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VOLUME 16, NUMBER 2 MARCH - APRIL 2005

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SPORT GRAPHICS

Mission Statement

USA Racquetball (USAR) is the National Governing Body for the sport of racquetball, recognized by the U.S. Olympic Committee and is committed to excellence and service to our members. We provide opportunities for members and enthusiasts to actively participate in the sport, through sanctioning of events, administration of programs and development of competitive teams.

Vision Statement

To provide racquetball opportunities in the sport of racquetball for all levels of participation through:

Objectives:

- **MEMBERSHIP SUPPORT** - USAR values its members and will strive to provide the best possible member services at all levels.
- **MEMBERSHIP RECRUITMENT** - USAR believes that racquetball is a lifetime endeavor and the benefits of health, recreation, and competition should be available to everyone. USAR will strive to expand its membership in order to share these benefits with as many players and supporters as possible.
- **PROMOTION OF THE SPORT** - in order to sustain a strong player base USAR will promote the numerous benefits of participation through mass marketing efforts.
- **COMPETITIVE SUCCESS** - USAR strives to maintain America's position as the number one racquetball nation in the world. Success at the elite levels has a positive influence on every other facet of our sport.
- **SPONSORS AND SUPPORTERS** - USAR values its relationship with sponsors and will continue to maximize benefits and exposure.

FEATURES



National High School Championships

Catlin Gable repeated as the best High School team in the land led by National High School singles champ Katie Ferguson



Club Spotlight - The Maverick Athletic Club

An old school club with some new school twists, the Maverick has something for everyone



38

Houston Preview Special Pull-out Poster

The best shots of the 2004-05 season as presented by Geoff Thomsen

DEPARTMENTS

Editors Note	4
Countdown	4
Sound Off	5
From the Top	6
Players Helping Players	8
Book Reviews	26
Strings & Things	27
What's the Call?	36
Get With the Program	37
On Campus	40
Junior Matters	41
Back Courts	48
USAR Rankings	52
USAR Schedule	54
The Inside Scoop	56

PROFILES

Club Spotlight	23
The Maverick Athletic Club	
National Team Spotlight	32
PARC Pan Am Team	
Junior Team Spotlight	33
Holly Hettesheimer, Alan Crockett	
Coaches Corner	34
Dennis Fisher	

ON TOUR

IRT	12
LPRA	16
WOR	18
IRF	20
Legends	22

TOURNAMENT COVERAGE

National H.S. Championships ...	10
Women's Seniors/Masters	
National Championships	24

INSTRUCTIONAL

Fran's House	38
Marcy's Coaching Corner	39
Big D's Roadshow	42
Fitness for Racquetball	43
Sudsy's Magic Show	44
Ellistyle	46

SPECIALS

Racquet For the Cure	25
Houston Preview	30



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EDITOR'S NOTE

RYAN JOHN
MANAGING EDITOR



As regionals becoming closer and nationals are just around the corner we realize that the season is coming to a close. My tenure here at USA Racquetball is also coming to a close. Because of financial reasons, they were forced to make the decision of not having a media department. Of course, I am a little saddened by this, but I also look forward to the opportunities that have presented themselves since the decision was made.

RACQUETBALL Magazine will still be produced and sent to the members and I will actually still have a part in it as I have agreed to continue working on it through a company that I have created since the demise of the USAR media department. My role will be much more limited, however, in the new format with less writing and more editing. I am also excited to see that a few of the new columns that I have introduced will continue to be in the magazine and I am especially excited for the new column by Eagle on Astanga Yoga and how you can relate it to your racquetball game. You may remember reading about Eagle in the Sept./Oct. issue of the magazine.

As much as I loved being a part of the USAR for the past five years, I did miss a few things that I can now look forward to. Things like actually having fun at tournaments again instead of constantly worrying about work. I remember going to the tournaments with my friends, having out and just having great time. That is really what got me hooked on the sport. I have covered other sports for the USOC, but racquetball has camaraderie like no other. I have met some of my best friends through racquetball including everyone in my wedding party including the minister.

So I leave you now with my last little editor's note. I wish it could have been better, but there are just so many things that I think are better kept to myself. Thanks to all of you that have supported me throughout the years. A kind word or a compliment on a story really went a long way with me. I never really looked at all of you as members of an organization that I worked for, but more as a bunch of people that I played racquetball with.

COUNTDOWN

10

Seconds - the amount of time you have to serve the ball during a match

9

Gold medals (singles and doubles) won by Penn State University at the third ECRC intercollegiate meet

8

Finals that Beaverton H.S. took part in at the USAR National High School Championships, the most of any school

7

Issues of RACQUETBALL Magazine that I was managing editor

6

IRT tournament wins for Kane Waselenchuk already this season matching his total for the entire 2003-2004 IRT season when he finished No.1

5

Different players have reached an IRT final this season (Beltran, Huczek, Swain, Vanderson, and Waselenchuk)

4

The number of times Cheryl Gudinas has won the season-ending LPRA rankings title in a row. As the season winds down, will she capture her fifth?

3

Board positions filled by Jay Mathis, Linda Mojer, and Randy Stafford

2

Straight USAR National High School Team Championships for Portland, Oregon's Catlin Gable H.S.

1

First place in the USAR National High School Boy's Team competition for Xavier High in Queen's Village, N.Y. despite only fielding two players, brothers Chad and David LaForest

SOUND OFF!

CORRECTION

Dear Sirs,

Re: US OPEN Final Results Men's 65+ - Error -
Ron Hutchinson defeated David Zabinski
(Minneapolis,
Minn.) NOT David Lowe (Lansing, Mich.). Guess
who?

Yours Truly,
Dave Zabinski
Minneapolis, Minn.

DOUBLES FORMULA?

Hello, I have a question. What method (formula)
does your association use to rank players when they
only play doubles matches? Please advise.

Thanks,
Richard Diaz

EDITOR'S NOTE:

There currently is no formula to determine a
doubles ranking. There are plans, however, to
include doubles play when ranking players in the
future when such a formula has been perfected.

RHYME TIME

One night about 10 years ago, I woke in the middle
of the night, went downstairs, turned on the lights,
and started writing this. I couldn't stop until I
finished it. I'd never done anything like this before,
and I don't expect that I will do it again.

I have a little game I play
And it's a lot of fun.
I'm at it nearly every day,
It keeps me on the run

The problem is there's two of me
Who like to play the sport,
I never know which one, you see
Will show up on the court

One always know which shot to hit
And plays with strategy.
He never fails to make the get,
And moves so easily.

The other guy will skip them in
Or leave them up to high.
It seems that he can never win,
A point he couldn't buy.

I'd like to introduce the two
And get the one in synch.
And teach him what he has to do,
Or learn to hit a dink.

Frank Franco
Stafford, Virginia

To send a letter to the
editor for publication in
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please send your name,
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James Hiser, Ph.D.

I receive numerous questions daily regarding the new ranking system and the new sanction requirements.

First of all, the new ranking system is ready to receive results and has been ready for at least six months. The reason we have not been able to utilize the system is there has been problems programming the delivery system, which is the system we will use to input the results. Suffice to say, there were numerous challenges synchronizing all the required fields (almost every variable you can imagine regarding a tournament set-up) with our membership base system. In order to submit results we will check all entrants to verify membership and all information (division of competition, date, event, etc) will be recorded in the player's personal history. Fortunately the problems have been resolved and by the time you read this article the ranking system will be operating.

“It is important that you, as a member of USA Racquetball, receive the services promised.”

One of the major problems in servicing members was receiving tournament information back from tournament directors in a timely manner. In order to resolve this problem we have implemented a 14-day turnaround time. This means that all memberships must be submitted to USA Racquetball offices within 14 days of the last day of competition. This will permit USA Racquetball to process all new memberships and results in a timely manner. As a member you will be able to go online (www.usaracquetball.com) and not only verify event information for your sanctioned event but also review event information for all USA Racquetball sanctioned events. You will also be able to verify that the event director has submitted all required materials and that your results are being processed.

It is important that you, as a member of USA Racquetball, receive the services promised. As we continue to expand our membership services we encourage you to contact us with your questions and recommendations. Please email me at anytime with your comments. (JHiser@usra.org)

Set Your Standards Hyatt
THE FINALS

Houston, May 25 - 30th

HYATT



PLAYERS HELPING PLAYERS



» BY RANDY STAFFORD, PRESIDENT, USAR BOARD OF DIRECTORS

This is an exciting time of the season for racquetball with many tournaments leading up to our grand finale - The Finals in Houston. It has been a great season already with over 500 sanctioned tournaments throughout the country. The best thing about our tournaments is that they are geared for players of all levels. From juniors to seniors, beginner to open level players, we all benefit from our organization, USA Racquetball.

We must never take for granted our governing body of racquetball. With the exception of our national office staff, which is comprised of seven dedicated people, the remaining people that make racquetball "work" are all volunteers. The services that our organization provides for us do, however, come at a cost. Our yearly budget requires us to raise at least \$75,000 this year. We must do this in order to continue to offer the level of service we currently provide. Would you please help us to achieve our goal? Your donation, no matter the amount, is needed and helps to support a good cause - RACQUETBALL.

The services that our organization provides for us do, however, come at a cost.

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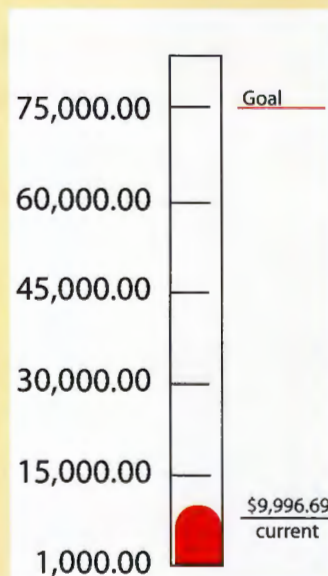
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Next issue will include a special recognition of individuals who came forth with additional contributions during our most recent fund raising campaign



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ENDS EVERY POINT]



2005 18TH USA RACQUETBALL NATIONAL HIGH SCHOOL CHAMPIONSHIPS

presented by Penn Racquet Sports
March 3-6 • Vetta Sports Club •
Concord • St. Louis, Missouri

NATIONAL CHAMPS - MIKE KEDDIE AND KATIE FERGUSON

When the 2005 18th USA Racquetball National High School Championships presented by Penn Racquet Sports concluded Mike Keddie and Katie Ferguson each had earned their first high school national singles championships in the boy's and girl's No.1 singles slots, respectively. With their wins, Keddie and Ferguson each earned one-year appointments to the U.S. Junior National Racquetball Team.

Keddie entered the tournament as the top seed and didn't disappoint. He lost only one game en route to the final where he defeated Allan Crockett, 15-7, 15-12. The win assured Keddie a spot on the U.S. Junior National Team, which he narrowly missed in June at the 2004 USAR Junior Olympic Championships.

Ferguson, on the other hand, came from virtually no where to claim the title. She was seeded No.6 and recorded upset victories over No.3 Sarah Hettesheimer and No.2 Kara Mazur to earn a spot in the final against No.5 Shannon Inglesby. Inglesby drew first blood by taking the first game of the final, 15-12. Ferguson regrouped to take the second game, 15-7, and then the tiebreaker, 11-9, for the win. Ferguson's win also helped her team to capture the overall team national championship, as well as the girl's team title.

CATLIN GABLE REPEATS

Catlin Gable in Portland, Oregon was able to narrowly repeat as national champions in both the overall team standings and the girl's team standings. Catlin Gable was able to record points in 16 of 21 point earning divisions and were led by national champ Katie Ferguson, who was able to accumulate 585 points on her own through singles, doubles, and mixed doubles. Second place Beaverton High, also based in Portland, actually scored points in all 21 point earning divisions, yet couldn't overcome Ferguson's dominance of the event. Another Oregon school, Sprague (Salem, Ore.) finished third.

Xavier High out of Queen's Village, N.Y., AKA Chad and David LaForest, took home the boys' team title with just two players competing in the event. Chad earned the boy's No.2 singles championship, while David posted a fourth place finish in boy's No.1 singles. They then paired together to earn the boy's No.1 doubles title, which gave them enough points for the boy's team title.

HIGH SCHOOL ENTRANTS BREAK ALL-TIME RECORD

Over 450 high school athletes representing 55 schools from 22 states invaded the Vetta Sports Club - Concord in St. Louis for the largest high school national championship in the events history. Although the task of playing 1000 matches in three-and-a-half days seemed impossible at times, the athletes, parents, chaperones, and tournament personnel adapted to the long hours of play and furious pace to make the tournament the most successful high school event since its inception in 1988.

VOLUNTEERS AND PARENTS - THE KEYS TO SUCCESS

The St. Louis and Oregon high school programs have developed a recipe for success at the high school level. Both programs combined boast over 1000 student athletes that compete in their high school leagues.

The success of both programs is directly related to the large number of volunteers, parents, and teachers that support the programs and donate endless hours of their time. The influence of a team concept has created a binding effect among players stimulating more interest in the sport and leading to unlimited success for both programs.

USOC/USAR HIGH SCHOOL COACH OF THE YEAR

Dr. Joe Koestner of St. Louis University was recognized as the outstanding high school coach for the 2004-05 season. Dr. Koestner has assisted with the SLU program for 20 years, winning three national championships and the past three state championships.



Event Sponsor





Presented by Penn Racquet Sports

Vetta Sports Club • St. Louis, Mo. • March 3-6

FINAL INDIVIDUAL RESULTS

SINGLES

- Boy's #1:** Mike Keddie (Memorial - Manchester, N.H.) def. Allan Crockett (Oak Mountain - Birmingham, Ala.) 15-7, 15-12
- Boy's #2:** Chad LaForest (Xavier - Queens Village, N.Y.) def. Kyle Christanson (Watertown - Watertown, S.D.) 4-15, 15-2, 11-8
- Boy's #3:** Justin Langan (St. Louis University - St. Louis, Mo.) def. Cody Sylvester (Copper Hills - West Jordan, Utah) 14-15, 15-9, 11-2
- Boy's #4:** Andy Turbak (Watertown - Watertown, S.D.) def. Scot McClellan (Sprague - Salem, Ore.) 15-12, 11-15, 11-5
- Boy's #5:** Eric Durban (St. Louis University - St. Louis, Mo.) def. Kevin Foley (Beaverton - Beaverton, Ore.) 15-10, 15-10
- Boy's #6:** Andrew Lofgren (Beaverton - Portland, Ore.) def. Joe Hejlek (St. Louis University - St. Louis, Mo.) 15-14, 15-5

- Girl's #1:** Katie Ferguson (Catlin Gabel - Portland, Ore.) def. Shannon Inglesby (Lincoln - Portland, Ore.) 12-15, 15-7, 11-9
- Girl's #2:** Holly Hettessheimer (Mother of Mercy - Cincinnati, Ohio) def. Elizabeth Ferguson (Catlin Gabel - Portland, Ore.) 15-7, 15-4
- Girl's #3:** Laura Davis (Catlin Gabel - Beaverton, Ore.) def. Megan Donnithorne (Sprague - Salem, Ore.) 15-12, 5-15, 11-4
- Girl's #4:** Anna Schuler (Cor Jesu Academy - St. Louis, Mo.) def. Cindy Burman (St. Joseph's Academy - Chesterfield, Mo.) 15-7, 15-2
- Girl's #5:** Hannah Bloombaum (Beaverton - Portland, Ore.) def. Laura Buck (Cor Jesu Academy - St. Louis, Mo.) 15-5, 15-5
- Girl's #6:** Danielle Miles (Beaverton - Portland, Ore.) def. Chelsea Donnithorne (Sprague - Salem, Ore.) 15-5, 15-4

DOUBLES

- Boy's #1:** Chad LaForest/David LaForest (Xavier - Queen's Village, N.Y.) def. Anthony Martin/Anthony Montanez (Copper Hills - West Jordan, Utah) 15-1, 11-15, 11-5
- Boy's #2:** Kyle McElhany/Andy Turbak (Watertown - Watertown, S.D.) def. Eric Durban/Joe Lorenz (St. Louis University - St. Louis, Mo.) 11-14
- Boy's #3:** Madison Dickson/Kevin Foley (Beaverton - Beaverton, Ore.) def. Jason Rusch/Pat Sheehan (St. Louis University - St. Louis, Mo.) 14-15, 15-12, 11-7

- Girl's #1:** Shannon Inglesby/Annie Tzoneva (Lincoln - Portland, Ore.) def. Brandie Hanson/Ashley Willhite (Klamath Union - Klamath Falls, Ore.) 15-5, 15-9
- Girl's #2:** Cindy Burman/Laura Dileo (St. Joseph's Academy - St. Louis, Mo.) def. Ashton Heath/Lauren Vaughn (Nernix Hall - St. Louis, Mo.) 15-9, 15-11
- Girl's #3:** Elena Baca/Elizabeth Falkenstein (Beaverton - Beaverton, Ore.) def. Emily Moynihan/Mary Pryse (Kirkwood - Kirkwood, Mo.) 14-15, 15-13, 11-8

- Mixed #1:** Sarah Moyle/Scott Rieders (Southridge - Beaverton, Ore.) def. Gabrielle Shnurman/Sampson Shnurman (Martinsdale-St. Mary's - Prole, Iowa) 11-2, 11-4

