," remember that this shot is nothing more than a spectacular side-wall pinch. It draws a lot of ooh's and aah's when it's rolled out, but results in an easy setup (usually off the opposite side wall) when missed.

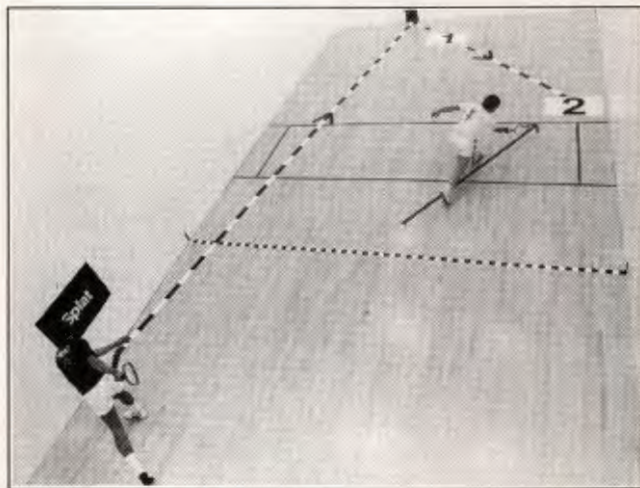
If your opponent can kill-pass the ball down the line and cross-court *and* can splat, his ability forces you to play a standard coverage position. For example, when he's near the side wall, he'll be hitting all these low-zone shots off the same motion. Since he can splat the ball as a pinch winner in front of you, he'll force you to cover from about 25 or 26 feet. However, you can often lag back two or three feet in your coverage if he doesn't have a splat in his repertoire and he's having trouble keeping the ball down.

The typical player who has a fairly strong splat off the backhand side can drive the ball cross-court with the backhand but has trouble taking it down the left wall without erring somewhere along that wall. Since all these misses will kick to the middle, and since the splat and the cross-court pass already travel to the right, you should cheat to the right when playing such an opponent. If your opponent splats predictably into the left wall, move up a bit to cover. But if he is leaving his splats up and mixing in cross-court passes, continue to cheat right but lag deeper.

The Lefthander

If you're a righthander whose regular playing partners are right-handed, facing a lefthander in tournament competition can be an unnerving experience. Even lefties have trouble against lefties in a similar situation.

Physiologically, the lefthander doesn't have any advantages in this game, but he seems to have an unwarranted psychological edge on most opponents. It is a mistake to attempt to hit every possible shot to the lefthander's backhand. Instead, simply hit to both sides of the court and the front court with the appropriate offensive shots. Another mistake is to flood his opponent's backhand side with an array of serves and cross-court ceiling balls, relying on shots that he has probably overlooked in practice. The result



is often an abundance of errors.

Instead of thinking you must change your game plan against a lefthander, just play him like any other player — by going for the logical open shot whenever possible. In a low-zone rally, for example, when you have an open lane down the left wall, take the shot, even though it's to your opponent's forehand.

Meanwhile, practice hitting all your serves into the back right corner so that you're familiar with all the front-wall angles you can use to put appropriate pressure on your opponent's backhand side. There's no avoiding this adjustment in the way you might normally prefer to serve if you plan to be competitive against lefthanders.

The Retriever

This type of player is usually a speed demon who scurries all over the court and gets almost everything back. Fortunately, he rarely does much with the ball. He confounds people who play into his hands, but he shouldn't really haunt you if you have considerable patience and a variety of good offensive shots.

The retriever is frustrating to play because he's not going to beat himself — you must beat him with your own shots, patiently overlooking the spectacular gets that deny you one winner after another.

What you must remember about the defensive retriever (not to be confused with the strong hitter who has excellent retrieving ability) is that, while he's like a human backboard returning your shots, he seldom tries to capitalize on your leftup shots. Unless

he has an absolute plum, he flicks the ball to the ceiling or drives it back to the front wall — giving you another offensive opportunity. For this reason, you must stay cool and collected as you keep pounding away at your low zone; eventually you'll make a shot that he can't retrieve. So what if the rally takes an extra two or three hits to end? It's like target practice. Just be careful not to skip the ball. The retriever preys on impatience and frustration, and if you're not mentally ready to weather innumerable long rallies, he's going to wear you down and grind out a tough victory.

The Ceiling-Ball Artist

If you prefer to play an aggressive, low-zone type of game, you may be frustrated by the methodical opponent who knows he plays best when the game is slowed down. Instead of scurrying around, trying to outblast you, he patiently goes to the ceiling and carefully controls his shot until he's confident about shooting low. Since the ceiling-ball artist will try to draw you into his style of play, here are some tactics you can use to dictate a harder, low-zone pace.

1. When serving, rely on low-drives and hard "Z's" to force your opponent to hit quickly and (one hopes) a little off-balance. You're not looking for an ace as much as you are a shot that will make your opponent mis-hit his return slightly. Your goal is to make him hit his first two shots of the rally on the move.

2. When you are returning serve, you have another early opportunity to force the action — except that your opponent will probably hit lob-type serves that force you up to the ceiling. Your immediate recourse, therefore, could be to try to short-hop any lob serve that comes in on target. This is much tougher to do than it looks, but if you're accurate going low zone, you can cause your opponent some serious grief by forcing him to hit quickly and possibly on the move.

3. In the course of every rally, keep an aggressive approach overall so that you are continually challenging his coverage skills. This ceiling-ball artist is probably not an efficient opponent in low-zone-type rallies where he must rip the ball, hit on the move, cut the ball off, and so on.

The Power Hitter or "Shooter"

Whatever your style of play, you'll need suggestions and strategies to make you more efficient when you go up against an opponent who's obviously thinking "bottom board" on virtually every shot and tries to pound the ball down your throat.

1. You must be mentally ready to be offensive against a serve-and-shoot opponent. If you come into the match a little lackadaisical, hoping to ease into play, you can easily be blitzed in the first game — and never recover. When power players get on a roll, they hit with great confidence and are difficult to contain.

