



National Racquetball

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TOURNAMENT COVERAGE

- AARA Nationals
- Canadian Nationals
- WPRA Nationals

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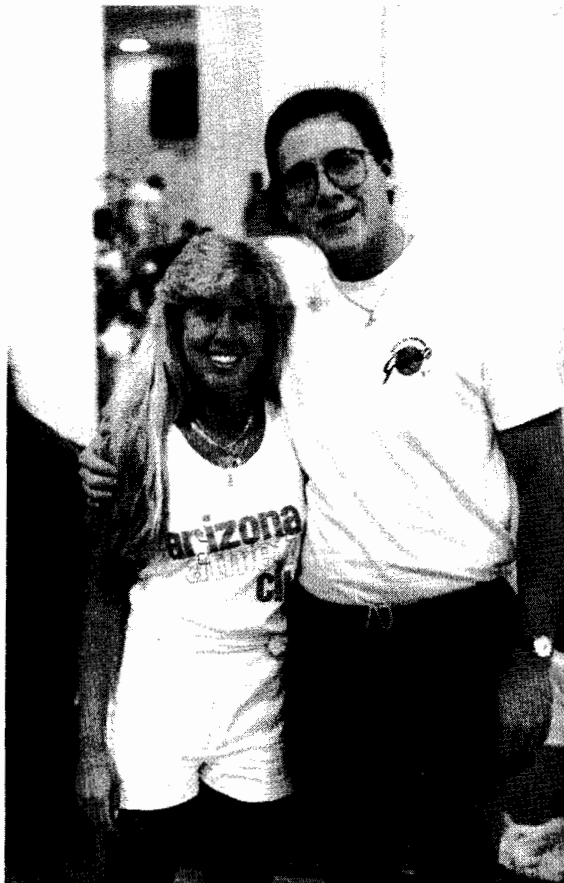
August 1988 — Volume 17, Number 8

FEATURES

- 4 An Unprecedented Number Six**
Adams Takes The National Title Again
by Cathy Seabaugh
- 6 The Canadian V-8 Senior Nationals**
Champions Defend Successfully
by Mike Ceresia
- 7 The Canadian National Champions**
by Heather Kirkwood
- 8 AARA Nationals in Houston**
Toni Bevelock Dominates — Andy Roberts
Breaks His Jinx
- 11 When Is An Amateur Not An Amateur?**
- 24 Making The Switch**
Can A Tennis Player Find Happiness In
Racquetball? by Warren Maus
- 30 Racquetball & Summer**
Playing The Outdoor Game
- 31 Outdoor Racquetball**
Making The Adjustment From Indoors
- 33 Three Myths Of Racquetball**
by Jim Winterton
- 35 The Racquetball Traveller**
You Can Find It All In Portugal
by Victor Block
- 36 Racquetball Headed For Los Angeles
County Fair**
- 45 A Family That Plays Together**
by W. C. Madden

INSTRUCTION

- 14 Ask The Playing Editors**
- 18 Hit 10 Instead of 1!**
by Fran Davis and Jim Winterton
- 18 Tips To Improve Your Game**
by Lou Fabian
- 20 How To Beat Marty Hogan**
by Marty Hogan
- 22 What's The Call?** by Michael Arnolt
- 28 Racquetball, A-Z**



FITNESS

- 16 Home Workouts - Part 3**
Working The Legs
by Dan Obremski
- 23 Nutrition Yo-Yo Syndrome**
by Marcy Lynch
- 32 Racquetball & Stress**
The Good News
by Sandra Segal

DEPARTMENTS

- 2 From The Editor...**
- 34 Penn Official Rankings**
- 38 Something New**
- 39 Letters To The Editor**
- 40 Association Roundup**
- 42 Passing Shots**

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FROM THE EDITOR

Questions

by Sigmund Brouwer

Midway through a tiebreaker match at the AARA Nationals in Houston, a fight broke out between a player and a spectator. It happened in front of a large crowd and it caused quite a stir.

There is a real temptation to ignore the incident. After all, how does it benefit racquetball to receive negative press coverage? On the other hand, can we afford to bury our heads in the sand and pretend things like this don't happen in our sport?

Contain the news? Perhaps less than one hundred people actually saw the fight, but every player and spectator certainly heard about it within a very short time. Over a thousand people left Houston with a miserable story to tell their friends, and you can be sure they did tell.

Both the players, who had an excellent chance of becoming U.S. National Team members, were suspended. Egan Inoue, ranking fifth on the Men's Professional Tour, stood a good chance of winning the AARA Nationals and the World Championships, and Enson Inoue would have secured a place on the National Team with a semifinal win. So, not only did the suspended players lose, but the U.S. Team lost as well.

According to eye witnesses and the AARA, this is what took place: In front of a voluble pro-Florida crowd, Hawaii's Enson Inoue and Florida's James Lorello reached 7-7 in their open level tiebreaker match. After diving and finishing a rally, Enson requested and received a time out. He then requested an injury time out, indicating elbow pain.

Lorello's long-time coach, Jeff Leon, was among the spectators in the balcony who voiced disapproval to the referee. Enson overheard the remarks and challenged the coach directly. The coach answered in turn. Then Egan Inoue became involved and went upstairs to confront him.

Throughout the match Lorello's points brought loud cheers from the crowd and Enson's mistakes also brought cheers for Lorello. In fact, at one point Egan left the area because he was so disturbed by the crowd's behavior.

According to Jeff Leon, there were refereeing problems during the match. The

first ref, certified by the AARA, was replaced at the request of both players. The second ref, who was uncertified, apparently showed some confusion on calls.

All these factors resulted in an explosive situation, and when Egan Inoue confronted Jeff Leon and a scuffle ensued, Enson left the court and went to help his brother.

There is no excuse for what happened. Racquetball is supposed to be a sport, and its participants are supposed to be sportsmen. What happened in this event certainly did not exhibit the sport in a good light. Uncontrolled players and hostile crowds do not present a very positive picture for the uninvolved spectator.

The incident raises many questions. What are spectators' rights? As a positive factor, the involvement of the spectators can be exhilarating for players. Do they however, have the right to exert such a negative influence? Without the pro-Lorello crowd and the intense emotions already present in this high stakes match, would the situation have exploded as it did?

What about the referee? Whose responsibility is it to ensure that good refereeing is available? Should the referee be responsible for controlling the spectators as well as the game?

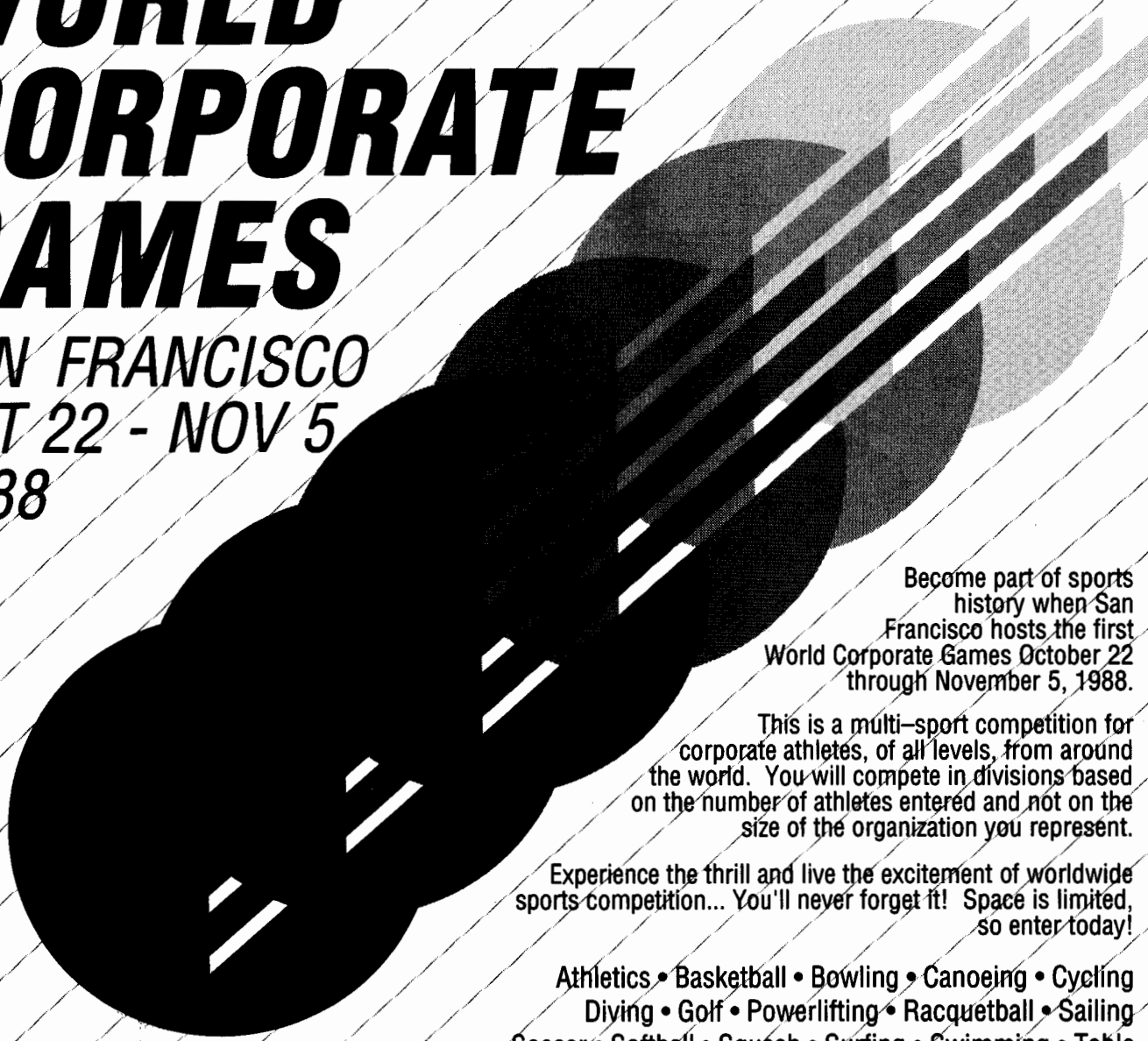
These questions need answers and as this was the AARA Nationals they need to be answered by the AARA. At this point, they are still deciding if further action will be taken against the people involved in the fight. But even more important, let's hope that they are considering ways of preventing this situation from occurring in future tournaments.

This fight simply highlights one of the problems with racquetball today. The lack of self discipline shown by players at both the amateur and pro level is shameful. It isn't alright to use foul language on the court and it isn't alright to use any means available in order to win. It is particularly inappropriate to become physically abusive.

The AARA was right to suspend Egan and Enson. It should also reprimand the spectators involved just as severely. Let's keep the "sport" in the sport. O

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AN UNPRECEDENTED NUMBER SIX

Adams Takes The National Title Again

by Cathy Seabaugh

Call the WPRNA National Championships a high stake poker game. After all the cards had been drawn and played, the aces remained — Lynn Adams and Caryn McKinney. Both knew what to expect. There was no chance for bluff as they squared off once again in this on-going rivalry of champions.

Both had survived challenges from the best on the tour at the ninth annual Women's Professional Racquetball Association national tournament in the Riverbend Athletic Club in Fort Worth, TX from June 9-12. Their march to the finals was a replay of last year, where Adams took McKinney in a tough tiebreaker.

This year, tiebreaker was out of the question. Lynn Adams earned an unparalleled sixth national title as she played immaculately to defeat Caryn McKinney 11-0, 11-3, 11-6.

"The way this tournament turned out was what I had dreamed," Adams said, "but more than I expected."

With a racquetball resume like hers, raking in another national title may seem like a safe bet. Not this year. Following a loss in the semifinals of a December tournament in Costa Mesa, Adams sat out the next stop in Philadelphia. She spent her Christmas holidays undergoing testing for multiple sclerosis and related disorders.

Tingling in her hands and feet, similar to the sensation after bumping the "funny bone", eventually turned to a numbness that spread to other parts of her body. During the next four months, Adams changed her racquetball lifestyle by leaving the racquetball tour. She refused to quit easily, however.

"I had decided that no matter how my body was, I was going to play the last three tournaments of the season," she said. "I had three reasons. First, I wanted to finish the season. Secondly, I wanted to see what I could do mentally, despite the physical disadvantage. Third, I didn't know if I could play again and didn't want to just stop at that moment. Altogether, it was a challenge for me."

Test results in January showed that Adams did not have multiple sclerosis. What they did prove was that part of her myelin sheath, which protects the nerves along the spine, has deteriorated. Her exposed nerves are vulnerable to the pounding and type of rigor forced upon it by racquetball. Her only remedy is to take it easy, to avoid stress and vigorous workouts.

So, despite her victory in Fort Worth, she still faces a challenge when she plays on the tour.

McKinney found out immediately the manner in which Adams is dealing with the challenge. Adams opened the match with six unanswered points. McKinney called her first timeout.

"My timeouts mostly were to stop her momentum and

give me a moment to relax and get my head together," McKinney said.

The play was temporarily successful. Adams skipped a shot in the next rally to give McKinney her first chance at serving in the finals. Adams regained the serve almost immediately and scored three more points. McKinney took another timeout, but to no avail. Adams won 11-0.

"I was trying to be aggressive when I had the opportunity," McKinney said. "I couldn't get into a real rhythm with my serves. Serving is a big part of my game."

"Lynn felt like she was playing perfect racquetball the first game," McKinney said during the awards ceremony. "I know she was! I got a clinic first-hand."

Although McKinney started the serving in game two, the advantage didn't last long. She skipped a ball to put Adams into the serving box, then promptly skipped another. McKinney failed to take advantage of the few chances she had, and Adams was on top of every shot. At 5-0, McKinney took a timeout, but dropped another point. Once again, Adams had built a 6-0 lead.



Lynn Adams accepts the silver winner's cup.



Lynn Adams versus Marci Drexler in the semifinals.

A scramble rally followed and McKinney barely reached the last shot with the end of her racquet. Adams dove for the return but missed. It gave McKinney enough encouragement to score two more precious points, her first two of the match.

At 8-2, Adams' favor, McKinney appealed a double bounce and won the appeal to earn a side out. She scored again, then lost an appeal on what appeared to be a perfect ace. The score stayed at 8-3, and Adams only permitted her opponent one more serving chance for winning game two with an 11-3 score.

While the defending national champion was leading two games to none, McKinney still felt she could beat Adams, just as she has twice before — once at a pro stop in Pennsylvania and once in a non-pro tournament.

The odds, however, were in Adams' favor, considering she has lost only one match this year, and only two during the past three years. One cannot argue with her 14 national titles in various events, and her overall dominance during the past four years.

Instead of McKinney making a comeback, it was déjà vu in game three. For the third time, Adams built a 6-0 lead. McKinney took a timeout, but Adams paced the court to keep her adrenaline flowing.

When the serve changed hands for only the ninth point of the match, McKinney finally dominated a rally. At 6-2 the match took on a different demeanor. Both players showed great racquet control. The rallies became longer, the backhands on target, and the forehands full of zest. Adams pulled out the next two points, forcing McKinney to use her final timeout, trailing 8-2.

There is a good reason, however, why McKinney is ranked second on the women's circuit and she proved why two points later.

After earning the serve, with Adams sitting at match point, McKinney served, then followed with a down-the-line Adams could not handle. She then blasted a backhand down the other side for another point. McKinney topped her run with another backhand, pinching the front left



Carolyn McKinney and Molly O'Brien in action on the court.

corner of the court.

The gap had narrowed to 10-5. Adams called her first timeout of the match. McKinney made one more point before Adams earned back her serve with a weak pinch to the right corner, then scored her final point with an ace.

Outside the finals court, fans waited for both players' autographs. "Could I have your autograph, Ms. McKinney?" a young boy asked as Carolyn stepped out of the court. She was still a winner in his book.

"I felt pretty good going in there," McKinney said. "The long day before (five and a half hours of competitive racquetball) had some bearing. I think mostly Adams just played great."

"In the second and third games, when I did get an opportunity to be aggressive, I didn't execute. Midway through the third game I started to relax. At 10-3, I finally felt smooth and comfortable with everything, but it was a little too late."

"I wish I could have given you a better match,"

McKinney said, smiling and directing her words to the fans. At the awards ceremony afterwards McKinney said, "I hope you got an hour's worth. I tried stretching it out."

Adams graciously accepted the silver winner's cup. She gave special thanks to McKinney, "the person who took the time to make the phone calls and write the notes" which meant so much to her during

her difficult time earlier in the season.

Preliminary Rounds

In the quarter finals, McKinney suppressed surprise player Susie Contu, (a Dallas open regular who visited the pro tour back in 1980), in four games, 4-11, 11-2, 11-4, 11-6. Adams shutdown Toni Bevelock in four games as well, 11-8, 11-6, 9-11 and 11-7. Bevelock, the U.S. amateur champion, will represent the United States at the World Championships in Germany this summer.

Molly O'Brien and Marci Drexler, ranked fourth and fifth respectively, battled through four games before Drexler conquered the match, 11-9, 1-11, 11-8, 11-1, to advance to the semifinals against Adams.

"Marci just covers the court so well," O'Brien said. "You have to really serve well against her and I don't have a super serve to use. I can work with her tempo, though, but in the last game I didn't get to serve often enough to do that."

Kaye Kuhfeld, who has reached the semifinals of every pro stop this season, eliminated Jackie Paraiso 11-0, 10-11, 11-1 and 11-3. Kuhfeld's win put her in a position too familiar to her this year — it marked the third time she and McKinney faced each other in the semifinals. McKinney advanced, leaving Kuhfeld behind in scores of 10-11, 11-9, 11-4 and 11-1.

Adams spent little time, though great effort, cracking down on Drexler in games of 11-4, 11-2 and 11-3.

"If there's any tournament that's a good one to beat me, it's this one," Adams said before the finals match. "I put a lot more pressure on myself here. I feel like I'm the best player and I'm supposed to win this one. To not have the title to go along with being number one isn't good enough." ○



Carolyn McKinney thanks the crowd.

THE CANADIAN V-8 SENIOR NATIONALS

Champions Defend Successfully

by Mike Ceresia

Unlike last year, when Canadian racquetball players faced a snowstorm during their May national championships, the 1988 event was almost a tropical holiday. Over 550 entrants made it to balmy Vancouver Island on the west coast of Canada to play the V-8 Senior Nationals in Victoria, B.C.

There were a lot of questions to be answered at this tournament. Could Heather Stupp repeat as the women's champion? Could Sherman Greenfeld make it three in a row as men's champion? Who would make the Canadian National team?

The men's open draw was tough as usual. Evidence of this came in the quarter finals, when two of the top four seeds lost. Ontario's Ross Harvey, former World Games champion, was matched against Martin Mercier of Quebec. Mercier possesses quick hands as well as tremendous reach. Using impressive backhand splats and taking advantage of Harvey errors, he eliminated the third seed in four games.

The following match featured Roger Harripersad, number two seed and ranked 16th on the RMA men's professional tour. His opponent was Simon Roy of Quebec, a 19-year-old who recently sent shock waves through the upper echelon of Canadian racquetball with a tournament win over U.S. pro Cliff Swain. It would be Harripersad's silk-smooth backhand versus Roy's unflappable shooting game.

Harripersad led 2-1 in games, and 8-5 in points during the fourth when Simon turned the tide. A crack ace, three backhand kills and a Harripersad skip made it 11-9 and set up a tiebreaker game. In this thriller, Roger held a 9-7 lead and extended it to 10-7 after a controversial call — Simon half swung on a shot, requesting a hinder, but did not get it. This fired Simon up, and he inched back to 10-10. Twice both players served at match point, and Harripersad cracked first; he skipped a backhand to give Roy the victory.

On the top half of the draw, both seeds advanced routinely. Manitoba's Sherman Greenfeld, the top seed, eased his way to the semifinals without dropping a single game. The fourth seed, Mike Ceresia, only went to one four-game match, against Greg Booker, on his way to the semifinals.

In the first semifinal match, Simon Roy

was more consistent than Martin Mercier as he won the battle in four games. The other semifinal, promised to be an exciting grudge match — Mike Ceresia had recently beaten Sherman Greenfeld in a major tournament to threaten his Canadian dominance.

Greenfeld did not allow that result to be repeated. Ceresia lost two quick games as he adjusted to Greenfeld's deceptive backhand serve. In the third game, the patient Ceresia finally started to pressure Greenfeld and reached a 10-9 lead. From there however, he skipped once and that was the only mistake Greenfeld needed to

with Heather Stupp.

The toughest match took place between close friends, rivals and doubles partners Carol McFetridge and Sue McTaggart as they met in the quarter finals. McFetridge is the picture of tenacity, and McTaggart features consistent strokes and iron concentration. In this match, Carol advanced to the semifinals as she served well and did not let Sue get untracked.

In the semi's, Heather Stupp played Nadia Verilli. Stupp possesses a strong serve and forehand and has a wealth of world-class experience. These attributes were too much for Verilli as Stupp advanced to the final.

The McFetridge/Devine match pitted two top Canadian players who have competed against each other many times. During this match, Devine used her strong shotmaking abilities from deep court to neutralize McFetridge's aggressiveness, allowing her to make the finals for the first time in her career. Stupp appeared a little nervous during her match against Devine, then relaxed visibly at the end of the first game. Losing 9-10, Stupp rolled a ball to perfection, then watched in surprise in the next rally as Devine uncharacteristically skipped a backhand. With the first game jitters behind her, Stupp won the next two to give her a third Canadian title. Carol McFetridge defeated Nadia Verilli for third place.

In the men's doubles, five teams all had a good chance of winning the tournament. Matches were close, especially in the semifinals. Defending champions Paul Shanks and Warren Hart needed four games to edge past Martin Mercier and Jacques Demers. On the other side of the draw, Roger Harripersad and Mike Ceresia, combining for the first time, played the experienced team of Simon Roy and Martin Gervais. This match was the last one on Friday evening and drew a huge crowd. Spectator expectations were confirmed as the match went into a tiebreaker, despite a two game (11-10, 11-2) lead for Roy and Gervais. Harripersad hit a hot streak, nailing roll outs from all angles, and along with Ceresia's steady passing game they won the tiebreaker 11-7.

The finals became anticlimactic. Harripersad — as white hot as he had been in the semifinals — and Ceresia took an early lead against Shanks and Hart. One shot

The Canadian National Team

Following the V-8 Senior Nationals, here are the members of the Canadian National Team. Their first international competition will take place in Hamburg, early August.

Men's Team

Mike Ceresia
Sherman Greenfeld
Roger Harripersad
Paul Shanks
Simon Roy

Women's Team

Lisa Devine
Josée Grandmaitre
Carol McFetridge
Heather Stupp
Nadia Verilli

close out the match. That made it the fifth straight year Greenfeld has reached the finals of the Canadian Nationals.

In this finals, the place where Greenfeld seems to play best, the match was decided in the first game. Simon Roy jumped to a 8-2 lead, blasting with his usual aggressive shooting game. From there, Greenfeld took his stand. He covers the court as well as anybody in the game, and proved it as he scraped back to win 11-9 and demoralize the younger Roy. Greenfeld quickly won the next two games to win the title for his third straight year. Ceresia defeated Mercier in four games to take third place.