- Mixed #2:** Elizabeth Ferguson/Kamran Masood (Catlin Gabel - Portland, Ore.) def. Brittany Cantino/Davie Deshone (Kirkwood - Kirkwood, Mo.) 15-9, 15-4

- Mixed #3:** Sydney Reigers/Scot McClellan (Sprague - Salem, Ore.) def. Hannah Bloombaum/Madison Dickson (Beaverton - Beaverton, Ore.) 15-14, 15-3

FINAL TEAM RESULTS

OVERALL

- | | |
|--|---------|
| 1. Catlin Gabel High (Portland, Ore.) | 1,618.0 |
| 2. Beaverton High (Beaverton, Ore.) | 1,498.5 |
| 3. Sprague High (Salem, Ore.) | 1,199.5 |
| 4. Kirkwood High (St. Louis, Mo.) | 962.5 |
| 5. Southridge High (Beaverton, Ore.) | 936.5 |
| 6. Parkway West High (St. Louis, Mo.) | 904.5 |
| 7. Copper Hills High (West Jordan, Utah) | 837.5 |
| 8. Martinsdale-St. Mary's (Prole, Iowa) | 560.0 |
| 9. Northwest High (Cincinnati, Ohio) | 360.0 |
| 10. Mazama High (Klamath Falls, Ore.) | 336.0 |
| 11. Waldron Jr. High (Shelbyville, Ind.) | 135.0 |
| 12. Mountain Home High (Mtn. Home, Ark.) | 62.0 |
| 13. Cascade High (Turner, Ore.) | 58.5 |

BOY'S

- | | |
|--------------------------------|-------|
| 1. Xavier High | 870.0 |
| 2. St. Louis University | 788.5 |
| 3. Copper Hills High | 722.0 |
| 4. Beaverton High | 715.0 |
| 5. Watertown High | 682.0 |
| 6. Viewmont High | 618.0 |
| 7. Brockton High | 525.0 |
| 8. Sprague High | 512.0 |
| 9. Parkway West High | 457.5 |
| 10. Memorial High | 450.0 |
| 11. DeSmet Jesuit High | 407.0 |
| 12. Catlin Gabel High | 381.0 |
| 13. Kirkwood High | 373.0 |
| 14. Oak Mountain High | 360.0 |
| 15. Southridge High | 284.0 |
| 16. Christian Brothers College | 270.0 |
| 17. Brainerd Senior High | 180.0 |

- | | |
|-------------------------------|-------|
| 18. Rolla Homeschool | 180.0 |
| 19. Union Grove High | 180.0 |
| 20. Cuyahoga Valley Christian | 112.5 |
| 21. Martinsdale-St. Mary's | 110.0 |
| 22. North Platte High | 77.0 |
| 23. Mazama High | 66.0 |
| 24. Riverton High | 51.0 |
| 25. Mountain Home High | 51.0 |
| 26. Park City High | 45.0 |
| 27. Platt High School | 45.0 |
| 28. Marquette High | 44.0 |
| 29. Westwood High School | 44.0 |
| 30. Centennial High | 22.0 |
| 31. Elliston Baptist Academy | 22.0 |
| 32. Gresham High | 22.0 |
| 33. La Salle High | 22.0 |
| 34. Marlborough High | 22.0 |
| 35. Mayfield High | 22.0 |
| 36. Waterford High School | 22.0 |
| 37. St. John Vianney High | 16.5 |
| 38. Cascade High | 13.5 |
| 39. Berkley High | 0.0 |
| 40. Carmel High | 0.0 |
| 41. Northwest High | 0.0 |
| 42. Waldron Jr. High | 0.0 |

GIRL'S

- | | |
|-------------------------|-------|
| 1. Catlin Gabel High | 945.0 |
| 2. St. Joseph's Academy | 815.0 |
| 3. Lincoln High | 750.0 |
| 4. Mother of Mercy High | 645.0 |
| 5. Klamath Union High | 630.0 |
| 6. Beaverton High | 573.5 |
| 7. Sprague High | 467.5 |

- | | |
|----------------------------|-------|
| 8. Nerinx Hall | 466.5 |
| 9. Parkway West High | 386.5 |
| 10. Miss Porter's School | 315.0 |
| 11. Southridge High | 292.5 |
| 12. Cor Jesu Academy | 261.0 |
| 13. Kirkwood High | 226.5 |
| 14. Sunset High | 217.5 |
| 15. Martinsdale-St. Mary's | 180.0 |
| 16. Mazama High | 180.0 |
| 17. Northwest High | 180.0 |
| 18. Visitation Academy | 154.0 |
| 19. McMinnville High | 90.0 |
| 20. Cascade High | 45.0 |
| 21. Waldron Jr. High | 45.0 |
| 22. Jordan High | 45.0 |
| 23. Notre Dame High | 43.5 |
| 24. Mountain Home High | 11.0 |
| 25. Copper Hills High | 5.5 |
| 26. Pilgrim High | 0.0 |



Douglas Kitchen and Bath New York City Pro-Am Sportime of Syosset • Syosset, NY • January 20-23



The IRT returned to Long Island for the 2005 edition of the Douglas Kitchen and Bath New York City Pro-Am. Kane

Waselenchuk has strong-armed the tour this season and sent a definite message with his performance at the Choice Hotels US OPEN. But the other players on tour are stepping up their games as they try to catch him.

In addition to the regular tour favorites, a few "unknowns" are beginning to emerge as contenders. One of those new contenders is Andres Herrera of Columbia, who gave Jason Mannino all he could handle in the round of 16. Mannino won the first game, 11-7, but found himself on the brink of elimination when Herrera took the next two games, 11-9, 11-6. Mannino then used his tour experience to squash any hopes of an upset, winning the next two easily, 11-3, 11-3.

Another player seemingly on the rise is Shane Vanderson, but this wasn't his tournament. Instead, yet another relative new comer to the tour, Andy Hawthorne, was able to earn valuable ranking points as he moved into his first quarterfinal. Vanderson and Hawthorne helped lead Baldwin Wallace College to the USAR National Intercollegiate title when Vanderson was in the No.1 singles slot. This time the No.2 singles player came out on top, 6-11, 12-10, 11-9, 8-11, 11-9.

On to the quarterfinals! In what used to be a common final, Mannino and Cliff Swain faced off to see who would move into the semifinals. Swain came out with his patented drive serve, easily rolling to an 11-4 win. Mannino, however, turned the match around and won the next three games, 12-10, 11-4, 11-4, despite nearly blowing a 9-4 lead in the second. The other three quarterfinal matches were three-game affairs with Waselenchuk defeating Alvaro Beltran, Jack Huczek getting past Mike Guidry, and Rocky

Carson ending Hawthorne's run.

Huczek versus Mannino is always an entertaining battle and this one didn't disappoint. Mannino put on a diving clinic and Huczek kept hitting shot after shot that most players only dream of retrieving - which Mannino did. The first three games were neck and neck as both players serve and return of serve games were on. Neither could gain more than a two-point advantage throughout with Huczek winning the first and third games, 11-9, 11-9, and Mannino earning the second 12-10. Huczek was able to capitalize on unforced errors and received a few breaks to take the fourth, 11-4.

As the storm outside (see sidebar) grew stronger, so did Waselenchuk's game. He kept Carson of balance the entire match and had an answer for everything that he tried. Waselenchuk won the match easily, leaving Carson speechless, 11-4, 11-2, 11-6, to advance to his fifth straight final.

For the fourth time this season Waselenchuk and Huczek faced off in the final. Waselenchuk has owned the series, but Huczek is determined to close the gap and works relentlessly on his game. This time their match would be a see-saw affair that would go five games. Huczek jumped out to a 5-1 lead in the first game, with some spectacular play from the start. Waselenchuk stayed focused and battled back to take the first 11-9. Again, in the second game, Huczek manufactured an early lead, 7-1, but this time Waselenchuk's comeback would fall just short with Huczek knotting things up, 12-10. Waselenchuk won the third, 11-4, and appeared to be on his way to another four game victory over Huczek after taking a 10-4 lead in the fourth. Huczek then stepped up his service return and forced Waselenchuk into a few skips as he inched his way back into the game, eventually winning, 13-11. Another big lead erased was the story in the fifth game, this time Huczek was the victim after building a 7-1 lead. Waselenchuk had trouble gaining any momentum and points were scarce as he chipped away at the deficit. Eventually, Waselenchuk caught up with Huczek and closed out the match, 12-10, for his sixth title of the season.

Final: Kane Waselenchuk def. Jack Huczek 11-9, 10-12, 11-4, 11-13, 12-10

LET IT SNOW!



The snow began at noon on Saturday and the possibility of closing the club before the semis began was real. The Long Island area was expecting two feet of snow with blizzard conditions. After some great negotiations by tournament director Tom Keogh with club management, Tom convinced a few staff to brave the storm, let the club stay open and the matches continue. By the first semifinal began there was 12 inches on the ground already. By the time the second match began Mayor Bloomberg of New York had issued a "state of emergency" for the city and surrounding areas. A large amount of players stayed, played their amateur matches, watched the pros and forgot about the conditions outside.

On Sunday, 26 inches of snow and blizzard conditions kept the club from opening until noon. Tom and his staff got all the amateur matches off the best they could and the pro final began at 1pm. There were over 100 people that braved the elements to watch one of the most exciting finals of the season!



2005 San Diego Open American Athletic Clue • San Diego, CA • February 24-27



Every season there seems to be an IRT event where rankings are irrelevant and a plethora of upsets occur. This season the San Diego Open was the site for this strange, yet annual, occurrence. Perhaps the absence of Kane Waslenchuk created an anyone-can-win atmosphere, or that there was a full moon on the first night of competition, but either way it is still a testament to the tour's depth.

Things started out with a bang in the round of 16 as tour referee Jason Thoerner defeated Jack Huczek in straight games, 11-7, 11-2, 11-8. The combination of Thoerner being at the top of his game and Huczek seeming out of sorts led to the tour's No.2 player's early exit. With Waslenchuk a no-show, Huczek really missed out on an opportunity to close the rankings race gap.



Thoerner picked up where he left off in the quarterfinals as he faced Alvaro Beltran, dominating the first game 11-3. The second game was much closer and the battle got intense at 8-8 with both players jawing at each other. After things settled down, Thoerner continued to play well and took the second game, 11-8. The third was another close game with Thoerner again making big shots down the stretch to earn his first IRT semifinal appearance, 11-9.

Jason Mannino and Cliff Swain met in the quarterfinals for the second stop in a row. Mannino had the upper hand in New York on his old turf, but Swain was able to take the match in Mannino's new hometown, 11-1, 11-5, 5-11, 11-6.

Mike Guidry provided yet another upset in the quarterfinals by defeating No.3 Rocky Carson. Carson started things out fine with an 11-4 win in the first game, but Guidry dug deep to record victories in the next three games, 12-10, 12-10, 11-9.

Andy Hawthorne found himself in his second straight quarterfinal appearance by virtue of the Bye he received when Kane Waslenchuk decided to skip the tournament. He was matched up with former Baldwin Wallace teammate Shane Vanderson, whom he upset in the round of 16 in New York. This time Vanderson's game was on and he dispatched Hawthorne in four, 11-7, 9-11, 12-10, 11-4.

For the first time in recent memory, not one of the top four ranked players on tour competed in the semifinals. Vanderson

and Guidry took to the courts, only separated by a few points in the rankings. The winner would be assured of a spot in the top eight, thus not needing to get through qualifying to make the main draw. Both players knew what was on the line and they played like it. After splitting the first two games, Vanderson went up with an 11-5 win in the third, and then took a 7-1 lead in the fourth. Guidry battled back, however, to force a fifth game, 11-8. Guidry carried the momentum from the fourth into the decisive game and built an 8-3 lead. This time it was Vanderson's turn to stage a comeback and he ended the match on an 8-1 run to earn his first spot in the finals, 11-9.

Thoerner was looking for his third upset of the tournament in the other semifinal, while Swain was attempting to reach his fourth final of the season. Swain jumped out to an early 6-0 lead with some great drive serves that kept Thoerner off-balance. But Thoerner hung in there to knot things up at 6-6 before Swain went on another run to close out the game, 11-7. In the second game it was Thoerner pounding serves, which led to a 7-2 lead and an 11-7 win to knot things up. The loss in the second game seemed to refuel Swain as he completely dominated the third game, building a 10-0 lead before Thoerner was able to muster up a few points, 11-2. Swain again took a large lead in the fourth game and once again Thoerner battled back only to see Swain pull away in the end, 11-7, to move into the final against Vanderson.

The final between Swain and Vanderson was a rematch from Vanderson's breakthrough performance at the 2003 Choice Hotels US OPEN. At that tournament, Vanderson defeated Swain in the round of 16 en route to a semifinal finish - his highest to that point on tour. Now Vanderson was looking to reach another summit as he tried for his first tournament win. Swain, on the other hand, was in his one-billionth final and, after going 0-for-a season ago, was attempting to capture his second tournament of the season.

As in his semifinal match, Swain jumped out to a big lead in the first game powered by his drive serve. Down 7-2, Vanderson clawed his way back to tie things up at 7-7, before Swain executed a few more great serves and backhand splats to take the first, 11-7. Vanderson took an early lead in the second game, 4-0, before Swain rallied to score five straight points - three of them on aces. After a back-and-forth battle that brought the crowd on their feet several times, the players were knotted up at 10-10. Swain then hit a down-the-line kill and took advantage of a missed ceiling ball by Vanderson to close out the second game, 12-10. The second game ended up just being a taste of what was to come as the players once again needed "extra innings" to find a winner in the third. As the game wound down the players found themselves tied at 9-9, 10-10, 11-11, 12-12, and 13-13. Vanderson was finally able to score a sideout when he needed it to stay in the match with a 15-13 win. The long third seemed to take something out of Vanderson as Swain took an early lead in the fourth and never looked back, drive serving Vanderson into submission, 11-3, for his second win of the season.

Final: Cliff Swain def. Shane Vanderson 11-7, 12-10, 13-15, 11-3

Excuse Me, I'm Not Quite Finished

While so much has been made of the emergences of Kane

Waselenchuk and Jack Huczek this season, Cliff Swain's play has gone virtually unnoticed.

Just a year ago Swain finished his second

straight season with no tournament wins and there was talk that his career was beginning to wind down. But Swain told us during an interview with Mike Ceresia published in the July/August issue of RACQUETBALL, "next season I will lose less and I will DEFINITELY win again". With four final appearances and two tournament wins already this year, Swain is holding true to his word.

His four final appearances put Swain in a tie with Huczek for second most on the tour. But his two tournament wins makes him the only person not named Waselenchuk able to post a drawsheet on his wall this season. Despite currently holding a ranking of No.5 on the IRT, Swain is tied for second with Huczek in the season-to-date rankings with 2343 points. Swain, 38, is not only keeping up with the so-called new regime of young guns nearly half his age, in most cases he is beating them and has now found himself solidly in the race for his seventh IRT rankings title.

Swain's reemergence this season is a testament to his hard work and perseverance. When he wasn't winning he didn't make excuses or point fingers. He instead evaluated his game, found his mistakes, vowed to correct them, and then set about accomplishing his goals. Swain worked hard in the off-season, training at Mike Boyle's Strength and Conditioning with several other pro athletes three hours per day, four days per week in a grueling program designed to make him stronger and better conditioned. The work is already paying huge dividends this season and don't be surprised when you see Swain at or near the top of the IRT rankings when the season ends.



