

RACQUETBALL

IN REVIEW

AARA

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U.S. Team To Tour Japan And Korea

America's 14 Top Players Have Been Invited To The Far East

By Jason Holloman

It will be a two week whirlwind trip to the Far East for America's finest amateur racquetball players. Leaving on January 27th and arriving in Japan on the 28th, the U.S. Team will spend the next two weeks putting on clinics and exhibition matches with the Japanese National Team. The Team will be under the direction of coach, Ed Martin.

"Racquetball participation in Japan is really heating up," explained Mr. Martin. "They're building court clubs at a rate of one a month over there and the players are hungry for good competition and instruction. That's one of the reasons the U.S. Team was invited."

Another reason for the trip is a formal presentation of racquetball competition before the Olympic Organizing Committee in Seoul, Korea. Coach Ed Martin was excited about this opportunity and explained how it came about.

"Luke St. Onge and myself had been planning this trip with the Japanese Coach, Ken Ishigura, for over a year," said Martin. "When we were finalizing the trip to Japan at the World Games in London, Dr. Kim, who is the Peter Ueberoth of the 1988 Summer Games

for Korea, approached us. He had spent a lot of time at our competition there and was very interested in racquetball. It was then that he asked us to go over to Korea during our trip to Japan."

A THREE PRONGED TRIP

The purpose of the trip for the U.S. Team will be three pronged. The first goal of the trip is to play exhibition matches with the Japanese National Team in four Japanese cities, Toyko, Nagoya, Osaka and Yokohama, with maybe a stop at Kobe which was the site of the 1985 University Games. The second goal is to instruct the members of the Japanese Team, Japanese club pros and as many Japanese players as they can in two weeks. The third goal is to put on exhibition matches with the Japanese Team in Korea for the Olympic Organizing Committee.

"Each night we will be splitting up in pairs," stated Martin. "For instance in Toyko, there are ten clubs we are going to be visiting and in each club we will teach their pros and members. At one of the Toyko clubs, we will put on an exhibition match with the Japanese

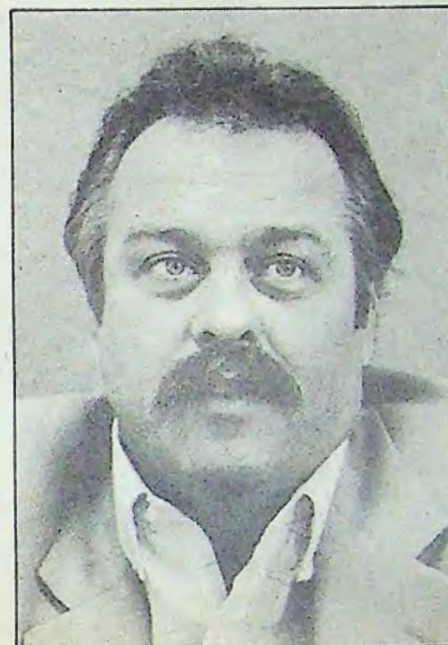
"Each member of the U.S. Team is providing his own transportation costs while the Japanese will pick up the cost of staying Japan."

Team. We will repeat that procedure in the other cities."

"Then, in the middle of our trip, we are taking two days to go to Seoul with two Americans and two Japanese players. From what I understand, the people in Korea already have racquetball courts completed and ready for us."

THE PLAYERS

The players who are going to the Far East are not getting a free ride, however. In fact, each member of the U.S. Team is providing his own transportation costs while the Japanese will pick up the cost of staying in Japan. Some of the players have had their sponsors help to defray the expenses of going to the Far East, but others have come up with the money themselves. Such unselfish devotion to racquetball was much appreciated by Executive Director, Luke



Ed Martin, Coach of the U.S. Racquetball Team

St. Onge, and he expressed his appreciation to the players.

"The U.S. Team is the single most important marketing tool our sport has to spread and promote racquetball, not only in the United States, but worldwide. Someday, the importance of the U.S. National Team will be recognized and our athletes will not have to pay their own way."

The players going on the trip have earned the distinction of becoming members of the U.S. Team by winning or placing high in the major AARA national tournaments. The chart below is a list of the players and where they qualified for the U.S. Team.

The U.S. Team will next compete in the 3rd World Championships at Sani-sport Athletic Complex in Montreal, Canada, where 22 countries will compete. ■

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1986 U.S. NATIONAL TEAM

NAME	HOMETOWN	QUALIFIED
Ed Andrews	Huntington Beach, CA	1st U.S. National Singles
Andy Roberts	Memphis, TN	1st U.S. Intercollegiates
		1st U.S. National Doubles
Dan Obremski	Irwin, PA	2nd U.S. National Singles
Sergio Gonzalez	St. Petersburg, FL	3rd U.S. National Singles
Jack Nolan	Tempe, AZ	2nd U.S. National Doubles
Gary Mazaroff	Albuquerque, NM	2nd U.S. National Doubles
Tim Anthony	Gahanna, OH	1st U.S. National Doubles
Cindy Baxter	Lewistown, PA	1st U.S. National Singles
Dot Fischl	Allentown, PA	3rd U.S. National Singles
Mona Mook	Sacramento, CA	2nd U.S. Intercollegiates
Dina Pritchett	Anderson, IN	1st U.S. National Juniors
Toni Bevelock	Allentown, PA	1st U.S. National Doubles
Connie Peterson	Gresham, OR	2nd U.S. National Doubles
Michelle Gilman	Ontario, OR	2nd U.S. National Doubles
Ed Martin	Sacramento, CA	HEAD COACH



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The Psychology Of Competition

Part Two: Frustration, Stress Management And Relaxation Techniques

By Dr. Jerry Day
& Drew Stoddard

In last month's article "Stress and Performance", we discussed the following points:

Physical training is only part of the formula for athletic success.

The most successful athletes are those who have trained themselves both physically and mentally, so that they are able to perform well under the stress of competition.

Stress is defined as "the non-specific response of the body to any demand upon it". Stress cannot, and should not, be totally avoided. It is a vital, creative force that energizes the body. Yet, like all powerful forces, it can also throw the body off course.

The mind's ability to re-implement a learned skill is altered, for better or worse, by the presence of stress. Hitting a forehand kill in the relaxed atmosphere of practice is quite different from hitting the same shot under the pressure of competition.

When it is confronted with stress, the mind becomes aroused, and there is a relationship between the level of arousal and performance efficiency. Your level of performance increases as you become more aroused until it reaches a point of maximum efficiency. Beyond that optimum point, any increase in your state of arousal will cause a deterioration in your performance.

Just as you can train your body to execute a particular skill, you can condition your mind to perform well under stress. Top competitors are not always the most physically gifted athletes, but they win because they have learned to control their own state of arousal.

Before we begin to explore the various ways of training the mind to perform better under stress, let's take a look at one more reaction that can have a detrimental effect on athletic performance.

FRUSTRATION

As we discussed last month, most of us view competition, such as tournament play, as stressful. Sometimes we're able to endure that exposure and perform quite well. However, when stress levels become high enough that we are no longer able to adapt, we often react by becoming frustrated. Frustration can have a profoundly detrimental effect on athletic performance because it triggers the basic human survival instinct, a response commonly known as "fight or flight".