The women's open draw went much as expected. Heather Stupp, the number one seed, and Lisa Devine, the number two seed, both reached the semifinals without difficulty. Nadia Verilli of Quebec, a top junior player who recently recovered from a thumb injury, upset fifth seed Cathy Nichols and fourth seed Debbie Ward on her way to the semifinals and a meeting

typified the Harriersad performance. Shanks had a set up near the left wall and Harriersad began diving in anticipation of a down-the-line pass. Shanks pinched the ball instead, and somehow Harriersad managed to change direction and fling his racquet at the ball. The desperate get became a point as the ball actually rolled from the front wall. Ceresia was consistently good, using splat shots to compliment down-the-lines. The match ended in three straight games and Roger Harriersad and Mike Ceresia were the new doubles champions.

The women's doubles finished predictably with Heather Stupp and Lisa Devine dominating Nadia Verilli and Josee Grandmaitre in straight games in their finals match.

Next year's Canadian Nationals will be held in Toronto, Ontario. ○

Results

SINGLES - Men's A: 1-Sherman Greenfield (Man.); 2-Simon Roy (QC); 3-Mike Ceresia (Ont.); Cons.-Robert Pratt (Alta.); **Men's B:** 1-Bill Shepley (Alta.); 2-Guy Desjardins (AC); 3-Corey Osborne (Ont.); Cons.-David Fauth (Sask.); **Men's C:** 1-James Fry (Alta.); 2-Randy VanAchte (Man.); 3-Michel Tardif (QC); Cons.-Gerald Frederick (Alta.); **Men's D:** 1-Bill Hardman (NS); 2-Cameron Potts (Man.); 3-Reg Atkins (NS); Cons.-Bruce Robinson (Sask.); **Men's Veteran 30+:** 1-Stacey Merritt (Ont.); 2-John Kubasek (BC); 3-Graham Tamaki (Sask.); Cons.-Kevin Carson (NB); **Men's Senior A 35+:** 1-Cliff Hendrickson (Alta.); 2-Al Doucet (BC); 3-Rick Mattson; Cons.-Bill Waddell (Alta.); **Men's Senior C 35+:** 1-Eric Easton (Nfld.); 2-Frank Hutnik (Alta.); 3-Bill O'Brien (Ont.); Cons.-Larry Beznouchuk (BC); **Men's Veteran Senior 40+:** 1-Wes Hadikin (Man.); 2-Tim Teer (BC); 3-Ron Maida (NS); Cons.-Tom Agrey (BC); **Men's Master 45+:** 1-Bruce Stocks (BC); 2-Lefty Hendrickson (Man.); 3-Mel Beatty (Man.); Cons.-Dave Davidson; **Men's Veteran Master 50+:** 1-Ray Hunt (BC); 2-Al Holley (BC); 3-Jack McBride (BC); Cons.-Tom Marshall (Man.); **Men's Golden Master 55+:** 1-Duinc Stockwell (BC); 2-Fred Briscoe (Alta.); 3-Phil Swartz (BC); **Men's Senior Golden Master 60+:** 1-Ross Stevenson (Ont.); 2-Ross Filippone (BC); **Women's A:** 1-Heather Stupp (QC); 2-Lisa Devine (PEI); 3-Nadia Verilli (QC); **Women's B:** 1-Sue Tompkins (BC); 2-Shelley Erbach (Sask.); 3-Cheryl Irving; Cons.-Noelie Drosdowech (Man.); **Women's C:** 1-Diana Hambley (BC); 2-Sara Sirey (Alta.); 3-Nathalie Dreorne (QC); Cons.-Karen Dickson (BC); **Women's D:** 1-Jan Cruise (Man.); 2-Kelly Hughes (BC); 3-Bonnie Kullman (Sask.); Cons.-Mary Starr (Alta.); **Women's Veteran 30+:** 1-Lynne Timms (BC); 2-Diane Lynn (BC); 3-Betty Evans (Alta.); **Women's Senior 35+:** 1-Taffy Savard (BC); 2-Diane Jorgenson (Alta.); 3-Karen Crawford (Alta.); Cons.-Susan Beattie (Man.); **Women's Senior Veteran 40+:** 1-Joan Harriersad (Alta.); 2-Jackie Parker (BC); 3-Dorothy Bast (Alta.); Cons.-Shirley Wass (BC); **Women's Master 45+:** 1-Lindsay Robinson (Alta.); 2-Marion McBride (BC); **DOUBLES - Men's A:** 1-Mike Ceresia/Roger Harriersad; 2-Warren Hart/Paul Shanks; 3-Martin Gervais/Simon Roy; Cons.-Andy Fitzpatrick/Stacey Merritt; **Men's B/C:** 1-David Dubyk/Percy Murray; 2-Jeremy Bokitch/Mark VanHees; 3-Richard Larivee/Denis Pettipas; Cons.-Dennis Kaltenbruner/Dean Zaruske; **Men's Senior:** 1-Cliff Hendrickson/Bill Waddell; 2-Wes Hadikin/Ron Pawlowski; 3-Rene Sylvestre/Michel Gagnon; Cons.-Rainer Lucas/David Hinton; **Men's Master:** 1-Mel Brown/Allan Holley; 2-Ron Hughes/Jack McBride; 3-Duinc Stockwell/Ian McKenzie; Cons.-Peter Lim/Ron Konings; **Women's A:** 1-Heather Stupp/Lisa Devine; 2-Josee Grandmaitre/Nadia Verilli; 3-Monique Parent/Suzanne Robert; Cons.-Vicki Brown/Jill Borado; **Women's B/C:** 1-Pamela Botterill/Dawn Marie Calder; 2-Jill Fader/Karen McDonald; 3-Cheryl Irving/Susan Dale; Cons.-Tammi Vincent/Andrea Hynes; **Mixed B/C:** 1-Dixie Jorgensen/Steve Aiken; 2-Aria Horn/Paula Horn; 3-Mark Ayer/Kathleen McKerihen; Cons.-Tina Denton/Rick Shmon; **Wheelchair A:** 1-Mark Cormack (BC); 2-Jake Smelli (Man.); **Wheelchair B:** 1-Ken Michaylenko (BC); 2-Scott Heron (BC); 3-Doug Stanishsky (Ont.); Cons.-Dennis Kloppenburg (Ont.)

The Canadian National Champions

by Heather Kirkwood

Heather Stupp

Canada's best female player today is undoubtedly 24-year-old Heather Stupp from Montreal, Quebec. The only Canadian ever to beat Heather McKay (at the 1981 DBD International Racquetball Classic), Stupp began playing racquetball at age 12, dropping her primary sport, tennis, after deciding her first racquetball trophy was "nicer" than anything she'd won in tennis.

Stupp initially competed mainly against boys, since tournaments seldom ran junior girls divisions. In fact, just before her 15th birthday, she won the Quebec Provincial championships in two categories — Women's Open and Boys-Under-18!

A power hitter despite her size, Stupp has been ranked among Canada's top five women players since age 15. She was a perennial National finalist against McKay — from 1980 to 1985 — winning in 1981, when McKay couldn't compete because of WPRA commitments. She has also picked up eight Open Doubles titles. Last year she captured her second championship in straight games against second-ranked Carol Dupuy.

Although Stupp has never competed seriously on the WPRA circuit because of school work, the one season she played regularly, she performed well enough to be ranked seventh overall.

A Canadian Racquetball Team member since 1986, Stupp placed second in singles and team competitions at the 1987 Pan American championships, and will be Canada's number one player at the 1988 World Championships in Hamburg, West Germany this month.

Currently, Stupp is articling as a Chartered Accountant and plans to obtain a law degree. However, despite her continuing educational commitment, she "makes time" to play racquetball at least four times weekly. ○

Sherman Greenfield

Canada's top-ranked male player is Manitoba's Sherman Greenfield, 25. Initially coached by a former Canadian champion, Wes Hadikin, Greenfield's talent, reinforced by a strong squash background, was apparent almost from the day he started playing racquetball at age 14. Two years later he earned a silver medal at the Canada Winter Games, then went on to win the 1980 Canadian Junior Championship.

Moving up to challenge the top Open men, Greenfield placed third at the 1982 Nationals. After being injured in 1983, he regained his form well enough to make the 1985 finals, where he lost a close match to Roger Harriersad.

Greenfield played the Canadian Professional Racquetball Organization circuit during the 1985/86 season, finishing first place overall. He finally won his first national amateur title

in 1986, then repeated his victory in 1987. These performances also earned him two special awards — Manitoba Athlete of the Month (1987) and Jewish Male Athlete of the Year for 1986-1987.

Selected for Canada's National Racquetball Team to the 1987 Pan American Championships, Greenfield

placed second at his first international competition for Canada and will probably be the number one player at this year's World Championships.

Known for his control and strong shot-making, Greenfield is a very athletic competitor who used to bounce off glass court walls — literally-taking advantage of the springiness. However, since he cannoned into a glass back wall at a CPRO event and shattered the entire structure, leaving him unhurt but unnerved, he may be more cautious now. Glass walls aside, Greenfield will be a tough competitor at the World Championships. ○



Heather Stupp



Sherman Greenfield

NATIONALS IN HOUSTON!

Toni Bevelock dominates — Andy Roberts breaks his jinx

by staff writer



Andy Roberts held a secret weapon in check through six rounds of racquetball during the Ektelon/AARA National Championship in Houston. He waited until the seventh round, the men's open final, to reveal it and open fire.

Did it work? He destroyed runner-up Jim Cascio in an incredibly short match which lasted only 24 minutes. Roberts lost service only seven times in two games, with scoring streaks of nine points in the first game and 13 points in the second. Yes, it had been a secret worth guarding — the final match score was 15-2, 15-2.

The secret was his second serve. Not until the finals did Roberts show anybody he had practiced long and hard the month before to give himself the confidence to hit nothing but drive serves — first attempt or second.

Against Cascio, if the first serve did not work, the second serve did. Out of an amazing 11 aces over 30 points, four were second serves at 140mph. Roberts scored another five points on weak returns resulting from his second serve. Then again, Roberts wanted the championship badly — he had been runner-up during the two previous years, last year to Cascio.

"I expected him to play well, but I didn't expect him to play that well," said Cascio after the match. "That's much better than I've ever seen him play. He was playing to perfection."

Toni Bevelock did almost the same going through the women's open draw, and for almost the same reason — practice. Bevelock moved to Phoenix, AZ from her home state of Pennsylvania in February, specifically to work full-time on her game with a trainer.

Bevelock's unerring pinch shots into the front right corner, and her quickness on the court gave her the national title in straight games

THE CHAMPS

over Michelle Gilman of Oregon.

"The biggest improvement to my game has been concentration," said Bevelock. "I played the entire match as if it was 0-0 and I tried not to worry about anything except hitting the ball."

The tournament, which drew over 1100 entries from 650 players (many played in two events), was held at the downtown YMCA in Houston. It began at 8:00 a.m. on Thursday morning, May 26 and continued to the finals matches on Monday afternoon. The event had 29 divisions, including two wheelchair divisions and one for NFL football players.

Among the amateur players was the legendary Davey Bledsoe, playing again after a five-year retirement from the professional game. Bledsoe made a name for himself as one of the fastest retrievers ever to play the game. In 1977, he assured himself racquetball immortality by winning the national championship with a 21-20, 21-19 victory over Marty Hogan, who had won nine straight professional tournaments to that point.

The stakes were high in the open divisions; the semifinalists in both the men's and women's open events would become members of the U.S. National team, a reward which guaranteed every match was played like a finals match.

The women's open draw held 64 play-

ers, representing the country's top amateur talent; three of the top four seeds there advanced to the semifinals. The men's open draw had a staggering 128 entries; to reach the finals meant winning six rounds of play. The second round of the men's open (still containing 64 players) read like the who's who of American racquetball. Incredibly, the four top seeds all advanced to the quarter finals, despite the depth of the competition; three of the four top seeds made it to the semifinal round as well.

The accuracy of the seeding was helped in part by Egan Inoue's early disqualification. There had been questions raised early in the tournament about Inoue's placement in the men's open draw. Inoue was seeded fifth, despite his previous world championship and current ranking as the fourth best player on the men's professional tour. Some spectators wanted to know why he was seeded so low, others wanted to know why he was allowed to play in the tournament at all.

Two days later, those questions did not matter. Egan and his brother, Enson, were on a plane back to Hawaii, following a scuffle with spectators during Enson's round of 32 match with James Lorello of Memphis, TN.

After diving for a ball during the tiebreaker, Enson requested an injury timeout. According to eye witnesses, a

spectator challenged Enson's right to the timeout. Enson responded directly, and after some argument, brother Egan confronted the spectator, leading to a scuffle in the stands. Enson then left the court to join his brother.

After interviewing about 20 people, AARA officials suspended both Inoue brothers from the tournament and reprimanded the spectator. According to Jim Hiser, vice-president of the AARA, the association's board of directors will meet to determine if there will be further action against any or all three of the parties.

Another rare incident led to the replay of an entire tiebreaker game — six hours after the match had been decided the first time. Jeff Evans, an Oregon player and Drew Katchik of Texas, had reached 8-8 during a round of 32 tiebreaker in the men's open event. Evans hit a pinch shot which bounced twice just before Katchik made a return. Katchik called it down, as did the referee. However, Evans hit the next shot anyway and the ball broke. What call?

It was a difficult decision, but the referee ruled a replay. When Evans requested an official ruling from the tournament director, he was instructed to continue playing, but under protest. Evans lost the next three points, appealed to the tournament

(continued on page 12)

When is an amateur not an amateur?

A quick glance at the draw sheet showed that many players entered in the AARA "amateur" nationals also have professional rankings. The most obvious was Egan Inoue — ranked fourth on the RMA tour — who won the last regular RMA men's professional tour event and lost in the finals of the RMA Nationals.

Dan Obrebski, 12th on the RMA tour, is a member of the U.S. National Team. Andy Roberts and Jim Cascio are both ranked in the RMA's top 25 — Roberts had a semifinal finish in the Dallas pro stop only two months before the Houston tournament.

The women's side of the draw is no different. Kaye Kuhfeld, tied for second on the WPRA tour, was eligible to play, even though she chose not to enter. Toni Bevelock, the winner of the tournament, is ranked 10th on the tour. Cindy Doyle and Dottie Fischl are ranked ninth and 14th respectively; both had key roles in the draw.

So why can they play at an amateur event?

According to Mike Arnolt, former rules commissioner for the AARA, the international federation of each sport establishes

guidelines to determine exactly the difference between amateur and professional player. In racquetball's situation, this governing body is the International Amateur Racquetball Federation.

The federation has dictated that racquetball players, to retain amateur status, must put all prize money won from professional events into a interest-generating trust fund, normally one handled by the AARA. Players are entitled to withdraw expense money for virtually anything related to racquetball, from training and equipment expenses to travelling and lodging expenses.

"'Amateur' distinguishes the beginning levels of the sport," Arnolt says. "Despite that, the top amateurs in many sports often equal the level of the professionals."

A loophole which allows many amateur players to make and keep money is in the definition of a "professional" event. Currently, the I.A.R.F. lets the AARA determine the events classified as professional. Only RMA and WPRA events are considered professional events. This means players who win money (sometimes up to \$1,000) at local or statewide pro/am events, are

not considered to have won money professionally.

Arnolt points out that this is not as unfair as it seems on the surface. "There is a similar procedure in most other sports. Most Olympic sports allow players to compete as professionals as long as they follow the specific federation guidelines. Some skiers eligible to compete in the Olympics make over half a million dollars per year. Carl Lewis, in track and field for example, makes a lot of money at what he does, yet is still considered an amateur."

Arnolt also explains why Egan Inoue, the 1986 World Champion and ranked fourth among the best professional players, was seeded fifth going into the tournament. "In the National's draw, we give the top seeded positions to the players who reached the semifinals of that event last year. Then we consider the regional champions, then the national rankings. After that, we use common sense.

"In Egan's case, he did not win a regional championship because Hawaii [his home state] and Alaska don't have regional qualifiers. We also had to consider that last year he lost in the quarter finals."

AARA Nationals

(continued from page 11)

directors and won the appeal. They determined it should have been an Evans point, and he should have been allowed an official ruling at the time. Tournament officials had no choice but to schedule another tiebreaker. Ironically, the score once again reached 8-8, and once again, Evans lost 11-8.

That set Katchik up for a round of 16 match against the number two seed, Andy Roberts. Katchik won the first game, taking advantage of tentative play by Roberts. At 10-10 in the second game, it appeared Roberts was going to lose. He had given up a five-point lead, and in the process broken the strings in three racquets.

In giving Katchik the 11th point, Roberts miss-hit a backhand so badly that he broke his graphite racquet, his fourth racquet of the match, across his right shin. That left him with no more racquets. It took a spectator's racquet, fortunately an identical model, for Roberts to continue without resorting to using broken strings.

Roberts won the second game and jumped to a 9-0 lead in the tiebreaker. Roberts then promptly lost the next nine points, before barely managing to salvage victory, 11-9.

The other three top seeds in the men's event had a much easier time in the round of 16. Top seed Jim Cascio defeated Dan Llarcera 15-13 after winning a rule decision by tournament officials at 13-13 the first game, then won 15-10. California's Bill Sell, seeded fourth, won two straight games over Florida's Charlie Nichols. Lance Gilliam defeated Tim Doyle, a favorite in the 18 and under event at the upcoming AARA Junior National Championships. The easiest victory to reach the quarter finals belonged to Chicago's Tim Sweeney, who had been slated to play Egan Inoue. Sweeney's win by forfeit matched him against Bill Sell.

In the quarter finals, Sweeney then proved he needed no more gifts by beating fourth seed Bill Sell. Top seed Cascio narrowly defeated Ohio's Doug Ganim; Ganim made tremendous seven-point comebacks to reach 14-14 in the first game and 13-14 in the second, only to lose both.

Third seed Lance Gilliam defeated James Lorella, a recent runner-up in the division one intercollegiate championships, in their quarter final match, and Andy Roberts blazed past New Jersey player Joe Cline. (Cline only scored six points over two games. Much to the crowds delight, one of those points occurred with a sneak play tactic; as the score was called, Cline grinned and quick-gunned a serve as Roberts was turning to face the front wall.)

The semifinals paired Jim Cascio against Tim Sweeney and Andy Roberts against Lance Gilliam. Defensively, Cascio relies on his height (6'2") and speed to reach nearly any shot on the court. He has quick hands and is capable of hitting superb defensive ceiling balls from even the most awkward positions on the court. Sweeney, on the other hand, is much shorter and relies on his ability to dive to make impossible retrieves.

Offensively, Cascio uses a mix of passes and kills, usually selecting the most easily made shot, and rarely skips the ball. Sweeney plays go for broke; when he is hot, he is untouchable.

That is the way the match went. Sweeney jumped to a 12-1 lead on a blasting mixture of drive serves and rollouts from every angle on the court. Cascio managed to slow the pace a little, and came back as close as 13-9; Sweeney finally scored another point, then iced the match by leaving the ground to hit an overhead rollout from deep in the court.

In the second game, Cascio took advantage of Sweeney's relative inexperience (Sweeney is 20 years old) and hit soft shots, forcing him to make shots from chest high. The Sweeney power roll stalled, and Cascio ground out a 15-3 win.

In the tiebreaker, Cascio continued the same game style, forcing Sweeney errors to reach an 8-2 lead. Sweeney had two choices — become more conservative or abandon any semblance of safety and shoot for glory. He chose the glory route. Hitting aces to Cascio's forehand and making kill shots from dangerously low-percentage areas, Sweeney tied the match at eight. Cascio, last year's national champion, could only hope Sweeney would start missing again.

When Sweeney skipped the next shot, Cascio went to a soft drive serve and cracked out an ace on the forehand side. After scoring on another Sweeney skip, Cascio served for match point, trying another soft drive serve, this time to the backhand side. This one, too, cracked out and put Cascio into the finals.

The Roberts/Gilliam semifinal did not have the contrast in styles shown by the other semifinalists. Both well over six feet tall and heavily built, Andy Roberts and Lance Gilliam equal each other in size and ferocity. Both prefer a crunching straight-in pass game from deep court, hitting pinch shots from front court with short-hop kills.

In game one, Gilliam opened with six straight points, helped in part by three Roberts' miscues for skip balls. Roberts got as close as 5-8 before Gilliam went on another scoring tear for six more straight points. Gilliam won the first game 15-8;

seven of those points had been skips by Roberts.

With obvious resolve and a new level of intensity, Roberts entered the court for game two and jumped to a 9-2 lead before losing his concentration. Gilliam took advantage of the lapse to make it a 13-9 game in Roberts' favor. Gilliam was diving frequently, leaving sweat in patches on the court and when Roberts moved forward for an easy set-up at 13-9, he slipped and fell.

After a ruling by tournament directors, Roberts was not given a replay. That made the score 13-10. Worse for Roberts, the next point was called against him as an avoidable hinder. Now at 11-13, threatening to extend his comeback, Gilliam himself hit a wet spot and slipped to lose the rally. Roberts came back with a crack ace and a backhand rollout to win the game. In the tiebreaker, it was Gilliam skipping easy set-ups, and Roberts won 11-5 to reach the finals for the third year in a row.

There, in the 24-minute time span, Roberts revenged his previous year's loss to Jim Cascio, helped by the devastating second serve he had kept under wraps until that match.

"The serve was definitely the key to the match," said Roberts. "Cascio is great at returning slower second-serves so I wanted to keep the pressure on with drive serves. I was going to win or lose with an all-out attack."

"At a tournament like this, the guys are watching what you do, looking for an extra edge. I just decided before the tournament began that I was going to keep my second serve a secret as long as possible."

In the women's open event, the first of the top four seeds to go was Dottie Fischl, an occurrence which even she had expected. Six weeks prior to the tournament, she had broken her ankle on the court by twisting it so abruptly that her shoe ripped down the back. To maintain flexibility as the ankle healed, she had not used a cast. Playing at this tournament was a way for her to test it as she prepared for the WPRA Nationals to be held two weeks later.

The player who knocked Fischl out of the tournament, Lisa Anthony went on to defeat another favorite, Sue Morgan, before losing in the semifinals to Toni Bevelock. In that match, Bevelock won two straight, but not easily as Anthony pushed her as far as anyone had done during the entire tournament.

Next out of the tournament was second-seeded Cindy Baxter, a former national champion. She played Toni Bevelock in the quarter finals, losing 15-9, 15-6. During that same round, against Kathy Treadway, fourth seed Michelle Gilman

survived her scare of the tournament. Gilman lost her first game and was down 11-0 in the second before finally scoring a point. She found her rhythm and started pumping her unstoppable forehands for a scoring streak that gave her the game 15-12 and the tiebreaker 11-4.

In the semifinals, Gilman, a 17-year-old from Ontario, OR was simply too strong for Diane Green, last year's national champion. She won in straight games for the right to play Toni Bevelock in the finals.

There, Gilman appeared hesitant for the first part of the match. The forehands which she had been crunching at will throughout the tournament had disappeared. Bevelock was quick to pounce on each miscue and built a 7-1 lead within minutes; she won the first game 15-8.