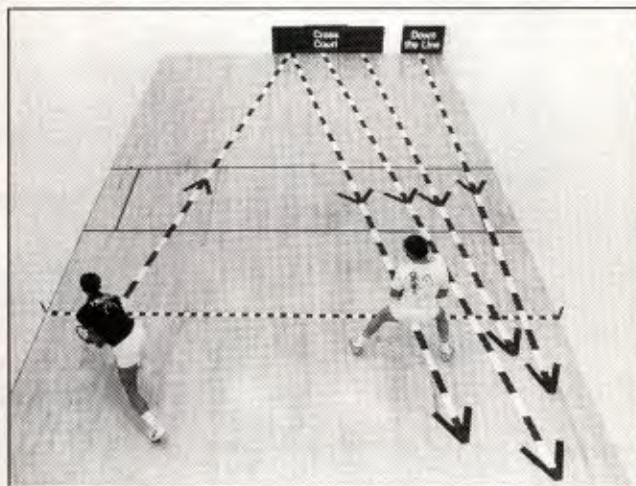
2. Your readiness to play also means that you are mentally prepared to hit shots that are coming at you a little harder (or perhaps a lot harder) than you're used to. We'll assume that you can't hit at your opponent's velocity — but you still must be able to hit with a competitive velocity that can put him on the defensive when you make well-angled, low-zone shots.

If your basic strategy is to be defensive, and you allow the blaster to dictate an offensive match, you'll

be doomed if he's efficient with his shots, for power *with* control will beat control all the time. What you must do is reverse your mental attitude and try to take the offensive whenever the chance is there. Many power players are great when they can stand still and shoot, but can be very inefficient when they're pushed into off-balance hitting positions.

3. You can't avoid those little showdowns within a tough rally that force you to go toe-to-toe with a shooter. Even though you may not hit the ball as hard as he does, you can put him on the defensive by hitting accurately within your own limit of power.

4. The shooter will get his share of outright winners, and you will too, so the factor that determines who wins will be how well you can handle his leftup shots. Forget about covering the kill attempts that



Too many players are conditioned to drive everything to a lefthander's backhand which allows the lefty to cheat to the right. So play it straight hit the open lanes and alleys, making it harder for him to cover.

bounce inside of 20 feet, and play off the misses in and around center-court instead. Most shooters rely on the intimidating effect of their power, and they frequently fail to put the ball down as low or as often as we think — and when they leave it up, the ball travels very deep off the first bounce. That's why you should lag back against a blaster.

Lagging deeper like this puts *more* pressure on the shooter to try to put the ball down. But if the shooter is ripping the ball high and you're staying up at about 23 feet, you will continually get jammed.

5. Instead of being intimidated by his power, remember that most shooters (especially the upcoming young players) will give you a lot of points with skips.

6. The power player is often quite affected by psychological pressure in tournament play, especially if you don't let him get the upper hand. In a tournament match, he's like everybody else — he gets fired up, his adrenaline starts pumping, and he tends to be a little less accurate than usual. But he is still ripping hard, perhaps harder than normal, because of the pressure and his eagerness to impress the gallery and his opponent. As a result, his leftup shots are carrying deeper. If you know how to lag deep and cover these misses, the shooter is going to become frustrated at his inability to score; he'll think he's lost

(continued on page 54)

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Off Court Fitness

(continued from page 6)

oblivious to your own lack of ability! You're obviously a believer in the power of positive thinking. Jean, I'm convinced that, in anything, you are what you think you can be. If you work on your consistency, in other words, miss fewer shots than anyone around, you'll beat everyone around, but in your case, you are going to have to practice very hard."

Well, consistency was a word I'd heard before and it was all the encouragement I needed. As much as I don't like to admit it, I practiced many long hours back-to-back to make shots my opponents took for granted. I practiced more

than anyone I knew. It was the tortoise and the hare all the way, and eventually, after losing more tournaments than I won, this tortoise started to win. After three years of hard work, I finally made it onto the pro tour.

It's been four years since I've retired from professional play, and once again I'm finding myself in a new phase of life that I affectionately refer to as "working for a living". It's the biggest challenge to my theory of consistency yet. You see, I am still *not* rich, and I've been financially planning since kindergarten. So, last week I added a new dollar to my investment portfolio under a category called "Lottery Tickets". Hey, I never said a little luck isn't a good thing! ■

Passing Shots

(continued from page 17)

banquet, Holiday Inn officials report the behavior of the players at the National Doubles Championship was excellent. Hotels worry about major damage when athletic teams get together . . . Free beer is a thing of the past at national tournaments. It now costs you a mere 25 cents a glass. There were just too many drunks when free beer was given away . . . Former women's pro Martha McDonald, who was allowed to play with her husband in the Southeast AARA Regional and State Doubles Championships, needed a ruling from the AARA rules commission to compete in the National Doubles Championship. Apparently a couple of male players complained to the AARA . . . You know you are pathetically out of shape when you need a break while warming up . . . It's amazing how Ektelon's Toron racquet is catching on. Sources report back orders are the biggest problem . . . Is there another person more involved in racquetball than Michigan's Jim Hiser. Hiser is on the AARA Board of Directors and is the man in charge of the Racquetball Manufacturers' Association pro tour.

Steve Strandemo summer camps were virtually filled to capacity. In one city he had to have a double session in order to accom-

modate the number of people . . . The pros would make more appearances at amateur events such as the Junior Nationals if they were on the AARA's mailing list. Mike Yellen has never received anything from the AARA although he contributes a column, free of charge . . . 70+ phenom Ike Gumer when asked by a TV reporter if he had a chance of winning, replied: "Certainly" . . . The most amazing aspect of the AARA is how much volunteer help they receive . . . Yes, there are good samaritans in racquetball. A fellow paid more than \$100 for racquets at the auction for the U.S. National Racquetball Team and promptly donated them to some juniors . . . If there's a junior team in the nation with more participants than Bradenton, Florida's Pat Powers', then I'd like to hear about it. There are now almost 100 juniors on the PRP team . . . Predictions: Lynn Adams will go through the 1986-87 undefeated. She's determined to go down in the books as the greatest player of all time . . . Things I like: dink shots, slow courts, playing against overweight players. Things I dislike: splat shots, 100-mile-per-hour serves and getting hit by the ball . . . Advice straight from the trainer's mouth: If you arrive at the club just in the nick of time to get your reserved court, be sure to stretch out the achilles tendon. ■

Fran Davis

(continued from page 24)

money, but top players in the area, like Steve Deaton, played on the back courts and the women pros were featured on the glass court and there was standing room only.