2004-05 International Racquetball Tour Score Card

New Orleans	Kane Waselenchuk def. Jack Huczek	11-3, 10-12, 11-3, 6-11, 11-9
Stockton	Cliff Swain def. Alvaro Beltran	12-10, 11-3, 6-11, 11-3
Casper,	Kane Waselenchuk def. Jack Huczek	9-11, 11-7, 11-2, 11-0
Chicago*	Kane Waselenchuk def. Jack Huczek	11-9, 9-11, 11-4, 11-3
Milwaukee	Kane Waselenchuk def. Cliff Swain	11-4, 12-10, 11-0
Memphis*	Kane Waselenchuk def. Cliff Swain	11-1, 11-3, 11-0
New York	Kane Waselenchuk def. Jack Huczek	11-9, 10-12, 11-4, 11-13, 12-10
San Diego	Cliff Swain def. Shane Vanderson	11-7, 12-10, 13-15, 11-3

2004-05 International Racquetball Tour Schedule

Mar. 31-Apr. 3	Chesapeake, VA	Virginia Open	Chesapeake YMCA
Apr. 7-10	Boston, MA	Red Swain Memorial	Metro South Athletic Club
Apr. 14-17	Las Vegas, NV	Las Vegas Open	Chuck Minker Sports Complex
Apr. 21-24	Chicago, IL	Pro Nationals	Schaumburg Tennis Plus
Apr. 28-May 1	Dallas, TX	The Players Championship*	Landmark Fitness Club

* - denotes "Grand Slam" event

For information concerning any IRT events, contact IRT Commissioner Dave Negrete at 630-430-11RT (1478), send e-mail to negretz@mindspring.com, or go to www.irt-tour.com

Men's International Racquetball Tour 2003-2004 Season Rankings

(as of 2/29/05)

	Points	Player	Hometown	Last Issue	Last Year
1.	4394	Kane Waselenchuk	Edmonton, Alberta	1	3
2.	3170	Jack Huczek	Rochester Hills, MI	2	1
3.	2980	Jason Mannino	San Diego, CA	3	2
4.	2908	Rocky Carson	Santa Maria, CA	4	6
5.	2776	Cliff Swain	Braintree, MA	6	4
6.	2380	Alvaro Beltran	Tijuana, Mexico	5	5
7.	1898	Derek Robinson	Denver, CO	7	7
8.	1881	Shane Vanderson	Berea, OH	8	11
9.	1733	Mike Guidry	Carrollton, TX	10	10
10.	1408	Josh Tucker	Joplin, MO	11	12
11.	1138	Mike Green	Burlington, Ontario	9	8
12.	1123	Chris Crowther	Riverside, CA	13	18
13.	944	Dan Fowler	Rockville, MD	12	16
14.	884	Dan Llacera	Rehoboth Beach, DE	14	14
15.	770	Kyle Veenstra	Wausau, WI	18	76
16.	755	Ben Croft	Lake Bluff, IL	15	23
17.	690	Alejandro Herrera	Miami, FL	19	31
18.	628	Ruben Gonzalez	Staten Island, NY	17	20
19.	618	Juan Herrera	Laguna Miguel, CA	22	45
20.	613	Jason Thoerner	Canton, GA	39	17



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 847-362-3011

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 Wireless Millennium
 Communications
 144 Bartlett Plaza
 630-423-5050

COUNTRYSIDE
 The Phone Place
 5502 S. LaGrange Rd.
 708-352-2737

CRYSTAL LAKE
 Crystal Cellular Comm.
 5406 W. Northwest Hwy.
 815-450-1515

DARWIN
 Wireless Sales
 (by the Patio)
 7302 S. Ringway Hwy.
 630-664-2000

FOX LAKE
 Wireless Cell Cellular
 5 E. Grand Av.
 847-587-1555

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The LPRA reached the midpoint of the season by visiting Stockton for the 22nd Annual Super Bowl Open at the In-Shape Sports Club. The Super Bowl Open, run by former IRT pro John Ellis, is known for its hospitality and great draws. Add the top women players in the world, put the No.1 ranking at stake and the event was sure to be a success.



Photo by: Geoff Thomsen

"This is our 22nd year, and it's a well established event, but of course having the women pros helps," Tournament Director Ellis said before the event began. "You're going to see some high-level racquetball here, and a variety of game styles."

The draw went as scripted through the early rounds with



Photo by: Geoff Thomsen

just a minor upset here and there. Top seeded Cheryl Gudinas got past Kersten Hallander in the quarterfinals, 11-7, 8-11, 11-6, 11-7. The quarterfinal finish moved Hallander back into the top-8 after slipping a few spots due to her limited tournament schedule this season. Gudinas would face No.5 Kristen Walsh in the semifinals. Walsh outlasted No.4 Kerri Wachtel in the quarterfinals, 11-4, 4-11, 5-11, 11-4, 11-4, and moved closer to retaking the No.4 spot from Wachtel.

The bottom half of the draw had second seeded Christie Van Hees taking on youngster Adrienne Fisher. Van Hees won in straight, albeit close, games, 11-8, 11-9, 11-6. Van Hees was

set to face No.3 Rhonda Rajsich who, after dropping the first game, was able to advance past Tammy Brown, 7-11, 11-8, 11-4, 11-5.

Gudinas and Walsh, who normally pair up to play doubles, have been facing off as of late in the pro women's draw. Gudinas has had the upper hand more often than not in the past and this tournament would be no different as Gudinas won in straight games, even serving up a donut in the third, 11-4, 11-9, 11-0. Van Hees took an extra game to get past Rajsich, 11-5, 3-11, 11-8, 11-7, but was still able to earn a spot in yet another final this season.

Gudinas vs. Van Hees. The rivalry that everyone thought and hoped would rekindle itself after VanHees' two-year hiatus from the sport has begun to burn brightly. This would be the third final of the season for each player - this time the No.1 ranking was on the line. Gudinas had won both finals that she had previously been in this season, one of those wins coming at the expense of Van Hees in their only meeting this season. Van Hees came into the match with a 1-1 finals record this season, but looked to even things up with Gudinas.

The players battled back and forth, trading games to knot things up at two apiece. Gudinas was able to win her games with ball placement and touch, while Van Hees found herself on top when she was ripping forehands and backhands out of Gudinas' reach.

"I need to make her (Gudinas) move, and I was successful with that," Van Hees said. "But in the games that she won, she was consistent and was able to re-kill the ball."

The fifth and decisive game, however, was all Van Hees as she completely dominated en route to an 11-0 victory and the No.1 ranking.

"If we meet, we usually go four or five games, but she definitely had the upper hand today," Gudinas said after the match. "Last time, I beat her in four games, but today, there was nothing I could do to stop her."

"I just kept my intensity up and I was relaxed and enjoying the match," Van Hees explained. "That was the difference between the last time (Gaithersburg) I played her and today."



Photo by: Mike Boatman

WHAT A RUN!

We aren't saying that Cheryl Gudinas is out of the race for the 2004-2005 LPRA season rankings title, but her four-year run in the top spot deserves special recognition. Gudinas took over the No.1 position on February 17, 2001 when she defeated Jackie Rice in the final of the Minneapolis pro stop. That was back when the LPRA was using rally scoring with games to 21, USAR was the USRA, and present day USAR Executive Director Jim Hiser was commissioner of the tour.

Here's a short list of Gudinas' accomplishments during her reign as No.1 (Feb. 17, 2001 - Feb. 1, 2005):

- 41 LPRA events were held
- Gudinas competed in 32 finals, winning 28 of them
- Four LPRA season ending rankings titles
- Three USAR National Singles titles
- Two Choice Hotels US OPEN titles
- One Pan American Games Gold medal

It is important to note that although she isn't No.1 in the official LPRA rankings, Gudinas does still hold the top spot in the season-to-date rankings. As even as Gudinas and Van Hees have played thus far, perhaps we could see the season rankings title come down to the last match, much like the IRT title race a year ago.



2004-05 LADIES PROFESSIONAL RACQUETBALL ASSOCIATION SCORE CARD & SCHEDULE

Rosarito Beach	Christie Van Hees def. Kerri Wachtel	11-9, 11-6, 11-9
Gaithersburg	Cheryl Gudinas def. Christie Van Hees	11-6, 9-11, 11-6, 11-5
Memphis	Cheryl Gudinas def. Rhonda Rajsich	11-8, 11-5, 8-11, 12-14, 11-3
Stockton	Christie Van Hees def. Cheryl Gudinas	11-8, 7-11, 11-5, 9-11, 11-0

March 4-6	Miami, FL	Great Balls of Fire	University of Miami
March 11-13	Nashville, TN	Slamrock Shootout	Downtown YMCA
April 21-24	Chicago, IL	Pro Nationals	Schaumburg Tennis Plus
May 13-15	Atlanta, GA	LPRA Atlanta	Southern Athletic Club

2004-2005 LADIES PROFESSIONAL RACQUETBALL ASSOCIATION SEASON RANKINGS

(Through Stockton)

	Points	Name	Hometown	Last Issue	Last Year
1	532.750	Christie Van Hees	Kelowna, B.C.	2	9
2	462	Cheryl Gudinas	Lisle, IL	1	1
3	311.5	Rhonda Rajsich	Phoenix, AZ	3	3
4	221.75	Kerri Wachtel	Cincinnati, OH	4	2
5	202	Kristen Walsh	Salt Lake City, UT	5	5
6	179	Tammy Brown	Boise, ID	6	19
7	100.75	Adrienne Fisher	Centerville, OH	7	6
8	85	Kersten Hallander	San Diego, CA	10	4
9	79.750	Angela Grisar	Santiago, Chile	8	13
10	68.5	Diane Moore	Griffith, IN	11	64
11	67.25	Brenda Kyzer	Lexington, SC	9	10
12	52.5	Johanna Shattuck	Denver, CO	12	12
13	42.25	Susy Acosta	Chihuahua, Mexico	14	15
14	40	Karen Morton	Erie, PA	13	20
15	39.500	Kelley Fisher	Centerville, OH	16	28
16	35.000	Paola Longoria	San Luis Potosi, Mexico	17	77
17	33.500	Carola Loma	Santa Cruz, Bolivia	20	70
18	33.000	Laura Fenton	Overland Park, KS	21	25
19	30.000	Sharron Boyea	Elk Grove, CA	28	NR
20	26.75	Krystal Csuk	Naperville, IL	15	42



SWAIN and HOGAN BACK UP PROMISE: WIN HAWAIIAN OPEN DOUBLES PRO-AM

"It was just a matter of time," that's what all the indoor pros said about learning the outdoor game and bringing their dominance out in the sun of the 1 and 3-wall courts of WOR. "It will never happen" was the consistent response out of the California outdoor stars. Well, it may not be a final answer but Cliff Swain and Marty Hogan (indoor players with a few titles) won the 2005 Hawaiian Open Pro Doubles, one of the WOR Ektelon Super Series events in Waikiki. Swain and Hogan sent a message to the entire outdoor world as they beat Greg Solis and Shawn Royster 15-12, 15-9 in the final on the beach.

The most beautiful stop on the WOR tour hit the shores of Hawaii, with 70 players from age 8 to 65 in addition to the Pros. Players were greeted with sunshine and temperatures in the 80's highlighted by the beach, ocean breeze, and occasional rainbow. Tournament Director, and host extraordinaire, Big Rod Felton welcomed players from California, New York, Missouri, Massachusetts, and Canada to the islands to battle on the famous Fort De Russy courts. Big Rod got the event started off with a traditional Hawaiian blessing over all of the racquets, players, and courts to insure safe play for all.

The 14 Pro teams were grouped into pools and played round robins to qualify the top eight teams for the quarterfinals. This is an outdoor tradition allowing more play and the opportunity to get a chance at as many teams as possible. All of the matches leading up to the finals were one game and Pros played this event with the new Ektelon Fireball, Official Ball of WOR and designed for outdoor play.

The quarters offered some great matchups of local stars, outdoor pros, and legends of the game. It was time to shake off the beach, water sports, and partying that the event offered and get down to the best doubles ever played in Hawaii. The players did not disappoint! Swain and Hogan kept a promise they had made at the December event in Florida knocking off top ranked doubles stars Gary Martin and Jesus Ustrarroz. Solis and Royster headed towards the final with a win over local stars Matt

Robinson and Lee "Corner Touch Master" Sands. In the third quarter it was an all California battle as Gabe Medina and Jesus Ocana knocked off Robert Martinez and Kevin Reynolds. Medina and Ocana jumped out to a big lead in this one with a great comeback by Martinez and Reynolds just falling short. In the last quarter Big Rod and Scott Bauman won by forfeit over Michael Garrity and Patti Reneri.

The first semi would be a battle with four Californians battling for a spot in the final. Medina and Ocana had not lost a game yet and Solis is the reigning WOR National Doubles Champion. It was close all the way with Solis and Royster pulling out a 15-12 win and a spot in the final. The other semi featured four legends with Big Rod and Bauman, legends throughout the islands and playing on their home court, against indoors greatest Swain and Hogan. The crowd was into it and everyone had fun with Swain and Hogan winning, 15-6.

Sunday's final was the best match up of the year and the best doubles ever played in Waikiki. Swain and Solis battled the whole match with unbelievable power and great diving gets while Hogan and Royster worked the left line. Both games were close with great rallies and court coverage but the indoor stars backed up their promise and won 15-12, 15-9.

FINAL RESULTS

PRO: Cliff Swain/Marty Hogan def. Greg Solis/Shawn Royster

A: Robby Johnson/David Tedeschi def. Ryan Narmore/Robert Narmore

MASTERS: Robert Narmore/Bobby Narmore def. Ron Collins/Scott Stenstrom

MIXED: Gabe Medina/Marie Martinez def. Kevin Reynolds/Sherri Knecht

JUNIORS 13-18: Lily-Anne Felton/Robby Collins def. Takuma Kawasaki/Dylan Chen

JUNIORS 8-12: Jerad Kaskawal/Chris Kazem def. Andrew Martin/Dane Kazem



UPCOMING WOR EVENTS: AS THE WEATHER GETS NICER, TOURNAMENTS HEAD OUTSIDE!

WOR HITS VEGAS FOR FIRST TIME

The first outdoor event in the history of Las Vegas is set for April 15-17, 2005. The event will be played on the four-wall outdoor courts at the Chuck Minker Sports Complex in conjunction with indoor events including the IRT, Legends, LPRA, and USAR Regional. This will be the first time in the history of the sport that all the organizations will be competing at the same event! Don't miss the great weather and excitement of Vegas.

WOR ADDED TO CHICAGO PRO NATIONALS

The 2005 Motorola Pro National Racquetball Championships and USA Racquetball Adult Regional are set for April 20-24, 2005. WOR will host a shootout as part of this major professional event. This will be the first WOR event in Illinois and will be a great event featuring the best players in the world - both indoor and outdoor.

WOR EKTOLON CHAMPIONSHIPS/NATIONALS SET FOR JULY.

Golden West College in Huntington Beach will again play host to the biggest event of the outdoor year. The WOR Ektelon Championships will be in the California sun July 8-10. The Championships features singles and doubles divisions for all levels of play, great hospitality, and a fun weekend with barbeques, parties, and music! See the best of outdoor and indoor battle for the titles and prize money in the Pro Singles & Doubles featuring last year's winners Rocky Carson, Greg Solis/Craig Lane. In addition, the Legends hit the outdoor courts this year with Hogan, Swain, Gonzalez, etc playing in the sun. WOR ranking points champions will be honored at this year's event and the first 200 entrants receive a special souvenir. Don't miss the WOR party!

For entries & information contact: Robert Martinez, Tournament Director: Robert@worldoutdoorracquetball.com

WOR ANNOUNCES 3 YEAR AGREEMENT FOR 1-WALL DOUBLES NATIONALS

After a tremendously successful inaugural 1-Wall Doubles Nationals in Hollywood, Florida this December, WOR, Garfield Courts, and Tournament Host Scott Hirsch are excited to announce a three-year agreement to host the event. The event, which was the first racquetball tournament ever allowed on the historic Garfield Courts, will be held in December each year. The WOR 1-Wall Doubles Nationals features Men's, Women's, Age, and Mixed divisions. In addition, the Pro division brings together the best players from outdoor with the stars of the indoor game.

"WOR is excited and proud to have a long term agreement for such a great event to be held annually," commented Hank Marcus, WOR Executive Director. "This is the type of stability and growth that is helping WOR and outdoor racquetball grow. I would like to thank Scott Hirsch and Wally Schmidt for making this happen."

WOR AND RACQUETBALL WAREHOUSE TEAM UP

WOR is pleased to announce the signing of a partnership with Racquetball Warehouse. The leading on-line retailer for racquetball products, Racquetball Warehouse joins WOR as an "Authorized Retailer" for WOR and will distribute Ektelon Outdoor and other WOR products. Racquetball Warehouse will promote WOR through their on-line retail environment, with package inserts in racquetball product shipments, and onsite at selected WOR events. WOR members will receive benefits from Racquetball Warehouse and will have the ability to shop at Racquetball Warehouse through a link from woroutdoorracquetball.com.

2004-2005 WORLD OUTDOOR RACQUETBALL SEASON RANKINGS

(AS OF 2/18/05)

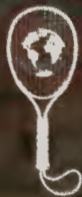
PRO SINGLES

NAME	POINTS
1. Greg Solis	1390
2. Jesus Ocana	750
3. Rocky Carson	600
4. Kevin Booth	550
5. Dave Genevay	475
6. Brian Hawkes	390
7. Tim McGuire	375
8. Mike Behar	340
9. Robert Sostre	340
10. Greg Freeze	275

PRO DOUBLES

NAME	POINTS
1. Gary Martin	2200
2. Robert Martinez	1700
3. Greg Solis	1590
4. Kevin Booth	1525
5. Rob Hoff	1465
6. Robert Sostre	1425
7. Freddy Ramirez	1290
8. Mike Peters	1175
9. Jesus Ustrarroz	1125
10. Jesus Ocana	1090





International Scene

IRF and Television

The Tennis Channel will broadcast four major IRF events this year which will include:



INTERNATIONAL
RACQUETBALL
FEDERATION



2004 IRF World Championships

2004 IRF World Junior Championships

2005 Pan American Racquetball Championships

2005 IRF World Senior Championships

2005 New Mexico Pro-Am

2005 Lynmar Classic Pro-Am

Anyang, Korea

San Luis Potosi, Mexico

Caracas, Venezuela

Albuquerque, New Mexico

Albuquerque, New Mexico

Colorado Springs, Colorado

Four matches / 8 hours

Four matches / 8 hours

Four matches / 8 hours

Four matches / 8 hours

Two matches / 4 hours

Two matches / 4 hours

In addition to the above events that are under the IRF umbrella, the Tennis Channel will broadcast the Choice Hotels US OPEN and the Motorola Pro Nationals. Currently the USAR is in negotiation to broadcast four of their major events.

Each of these broadcasts will be shown a minimum of three times, which could mean that racquetball will be televised on a sports network for up to 52 weeks, twice per week, or more. This is a tremendous development for the sport!