In the second game, Gilman seemed to have lost most of her jitters, but Bevelock simply played stronger with each new rally. Once again, she built a 7-1 lead and did not look back from there. The final score was 15-7.

The open finals, for both the men and women, were televised by the Home Sports Entertainment network. Production costs were borne by the AARA, which then sold advertising. Executive Director of the AARA, Luke St. Onge admits it was not a money making prospect this year.

"This year, or any year, it's not a matter of making money," he said. "Our priority is getting more visibility for the sport. Racquetball is exciting enough to begin to create a market for more of it on television once it gets some exposure. We are committed to more television productions, including the amateur national doubles tournament."

Adding to that exposure was a new event at the nationals, the NFL event. This year, due to training camps and the newness of the event, only three football players could make the draw. However, as the winner of the event, former place-kicking star Jim Turner of the Denver Broncos announced at the banquet, next year there will definitely be more and better players.

Among the repeat winners of various events at this year's tournament was ace wheelchair player Chip Parnelly of California. His gold medal in Houston made it three years in a row for him.

Other repeat winners were: Mike Bronfield, CA (M19+); Johnny Hennon, TN (M40+); Otis Chapman, OH (M55+); Luzell Wilde, UT (M65+, M70+); Susan Morgan, FL (W30+); Claire Gautreau, TX (W55+); and Mary Low Acuff, VA (W65+).

The tournament site for next year's AARA nationals will again be Houston's downtown YMCA. ○

Results of the final rounds

Men's Open: #2 Andy Roberts (TN) d. #1 Jim Cascio (PA), 2, 2. **Women's Open:** #7 Toni Bevelock (AZ) d. #4 Michelle Gilman (OR), 8, 7. **Men's A:** #2 Joel Bonnett (MI) d. #32 Stephen Arizmendi (NY), 11, 11. **Women's A:** #6 Holly Gray (VA) d. #8 Pat Musselman (PA), 8, 9.

AGE DIVISIONS

Men's 19+: #1 Michael Bronfeld d. #2 Bobby Rodriguez (CA), 2, 5. **Men's 25+:** #3 Mark Morrison (FL) d. #5 Dave Negrete (IL), 10, 5. **Men's 30+:** #1 Bobby Corcoran (AZ) d. #7 Mark Morrison (FL), 10, 5. **Men's 35+:** #11 Stu Hastings (MI) d. #21 Ron Woolard (OH), 14, 8. **Men's 40+:** #1 Johnny Hennon (TN) d. #6 Jay Schwartz (FL), 12, 14. **Men's 45+:** #2 Ron Galbreath (PA) d. #1 Roger Wehrle (GA), (4), 7. **Men's 50+:** #15 Bobby Sanders (OH) d. #1 Sonny Marcus (FL), 2, 7. **Men's 55+:** #22 Fintan Kilbride (ONT) d. #1 Otis Chapman (OH), (7), 4, 11. **Men's 60+:** #14 Fintan Kilbride (CAN) d. Pierre Miller (IN), (7), 4, 10. **Men's 65+:** #1 Luzell Wilde (UT) d. #3 Nick Sans (CA), 2, 1. **Men's 70+:** #3 Luzell Wilde (UT) d. #1 Allen Shepherd (MD), 4, 2. **Men's 75+:** Winner John Pearce (TX). **Women's 19+:** #2 Lisa Ecker (MI) d. #4 Cheryl Lynn Gudinas (IL), 7, 14. **Women's 25+:** #2 Malia Kamahoa-Bailey (VA) d. #4 Mary Lyons (FL), 1, 6. **Women's 30+:** #1 Susan Morgan (FL) d. #2 Gail Woods (LA), 8, 13. **Women's 35+:** #2 Carole Dattisman (PA) d. #24 Freina Iffert (PA), (10), 6, 7. **Women's 40+:** #5 Merjean Kelley (CA) d. #2 Agatha Falso (FL), 11, 4. **Women's 45+:** #6 Kathy Mueller (MN) d. #1 Judi Schmidt (FL) forfeit. **Women's 50+:** #3 Jo Kenyon (FL) d. #1 Kathy Mueller (MN), 14, 13. **Women's 55+:** 1-Claire Gautreau (TX); 2-Rose Mooney (CO); 3-Mary Low Acuff (VA); 4-Jo Kenyon (FL). **Women's 60+:** 1-Claire Gautreau (TX); 2-Phyllis Melvey (ND); 3-Mary Low Acuff (VA). **Women's 65+:** Mary Low Acuff (VA).

NFL DIVISION: #1 Jim Turner (Broncos/Jets), #2 Keoki Kahau (Redskins), #3 Revie Sorey (Bears)

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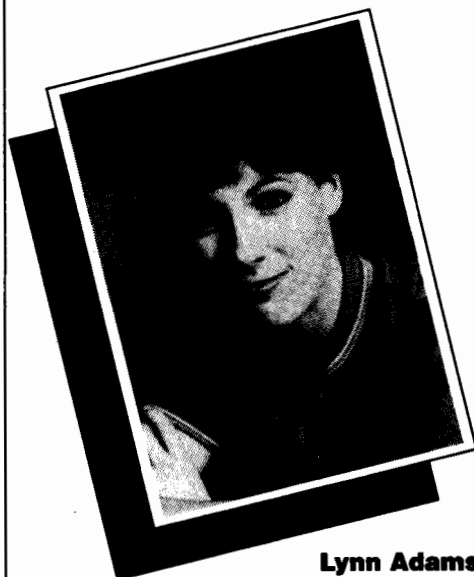
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Ask The Playing Editors

If you have a question for the pros, direct it to one of the playing editors listed on our masthead, and address it to: **PLAYING EDITOR**, National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618-6126.



Lynn Adams

Lynn Adams, I see a lot of players facing the front wall as they hit forehands from mid court. I thought the best way to hit shots was to turn sideways. What do you think? N. Shutt, New York, NY.

You are right to believe that the best way to hit a shot — forehand or backhand — is to be sideways to the front wall. As often as possible, I try to set myself in that position for shots.

With a sideways position, you'll get much more consistency and power. You will also put less strain on your body, because a good stroke will take the pressure off all your joints.

However, there are times in the front court when you simply don't have enough time to set up properly. Then, and only then, should you hit open-stance shots while facing the front wall.

These, of course, are reaction shots. Try to hit them with power, despite the disadvantage of the situation. Be sure to take a full swing at the ball. You can also get some sideways torque with your hips, despite the "toes forward" positioning of your feet. Use as much of this torque as time allows.

Remember, don't skip the ball. If you are in front court, nearly any shot you hit will put a lot of pressure on your opponent. Skipping the ball when your opponent is in a weak covering position is a costly mistake.

Dan Obremski, why do the pros hit so few 'touch' shots? You would think with their skill, they could hit shots soft and low into the corners for winners nearly every time. If you are going to try a touch shot, when is the best time for it? F. Morrison, Toronto, Canada.

The reason pros shy away from attempting touch shots is that such shots are difficult to make at any level. Racquetball today is power-oriented. It is hard to slow the ball down during a fast-paced game. Worse, if the ball is not hit perfectly, opponents get to it easily and hit an almost sure winner from front court.

Instead of touch shots, many pros will go to slower, controlled pass shots. They rely on precise angles instead of overwhelming power to put pressure on their opponents.

There are times when you might want to

use a soft pinch shot, however. Be sure to attempt the shot only when you are in front court. If you are more than 20 feet from the front wall, it is much too difficult to hit a low, soft winner with any consistency.

One situation for a touch shot occurs after your opponent hits a shot which goes front wall/back wall without bouncing. The ball will then travel to the extreme front part of the court, and you may end up hitting it only feet from the front wall. Check to make sure your opponent is hanging back, expecting a pass shot. Then a soft pinch or even a straight-in drop shot is extremely effective. If your opponent moves up to cover this possibility, a hard pass will be an automatic winner.

Fran Davis, what do you feel is the best way to avoid injuries in racquetball? J. Johnstone, Sacramento, CA.

It is called preventative medicine. I firmly believe you should get in shape to play racquetball, not play racquetball to get in shape.

Essentially, it takes very little maintenance to keep your body ready for the hardest of racquetball matches. You should make sure you have a regimen, even if it is a light one, of stretching, lifting and running.

Stretch before and after all your matches. Casual pick-up games, league games or nationals finals all deserve care with stretching. Be sure you stretch after the match; it is very crucial for flexibility.

When you lift weights, concentrate on lifting light weights with many repetitions. If you lift heavy weights with fewer repetitions, you build muscle mass, and that isn't a necessity to staying injury-free. It only takes three hours a week of light lifting to tone yourself; do it in three one-hour sessions.

The running you do certainly doesn't need to be of marathon length. Run far enough to raise your heartbeat comfortably for about 20 minutes. Try to do this three times a week as well.

If you follow this maintenance program, you will not only greatly reduce your chances of injury, you will enhance other areas of your life as well. You will generally feel better everyday. Do it not only to remain free of injury, but to live longer, and smile longer! ○



Dan Obremski



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HOME WORKOUTS

Part III — Working the legs

by Dan Obremski

Dan Obremski is a top-ranked player on the RMA men's professional racquetball tour. He conducts fitness clinics regularly at the Olympic Training Center in Colorado Springs, CO for the National Elite Training Camp.

Time and time again when Sunday morning comes around at tournaments players indicate their burnt out legs with dragging toes. As a result, it's no surprise when Tim Toe Dragger lays out his line of excuses for losing a few hours later, when really he hadn't adequately prepared for the tournament. Yes, he practiced his shots and he scouted his opponents, but when the time came to lower his rear end into a drive serve, his legs said, "No!"

Sometimes it's hard to understand losing in a tournament when you can hit all the shots in practice. During a rigorous match or matches, however, your leg muscles are extended far more than during practice sessions. As any seasoned tournament player or athlete knows, a strong foundation (i.e., leg strength and endurance) is essential for performance. Therefore, it is important to train your muscles to sustain more than a one or two hour practice session.

Part three of "Home Workouts" will help you build muscular strength and endurance in your legs in less than 30 minutes a day! The best way to do this is by alternating exercises daily. One day work your legs along with your heart, and the next day work more specifically on muscles or muscle groups.

Monday, Wednesday, Friday Jog In Place

Start slowly on a carpeted floor. Avoid pounding your feet into the floor. As you become more comfortable with this exercise, try to lift your knees higher and higher. Start with five easy minutes. Increase this time gradually. Jogging in place works the entire leg.

Stair Walking

The first few times with this exercise, it's very important to start by walking the stairs and holding the railing to avoid injury. Later, when you feel comfortable with the demands of the exercise, you may release the railing and in due time you may want to run the stairs. Start with five minutes, and

increase the time gradually from day to day.

Jump Rope

As discussed in previous articles, you want to start slowly and incorporate several variations to make it more enjoyable.



Skler squats — begin and finish with knees together as shown above, mid-point with knees apart shown below.



Start with five minutes worth and increase your endurance gradually.

Tuesday, Thursday, Saturday Skier Squats

With your back against the wall, squat so that your legs are at a 90 degree angle to your body. Hold one position as long as possible, then repeat.

During this exercise, your goal is to stay



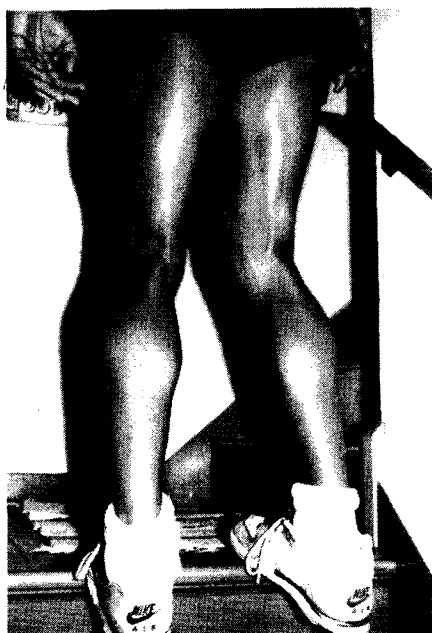
Squats — begin and finish as shown above, mid-point shown below.



up a few seconds longer each workout. You may add variations by changing the distance between your feet (shown in picture).

Squats

Keep your back straight and your feet shoulder-width apart. (You may want to place books under your heels to maintain your balance.) Slowly lower your body



Calf raises — begin and finish as shown above, mid-point shown below.



until your thighs are parallel to the floor. Raise yourself to the starting position and flex your thighs. Start each exercise with two sets of each 10-12 reps. As your strength increases, increase the amount of sets.

Partner Hamstring Pulls

(one leg at a time)

Lie face down on the floor with one leg up. Have your partner grab around your ankle and pull the leg towards the floor as you resist. Do it smoothly on a four count. Then pull your foot back towards buttocks, while your partner resists on a two count. Flex your hamstrings at the top. Your partner should pull just hard enough to make you work at the movement. Begin the exercise with two sets of each 10-12 reps. As your strength increases do more sets.

Calf Raises

Using one or both feet, stand on the edge of a step with your heels in the air. Drop your heels (slowly) as far as possible. Then raise them as high as you can. Raise on a two count, lower on a four count. Flex at the top of the each motion. Begin with two sets of 10-12 reps each. As your strength increases, increase the amount of sets.

Combine these exercises with those in Part 1 (NR, June) and 2 (NR, July) and do them consistently. They will be a great help to those players who can't get to the weight room. ○

Fitness Note on Dan Obremski

As author of numerous articles on fitness, Dan recently proved that he practices what he preaches. On June 4, 1988, he entered a regional qualifier for a nationwide fitness contest. The winners of this, along with the winners of 14 other regional qualifiers, compete for the title of America's fittest man or woman. The finals will be held in the Bahamas and televised by ESPN in mid-December. Dan won the men's division, turning in the best overall score in events which included the 1/2 mile run, a lifecycle ride, bodyfat percentage, bicep strength, sit-ups, pull-ups, broad jump, step-ups and flexibility.

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Hit 10 Instead of 1!

by Fran Davis and Jim Winterton

Have you ever had those days when you cannot hit a ball in the sweet spot of the racquet? Here's a tip we borrowed from the golf instructors. Instead of hitting just one ball hit ten in a row. When you hit one ball you have a tendency to pull the racquet up too soon. This lifting causes miss-hits and many front wall/side wall shots that come back to center court. If you imagine ten balls all lined up in a row your racquet will be on the ball longer.

In figure one Fran has pulled the racquet up off the ball too soon. In figure two Fran has lined up ten balls in a row. Notice how her racquet would stay flat throughout the swing as Fran is demonstrating in figure three.

By imagining the ten balls in a row you'll find more racquet control and fewer mistakes.

Remember you are getting a bargain, ten for the price of one, not bad odds. O

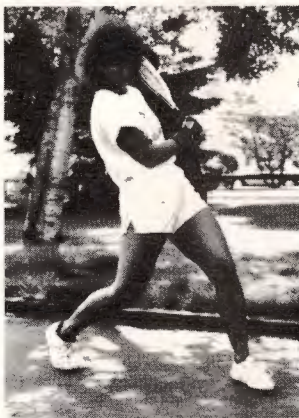


Figure 1



Figure 2

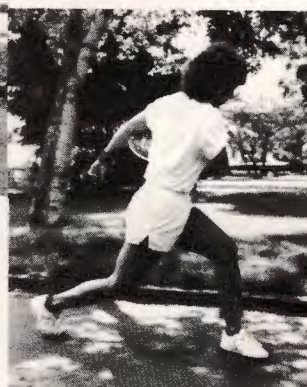


Figure 3

Tips To Improve Your Racquetball Game

by Lou Fabian

Everyone talks about having all the shots — a devastating forehand and backhand, or a dominating serve. While these are important, if you don't use them correctly you will never win the big one. Once these skills are mastered, it is their mental application which causes most wins or losses. The following tips describe the best way to take advantage of skills in common game situations.

1. Serve to both sides of the racquetball court. You'll never know if the opponent can return forehand serves effectively, unless you hit good serves to their backhand and forehand. As a rule of thumb, once you find the opponent's weaker side, serve five times to one to that side.

2. Don't serve the same first or second serve twice in a row. This keeps the receiver off balance, making it difficult for them to neutralize your serve. You don't have to change from a drive serve to a lob serve to a Z serve every time but vary your serves. If the opponent's weakness is the drive serve, you should vary your starting position on the short line, and continue to drive serve to the backhand and forehand.

Use a different second serve than the first; don't give the receiver the added advantage of seeing a cautious version of the first serve repeated.

3. Don't allow your serves to come off the back wall. Back wall setups will give the receiver an easy kill shot and break your serve. This happens a lot to Z and drive serves when you are tired, so have a couple of different lob serves to put the ball in play.

4. Plant your feet to make the shot. Its difficult to put power in a shot without a solid base. If time permits, move forward through the shot into position for the next shot. Don't back away from the shot worrying about the opponent.

5. Don't try to kill every return of serve. Smart players use the ceiling ball more than any other return of serve.

6. Don't follow the ball into a corner. Cut the ball off before it gets to the corner and shoot it to the ceiling. If the ball gets past you and hits the side wall then the back wall, position yourself for a corner turn-around shot (pass down-the-line or kill).

7. As you cover your opponent's shot, keep your feet moving. Continuous movement is the secret to success. If you are stationary you can't react quickly enough.

8. Watch your opponent's position. Body position and racquet height are good indicators of shot direction. For

example, an open body position (facing the front wall) generally indicates a crosscourt, while an upwards tilted upper body will cause a high return. Use this information to anticipate and move into position sooner.

9. Watch the ball all the way to your racquet. This will greatly reduce skipped balls and improve your shot effectiveness.

10. Don't try to kill a freak ball. Freak balls usually occur when the ball hits a side wall crack, ceiling crack or when the ball caroms off the end of the racquet. They have unusual spin and will skip 90 percent of the time unless handled correctly. Play it safe and hit them to the ceiling.

11. Don't attempt kill shots when your opponent is in front of you. Keep your returns down the line or on the ceiling. This takes them out of front court control and allows you time to move into a better position.

12. Don't hit pass shots when your opponent is behind you. Keep your shots low and into the front corner.

These situations occur during every racquetball game. Most beginner and intermediate players handle them incorrectly. If you can recognize these situations and execute the right choice, then you will be well on your way to winning your first championship. O



Marty Hogan
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How To Beat Marty Hogan

by Marty Hogan

It's clear that the ranks of power-game zealots are swelling.

Look at the top tournament finishers and you'll see more and more power-game followers. So how are you going to stay in the race? How are you going to beat the power player?

What Is The Power Game?

In order to win, you'll have to know what you're up against. What is the power game? As the founder and head disciple of the serve-and-shoot style of play, the name Marty Hogan has become synonymous with the phrase "power game". But in truth, the words "power game" are misleading because the image that these words suggest is undisciplined, unthinking ball blasting. Nothing could be further from the truth. A better term for my style is power-based racquetball. But since very few people use that phrase, I'll drop the word "based".

One of my friends said that creativity is the ability to recognize new relationships between old ideas. I created power racquetball at the St. Louis JCCA (Jewish Community Centers Association) during a time when the rest of the world was following the pied piper of the control game. But this is the first point I want to make: The world is always changing, everything's relative, and you have to keep adapting and looking for new relationships, new ideas. That's the thrill of racquetball. Maybe you'll even find the next new game style.

But make no mistake; when I first started playing, I didn't go up into the mountains, meditate for ten days, and come back with power racquetball. I didn't start with a grand plan. I discovered it through long hours of experimentation. I started as a ball blaster, but my game has evolved and matured. Those opponents who don't understand how far my game has progressed will never beat me.

Power racquetball in simple terms is a strategy that uses power as the primary element in winning points, games, and matches. This is in contrast to a control strategy in which power is secondary to accuracy and shot selection. The difference is one of emphasis and not one of

elements. Your chance of winning diminishes if you don't understand the relationship of the elements and instead over-emphasize one element at the expense of the other elements.

The elements of winning racquetball fall into two classes, tangible and intangible. Intangible elements are desire, heart, organization, perception, creativity, inner strength, and so forth. That's all because you can't teach those elements. You either have them or you don't.

The tangible elements are power, ac-



curacy (control), endurance, court coverage, and shot selection.

The premises of power racquetball:

- Each shot can be less accurate because a mis-hit can still be missed by the opposition.
- Shot selection is less critical because the opposition can't effectively counter a ball moving at high speed.
- Less court space needs to be covered because the ball speed limits most contact points to the back court.
- Rallies are short.

In oversimplified terms, hit the ball hard enough and you'll have to worry less about everything else. So the central question that the power player has to answer is,

'how hard is hard enough?'

That's power racquetball in a nutshell. But let me emphasize that the central question is relative to the opposition. And that's why no one can continually over-emphasize one element and still win.

Classical Methods

There is no debate on how to win a point: Kill the ball before the opposition does. Even the control player adheres to this rule. For example, a classic control player, Steve Keeley, used to always say, "Shoot, then pass, and if you really have to, go to the ceiling." The ongoing debate is

over how to get into a situation where the risk of shooting the ball makes the choice worthwhile.

When a control player plays a power player, he's hoping that the power player will:

- Get arm fatigue before the end of the match.
- Get frustrated by a slow pace and high balls.
- Have a long cold spell.
- Take bad shots.

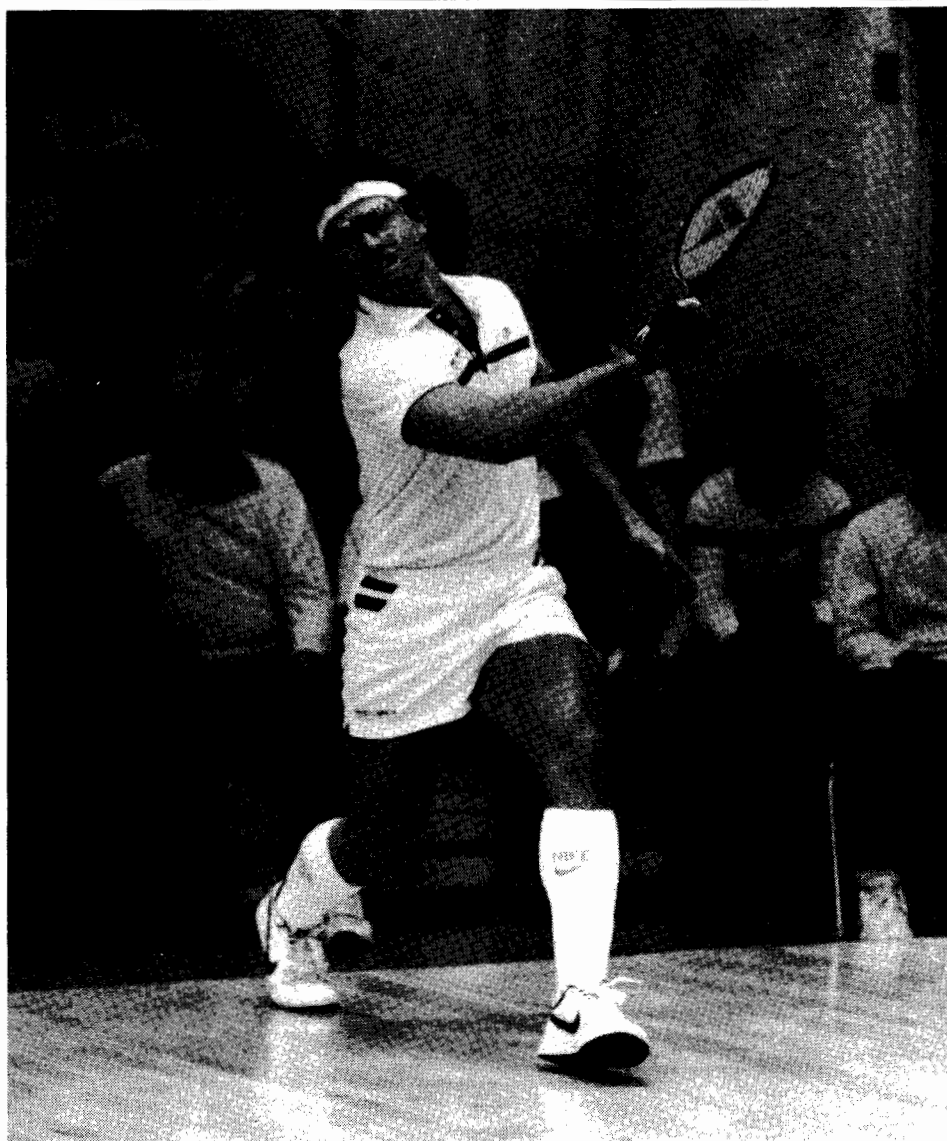
That's why a control player goes to the ceiling, moves the ball side to side, uses slow, high serves, and likes to play with a dead ball.