"This is the eighth year we have been back to this club and I don't think we would be invited back to a club year after year if women's racquetball didn't have appeal. These clubs have the chance to bring in men's racquetball. I think both have their own appeal and there are certain people who prefer the men's game and those who prefer the women's.

"In Alaska and some other clubs around the country they prefer to have the women, but I would have to say that the majority of people like to have the men because they have never seen good women's racquetball. Once they have their thoughts of the women's game will change. They are just not as educated as we would like them to be.

"The Women's Nationals have been held at the Riverbend Racquet Club in Texas for the last three years. These people can't wait for us to come. They pack the stands. You can't even get a seat, not only during the finals, but throughout the entire tournament. If women's racquetball was slow or boring we wouldn't have this type of support nationwide.

The women players become very involved in the communities in which they appear and, according to Fran, their court behavior is excellent. They do free clinics the night before a tournament. They put on a referees clinic to help people understand the rules and to make sure they are all thinking along the same lines. They do a players clinic for club members, hold press parties and sometimes celebrity events.

"We have a tournament coming up in Chicago where we are inviting several celebrities, you know, football players, DJ's, people like that. Some of the girls are coming in early to put on an event and rub elbows with these people.

"At tournaments we hang around and make sure we are visible and we are friendly. We talk to the members and sign autographs. We make it a point to give back to the club what they have given to us, because if it wasn't for the club we wouldn't be there. We spend a lot of time making sure we are available and communicating. We have gotten excellent feedback because of that. 'The women are friendly, they are always around,' that kind of thing, and that has been the general response for the six or seven years I have been with the association. We need as much media as we can possibly get, so we have to be on our toes and best behaviour."

On the subject of Lynn Adams and her current reign, Fran has this to say:

"There is no question Lynn is the most consistent player on the court both physically and mentally. She hasn't lost a match since Heather (McKay) left. When Heather was involved they would flip back and forth, but I don't think anyone has really tested her since then. She has lost occasionally, but she has the confidence, both physical and mental, that none of the other women have. It is not that she is unbeatable, but Lynn is definitely a step above everybody else at

this particular point.

"Caryn McKinney has really become a very consistent force. She has finished in the finals and was second to Lynn last year. I watched her play this past weekend and Lynn took total control of the match from the middle of the first game on. Lynn's shots were just so consistent that any mistakes Caryn made Lynn just put away. I think it was two years ago that Caryn beat Lynn. It wasn't in a pro match, it was in Florida and Caryn beat her in the tiebreaker."

Fran feels the psychological pressure in playing Lynn is also a factor, because as #1 she is supposed to win and it's easy to rationalize losing to her. As she points out, this psychological edge applies when people attending clinics play a pro.

"These people attending the clinics look up to me and think I am one or two steps above everybody. When I go in and play the guys that challenge me and I beat them, I'm supposed to win because I'm the pro. If they beat me they are in seventh heaven, but I have the psychological edge. I probably go in with three or four points a game because they are nervous and uptight, and I think the same happens when players go in against Lyn and Caryn. They are nervous and have butterflies and once a good player gets a lead on you they are not going to bow down.

"There are times when I am nervous, especially in the first game of the season. During the tournament in Alaska my first match was with Chris Evon and I was a little nervous. I started hitting and I began to feel comfortable, and in the next match with Marci Drexler I was not nervous at all."

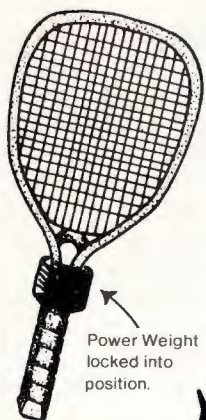
Fran describes herself as a power player first and a control player second. She likes the power game because she likes to be aggressive, charging the ball, especially on serves.

"When somebody gives me a lob serve or a soft Z or any of those types of serves that are slow and high, I usually step in and charge it. I don't wait for it to bounce and reach the peak or wait deep in the court 39 or 38 feet in the left corner and jump it, especially being the shrimp I am. Women are very weak above their shoulders and the more shots we allow to go into that position the tougher it is. What I normally do is charge the ball and take the ball on the rise between my knee and waist rather than take the ball above my shoulder. I have become a very aggressive player, I attack. I even teach my clinics that way. Charge the ball, attack the ball, be aggressive but be smart. Play high percentage racquetball is my philosophy. Take the shot when you have it, don't wait.

"The game of racquetball used to be very controlled. A lot of ceiling shots and wait for the ball to bounce, come off the back wall; if you have a shot off the back wall, take it. Now the game has changed. If there is a shot in the air and it might hit the back wall but it is coming right past you through center court, take it in the air, shoot it and catch your opponent off guard, but play smart. Don't become shot happy and start shooting 80 or 90 percent of the time. That is how I teach my clinics.

"Start being aggressive and confident on the court and if you're not and you can't shoot the ball from 30 feet, well you have to get on the court and

(continued on page 44)



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Fran Davis

(continued from page 43)

practice because if you are going to be a good player and are going to reach your potential then you have to be able to do that. You might not do it as consistently as a pro might but you still need to feel confident because you have to put pressure on your opponent.

"On and off the court most people fold under pressure, and if you don't pressure your opponent and you play the control game and a relaxed game, somebody can take a breath and have that extra second, but not if you constantly pressure them. That's what Lynn does so well. She constantly pressures you, brings the ball down when she has the opportunity. She is constantly shooting the ball low, constantly pressuring you. That is the difference between top pros and the lower level pros."

Fran always wears eyeguards when on the court whether playing or teaching. She never walks on the court without them. The first area she covers in her clinics, is eyeguards and she cannot understand why people do not wear them.

In order to keep fit Fran follows a rigorous exercise program.