The "fight or flight" response is an automatic, innate defense mech-

anism that is mobilized whenever we find ourselves threatened. To use an extreme example, if you find yourself standing in the path of a speeding car, what do you think about? Actually, you consciously think very little. As soon as your mind has detected the threat, it kicks into high alert and instantly decides whether to stand and fight the threat or get away from it — that is, you either fight or flee. (The correct answer in the case of the car, of course, is flee).

Although tournament play is hardly a life-or-death situation (with the possible exception of B doubles), for a variety of reasons many of us view serious competition as highly threatening. When that happens, your mind will summon its defenses in much the same

"Your level of performance increases as you become more aroused until it reaches a point of maximum efficiency. Beyond that optimum point, any increase in your state of arousal will cause a deterioration in your performance."

way as it did in the car example, and if you are unable to control your mental response, you can kiss your game goodbye.

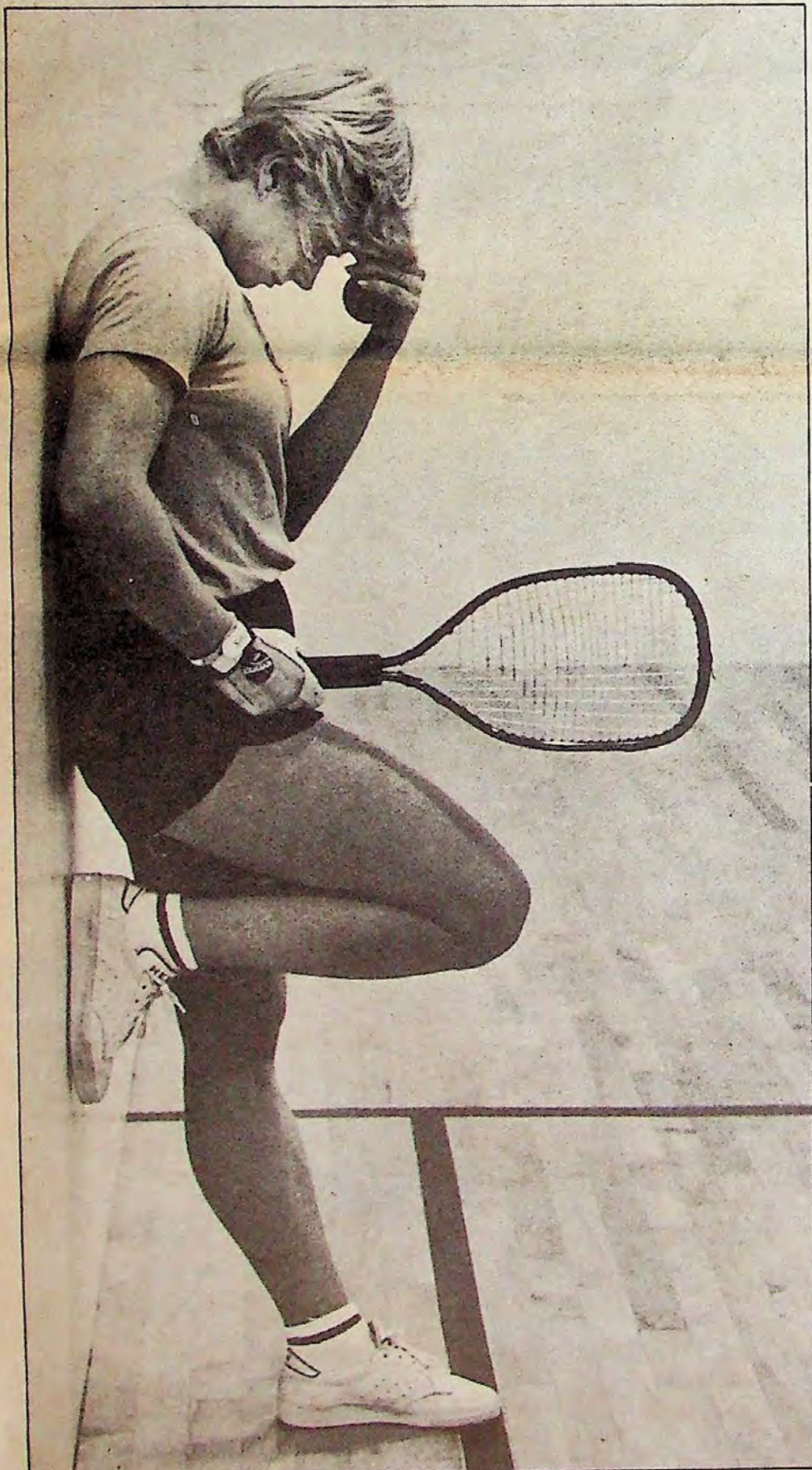
In competition, the "fight or flight" response usually manifests itself in one of three specific reactions: anger, fleeing the situation or freezing.

Anger is a primitive emotion that usually indicates we are out of control. Occasionally you may hear an athlete say that anger is a good motivator, but this is almost never true. Anger is an emotional response which is unpredictable and extremely difficult to control. Since the key to athletic success is consistency, anger nearly always results in a deterioration of your performance level.

Fleeing occurs when you find yourself trying to avoid or escape a particular situation you find stressful. It can be a conscious refusal to train, but it can also be a constant subconscious attempt to avoid competition itself by rationalizing or the mental creation of a series of injuries. It is also possible to flee mentally by allowing your mind to wander and concentrate on things other than the task at hand.

Freezing is the failure or inability to move, and is a common problem for many athletes when involved in serious competition. It is characterized by feeling tense, stiff, inflexible, locked up, or caged. Again, freezing can occur mentally or emotionally as well as physically.

Continued on page 4





Psychology *Continued from page 3*

STRESS MANAGEMENT

We have now discussed the three common reactions most of us experience when we are confronted with high levels of stress — overarousal, as we try to cope with the stressful condition; frustration, when we find ourselves unable to adapt to stress; and General Adaptation Syndrome that occurs when exposure to stress is sustained over a long period of time. These reactions, of course, occur in all phases of life, not just athletics, and they serve a useful purpose. They constitute the brain's front line of defense against the destructive forces of stress and are responsible for, among other things, keeping us alive.

What makes dealing with stress so tricky, especially for the athlete, is that a situation need not be truly threatening for the mind to perceive it as such. We all interpret circumstances differently. One individual can function perfectly in front of thousands of people, while

another may be incapacitated simply by having dinner with strangers. The mind can be trained to function well under difficult circumstances, but most of us choose to construct our lives in such a way that we simply avoid conditions we see as stressful.

In athletic competition, however, you do not have that option. Competition involves stress, and stress, over time, causes a breakdown in performance. Stated simply, if you wish to compete and perform well, you must teach your mind to react predictably under stress. There is no other way.

You may have noticed that until now our discussion has remained quite general. Although the basic concepts are universal, everyone experiences and reacts to stress in their own way. The first step in developing your own psychological training program is to identify, as best you can, the sources of stress in your own life. Once you have done that, you can then proceed to utilize one or more of the following stress management techniques to either eliminate the stress at its source, or control your reaction to it.

If you are uncertain how much of a problem you have coping with stress, look at TABLE I which identifies some of the general signs and symptoms. Again, these are only a few of the indicators, and everyone experiences one or more of these at times. It is the number, frequency, duration and intensity of these factors that indicates how serious the stress is.