In addition the IRF has signed an agreement with FrontPages Web Hosting to stream all of these broadcasts through the IRF Web site (www.internationalracquetball.com) to all member countries as well as anyone interested in seeing these exciting matches. Racquetball viewing will be truly worldwide.

Mexico

Calkins and St. Onge meet with Mario Vasquez Rana
President Keith Calkins and Secretary General Luke St.

Onge recently visited Mario Vasquez Rana President of the Pan American Sports Organization (PASO) in Mexico City to discuss the participation of Racquetball in the 2007 Pan American Games in Rio De Janeiro, Brazil.

"It was a productive meeting", St. Onge said after the trip.



Mr. Rana is also the President of the Association of National Olympic Committees (ANOC).

Dominican Republic

Successful Independence Cup

87 players competed in the Independence Cup in Santo Domingo,

Dominican Republic in Open, A, B, C, D, and Juniors U14 and U8 divisions. For the first time a tournament offered multi-bounce competition and the kids who attended in the tournament has been outstanding due to the multiple efforts being made to promote Racquetball. The tournament went smoothly and there was great enthusiasm amongst the players and general public watching the games.

Ireland

O'Callaghan and Gannon take Doubles Title

It was a case of experience over youth at the National Doubles Championships in Arklow when Noel O'Callaghan and Jimmy Gannon battled their way to the senior title with a 2-1 win over Triston Hickey and Liam Highes. In the Womens Doubles, there was a significant win for Elma Gibney and partner Niamh Coffey.

USA

WSRC Co-Founder passed away

Dr. Damian John Jelso, 65, a resident of Albuquerque, USA, died Monday, February 14, 2005. Dr. Jelso was an Oral and Maxillofacial Surgeon who served the Albuquerque community for 35 years. Among his many contributions, he served as President of the American Cancer Society's New Mexico Chapter. A racquetball enthusiast, he dedicated 20 years to developing and cultivating the World Senior Racquetball Championships as a board member and vice president.

Guatemala

1st National Ranking Tournament

On February 15-23 the 1st Women's National Ranking Tournament took place in Guatemala City at Club La Villa with the participation of nine women. The final was held between Jennifer Bendfelt and Lucy Zachrisson, with Bendfelt winning with a very strong and consistent game winning 15-4 and 15-7. Elissa Beltranena took third place. This National Ranking made history since it had the best women's participation ever.

Germany

Germany to Host 2005 European Championships
The 2005 13th ERF European Championships will be held in Hamburg,

Germany. This late decision was announced when the previous selected National Federation had to withdraw from holding this major event in European Racquetball. The 13th European Championships (Team and Individual Competition) will be held together with the 10th European Masters and the 4th European Junior Championships. The date for all these competitions has been set for July 23-30, 2005.

GERMANY - Rosenberg and Bertels Selected as Germany's Players of the Year

Alexandra Rosenberg (Weilheim) and Oliver Bertels from Hamburg have been selected as Germany's Players of the year for 2004. While Alexandra Rosenberg was recognized for her personal involvement and work for the sport in Southern Germany, Oliver Bertels was recognized for his achievements as active player who also became part of Germany's National Team in 2004. Congratulations to both winners!

IRF and PENN: "Official Ball" agreement

Penn

INTERNATIONAL
RACQUETBALL
FEDERATION

The IRF has announced the signing of a four-year agreement with PENN Racquet Sports, Inc. to be the "Official Ball" of all major IRF events through 2008. The IRF is most pleased to have the PENN Pro ball continued to be used as the "Official Ball". PENN recognizes the great opportunity to grow the sport through international development.



"The Penn Pro Ball has set the standard for the sport and we are most proud of our relationship with PENN", said Luke St. Onge, Secretary General of the IRF.

International Racquetball Federation Schedule

March 12-13	Irish National Singles Championships	Kingscourt, Ireland
March 18-20	Dutch Open	Zoetermeer, Netherlands
March 19-27	18th Pan American Racquetball Championships	Caracas, Venezuela
March 26-27	Japan National Doubles	Kyoto Japan
March 19-30	Turkey Racquetball Tournament	Istanbul Turkey
March 30-April 2	33rd USAR National Intercollegiate Championships	Tempe, AZ, USA
April 14-17	Columbian National Championships	Cali, Colombia
April 1-2	Nova Scotia Open	Halifax, Canada
April 1-3	24th German Open	Hamburg, Germany
April 3-11	2nd Costa Rican National Singles Championships	San Jose, Costa Rica
April 23-25	4th English Open	Rendlesham, England
April 26-30	Canadian Junior National Championships	Winnipeg, Canada
April 29-May 2	Arklow Irish Open	Arklow, Ireland
May 3-5	Torneo Invitacional Open	Guajira, Colombia
May 3-5	Japan Open 2005	Tokyo, Japan
May 6-9	Torneo Invitacional Open	Guajira, Colombia
May 15	1st Torneo Nacional Singles	San Jose, Costa Rica
May 23-28	Canadian National Championships	Regina, Saskatchewan, Canada
May 25-30	38th USAR National Singles Championships	Houston, TX, USA
May 14-15	Belgian Open	Antwerp, Belgium
May 30-Jun 12	3rd Torneo Nacional Singles	San Jose, Costa Rica
Jun 22-26	32nd USAR Junior Olympic Championships	Portland, OR, USA
July 1-4	2nd Torneo Nacional	Bogota, Colombia
July 13-16	International NMRA Championships 2005	Canton, OH, USA
July 23-30	13th ERF European Championships 2005	TBA, TBA
July 9-10	National Senior Championships 2005	TBA, Japan
Aug. 15-28	4th Torneo Nacional Singles	San Jose, Costa Rica
Aug. 30-Sept. 3	IRF 17th World Senior Championships	Albuquerque, NM, USA
Sept. 16-18	1st Torneo Nacional Dobles	Barranquilla, Colombia
Sept. 19	5th Torneo Nacional Singles	San Jose, Costa Rica
Sept. 16-18	22nd Hamburg Open	Hamburg, Germany
Sept. 28-Oct. 2	38th USAR National Doubles Championships	Tempe, AZ, USA
October	Torneo Internacional	Cali, Colombia
October 2	2do Torneo New Generation	San Jose, Costa Rica
October 8-10	Japan National Singles Championships	Tokyo, Japan
October 15-16	Autumn Open	Zoetermeer, Netherlands
November 14-30	6th Torneo Nacional Singles	San Jose, Costa Rica
November	Antwerp Open	Antwerp, Belgium
November 16-20	Choice Hotels 10th US OPEN	Memphis, TN, USA
November 4	UK Open	Alconbury, England

LEGENDS



ANOTHER NATIONAL HONOR:

Marty Hogan, considered to be one of the best to ever step onto a court, will receive one of his greatest honors on April 3, 2005 when he is inducted into the National Jewish Sports Hall of Fame.

"This is a special honor to any American Jewish Athlete", said Hogan. "I couldn't be any happier to be considered for this honor".

Others to be inducted into the class of 2005 are Major League Baseball player Shawn Green (Arizona Diamond Backs) and NFL football player Jay Fiedler (Miami Dolphins). Hogan was inducted into the International Jewish Sports Hall of Fame in Tel-Aviv, Israel in 1996.

FUNDRAISING DRIVE:

The Legends Tour is also conducting an autographed racquet drive to benefit the Salvation Army. The Legends Tour has already received contributions from athletes such as Cliff Swain, Marty Hogan, Sudsy Monchik, Chris Crowther, Tim Hansen, Hank Marcus and Jeff Conine. The goal of the racquet drive is to raise \$10,000 for the Salvation Army. Through the racquet drive and the Americas Cup Charity event in Coral Springs, Florida they are hoping to achieve that goal. For any contributions or questions, please contact Marty Hogan at pvranch@aol.com.

ON DECK:

The Legends Tour will be headed to Coral Springs, Florida for the America's Cup, March 10-13. This event has grown every year and all of the Legends are gearing up for this event. The following week, Marty Hogan, Cliff Swain, and others will be competing in San Francisco. This event is being run in conjunction with the IHRSA Convention. It will be a great opportunity for the Legends to promote the sport to more than 10 million people internationally in the CBI Magazine and to other sports-related entities. In April, the Legends will be traveling to Beantown to hang out with the World Series Champs. The event is the Red Swain Memorial and will be held April 8-10 in conjunction with an IRT Division. The Legends will again play in back-to-back weeks, this time Las Vegas will be the host site for another Legends event. The event will be held in conjunction with the USAR Regional Qualifier for the National Singles. For questions or more information, please contact Tour Commissioner Brian Pointelin at bpointelin@aol.com.

LEGENDS NATIONAL CHAMPIONSHIPS:

The Legends National Championships will be held in St. Louis Missouri at the newly renovated Missouri Athletic Club. The club, already one of the nicest in the area, recently underwent a major renovation on their facilities. The tournament will be held May 12-15 and proceeds will benefit the Boys and Girls Town in St. Louis. Out of town players are welcomed and will not actually start play until Friday, May 13th. In addition to a racquetball tournament, there will also be a Paddleball Division and an Open Singles division that will offer more than \$2,000 in prize monies. Many extra activities are being planned. Saturday will be the most active day as Cliff Swain will play a tennis exhibition for charity against one of the tennis pros from the MAC. Yes, I said tennis exhibition. On Saturday night, there will be a poker tournament with all of the Legends involved with all proceeds donated to the Boys and Girls Town in St. Louis. If you have questions, you can contact Shari Coplen at the Missouri Athletic Club, 314-539-4467. The Event website is www.STLracquetball.com, or you can enter on-line at www.r2sports.com.

2004-05 LEGENDS TOUR SEASON RANKINGS AS OF MARCH 1, 2005

- | | |
|-------------------|------------------|
| 1. Marty Hogan | 6. Corey Brysman |
| 2. Cliff Swain | 7. Mike Ray |
| 3. Ruben Gonzalez | 8. Woody Clouse |
| 4. Derek Robinson | 9. Dan Obremski |
| 5. Dave Peck | 10. Gregg Peck |

CLUB SPOTLIGHT

THE MAVERICK ATHLETIC CLUB DALLAS, TEXAS

By RYAN JOHN

Old School Club



The Maverick Athletic Club, more affectionately referred to as "The Mav," brings back memories of the good ol' days immediately when you walk in. The camaraderie is evident as everyone seems to know each other by name, especially the racquetball players. It's the kind of place where you know after a hard night of playing leagues or challenge court, you and the rest of the gang are meeting for a beer up in the lounge.

Speaking of the lounge, one of the first things I noticed was that they keep handwritten tabs for their members. Almost unheard of in this day and age, my mind immediately went back to the Wales Athletic Club in Massillon, Ohio where I grew up learning to play the game. The members and staff at Wales were all friends and the owners, Bill and Jane Yates, was always around to chat it up with the members.

The owner of the Mav, Bob Sullins, is also always around interacting with his members. Sullins built the club in 1980 and has actively run the club ever since. Sullins, 71, was a real estate mogul before deciding to build the Mav. An avid racquetball player, Sullins still plays three to four times a week and the rumor is that he is pretty good he even took second place in men's 70+ at the 2004 Choice Hotels US OPEN.

Not only is Sullins a pretty good racquetball player, but he also seems to be a pretty good boss. It's not uncommon for him to get his Racquetball Director, Leo Vasquez, to take a break from work to play a game of table tennis. Sullins also isn't afraid to get his hands dirty and helped Vasquez enter the players into the draw and schedule court time until the late hours of the night for the Metroplex Racquetball Championships and Legends Tour stop.

and specials on drinks for the players to take advantage of throughout the tournament along with a silent auction to benefit the TXRA.

A few of the new twists that were added to the event were the VIP room for sponsors and Legends Tour players and an X-treme Dodgeball event. The dodgeball event was played inside of a regulation racquetball court with four balls and four people to a team. The front service line and five-foot line were used as the boundary's not to cross and all other dodgeball rules were in effect - even if some of the players weren't quite sure what they were. Vasquez and Sullins came up with the idea as a way to help fill court time. They started a league, which filled up quickly, spectators lined up across the top of the court three-deep to view the action. After the success the league enjoyed, Vasquez decided to include it in the racquetball tournament.

Although the X-treme Dodgeball tournament was an interesting sideshow, the real reason people came out to the Mav was for the racquetball. With 240 entrants, the divisions were full and many matches were played and many awards were given out. A party was held for everyone Saturday evening at Attorney Michael Patterson's office where Tina Joslin, one of the tournament's sponsor's is employed. The finals were played on Sunday with Ruben Gonzalez defeating Marty Hogan in the Legends finale. All of the players on the Legends Tour said that the hospitality that they received at the event was hands down the best of their season.

The overall feel of the Maverick Athletic Club was that of old school, yet the club doesn't give the impression of being old. They have a new style fitness area where they can conduct exercise classes such as aerobics, yoga, and pilates. They also have an outdoor pool, fully equipped weight and cardio room, child care, whirlpools in the locker rooms, and a fully stocked pro shop. In today's climate of big business,

Mav Facts

30,000

square footage of the club

400

Racquetball members

71

Age of owner
Bob Sullins

25

Years the club has been in operation

8

Sanctioned tournaments a year

1

Full-time
Racquetball Director
(Leo Vasquez)



MAVERICK
ATHLETIC CLUB



The tournament was also run like those from the past, except with a few new twists. Vasquez organized the event, which attracted 240 entrants and also featured the stars of the Legends Tour. There was always food

Sullins has been able to keep the small club feel while still maintaining his business. Clubs like this are a dying breed, but there are still some out there. If you know of or belong to a club like this, let us know and it may be featured in a future Club Spotlight column.

"DRIVING" FOR POINTS IN INDY!

By KENDRA TUTSCH

It wasn't the Indianapolis 500, but there was plenty of fast action in Indianapolis the weekend of Jan 14-16, 2005 as 86 women from all parts of North America gathered for the 16th Annual Women's Senior/Masters Racquetball National Championships. Players arriving early for warm-up doubles on Thursday afternoon at the host Greenbriar Athletic Club had a great chance to catch up with old friends, test the courts and try out the new Wilson Titanium Tour™ ball. Check-in was held at the headquarters hotel, the Marten House. All players received a beautiful embroidered wind shirt (many thanks to Brenda White for donating the embroidery) and assorted goodies. Tournament Director Debbie Chaney took a few minutes to outline the format and rules for players new to the round-robin tournament.

The "green flag" was waved on the start of round-robin play Friday morning. There were plenty of snacks and great food for lunch and dinner to be enjoyed while socializing by the glass courts. Matches were scheduled in blocks, which gave players time to do some sightseeing or to just relax and watch the matches. By Saturday afternoon, the highly contested playoff spots in most age groups were decided, sometimes by a fraction of a point. The quarterfinals were underway, with seeding determined by finish in round-robin play.

The usual highlight of the tournament, the banquet, was held at the Marten House on Saturday evening. Recognition was given to winners in the 65+ age groups; to the semi-finalists in other age groups; to the player who came the furthest (Katy Wood from

Sitka, Alaska who traveled two days for the tournament); and to the state with the most players (Illinois-16 players!), and to the excellent job done by the tournament committee. Following this, a DJ spun requested tunes and as the song goes, "Girls Just Want to Have Fun," even if they happen to have a semi-final match at 9 am the next day!!!

Semifinals got underway on Sunday morning and by noon all group winners were decided as the "checkered flag" dropped on the tournament finals. In 35+, newcomer to the tournament Jean Halahan (NY) defeated Lynn Fonseca (GA). In 40+, Shari Coplen (MO) beat Denise Mock (TX). In 45+, Debra Tisinger (CA) repeated as champion, beating Linda Moore (NE) in a re-run of their semi-final match of 2004. 50+ was the largest and probably the toughest division. When the dust settled, two newcomers to the division played for the title and Meena Evans (NC) defeated Susan Pfahler (FL). In 55+ last year's winner Merjean Kelley was sidelined by injury, and again newcomers to the division won as Kathleen Ruzycski (IL) beat Terry Rogers (CA). In 60+ last year's winner Mildred Gwinn was also out of action this year, and again first-time in division players dominated as Margaret Hoff (IL) defeated fellow Team Illinois member Pat Tarzon (IL) on total points. In 65+ Iona Baldwin (MO) beat Gloria Piscoran (OR) on total points. Uncontested winners were 70+, Lola Markus (IL), 75+, Reta Harring (WI) and 80+, Mary-Low Acuff (NC).

A silent auction held throughout the weekend raised over \$960, which will be split between the USA Racquetball college scholarship fund and the

WSMRA. Many thanks go to our national sponsor Wilson for providing much of the fantastic merchandise for the auction, along with donated racquets from Ektelon, and other generous sponsors.

The WSMRA and all the players want to express their appreciation to the Tournament Committee of Debbie Chaney, Doris Roberts, Alice Douglas, Deb Stefandel, Jim Mills and Anna Shunk for all their hard work. They all (well, all except for Jim) managed to run the tournament and to also play in it!! Thanks also to owner Matt Serd and the friendly staff of Greenbriar Athletic Club for a great weekend. We also want to thank all the tournament sponsors, especially Chris Evon and Wilson for their support of women's racquetball.

The Women's Senior/Masters is a unique event that blends fun and camaraderie with some of the best racquetball competition you will find anywhere. Plan now to find out what a truly great event this is. Next year's tournament will be held at the Maverick Club in Dallas, Texas the weekend of Jan 27-29, 2006. The tournament director will be Jere Luttnier. Please check our web site for details as they become available. This is a level 5 tournament and also a regional qualifier for players in 45 and over age groups. Due to the new USA Racquetball ranking system, results of all matches including preliminary round-robin matches are reported.