"I wish I could just push a button, play racquetball and be in great shape. I lift weights three days a week. This summer I did a lot of free weights and now I am doing some free weights combined with Nautilus, so my weight training is very important. Aerobics are important too, so I take some classes, and run five or six miles a day, four or five days a week. I do a lot of sprint work but what I have found really makes the difference is nutrition. In the last year I have keyed in on nutrition. At tournaments I see players eating a lot of junk food, a lot of high fat food and that's not good nutrition.

"I have been a vegetarian for the past six years. I eat chicken and fish but I do not eat red meat. In the last year I have really cleaned up my act and started eating a lot of low fat, high complex carbohydrate, low protein, well balanced meals.

"I have started doing promotional work for a company called California Fitness which is a weight management company. They have



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all natural vitamins which are made basically from food derivatives. I have been taking their fitness pack, B vitamins, amino acids and their protein powder in conjunction with eating right, because you can't take supplements without eating right. I know that some people think that if you eat a well balanced meal you can get all the nutrients, vitamins and minerals you need, but I disagree. I try to eat three well balanced meals, but rather than be deficient in any vitamins, I use this as my nutrition insurance.

"I feel my energy level is so high, not just from being in good shape, but also eating the right foods. When a coach tells a kid to go out and gain weight and the kid eats hamburgers, fried foods and milk shakes, he gains weight but it isn't the right weight. He gains fat and what he needs to gain is muscle mass.

"California Fitness provided the top 10 women pros with vitamins and are getting good results and good feedback. Caryn has already called for her second supply because she really feels the benefit. They also do seminars in fitness clubs and train people at the clubs in weight loss, weight gain."

Fran Davis is a lucky woman. She is doing what she loves best, playing and teaching racquetball. Her enthusiasm for the game and the people she meets is unmistakable as she describes her life as a racquetball player.

"Since 1975 or so racquetball has been a major part of my life. I don't know if in 10 years I will still be competing, but I will always be involved in racquetball, teaching and doing clinics. If somebody gave me a choice and said I could either be a clinician or play

racquetball competitively, I would be a clinician. I love to teach, I love to promote, I love to work with people on the grass roots level of racquetball. For me to be on the road 70 percent of the time and leave my house and waterbed and all that, I really have to love what I do. I wouldn't give it up for the world.

"I don't just teach people racquetball. I have them on a weight program. I tell them, 'Racquetball is great, it will keep you in shape, but in order to get in shape you have to do these other things. Things that are going to make you a better racquetball player, but more importantly a better person.'"

The next women's pro stop is Chicago and she is preparing for it now, working out every day.

"The depth of racquetball is changing," she says. "You can no longer go to a tournament and say, 'Well, I know who is going to be in the quarter finals and up.' There are a lot of up and coming young players and there are a lot of upsets so you have to be in top shape physically and mentally because otherwise one of these young players is going to come in and beat you in the 32's and you're going to go home with you head down and cry."

At 32, Fran is content with her life. Traveling so much does take a toll on her personal life but no matter how long she is gone she knows she has her family and a handful of good friends to come home to. She hasn't met the person she is willing to change her lifestyle for, or as she puts it, she hasn't met anyone who would say it was okay for her to travel 70 percent of the time. She doesn't rule that out for the future, but for now she is perfectly happy. ■

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Yellen Takes Arlington Tournament

by Jim Hiser

Crystal City Racquet Club in Arlington, VA was the site of the season's fourth RMA professional tour stop. Judd Grosshans and his crew has established a reputation for presenting the best in tournaments and this year's event was no exception. The Crystal City staff and sponsors believe in first class treatment for everyone and the added amenities of chauffeur driven limousines for players, referees dressed in sport jackets and ties and the singing of the National Anthem prior to the finals supported their intentions.

The round of 32 produced a few surprises. Dan Obremski, a semi finalist in last year's final two events, again lost in the first round to Aaron Embry. Dan's inconsistency and lack of concentration continually baffles his supporters.

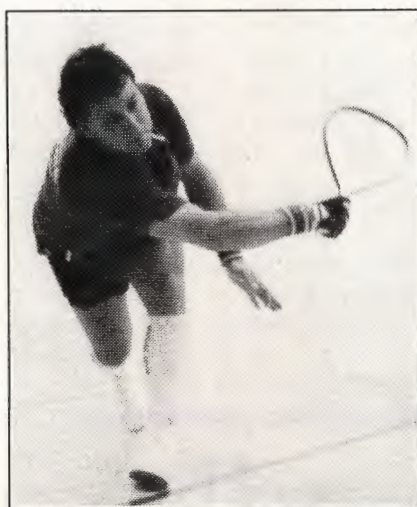
Lance Gilliam, the powerful young right-hander from Texas, gave Scott Oliver his second straight first round loss. Gilliam's power and retrieving ability continually frustrated Scott.

Perhaps the most surprising match was the first round upset of Cliff Swain by David Gross. Cliff seems to alternate good and bad performances. He was in the finals of the first and third stops, but lost in the first rounds of the second and fourth tournaments.

The 16's went almost as expected. Bret Harnett easily defeated Doug Cohen in three games, while Ed Andrews continued his rise up the rankings ladder by beating Aaron Embry in straight games. Jerry Hilecher and Mike Yellen also easily defeated their opponents David Gross and Mike Griffith in three games. Marty Hogan defeated tenacious Dolwayne Green in four games while Ruben Gonzalez fought from a two game deficit to defeat Gerry Price 11-5 in the tiebreaker.

One of the more interesting matches saw Gregg Peck battle home state rival Lance Gilliam to an 11-3 tiebreaker victory.

In what could be considered the only 16's upset, Dave Peck defeated "Mr. Consistency" Mike Ray in four games. Dave's physical problems seem to be diminishing and his increased mobility has resulted in a better performance.



Mike Yellen

Dave continued his season's best performance by defeating Jerry Hilecher in the quarters. In a rematch of what many termed "a replay of the '70s", Dave kept Jerry off balance with precise backhand splats from deep court. Dave's increased mobility seemed the edge he needed to retrieve Jerry's shots. Dave won in four games.

Marty Hogan's inability to get his first in, combined with Gregg Peck's consistent backhand splat from deep court, resulted in an early exit for the tournament's '85 champion.