The training programs that follow are designed to enhance performance by teaching the mind how to appropriately control tension and deal with high levels of stress. These programs have been

utilized by many top athletes, and each has proven effective when implemented correctly. Any mental training program must be practiced regularly just as you would practice your physical skills. Psychological exercise, like physical exercise, does not work if it is not used on a continuous basis.

There are two primary ways to train your mind to cope with stress. The first is to learn how to override your natural reactions to stress by Relaxation Training. The second is to eliminate the source of the stress itself by Cognitive Restructuring or Mental Imaging. It is best to start with one or two of these programs which best suit you personally.

RELAXATION TRAINING

Most of us react to the stress of competition by becoming tense, and tension is a primary cause of poor performance. Tension inhibits fluidity of movement, and shatters timing. Unfortunately, many athletes simply accept a decline in their performance level during competition as a fact of life because they assume that tension is an uncontrollable response. That is not true. In fact, once it has been conditioned to do so, the mind has a remarkable ability to calm itself and relax the body on command.

The reason most of us are unable to control tension at will is that the conscious mind, in its natural untrained state, may not know what a relaxed condition feels like. Progressive Relaxation Training is simply a method of familiarizing your mind with the sensation of relaxation. Once you know the feeling, your mind will be able to mentally recall the sensation within a few seconds, even under highly stressful conditions.

The relaxation technique out-

lined below is based upon a method originally described by Bernstein and Borkovec in 1973. Its goal is to teach you how to reduce muscle tension in the body far below levels normally achieved. The procedure produces relaxation in sixteen specific muscle groups.

Here is the sequence you need to follow:

1. Focus your attention on the specific muscle group.
2. Tense that muscle group.
3. Maintain the tension for 5-7 seconds (slightly shorter for the feet).
4. Release the tension.
5. Concentrate on the pleasant sensation in the muscle group as it relaxes for 20-30 seconds.

Remember, the purpose of the routine is to learn to recognize the sensation of the relaxed state.

Each time you release tension from a muscle group, focus as sharply as you can on the contrast between the taut, burning feeling of tension, and the warm, pleasant feeling of the relaxed state.

Always practice the relaxation technique in a quiet, comfortable place where you can concentrate. Also, concentrate on your breathing. Breathe normally while relaxing, but during each exhale, think of pushing tension out of your body. The muscles of the body normally contract when you inhale and relax when you exhale.

Now, let's describe the sixteen specific steps of the relaxation technique. You may go through this routine either lying down or sitting in a comfortable chair.

STEP 1: Begin with your dominant hand and forearm (for most people this will be the right hand,

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Luke St. Onge
Executive Director

TABLE I

Physical Signs

- () Fatigue
- () Pounding of the heart
- () Dryness of the throat or mouth
- () Insomnia, an inability to fall asleep, stay asleep or early awakenings
- () Frequent or lingering colds
- () Trembling and nervous ticks
- () Grinding of the teeth
- () Increase or decrease in appetite
- () Increased sweating
- () Frequent need to urinate
- () Diarrhea
- () Indigestion, queaziness in the stomach
- () Vomiting
- () Pain in neck or lower back
- () Increased premenstrual tension
- () Missed menstrual cycle
- () Headache
- () Weakness
- () Dizziness
- () Weight gain or loss
- () Shortness of breath
- () Stuttering or other speech difficulties
- () Increased pitch in voice
- () Nervous laughter

Emotional Signs

- () General irritability
- () Hyperexcitability
- () Depression
- () Boredom

WARNING SIGNS OF NEGATIVE STRESS

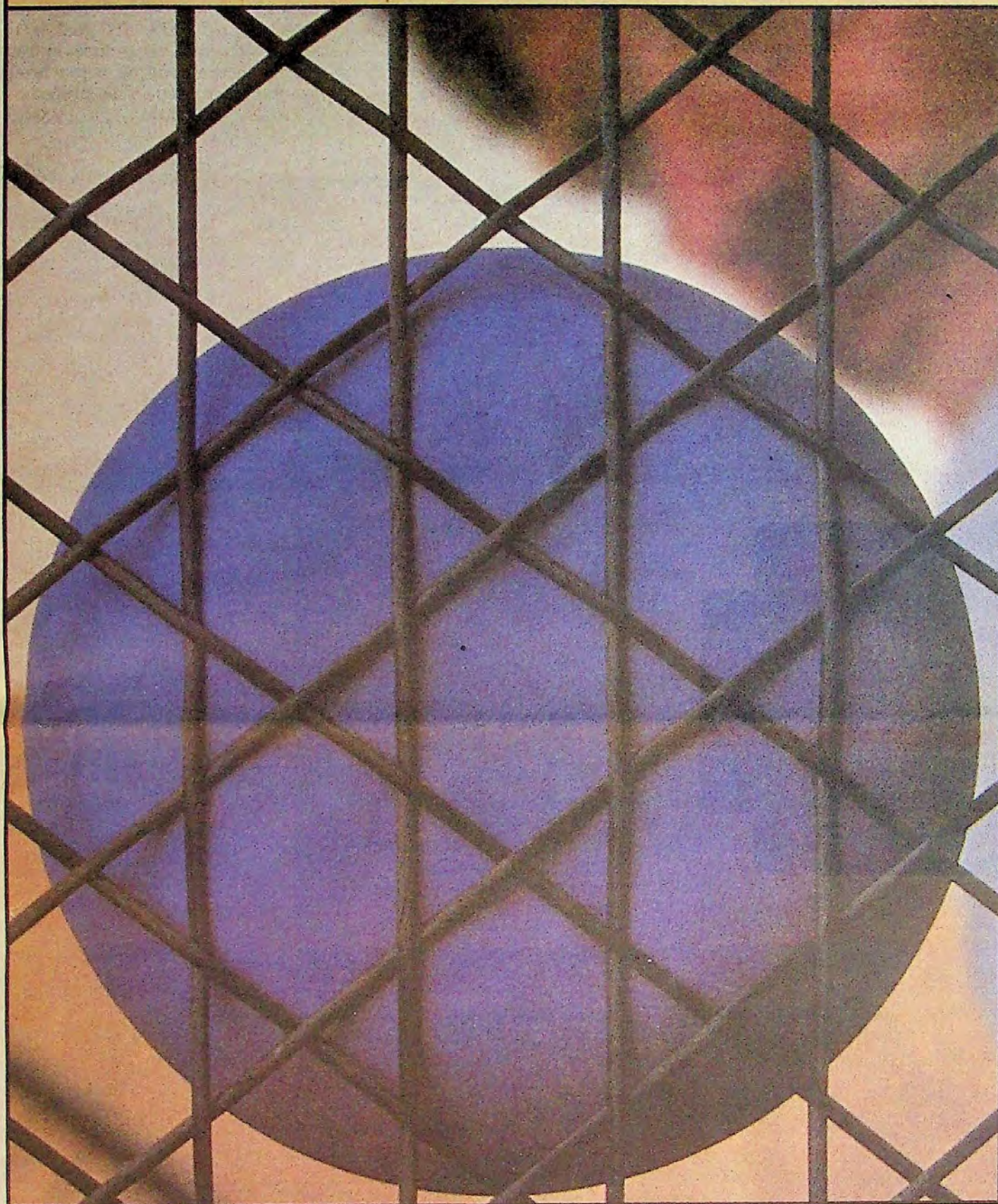
- () Restlessness
- () Stagnation
- () Overpowering urge to cry, run, or hide
- () Difficulty relaxing
- () Need to generate excitement over and over
- () Feeling people don't appreciate you—feeling used
- () Inability to laugh at yourself
- () Increased feeling of expression of anger or being cynical
- () Inability to concentrate, the flight of thoughts
- () Disenchantment
- () Feeling of unreality
- () Feeling life is not much fun
- () Not enjoying your sport
- () Desire to quit the team
- () Mind going blank
- () Feeling afraid
- () "Free Floating Anxiety" that is to say we are afraid of something but we don't know exactly what it is
- () Feel under pressure to always succeed
- () Hyperalertness, a feeling of being "keyed up"
- () Automatic expression of negative feelings
- () Disappointed in yourself or others
- () Increased rationalization
- () Feeling indispensable
- () Obsessed
- () Unable to enjoy or compliment colleagues' successes
- () Fault finding
- () Nightmares
- () Difficulty training
- () Decrease in athletic performance
- () Increased use of alcohol
- () Increased use of nonprescribed drugs
- () Increased use of various medications, such as tranquilizers or amphetamines
- () Increased use of tobacco
- () Less time for recreation
- () Less time for intimacy with people around you
- () Less vacation time
- () Overworked, but can't say no to more work without feeling guilty
- () Hypermotility, which is the increased tendency to move about without any reason
- () Inability to take a physically relaxed attitude, sitting quiet in a chair or lying on a sofa
- () Feeling that sex is more trouble than it's worth
- () Speaking up less and less at gatherings, and then only speaking negatively
- () Difficulty setting goals
- () A tendency to be easily startled by small sounds
- () Finding yourself further behind at the end of each day
- () Forgetting deadlines, appointments, etc.
- () Accident proneness—under great stress whether it is positive or negative, one is more likely to have accidents while at work, driving a car or during athletic events
- () Making a foolish mistake
- () Poor workout
- () Blame equipment for poor performance