For more tournament details and pictures, please visit our web site: <http://my.execpc.com/~tutsch/WSMRA/main.html> or contact Kendra Tutsch at kdtutsch@wisc.edu



FINAL RESULTS

35+ 1. Jean Halahan (NY) 2. Lynn Fonseca (GA)
40+ 1. Shari Coplen (MO) 2. Denise Mock (TX)
45+ 1. Deb Tisinger (CA) 2. Linda Moore (NE)
50+ 1. Meena Evans (NC) 2. Susan Pfahler (FL)
55+ 1. Kathleen Ruzycski (IL) 2. Terry Rogers (CA)

60+ 1. Margaret Hoff (IL) 2. Pat Tarzon (IL)
65+ 1. Iona Baldwin (MO) 2. Gloria Piscoran (OR)
70+ 1. Lola Markus (IL)
75+ 1. Reta Harring (WI)
80+ 1. Mary-Low Acuff (NC)

RACQUET for the Cure

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Mixed B Winners Rich Owens & Betty Brown

For the second year at the mile-high Denver Athletic Club, and the sixth year running, the 2005 "Racquet for the Cure" event was another huge success for pink ribbon supporters. The

Steve Nelson, Van Hees, Wachtel, Marcia Richards

benefit tournament for the Susan G. Komen Foundation drew just over 70 women to the one-day special event, plus another 30 or so men to the mixed doubles fundraisers on the Friday evening kickoff. All told, the combined activities raked in another \$5,000 for breast cancer research, and brought

the cumulative total to over \$20,000.00 in racquetball donations for the Denver-based foundation.

Coming straight from the win in Stockton that launched her into the Number One spot on the LPRA tour, Christie Van Hees began a two-week stint in the Rockies at the RFTC benefit. She and No.5 ranked Kerri Wachtel were hosted by another tour regular, Jo Shattuck, who is also the club pro at DAC. In

Jean Gallagher & niece Cheyenne

addition to giving clinics, exhibitions and taking on local challengers-for-cash, the three pros competed in their own mini-division, with an unusual playoff. Opting for a fun finish, the finalists played left-handed for the "title", with Wachtel taking a narrow win over Van Hees in an entertaining tiebreaker.

After fighting rush-hour traffic, local teams enjoyed several hours of fast-paced round-robin action in Open, A and B mixed doubles divisions on Friday evening. Hard-fought winners in those rounds were Linda Mojer & Eddie Meredith in the Open, Lisa Rousseau & Bob Taylor in the A's and Betty Brown & Rich Owens in the B's.

To close out the evening, the main event featured Van Hees and Wachtel taking on all challengers - alone and as a team — for cash donations from the crowd. Players put up \$50 for the court time, chose their opponent, and were able to earn back a portion of their donation for each point they scored. The special event included a tough 2-on-1 battle between the ladies and local Men's Open player John Rhodes, who gave it his best, but lost the face-off 9-6. With dollars on the line against David Guentert in a singles match, Van Hees gunned it to take a donut win. "I

Mixed teammates Dan Davis & Val Cohen

had to do it ... it was for charity" she shrugged. The good-natured Guentert recovered and rustled up a partner in Jo Shattuck to take on both pros in a doubles match, but still ended up making a donation.

In addition to the fundraising, players were treated to a mid-day clinic by Derek Robinson on Saturday, which was scheduled between multiple rounds of team playoffs among the ladies. Each entrant had been assigned to a full squad of skill-ranked players in singles and doubles and was issued a colored bandana to identify her to her teammates. The fun began bright and early, continuing through the day in drop-down after drop-down, right up to the awards banquet that evening in DAC's grand ballroom. There, the women were exhausted, but still had enough strength to make last-minute bids on silent auction items and to accept their "everybody wins something" awards from the bulging prize tables.

Tournament organizer Jean Gallagher, who has chaired the committee for four years, recalled the first RFC banquet she'd put together at a local restaurant - where she delivered her remarks balanced on two chairs behind a pool table covered with prizes. This year, from a podium with a real microphone and a slide show by Shelly Stetler projected in the background, Jean was grateful for the "evolution" of Racquet for the Cure. The LPRA pros were touched by the cause and gracious in their remarks, promising to return. Survivor Becky Haddad, representing the Susan G. Komen Foundation, shared her insights and inspiration about the fight against a disease that touches millions of women and their families. Jean closed by expressing her joy at being able to do two of her favorite things at once: play racquetball and do good work for a good cause.

Thanks to corporate support from Wilson (a company that supports a number of breast cancer fundraisers) and DAC CEO Andre van Hall, plus in-kind donations from local businessmen Craig McBride and Bill Lloyd, the tournament was able to reach its goals. From frequent flyer mile donations by Cheryl Owens and Greg Keys (for the pros travel) ... to efficient desk and venue management by Bruce Burgess and Jo Shattuck ... to slaving in a hot kitchen by April Settell ... to hauling supplies by lucky Suburban-owner Steve Nelson ... to signage by Ann Schramm ... to hours of planning and fundraising by committee members Vickie Dykstra, Kathy Martinez, Linda Mojer and Marcia Richards ... the sixth annual event was another success. On behalf of the Susan G. Komen Foundation, we thank everyone who picked up their Racquet for the Cure!

Visit www.RacquetfortheCure.com to see the full results and to learn more about how you can host a RFTC event in your area!



Hannah Oliver & Michelle Sikorski



Robinson conducting clinic





This is the second in a series of updates on where players and racquetball enthusiasts of all ages can go and learn more about Racquetball. As I mentioned in the previous issue, racquetball players, as well as all active representatives of the game should be aware of what printed resources about the sport of racquetball are out there. This will allow them to refer beginner players, or those merely interested in the game, to yet another source from which to read and learn about racquetball. So feel free to pass the word to people you know about the books I have reviewed here. They are excellent and are, I believe, outstanding resources about our sport! Also don't forget that there are other books about racquetball that can be found on the Internet by going to a few key web sites.

Three I have found that offer a wide selection of books and publications on racquetball are as follows:

- <http://www.amazon.com/exec/obidos/subst/home/home.html/102-6540899-5540125>
- <http://www.barnesandnoble.com/>
- http://pages.ebay.com/catindex/books.html?keyword=Books_category

Racquetball, Winning Edge Series

Author: Dr. Jim Hiser

BIO: Playing Racquetball Since Early Seventies
Coached Various National Champions
Authored Various Racquetball Books and Training Articles
Director High Performance Camp for 15 Years
Current Executive Director of USA Racquetball
Winner of Several National Racquetball Championships



Although published nearly five years ago (1999) Racquetball, Winning Edge Series offers excellent information about the game to the reader that has remained 'current'. The author provides an exceptional history of racquetball and how it has progressed into what we know of it today. The basics of the game are addressed in detail - equipment, the rules of the game, safety, the serve, shot selection, basic strokes, conditioning and more. Hiser does well explaining these subjects and leaves the reader both interested at learning more about the

game and also motivated about going out and playing. Aside from this, his section on 'Developing Strategy' is particularly interesting, because in it there is some surprising information, not the least of which is that some players maintain diaries on other players in order to develop game plans for head to head competition. There is much more, but I strongly suggest readers' focus in on this section closely. After reading this section it became clear that one of the authors' beliefs is that no matter how good a shot maker you might be, or how fast, or how in shape, without the formulation of a good strategy to play an opponent all the best skills in the world can, and in all likelihood will, fall short. Another section that has great value is that on 'Nutritional Demands on the Athlete'. In it there are very specific, well explained facts about how to eat, when to eat and even what to eat before, during and after play. Hiser very intelligently also draws an important connection between making sure the body engines are fueled correctly, and what he calls 'the twelve month training schedule'. One would be hard pressed to find a better explanation detailing that we really are what we eat. Finally, there are fifty-five pages of appendices addressing training, racquetball resources, approved eyewear, associations and rules. This is a condensed 200- page book that provides nothing short of well-organized, well-presented information about racquetball. It is recommend reading for beginners and advanced players alike. This book is available at most nationally recognized bookstores (Borders, Barnes & Noble, etc).

The Percentage Racquetball System

Author: Darrin Schenck

BIO: Former IRT Professional Player (#18)
Host For Three Different IRT Events
Former Emcee - United States Open
Assistant Tour Event Director
Beginner Thru Touring Pro Coach



In this very well laid out book by Darrin Schenck we see many clear and well-explained methods for improving our game. The thematic approach taken and one that remains a riding premise throughout the work is 'How to play the game using thought out high percentage shots'. Thus, eliminating needless errors, and lost points.

Darrin does a good job addressing many issues that range from changing old habits and equipment selection, to grip and stroke overviews. I liked his presentation of what he called 'Classic Errors to Avoid'. Whenever I observe people playing racquetball, I see them making these very mistakes over and over again. There is a large section devoted to 'Serves', which these days with so many equipment improvements and high technological advancements in racquet making, certainly makes sense. A proponent of the lob serve, Darrin explains how important it is when serving to start the rally by always getting your serve 'in' and justifies the implementation of the lob as the highest percentage serve to use in order to meet that objective. Reciprocally, Darrin explains how to attack the lob serve when returning serve, as well as how to return all other serves while simultaneously maintaining a high percentage approach to the game. He discusses everything from court coverage and footwork, to shot selection and drills, match play and breathing, to goal setting and visualization. There are sections giving excellent guidance for how to get ready for a match, or a tournament, as well as how to prepare mentally for each. One part of Darrin's book that is usually missing from others is his very specific discussions on things to do 'off the court' and talks about everything from the stationary bike and jumping rope to resistance bands and line hops. He also goes into depth about working the core of the body; i.e. crunches, Russian twists and something called 'Supermans'. Included is an extensive reading material list, a section about 'Role Models for Competition' and a personal account of some of the things Darrin did to help his career. Overall, I would recommend this book to all racquetball players who want to improve their game. Schenck's explanations are written directly from his own experience, most of which all players go through at one time or another. So if you want to play better, I'd strongly suggest getting 'The Percentage Racquetball System'. It will certainly benefit racquetball players at all levels. This well written book is available at www.RacquetballBook.com. Remember, play the percentages and win! Remember, things change quickly as computer technology advances. Many things will come and go. But books...Books above everything else, will remain!

Tom Rall has been playing Racquetball since 1972, is a freelance writer for Racquetball Magazine and other sports publications. He has served on several State Racquetball Boards and is an avid Racquetball enthusiast and promoter of the game. Tom was a 'Second Alternate' on the 1972 Olympic Diving Team, is on the Ektelon Advisory Staff, is an AMPRO Certified Instructor, holds 10 National Racquetball Titles, and was a former #1 Ranked player. He is also writing his first book on Racquetball, which is due out in 2005.

Strings & Things

Spring Into an Equipment Tune-Up

BY STEVE CRANDALL

VICE PRESIDENT, SALES & MARKETING ASHAWAY RACKET STRINGS



Spring is here—a time of new life and rebirth—and the perfect time to give your racquetball equipment a mid-season tune-up. Here's how:

Start at the bottom, and check your shoes. While they do not need to be as bright and clean as they were when you took them out of the box, make sure that the soles are intact.

A worn or uneven sole can significantly reduce the amount of lateral support the shoes provide, and make maneuvering around the racquetball court a risky proposition. Loss of traction can also be very dangerous on the court's wooden floors.

Inspect the grip on your racquet. Is it worn to the point of compromised performance? Does it still provide both traction and comfort? If your grip has flattened out, you may be holding your racquet handle too tightly, which could translate into less control. Specialized grips, such as over grips, contoured grips or grip tape, can offer you different comfort and performance characteristics, and may be worth looking into.

Next, check your racquet frame closely for cracks. The tiny crack that you noticed at the start of the season may have grown, depending on how the racquet has been stored and used. Improper storage may also account for bent or warped frames. Either of these problems can hinder performance. However, if your racquet is structurally sound, don't let scratched paint or last year's style send you rushing out to buy a new model.

While surveying your racquet frame, check that your grommet strip is intact. Worn or damaged grommet strips can cause harm to your racquet and cause your string to break prematurely. This is especially true for all of you hard hitters out there.

Speaking of broken strings, restringing your racquet, whether the strings are broken or not. The general rule of thumb is that (barring any broken strings) you restring your racquet as many times a year as you play racquetball in a week. So, a player who steps onto the court five times a week will most likely restring five times during the year.

This is also an excellent opportunity to confirm that you are playing with a string that best matches your style of play. Caught up in the pace of the game, we do not have time to focus on whether or not our string is still giving us the level of performance we desire. Stop to consider if your string is really providing you with the control, playability, tension, power, and/or durability you are looking for.

If you want to make a switch, but are unsure about what string might be best for you, ask for help. The racquetball pro at your club can work with you to determine the right string setup for your style of play. They offer a great way to learn about new strings that have come on the market, too. Or you can find a professional racquetball stringer in your area by visiting the Ashaway website at www.ashawayusa.com and clicking on, "Locate a Professional Racquet Stringer Near You." Either way, finding the string with the right combination of characteristics for your playing needs just might be the thing to take your game to the next level.

And don't forget to repeat this tune-up at the start of every season. The better you treat your racquetball equipment, the better it will treat you.

“The general rule of thumb is that (barring any broken strings) you restring your racquet as many times a year as you play racquetball in a week.”



RACQUETBALL

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THE FINALS

NATIONAL SINGLES

Wednesday/Thursday

PARTY IN JONES PLAZA — Jones Plaza

Come enjoy a festive night in downtown Houston, at Jones Plaza for an outdoor Racquetball party

IRT Reception (Invitation Only)

will also be hosted on Friday evening, in the Hyatt's Window Box.

Friday

VIP RECEPTION — Hyatt Regency

An invitation-only reception to honor individuals who have won a National title within the past year.

CASH WHIRLWIND — Hyatt Regency

Each player will receive a small "bank" to spend on Craps, Blackjack, Roulette and the One-armed Bandits! At the close of the evening, you'll be able to bid on a selection of grand prizes. Sponsored by Penn.

Saturday

A Racquetball Night to Remember

The Hyatt Grand Ballroom will host a patriotic celebration, featuring entertainment and awards to recognize Hall of Famers, Athletes of the Year, and other honorees. Cocktail attire, please... no athletic wear will be permitted!

The Player's Event

The "Finals" is the only national championship for singles competition in open, skill, age group and combined divisions. On top of a full week's worth of play in this Level Six event, you'll enjoy special activities like these...

Sunday - Open Finals

Keep your afternoon and early evening free to watch the U.S. Team Qualifier at the YMCA! Men's and Women's Open winners will be appointed to the U.S. Team squad that will compete at the World Championships in August.

Sunday

FAREWELL IN THE BAR — Park Bar Hyatt

Join fellow players and fans for the last party night of THE FINALS.

Monday

All remaining division finals will be played throughout the day (except the U.S. Team Qualifying OPEN divisions, played on Sunday).

U.S. Team Auction

There will be an auction to benefit the U.S. Team held throughout the event. Anyone willing to donate an auction item please contact Heather at 719-639-5396 x 129

And all week long...

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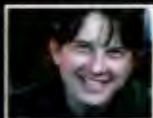
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6 athletes 6 hours 1 goal

6.6.1 Group Coaching is training designed for the competitor who wants the individual attention of one-on-one coaching without the \$100+ per hour cost. It's intensive individual instruction in a group setting at your club.

Limited to 6 athletes per 6 hour session. Athletes will be accepted based on applications. See "Coaching" on the website for an application.

Jo Shattuck, LPRA top touring pro, will be coaching at the Elite Camp this Summer at The Olympic Training Center in Colorado Springs, CO. Look for details at www.USRA.org



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NATIONAL TEAM



Name → Jack HUCZEK
Rochester, Mich.
#1 Singles



Name → Shane VANDERSON
Dublin, Ohio
#2 Singles



Name → Mike GUIDRY
Carrollton, Texas
Doubles



Name → Jason THOERNER
Canton, Ga.
Doubles



Name → Cheryl GUDINAS
Lisle, Ill.
#1 Singles, Doubles



Name → Kristen WALSH
Salt Lake City, Utah
#2 Singles, Doubles

THE 2005 PARC PAN AMERICAN CHAMPIONSHIPS

(formerly the Tournament of the Americas) took place March 19-27 at the Cocodrilos Sports Park in Caracas, Venezuela. The U.S. was able to rebound from a disappointing third place finish a year ago to once again earn the overall team title.

Left are the players that represented the U.S. in the event with full coverage coming in the May/June issue of RACQUETBALL Magazine.



Spotlight

Junior National Team Appointments ➡ 3

Most Recent Qualifier ➡ 2004 Junior Olympics
(1st in 16- doubles with Zach Apperson)

Sponsors ➡ E-Force

School ➡ Oakmount High School

Date of Birth ➡ August 16, 1988

Birthplace ➡ Birmingham, Ala.

Hometown ➡ Birmingham, Ala.

Current Residence ➡ Birmingham, Ala.