This archaic strategy still works at the local level. It's a work of art to see a control player slowly pick apart a power player and reduce him to a beaten, frustrated ball blaster. The control player uses timeouts, the wet floor ploy, and the "Would you say the score again?" trick, along with pinpoint passing shots to reduce

the effectiveness of the power player. Then when the time is right, he turns up the knob on his shooting machine and the points start rolling in.

At first glance, the control strategy looks foolproof because there's no pressure to be always on. Just do your road work and wait for the opposition to give you the game. If your execution is off, win by attrition.

But the game has changed. The basic assumptions of the classic control game are weak at the local level of play and flat out wrong at the top levels of play. The power player at the top now is so accurate, quick, and strong that the classic control game has evolved into control with power



in reserve. Everyone at the top has to be able to blow the ball by the opposition when the situation dictates. It may be a work of art when a control player picks apart a power player, but it's awesome when a power player blows out a control player.

So in order to beat the power player, the control player has to predict how successful his classic control strategy will be. The prediction depends in part on the degree to which the power player has developed the five tangible elements of winning racquetball relative to those of the control player. It also depends on the situation (e.g., is the ball slow or fast?). If the control player's prediction comes out negative, there's only one answer left for him: serve and shoot, and pray for a lucky day.

Beating Marty Hogan

The preceding discussion is just a framework for beating the power game. To beat me, you have to beat a person who hits the ball at least 20 percent harder, is more accurate, can hit an offensive shot

from anywhere on the court on a dead run, and is stronger than any other player. In short, I have the most awesome arsenal of shots anyone has ever seen, and I will scratch and claw for every point if I have to.

And beating me once doesn't mean you've found a long-sought-after secret. It's been said that the test of a person is how he handles a loss. I'm going to lose some matches, but each time I'll come back stronger and more determined to win. I'll adapt. I'll do what it takes to win.

Look at the record and you'll see that there's only one type of player who has even come close to consistently threatening me. He's the player who can stand toe-to-toe with me, slug it out, and get up again when he gets knocked down.

Right now there's only one way to beat the power game at the top levels of play and only one way to beat Marty Hogan: fight fire with fire. I'll give you a bit of advice. Learn the power game. It's going to be around long after Marty Hogan. ○

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What's The Call?

by Michael Arnolt

Calls From The Nationals... And A New Rule

As always, the Ektelon/U.S. National Singles Championships are the site of the finest in amateur play and the source of some calls and non-calls which become the center of attention.

Before I share some of those situations from the 1988 event, there is another issue which deserves attention — a new AARA rule which takes effect September 1.

Players, and teams, will be limited to three appeals per game. If either line judge agrees with the player's appeal, that appeal will not count toward the limit of three. Also, the player always retains the right to a game-ending appeal.

To keep track of the appeals, I suggest penciling a series of nine A's (three for each game) — AAA AAA AAA — at the



top and bottom of the scorecard. If neither line judge agrees with the player, then draw a line through the appropriate A.

Now back to the Nationals.

Irretrievable Ball Ends Match

Q: *At 10-10 in the tiebreaker, Player A (near center of the rear court) hit a forehand shot to the right center of the court. Player A struck Player B with the racquet on the follow-through. Player B moved to strike the ball and hit a shot that cracked out along the right wall. Player A obviously froze because of his concern for the safety of Player B. After striking Player B, he made no movement. The ref ruled the rally should go to Player B, ending the match. Player A appealed the call saying there was a hinder on Player B. Was there ground for such an appeal?*

A: The appeal by Player A that he stopped play because of the surprise and concern for hitting his opponent was legitimate. Player A though had completed his shot and Player B was obliged to run it down and take a shot or lose the rally. Player B made good his offensive opportunity by hitting an irretrievable shot. As the referee ruled, the match was over. Two other very typical scenarios would have resulted in a different call entirely.

Had Player B hit a shot that normally could have been retrieved by Player A had he not been stunned, the referee would have been correct to call a dead-ball hinder. Or, had Player B been injured or unable to move after being struck by Player A on the follow-through, Player A would have been awarded the rally even if the ball would normally have been retrievable. After all, Player B shouldn't have been playing so close.

Issues Must Be Resolved Before Next Serve

Q: *It was a tight match, as are all of those in the round of 16. For identification purposes, I will call the players Texas and Oregon.*

Texas, while diving for a shot, raised his non-racquet hand. The referee, be-

lieving Texas called a two-bounce get on himself, stopped play. The ball, after hitting Texas' racquet and rolling to the back court, was struck by Oregon after the rally was halted. The ball broke. The ref called for the rally to be replayed. Oregon questioned that judgment saying the ball broke when he hit it, not during the rally. The ref, after allowing Oregon to look through the rulebook, believed his explanation was sufficient, but allowed Oregon to play the game under protest. The score was 8-8 in the tiebreaker.

A: After hearing the explanation of the referee and the two players, the tournament committee determined that the referee made the correct call. There was no way to determine if the ball broke during or after the rally. Texas never had an opportunity to check the ball properly (Rule 4.14.g.) by squeezing it with his hand because Oregon hit the ball after the rally.

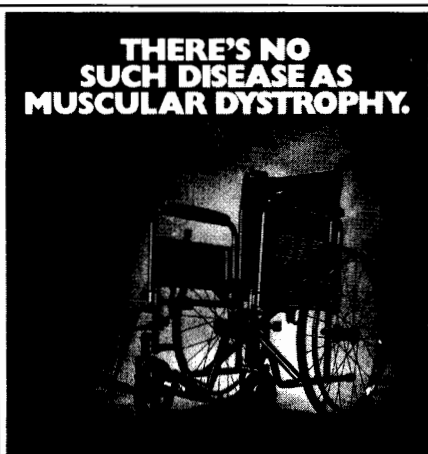
However, the committee ruled that the ref acted incorrectly by allowing the game to be played under protest. By not having a member of the tournament staff confirm the ref's ruling, the committee said Oregon did not get the due process to which he was entitled. There is no provision for playing a game under protest. In addition, all appeals must be made before leaving the court and prior to the beginning of the next serve (Rule 3.7.c.). The committee's decision was to replay the tiebreaker.

Players Have Right To Replace Ref

Q: *Two top caliber open players agreed to ask for a change of refs after the first game. Midway through the second game both players began appealing some calls. The referee, believing his calls were correct, showed he was not extremely familiar with the appeal process. On several occasions he merely repeated his calls and asked the players to continue the match. After the match, both players complained. Was there any recourse?*

A: All players are entitled to have a competent referee. That one ref already had been replaced should not have deterred the players from going through the same process for a new ref. Once the game is over, of course, it's too late. The strength of the AARA Certified Referee program can best be tested in a situation such as the one which was just outlined. That's a perfect opportunity for a player to ask for the tournament director and request a Level 3 referee. ○

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Nutrition's Yo-Yo Syndrome

Marcy Lynch is a top ranked WPPA touring pro and also a nutrition consultant.

If you are trying to lose weight to help your racquetball game, you probably know how difficult the process is. Often, you successfully restrict your eating habits long enough to lose five or 10 pounds, only to succumb to old desires and gain the weight back. The bad news is that not only does this "yo-yo syndrome" give psychological damage of "failure", but evidence now shows that it also does some physical damage. The good news is that you can fight the damage.

Dr. Kelly Brownell, Ph.D. at the University of Pennsylvania School of Medicine did a study with laboratory rats. He put rats

by Marcy Lynch



scale is not the best judge. The mirror, some blood tests, and a body fat analysis are more accurate indicators.

If you have decided that you want to lose some weight, make sure you lose it in a way which will prevent you from regaining it. This takes a combination of proper nutrition and exercise — a lifestyle regimen rather than a temporary solution.

There are two ways to stimulate metabolism; eating (yes, eating!) and exercise. Eating, of course, is a double-edged sword — overdoing means weight gains. However, if you eat regularly, maintain a proper balance of foods, and only slightly restrict caloric intake, your BMR will increase.

The following is a summary and checklist for long-term weight maintenance:

1. Eat something every four to five hours.
2. Choose foods you like from these food groups: proteins, fats, and carbohydrates.
3. Be aware of foods which "trigger" compulsive eating and avoid them or consider them a treat once in a while.
4. Exercise 4 times per week for at least 30 minutes.
5. Maintain a caloric intake slightly below your BMR for weight loss and equal to your BMR for weight maintenance.
6. Make it a lifestyle and not a quick fix.

on a reducing regimen, then let them regain the weight. The second time the rats reduced weight, it took them twice as long — on the same number of calories as the first weight loss. When the rats gained the weight for the second time, it only took them one-third as long as the first time!

These rate differences in weight loss and gain are thought to result from a slow-down in the metabolic rate. During dieting, the body responds to what appears to be starvation by becoming more efficient at using calories. In other words, the body learns to operate on less calories. Each time the cycle is repeated, the body's BMR (basic metabolic rate), the rate at which it uses fuel from food, slows down.

What do we do? Are we doomed to carry those excess pounds forever? If we are victims of the yo-yo syndrome, is there a way to stimulate slower metabolisms?

First seriously consider whether the weight loss is important or necessary for you. Your "ideal" weight will be determined by whether you feel comfortable and are clinically healthy with normal blood pressure and with normal cholesterol, triglyceride and blood sugar levels. The

Eating regularly means eating every four to five hours. A proper balanced diet requires approximately 15 percent proteins, 30 percent fats, and 55 percent carbohydrates. Slightly restricting your calories means eating 200-300 calories less per day than your basic metabolic rate. Your BMR is determined by the number of calories required to maintain current weight. Generally, the BMR for the average woman is 1500-1700 calories and the average man 1800-2200 calories.

Exercise is a key component to permanent weight loss. Studies have shown that people who exercise regularly have a metabolic rate that not only burns calories more efficiently during exercise, but during rest as well! Exercise must become a part of your lifestyle in order to maintain body weight.

People who have been on severely restricted diets may have a very slow metabolism. For them, stimulating a slow metabolism through eating and exercise takes time and dedication. Permanent weight loss involves a conscious decision and a commitment to a lifestyle of balanced eating and regular exercise. ○

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MAKING THE SWITCH

Can a tennis player find happiness in racquetball?

by Warren Maus

Want a little revenge? Want to get even with the tennis player who trounced you in straight love sets just days before? Ask him to meet you on *your* court: the racquetball court.

If he is like many ardent tennis buffs, he'll relish the chance to meet you on your own terms and administer a similar beating, in spite of your "home court" advantage.

Fact is, many tennis players see their game as "the" racquet sport. The rest are merely stepchildren, games to be tolerated but not taken seriously.

Once he ventures onto the racquetball court, though, the arrogant tennis player is often in for a surprise. He discovers that there's more to racquetball than he ever imagined, that it's not just a primitive link in the racquet sports evolutionary chain.

"It looked like such a simple game," lamented the hapless tennis player, sitting in the sauna after an hour-long session on the racquetball court. Exhausted in body and tormented in soul, he vowed next time around to get more than the five points he somehow managed to garner in his initial match. He will, no doubt, do much better if he asks, "What did I do wrong?" rather than, "Why me, why me?"

What he did wrong, most likely, is what many tennis players do when they play racquetball. He tried to take those finely honed tennis skills onto the racquetball court, where in 60 minutes of anguish, they turned on him and became his most vexing opponent.

So, desperate for advice, the tennis player sought help, going first to his analyst. The analyst droned about something called 'negative transference' (trying to play tennis on the racquetball court) and then gave some great advice. He referred the tennis player to the nearest racquetball teaching pro.

The pro took the player to a back court, far from the eyes of those who might snicker. There, the two of them went about the

business of unlearning tennis and learning racquetball.

Extending the racquet to the player, the pro asked him to grip the racquet as if he was about to hit a forehand shot.

The tennis player, using his forehand grip from tennis, placed the 'V' formed by the forefinger and thumb on the left diagonal of the handle, so that when the racquet was extended in front of the player, the

The pro promptly pinched the ball into the corner and turned to look at his student. There, with his racquet high above his head in a classic — for tennis — sweeping follow through motion, the tennis player watched in astonishment as the pro's pinch return fell hopelessly out of reach.

The tennis player was crushed. His driving top spin, which had taken months to perfect on the tennis court, had failed

miserably on the racquetball court. The high follow through accompanying the shot, which the player's tennis pro had told him was so vital, had left him hanging in the air like a side of beef — exactly the way he felt at the moment.

The pro managed to console the tennis player, however, and convinced him to give racquetball another chance. Then he gave the tennis player three simple rules to follow when playing racquetball: (1) Forget about putting any spin on the ball (at least for the time being); (2) Shorten the follow through; and, (3) Open up the stance.

Forgetting about the high follow through was easy once the tennis player gave up the top spin. Opening the stance, though, was a little more difficult. While learning to play tennis, he'd been taught to keep his toes lined in the direction which he wanted the ball to go. Now he had to forget that and face the ball more squarely as though he were playing every shot at the net.

After a time, the tennis player got the hang of it and was developing an entirely new set of reactions. Unlearn-

ing was starting to pay off.

Confident of his newly learned skills, the tennis player challenged his racquetball nemesis to a match and lost in straight games, 11-3, 11-1, 11-2. Despair in the sauna again.

At the next therapy session, the coach watched his student hit ball after ball against the walls and noted a distinct lack of power. The novice had no kill shot in his

(continued on page 29)

The Quick-Switch Primer

When going from tennis to racquetball, or racquetball to tennis, these are the basic areas of adjustment:

THE GRIP

Racquetball — The forehand grip should put the racquet face parallel to the front wall at contact. Backhand grips vary. One school says switch grips so that the racquet face remains parallel to the front wall during contact with the ball. Another school maintains that one grip should be used during both strokes, and that a minor wrist adjustment should be made to square the racquet face to the front wall.

Tennis — The forehand grip should put a slightly closed angle on the racquet face at contact. This imparts spin. The backhand grip is switched to give the same angle.

THE CONTACT POINT

Racquetball — Let the ball drop as low as possible before contact. This keeps the ball low on the front wall.

Tennis — Hit the ball at the top of the bounce. This, combined with a slightly closed racquet face, lets the ball clear the net and imparts spin to keep it within the court boundaries.

THE RACQUET PATH

Racquetball — Start from a high position, bring the racquet down and follow through straight ahead from the contact point.

Tennis — Start low and follow through high.

WRIST MOVEMENT

Racquetball — Snap or roll the wrist through the ball. The racquet is an extension of the hand.

Tennis — Stiff wrist on contact. The racquet is an extension of the arm.

TACTICS

Racquetball — As in pool, focus on where the ball will go *after* contacting the walls. Rule of thumb: With no need to worry about hitting out of court, any shot — provided it doesn't skip or come off the back wall — is more effective the faster it travels.

Tennis — Focus only on where you want the ball to land. The net and boundary lines are also opponents; fast shots are nice, but worry about placement before speed.

face was slight closed. Wrong. Ever so gently, the pro turned the racquet in the player's hand and a perfect perpendicular was created with the racquet face to the floor. That's the proper grip for racquetball.

The grip now firmly in hand, they pressed on to the next lesson. The pro hit an easy one to the pupil's forehand, then watched as the novice positioned himself to hit a hard top spin cross court pass. Beautiful to watch. Disastrous results.



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Can you think of any other sport which uses as many off-beat and colorful terms as racquetball? "Short hop

that Z-serve and bury a reverse-pinch", is a terrifying phrase to a player just beginning to learn the angles. Experienced players either hear or invent new terms as they travel to different tournaments. So here is a dictionary of racquetball terms to help newcomers and challenge veterans. We make no claims as to its completeness; as with any vigorous dialect, racquetball terms come and go. If you have a colorful expression and you don't see it here, send it to us (address listed on page 1) and we'll print it in our Letters To The Editor column.

Ace. A serve which bounces twice before the receiver can reach it. (Also a type of bandage which indicates injury or age.)

Around-the-wall ball. Any shot which hits three walls, starting with a side wall, then the front wall, then the opposite side wall. The ball usually takes a crazy bounce in the back corner and is ideal against opponents with inner ear problems.

Avoidable hinder. An interference which could have or should have been avoided. It results in a loss of point for the player who hindered.

Backcourt. The court area from the short line to the back wall.

Block. The illegal act of getting in the way of an opponent about to make a shot. (See portly)

Bumblebee ball. A ball hit with spin or off the racquet frame which wobbles and tumbles crazily in the air.

Bury. Render the ball irretrievable, as in "bury a kill in the front right corner".

Ceiling ball. A shot which hits the ceiling first, then the front wall and floor, rebounding high to the back of the court.

Control player. One who relies on strategically moving the ball around the court rather than blasting it to win points.

Cross court shot. A shot hit from one side of the court to the front wall so that it bounces into the opposite side.

Crotch shot. Any shot which hits where two surfaces meet (i.e., front wall and floor). Not to be confused with straddle ball.

Cut-throat. A racquetball game with three players. Each person, during his or her serve, plays and scores against the other two. Do not confuse cut-throat with one-on-two. (See one-on-two)

Die. A ball which loses all speed after hitting the front wall, is said to die. (See gravity kill)

Dig. To retrieve a low ball before it hits the floor a second time. Warning: Do not use this term near casualties of the 1960's psychedelic era.

Racquetball, A-Z

Doubles. A four player game with two players per team.

Dirt ball, ground ball. A skip shot.

Fault. An illegal serve. Two faults result in a loss of service.

Five-foot rule. The receiver(s) must stand at least five feet behind the short line.

Fly kill. To hit a successful kill shot before the ball bounces. (See volley)

Garbage serve. Any type of slow serve that forces the opponent to wait in the back of the court to return it from shoulder-high. (See junk)

Gravity kill. Any soft shot which arcs its way to the front wall and rolls out. This is the shot that you hit forward so slowly that gravity influences its destination.

Half-volley. To stroke the ball immediately after it bounces; to let it take only a short hop off the floor before hitting it.

Hand out. The resulting loss of service privileges to a doubles team after two side outs. (When using this term, use the warning given in 'dig'.)

Hinder. Blocking a player's fair route to see or return the ball.

Junk. Any type of shot which is off-pace or travels at offbeat angles around the court. Usually high and slow shots which are disliked by power players.

Kill shot. To successfully execute a shot so low that it is unreturnable. (See roll out)

Lob. A shot which rebounds off the front wall and slowly travels towards the back in a high arc.

Lob serve. A high and slow serve into the back corners.

Match point. A point in a match, which if the server wins, ends the match.

Mercy ball. A held up swing which, had it not been held for a replay, would have resulted in injury to the hapless opponent.

Nancy shot. From the midwest, with no insult intended to any Nancies who play. A term that applies to any shot deliberately or accidentally hit very slowly, so that a male player receives the comment, "Nice shot, Nancy".

One-on-two. A racquetball game with three players, with one player versus the other two for the entire game. As an additional handicap, the singles player may have only one serve to the team's two. Do not confuse one-on-two with cut-throat. (See cut-throat)

Overhead. A shot which is hit like a tennis serve.

Off-the-back-wall kill. Letting a ball come off the back wall and waiting for it to drop low enough to roll it out.

Passing shot. A shot which passes an

opponent and bounces twice before reaching the back wall.

Peanut butter shot. A ball which hits the floor before the front wall — it has a little *Skippy* on it.

Pinch Kill. A pinch shot which is low enough to be irretrievable.

Pinch shot. A put-away shot which hits the sidewall near the front wall and then comes off the front wall.

Plum. An easy set-up in center court.

Portly. Players who tend to create a lot of hinders no matter where they stand on the court.

Portsider. Left handed player, south-paw. Not to be confused with portly.

Pushing off. Illegal touching or shoving the opponent to gain momentum or position. Result is a point or side out.

Reverse pinch. A pinch shot into the opposite corner; a backhand shot that pinches into the forehand corner or vice versa.

Rekill. Hitting a kill shot off an opponent's attempted kill.

Road runner. A player whose specialty is hustling and retrieving the ball.

Roll out. To hit a shot so low that it virtually rolls away from the front wall. For those who find it a rare occurrence in their game, there is comfort in Elmer Einstein's theory: "A roll out is that which one gets sooner or later when one places 100 monkeys in a court with 100 racquets and 100 balls — and of course an indefinite period of time."

Sawdust ball. A missed kill attempt, so called because of the puff of sawdust that would rise as the ball hit the floor.

Screen ball. A shot which was difficult to see by the player whose turn it is to hit the ball.

Shooter. An aggressive player whose game strategy revolves around a constant barrage of kill shots. To these (usually younger) power players, there are just two shots, a fast ball and a faster ball.

Short hop. To hit the ball immediately after it bounces, letting it barely hop before contact.

Side out. Loss of serve. A doubles team gets two side outs before losing serving privileges. (See hand out)

Skip shot. The most common way of describing a kill attempt that hits the floor before the front wall, easily identified by the way the ball skips upwards with a squeaking sound.

Splat shot. A shot hit from deep court almost directly into a side wall so that it briefly slides forward along the wall, picks up spin, then squirts almost parallel to the front wall when it makes contact there. Always has a satisfying 'splat' sound.

Splinter ball. A shot which picks up imaginary splinters from the wood of the

court floor as it skips.

Straddle ball. A shot which passes through someone's legs as it returns from the front wall. Sometimes a hinder, sometimes not a hinder. (See mercy ball)

Technical. A call made by the referee during tournament play, usually because of unsportsmanlike antics. One point is subtracted from the score of the player responsible for the infraction. Thus it is possible for a player's score to be negative.

Tension. (two definitions) 1) Amount of pressure at which a racquet is strung. 2) Level of excitement or pressure during a match; this term applies to players and spectators.

Toe ball. Any kill attempt, particularly from the overhead shot, which is so disastrous that it skips almost immediately, leaving observers to wonder if the player's toe got in the way or if the toe was really the ball's intended destination.