Bret Harnett avenged his defeat in the previous Vancouver tournament by outblasting Ed Andrews in four games. The match started with Ed calling every possible shot and winning 11-1. For a brief moment it looked like Ed would once again block Bret's road

to the finals. But Bret regained his game-winning form to take the next three games.

In what was the tournament's most exciting match Ruben Gonzalez battled four-time national champion Mike Yellen. The two exchanged games with Ruben finally taking an 8-0 lead in the tiebreaker. Ruben's great exhibition of sportsmanship in last year's tournament had swayed the Crystal City crowd to his support, and it looked as if he was once again on his way to the finals. But national champions do not die easily and Mike battled back utilizing high percentage wide angle passes to finally defeat Ruben 11-8. Although Ruben is one of the tour's best conditioned athletes, exhaustion from retrieving Yellen's passes seemed to take its toll.

In the first semi-final match Harnett utilized strong drive serves to keep Gregg Peck off balance. Peck's weak ceiling ball returns



Bret Harnett

allowed Harnett to control center court. The first game went to Bret 11-4. Harnett carried his momentum into the second game and went out to a quick 8-3 lead. Peck battled back capitalizing on Bret's go-for-broke errors, eventually tying the score at 9-9. Gregg returned to his most reliable shot; the backhand splat, but to his dismay, Bret was camped at center court and easily rekilld the ball for the final two points of the second game. In the third game Harnett pressured Gregg, by cutting off Peck's passes at center court. Although Gregg tried to change the pace with lob serves, Harnett retaliated with two overhead reverse pinches for side outs. Bret went on to win the game and match 11-5.

In the other semi-final match Mike Yellen set the pace with a first service ace. Dave Peck was not as accurate with his backhand pinch as in earlier matches, and Mike won the first game 11-6. Mike started the second game with lob serves, which Dave unsuccessfully attempted to short hop. Dave's setups off the back wall allowed Mike to win the second game 11-2. Dave regained his accuracy in the third game and went ahead 10-6. Yellen continued to battle, but Dave finally won after serving eight times at 10. In the fourth game Yellen returned to drive serves, again forcing Peck to make weak returns, and finally won 11-2.

In the finals Mike Yellen faced Bret Harnett for the first time since the DP Nationals. Bret had beaten Mike in their last two meetings and three of their last four matches. Mike started with drive serves to Harnett's backhand. The combination of Mike's backhand and great serves forced Harnett to make weak returns, which Mike put away for winners. Mike took it 11-7.

Yellen's patience and near perfect ceiling balls set the pace for the second game. Harnett could never get his drive serve and shoot game in gear, and Mike once again won 11-8. Bret's frustration surfaced in the third game when he yelled out, "You're playing his game so well." Mike again con-

trolled the pace and forced Bret to shoot low percentage shots from deep court. Mike won the match and tournament 11-8.

Mike's game once again seemed to be on track. In his quest for a fifth straight national championship, Yellen has started his second half surge earlier than usual.

The remainder of the season should find these two top-ranked players facing each other once again.

AMATEUR RESULTS

Men's Open: Nolan Glantz
Men's A: Tom Elliott
Men's 25+: Tom Ackerman
Men's 35+: Steve Bernard
Men's 45+: Pat Drennon
Men's 50+: Bob Harwood
Women's Open: Malia Kamahoahoa
Women's A: Virginia Mason

PRO RESULTS

First place: Mike Yellen
Second place: Bret Harnett
Third and Fourth places:
Gregg and Dave Peck

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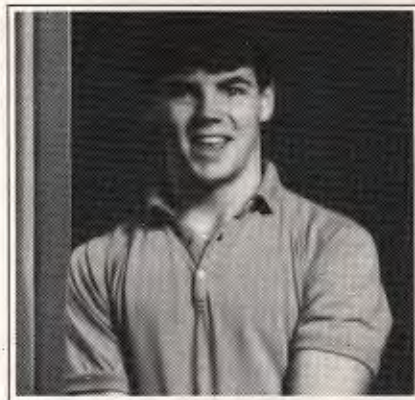
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Racquetball Loses a Rising Star . . .

Mike Griffith



by Connie Peterson

Editor's note: Connie Peterson introduced Mike Griffith to racquetball and coached him during his first three years of play. The following is her personal eulogy to a friend.

"I can be number one sis, I know I can. I have the physical ability, the right shot selection, and the determination — I just lack the mental capabilities." This conversation could be heard many times as Mike Griffith and his older sister, Debbie, sat at her home in Eugene, OR.

What Mike was most interested in was racquetball, since he first picked up a racquet in the



summer of '79 in Eugene. He could not eat, breathe or think of much else.

It wasn't very long after that first summer that Mike, then 12, started dreaming about becoming a good player. By 15, Mike was a solid A player and just beginning his start of the Mens Open. A year later Mike was a top open player in Oregon and one of the most talked about Open Junior players in the northwest.

In September 1985, at the Chelsea Pro/Am at the Court-House in Salem, Mike made an impact on the professional world of racquetball. Mike made it to the semi's and a match with idol Marty Hogan. The September issue of National Racquetball highlighted

Mike and the contest with Hogan.

In one short year on the tour Mike went from qualifying to becoming ranked as high as #17. He finished his short 12-month career ranked #20 with impressive wins.

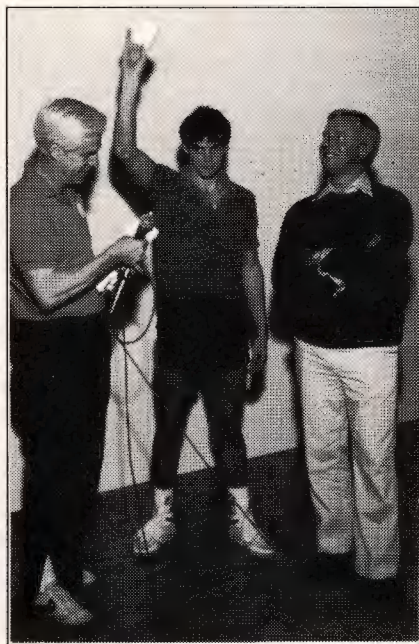
Jim Hiser, RMA commissioner felt Mike's game was there. It was Mike's belief he would be in the top 10 this year and be number one in two years. But that is where Mike's career ended. On October 19, Mike was killed in a car accident. Those who knew and loved Mike were shocked and saddened by this senseless loss of such a young life.