Behavioral Signs

- () Tendency to overtrain

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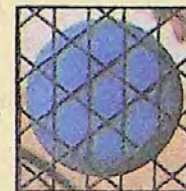
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Up to 23% greater ball bite.

Up to 33% greater bite time.

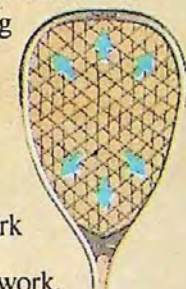
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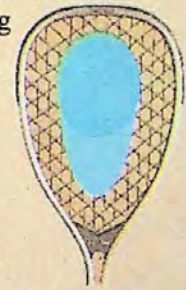
This means up to 11% less shock to your wrist, arm and shoulder. And you work less hard, because the strings do more of the work.



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Excalibur

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Olympic 1



AARA/ARHS NATIONAL RANKINGS

Men's Open

- 1 Ed Andrews, CA
- 2 Andy Roberts, TN
- 3 Charlie Nichols, FL
- 4 Fred Calabrese, MA
- 5 Doug Ganim, OH
- 6 Dave Negrete, IL
- 7 Dan Obrenski, PA
- 8 Aaron Katz, TX
- 9 Tom Montalbano, NY
- 10 Tim Hansen, FL
- 11 Sergio Gonzalez, FL
- 12 Todd O'Neill, VT
- 13 Joey Cline, NJ
- 14 Jim Hamilton, IN
- 15 Don Kelly, CO
- 16 Mark Morrison, FL
- 17 Scott St. Onge, MA
- 18 Dennis Aceto, MA
- 19 Vinnie Ganley, FL
- 20 Oscar Gonzalez, FL

Women's Open

- 1 Cindy Baxter, PA
- 2 Terry Latham, TX
- 3 Chris Evon, IL
- 4 Nan Higgins, MA
- 5 Cindy Doyle, NY
- 6 Mary Dee, NH
- 7 Mona Mook, CA
- 8 Trina Rasmussen, CA
- 9 Crystal Fried, WA
- 10 Fran Davis, NJ
- 11 Cathy Nichols, CO
- 12 Joetta Hastings, MI
- 13 Kaye Kuhfeld, IN
- 14 Sandy Robson, FL
- 15 Dot Fischel, PA
- 16 Cathie Fredrickson, MI
- 17 Tracy Eagleson, CA
- 18 Linda Diamond, FL
- 19 Malia Kamahoa, VA
- 20 Diane Bullard, FL

Men's A

- 1 Tom Sanchez, TX
- 2 Bruce Evans, CO
- 3 Pierre Dubrin, NJ
- 4 Sal Teodoro, NJ
- 5 Brian Campbell, UT
- 6 Skip Corn, AL
- 7 Ed Hunter, SD
- 8 John Ochwat, NY
- 9 Brian Rankin, FL
- 10 Dave Ragsdale, TX
- 11 Jim Barrett, NH
- 12 Paul Licari, MI
- 13 Larry Barnes, OH
- 14 George Delancy, MA
- 15 Lance Gilliam, TX
- 16 Nolan Glantz, NY
- 17 Mark Isley, MO
- 18 D. McMillan, NC
- 19 Dean Sowards, WA
- 20 Ron Wade, IN

Women's A

- 1 Mary Rasmussen, OK
- 2 Evelyn Donofrio, NJ
- 3 Pam Afford, FL
- 4 Vicki Yarns, FL
- 5 Melodie Fox, WA
- 6 Scarlet Amo, TX
- 7 Mary Bickley, TX
- 8 Dean Birdwell, TN
- 9 Margaret Olaway, IL
- 10 Beth Alo, FL
- 11 Heather Adler, CT
- 12 Donna Borrer, WV
- 13 Lisa Faquin, TN
- 14 Margaret Lucas, TX
- 15 Debbie McNeil, GA
- 16 Sharon Duell, CO
- 17 Pat Jennings, IL
- 18 Shirley Vanderbroek, MI
- 19 Tracy Bauer, NY
- 20 Jane Drewniak, NH

Men's B

- 1 Don Childs, TX
- 2 Sal Teodoro, NH
- 3 Kevin Howell, FL
- 4 Curt Rozier, MI
- 5 Rich Gustin, SC
- 6 Jim Kesterson, CA
- 7 Jeff Decker, IN
- 8 George Delaney, MA
- 9 James Golden, TX
- 10 Brian Babine, MA
- 11 George Cooks, FL
- 12 Erik Gunderson, MA
- 13 Wayne Bosna, OK
- 14 Nathan Jilek, TX
- 15 Wayne Miller, PA
- 16 Curt Monson, WA
- 17 Tim Ostmu, MN
- 18 Mike Peyton, FL
- 19 Nick Torinese, NJ
- 20 Will Epperson, AL

Women's B

- 1 Janet Burke, MA
- 2 Kara Childs, TX
- 3 Tamera Anderson, TX
- 4 Fran Kenck, IL
- 5 Angie Browning, FL
- 6 Carol Lueddecke, WA
- 7 Sandy Lantis, NE
- 8 Sue Schnitzer, NJ
- 9 Terry Meisterling, IL
- 10 Kari Gregg, KS
- 11 Ginger Barsotti, OK
- 12 Sharon Huczek, MI
- 13 Vickie Paez, FL
- 14 Karen Sanfilippo, NJ
- 15 Ilene Wald, NY
- 16 Sarah Worden, TN
- 17 Debra Held, FL
- 18 Talya Dodson, CA