Tour-de-court. Hitting a series of shots which makes the opponent chase the ball around the court enough times in a rally so

that he has been into every corner at least twice. Made famous by Charlie Brumfield, former national champion.

Trigger finger grip. The method of grasping the racquet as though it were a pistol, leaving a small space between the index and middle fingers. This allows the hand to cover a greater area of the handle for more racquet control.

Volley. (two definitions) 1) Synonymous with rally. The course of play following the serve return during which rival players alternately hit the ball. 2) To strike the ball prior to its bounce on the floor, to hit the ball on the fly. (See fly kill)

Wallpaper ball. A shot which comes back so closely along the side wall that players must scrape their racquets along the wall to make contact.

Z-serve. A serve hit into the front wall which then hits the side wall and picks up spin. After bouncing and hitting the third wall, the spin shoots it across the court parallel to the back wall.

Z-shot. Like the Z-serve, except hit during rally. ○

Making The Switch

(continued from page 24)

bag of tricks. He was putting the ball in play but couldn't put it away.

The wrist. That was the problem. His wrist was stiff. He was punching the ball, but there was no wrist snap.

The pro analyzed the situation for the player. "In tennis," he explained, "the racquet is an extension of the forearm; hence the wrist should be firm when striking the ball. In racquetball, the racquet should be an extension of the hand. A wrist snap is important if there is to be any zip applied to the ball. Like Reggie Jackson hitting a baseball, the wrist snap is what's going to do the trick.

"Here's the correct motion," the coach went on. "Play each shot like a one-armed Reggie Jackson trying to score runners from first and second."

The technique worked, with good results. The tennis player started to hit crisp shots, banging shot after ferocious shot off the front wall. The pro was pleased with his pupil's progress. The pupil was ecstatic. He rushed to the locker room, called his humiliator, and challenged him to a match later in the day.

He had the strokes. The backhand and overhead followed suit easily. He'd adjusted his speed well enough to be able to get into position to make each shot. He lost 11-1, 11-2, 11-2.

The tennis player, muddled and mute, wheezing outwardly, whimpering inwardly, had had such high hopes for the rematch.

Rather than doubling his score, he was falling deeper in the hole.

The tennis player returned to the pro, recounted the highlights of his carnage, and settled his account. He was ready to quit. As the pupil shuffled to the door, the pro said, "Tactics."

The tennis player fought a temptation to turn around. He gave in finally and said, "Tactics?"

"The problem," the coach replied, "was that he out-thought you. Your strokes were every bit as good as his. You lacked the tactics, to say nothing of the strategy, to beat him."

The pro went on to explain that just as in tennis, the object of the game is to hit-it-where-he-ain't. Unlike tennis, a ball sharply moving away from an opponent will return just as sharply when it hits a wall. Tactics involve knowing the angles and planning each shot. Tactics involve knowing which types of shots work best in a given situation.

A few chalk talks and many hours of practice later, the tennis player again challenged his arch rival. This time, his adrenalin level was lower and his intellect higher. Consequently, he played a much better game than he had in any of his previous encounters. He didn't win, but at least he put up a fight.

In his mind's eye, the tennis player could envision a day when he would no longer be just a converted tennis player, but a full-fledged, honest-to-goodness racquetball player. Fairy tales can come true. ○ *This article formerly appeared in 'Racquetball'.*

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Playing the outdoor game

It's summer. The sun is shining in a clear blue sky and you don't have the heart to move indoors to play racquetball. Yet the urge to swing a racquet is there, and your friend — the one you've lost to twice in a row — has placed another challenge. The solution? Outdoor racquetball.

Yes the back wall is "missing". Air conditioning, whirlpools, showers, weight room and the restaurant are missing as well. On the other hand, you can drag a cooler of your favorite refreshments court-side, the fresh air is great for your lungs, and you can make as much noise as you want. That's outdoor racquetball.

"Outdoor racquetball is plain and simply a game. There is a real sense of camaraderie that you don't get indoors," says Martha McDonald, outdoor national champion for the last two years and former WPRA touring pro. "I started playing in the summer of '74 when I went into my sophomore year in college. In fact, I learned to play on three-wall courts.

"I played indoors and on the pro tour to satisfy my competitive nature and to get out of the house once a month, but my real love is outdoor racquetball," she admits. "The atmosphere is totally different indoors. At a club you have enclosed courts with two or maybe four people playing. Outdoors you might have 100 people playing or watching. Everyone just looks up and down the courts to see what's going on."

The tournament which shows that spirit best is the Outdoor Nationals, held every 4th of July at the Orange Coast College in Huntington Beach, CA. It has had as many as 400 entrants, and usually attracts at least two or three hundred players every year.

Outdoor racquetball grew primarily in southern college towns as a matter of economics. Schools and communities built the courts because they were inexpensive and easy to maintain. Players were attracted to them because they were less expensive than playing indoors at a club or YMCA.

Most public courts are found in the Sun Belt states; outdoor courts with public access are far more numerous on college

campuses than in municipal parks and recreation areas. Florida and southern California have far and away the most extensive system of outdoor courts, Orange Coast Community College has 13 outdoor courts, including seven of the three-wall style and six of the four-wall style. The courts are available for public use, and lighted until 10 o'clock at night. Also, nearby Golden West College offers eight additional outdoor courts and more

doors champ says this about Lynn. "Using lobs and overheads allows Lynn a strategy that isn't always expected. It gives her a definite advantage indoors."

Adams says to forget about your indoor game when you hit the outdoor courts. "A good indoor game is not necessarily a good outdoor game," she says. "You can expect more side-to-side action instead of front-to-back. Without side walls, you sometimes end up running 20 or 30 feet away from the court to chase down a ball.

"When you play, expect to hack. Hit everything hard, from above the waist and go for it with abandon. This game is definitely built for fun instead of finesse."

Fun usually involves sun. Many avid indoor players complain that the weather holds outdoor players hostage — one rainstorm can end a good game. Further, the sun, while nice for maintaining a tan, tends to be more a burden than a joy. "Not only does glare impede sight," complained one indoor player from Texas, "But I can only play half as long outside because I'm so drained by the heat."

For summer players in northern states, that sun-drained feeling is great. In the south, however, where heat is a problem, McDonald and her hometown friends in Gainesville, FL have solved that problem. "No one in Gainesville plays before 6 p.m.," she says. "Our courts have lights so we can play all evening or in the early hours of the morning when it's cooler. We play in the heat all the time. You get used to it. An indoor player coming outdoors would melt."

Rain, like heat, is also a constant nemesis to the full enjoyment of outdoor racquetball. Even if it isn't actually raining, the courts often remain damp after a rain, which can make playing hazardous.

"You really need to be careful," California's Jim Carson warns. "I injured my knee playing on a court that was too slippery. Every time you play, you have to make sure that the courts are clean and dry. When there's debris on the court or



courts have been built in public parks in the area.

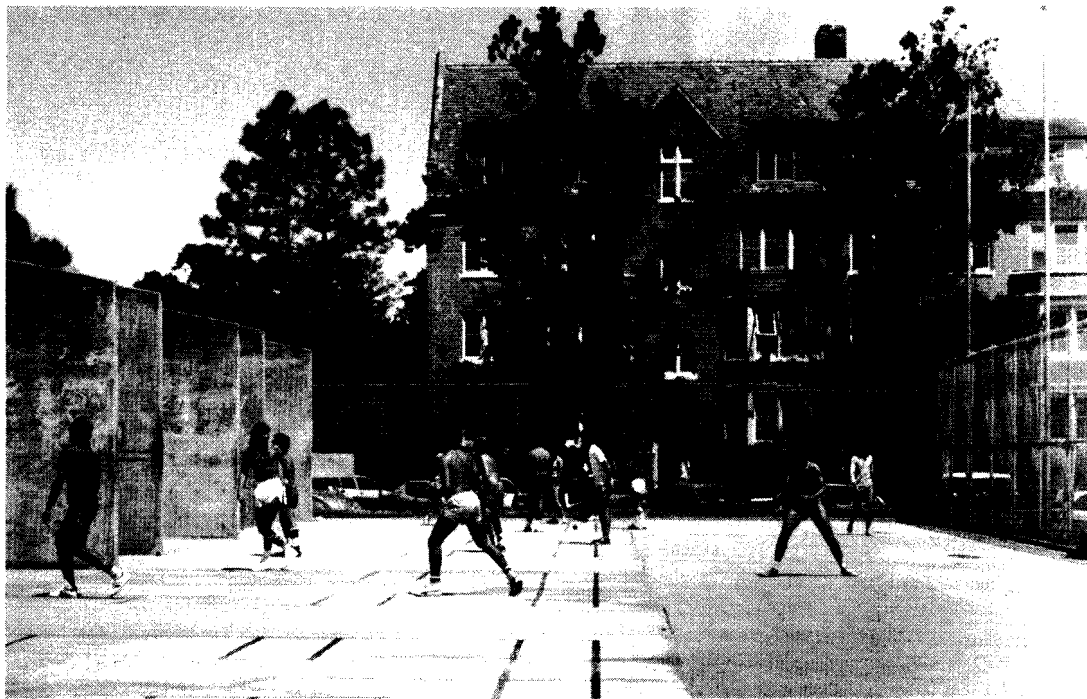
Many of today's players started as outdoor racquetballers. Fran Davis, a top-ranked WPRA tour player, began her career by playing a one-wall version outdoors.

"It's a different kind of game," says Barry Wallace, a three-time national outdoor champ. "The players are forced to play from outside the dimensions of the court which adds a strategy not found indoors. In fact, it is hard to find players who play both well."

Besides McDonald, another player who has successfully combined both indoor and outdoor skills is six-time WPRA champ Lynn Adams, who has incorporated the long lobs and overhead drives, so necessary in outdoor racquetball, to her indoor game. She has won the outdoor national title five times, losing tiebreakers in the

finals to Martha McDonald during the last two years.

Jim Carson, her former coach and six-time California and one-time national out-



money the way to go? Wouldn't this "solution" change the nature of the game?

Most regular outdoor players don't belong to clubs, they aren't on many mailing lists. They play for fun and don't seem to mind roasting in the sun, dodging raindrops or chasing balls. Saunas, showers and mineral water after a workout isn't important. To them, just playing is what outdoor racquetball is all about.

"Outdoor racquetball is fun," concludes McDonald. "It doesn't need a professional tour. It doesn't need an association. Three-wall is just a game, and we three-wallers love the spirit in the game."

when the morning dew sets in, watch out!"

Indoor players also complain that too much time is spent chasing the ball in the outdoor game. Since there is no back wall to stop it, it must be fetched as in tennis.

Yet McDonald doesn't see errant balls as much of a problem. "All we have to do when our ball goes off the court is yell, and someone throws it back to us," she said. "Besides, tennis hasn't done too badly with the problem."

Other players just bring a bagful of old racquetballs with them. They play until they run out, then spend a few minutes rounding up all the strays. Either way, the fun is still in the game.

Regardless of any shortfalls in the game, outdoor racquetball is here to stay. So far, however, it has failed to grow into a big-time organized sport. One factor which makes this difficult is the lack of standardization of courts. Some courts measure 46 feet long, others 40 and some even 38 feet. Width varies from 18-23 feet, depending on which state, and sometimes depending on which part of the state. Some courts have common side walls; other courts have four or five feet between side walls. The only standard measurement appears to be the front wall height of 20 feet.

Court dimensions can have a direct bearing on shots and strategy. "With higher side walls, the lob shot becomes a tremendously important factor," says Lynn Adams, who plays primarily in her home state of California where the courts tend to have higher side walls.

"In Florida, you never see the lob," says Lynn's outdoor rival Martha McDonald. "Most courts here have lower side walls than out west."

The general feeling among three-wallers is that without standardization the sport will not reach its potential. If it is to experience large-scale growth, an association needs to be formed to promote uniform measurements and seek financial backing.

But is organization necessary? Is big

That spirit goes with shining sun, coolers at the side of the court and some good old-style rock and roll music. So this summer, give it a try. Or wait until a winter vacation puts you somewhere hot. You'll see that the outdoor game might be just what your indoor game needs for a terrific boost. ○

OUTDOOR RACQUETBALL — Making the adjustment from indoors

If you have never played outdoor racquetball, give it a try, even if you have to wait until your next vacation brings you far enough south to find a court. Be warned though, it's vastly different than the four-wall game. Here are some pointers to make your introduction to outdoor racquetball even more fun:

1. The earlier you hit the ball, the better. There are no second chances, and there is no way to hit into the back wall to save a rally if the ball passes you. Expect to short-hop the ball or fly-kill it at least half the time.

2. Be aggressive. There is no such thing as a defensive shot in outdoor racquetball. There certainly is no such thing as a ceiling ball. When the ball is above your head, drive overhead passes or overhead kills.

3. Expect to hit most of your shots from above the waist. The biggest difference between outdoor and indoor racquetball is the contact point. The indoor game demands enough patience to hit most of your shots below your waist. It is the opposite in outdoor racquetball.

4. Concentrate on covering the court

laterally. Outdoor racquetball is a side-to-side game. You may run as far as 20 feet left or right of the court boundaries in chasing a pass shot.

5. Don't worry about finesse. Hit the ball hard and simply keep the first bounce within the court boundaries. It is rare to have the time and vertical drop to ready yourself for a perfect kill.

6. Use old equipment. Concrete and asphalt are brutal on graphite racquets — take a beater instead. The same goes for \$80.00 court shoes. Bring the old sneakers.

7. Watch the sun. Running under sun can hurt you in two ways. You can burn badly without realizing it, especially if you are playing on a vacation and it is the first sun you've been exposed to in a while. Also, beware of heat exhaustion. Outdoor racquetball can be hard work, and so much fun that you push yourself too hard.

8. Never dive. This may sound obvious, but if you dive frequently during indoor games, you might do it from habit outdoors. Your first dive will teach you well, however. Concrete and asphalt do not have the sliding qualities of hardwood. ○

RACQUETBALL AND STRESS

The good news

by Sandra Segal

The diseases we most fear — cancer, heart problems, respiratory diseases, peptic ulcers, arthritis — have a common denominator. They are all at least partly caused by stress. According to standard medical textbooks, stress has a role in 50 to 80 per cent of all diseases which now threaten us. One might say that stress-linked diseases are the modern day plague, replacing infectious diseases as the major health problem of the decade.

There are, unfortunately, no vaccines for stress. But there are ways to minimize the weakening and destructive effects which stress has on your system. Relaxation exercises, such as meditation and biofeedback training, and a conscious change of lifestyle to avoid the "hurry sickness" of modern life are important. However, many researchers believe that a regular program of vigorous exercise may be an essential part of an anti-stress regimen.

For the average healthy person, regular workouts on the racquetball court may give you all the exercise you need to help you combat stress. In fact, some racquetball-playing doctors feel that this sport has an edge over other stress-reducing activities.

Dr. Norman Bobes, an internist in Beverly Hills, prescribes 45-minute racquetball sessions three times a week to many of his patients. According to Dr. Bobes, racquetball has the advantage of allowing even an amateur player to get a good workout in a relatively short period of time. The large number of racquetball clubs makes the sport accessible to most people in proximity and cost, and the club atmosphere can provide the incentive for maintaining an exercise program. Dr. Victor Spear of Illinois, author of *How to Win at Racquetball*, agrees that racquetball is a superior way to reduce tension. "Racquetball is tremendously strenuous, and the more strenuous the exercise, the more relief from tension you'll get," he said. "Tennis is like a walk in the park in comparison."

To understand how racquetball helps reduce the harmful effects of stress, you must first understand the nature of stress. In simple terms, a stressor is anything our bodies perceive as a threat. We are still programmed to react to fear-evoking stimuli much as our ancestors did in the wilds. When they came upon a ravening tiger or a warring tribe, they had an automatic "fight or flight" response. Their breathing quickened, their pulse raced, their blood pressure increased, and a spurt of the stress hormones, adrenaline and noradre-

naline, released the sugar and fatty acids which the muscles use for work. This unthinking reaction gave our Neanderthal forefathers and mothers the extra energy they needed to fight for their lives or flee to safety.

Your body also has these energizing responses. However, modern day stressors are more apt to be yelling bosses, fighting children, or reckless drivers than a raging mastodon. And although you may feel like remedying one of these situations with a sledge hammer, you will probably try to control your aggression, and respond in a non-physical way. Since your body cannot burn off the extra energy it has produced, it may stay in a state of high arousal for long periods of time. This continuing tension leads to the development of high blood pressure, migraine headaches, ulcers, and the full range of debilitating stress-linked disorders.

Since many situations do require additional alertness, concentration, or energy, a certain amount of the stress reaction is healthy and normal. It is only when you overreact, by feeling stressed by even minor irritations in your daily life, or by being unable to quickly achieve a state of calm, that stress becomes counter-productive, and health problems arise.

The feeling of constant tenseness is one of the first warning signs that you are overreacting to stress. Other symptoms include irritability or depression throughout the day, difficulty in concentrating, general fatigue, inability to relax, grinding your teeth at night, or chronic diarrhea. In tense situations people who overreact to stress may find their hands and feet are unusually cold, their heart is pounding, they are short of breath, have tight stomach muscles or aching shoulder and back muscles. All these signs are danger signs. They indicate that your body is being overloaded by the "fight or flight" response and is not quickly returning to its normal physiological balance.

How can a vigorous game of racquetball combat this problem of excessive stress? First, the physical exertion and friendly competition provide a socially acceptable way of releasing aggression. Dr. Bobes, who first noted the stress-reducing effects of exercise when working as a flight surgeon in Vietnam, said, "Racquetball can be a therapeutic experience.

Most of us don't deal with our anger. If we're lucky we can deal with it in professional therapy. But all of us have an opportunity to get rid of our angry energies and frustrations on a physical level, and that's just as good."

Along with dissipating anger, a good game of racquetball will help to dissipate the fatty acids and sugars which accumulate in the body during the "fight or flight" response. If these fatty acids are not burned off by a spurt of physical exertion, they can be deposited in the walls of your blood vessels where they may form the basis of atherosclerosis and coronary disease.

One of the acids which is burned up by exercise is lactic acid, which researchers believe helps produce a state of extreme anxiety. Since exercise speeds up the rate at which lactic acid is removed from the blood stream, the exercise provided by racquetball may actually work as a tranquilizer, keeping you calmer through the next stress situation. In his research on subjects aged 52 to 88 at USC's Andrus Gerontology Center, Dr. Herbert A. DeVries found that a fifteen minute walk was more relaxing than a single dose of a common tranquilizer.

Finally, the general conditioning provided by regular racquetball sessions is invaluable in combating the effects of stress. Dr. Hans Selye, the father of modern stress research, first noted the importance of this aspect of exercise in his experiments on rats. He found that when under-exercised laboratory rats were continuously exposed to stressors such as loud noises, electric shocks, and blinking lights, they would die within a month. But rats which had been exercised on a treadmill until they had reached their top physical form were able to tolerate the stress and survive.

To be effective in reducing stress, however, racquetball must not become a stressor itself by being played with an intensely competitive drive. Friendly competition is healthy and enjoyable. However, when each game becomes a threat to your sense of self worth, and you are spending excessive amounts of time on the courts, racquetball may well have become a source of tension in your life, rather than a release from tension. "The pressure of performance actually produces stress," Dr. Bobes says. "Racquetball should provide time for you to get away from your daily competitive effort. Playing seven days a week has no more of a conditioning effect than playing three days a week, and is merely a sign of compulsive

competition.

Dr. Bobes has a technique he uses for reducing his own competitive instincts on the courts. "I look for players who are novices, and play to teach them rather than beat them. When I want to be pushed, I'll play with someone much better than I am. I know I won't win, but I'll get a good workout and learn some humility."

Playing racquetball can definitely become an important way of coping with stress and improving the quality of your

life. By regularly working out, either with racquetball or some other vigorous sport, by eating healthy foods, and by trying to attain a relaxed, accepting attitude rather than a striving, competitive one, you may find you have made significant improvements in your mental and physiological health. But in playing your game it is important to remember Dr. Bobes' warning, "Winning should not mean earning the winning score, but winning for yourself and your life." ○

Three Myths of Racquetball

by Jim Winterton

Jim Winterton is a member of the Ektelon Senior Advisory Staff. He is currently the men's 40+ champion of New York state and the Northeastern Region.

In my racquetball travels over the past 15 years, I have come across several misconceptions. Three of these pop up frequently and at almost every level of play. The three myths are: One, you must play better players to become a better player. Two, the more you practice, the better player you will be. Three, if you get lessons from great players, you will improve faster.

The first myth of racquetball is the most common. It is true that for the first six months we play racquetball, if we play better players, we become better players. Beyond six months, this is not the case. If you don't believe that, go to any challenge court around the nation. You will observe C-level players being destroyed by A players. The A player goes in and hits 15 aces and the C player doesn't get his or her racquet on the ball! Does this help the C player improve?

Watch a basketball or football team practice sometime. They break the game down into little parts. We must do the same in racquetball. If you break the game down and work on the parts separately, you'll improve much faster.

The second myth was touched on in the previous paragraph. The courts of America are filled with the sweat and tears of

players who pay their hard-earned dollars to tournament funds that cough those monies back to players who work half as hard. Remember, "practice makes perfect" is not correct; "perfect practice makes perfect," is correct! Players who are not practicing correctly would be better off not practicing because at least they won't be reinforcing bad habits. When they become sick of losing and go to a qualified instructor, they will be further ahead (by not practicing).

The last legend of racquetball lore we must shatter is that great players make great teachers. If this axiom were true, John Wooden should have been able to "stuff" Kareem or Bill Walton during the UCLA College basketball heydays. True, there are many great players who happen to be great teachers, but that doesn't mean all of them are. Look for teachers with your body type, temperament, and athletic ability. Look for instructors who are certified or who have had some form of training. Great teachers are like great players; very hard to ignore! So ask around and you'll hear one or two names over and over.