Mike had a powerful influence with people. He had the ability to make people laugh, to make people feel good. For those of us who were touched by Mike, we will not forget that charismatic smile, and the way he made us feel so special. We will all hold a special place in our hearts for Mike and we will never be able to forget him as we step onto the court of the sport to which he dedicated his life.

We had the opportunity to meet Mike during our September interview, and we can say without hesitation that Mike Griffith exemplified the professional spirit that will someday give our sport the recognition it truly deserves.

Our hearts and our prayers go out to the Griffith family. To Mike's dad, mom and sister we want to say thank you for bringing to our sport such a fine young athlete. Mike will be missed. He was our friend.

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With the Holidays coming on, it's time for racquetballers to stock up on gifts and cards for family, friends and friendly competitors (on the court). CLC Graphics has some suggestions: How about T-shirts? Not just say any T-shirts, but quality 50/50, blue on white T-shirts with your choice of "Racqbo" or "Backhand Hanna" lettering. They come in sizes S through XL and are priced at \$9.95 each. And then there's that racquetball Christmas card list to fill. CLC Graphics Christmas cards are red on white, linen finish with a simple Seasons Greeting message inside and red envelopes. A set of 12 is \$9.95, or 25 for \$16.95. Send orders to: CLC Graphics, P.O. Box 9652, Colorado Springs, CO 80932, or phone credit card number 24 hours a day, (303) 520-1560, (800) 334-0854, ext. 412.



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Ektelon eyewear takes a new curve with its Specter eyeguard, designed to provide full-field, distortion-free peripheral vision for racquetball court play. The one-piece Specter oversized lenses, made from lightweight, scratch- and pierce-resistant 3mm polycarbonate, feature a molded bridge nose designed for maximum comfort. In addition, the Specter headstrap is adjustable, detachable and washable. Suggested retail is \$10.95. Ektelon's new Thermasport bag contains a special feature: A thermal racquet cover which protects the racquet from extreme temperatures. The detachable racquet cover can stand alone as a racquet carrier and will easily fit two racquets at a time. The oversized top-zippered Thermasport (21 in. long x 8-1/2 in. wide x 12 in. high) comes in navy with wedgewood trim, pewter with navy trim and charcoal with red trim. Suggested retail price is \$34.95. For more information, contact: Ektelon, 8929 Aero Drive, San Diego, CA 92123, or phone (619) 560-0066.

National Doubles

(continued from page 27)

Sanders of Ohio, 9-15, 15-11, 11-9. In addition, Ross and White knocked out the #1 seeds Ron Galbreath (PA) and Joe Jackman (PA) in the semifinals, 15-3, 7-15, 11-6. Chapman and Sanders defeated Jerry Davis (OH) and Mark Wayne (CA) 15-10, 8-15, 11-9 in the very close semifinals match. Galbreath and Jackman were presented the bronze medals after they beat Davis and Wayne 15-5, 12-15, 11-1.

Craig Kunkel and George DeLuca of California shot through the Mens 40+ Division claiming the gold medals and the final victory against #4 seeded Ron Galbreath (PA) and Joe Jackman (PA) 15-7, 15-7. In semifinal play, Kunkel and DeLuca removed Bobby Sanders and Michael Stern of Ohio 15-6, 15-4. Jackman and Galbreath took out the #1 seeds, Les Dittrich (MN) and Ron Strom (MN) 12-15, 15-2, 11-2.

Two Florida teams battled for the championship title in the Womens 40+ Division. The gold medals were awarded to the #1 seeds Agatha Falso and Judy Schmidt after they squeezed by the #2 seeds, Jo Kenyon and Mary McNutt. Falso and Schmidt took the first game 15-14, came up short 6-15 in the second, and dominated in the tiebreaker, 11-3.

In the Men's 35+ Division new champions were crowned. The #2 seeds, Joe Icaza (FL) and Van Dubolsky (FL) received the gold medals after coming back from a deficit position. The team dropped the first game 9-15 to Wayne Vincent (GA) and Frank Johnson (GA), then dominated the remaining two games 15-8, 11-3 to pick up the win. Vincent and Johnson made their way to the finals by upsetting the #1 seeded team of Ed Remen (VA) and Johnny Hennen (TN) 15-14, 15-10. The bronze medals went to Joe Wirkus (WI) and Herb Grigg (IL) the #4 seeded team. They defeated Mike Romano (MA) and Rich Voto (MA) 15-5, 15-13.

Carol Frenck (VA) and Michelle Persinger (VA) dominated the entire Womens 35+ Division, upsetting the #1 seeds Sherry Armstrong and Linda Loughrey of Colorado 15-3, 15-2, along the way. Frenck and Persinger were

presented the gold medals after crushing Florida's Mary Jo Murray and Marilyn Ross 15-1, 15-2 in the finals. Murray and Ross passed by Judy Schmidt and Agatha Falso, the #2 seeded team from Florida, 15-10, 15-9 in the semifinals.

Florida's Joe Icaza was also victorious in the Mens 30+ Division, where he teamed up with Frank Johnson of Florida. They defeated Ken Teape (NY) and Jim Deritis (PA) 15-11, 15-13. Icaza and Johnson made their way to the finals by removing the #2 seeded team Ed Remen (VA) and Johnny Hennen (TN) 15-10, 1-15, 11-3, in the quarterfinals then Leo Marsoci and Todd Taylor of Florida 15-13, 15-4 in the semifinals. Teape and Deritis upset the #1 seeds from Arizona, Ken Garrigus and Mike Romo 15-7, 5-15, 11-1, in the semifinals. Garrigus and Romo settled with third place.