Men's C

- 1 David Huck, TX
- 2 Jeff Haase, SC
- 3 Jim Klienrock, MA
- 4 Joe Salas, TX
- 5 Byron Hobbs, IN
- 6 Cary Nadelman, NJ
- 7 Sal Acosta, TX
- 8 Dan Akeley, OH
- 9 Bob Francis, PA
- 10 Bob Gidner, WA
- 11 Chris Jones, OK
- 12 Curt Metz, SD
- 13 Al Rockett, AL
- 14 Casey Stein, NY
- 15 Lawrence Weiner, IL
- 16 Bob Zander, NJ
- 17 Fred Buck, FL
- 18 Gabe Ayala, CA
- 19 Brian Bristow, VT
- 20 Pat Burdick, MI

Women's C

- 1 Kerri Bjork, TX
- 2 Doris Billings, NJ
- 3 Joan Wyckoff, NJ
- 4 Lisa Pietz, SD
- 5 Belinda Emerson, VT
- 6 Carol Lombardi, VA
- 7 Tracey Troszak, MI
- 8 Tamera Hart, TX
- 9 Fran Fudim, NY
- 10 Eva Russell, FL
- 11 Dixie Beymer, KS
- 12 Jane Fontaine, FL
- 13 Kathy Grondwick, WA
- 14 Desire Osmon, NC
- 15 Karen Owczarek, IL
- 16 Gail Rocky, AL
- 17 Connie Scott, AL
- 18 Kathy Turnell, TX
- 19 Janice Jungell, WA
- 20 Elaine Knowlen, ME

Men's D

- 1 Brett Arriola, TX
- 2 Randy Womack, TX
- 3 Mike Mahuren, WA
- 4 Larry Hicks, KY
- 5 Chris Jones, OK
- 6 John Lancia, OH
- 7 Ken Paras, IL
- 8 Dave Pelland, MA
- 9 Scott Schaffer, MN
- 10 Hector Tenorio, TX
- 11 John Balcom, MA
- 12 John Jacober, NJ
- 13 Stephen Perry, CA
- 14 Dave Segal, FL
- 15 Paul Scarnici, MA
- 16 Noe Atkinson, WA
- 17 Ken Rynard, IN
- 18 Vin Biondi, FL
- 19 Jim Colello, ME
- 20 Sergio Rodriguez, NJ

Women's D

- 1 Tammie Giles, TX
- 2 Sandy Ridky, MI
- 3 Lynette Abbott, TX
- 4 Ann Armstrong, MI
- 5 Rita Bain, CO
- 6 Beverly Bolle, AR
- 7 Elizabeth Golub, TX
- 8 Mary Nowasacki, MA
- 9 Anna Brunette, CA
- 10 Marlene Andrade, CA
- 11 Martha Gates, IL
- 12 Kelly Beane, NH
- 13 Retha Reuter, IN
- 14 Kerri Guibord, NJ
- 15 Elizabeth Ritter, MI
- 16 Cheryl Esser, SD
- 17 Linda Peters, CA
- 18 Shelley Prather, SD
- 19 Eva Russell, FL
- 20 Hayden May, CA

Men's Novice

- 1 Steven Rovinsky, TX
- 2 Scott Bodolosky, NJ
- 3 Bruce Friesth, SD
- 4 Byron Uribe, TX
- 5 Perry Baptiste, TX
- 6 Troy Dingman, KS
- 7 Andrew MacIsaac, MA
- 8 Wesley Miller, TN
- 9 Miles Sanders, VA
- 10 Frederick Smith, OH
- 11 Greg Martis, DE
- 12 Robert Schaller, NH
- 13 Stephen Akers, AL
- 14 James Burnett, SC
- 15 Jeff Wagner, PA
- 16 Rick Brooks, TX
- 17 Ken Campbell, FL
- 18 Martin Carter, MI
- 19 Rick Cascina, AK
- 20 Greg Colburn, NV

Women's Novice

- 1 Frances Peters, TX
- 2 Debbie Little, MA
- 3 Elizabeth Bailey, TX
- 4 Donna Gedgoudas, AL
- 5 Kathy Janzen, KS
- 6 Alicia Palaez, FL
- 7 Cindy Polley, TX
- 8 Donna Roehler, PA
- 9 Shari Wolfe, DE
- 10 Heather Homan, NH
- 11 Susan Quimby, PA
- 12 Corinne Ambrose, FL
- 13 Sandy Colaw, KS
- 14 Melanie Cole, MN
- 15 Pauline Gracia, NY
- 16 Julia Hartheimer, NY
- 17 Denise Lederman, NY

Men's 8

- 1 Wesley Miller, TN
- 2 Jonathan Boyett, CA
- 3 Eric Ekman, MA
- 4 Craig Stevens, PA
- 5 Levi Groomer, NM
- 6 Frank Dean, AL
- 7 Jim Aberti, NY
- 8 George D'Annecy, FL
- 9 Gary Groomer, NM
- 10 Jeff Hiers, KS
- 11 Matt Hornaday, IN
- 12 Matt Malowski, NY
- 13 Evan Pellowski, WI
- 14 Jon Xynidis, FL
- 15 Brian Bovee, MI
- 16 Frank Dean Jr., AL
- 17 Brian Wilbur, CA
- 18 Brent Zimmerman, MI
- 19 David Lekanson, FL
- 20 Jim Ashurst, AL

Women's 8

- 1 Christine Van Hees, CD
- 2 Ginger Gelhaus, CA
- 3 Debra Derr, FL
- 4 Dawn Gates, IL
- 5 Kendra Nealon, PA
- 6 Jennifer Thompson, FL
- 7 Jenny Payne, IL
- 8 Christy Xynidis, FL
- 9 Christy Xynidis, FL
- 10 Brittney Davis, NM
- 11 Kathy Hagerty, AL
- 12 Laura Jels, NM
- 13 Jessica Greenough, NM
- 14 Karen Kohlstein, FL
- 15 Jennifer Jordan, NM
- 16 Jenny Wald, FL
- 17 Deborah Paller, FL
- 18 Revonne Bauwens, FL
- 19 Dee Harris, FL
- 20 F.R. Reeder, FL

Men's 10

- 1 Suds Monchik, NY
- 2 Craig Czym, FL
- 3 Scott Zimmerman, MI
- 4 Wylie Herzberg, ME
- 5 Jason Mannino, NY
- 6 Andy Thompson, WI
- 7 Ryan Smith, FL
- 8 Ryan Davis, IN
- 9 Alan Engel, FL
- 10 Wesley Miller, TN
- 11 Joaquim Murrieta, CA
- 12 Craig Rappaport, PA
- 13 Troy Shramek, NE
- 14 Anthony Trevino, CO
- 15 Wade Ward, WY
- 16 Jodi Willems, WI
- 17 Brent Zimmerman, MI
- 18 Frank Dean, AL
- 19 Chris McDonald, CA
- 20 Robby Sheward, IN