These three myths are more than just stories. They actually hurt player development. Players don't advance through the ranks as quickly because of these ideas. Not only do the players suffer, but so does our sport. The obliteration of these myths means better racquetball for all, at all levels. ○



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8/88

Mens AARA Official Rankings — June 10, 1988

Mens Open: 1-A. Roberts, TN; 2-C. Nichols, FL; 3-D. Ganim, OH; 4-T. Anthony, OH; 5-T. Sweeney, IL; 6-T. Hansen, FL; 7-J. Cascio, PA; 8-B. Corcoran, AZ; **Mens A:** 1-S. Reiff, FL; 2-J. Bonnett, MI; 3-J. Allen, MS; 4-D. Hall, CO; 5-B. Jackson, WV; 6-J. Mylar, WV; 7-S. Arizmendi, NY; 8-B. Ferguson, OH; **Mens B:** 1-B. Buckalew, GA; 2-R. Kilne, SD; 3-M. Rallis, MI; 4-R. Jackson, FL; 5-M. Sturgeon, TX; 6-S. Reiff, FL; 7-B. Charno, MN; 8-R. Miller, WA; **Mens C:** 1-S. Monchik, NY; 2-M. Volterre, FL; 3-J. Clark, FL; 4-T. Krogman, OH; 5-R. Bates, CA; 6-G. Fong, WA; 7-J. McCubbin, Jr., TX; 8-B. Schirmacher, MN; **Mens D:** 1-W. Zapata, WA; 2-B. Lee, TX; 3-K. Martin, CA; 4-J. Martyniak, UT; 5-J. McIntosh, MN; 6-C. Surls, FL; 7-D. Colby, UT; 8-T. Dawson, OH; **Mens Novice:** 1-B. Johnson, MN; 2-J. Cain, TX; 3-D. Delong, WA; 4-K. Vogelsang, MN; 5-M. Albetti, IL; 6-W. Bailey, WA; 7-R. Cadet, NY; 8-L. Caplan, MD; **Mens Wheelchair Open:** 1-C. Parmelly, CA; 2-G. Baker, WV; 3-D. Kiley, CA; 4-B. Marvin, CT; 5-S. Jared, CA; 6-J. Worthington, CO; 7-M. Jenkinson, WV; 8-L. Gonslin, WI; **Mens Wheelchair Intermediate:** 1-M. Golondzinier, CA; 2-R. Jensen, CA; 3-G. Baker, WV; 4-S. Jared, CA; 5-J. Castellanos, CA; 6-B. Marvin, CA; 7-A. Rosenberg, CA; 8-R. Scanlon, CA; **Mens Wheelchair Novice:** 1-D. Gassaway, CA; 2-D. Fouquette, CA; 3-R. Ibarra, CA; 4-J. Chase, CA; **Mens Wheelchair Junior:** 1-A. Lara, CA; 2-E. Swanson, CA; **Mens 5MB:** 1-S. Huggins, FL; 2-R. Thompson, AL; 3-S. Redelheim, TN; 4-R. Ramen, VA; 5-S. Vanderson, OH; 6-J. Conway, FL; 7-C. Byrd, GA; 8-R. Moulton, FL; **Mens 8:** 1-S. Huggins, FL; 2-M. Saad, CO; 3-T. Siggins, CA; 4-T. St. Pierre, FL; 5-G. Benedict, CO; 6-T. Benedict, FL; 7-B. Bresnick, NY; 8-T. Brown, WA; **Mens 10:** 1-M. Hurst, FL; 2-A. Meyer, CO; 3-E. Storey, IN; 4-B. Zimmerman, MI; 5-J. Friedman, FL; 6-R. Buchanan, MD; 7-E. Ekman, MA; 8-M. O'Brien, CO; **Mens 12:** 1-C. Czyz, FL; 2-S. Zimmerman, MI; 3-R. Smith, WA; 4-T. Lepera, IN; 5-E. Storey, IN; 6-J. Xynidis, FL; 7-F. Dean, AL; 8-J. Icenogle, CA; **Mens 14:** 1-A. Engel, FL; 2-C. Czyz, FL; 3-R. Davis, IN; 4-C. Pfaff, OH; 5-J. Kolen, AL; 6-S. Russell, NY; 7-S. Reiff, FL; 8-K. Brasch, AZ; **Mens 15:** 1-T. Talley, WI; 2-T. Lange, WI; 3-E. Breese, WI; 4-P. Allin, CA; 5-R. Farris, TN; 6-P. Krueger, WI; 7-R. Garcia, TX; 8-T. King, TN; **Mens 16:** 1-R. Walden, FL; 2-J. Hundley, FL; 3-S. Reiff, FL; 4-B. Simpson, IN; 5-E. Muller, KS; 6-B. Sawyer, NC; 7-A. Metcalf, FL; 8-M. Guidry, TX; **Mens 18:** 1-J. Floyd, MI; 2-J. Waggoner, FL; 3-M. Engel, MD; 4-J. Lorello, FL; 5-D. Alonzi, CO; 6-N. Rallis, MI; 7-E. Ramn, CA; 8-S. Mathison, AL; **Mens 19++:** 1-M. Bronfeld, CA; 2-B. Erickson, MN; 3-T. Sweeney, IL; 4-C. Winter, FL; 5-E. Davidson, OH; 6-M. Lowe, CA; 7-B. Rodriguez, CA; 8-S. Thayer, CO; **Mens 25++:** 1-M. Morrison, FL; 2-B. Huber, FL; 3-D. Levy, FL; 4-B. Lyman, IL; 5-J. Scargle, FL; 6-J. Gillhouse, FL; 7-D. Negrete, IL; 8-J. Hassey, AZ; **Mens 30++:** 1-B. Corcoran, AZ; 2-D. Kovanda, OH; 3-J. Peterson, NY; 4-D. Hardan, WA; 5-K. Arrowsmith, FL; 6-R. Strout, UT; 7-R. Derr, IL; 8-S. Worthy, MI; **Mens 35++:** 1-S. Hastings, MI; 2-D. Kovanda, OH; 3-S. Chapman, FL; 4-C. Kunkel, CA; 5-R. Woolard, OH; 6-G. Owen, FL; 7-T. La-voi, MN; 8-M. Layton, FL; **Mens 40++:** 1-M. Stephens, MI; 2-J. Schwartz, FL; 3-J. Hennon, TN; 4-F. Ciociola, NY; 5-K. Bonnett, MI; 6-B. Brookens, CO; 7-R. Rounds, OH; 8-S. Heguy, NH; **Mens 45++:** 1-R. Galbreath, PA; 2-R. Wehrle, GA; 3-T. Perna, OH; 4-J. Turner, CO;

RMA Pro Tour Official Rankings — May 31, 1988

1	R. Gonzalez	12,370
2	B. Harnett	10,900
3	C. Swain	10,725
4	E. Inoue	9,890
5	E. Andrews	9,675
6	M. Hogan	8,740
7	M. Yellen	8,295
8	G. Peck	6,855
9	G. Price	6,525
10	M. Ray	5,805
11	C. Brysman	5,105
12T	D. Obremski	4,405
12T	J. Newman	4,405
12T	D. Peck	4,405
15	S. Lerner	4,230
16	R. Harripersad	3,160
17	A. Katz	2,985
18	D. Johnson	2,635
19	A. Roberts	2,285
20	A. Gross	2,110
21	M. Cerecia	1,972.5
22	J. Evans	1,952.5
23	J. Cascio	1,750
24	D. Gross	1,585

5-R. Hutcherson, IN; 6-N. Shapiro, NY; 7-T. Rumsey, FL; 8-B. Sanders, OH; **Mens 50++:** 1-S. Marcus, FL; 2-B. Sanders, OH; 3-R. Lawler, IN; 4-R. Adams, CA; 5-J. Mooney, CO; 6-E. Vlock, FL; 7-M. Blair, MN; 8-O. Chapman, OH; **Mens 55++:** 1-O. Chapman, OH; 2-R. Horton, CO; 3-N. Goldetsky, MN; 4-R. Stillman, MN; 5-L. Cox, IN; 6-L. Hahn, MI; 7-F. Kilbride, CT; 8-P. Miller, IN; **Mens 60++:** 31-P. Miller, IN; 2-F. Kilbride, CT; 3-M. Roberts, FL; 4-S. Eller, IL; 5-A. Goss, CO; 6-J. Gushue, NY; 7-D. Kincaide, CO; 8-J. Lambert, TX; **Mens 65++:** 1-L. Wilde, UT; 2-E. Acuff, VA; 3-R. Craig, Jr., IN; 4-N. Sans, FL; 5-D. Goddard, MT; 6-B. Cloud, IL; 7-I. Cowie, NY; 8-A. Goss, CO; **Mens 70++:** 1-L. Wilde, UT; 2-H. Minor, CO; 3-A. Shepherd, MD; 4-I. Gumer, KY; 5-G. McDougall, SD; 6-J. Sawbridge, AZ; 7-J. Singer, CA; 8-C. Russell, CA; **Mens 75++:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

Womens AARA Official Rankings — June 10, 1988

Womens Open: 1-T. Bevelock, AZ; 2-S. Morgan, FL; 3-K. Kuhfeld, IN; 4-E. Mardas, OH; 5-L. Ecker, MI; 6-M. Wiethe, CO; 7-D. Adams, CO; 8-T. Petrocy, NY; **Womens A:** 1-H. Gray, VA; 2-L. Butler, TX; 3-C. Collins, MI; 4-P. Musselman, PA; 5-C. Clark, FL; 6-L. Merrill, MN; 7-V. Fisher, CA; 8-S. Huczek, MI; **Womens B:** 1-L. Butler, TX; 2-D. Hood, UT; 3-B. Tadej, WA; 4-J. Hedler, OH; 5-A. Kinney, WA; 6-S. Rice, NJ; 7-L. Campbell, TX; 8-A. Stoeke, MN; **Womens C:** 1-L. Williams, NJ; 2-D. Leon, FL; 3-K. Locke, MN; 4-C. Seitter, FL; 5-B. Maynard, FL; 6-P. Saad, MI; 7-K. Perry, CA; 8-K. Benkert, TX; **Womens D:** 1-K. Roller, UT; 2-W. Rudov, TX; 3-N. Sloan, IN; 4-M. Bailey, WA; 5-D. Bates, CA; 6-F. Egnezzo, NJ; 7-B. Hendrickson, MA; 8-F. Judkins, TN; **Womens Novice:** 1-R. Brannville, MN; 2-S. Beverly, NY; 3-H. Cohen, NJ; 4-L. Moore, TX; 5-A. Roehler, PA; 6-M. Zak, MA; 7-S. Klein, NY; 8-H. Peterson, MN; **Womens 5MB:** 1-J. Hardeman, TN; 2-J. Quinlan, FL; 3-J. Degutis, MI; 4-J. Koppel, TX; 5-A. Redelheim, TN; 6-L. Wooten, FL; 7-E. Shaver, FL; 8-V. Tulao, AL; **Womens 8:**

WPRA Official Rankings — June 12, 1988

1	L. Adams	183.0
2	C. McKinney	137.5
3	K. Kuhfeld	133.0
4	M. Drexler	97.5
5	M. O'Brien	95.8
6	Jackie Paraiso	75.0
7	V. Panzeri	66.0
8	L. Alvarado	58.0
9	T. Bevelock	49.2
10	C. Doyle	48.0
11	M. Lynch	34.2
12T	Joy Paraiso	30.0
12T	L. Porter	30.0
14	D. Fischl	29.0
15	F. Davis	26.7
16	S. MacTaggart	25.0
17	C. Evon	23.3
18	C. Baxter	21.0
19	A. Katz	18.0
20	S. Cantu	15.0
21T	T. Petrocy	12.0
21T	C. McFridge	12.0
23T	R. Goblish, S. Robson, R. Whitmire	10.0

1-J. Quinlan, FL; 2-J. Hardeman, TN; 3-J. Koppel, TX; 4-L. Wooten, FL; 5-N. Leto, FL; 6-A. Redelheim, TN; 7-K. Branneman, FL; 8-C. Olivier, FL; **Womens 10:** 1-D. Derr, FL; 2-V. Tulao, AL; 3-S. Feaster, DC; 4-K. O'Connor, FL; 5-B. Barber, GA; 6-T. Jobson, FL; 7-J. Koppel, TX; 8-A. Meyer, CO; **Womens 12:** 1-D. Derr, FL; 2-T. Jobson, FL; 3-J. Meyer, CO; 4-M. Dellanini, FL; 5-B. Engel, FL; 6-E. Icenogle, CA; 7-A. Roehler, PA; 7-M. MacGregor, FL; **Womens 14:** 1-A. Simmons, FL; 2-T. Alonzi, CO; 3-B. Engel, FL; 4-A. Kinney, WA; 5-A. Roehler, PA; 6-B. Ward, AZ; 7-L. White, OH; 8-D. Levine, CT; **Womens 16:** 1-T. Alonzi, CO; 2-H. Gray, VA; 3-A. Simmons, FL; 4-C. Hamilton, CO; 5-A. Kinney, WA; 6-S. Pinola, PA; 7-M. Shute, WV; 8-N. Sloan, IN; **Womens 18:** 1-L. Coutu, DE; 2-H. Gray, VA; 3-A. Prentiss, NY; 4-S. Cox, FL; 5-N. Sloan, IN; 6-K. Matherly, IN; 7-H. Smith, AL; 8-D. Sibell, MN; **Womens 19++:** 1-L. Ecker, MI; 2-C. Gudinas, IL; 3-K. Hallender, FL; 4-L. Basch, FL; 5-L. Anthony, CA; 6-L. Cardwell, MN; 7-M. LaBonne, IN; 8-K. Pulis, CA; **Womens 25++:** 1-M. Lyons, FL; 2-M. Bailey, VA; 3-R. Petrini, UT; 4-C. Collins, MI; 5-G. Grigsby, KY; 6-C. Haller, CO; 7-K. Mays, MN; 8-R. Allen, FL; **Womens 30++:** 1-S. Morgan, FL; 2-B. Harrison, OH; 3-C. Shields, IL; 4-D. Adams, CO; 5-P. Clark, MN; 6-G. Woods, LA; 7-B. Simmons, FL; 8-B. Kowalski, OH; **Womens 35++:** 1-C. Dattisman, PA; 2-M. Eichorn, CO; 3-A. Falso, FL; 4-R. Fish, FL; 5-J. Smith, FL; 6-S. Armstrong, CO; 7-M. Copley, TN; 8-F. Iffert, PA; **Womens 40++:** 1-A. Falso, FL; 2-M. Kelly, MA; 3-G. Benham, AR; 4-T. Dever, UT; 5-J. Schmidt, FL; 6-M. Turner, CO; 7-J. Kenyon, FL; 8-L. Miller, IN; **Womens 45++:** 1-K. Mueller, MN; 2-J. Kenyon, FL; 3-J. Schmidt, FL; 4-M. McNutt, FL; 5-S. Busch, MO; 6-C. Pellowski, WI; 7-M. Johnson, TX; 8-S. Sawyer, UT; **Womens 50++:** 1-J. Kenyon, FL; 2-K. Mueller, MN; 3-S. Elgaway, FL; 4-M. Crawford, NY; 5-M. Walker, CA; 6-M. Acuff, VA; 7-M. Hagain, GA; 8-R. Mooney, CO; **Womens 55++:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60++:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, ND; **Womens 65++:** 1-M. Acuff, VA.



Lisbon, like Rome is built on seven hills, but its residents are more sedate than the sometimes volatile natives of Italy's capital.

Like Paris much of its activity is concentrated along a broad tree-lined esplanade making up in bustle and old-world charm for its lack of high-style fashions, upscale shops and restaurants such as those found along the Champs Elysees.

Like Athens, it's a city perfect for walking — without the Greek city's pollution and urban sprawl.

Lisbon — the capital of Portugal — remains one of Europe's most beautiful cities. Splashing fountains, mosaic sidewalks, explosions of colorful flowers, orange-red tile rooftops spilling up rolling hillsides, broad avenues and narrow winding streets. These pictures of Lisbon, along with the memory of a few games of racquetball, continue to flash before my eyes following a recent visit there.

The labyrinth of twisting side streets, crumbling houses and the fading city center have a beauty, and certainly an atmosphere, all their own. Today, Lisbon is being given new life by the transformation of streets into pedestrian malls, opening of trendy bars and discotheques, and the upgrading of somewhat seedy neighborhoods with inviting restaurants, shops and galleries.

A comfortable stroll can provide an introduction to much that Lisbon has to offer. Other neighborhoods, museums and attractions may be experienced during more leisurely follow-up excursions.

Begin your post or pre racquetball tour at the top of Avenida da Liberdade, where a statue of the Marquis de Pombal gazes over the city whose reconstruction he directed following a devastating earthquake in 1755. Then, wander down the broad avenue lined with palm trees pausing to admire the sidewalk designs set in small black and white stones.

At the foot of the Avenida da Liberdade is the Rossio — a lovely square set off by fountains, a flower market, cages and the rococo railroad station. Leaving its crowds

and excitement, climb the adjacent hill to the Castelo de Sao Jorge (Castle of St. George), parts of which date back to the fifth century. The view over the rooftops of

bing clothes at public wash troughs; drop in a hole-in-the-wall pastelaria for a sweet pastry and cup of coffee. Now you're experiencing the real Lisbon.

Of course, there are museums, churches and other sites to be visited as well. The Maritime Museum traces Portugal's long romance with the sea. The Coach Museum displays a magnificent collection of 17th-19th century vehicles in the former riding school of the Belem Royal Palace. The extensive art collection at the Museu Calouste Gulbenkian ranges from ancient Egypt, the Greco-Roman empire and the Orient to European paintings, sculpture and furniture.

To enjoy Lisbon as the Portuguese do, two other experiences are necessary. Bullfighting is offered during the summer months. One type of contest pits the bull against a cavaleiro horseback rider

who displays his skill by narrowly missing a collision with the bull. The more ancient form of combat, unique to Portugal, involves tackling the animal by hand as a test of skill, strength and daring.

In contrast to the excitement of the bullfight is the haunting sound of fado, folk songs of resignation, love and occasionally gay disdain for life's misfortune. Tiny cafes tucked about the Alfama are popular places to share this experience with local residents, who judge singers more by the emotion of their delivery than the quality of their voice.

Aside from the bullfight and fado there is the opportunity to play some racquetball.

There's a court at the Health Club Soleil in the Amoreiras Shopping Centre, available for about \$10.50 an hour (depending upon the current exchange rate). The club also has three squash courts, outdoor tennis courts, a swimming pool, steam, sauna and massage. When you're in Lisbon, call 692-907 for directions or more information.

○

THE RACQUETBALL TRAVELLER

You can find it all in Portugal

by Victor Block



At top: Fountains dance playfully behind bright umbrella-topped flower stalls in Lisbon's Rossio Square. Below: The view from the Belvedere of Santa Luzia in Lisbon.

Lisbon, with the Tagus River below, is worth the hike.

Even more enticing, however, is the Alfama neighborhood surrounding the castle. Spared in the 1755 earthquake, this maze of winding cobblestone streets, narrow alleyways and decrepit houses all with laundry hanging out to dry, is not much different in appearance than it was

Racquetball Headed For Los Angeles County Fair, San Francisco, Palm Springs on Fall Tour

More than two million people will have an opportunity to see racquetball in action this fall on the portable racquetball and squash court introduced a year ago by Joe Garcia. The court is headed for three major events, the first being the Los Angeles County Fair, to be held in Pomona, CA, September 15 through October 2.

The seventh largest fair in North America, the event drew more than 1.3 million people in 1987. Garcia's 18,000-pound court, which has two full walls of Lucite, will be featured in one of the most prominent locations on the fairgrounds, right next to an F-16 jet fighter. Racquetball, squash, wallyball, basketball and tennis will be demonstrated and clinics are scheduled throughout the 18 days of the fair.

The next stop for the court will be San Francisco, October 22 through November 5, 1988. It will be erected at the Justin Herman Outdoor Plaza in the Embarcadero area, for the World Corporate Games, the first international corporate olympics. The court will be used for clinics and demonstrations during the five days preceding the Games beginning on October 22, then will be the site of racquetball and squash competition during the Games through November 5.

An estimated 10,000 athletes from more than 1,000 corporations throughout the world are expected to compete in 21 sports. The First World Corporate Games, were created to emphasize and enhance fitness, health and sport in the workplace.

Garcia's portable court will be located in an area where foot traffic is estimated at 500,000 people per day, a few hundred feet from the Games' headquarters, press room and the opening, closing and awards ceremonies staging area.

Converse, one of Garcia's sponsors, is bringing tennis pro Jimmy Connors to the Games to conduct a tennis clinic on the court.

After the Corporate Games the court will be transported south to the Desert Fashion Plaza, a downtown shopping mall in Palm Springs, CA, where it will be used for racquetball, tennis and squash clinics and demonstrations with local tennis teaching pros along with professional squash and racquetball players from November





15 to 20.

Joe Garcia, president of Court Sports Productions, firmly believes that taking court sports to the people will create growth and spark excitement among thousands of spectators who may never have seen racquetball or squash played before.

He introduced the court in August 1987 inside the Santa Anita Fashion Park Mall in Arcadia, CA, during the Court Sports Spectacular. An estimated 100,000 shoppers were exposed to a series of exhibitions, clinics and matches in racquetball, wallyball and squash during the six-day event.

The court was seen next in Canada, April 1-3, at the Toronto Golf and Racquet Show, which drew thousands of sports enthusiasts. Top Canadian racquetball and squash players and amateurs alike played games on the court during this hands-on consumer show.

"It's a lot less expensive to use the court for a promotion than you might think," says Garcia. "Reaching so many potential new club members and product consumers in high traffic areas like shopping malls and state fairs makes the court a very cost-effective promotional vehicle. We also invite local clubs, in the areas where the court is scheduled, to participate in our event."

Court Sports Productions offers a package for sponsors, including prominent signage on the court, program advertising, media publicity, public address announcements, court time, product display and sampling areas and other promotional items. Club packages start as low as \$7,500 per event.

Court Sports Productions' 1989 calendar is already becoming crowded. An article about use of the court as a mall promotion in a major shopping center marketing publication started a barrage of

inquiries from malls all over the country. In addition to shopping center bookings, the court is scheduled for the Toronto Golf and Racquet Show, the National Collegiate Sports Festival, which will hold racquetball and squash competitions in both Daytona Beach, FL, and Palm Springs, and several men's and women's professional racquetball tour stops.

Also endorsing and supporting the fall tour are National Racquetball Magazine, Squash News, Women's Professional Racquetball Association (WPRA), United States Squash Sports Association (USSRSA) and the World Professional Squash Association (WPSA).

If you'd like to know more about the court, call or write Joe Garcia, Court Sports Productions, 2515 Via Esparto, Carlsbad, CA 92008, (619) 729-3859. ○

Something New

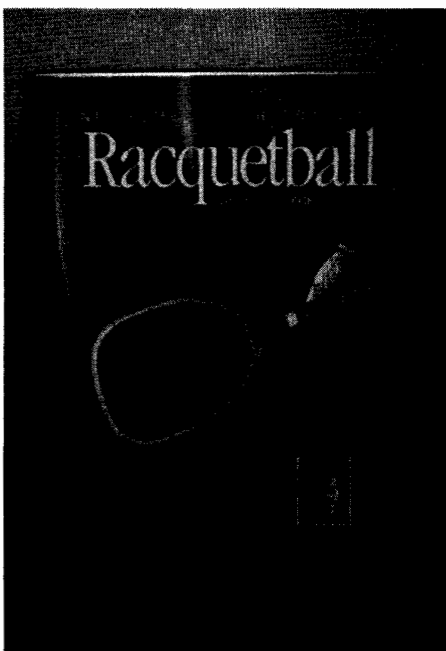
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Letters To The Editor

A Question Of Age

In the March 1988 issue of *National Racquetball* there was an article by Donn Esmonde on Charlie Garfinkel. In that article there were two references to the Gar's present age of 47. It would be interesting to see an explanation from *National Racquetball*, Mr. Esmonde or the Great Gar himself as to how he could have entered and won, the 1984 AARA National Masters GL Invitational in Febuary in Tucson, AZ. Unless my math is incorrect, Gar was then 43, not an eligible 45 years old.

William Byrd
Los Angeles, CA

Ed. note: We checked with Gar at the AARA Nationals in Houston. The article carried the wrong age — Gar is now 49. He proved it with a driver's license.