Biggest Influence ➡ Coach Jack Sorrenson

Strengths ➡ Backhand splat

Goals ➡ Win U.S. Junior Olympics and IRF World
Junior titles

Favorite Food ➡ Steak

Favorite Movie ➡ Phantom of the Opera

Favorite Band ➡ Nelly

Favorite Other Sport ➡ Football



Name ➡ Alan Crockett

Junior National Team Appointments ➡ 1

Most Recent Qualifier ➡ 2004 Junior Olympics
(1st in girl's 16- doubles
with Samantha McGuffey)

Sponsors ➡ Head

School ➡ Mother of Mercy High School

Date of Birth ➡ December 17, 1989

Birthplace ➡ Cincinnati, Ohio

Hometown ➡ Cincinnati, Ohio

Current Residence ➡ Cincinnati, Ohio

Biggest Influence ➡ My family, especially my dad,
and all of my friends from
school

Strengths ➡ Backhand

Goals ➡ Go to college, hopefully continue in
racquetball, and succeed in life

Favorite Movie ➡ Wedding Date

Favorite Band ➡ Ludacris

Favorite Other Sport ➡ Soccer and Volleyball

Name ➡ Holly Hettesheimer



JUNIOR TEAM

COACHES CORNER

WITH DENNIS FISHER, HEAD COACH, BYU RACQUETBALL TEAM

Dennis Fisher has been the Head Coach of the BYU Racquetball Team since 1998. Since then the school has amassed 36 national individual champions, 6 national women's team titles, and the overall team national title (2003). He also has been an instructor at the USAR Elite Training Camp for several years and serves as a member of the USAR National Intercollegiate Council. Fisher, 53, resides in Utah with his wife, Mary, and is the father of seven - Shane (28), Brandon (26), Kelly (25), Jerel (23), Brian (21), Erik (16), and Emma (13).

RACQUETBALL Magazine: How did you first begin playing racquetball?

Dennis Fisher: I have been playing racquetball since 1972, so 32 years now. While I was in the airforce I had a supervisor that played tennis and I was a tennis player. When we played, I beat him. So he got me to play racquetball, which he beat me at. We would go back and forth. I ended up getting hooked on racquetball and have been playing ever since.

RM: How did you first become involved in coaching?

DF: I kind of got involved in coaching when I was in the military as well by just teaching people that wanted to learn how to play. I became really interested in it. I had a friend that I met when I started to play tournaments and he would help me with my game. The better I got, the more people would come and ask me to help them with their game. That was more instructional than coaching, but it led to coaching.

RM: What led you to the head coaching position with BYU?

DF: When I retired from the airforce I came out to Utah to live. I applied for a position in the athletic department and came to find out that they had a racquetball team. At that particular time, Silvia Sawyer was the racquetball coach (1996). I asked her if I could help with the team and she agreed. At that point she had been coaching the team for about 10 years and I was thinking that she was ready to break away from it. Within two years, I took over as head coach of the team.

RM: As a member of the USAR Collegiate Council, what are some of the things that you need to address or have addressed?

DF: The number one biggest thing that we have to deal with is locations for the National Intercollegiate Championships. Another thing is making sure that there is a fair playing field for all of the teams. Since I have been involved we have changed the code of ethics to make sure that all players are legitimate college students seeking degrees. I also had to change Sunday tournament play. Not only so that our kids could compete in them, but so that all of them could use Sunday as a travel day in order not to miss any classes on Monday.

RM: Is there any particular moment that stands out in your mind from coaching?

DF: The things that stand out the most aren't necessarily the things that stand out at tournaments. Like when you take a beginning player and then teach and nurture them to be a competitive player and then watch them perform well when they compete. However, two years ago when we took the national title also sticks out because we weren't playing with any nationally ranked players. Our kids played well and won a lot of matches that they weren't expected to.

RM: What are some of the values that you hope to pass on to your team?

DF: With my team it's not hard and I think that the reason for that is our common bond - the church. When it comes to ethics, sportsmanship, and morals - a lot of these kids grew up with that. I think that anyone that has seen my team play would say that they display those qualities. As with most college kids, you want them to learn a sense of urgency and responsibility. Teaching them balance in their life is also important. The balance between racquetball, school, church, work, and family life is one of the biggest things I deal with as a coach.

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WHAT'S THE CALL?



BY OTTO DIETRICH • USA RACQUETBALL NATIONAL RULES COMMISSIONER

REFGING TIPS:

Tip 1

Running many tournament desks across the nation, I see lots of completed scorecards. I often wonder why refs tend to “X” through or completely blot out the points as they are scored, rather than just circling them. Since “the score” is a “calling out” of the very last points scored by each player, circling the points sort of highlights them as opposed to the “mark-out” which actually makes you look at the next point and mentally subtract one point to know what the score is. Not a real big mental exercise, but one that can be avoided by using a circle instead.

Tip 2

A skilled ref usually flips a coin to see who serves first, but I’ve seen several variations like “Pick a number — either one or two”. That reminds me of something funny that I saw many years ago. Upstairs in the gallery, the ref marked such a “number” on the back of the scorecard. He laid the scorecard on the ledge above the court and walked away while the players finished warming up. Then, a friend of one of the players saw this, so he picked up the scorecard, observed what was written on it, and signaled to his on-court friend that the number was “1”. Their plan might have worked, except that the ref had observed all of this from afar. So, when he came back to the court, the ref merely changed the number on the card to “2” and then asked the on-court friend what the number was. Of course, he proudly proclaimed that it was “1”, but was immediately shocked when the ref revealed that the actual number was (now) “2”! I could only imagine what must have gone on in his mind until he got to “thank” his cheating “friend” upstairs.

“... the server may bounce the ball as hard and as high as he wants provided that the ball does NOT touch the ceiling.”

Dan McCormack asks: Are you allowed to switch hands while playing? As I am a righty, is it legal for me to switch to my left hand instead of hitting a backhand shot?

The answer is “Yes and No”. To explain further, once the server begins his service motion, you must have the racquet securely attached to your wrist — the one with the hand that holds the racquet. You may use that hand or both hands or possibly, with some considerable difficulty, your other hand to hit the ball. But the racquet must remain firmly attached to the same wrist until that rally had ended. Once the rally is over, you can then switch the wrist cord to your other wrist and thus make that hand your primary one. Further, you cannot use an excessively long wrist cord that would allow the free use of the off-hand without changing the wrist cord.

Mike Wayman asks: While serving in doubles you hit a short serve (2 serve game) on the first serve and then hit your partner on the second serve (he is in the box). Is that side out or do you get another serve? Also, if you serve a “z” serve and it crotches out on wall three is that serve in play or a three-wall serve?

In the two-serve game, hitting your partner with the served ball while he is still “in the box” is ALWAYS a fault. So if this occurs on the second serve, it is a side out!

If the served ball hits the floor and side wall at the same time (or so close that you can’t really tell the difference), then that is a GOOD serve and is in play. The same is true

for a “nearly long” serve at the back wall. So, if the served ball hits the “crotch” formed by the back wall and the floor, then it, too, is a GOOD serve and in play.

Brian Washburn, from Seattle, WA, asks: I used to play a lot of tournaments and thought I remembered that it was illegal to bounce the ball really hard on a serve then hit it over hand really hard. The rules say only that you have to maintain a smooth continuous motion once you “bounce” the ball but there is no reference to the force used to bounce it. Can a person bounce it hard on the serve or is it only allowed to be dropped? And if it is to be dropped, can it be held as high as a person can hold it then dropped and hit at the top of the first bounce?

On the serve, the server may bounce the ball as hard and as high as he wants provided that the ball does NOT touch the ceiling. Also, you can hit it at any height that you want—even jump up to hit it. Of course, the bounced ball cannot touch the floor again and once you start moving your racquet toward the ball with an attempt to hit the serve, it must continue. Fail at either of these actions and you lose the serve immediately. Also, remember that the ball must also be served within 10 seconds of the referee calling the score or “second serve”. ☉

Always “Play by the Rules” and, if you don’t have a copy, I encourage you to find and review them on-line at: <http://www.usra.org/usra/pub&ref/Rulebook.htm>. Do you have a rules/refereeing question? Be sure to email it to me at ODietrich@usra.org and you might find it featured in an upcoming issue of Racquetball.



Just as the fitness department and aerobic department may offer free weekly or monthly programs such as circuit training classes, free basic education classes, and free aerobics classes, so should the racquetball department offer something free to its membership. Guaranteeing weekly programs to the members gives them more opportunities to play and helps to guarantee the consistency of monthly dues. Unfortunately, most clubs do not realize the importance of this. Racquetball really needs to be treated the same way our other departments are. We need to give them a reason to stay members - and to stay playing the game.

SOME PROGRAMS THAT CAN HELP TO ACCOMPLISH THAT ARE:

BEGINNER ROUND-ROBINS

You need to give those new members a chance to learn to play, then second, want to play. Many times people don't know who to play so we need to help them find compatible playing partners. One of the best ways to do this is in a "Weekly Round-Robin," an organized weekly time for them to play others at their level. Depending on how many are signed up for each session, the organizer assigns them play at least 3-4 different people during the session. Your primary goal is to keep the member happy and paying those monthly dues. Your secondary goal is to make the new member feel comfortable at your club by getting to know other members and play on a regular basis.

INTERMEDIATE/ADVANCED ROUND-ROBINS

Even though many of the better players have ongoing weekly partners, not all of your members will. The person they usually play with may be out of town, hurt, working, or just busy. You don't want to give your members an excuse not to play. Offer organized times for the more advanced players as well. If a lot of people show up, then play doubles to insure everyone ample court time.

ROUND-ROBIN GUEST DAY

Within the round-robins that you offer, you could let each person who participates a certain number of times bring a guest for free or offer a time, either monthly or bi-monthly for the Beginner Round-Robin participants to bring in a guest. Beginners are most excited to learn and play now. Why not let them play with a friend? You can also offer a family guest pass so the spouse and kids get involved.

CHALLENGE COURT

Challenge courts are great for the better players and those who may not have a match that day or evening. I would say most clubs have some form of challenge court, however, if you want to create some additional excitement or usage, try the following:

- **Basic Challenge Court:** You book the court - they will come. That is the general concept. You can post rules of play, which may resemble something on the left.
- **Special Challenge Courts:** It's fun to offer special challenge court times. These can be as simple as the winner receives a beverage or everyone that participates

gets a chance to win a prize (names in a hat for each game played...pull one out...win a prize!).

- **Play the Pro Challenge Night:** If you are hosting a major tournament next month, you can have a special challenge night against the club pro. During the match the club pro can give a few pointers.
- **Summer Challenge:** In the summer you may elect to have a six-week long challenge. Keep a chart for those who play the most games and win the most games. Maybe for every game that is played the person receives a point, for each game won and additional point is awarded. If you play a lot, but win little, you could still earn a prize. Make sure to post results. Let people know what is going on. Create the interest, create the excitement.

MINI CLINICS

It's good to offer a free mini-clinic to your members. Whether this is on a weekly, monthly, or seasonal basis, it should be done. Cover a certain aspect of the game for 30 minutes or so, giving them enough "meat" to make them want more. Some topics may include singles play, rules, family play, games to play with your kids, basic strokes, serves, off the back wall play, doubles play, how to referee, non-racquetball games, etc. Then be sure to talk about your upcoming private, group, or drill classes.

RACQUETBALL CHALLENGE COURT

- Racquetball Court One -

SINGLES

Monday-Friday 6-9pm
Wednesdays 9-10:30am
Fridays 12-1:30pm

DOUBLES

Saturdays 9-11am

Sign up on the challenge board. Upon entering the court, cross your name off the board. After you come off of the court, you may sign up again.

Players play one game to 15pts...Winner stays

Winner stays up to three wins then gives up the court to the next two players

Don't forget to join us every 1st Tuesday evening and 2nd Saturday of each month for Special Challenge Courts



QUESTION: Why do I keep doing the same things over and over again that cause me to lose?

ANSWER: When a person loses a game or match they often come up with a series of excuses like:

1. I had an off day.
2. I played someone who was an "A" player, but said they were a "B" player (a sandbagger) and kicked my butt.
3. I was hurt
4. My head band was too tight, etc., etc., etc.,

In all my years in racquetball, I have never beaten a completely healthy man.

These excuses are just that, excuses designed to protect your ego and make yourself feel better. But the real question that remains unanswered in all of these situations is, "What am I going to do to remove the road blocks that keep me from winning?"

In my experience, the 1st reason for failure is found in **The Lack of Preparation**. Preparation starts with analyzing ones skills.

Where am I weak and where am I strong?

- Am I physically in shape?
- Am I technically sound?
- Am I mentally prepared?

Here's an example, where Jason Mannino identifies a problem in his game that was related to a lack of preparation.

THE PROBLEM

When Jason first arrived on the scene he assessed all of the pro tour players and he realized that he was not as physically strong as he needed to be in order to compete at the pro level. He identified this as a weakness.

Although he was technically sound, he did not have the power that some of the other pros have, so he knew he couldn't compete with the drive serve against guys like Cliff Swain, Sudsy Monchik, Kane Waselenchuk and John Ellis. He needed to develop an alternative strategy.

Jason is as mentally tough as anyone on the tour, if not more so...this was his natural strength - having the confidence to beat anyone.

THE SOLUTION

Jason proceeded to prepare himself for success by initiating an intense cardiovascular program for 6 months; 2 hours per day in addition to his weight training. He then developed the BEST Lob Serve in the game. Over the years Jason refined and developed these skills and many more which took him to the #1 IRT ranking in 2002/2003.

THE 2ND REASON FOR FAILURE IS OUR EGOS.

We sometimes deceive ourselves. We cannot separate our imagination from reality. We cannot distinguish between who we would like to be, from who we really are.

Here are a few examples:

- a) Like a kid who gets a superman costume for his birthday and gets on a table, jumps off because he thinks he can fly and breaks both his arms because they cannot separate imagination from reality.
- b) We want and think we can play like Sudsy so we attempt to hit the shots Sudsy hits, but we really cannot. How many of us can really hit an overhand splat on the return of serve? Have we prepared ourselves the way that Sudsy has???

Leave your ego in your racquetball bag as egos NEVER win matches, but playing SMART does.

The 3rd reason for failure is we want Immediate Gratification...it feels good right at that moment.

Here is an example:

- a) The player that attempts to kill the ball off the return of serve and makes one or two kills out of 10. They keep attempting the same kill shot over and over again, but only remember the one or two they made because it feels good.
- b) Try to keep in mind the percentages and the odds of killing the ball from deep in the court are low (less than 30 %). Plus your goal off the return of serve is not to score a point, but move your opponent, the server, as far back in the court as possible by using passes and ceilings.

The 4th and final reason for failure is Ignorance.

- a) Uneducated racquetball players usually rely on pure athleticism and instincts to play the game. Unfortunately that philosophy of using just your body only gets you so far before it catches up and you start to lose.
- b) Once you become an educated, or intelligent, racquetball player and understand how the game should be played, combining the body and the mind, you will start to win more consistently.

Here are a few examples that even the pros use:

- Always have a game plan
- Play with a strategy
- Utilize good center court position
- Have smart shot selection
- Be technically sound...etc., etc., etc.

If you follow the above suggestions that eliminate or minimize failure and remove the roadblocks, you CAN become the champion that you always imagined yourself to be.

Hope to see you at one of my camps for live personal instruction or the next best thing buy our video if you can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both the video and camps.

TRAINING TIPS FOR BODY AND MIND



» **By MARCY LYNCH**

FUNCTIONAL TRAINING

If you've been in and around the gym lately you've probably noticed some changes in the environment related to workout equipment. Colorful balls, bands, bars and flexible domes and discs now adorn the gym floor. The purpose of these 'toys', as I like to call them, is to improve your ability to function in a less than stable environment. Whether you are an athlete, a weekend warrior, or merely wanting to improve your fitness level, you can benefit from the added challenge these tools provide.

As a racquetball player, you need to be able to run, change directions, utilize quick footwork, and swing. Balance, core strength, and flexibility are the cornerstones of these functions. Balance is necessary for movement in all directions, pushing off equally from either foot, and hitting on the run. Core strength is crucial for creating a powerful swing. Flexibility prevents injury and allows for a full range of motion.

BALANCE

You can train for balance. Performing weight training exercises while standing on a single leg, sitting on a stability ball, or standing on dyna-discs, forces you to stabilize your body in a way that being fully supported doesn't allow. It's important to decrease the amount of weight you are lifting when adding balance, as the exercises are much more challenging.

CORE STRENGTH

Core Strength is the ability to stabilize the hips, lumbar spine, and pelvis during movement - it is not just abs. In fact, there are many muscles of the core and it takes a variety of exercises to address them all. Crunches, reverse crunches, back extensions, bridges, cobras, planks, and oblique crunches are just a few.

FLEXIBILITY

Flexibility is more than stretching. It is achieving a balance between tight and weak muscles. All muscles work in pairs. If one muscle is tight, its' complementary muscle will be weaker. Stretching the tight muscles and strengthening the weaker ones brings the body into balance and is the essence of flexibility.

In general, exercises that simulate the components of racquetball will be what you want to do in the gym. A well trained fitness professional will be able to assist you in structuring a program that is right for both you and the demands of the sport. As always, you may contact me at www.marcylynch.com.

Marcy is a NASM Certified Personal Trainer and Flexibility Specialist, ICF Certified Personal Coach, USAR Certified Racquetball Coach, Ampro Clinician, and a Certified Nutrition Consultant. She can be reached at www.marcylynch.com.