The #4 seeded team, Eileen Erlich and Gail Troxell from Florida, claimed their victory and the gold medals in the Womens 30+ Division, by eliminating the #3 seeds, Carol Frenck (VA) and Linda Baumler (MN) 15-13, 15-13. Erlich and Troxell moved into the finals by dominating their semifinals match against Rene Fish and Linda Icaza of Florida 15-4, 15-1. Frenck and Baumler ousted Pam Goddard and Jayne Vigil of Georgia 15-1, 15-5 in the semifinals. Goddard and Vigil received the bronze medals after they beat Fish and Icaza 15-11, 15-13.

Jim Young (PA) and Scott Clark (KY) the #3 seeds claimed the gold in the Mens 25+ Division by removing the defending champions and the #1 seeds from New Mexico, Tom Neill and Rich Hill 15-14, 15-13. In the semifinal rounds, Young and Clark held off Gordon Kirkland and Sid Miller of Florida, 15-7, 15-9. Neill and Hill topped Vinnie Ganley and Bobby Owens both of Florida, 15-11, 15-12 in their semifinals round.

Jacksonville's Mary Lyons and Susan Morgan, the #2 seeds, were presented the gold medals in the Womens +25 Division after upsetting Orlando rivals and 1985 defending champions, Diane Bullard and Julie Pinnell 15-7, 15-6. Lyons and Morgan came out ahead in a close semifinals match against Kentucky's #3 seeds, Holly Rentz and Peggy Stephens 15-8,

10-15, 11-6. Bullard and Pinnell pounded Ali Swofford and Sally Worden both of Tennessee 15-3, 15-5 to move on to the finals. The bronze medals went to Rentz and Stephens after they defeated Swofford and Worden, 15-10, 15-10.

Hart Johnson (MN) and Gus Farell (MN) claimed the championship title and gold medals in the very tough Mens 19+ Division. The finals were credited to Johnson and Farell after they ousted Florida's #2 seeds, Sergio Gonzalez and Tim Hansen. Johnson and Farell took the first game 15-13, dropped the second 2-15 and then pulled out an 11-10 tiebreaker. In semifinals play, Johnson and Farell upset the #3 seeds, Charlie Nichols and John Schneider of Florida, 15-14, 15-7. Gonzalez and Hansen took out Joe Cline (NJ) and Ron Digiacoia (NY) in their semifinals match. Third place and the bronze medals went to Nichols and Schneider after they pushed by Cline and Digiacoia 15-3, 15-6.

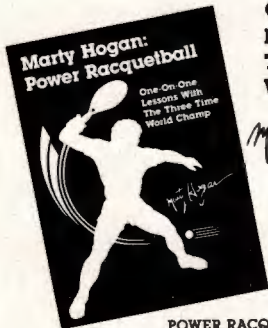
The championship title in the Womens 19+ Division was captured by the #1 seeds from Florida, Chris Collins and Melanie Britton. They breezed by Angie Browning and Lori Basch the #2 seeded team, also of Florida, 15-3, 15-4. In semifinals play Collins and Britton knocked out Pennsylvania's Robin Chilcoate and Tracy Ingram 15-4, 15-8.

The 1986 U.S. National Doubles Racquetball Championships were made possible with the support of Diversified Products, Penn Athletic Products Co., Racquetpower Health & Fitness Club of Mandarin, United Airlines, Holiday Inn and Frozfruit.

The American Amateur Racquetball Association (AARA) extends their gratitude to Mary Lyons of Racquetpower, Joe Icaza and the U.S. Team members for their help with the auction and all participants in the event. This event would not have been possible without the support of all those listed and many unmentioned persons and companies. ■



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Schedule of Events

1986-87 AARA SEASON SCHEDULE

December 5-7

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

December 5-7

NH State Doubles
23 Cliff Ave., Boars Head
Hampton Beach, NH 03842
Lance/Gayann Bloom
(603) 926-3233

December 5-7

Super 7 #3
29th Street Fitness Center
2701 - 29th St.
Grand Rapids, MI 49508
Jim Hiser (313) 653-5999

December 12-14

Macomb County Rac. Assn.
Challenge Series #2
Salt River Racquet Club
23 Mile Rd.
New Baltimore, MI
Pancho Gutierrez

December 12-14

Birch Pointe
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young (302) 239-6688

January 9-11

Super 7 #4
Ann Arbor Court Club
2875 Boardwalk
Ann Arbor, MI 48104
Jim Hiser (313) 653-5999

January 16-18

Riverview 1000
Riverview Racquet Club
4940 Plainfield NE
Grand Rapids, MI 49505
Roy White (616) 363-7769

January 23-25

Rollout Classic #3
Grand Blanc Court Club
2308 East Hill Rd.
Grand Blanc, MI 48430
(313) 695-1700

January 23-25

1987 Michigan Intercollegiate
State Championships
29th Street Fitness Center
2701 - 29th St.
Grand Rapids, MI 49508
Matt Klein/Cathie Frederickson
(616) 942-5190

January 23-25

Muskegon AAU Winter Games
MBA Health & Wellness Center
40 E. Norton
Muskegon, MI
Dona Hindes (616) 739-3391

FOR AARA INFORMATION

Contact: Luke St. Onge
(303) 635-5396

1986-87 RMA SEASON SCHEDULE

January 14-18

Boulder, CO

FOR RMA INFORMATION

Contact: Jim Hiser, Commissioner
(313) 653-9602

1986-87 WRPA SEASON SCHEDULE

January 16-18

Los Caballeros Sports Complex
Fountain Valley, CA
Contact: Lynn Adams
(714) 979-6942

March 13-15

\$10,000 Pizza Hut/
AT&T Racquetball Challenge
Atlanta, GA
Contact: Caryn McKinney
(404) 636-7575