License Challenge

I enjoyed your editorial in the March issue. I thoroughly agree with the new lensed eyeguard rule, and I believe that [more] clubs should make them mandatory at all times.

Although it doesn't relate to eyeguards specifically, I have enclosed a photo of my license plate frame. I thought of my frame when I read the closing paragraph of that editorial describe how terrific racquetball is.

Perhaps other readers have different license plates or frames. In New York alone I have seen the plates "Z-BALL" and "ROLLOUT".

I'm 27 years old and I have played racquetball for eight years. I usually play in the 25+ or open divisions. Most of all, I can't get enough of this great game.

William Young
Massapequa Park, NY

Ed. note: Anymore racquetball license plates or frames out there?

Rating System Applause

I want you to know how much I enjoyed "A Rating System for Racquetball" in the

April issue. As a chess player, when I enter a tournament, the main goal is not prize money or to remain unbeaten but to raise my rating a few points.

A point not emphasized by Dr. Strauss was that all chess tournament players join the national organization, which provides the rating service among other things. This serves to keep player interest up and the national political organization strong, since all tourney players are members.

One last item to demonstrate how well the rating system works in chess; there are no significant unrated tournaments.

Pete O'Connor
Leucadia, CA

Instructional Needed

I just got though reading one of the "Letters To The Editor" in your June issue. That east coast writers' complaint is mine too. There needs to be more instruction and strategy in those pages.

Years ago Charlie Brumfield wrote an

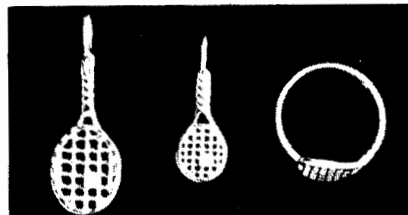


instructional column for *National Racquetball* called "Inside the Masters Mind." It was great! No I don't feel the information, though years old, is out of date. Not all of us play, go for broke, ball blasting, wall diving racquetball. Why not run an updated version of "Inside the Masters Mind" or even some of the old ones.

Barrie W. Camelon
Seattle, WA

Ed. note: We plan on doing just that. National Racquetball is also producing a book "The Best of National Racquetball Instructional," which will be available later this year. O

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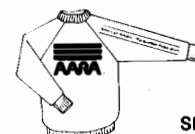
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Association Roundup

AARA

by Luke St. Onge



The 1988 Ektelon/U.S. National Singles are history now. In its 20th anniversary year (attracting close to 1,200 entrants), this year's National Championship ushered

racquetball into a new stage of development, clearing a major status hurdle between the minor and major sports.

In the recent past we have seen our sport and its national championship steadily achieve new heights, in a manner which we still can't quite put a finger on. Those heights might have been affected by the involvement of the Houston Sports Foundation, which actively sought to establish continuity by keeping the Nationals in Houston each year since 1982. It's entirely possible that beaming the open finals into 20 million households via cable television networks had a positive impact.

In terms of attendance and participation, it could be that the opportunity to qualify for the National Racquetball Team and represent the U.S. in Hamburg this summer drew more open players than ever before. At the same time, highly motivated women competitors averaged an impressive 20% increase in their divisions overall, and boosted two brackets by 50% over last year. For some reason, the YMCA was packed from 9 a.m. to 10 p.m. on Thursday and Friday, over 2,000 room nights were reserved at the Hyatt, and more than 700 people attended the

awards banquet on Saturday night to honor inductees into the AARA Hall of Fame, recognize special individuals, and view Jim Hiser's "Twenty Years of Racquetball" media presentation.

With a special appearance by Joe Sobek, "the father of racquetball," came a sense of historical presence and identity for our sport which linked each and every participant. That feeling of community was intensified throughout the weekend, while the surprising number of tiebreaker matches illustrated a much higher level of competition. Better athletes came to compete, not just socialize, and the result was a subtle shift in the way we feel about racquetball.

There was a true sense of pride in our sport at this year's national championships. It was great to be there, and an even greater pleasure to have been a part of racquetball history in the making. ○

CRA

by Bill Houldsworth



Just as if someone was writing a script, the V-8 Nationals held in May in the host city of Victoria, B.C. were almost perfect.

A record number of entrants (530), the picturesque City of Victoria and a super registration night dance started the 1988 event off and running. The local tournament committee under the direction of Chairman Jack McBride were ready for

the over 1,000 games to be played during the event. Special thanks goes to the committee and the B.C. Racquetball Association for a great tournament.

Championships were defended by Montreal's Heather Stupp (Women's A) and Sherman Greenfeld of Winnipeg (Men's A). In the wheelchair A event, Mark Cormack of Vancouver was the winner and Roger Harripersad from the Olympic City of Calgary and Mike Ceresia of Sarnia picked up the Men's A doubles championship. Stupp and her partner Lisa Devine of Charlottetown won the Women's A doubles crown.

After all the games were played, the week long event was capped off by a super banquet at the Marigold Centre which had earlier been the scene of other hospitality nights. After the awards were handed out to the deserving winners and the speeches were finished, the dancing started and went on until the early hours of the morning.

Special thanks for a super tournament goes to our sponsors for their tremendous support. Without them tournaments would not be as successful and it is hoped that all of our sponsors will be involved in the 1989 senior nationals scheduled for Toronto. Mark May 23-27 on your calendar for next year's tourney.

During the senior event, the CRA Annual General Meeting was held. Among the many business items on the 1988 agenda was the election of two Directors at Large who will sit on the National Board of Directors. As there were only two nominations for the positions, Dan Stone and Yvan Girardin were acclaimed. They were both running for re-election.

Also discussed and voted on during the A.G.M. were rule changes as submitted by the officiating committee. Many of them were of a housekeeping nature and space does not permit them to be listed here. The changes took effect as of June 1, 1988.

Following the A.G.M. the new Board of Directors had a short but important meeting to elect the new Executive Committee. For 1988-89 the CRA Executive Committee is: President - Dan Stone; First Vice President - Ian McKenzie; Second Vice President - Dan Hinton; Vice President/Finance - Jean Desautels; Secretary - Barb Jabbour.

Also re-elected as a Director at Large but not to the executive Committee was

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Yvan Girardin. Many thanks to Yvan for his years of hard work on the Executive Committee. His efforts were greatly appreciated.

During the national team athletes meeting Heather Stupp was elected to represent the athletes on the National Team Committee. She replaces Ross Harvey whose term has expired.

Also joining the National Team program was new assistant coach Larry Greene of Hull, Quebec. Larry will be assisting head coach Ron Pawlowski with the team and was involved in the selection of the squad which will represent Canada at the 1988 World Championships in Hamburg, in August.

Selected to the World Championship squad were: Women's team - Lisa Devine, Josee Grandmaitre, Carol McFetridge, Heather Stupp and Nadia Verilli. Men's team - Mike Ceresia, Sherman Greenfeld, Roger Harripersad, Simon Roy and Paul Shanks. The announcement of the 1988 National Team was made during the awards banquet of the V-8 Nationals in Victoria. ○

PARI

by Connie Martin



Many readers of *National Racquetball* are racquetball instructors or players who may wish to make racquetball a career through teaching or running racquetball programs at a club. I am happy to say that each month *National Racquetball* will now include a PARI section in the Association Round Up.

PARI has been in existence for little over a year now. It was created because of the needs and demands for an increased level of competency within our teaching system. By increasing the number of people for whom we provide quality instruction and programs within our clubs, we can increase the quality of play.

PARI has certified over 180 people since its beginning, and has a list of over 300 more instructors waiting to attend the clinic/

certification program when it reaches their part of the country. This is a two-day program and includes a 100 page manual which is updated every two months.

This column's goal is to inform you of upcoming clinic/certification dates, to announce the newly certified professional level instructors and to give you any other information concerning the teaching of racquetball.

If you would like more information at any time, please feel free to request it from the AARA, 815 North Weber, Suite 203, Colorado Springs, CO 80903, (719) 635-5396. ○

WPRA

by Chris Evon



As the 1987-88 season came to a close, I had the opportunity to attend both the AARA National Championships in Houston, and the WPRA Nationals in Fort Worth, TX. What im-

pressed me about both was the increase in the number of players, the increase in the caliber of play, and the commitment of the women at both the professional and amateur level to come together to work on the overall growth of women's racquetball.

The WPRA along with the women's commissioner of the AARA, Judi Schmidt, are working on strategies to help clubs increase the involvement of women in their area. One program we are developing is to have the WPRA send a top pro to your area to hold clinics. The WPRA will cover travel expenses and the host club will cover the pro's fee.

If you are planning special events or tournaments this would be a great way to spark the interest of both beginner and advanced players. Please don't hesitate to contact me for more details. The WPRA is, also, always interested in any comments or suggestions on how we can better help you promote women's racquetball. WPRA office: Chris Evon, 1001 C. N. Harlem, Oak Park, IL 60302. ○

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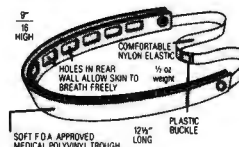
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Passing Shots

by Norm Blum



WHY PLAY? — **Egan Inoue** was involved in another controversy besides the fight. A week before the amateur nationals, **Inoue** finished second in the CityFed men's professionals in Columbia, WA (near Seattle), losing to **Ruben Gonzalez** in the final.

Despite a top five finish in the men's pro rankings, Inoue was still competing in the amateur nationals. Why? What was there to prove? **Inoue**, who resides in Hawaii, said the reasons were simple. "I just like to play racquetball and I had nothing better to do. Besides there are some excellent players."

POTPOURRI FROM THE NATIONALS — The unusual happened at the nationals. An entire tiebreaker was replayed because the official made a bad call. Ironically, the same person won by the identical score... **Otto Dietrich**, who reffed more than 50 matches last year, reduced his activity. He was busy campaigning for the AARA Board of Directors post and gave a referees certification test.

The tournament marked the 20th anniversary of the AARA and Joe Sobek, the inventor of the sport, was on hand for the event... Instead of an auction after the banquet, the AARA tried a Las Vegas night. It was a fun event, but it failed to raise any funds for the U.S. National Racquetball team.

Veteran floor directors **Paul Hendrickson** and **Pat Gerhity** got the tournament back on schedule after it initially fell behind. Usually there are a few blow-outs in the early rounds, but this time there were several two hour matches... **Charlie "The Gar" Garfinkel**, a legend in his own mind, lost in the early rounds, (45+) but was gracious in defeat... One woman player competed despite sporting a cast on her playing hand. "The doctor told me not to play for several weeks. I told him 'you don't understand. It's the nationals.' There's no Rocky ending here. She was pounded in the women's 30's by national champ **Susan Morgan**... There were

more than 140 entrants in the men's open division... With about 100 more matches this year than last, the nationals will probably start a day earlier in 1989... Houston was awarded the nationals for the next three years... It was a pleasure to see a former national pro champ, Georgia's **Davey Bledsoe**, compete. He plays simply because he loves the sport.

Biggest gripe of most players — hospitality. Personally, I thought it was fine... You make the call: A player is scheduled to compete against one of the AARA's board of directors. A controversy erupts which requires the board to convene. The player demands and receives a forfeit. After a two hour wait, the player receives a forfeit... I sponsored my first player at the nationals. First Coast Promotions introduced the "Court Rat" at its booth. **Andy Roberts** was playing **Lance Gilliam**. Gilliam was ordered by the referee to change shirts between games. He didn't have one and I donated the Court Rat shirt, thus sponsoring my first player.

In this era when athletes like **Pete Rose** charge money for autographs, a huge turnout wasn't expected when the NFL had a division with no prize money. Three players entered with **Jim Turner**, the former kicker for the Denver Broncos and Super Bowl New York Jets, winning it. The competition will be open to all current and retired athletes next year and a better turnout is expected... According to racquetball historian **Pat Gerhity** it was too bad that the men's and women's open matches were such one-sided affairs. I don't care what the sporting event is, without drama, the event doesn't make for good TV.

PRO NOTES — Racquetball needs more folks like **John Delaney**, chief executive officer and chairman of the board of CityFed Mortgage. **Delaney** is not only a racquetball fanatic but what's even more refreshing is that he's a nice guy... **Marty Hogan** won't be elected Mayor of Davison, MI. In a newspaper interview, he blasted the city and couldn't understand why a pro racquetball event was held in that city. "Who would land their private jet in that sweatbox?" **Hogan** said. **Jim Hise**, who runs the Michigan stop, quickly pointed out that the Buick Golf tournament is just down the road and that the city has been the most stable site that professional racquetball has... **Ruben Gonzalez**? No. 1 ranking has to go down as one of the greatest athletic achievements of all time. Name one sport where a 36-year-old has achieved such a lofty position?... The crowds were large at the nationals in Seattle, Washington... My biggest lesson at the nationals was that I can lose in the C division just as easily in the west as the south... Next month we'll print *National Racquetball's* advertising director **Kris Wallace's** top five males in the game. You know it won't have much to do with playing ability... Some pros don't stay at the host hotel of the tournament. "If other players find out your room number they'll sometimes call in the middle of the night," one pro said... After five years as the No. 1 player, **Mike Yellen** seemed to accept his drop from the top spot rather well... If **Bret Hammett** is developing an inferiority complex, who can blame him? With any luck he could have been ranked No. 1 the last three years... Yes, even pro players still call home after a victory.

THINGS I LIKE — The success story of **Ruben Gonzalez**, upsets, well-behaved crowds, and on a more personal note, being a father-to-be.

THINGS I DISLIKE — Boorish behavior on the court, one-sided finals and security guards at hotels who harass tournament players. ○

A Family That Plays Together

by W.C. Madden

Supposedly, "families that play together, stay together." For one Indiana family, there's a lot of truth in that saying and racquetball is one of the substances cementing family relationships.

Racquetball has become a family affair for the La Bonne family of Indianapolis. At a recent state doubles tournament, Mike and his wife Renee, their son Tim and his

husband for mixed doubles.

About the same time, daughter Michelle started playing with her friend, Debi and introduced her to brother Tim. After five years of playing racquetball together, Debi and Tim teamed up for life last year and later added a baby girl to the family. Nicole may be too young to play, but the couple take her along to the courts.

In one way or another, all family members have excelled in racquetball. Mike has become the president of the Indiana State Racquetball Association and serves on the Rules and Referee Committee, where he tests and certifies referees. A referee himself, Mike judged matches at the 1987 National Singles Championships in Houston and the 1987 Pan American Racquetball Championships in Colorado Springs.

Renee serves as the director for the same association as her husband, so they work together a lot. She was also the vice president in charge of racquetball for the White River State Games in Indianapolis, a statewide competition for youngsters.

Tim was once ranked 20th in the nation and his

wife Debi, and their daughter Michelle all competed, but on different levels. It wasn't the first time.

Mike was the first of the family to learn to play. That was in 1974, when he was serving in the Marine Corps. His son and daughter, then 10 and 11 respectively, soon became interested in their father's sport and started swinging racquets. "I gave them some knowledge of the game and showed them some of the basics," says Mike.

By 1978, Mike was teaching racquetball to college students at the University of Utah. He was also participating in a lot of tournaments and won regional championships in the Marines three years running.

Not to be left out of the fast action, Renee picked up the sport on her own in 1980. She moved up rapidly to the "B" class and began teaming up with her

wife Debi 17th in open categories. Two years ago, Debi won the Indiana state championship at age 30. "In the men's division, age means a lot, but in the women's division, experience plays more of a role than age," she explains.

Michelle is considered to be the best player in the family now, as she is ranked 16th in the nation. The 23-year-old recently finished second in the state's open division. "I got her started in the sport, but she's gone well beyond where I stopped. She's better than I was," Mike admits.

Mike stopped playing racquetball for a couple of years when he became the editor of The American Legion Magazine and his new duties took up much of his time. However, he recently began playing regularly again to keep fit.

Off the court, the La Bonnes further cement relationships by helping with local

theater productions. They are all members of Workers In Theater at the Phoenix Theater in Indianapolis. "We do anything we can to help the theater put on productions," says Mike, who serves as president of WIT.

In the theater or on the courts, the La Bonnes stick together like one small, happy family. ○



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IN REVIEW

Edited by
Linda Mojer

President's Column

by Van Dubolsky

In this month's column I would like to briefly review the AARA membership procedure and clarify the process which begins when a player completes the application form, draws a ten dollar bill from his or her wallet and joins both the AARA and the affiliated organization of the state in which they reside and complete.

Once the application is complete, it must be forwarded to the National Office with the fee for processing. The information contained on the application form is then entered into the AARA computer, a membership card is generated and an information kit is put together and forwarded to the new member.

The membership card and kit can only be sent to members *if* and *when* the National Office receives the application and fees. Very often memberships are collected at tournaments, then are either held for long periods of time or never forwarded for processing at all. Players who rightfully assume that they are members since they have completed an application and paid their fees are then disappointed when they do not receive their membership cards and mailings.

The National Office processes memberships with a turn-around time of fifteen days. When applications and fees are forwarded from tournaments immediately, the new member can expect to have a membership card in hand within thirty days. Until then, it is important that the member retain the payment receipt (the yellow copy of the three-part application form). Also remember that third-class mailings from the National Office are not forwarded by the Postal Service, so please inform us of address changes promptly.

Remember, it's up to tournament directors, the state association, the National Office, and the new AARA member to keep membership services continuous and the lines of communication open. O

AARA Board Approves Rule Changes

Two rule changes were approved at the annual AARA Board of Directors meeting in Houston, and both will go into effect on September 1, 1988. The first constitutes a name change, replacing the term "avoidable hinder" with "point hinder". Since the word "avoidable" implies "intentional," it is hoped that the change will make the call clearer. There are no revisions to what constitutes a "point hinder" (interference with the point in play) and calls should be made in accordance with present rule-book guidelines.

The second rule change limits the number of appeals a player may make per game. In each game of any match, three LOSING appeals will be allowed per player. Each time a player makes an appeal, the result of that appeal will be noted. When a player LOSES an appeal, a deduction will be made from the allowable three. No further appeals will be permitted once a player has "lost" three appeals, EXCEPT on the final point of the game. Players will retain the right to a "game-ending" appeal regardless of the "count." Appeals WON will not count against the limit of three.

A third rule change proposing that a certified referee may not be removed from calling a match by anyone other than the tournament directors/officials was defeated. The board also passed a motion that will limit rule proposals which have already been considered and denied. If a rule change fails to pass at a board meeting, it cannot be brought before the board for consideration again until one full year has passed.

Basically, the player must now consider the outcome (their chance of overturning a referee's call) before making an appeal. It is hoped that this particular rule change will keep games at an even pace and eliminate manipulative appeals like the "service foot fault" on oneself after the side out has been called, etc. ○

Focus On Ohio

Submitted by Ron Coates,
Ohio Racquetball Association

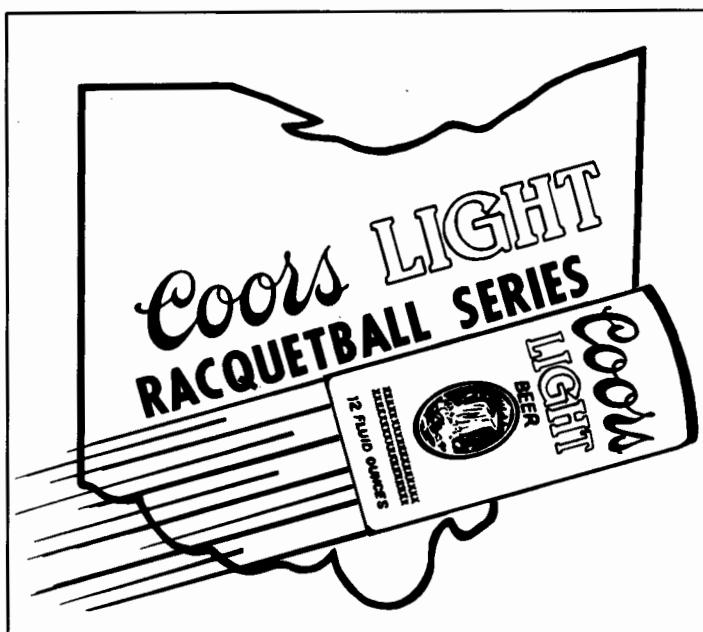
Ohio racquetball is healthier than ever. Why? That's easy — the Coors Light Tournament Series! If you are a racquetball player in the mid-west you have probably already played in, or at least heard of, the Coors Light Series. For the rest of the country, let me explain why this tournament series is such a boost to racquetball in Ohio.

The Coors Light Racquetball Series is a string of nine tournaments scattered throughout the state of Ohio from September to May. The events are about three to four weeks apart, draw the largest numbers of participants and provide the highest quality play in the midwest. Spectators routinely observe the top players competing for over \$3,000 in prize money, while the players themselves are treated to first rate racquetball, collared shirts and great hospitality throughout the weekend.

All of the events are sanctioned by the Ohio Racquetball Association (ORA) and the AARA, and over 500 new AARA members were signed up during the 1987-88 series season alone. The tournaments also provide the ORA with an excellent vehicle for promoting development programs such as referee certification, junior teams and a wide range of AARA-sponsored projects. At the same time, all the results from the tournaments are reported to the national office and added to national, regional and state ranking reports. For the first time, Ohio players are showing up in the national rankings without having

to travel all over the country to reach major racquetball events.

The promoter of the Coors Light Racquetball Series is Ohio State Director Doug Ganim. A native of Ohio, Doug obtained his B.A. in marketing from Ohio State University and is currently pursuing a master's degree at the University of Dayton. Through his efforts to promote the



series, Ohio has become one of the best states in the nation for competitive racquetball. ○

Official "Racquet Stringer" Named

The AARA Board of Directors have named John Boudman as the official racquet stringer of the AARA. Boudman will represent the AARA at most National and Regional events, and will develop a mail-order service for AARA members. Luke St. Onge, Executive Director of the AARA, noted "We feel honored to have John and his wife Linda as part of our team. Without question John has the greatest expertise and knowledge in this highly specialized field, but he also happens to be a great ambassador for the sport." ○



Out Of The Past

by John Mooney

To complement the official results of the 1988 Ektelon/U.S. National Racquetball Championships printed in this issue, we would like to recognize and honor the winners of past national championships. It was exactly twenty years ago to the day (May 26, 1968) when the first National "Gut Racquet" Championship was held in Milwaukee, WI (see Bill Schultz' first-hand account of that memorable event in the June issue of *National Racquetball*) and the record books have been kept filled with annual entries ever since. See how many names you remember:

IRA/AARA HONOR ROLL OF SINGLES CHAMPIONS

Men's Open Champions

1968 - Bill Schultz (WI)
1969 - Bud Meuhleisen (CA)
1970 - Craig Finger (MI)
1971 - Bill Schmidke (WI)
1972 - Charles Brumfield (CA)
1973 - Charles Brumfield (CA)
1974 - Bill Schmidke (WI)
1975 - Wayne Bowes (CAN)
1976 - Joe Wirkus (WI)
1977 - Jerry Zukerman (MO)
1978 - Lindsay Meyers
1979 - John Egerman (ID)
1980 - Ed Andrews (CA)
1981 - Ed Andrews (CA)
1982 - Jack Newman (IL)
1983 - Dan Ferris (MN)
1984 - Dan Ferris (MN)
1985 - Ed Andrews (CA)
1986 - Ed Andrews (CA)
1987 - Jim Cascio (PA)
1988 - Andy Roberts (TN)

Women's Open Champions

1970 - Fran Cohen (MO)
1971 - Jan Pasternak (TX)
1972 - Jan Pasternak (TX)
1973 - Peggy Steding (TX)
1974 - Peggy Steding (TX)
1975 - Peggy Steding (TX)

1976 - Sarah Green (TN)
1977 - Karlin Walton (CA)
1978 - Hope Weisbach (AZ)
1979 - Sheryl Ambler (CA)
1980 - Carol Franck (VA)
1981 - Cindy Baxter (PA)
1982 - Diane Bullard (FL)
1983 - Cindy Baxter (PA)
1984 - Marci Drexler (CA)
1985 - Cindy Baxter (PA)
1986 - Cindy Baxter (PA)
1987 - Diane Green (FL)
1988 - Toni Bevelock (AZ)

Olympic Festival Racquetball

A recent constitutional amendment to the bylaws of the United States Olympic Committee granted Olympic Festival access to all Group C demonstration sports, including racquetball, beginning in 1989. The legislation, which passed at the annual House of Delegates meeting in April, will give the U.S. National Racquetball Team the opportunity to gain important exposure for the sport, and the American Amateur Racquetball Association, over the next three years. Held annually between Olympic Games, upcoming Olympic Festivals are scheduled for Oklahoma City in 1989, Minneapolis-St. Paul in 1990 and Los Angeles in 1991.