» BY SHANE WOOD, CHAIRMAN, USAR INTERCOLLEGIATE COUNCIL

Eastern Collegiate Racquetball Conference Reaches New Levels

The Eastern Collegiate Racquetball Conference reached an unprecedented level in February, with over 130 athletes from 22 schools represented at the third meet of the year hosted by Penn State University. Schools from all over New England, New York, Maryland, New Jersey, Pennsylvania and Ohio gathered together for another unforgettable event.

Penn State recaptured their crown as the Beast of the East, after they were dethroned in November by Clarkson University, by winning the meet with a dominant showing. In addition, four new

schools joined the mix with the US Naval Academy, University of Pittsburgh, Ohio State University and Carnegie Mellon University all making their first ECRC appearances.

In the Mens Division #1, Sanjay Laforest (St. John's University) continued his winning ways in the ECRC by beating Joe Linnell (The Ohio State University) in a close final, while Liz Levine (Clarkson University) won her third consecutive meet, knocking on Jen Bezruczyk (Penn State University) in the finals.

WINNERS

SINGLES

Men's #1: Sanjay LaForest (St. John's University)

Men's #2: Adam Long (Penn State)

Men's #3: Ryan Hutchinson (Penn State)

Men's #4: Chris Moniker (Penn State)

Women's #1: Liz Levine (Clarkson University)

Women's #2: Jen Faucett (Clarkson University)

Doubles

Men's #1: Joe Linnell / Ben Toth (Ohio State)

Men's #2: Karthik Shanker / Drew Johnson
(Penn State)

Men's #3: Ryan Hutchinson / Brandon Layo
(Penn State)

Women's #1: Jen Bezruczyk / Kristen Karl
(Penn State)

Mixed: Liz Levine / Byron Raych (Clarkson)

TEAM FINISHES

MEN

1. Penn State University	1500
2. Penn State University #2	1176
3. Clarkson University	848
4. U.S. Naval Academy	622
5. The Ohio State University	610

WOMEN

1. Penn State University	1362
2. Clarkson University	1060
3. Western New England College	276
4. Bryant College	248
5. U.S. Naval Academy	150

COMBINED

1. Penn State University	2962
2. Clarkson University	2058
3. Western New England College	900
4. U.S. Naval Academy	772
5. Rensselaer Polytechnic Institute	568

The complete list of results can be found on the website at www.ecrcracquetball.org.

The 2005 Northeast Collegiate Regional is scheduled for February 25-27 in Albany, New York and should be the largest ECRC event in league history. Also, remember that the 2005 US Intercollegiate National Championships will be held at Arizona State University from March 30-April 2, sign up on-line at www.USARacquetball.org. Any questions on attending Nationals should be directed to Shane Wood at racquetballchamp@hotmail.com or by phone at (508) 479-6597

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MOVING UP TO THE C'S! RACQUET HIGH, KNEES LOW!

Are you a beginner player determined to do what it takes to improve your skills? As the old saying goes, "inch by inch, it will be a cinch"! Concentrate on the basics and you will find yourself competing in the C's soon! Open your mind to change and it won't be long before the Open division is your home!

RACQUET PREPARATION

If you have taken any lessons, you have probably learned to always turn sideways and get your racquet ready early as you set up for a shot. →



If you want lower, more accurate kills and passes, do the same set up but bend your knees and wait for the ball to drop in to a good offensive hitting zone. →

CONTACT POINT

Setting up to hit the ball with straight knees, makes you susceptible to contacting the ball in a zone that makes it difficult to execute kill shots and low passes. →



Setting up to hit the ball with bent knees prepares you physically and mentally to go for low offensive shots which will help you end rallies sooner and win more games! Work on contacting the ball away from your body so you have good arm extension. The ball should be lined up off the heel of your front foot for straight in shots. Contacting the ball in front of your front foot will allow you to easily hit the ball cross court. Contacting the ball further back in your stance will cause the ball to hit the side wall for good pinches. →



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AND CHRISTIE VAN HEES.

**OUR WILSON PROS WILL PROVIDE
YOU WITH PHYSICAL AND MENTAL
EXERCISES FOR PEAK PERFORMANCE!**

BALLBALANCE

PURPOSE: • Improve Core Stabilization • Improve Balance

This is the second in a series of Fitness articles that will help you improve your core stabilizing muscles. Developing these muscle groups will allow you to maintain good posture and good form, which will translate in to more powerful and accurate shots - even when you are tired! Improving Balance will strengthen the muscles needed to hit strong shots when forced to hit from off balanced positions. A strong core and good balance also helps prevent lower back injuries.

TIPS:

1. Start by kneeling on the ball and finding your balance (fig. 1). It may help to start next to a wall or a person so you can hold on if you lose your balance. Increase your time as you improve.
2. Once you are pretty stable on the ball, balance while holding on to a small weighted ball. Slowly turn completely to your right and your left (fig. 2a & 2b). Repeat 10 times per side.
3. Have some fun with it! Try to balance two racquetballs on your hands as you turn (fig. 3).
4. Need a challenge? Try standing on the ball (fig.4)!
WARNING: Always have someone next to you to hold on to!



FIG. 1



FIG. 2a



FIG. 2b



FIG. 3



FIG. 4



Christie Van Hees is one of the best players in the world! She believes her training program and training techniques have helped her become one of the most dominant players in the game!

DECEPTIVE LOW HARD SERVES



» BY SUDSY MONCHIK

In the last issue (January/February 2005) I covered my magical "One Step vs. Two Step" motion for the low hard serves. This time we are going to continue with the topic of the serves. I am going to discuss in detail my magical "Deceptive Low Hard Serves". I added the word "Deceptive" because deception is one of the key elements in keeping your opponent, the receiver, off guard and guessing. Your goal as a server is to force a weak return from the receiver and, without a doubt, deception is one of, if not the most important, parts of the serve that can accomplish that goal.

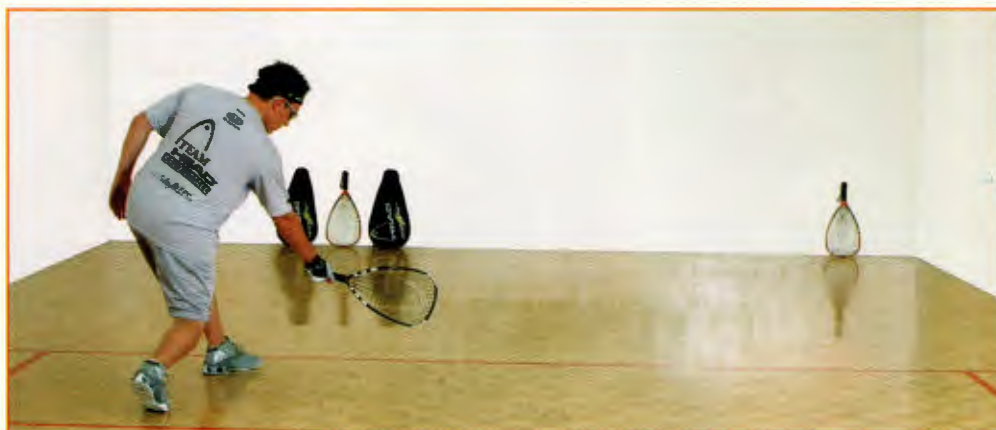
In order to create deception, EVERYTHING about ALL the serves MUST appear to be the same. The beauty of the

low hard serves is that the mechanics are EXACTLY the same as the forehand mechanics, so please review the September/October 2004 issue. The ONLY element that should change is where you CONTACT the ball...the ready position, the step, the swing, and the follow through ALL remain the same.

On the serve where you CONTACT the ball is directly affected by the BALL TOSS which determines which of the low hard serves you are going to hit;

So let's take a closer look at the CONTACT POINT for all the low hard serves:

TRICK 1 READY POSITION



The two step motion is the SAME for all the serves.

The ball toss is made so contact point is between the big toe and little toe of the lead foot.

TRICK 2 DRIVE JAM



TRICK 3 DRIVE WRAP



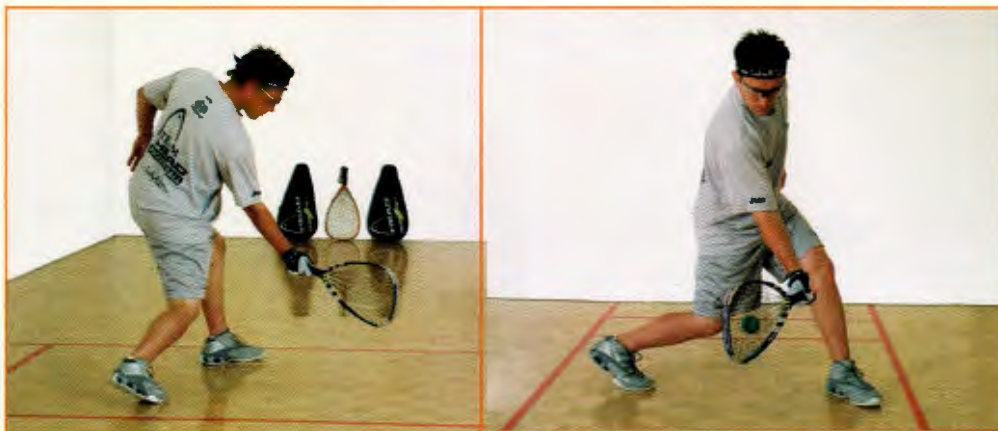
The ball toss is made so contact point is made off the big toe of the lead foot.

TRICK 4 DRIVE REGULAR

The ball toss is made so contact point is made off the arch of the lead foot.



TRICK 3 DRIVE Z



The ball toss is made so contact point is made off the heel of the lead foot.

As you can see from the pictures the ball toss is virtually inches apart from one another. As a matter of fact from the back view, which is where the receiver stands and sees the ball, it is hard to tell the difference....making it tough to read. I did a side view too so you could get a clearer picture of the subtlety of the ball toss.

So with this in mind you could see how this principle of ONLY changing the ball toss which affects the CONTACT POINT can create LOTS of DECEPTION.

Take it slow and don't get frustrated...it is worth trying this philosophy of ONLY changing the CONTACT POINT and keeping EVERYTHING else the same because the end result is keeping your opponent off guard and guessing. Deception on the serves is a must as your level of play continues to improve. At the pro level you CANNOT be without it...it separates the top 4 pros from everyone else.

Remember, DECEPTION is where it is at!

Please I invite you to attend one of the camps with Fran Davis to learn this first hand or in the meantime pick up one of our videos, "Building Your Racquetball Dream House" with Fran, Jason and myself. It has ALL of this in depth in chapter 7...Serves. Go to www.FranDavisRacquetball.com for details.

Ellistyle

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Ceiling Ball Practice...Ellistyle!

By JOHN ELLIS

This article is about how to practice your ceiling ball game, but first let me recap on the mechanics of a ceiling ball. Set up is important on a ceiling ball just like with any other shot. Get your feet moving to the backcourt quickly so you have time to align your body properly to control your ceiling shot. The ball should be contacted shoulder high with the racquet face opened toward the ceiling. The swing should be a guided swing with an abbreviated follow through. Of course you have to put enough on the shot to get the ball to the front portion of the ceiling.

Here's five simple drills that could help change your ceiling ball game from a liability to a strength.



PROPER FORM



FOREHAND

- 1. The first drill is very basic but important.** See how many ceiling balls you can hit in a row. Your focus should be on getting the distance correct so that none of the shots are coming off the back wall. Your secondary focus should be on placement. Not being able to return one of your own ceiling shots because it was perfectly in the corner is a good thing.
- 2. The second drill is the same as the first with a garbage can added to the corners.** Again, hit continuous ceiling shots with the goal being trying to get the ball in the can. If you hit a shot that you think may go in then let it. Accuracy and distance are the focus. It doesn't count if it goes in the can off the back wall!!! I recommend a clean can...





BACKHAND

3. Drill three adds movement to the shot which will make it more difficult to hit good ceiling shots. Start on either the backhand or forehand side and simply hit ceiling balls from side to side. Work on shuffling quickly from side to side to allow you enough time to prep for your next shot. Placement is the focus, which will require more focus due to the movement. How many in a row can you hit?

4. Drill four is a two-person, side to side ceiling ball drill. Focus on hitting great ceiling shots that don't come off the back wall. Switch sides with your practice partner after a few minutes. The goal is to force your partner into a non-return.



CEILING SHOT

5. The last drill is the best. Two person continuous ceiling shots with center court touch. One player begins with a ceiling shot and then must get to center court and touch the dotted line with one foot. Second player does the same and this continues to happen as you do the drill. Focus on hitting accurate ceiling shots while also working hard to get into center court and back again for the next shot. This drill will take the wind out of you after a short while. If you're hitting ceiling shots off the back wall then make an adjustment. It doesn't do any good to practice doing it wrong. As you advance with this drill you can begin to keep score and play rallies out with bringing bad ceiling shots down offensively. This drill is a great way for two players to warm up before a club match.

USA RACQUETBALL BOARD OF DIRECTORS TWO NEW AND ONE REAPPOINTED



Because the number of openings on the USA Racquetball Board of Directors was the same as the number of persons nominated, no elections were necessary this year. Jay Mathis and Linda Mojer were named as new members to the board and current President, Randy Stafford, had his term extended.

In order for our members to become acquainted, or reacquainted, with the members, their narratives have been included in this issue of RACQUETBALL Magazine.

Jay Mathis
Atlanta, Georgia
mathisjay@hotmail.com

I believe the board should consist of motivated people with specific skill sets to address specific needs. The USAR has serious need of a person with IT skills to help guide current and future IT projects. While technology is not the answer to all of racquetball's problems, it can be a vital tool to help grow and promote the sport if used correctly.



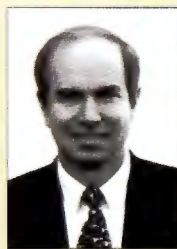
In addition to playing racquetball for over 15 years, I have served as the technology director for the Georgia Racquetball Association since 1997. My professional career includes over 12 years of IT consulting specializing in internet technologies and software development.

Most recently, I have created a free web site creation system I call the Racquetball Content Management System (www.RacquetballCMS.com) to help promote the sport via the internet. RCMS was developed specifically for racquetball and it enables anyone to create and maintain professional quality websites with very little technical expertise. This system is already being used by 12 state associations and the new USARacquetball.com (launch early Feb.). Most recently, I acquired and developed the Racquetball.com domain using the same system.

If elected, I will strive to use my technical expertise to help solve some of the technical issues currently facing the USAR and build a solid technology plan for the future.

Linda Mojer
Colorado Springs, CO
Linda@LindaMojer.com

Being laid off from the USRA last year left a great deal of work undone for me. At the time, my immediate reaction was one of deep concern for the organization, and that hasn't gone away. My career-long dedication to



the sport just won't seem to go away either.

I began playing in 1980, then joined the Florida state board, became the newsletter editor and later president (1984-1989). I volunteered as a publicist for national events, and freelanced as the USRA's media coordinator before being hired as Communications Director in 1989, with the goal of re-establishing RACQUETBALL magazine. Fifteen years later, I am proud of what I achieved as the magazine's Managing Editor, and of my administrative successes as the Associate Executive Director. Those unique experiences and insights, in themselves, recommend my service on this board.

In the past year, I've joined the Colorado state board, re-designed its website, and worked to market and promote the sport through Racquetball.com. I feel that my highly specialized knowledge and perspective continues to have real value and, with your support, I'd like to complete at least a bit more of the work that I began so long ago. Thank you for that chance.

Randy Stafford
Memphis, TN
Build@racquetballcourts.com

I would like to express my appreciation for all of you allowing me to be on the board these past three years and being able to give back to racquetball. I believe that this organization is critically important to racquetball and that we must continue working within the USAR to move racquetball in the directions that we wish.

There are so many areas of concern and still many improvements to be made. These past three years we have made large accomplishments in several areas. We have raised over \$200,000 for racquetball. Prior to our efforts, there was virtually no organized fund raising and very little money raised.

Marketing efforts have brought in much more additional money than ever before. We have a new magazine look that is helping in the marketing area and is more exciting to read. Our new board is very active, and with the addition of two appointed positions, will be able to give us more expertise in certain defined areas of need.

But, there are so many areas that need lots of work. Namely, juniors, memberships, computer technology and help with our national office.

I believe that my business and racquetball background offers me a unique combination to continue to help racquetball grow to the level that we all desire. I will try my best if elected to another term, to provide the leadership and service, that racquetball needs.

RACQUETBALL MOURNS LOSSES

Mary-Low Fahrenwald Acuff (1919-2005)

Mary-Low Fahrenwald Acuff, 85, passed away Friday, Feb. 4, 2005, surrounded by her beloved husband, Earl C. Acuff, and her family.

Born on July, 9, 1919, in Rapid City, S.D., and raised in Moscow, Idaho, she attended the University of Idaho and graduated Cum Laude with a BS in Education in 1941. She was president of her sorority, Kappa Kappa Gamma, Class Officer, Mortar Board, and president of the Women's Athletic Association. She was also a lifelong member of the P.E.O. and Kappa Kappa Gamma. Mary-Low was always an avid athlete and accomplished in many sports including golf, tennis, skiing, and swimming. In her sixties, she took up the sport of racquetball and played at a competitive level until her death. She won over 45 National and World Titles and is a member of the following: University of Idaho Sports Hall of Fame, USA Racquetball Hall of Fame, IRF Hall of Fame, Western North Carolina Hall of Fame and the North Carolina Racquetball Association Hall of Fame.