Women's 10

- 1 Britt Engel, FL
- 2 Eikova Icenogle, CA
- 3 Alyssa Boland, MT
- 4 Liz Brooks, NY
- 5 Andrea Buegen, MN
- 6 Sara Linskey, CT
- 7 Hayden May, CA
- 8 Ericka Willhite, OH
- 9 Jill Butler, CA
- 10 Lia Brooks, NY
- 11 Tara Flowers, MI
- 12 Stephanie Jacobs, TX
- 13 Kim Peckler, IL
- 14 Heather Reilly, NH
- 15 Christine Shinnies, MI
- 16 Amy Wisthoff, AK
- 17 Debra Derr, FL
- 18 Paige Sowders, MI
- 19 Tonya Dilley, TX
- 20 Kia Krieg, AK

Men's 12

- 1 John Ellis, CA
- 2 Patrick Pond, TX
- 3 Craig O'Connell, CO
- 4 Russ McCoy, PA
- 5 Alan Engel, FL
- 6 Chris Conte, NY
- 7 John Kolen, AL
- 8 Richard Lyons, FL
- 9 Derek Harneson, IN
- 10 BJ Harris, MD
- 11 Brian Warner, TX
- 12 Nikki Xynidis, FL
- 13 David Bean, IN
- 14 Matt Eckles, KS
- 15 Jim Ellenberger, WI
- 16 Derek Locker, MN
- 17 Giovanni Mendez, TX
- 18 Suds Monchik, NY
- 19 Mike Pettoruto, MA
- 20 Robby Walden, FL

Women's 12

- 1 Erica Willhite, OH
- 2 Jennie Lee, PA
- 3 Amy Simonetta, FL
- 4 Tina Alonzi, CO
- 5 Talya Dodson, CA
- 6 Kim Copelas, MA
- 7 Danielle Culverhouse, AL
- 8 Martha Gates, IL
- 9 Kelly Russell, KY
- 10 Hannah Spector, FL
- 11 Amber Leseure, IN
- 12 Kari Aragon, NM
- 13 Monica Carmona, CA
- 14 Heather Dunn, MA
- 15 Alicia Kinney, AK
- 16 Heidi Kinsal, NY

Men's 14

- 1 Joey Paraiso, CA
- 2 Robert Wexler, TX
- 3 Robby Walden, FL
- 4 Nolan Glantz, NY
- 5 Jason Waggoner, FL
- 6 Will Epperson, AL
- 7 Brian Jorgenson, PA
- 8 Mike Locker, NM
- 9 Chad Sanford, IN
- 10 Jeff Kummeler, MI
- 11 John Gillooly, MA
- 12 Ross Greenberg, FL
- 13 Mike Craig, SC
- 14 Craig O'Connell, CO
- 15 Brian Kellar, TX
- 16 Tom Williams, AL
- 17 Danny Alonzi, CO
- 18 Mike Guidry, TX
- 19 Dale Johnson, IL
- 20 James Lorello, FL

Women's 14

- 1 Michelle Gilman, OR
- 2 Amy Simonetta, FL
- 3 Robin Levine, NY
- 4 Amber Leseure, IN
- 5 Tina Alonzi, CO
- 6 Jackie Charbonneau, NY
- 7 Tami Dodson, CA
- 8 Susan Cox, FL
- 9 Jennie Lee, PA
- 10 Cindy Doyle, NY
- 11 Mary Lash Dean, AL
- 12 Hannah Spector, FL
- 13 Kim Copelas, MA
- 14 Michelle McCulloch, TX
- 15 Cara Pellowski, WI
- 16 Dana Sibell, MN
- 17 Brandy Yrigoyen, CA
- 18 Pam Afford, FL
- 19 Heather Dunn, MA
- 20 Alicia Kinney, AK

Men's 16

- 1 Bryan Adams, TX
- 2 Chris Leseure, IN
- 3 Oscar Gonzalez, FL
- 4 Tommy Lowe, NC
- 5 Keith White, SD
- 6 Si Mathison, AL
- 7 Keith Midden, MO
- 8 Troy Armstrong, MN
- 9 Rob Hagen, SD
- 10 Vicki Oliver, TX
- 11 Chris Wright, MO
- 12 David Brackin, AL
- 13 Mike Alvarado, TX
- 14 David Bogenschutz, WI
- 15 Tony Boscia, CO
- 16 George Copelas, MA
- 17 Brian Jorgenson, PA
- 18 Eric L'Archelleque, CD
- 19 Aaron Metai, MI
- 20 Scott Richbourg, FL

Women's 16

- 1 Claudia McCarthy, FL
- 2 Carrie Healy, GA
- 3 Ann Prentiss, NY
- 4 Kelly Puls, CA
- 5 Janet Burke, MA
- 6 Paula Russler, SD
- 7 Robin Levine, NY
- 8 Kerri Niggemyer, OH
- 9 Vicki Yarns, FL
- 10 Leigh Anne Coutu, DE
- 11 Kim Russell, KY
- 12 Julie Thomas, IL
- 13 Angela Wyble, CO
- 14 Leslie Oddy, FL
- 15 Dana Conroy, FL
- 16 Nathalie Bernard, CD
- 17 Delaine Comer, CA
- 18 Elma Fuentes, CO
- 19 Amy Mabry, AK
- 20 Sue Malanga, NJ

Men's 18

- 1 Jeff Conine, CA
- 2 Charlie Nichols, FL
- 3 Rob Kulp, FL
- 4 Rob McKinney, PA
- 5 Bobby Rodriguez, CO
- 6 Bill Geraz, KS
- 7 Oscar Gonzalez, FL
- 8 Mike Lowe, CA
- 9 Todd Stead, MN
- 10 Mark Mikulla, IN
- 11 Mike Bronfield, CA
- 12 Howard Millian, NY
- 13 Brian Bliss, MO
- 14 Chris Cole, MI
- 15 David Gries, AL
- 16 Jeff Hager, FL
- 17 Joe Kline, NY
- 18 Kiel Koger, LA
- 19 Martin Mercier, CD
- 20 Dave Simonette, MD

Women's 18

- 1 Dina Pritchett, IN
- 2 Carrie Healy, GA
- 3 Marla Friedman, FL
- 4 Wendy Crews, MD
- 5 Robin McBride, FL
- 6 Lisa Anthony, CA
- 7 Elaine Mardas, OH
- 8 Janet Burke, MA
- 9 Susan Craddock, NY
- 10 Hollie Huelsmann, MO
- 11 Shelly Lee, PA
- 12 Robin Levine, NY
- 13 Jill Osteen, NC
- 14 Dana Pritchett, TN
- 15 Paula Russler, SD
- 16 Jackie Paraiso, CA

Men's 19+

- 1 Joey Cline, NJ
- 2 Tim Hansen, FL
- 3 Jim Jeffers, IL
- 4 Charlie Horton, NY
- 5 John Schneider, FL
- 6 Tom Coleman, MA
- 7 Aaron Katz, TX
- 8 Brian Phillips, FL
- 9 Mike Coleman, MA
- 10 Brent Huber, FL
- 11 John Barrett, PA
- 12 Ed Davidson, OH
- 13 Rob French, MN
- 14 Mark Henshaw, WA
- 15 Doug Jones, KS
- 16 Steve Kiffe, MT
- 17 Tim Labonne, IN
- 18 Andy Roberts, TN
- 19 Richard Hull, FL
- 20 Sergio Gonzalez, FL