In separate legislation, the Junior Olympic Committee also voted to allow Group C sports to participate in its program. This move will enable the AARA to enhance current junior-level racquetball programs and competition through the authorized use of the term "Junior Olympics" in all promotional material.

For the remainder of 1988, the AARA Board of Directors will address the administrative impact of these USOC opportunities. Their work will include re-evaluating the national team selection process, setting an official competition format, and revising the structure of current programs in preparation for the 1989 Olympic Festival debut. The success of these efforts is

expected to lay the groundwork for gaining Group A competition status for racquetball, and gaining team entrance into the 1992 Olympic Games. ○

Notes From The National Office

by John Mooney

Not everyone is aware of the many administrative services offered through the National Office, so I'd like to use this column to publicize some of the special opportunities you are entitled to as an AARA member. For example, we have recently arranged to offer the U.S. Amateur Athletics Savings Card to our members. A reduced rate of \$24.95 (from \$49.95) for AARA members has been negotiated, and savings range from 60% on flights with Delta, Northwest, Piedmont and PSA airlines, 25% on accommodations at Ramada Inns across the country, 20% on car rentals with National and Alamo agencies, and 50% or more on sporting goods. To receive a brochure and application, please write the AARA, 815 North Weber, Suite 203, Colorado Springs, CO 80903 or call us at (719) 635-5396.

And don't forget that AARA members can apply for their own AARA Classic Visa card. The card works just like any other major bank card, but ALSO benefits the AARA with a one-half of one percent rebate to the association with every purchase made. These funds go directly to grassroots development programs across the country, plus help support the U.S. National Racquetball Team. The card is free for the first year and carries a 17.9% APR. Special benefits of the AARA card include \$3,000 worth of luggage insurance if you use the card for travel, a \$3,000 reimbursement of auto rental deductible and up to \$300,000 travel insurance at no cost. Look for an application elsewhere in the magazine, or call MBNA at 1-800-847-7378 to have a teleserve representative take your application by phone. ○



TV Finals Becoming The Norm

The AARA has arranged to televise the open finals of the 1988 Ektelon/U.S. National Doubles Championships from Baltimore, MD, October 20. A previous broadcast of the 1988 National Singles Championships in May reached over 29 million households and was welcomed by millions of racquetball enthusiasts across the country. A similar success is expected at the Baltimore site later in the year.

"Boasting over 20 regulation courts and two glass side wall-back wall exhibition courts, the Merritt Athletic Club lends itself perfectly to televising racquetball at its best," states Luke St. Onge of the AARA. "We feel a duty to our industry...to get it off square one regarding the TV dilemma. If the networks won't come to us, we'll produce the coverage, sell commercial time, and clear the cable networks to broadcast it. Once the finished product is seen, we'll have a much better chance of reaching the major networks and ESPN, and racquetball manufacturers will gain an important outlet for their advertising campaigns."

National Board Review & Elections

At its annual meeting in Houston, the AARA Board of Directors acted on several administrative proposals, and set policy in a number of areas. The following gives the highlights of board deliberations and action:

Revenue: In a move to protect its state affiliates, the board approved procedures which would encourage state or-

ganizations to incorporate and attain non-profit status. Future revenue sharing (other than membership rebates) will be limited to those incorporated associations who achieve a 90% compliance rate with national sanctioning requirements. The board also ruled that memberships processed outside the member's state of residence will require special handling. The processing state will be required to forward the 50% rebate directly to the member's resident state organization in such cases.

Contracts: Approved the Ektelon shoe and glove as "official equipment" items of the association. The board also contracted with the promotional firm of WTS International through the remainder of 1988. Agreed to proceed in negotiations with Bill Battle Enterprises as the official licensor of the AARA.

U.S. Team: Adopted a new U.S. Team selection procedure for World Championships and the Tournament of the Americas. Restricted entry in "qualifying divisions" of National Singles, Doubles and Junior Nationals to Americans only. (see note)

Juniors: The board approved a Junior Code of Conduct for Jr. Nationals/Jr. Orange Bowl, and adopted the title "Junior Olympics" for use in national junior program development. Pending IARF approval, a three-year contract with the Orange Bowl for the Junior World Championships was approved.

Recognition: Adopted Hall of Fame nomination and election procedure. Chose the following 1988 special award winners: President's Award to Sherry Armstrong (CO); Regional Director's Award to Jack Sorenson (Region 5); Male Athlete of the Year to Jim Cascio (PA); Female Athlete of the Year to Diane Green (FL); John Halverson Award to Linda Mojer (FL).

Administrative: Received strategic planning committee reports and approved plans for secondary questionnaire distribution this summer. Proposed to actively seek entrance for racquetball into the 1989 Olympic Festival in Oklahoma City, and to adopt "State Games" as an official project of the AARA. Identified grant subjects for submission to the USOC, including the Tournaments of the Americas, a development tour of South America, an Intercollegiate Coaches clinic, and a promotional

film for racquetball.

Election Results: After a very close election, four new members were appointed to the AARA Board of Directors. Keith Calkins was elected to a second consecutive term, Paul Henrickson rejoins the board after a brief absence, Carol Pellowski looks forward to her first term of service, and Otto Dietrich accepted appointment as National Rules Commissioner, replacing John Denley on the board.

NOTE: According to Luke St. Onge the term "Americans" mean U.S. citizens only.
Ed. O

Florida Teen Earns Award

Amy Simonetta of Sarasota, FL has been named as one of ten recipients of the Women's Sports Foundation's "Up and Coming Awards" in 1988. The sixteen-year-old Simonetta was chosen in the individual vs. individual category, in recognition of her progress and promise in racquetball.

Amy was introduced to the game by AARA board member and National Women's Commissioner Judi Schmidt, and quickly became Florida's #1 junior player in 1983. Following her 1986 gold medal clean-sweep of the Junior World Championships with wins in singles, doubles and mixed doubles in the 1987 National Junior Championships, Amy won a bronze medal in singles and a gold in doubles. In addition to racquetball, Simonetta is the "most valuable player" on her high school basketball team and #4 on the tennis team.

Since 1984 the Women's Sports Foundation has honored ten athletes whose achievements demonstrate a potential for greatness. Simonetta joins the company of past winners Bonnie Blair, speed skater and gold medalist at the 1988 Olympics; Debi Thomas, figure skater and bronze medalist at the 1988 Olympics; Lynette Woodard, basketball player and first female Harlem Globetrotter; and Caitlin Billeodeaux, #1 fencer in the U.S. and an Olympic hopeful. O



Regional Reports

REGION 4: Florida, Georgia, North & South Carolina

Junior Regionals at Omega 40

On a somewhat smaller scale than its adult counterpart, yet no less exciting in its competition, the 1988 SE Junior Regionals at Omega 40 attracted fifty-seven entrants from Florida and Georgia to Ormond Beach over the weekend of May 6-8. With expert guidance from tournament directors Tasso Kiriakes, Scott Nelson and Shun Lo, the youngsters were treated to their own unique brand of match play and entertainment throughout the weekend. "Beach Party Madness" on Saturday night featured a full evening of fun and a barbecue on the beachfront of the Makai Inn, a local tournament sponsor.

The most surprising turn of events occurred in the largest draw of the tournament, the Boy's 16 and under singles. In that division semifinal, #1 seeded Robby Walden was defeated by Jacksonville's Aaron Metcalf, while Miami's Mike Altman was eliminated by Alan Engel. Earlier, Metcalf had also put an end to the hopes of up-and-coming Scott Reiff of Coral Springs, but was unable to rally in the final against Engel. After four rounds of play, Alan Engel won the B16- regional title, and took home the corresponding championship trophy for the B14- bracket, too.

Congratulations go to these outstanding juniors from Region Four:

SINGLES — B18: Jason Waggoner d. Brian Rankin; **B16:** Alan Engel d. Aaron Metcalf; **B14:** Alan Engel d. Craig Cxyz; **B12:** Jon Xynidis d. Ryan Smith; **B10:** Mark Hurst d. John Stanford; **B8:** Scott Huggins d. Toby St. Pierre; **B6NB:** Scott Huggins d. Rusty Moulton; **Q18:** Susan Cox d. Christy O'Connor; **Q16:** Amanda Simmons d. Christy O'Connor; **Q14:** Britt Engel d. Amanda Simmons; **Q12:** Debra Derr d. Toby Jobson; **Q10:** Debra Derr d. Michelle Tydir. **DOUBLES — B18-:** Rankin/Waggoner d. Altman/Reiff; **B12-:** Reiff/Xynidis d. Hurst/Stanford; **MX18-:** Cox/Walden d. Engel/Engel; **MX12-:** Hurst/Jobson d. MacGregor/Smith.

REGION 11: Minnesota, Nebraska, North & South Dakota
Submitted by Marta Gross

Windom Players Building Support

"Windom" sounds like a mythical place somewhere near the Land of Oz. In reality, it is a rural town of about 5,000 in southwestern Minnesota. It's not exactly the sort of place one would expect to find strong support for racquetball, yet in some ways, the people of Windom are more committed to promoting the sport than those in more populated areas.

In 1979, two racquetball courts were constructed in the Cottonwood County Arena. These courts were not the investment of some entrepreneur, but the result of hardworking, dedicated citizens who promoted the project. Bill Olson chaired the committee that sold 5-year charter memberships for \$1,000 to 55 members which covered the construction costs.

A racquetball association was then formed by Windom's energetic members. This association organizes most of the activities, including current leagues which boast nearly 70 active players, and a fall tournament. Once things were in order, the association donated the courts to the community which runs the facility. Through memberships and court fees, the courts are now self-supporting.

In September of last year, Windom expanded its facility with a spa and fitness center, again obtaining financing through private donations. Volunteers also provided labor to the project, building new locker rooms, installing whirlpools and saunas and outfitting an exercise area with a wide range of modern equipment.

One of the most unique features of the Windom racquetball courts is a visual one. Silhouettes of the members in familiar poses were created by Diane and Roger Morpheus and used as graphic decoration on the walls of the facility. Members are eager to identify the colorful paintings of themselves when showing the courts to visitors and prospective members.

With the addition of racquetball courts to the Windom Arena, the complex has become a place where families in the community can gather and participate in numerous activities. The project also illustrates what can be done by a community with drive and commitment to racquetball.

REGION 12: Colorado, New Mexico, Arizona, Utah
Submitted by Gary Mazaroff

Fourth Annual North American Forty-plus Championships

The New Mexico Racquetball Association is pleased to announce the Fourth Annual North American 40+ Racquetball Championships, September 8-10. This singles tournament for both men and women has always been an exciting and fun competitive opportunity, and this year's event at the Academy Court Club promises to be no different.

Although tournament play will begin Thursday, a pre-tourney party and get-together is scheduled for Wednesday evening, September 7th, at the Ramada Classic Hotel. Thursday and Friday round-robin play will be organized into division flights (in 5-year increments through 75+), with final playoffs between flights or continued round-robin play in smaller brackets scheduled for early Saturday. This format permits everyone to play through Saturday, and then attend a special awards banquet that evening at 7:00 p.m.

The combination of good racquetball, the chance to meet and socialize with players from all over the country, and the opportunity to take a mini-vacation in Albuquerque is a winning one. We invite you to be our guests for an outstanding tournament and a certain good time in New Mexico. For more information, please contact: Gary Mazaroff, President NMRA, P.O. Box 36179, Albuquerque, NM 87176. O



Schedule of Events

August 12-14

AARA Washington State
Doubles
Tacoma, WA
Sid Williams
206-472-2266

August 12-14

Hillsborough Summer Open
Hillsborough Fitness & Racquetball Club
Box 156 Amwell Road
Belle Mead, NJ 08502
Laurie Riley
201-359-3600

August 12-14

Level 2
Jacksonville Athletic Club
6651 Crestline Drive
Jacksonville, FL 32211
Susan Morgan
904-724-6994

August 12-14

4th Annual Coors Light/
Marty Hogan Final
Las Vegas Athletic Club
3315 Spring Mountain Road
Las Vegas, NV 89102
702-362-3720

August 19-21

Georgia State Doubles
Atlanta Health & Racquet Club
1775 Water Place
Atlanta, GA 30339

August 19-21

1988 Masters Invitational
Doubles
International Athletic Club
1630 Welton Street
Denver, CO 80202
Dick Kincade
719-687-3021

August 21-23

South Carolina State Doubles
Greenville Racquet Club
P.O. Box 6573
Greenville, SC 25606

August 26-28

Florida State Doubles

Sarasota Bath & Racquet Club
2170 Robinhood Street
Sarasota, FL 34231

September 2-4

Late Summer Classic
Racquet Plus
4 Ogtethorpe Professional Blvd.
Savannah, GA 31406
Mike Faessler
912-355-3070

September 8-10

North American 40+ Racquetball Championship
Academy Court Club
5555 McLeod N.E.
Albuquerque, NM 87109
Gary Mazaroff
505-266-9213

September 22-25

Adult/Ektelon Region 15
Doubles
Kent, WA
Sid Williams
206-473-2266

September 22-25

Southeast Regional Doubles
Racquetpower
3390 Kori Road
Jacksonville, FL 32117
Mary Lyons
904-268-8888

September 23-25

Maryland State Doubles
Severna Park Racquet Club
218 Maryland
Millerville, MD 21108
Robin Duple
301-283-2355

October 7-9

Cool Cucumber
YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page
813-644-3528

October 7-9

Courthouse Open
Courthouse Health & Athletic Center
3216 Highway 390
Panama City, FL 32405

Cinde Jobson
904-769-6184

October 14-16

Lukemia Tournament
Park Avenue
714 Park Avenue
Orange Park, FL 32205
Connie Smith
904-269-8000

October 21-23

Holiday Open Benefit
Tacoma, WA
Sid Williams
206-473-2266

October 21-23

Sun Coast Fitness Center
Open
Sun Coast Fitness Center
581 Venice By Pass North
Venice, FL 34293
Bill Clark
813-488-7255

October 22-November 4

World Corporate Games
What A Racquet
T.B.A.
San Francisco, CA

October 27-30

1988 Ektelon National
Doubles
Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
Luke St. Onge
301-283-2355

Major Events

August 4-5

World Congress
Hamburg, Germany

August 6-13

World Championships
Hamburg, Germany

October 27-30

Ektelon/U.S. National
Doubles Championships
Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
301-298-8700

State Rankings

June 6, 1988

Ranking	State Name	Members
1	California	3693
2	Florida	2374
3	New York	1561
4	Ohio	1315
5	Illinois	1310
6	Pennsylvania	1302
7	Colorado	1200
8	Massachusetts	1190
9	Texas	1127
10	Indiana	957
11	Michigan	952
12	Minnesota	932
13	North Carolina	779
14	Louisiana	711
15	New Jersey	684
16	Washington	666
17	Connecticut	650
18	Arizona	632
19	Georgia	605
20	New Mexico	537
21	New Hampshire	526
22	Tennessee	505
23	Montana	466
24	Utah	447
25	Nevada	373
26	Maine	366
27	Maryland	363
28	South Carolina	348
29	Wisconsin	344
30	Virginia	343
31	Oklahoma	304
32	Alaska	298
33	Rhode Island	290
34	Delaware	248
35	Kansas	241
36	Vermont	217
37	Alabama	203
38T	Arkansas	183
38T	Mississippi	183
40	Missouri	170
41	Idaho	168
42	West Virginia	165
43	Kentucky	160
44	Iowa	157
45	Wyoming	154
46	South Dakota	142
47	Oregon	123
48T	Hawaii	41
48T	District of Columbia	41
50	Nebraska	37
51	North Dakota	30

Total Member Count 30,813



1988-89 Board Of Directors

OFFICERS

President: Van Dubolsky, Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356.
Vice President: Jim Hiser, Davison Racquetball Club, G-2140 Fairway Drive, Davison, MI 48423, 313-767-3434 (H), 313-653-5999 (O), 313-653-9602 (C). **National Rules Commissioner:** Otto Dietrich, 4244 Russet Ct., Lilburn, GA 30247, 404-972-2303 (H), 404-331-6271 (O). **Secretary:** Al Seitelman, 142 Landing Avenue, Smithtown, NY 11787, 516-360-0979. **Treasurer:** Keith Calkins, 2800 Marguerite Pkwy., Mission Viejo, CA 92691, 714-582-9659, 714-582-4545. **National Commissioner:** Paul Henrickson, 20 Oakes St., Millbury, MA 01527, 617-832-3459. **Board Members:** Michael Arnott, 3833 N. Meridian St., Suite 305, Indianapolis, IN 46208, 317-259-1359 (H), 317-926-2766 (O); John Foust, 4633B South Fraser, Aurora, CO 80015, 303-699-8121 (H); Roger Patrick, Naval M.P.C. N651E, 1300 Wilson Blvd., Room 932, Rosslyn, VA 22209, 202-694-0596; Carol Pellowski, N85 W15960 Appleton Way, Menomonee Falls, WI 53051, 414-251-1420; 371-6193 (H), 813-921-6675 (O).

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(H), 606-233-0610 (O). **REGION #11 Commissioner:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3698 (H), 507-257-3353 (O). **Nebraska:** John Clyne, 206 South 13th Street, Lincoln, NE 68508, 402-473-3767, 402-489-9151. **Minnesota:** Marta Groess, 15801 Erickson Lane, Minnetonka, MN 55345, 612-935-1291. **North Dakota:** Roger Mazurek, Y.M.C.A., Box 549, Bismark, ND 58501, 701-255-1525. **South Dakota:** Robert Smith, 1910 8th St. S. #311, Brookings, SD 57006, 605-697-5186 (H), 605-688-6106 (O). **REGION #12 Commissioner:** John Foust, 4633 B South Fraser, Aurora, CO 80015, 303-699-8121 (H). **Colorado:** Sherry Armstrong, 6880 S. Dallas Way, Englewood, CO 80112, 303-799-8979 (O), 303-771-2767 (H). **New Mexico:** Gary Mazaroff, 1619 Solano N.E., Albuquerque, NM 87110, 505-266-9213 (H), 505-293-3080 (O). **Arizona:** Donna Angelopolis, 10424 South 46th Way, Phoenix, AZ 85044, 602-893-7655 (H). **Utah:** Toni Dever, 135 East 820 South, Box 67, Salem, UT 84653, 801-423-1325. **REGION #13 Commissioner & Montana State Director:** Dan West, 3758 Mt. Rushmore Ave., Billings, MT 59102, 406-656-3890. **Wyoming:** Bob Ballew, 970 Stafford, Casper, WY 82609, 307-265-6534. **REGION #14 Commissioner:** Ed Martin, California Sportswear, 8185 Belvedere St., Suite F, Sacramento, CA 95826, 916-456-9330. **California:** Mickey Bellah, 132 1/2 Topaz, Balboa Isle, CA 92662, 714-675-8025 (H), 714-966-1000 (O). **Nevada:** Clint Koble, Incline Village Courthouse, 880 Northwood, P.O. Box 4107, Incline Village, NV 89450, 702-831-4214. **Hawaii:** Connie Florez, 2551-G Kapiolani Blvd., Honolulu, HI 96826, 808-955-6181 (H), 808-833-2770 (O). **REGION #15 Commissioner & Washington State Director:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Oregon:** Jim Davidson, 4471 Camellia Dr. S., Salem, OR 97309, 503-838-1424 (O). **Idaho:** Gloria Pierson, 10643 Bridgetower, Boise, ID 83709, 208-378-8606. **Alaska:** Steve Deaton, 9201 Blackburn St., Unit 15, Anchorage, AK 99515, 907-243-8674 (H), 907-565-2852 (O). **Military Commissioner:** Roger Patrick, Naval M.P.C. N651E, 1300 Wilson Blvd., Room 932, Rosslyn, VA 22209, 202-694-0596. **National High School Commissioner:** Rick Lukasek, Concord Recreation Center, 12320 Old Tesson Rd., St. Louis, MO 63128, 314-842-6363. **National Wheelchair Commissioner:** Chip Parmelly, 1941 Viento Verano Drive, Diamond Bar, CA 91765, 714-861-7312. **Commissioner For Americans In Europe:** Hal Laffer, Siegener Strasse 48, 6230 Frankfurt 80, West Germany. **Junior Council Commissioner:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708, 714-962-1374. **Intercollegiate Commissioner:** Neil Shapiro, 128 Lancaster St., Albany, NY 12210, 518-436-9522 (H), 518-462-7158 (O). **Commissioner For The Disabled:** Judi Schmidt, 1970 Cattlemen Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O). **Commissioner For Minority:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Commissioner For Women:** Judi Schmidt, 1970 Cattlemen Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O). **Commissioner For Teaching Certification:** Connie Martin, 339 S.W. Towle, Gresham, OR 97080, 503-665-4142. **High School Councils:** Michael Arnott, 3833 N. Meridian St., Suite 305, Indianapolis, IN 46208; Ted Behne, RR 3, Box 126-C, Burlington, IA 52601; Ron Bitchik, 10921 Chalei Court, St. Louis, MO 63141; Nancy English, 948 Glenmore Lane, Glendale, MO 63122; Jeanne Hansen, 8617 Lincoln Rd., RR 1, Hudson, IA 50643; Brad Heger, 9414 White Ave., Brentwood, MO 63144; Rick Killion, 10315 Heather Hills Road, Indianapolis, IN 46229; Mike LaBonne, 6090 Orchard Hill Lane, Indianapolis, IN 46220; Pat Powers, 5241 56th Street West, Bradenton, FL 34209; Carol Slow, 8577 Flintlock Drive, Newburgh, IN 47630; Scott Winters, Racquetball World & Aerobics Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708. **High School Council National Commissioner:** Rick Lukasek, Concord Recreation Center, 12320 Old Tesson Rd., St. Louis, MO 63128, 314-842-6363. O

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