FOR WPRA INFORMATION

Contact Caryn McKinney,
(404) 636-7575

RANKINGS

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

WPRA Official Rankings October 21, 1986

1	Lynn Adams	200.00
2	Caryn McKinney	160.00
3	Marci Drexler	88.75
4	Vicki Panzeri	83.75
5T	Terri Gilreath	73.33
5T	Bonnie Stoll	73.33
7T	Molly O'Brien	63.75
7T	Sandy Robson	63.75
9	Fran Davis	52.50
10	Trina Rasmussen	51.66
11	Liz Alvarado	50.00
12	Marcy Lynch	45.00
13	Jennifer Harding	30.00
14	Kaye Kuhfeld	28.33
15	Cindy Baxter	25.00
16T	Toni Bevelock	23.33
16T	Laura Martino	23.33
18T	Chris Evon	20.00
18T	Linda Porter	20.00
18T	Mary Pat Sklenka	20.00
21T	Mary Dee	16.66
21T	Val Paese	16.66
21T	Kathy Treadway	16.66
24	Joy Paraiso	13.33
25T	Lynn Cherry	10.00
25T	Gail Fergusson	10.00
25T	Roxanne Goblish	10.00
25T	Andrea Katz	10.00
25T	Pam Laursen	10.00
25T	Janell Marriott	10.00
25T	Diana Reyes	10.00

AARA National Rankings Women's Open October 31, 1986

1	Cindy Baxter
2	Mona Mook
3	Chris Evon
4	Mary Dee
5	Crystal Fried
6	Elaine Mardas
7	Terry Latham
8	Trina Rasmussen
9	Cindy Doyle
10	Sandy Robson
11	Nan Higgins
12	Kim Despain
13	Mary Lyons
14	Linda Diamond
15	Fran Davis
16	Michelle LaBonne
17	Kaye Kuhfeld
18	Janet Kelleher
19	Joy Paraiso
20	Mary Pat Sklenka
21	Lori Basch
22	Tammy Hajjar
23	Claudia McCarthy
24	Janet Burke

RMA Pro Racquetball Official Rankings October 19, 1986

1	B. Harnett	472.57
2	M. Yellen	448.62
3	M. Hogan	371.73
4	E. Andrews	329.59
5	C. Swain	314.69
6	G. Peck	313.21
7	M. Ray	262.51
8	R. Gonzalez	250.15
9	D. Peck	213.23
10	G. Price	181.26
11	S. Lerner	166.18
12	J. Hilecher	165.76
13	S. Oliver	144.07
14	D. Obremski	139.94
15	D. Cohen	136.48
16	A. Gross	130.08
17	D. Gross	120.68
18	E. Inoue	120.52
19	A. Katz	98.53
20	M. Griffith	98.09
21	L. Gilliam	94.81
22	J. Egerman	91.21
23	J. Newman	87.28
24	R. Harripersad	82.86
25	J. Cascio	80.08

AARA National Rankings Men's Open October 31, 1986

1	Andy Roberts
2	Kelvin Vantrease
3	Ed Andrews
4	Doug Ganim
5	Tim Hansen
6	Dave Negrete
7	Charlie Nichols
8	Aaron Katz
9	Mike Lowe
10	Tom Montalbano
11	Jamie Sumner
12	Don Kelly
13	Dennis Aceto
14	Mike Spugnardi
15	Oscar Gonzalez
16	Ruben Gonzalez
17	Roger Harripersad
18	Mark Morrison
19	Steve Moody
20	Scott St. Onge
21	Dan Obremski
22	Jack Newman
23	Sergio Gonzalez
24	Shawn Fitzpatrick
25	Tony Gabriel

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The Strategic Game

(continued from page 41)

his offense and he'll start trying to compensate by over-hitting. The result can be a ton of skips and shots that come to you in center-court and off the back wall.

7. You can also frustrate most power hitters by hitting shots that dictate a more deliberate tempo and keep them from settling into the fast, low-zone style of play they prefer. When you realize your opponent loves to rip, make sure you give him ceiling balls, lob serves, and high-lob "Z's" at every reasonable opportunity.

The Intimidator

Ideally, a racquetball match should boil down to execution, coverage, and overall strategy — in other words, "may the best player win." Yet in the real world, you must cope with the occasional opponent who tries to undermine your game with flagrant hinders, constant arguing about calls, unwarranted delays, and verbal outbursts.

This intimidating behavior has a detrimental effect on most players, especially in a tournament situation, for they lack the concentration necessary to overcome or block out the various distractions and disturbances. Most referees fail to take control of the situation by curbing the commotion, and a match can eventually become such a hassle to play that the affected player — the intimidator's target — often loses his original competitive spark and never seems to gain momentum.

If you're determined not to let your game go downhill, your best defense is to keep from showing — through your expressions or by the quality of your play — that his behavior is affecting you. You'll come out ahead if you try to develop the attitude that you are going to play your own game regardless of how your opponent is acting. Remember, an intimidator's performance tends to remain unaffected — or may even improve — when the match is in turmoil.

The "No Hope" Opponent

Then there's the player who just doesn't *look* like a racquetball player and he lulls you into complacency as the two of you warm up. You watch him swing and you wonder why he ever signed up for this big tournament you're planning to win. By the time you start, you've already won the match in your mind. But it doesn't take long to realize that his forehand has more power than it did when he warmed up, his serves are right on the money, his punch backhand is causing you trouble, his awkward ceiling stroke somehow yields an accurate hit, and he has a reasonable ability in center-court. In fact, you're playing an efficient racquetball player and he gets the job done so well that he wins the match.

The moral of this story: No matter how inept a person might look while warming up, don't automatically write him off as a player. Just get in there, play your game, nail down the victory, and get out. ■

A Message to Racquetball Players 45+

Would you like three or four days filled with racquetball, food, fun and associate with a great bunch of people? If so you have the opportunity to submit your name, address, date of birth and telephone number to Ivan Bruner, 5555 Odana Road, Madison, WI 53719, and you will be added to the list of eligible people who will be invited to attend the following:

- (A) A Masters, Golden Masters National Singles Invitational Tournament to be held the third weekend of February someplace where we can expect it to be warm.
- (B) A Masters, Golden Masters

National Doubles Invitational Tournament to be held the third weekend of August (1987) someplace where we can expect cool weather.

These tournaments are Round Robins, so no matter if you win or lose you will play everyone in your Round Robin. We strive to have ten individuals or teams in each Round Robin so you will play nine different opponents without being eliminated.

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Better Materials— Make the "Optimum" Even Better.

It was only natural to explore new material technology in creating the "Optimum Weapon." For the first time, a racquetball racquet uses ceramic fibers, high modulus graphite and fiberglass composites. Truly high-performance materials.

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