Women's 19+

- 1 Jan Curtis, FL
- 2 Lisa Hjel, CA
- 3 Lori Basch, FL
- 4 Fran Kenck, IL
- 5 Cindy Eksusian, MA
- 6 Cathy Nichols, CD
- 7 Kelly Cremons, IN
- 8 Lisa Devine, TN
- 9 Terri Grahm, ME
- 10 Leanne Nassberg, NY
- 11 Chris Radcliffe, MT
- 12 Tracey Sundquist, WA
- 13 Diana Almeida, CO
- 14 Terri Grahm, ME
- 15 Debra Staub, CA
- 16 Lisa Riley, MA
- 17 Chris Collins, FL
- 18 Christy Johnston, FL
- 19 Beth Alo, FL
- 20 Colleen Brint, OH

Men's 25+ Jr. Veterans

- 1 Gary Merritt, TX
- 2 Danny Winn, AL
- 3 Mark Morrison, FL
- 4 Larry Fox, MI
- 5 Gary Retter, WA
- 6 Al Caballero, FL
- 7 Steve White, AL
- 8 Jerry Wickliffe, GA
- 9 Dave Gordon, MN
- 10 Joe Ault, IN
- 11 Bill Lyman, IL
- 12 Bill Land, LA
- 13 Kevin Chamblis, OK
- 14 Darwin Lunn, MT
- 15 Randy Olsen, ME
- 16 Mike Openbrier, PA
- 17 John Peterson, NY
- 18 Mitch Smith, PA
- 19 Ray Vanover, MI
- 20 Ken Woodfin, TX

Women's 25+ Jr. Veterans

- 1 Kathy Gluvna, TN
- 2 Mary Pat Sklenka, TX
- 3 Linda Sreeton, IN
- 4 Barbara Simmons, FL
- 5 Kim Redding, PA
- 6 Sheri Anderson, MI
- 7 Marilyn Ellis, MA
- 8 Malia Kamahoa, VA
- 9 Kathy Langlotz, TX
- 10 Amy Rice, NJ
- 11 Colleen Shields, IL
- 12 Terry Singletary, OK
- 13 Sheri Strandberg, MT
- 14 Martha Adams, GA
- 15 Connie Hagler, IN
- 16 Pamela Laursen, TX
- 17 Joanie Quinlan, MA
- 18 Bibi Janaes, FL
- 19 Diane Bullard, FL
- 20 Kerstin Ackerman, VA

Men's 30+ Veterans

- 1 Dennis Aceto, MA
- 2 Stu Hastings, MI
- 3 Bill Simon, FL
- 4 Bob Driscoll, FL
- 5 Jim Young, PA
- 6 Ken Smith, OK
- 7 Tom Riley, MA
- 8 Gene Owen, FL
- 9 Jim Hamilton, IN
- 10 Brian McDermott, NY
- 11 Ray Vanover, MI
- 12 Todd Taylor, FL
- 13 Mike Janiak, PA
- 14 Stan Wing, FL
- 15 Mitt Layton, FL
- 16 Kevin Dutrich, NY
- 17 Ed Garabedian, PA
- 18 Tom Maroney, FL
- 19 A.J. Allen, IL
- 20 Dan Allen, WA

Women's 30+ Veterans

- 1 Julie Pinnell, FL
- 2 Gail Woods, LA
- 3 Terry Latham, TX
- 4 Mary Jo Murray, FL
- 5 Connie Peterson, OR
- 6 Janet Simon, MA
- 7 Eileen Ehrlich, FL
- 8 Jan Peterson, PA
- 9 Susan Morgan, FL
- 10 Jean Deschager, CA
- 11 Mary Rasmussen, OK
- 12 Linda Derrick, FL
- 13 Marilyn Miller, FL
- 14 Renee Fish, FL
- 15 Martha Callahan, MA

Men's 35+ Seniors

- 1 Ed Remen, VA
- 2 Bill Taliaferro, TX
- 3 Dick McCabe, IN
- 4 Mike Stephens, MI
- 5 John Hennen, TN
- 6 Tom Brownlee, MI
- 7 Joe Weiss, CA
- 8 Jim Hiser, MI
- 9 Mark Steinhoff, NY
- 10 Glen Withrow, MN
- 11 Mike Clifford, NY
- 12 Van Dubolsky, FL
- 13 Mark Hegg, CO
- 14 Dale Bennett, NH
- 15 Steve Chapman, FL
- 16 Herb Grigg, IL
- 17 Wayne Vincent, GA
- 18 Russel Montague, PA
- 19 Jim Winterton, NY
- 20 John Dolby, IL

Women's 35+ Seniors

- 1 Mary Jo Murray, FL
- 2 Martha Callahan, MA
- 3 Agatha Falso, FL
- 4 Jean Oeschger, CA
- 5 Sherry Armstrong, CO
- 6 Linda Miller, IN
- 7 Vicki Edelman, MA
- 8 Charlotte Stultz, PA
- 9 Yvonne Callavan, WA
- 10 Sue Graham, CO
- 11 Berte Heath, MT
- 12 Susan Kraft, KS
- 13 Libby Laney, FL
- 14 Margaret Light, IL
- 15 Helen Moore, TX
- 16 Lena Priano, NJ
- 17 Maite Urza, WA
- 18 Judy Schmidt, FL
- 19 Linda Derrick, IN
- 20 Judy Woodward, IN

Men's 40+

- 1 Bob Riley, FL
- 2 Ed Remen, VA
- 3 Ed Vlock, FL
- 4 Mike Winslow, FL
- 5 Tom Rumsey, FL
- 6 Jack Ross, FL
- 7 Mike Gorman, MN
- 8 Neil Shapiro, NY
- 9 Sid Williams, WA
- 10 Jeff Leon, FL
- 11 Ron Galbreath, PA
- 12 Graig Shaak, FL
- 13 Denis Lose, CA
- 14 Tom McKie, TX
- 15 Fred White, FL
- 16 Dayton Dickey, TX
- 17 Joe Icaza, FL
- 18 Lee Humphrey, KS
- 19 Ron Paul, IL
- 20 Mike Arnold, IN

Women's 40+

- 1 Nancy Katz, PA
- 2 Gayann Bloom, MA
- 3 Agatha Falso, FL
- 4 Marion Johnson, TX
- 5 Carol Saraceni, NY
- 6 Judy Schmidt, FL
- 7 Bev Franks, IL
- 8 Mildred Gwinn, NC
- 9 Joan Pearce, IL
- 10 Jan Shelton, MT
- 11 Judy Hopkins, PA
- 12 Mimi Kelly, MA
- 13 Gretchen Speigel, FL
- 14 Julia Williamson, FL
- 15 Mary Lou Acuff, VA
- 16 Doris Billings, NJ
- 17 Koz Burnette, NY
- 18 Nidia Funes, CA
- 19 Mary Lou Furaus, NM
- 20 Pat Guth, MT