Curtis Jay Rettke (1962-2005)

Curtis Jay Rettke, 42, of Arlington, Virginia passed in Hamburg, PA at 5:05pm on March 23, 2005.

Curt was born in 1962 in Dallas, Texas. His family relocated to suburban New Jersey, where he grew up. He attended Lehigh University and was a member of the Phi Epsilon fraternity, a close-knit brotherhood that remains dedicated to Curt to this day. He graduated in 1984 with a degree from Lehigh's prestigious Engineering program, and took a job designing some of the first ergonomics programs in the country.

In 1995 Curt relocated to the suburban Washington DC area to start a career change, becoming an IT Manager with Panacea Consulting. He moved to Arlington, Virginia in late 1995 and moved in with close friends Todd Boss and Ben Hale in late 1997. He continued to work in the IT profession, starting his own consultancy and working closely with Panacea at the Department of Labor.

Curt was an avid racquetball enthusiast and was an accomplished tournament player. He competed at the sport's highest amateur levels, winning local tournaments in the late 1980s and early 1990s. Even after a knee injury slowed him, he continued to give back to the sport by serving as a teaching pro in the Northern Virginia area. Eventually Curt was selected to form the governing body for amateur racquetball in Virginia (the CVRA), currently serves as its President, and was named to the board of directors of the national governing body of Racquetball (USAR) in 2003. To honor Curt's fight against cancer, the USAR has renamed its Technical Committee, and the CVRA has renamed its annual sportsmanship award in his name.

Curt is survived by his mother Peggy of Lady Lake, Florida, brother Steve of Farmingdale, New Jersey, his sister Linda, her husband Vreeland, and his nieces and nephews Krystal, Shayna, Vreeland III, Clayton, Cody, and Jacob, all of Hamburg (Lehigh Valley), Pennsylvania.

MEMBERSHIP GROWTH CHALLENGE

BY TERRI MORSE

Included below is the "Percent Members Based on State Population" chart, which ranks states from highest to lowest percentage of USA Racquetball membership against state population. Our initial goal is to grow membership to 1% of the state population. To encourage this, we've set up a challenge that will be awarded annually at National Doubles. There will be one award for the 2005 awards then two awards thereafter.

First Award: The State with the highest membership rank based on percents, will receive the Membership Growth Cup. This year only, the cup will be renamed to the state president's name, or if they choose, to an individual they feel helped the state membership drive. This Cup will be similar to Lord Stanley's Cup and will be brought back each year to National Doubles. The names on the Cup each year will include the state's officers/board and any other individuals the state feel supported them in this challenge.

Second Award (beginning year two): This will be the state with the most improved racquetball growth which will be determined by membership growth and state event growth.

To help you encourage your members to "recruit" new members, the information for the top five and bottom five candidates will be listed in Racquetball Magazine. Ties will be broken based on number of qualified sanctioned events held.

RANK	STATE	POPULATION	CURRENT MEMBERS	% POPULATION MEMBERS	1% OF POPULATION
1	Oregon	3,421,399	675	0.01973%	34,214
2	North Dakota	642,200	121	0.01884%	6,422
3	New Mexico	1,819,046	291	0.01600%	18,190
4	Utah	2,233,169	316	0.01415%	22,332
5	Alaska	626,932	86	0.01372%	6,269
46	Kansas	2,688,418	51	0.00190%	26,884
47	Iowa	2,926,324	54	0.00185%	29,263
48	Alabama	4,447,100	66	0.00148%	44,471
49	West Virginia	1,808,344	24	0.00133%	18,083
50	New Jersey	8,414,350	83	0.00099%	84,144

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August 5-7	San Francisco, CA
Sept. 16-18	So. or Central FL
October 14-16	Dallas, TX
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The rankings are a subjective evaluation created to determine a starting point for the new ranking system. The information used to create this "base" was obtained from U.S. National Singles, US OPEN, and certain states that submitted individual ranking lists. Remember, these rankings are just a beginning. By playing, and reporting results, your ranking could change very quickly to reflect your true skills. Please refer to the November/December 2005 issue, pages 64-65 for any questions or concerns with the new system.

MEN

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2. Jack Huczek, MI
3. Jason Mannino, CA
4. Rocky Carson, CA
5. Cliff Swain, MA
6. Mike Green, CA
7. Sudsy Monchik, FL
8. Mike Guidry, TX
9. Chris Crowther, CA
10. Derek Robinson, CO
11. John Ellis, CA
12. Doug Ganim, OH
13. Mike Dennison, OH
14. Jason Thoerner, GA
15. Mitch Williams, NC
16. Dan Llacera, DE
17. Tim Doyle, CA
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21. Javier Moreno, TN
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24. Thomas Fuhrmann, AZ
25. Brian Fredenberg, TX
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27. Michael Bronfeld, CA
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29. Hiroshi Shimizu, Jap
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189. Denny Erardi, CA
190. Diana Harrison, MI
191. Jennifer Fenton, KS
192. Cecilia Carpenter, NH
193. Kim-Marie Cole, NH
194. Jamie Desmarais, VA
196. Phyllis Clair, TX
197. Tracie Madore, NH
198. Jenny Epstein, NY
199. Pam Simonds, NH
201. Debbie Kadlec, NH
202. Sharon Huczek, MI
203. Helen Peterman, CO
204. Cindy Carlson, CO
206. Lorene Stadig, CO
208. Summer Arledge, CO
209. Diane Degitis, CO
210. Loretta Marks, CO
211. Nancy Embree, CO
212. Marci Mangelson, MA
213. Nila Cole, CO
214. Andrea Bailey, AL
215. Marquita Molina, CA
216. Paula Lemon, OK
218. Kim Larkin, NH
219. Sharon Brockbank, ID
220. Karen Thurlow, IL
221. Marci Laramée, TN
222. Paula Sperling, NM
223. Sunshine Dryer, AR
224. Judy Rush, AR
225. Jean Lerch, NH
226. Brianna Elder, MD
227. Beth Gainer, PA
228. Tracy Cerovski, OH
229. Maria Nieves, WI
230. Pamela Trent, TN
231. Sharon Shapiro, NH
232. Venita Mitchell, TX
233. Aline Jackson, AR
234. Becky Smith, OK
235. Eva Alle, GA
236. Iva Espinoza, NM
237. Janice Bell, GA
238. Michelle Key, AZ
239. Natalie Brush, TX
241. Holly Giglio, CO
242. Jackie Tilton, CO
244. Heidi Zitza, MO
245. Sarah Warhaftig, CO
246. Holly Zitza, MO
249. Carla Thompson, CO
250. Janine Hamilton, CO



USA RACQUETBALL EVENT SCHEDULE

APRIL

1-2	LMRA Cowtown Shootout @ Lockhead Martin Recreation Center	Fort Worth, TX	817-935-4723
1-3	Five Seasons Super 7 Singles @ Five Seasons Country Club	Westlake, OH	440-871-2811
1-3	Oregon Jr. Racquetball Assoc. Tour Stop #4 @ Superior Athletic Club	Medford, OR	503-330-0624
	Minnesota State Singles @ Northwest Athletic Club	Brooklyn Center, MN	320-251-3965
	North Carolina State Singles @ The Sports Center	Fayetteville, NC	810-638-8008
	North Dakota State Singles @ 1600 32nd Ave S	Grand Forks, ND	701-746-2790
5-9	Utah State Singles @ Orem Fitness Center	Orem, UT	801-229-7118
8-10	Foxwoods Red Swain Memorial @ Metro South Athletic Club	Brockton, MA	508-588-3444

Apr. 28 - May 1

Charity Tournament for NF @ Pro Sports Club	Bellevue, WA	206-227-1336
Dallas Open @ Landmark Fitness Factory	Dallas, TX	214-827-9994

Apr. 29 - May 1

Atlantic Coast Racquetball Championship @ Wilmington Athletic Club	Wilmington, NC	910-343-5950
State Farm-Allstate Shootout @ Greenwood YMCA	Greenwood, SC	864-223-9622
Cinco de Mayo Shootout @ Pueblo Athletic Club	Pueblo, CO	719-561-3488
Oregon State Juniors @ Eastside Athletic Club	Milwaukie, OR	503-330-0624

MAY

6-8	Season's End @ Cedardale Athletic Club	Haverhill, MA	978-372-7758
11-15	Oregon State Singles @ Lloyd Athletic Club	Portland, OR	503-287-4594
12-15	2nd Annual World Legends Champ. @ Missouri Athletic Club - West	Town and Country, MO	314-531-0988
13-15	Spring Classic @ Vision Sports	Asheville, NC	828-252-0222
14	Dallas Series V @ Landmark Fitness Factory	Dallas, TX	214-827-9994

**DON'T
FORGET**



JUNE

4	End of Season @ Classic Athletic Club	Fairfield, NJ	973-389-0078
9-12	20th Pepsi Cup Championships @ Colorado Athletic Club-Aurora	Aurora, CO	303-696-9313
10-12	Ballard Open @ Olympic Athletic Club	Seattle, WA	206-909-7094
11	Triple Crown One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348
18	Summer Splat @ Spectrum Health Club	San Antonio, TX	210-344-8596
24-26	Aloha Open @ Body Check Health & Fitness	Winston Salem, NC	910-947-3202
	Claddagh Open @ Greenbriar Athletic Club	Indianapolis, IN	317-847-6563

JULY

9	Triple Crown One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348
16	Hot Tamale @ Spectrum Health Club	San Antonio, TX	210-344-8596
22-24	Five Seasons Super 7 Doubles @ Five Seasons Country Club	Westlake, OH	440-871-2811
22-24	Summer Bluegrass Games @ University of Kentucky	Versailles, KY	502-320-9394

AUGUST

5-7	State Games Of Indiana @ Omni 41	Scherreville, IN	317-847-6563
12-14	Lobsterbake @ Cedardale Athletic Club	Haverhill, MA	978-372-7758
13	Triple Crown One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348

NATIONAL & INTERNATIONAL EVENT SCHEDULE

March 18-26	PARC 18th Pan American Championships	Caracas, Venezuela
March 30 - April 2	33rd USAR National Intercollegiate Championships	Tempe, AZ
April 14-17	USRA Regional Championships	Nationwide
May 25-30	38th USAR National Singles Championships	Houston, TX
June 22-26	32nd USAR Junior Olympic Championships	Portland, OR
July	NMRA International Masters	Canton, OH
July	USAR High Performance Training Camps	Colorado Springs, CO
Aug. 30 - Sept. 3	IRF 17th World Senior Championships	Albuquerque, NM
Sept. 28 - Oct. 2	38th USAR National Doubles Championships	Tempe, AZ
November 16-20	Choice Hotels 10th US OPEN Racquetball Championships	Memphis, TN

INTERNATIONAL
RACQUETBALL
FEDERATION



THE LEGEND OF MIKE YELLEN



Mike Yellen should be remembered as one of the true greats to play professional racquetball. He spent five straight years as the No.1 player in the world against some of the most ferocious competitors the game has produced. From 1983-87 he ruled the rankings,

edging many of the greats including Brett Harnett, Cliff Swain, Ruben Gonzalez, Ed Andrews, Lindsay Myers, the bruising Peck brothers (Dave and Gregg), Marty Hogan, and others. How did he do it?

Leonard Karpelas, Yellen's coach and an incredible racquetball mind, taught Yellen at a young age that he would have to remain calm in the face of the "blasters" of this time. Not to mention the boorish intimidation tactics of the era! He perfected this attitude, and played with the same patience whether it was 10-10 in the tie-breaker or 1-1 in the first game. Poised, disciplined and astute were just a few of his characteristics.

Hogan dominated a young Yellen in the early years. Yellen turned the table by developing a never-miss backhand splat and by improving his forward mobility. Hogan would hammer the lines and blast away from backcourt and Yellen would counterpunch by placing balls in the front corners. His improvement could be attributed in large part to patience and by playing a ton of soft ball squash. He played more squash than racquetball in his prime and it helped his court coverage, his anticipation, his balance and his racquet skills. Throw in incredible footwork and an intense competitive toughness and you had a champion.

Yellen was a top-four player for five years before breaking through and capturing the game's first Grand Slam. He won the Ektelon

Nationals, the Catalina National Championships and the DP Nationals all in one year. A Yellen Slam!

Yellen, always portly and "strong like bull," rarely won loads of tournaments, but in his prime he won all of the big matches. It was not uncommon to see him lose a match early in the season or look flat. Later in the season, however, was a completely different story. He saved his best strategy for the big matches and came out on top when he needed the points to reach No.1. Playing him was like walking in quicksand. You knew the outcome and it was only a matter of time.

He analyzed Swain's game and realized the only way to beat him was to fight fire with fire. He worked on his drive serve and maintained a solid edge over Swain during the Yellen glory days. Some of his most memorable battles came against Dave Peck. These two really went at each other hard. Unfortunately a freak leg injury essentially ended Peck's top-rung days.

Yellen became disenchanted with his play and the game following his five-year run as No.1. His game dropped substantially, along with his effort, during this time. However, five years later he forced himself into a re-birth, winning a couple tour stops and briefly regaining the No.1 ranking. He left the game at peace with himself.

Yellen was a very private person, but was a success both on and off the courts. He should be remembered as one of the top-four players to play professionally.

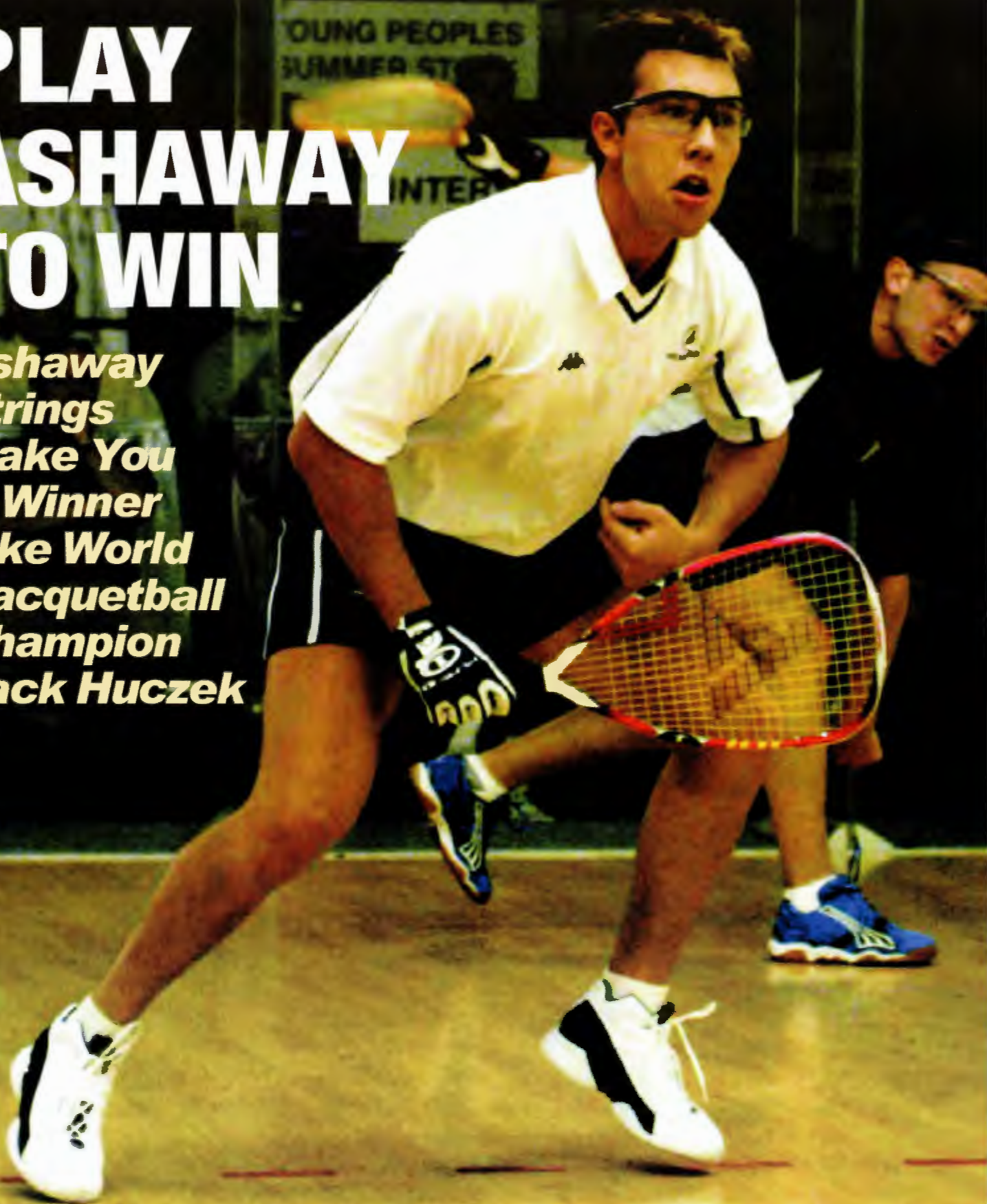


The Inside Scoop

BY MIKE CERESIA

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