Men's 45+ Masters

- 1 Charlie Garfinkel, NY
- 2 Ed Vlock, FL
- 3 Rex Lawler, IN
- 4 Jude Smith, OK
- 5 Ron Johnson, IL
- 6 Jess Madden, MI
- 7 Dario Mas, DE
- 8 Sid Williams, WA
- 9 Tom Rumsey, FL
- 10 Bob Steege, IN
- 11 Skip Elman, MA
- 12 Harold Price, CA
- 13 Lou Biltz, FL
- 14 Bob Hill, TX
- 15 Bobby Sanders, OH
- 16 John Wheeler, NY
- 17 Fred Blaess, FL
- 18 Les Dittich, MN
- 19 Jim McPherson, OK
- 20 Barry Fullerton, FL

Women's 45+ Masters

- 1 Kathy Mueller, MN
- 2 Marion Crawford, NY
- 3 Marion Johnson, TX
- 4 Judy Schmidt, FL
- 5 Jo Kenyon, FL
- 6 Joan Gartland, MA
- 7 Sherry Bixler, NM
- 8 Cleata Ching, PA
- 9 Sylvia Sawyer, UT
- 10 Joyce Stannard, VT
- 11 Julia Williamson, FL
- 12 Carol Saraceni, NY
- 13 Vivian Cocchiola, CT
- 14 Joanna Raida, PA

Men's 50+

- 1 Charles Wickham, NC
- 2 John Fay, TX
- 3 Don Woodington, FL
- 4 Pierre Miller, IN
- 5 Jay Kreusky, PA
- 6 Joe Rizzo, NY
- 7 Rod Rodriguez, AK
- 8 Don Alt, OH
- 9 Jay Kreusky, PA
- 10 Dan Day, IL
- 11 Barney Friesth, SD
- 12 John Logan, WA
- 13 Joe Luckman, MT
- 14 Pete Talbot, NJ
- 15 Tom Waltz, CT
- 16 Norm Goldetsky, MN
- 17 Al Ferrari, MO
- 18 Steve Hurbin, NJ
- 19 Leo Cox, IN

Use Discretion with your 'Splat' Shot

by Steve Strandemo



Over the last few years the splat has established itself in the repertoire of good scoring shots. Used selectively the splat makes an excellent addition to your game, but use it too often and it will become a liability.

THE MECHANICS

The splat is most effective when hit from a position near the side wall with a sharp glancing blow (see photograph). The ball picks up spin from the side wall and reacts like a pinch shot off of the front wall. Ideally, the ball then bounces twice before the front line of the service box or opposite side wall, in which case you'll have an uncontested winner.

The splat is a great complement to the down-the-line and cross-court kill passes. In fact, it should only be added to your game once these other shots have been mastered. For example, when the down-the-line and cross-court shots are rolled-out there is nothing any player can do to cover them, but when these velocity shots are left up just a little, they tend to force your opponent back in the court. That's when the well-hit splat can

really be effective. It is hit off of the same motion as the down-the-line and cross-court kill pass, but it reacts like a pinch off the front wall. This tends to keep your opponent off balance and many times he gets caught leaning back and can't thrust forward to cover or dig up the splat.

Sometimes even a misdirected splat can win points. For example, if the ball hits the side wall closer to the front wall than illustrated, it tends to angle down the middle of the court right at the defensive player. Obviously this isn't the goal of the splat, but because of the velocity and rapid spin of the ball as it enters center court it can easily handcuff your opponent and force him to error on his rescoring attempt.

THE LIMITATIONS

Don't regard the splat as a racquetball panacea, and don't even attempt to use it until you have a fairly established swing which can generate enough velocity to enable the ball to pick up good spin from the side wall.

Perhaps most importantly, don't let the splat become a predictable

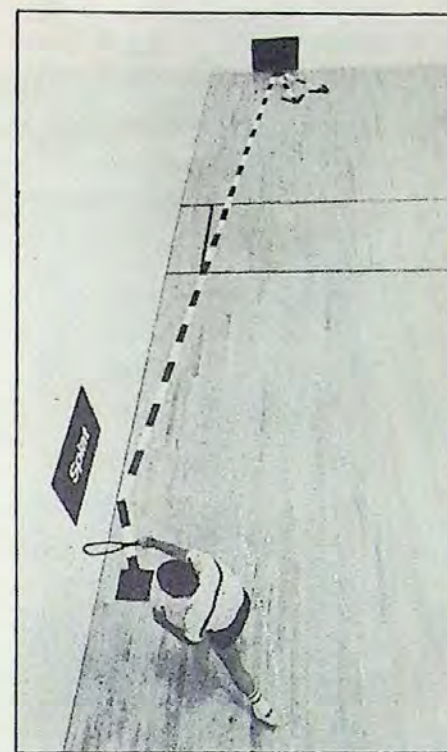
shot. If it is hit too often, players will find their opponents fading to the right. Again, this is why good down-the-line kill passes are so important to use in conjunction with the splat, because without this shot, there will never be any need for your opponent to respect the left wall.

PRACTICING THE SPLAT

There are a couple of ways to practice the splat. To learn the correct angle, take a position similar to the player in the photograph. Bounce the ball and learn to make contact at waist level, also a little above and below that height. Then use a forceful swing to drive the ball into the side wall at a sharp angle so that it picks up english.

An excellent way to practice for rallies is to hit short ceiling balls up and down the left wall to yourself so that the ball comes in shy of the back wall and relatively close to the side wall. Then, bring the ball down into the low scoring area by driving the splat hard into the side wall.

The splat is an integral part of an advanced player's game, but remember, it should never be used to



Steve Strandemo demonstrates the Splat shot

replace the down-the-line and cross-court kill passes. It simply cannot take on that much of a role in the game. ■

PSYCHE from page 4

right lower arm). Tense your right hand and right lower arm by making a fist. You should be able to feel the tension in the hand over the knuckles and up into the lower arm. Focus your attention on that muscle group and maintain the tension for five to seven seconds. Release that tension and continue to focus on the relaxation feelings for about 20 to 30 seconds. You should feel a tingling or warming sensation. Between the tension and release, contrast the relaxation state with the tension and "zero in" on the relaxation state.

STEP 2: Now move to the muscles of your upper arm (the same arm you used in Step 1). Tense these muscles by pushing your elbow down against the floor if you're lying down or the arm of the chair if sitting. You should feel tension in the upper arm without involving the lower arm and hand. When the tension is developed, stop and allow those muscles to relax, and concentrate on the relaxation.

STEP 3: Tense your non-dominant hand and forearm (as in Step 1) by clenching your fist. Hold, then relax.

STEP 4: Tense your non-dominant upper arm (as in Step 2) by pushing down with your elbow. Hold the tension, then let it release and relax.

After relaxing your arms and hands, relax the muscles of your

face. We divide these into three groups: the muscle in your forehead (the upper part of your face), the central part of your face (the upper part of the cheeks and nose), and the lower part of your face (the jaw and lower cheek).

STEP 5: Tense the muscles of the forehead by lifting your eyebrows as high as possible, and tightening the forehead and scalp. Hold the tension, then let the muscles relax and focus on the sensation of relaxation.

STEP 6: Now move to the muscles in the central part of your face. To tense these muscles, squint your eyes very tightly and at the same time wrinkle your nose. You should feel tension in the upper cheeks and through the eye region.

STEP 7: To tense the muscle of your lower face, bite your teeth together and pull back the corners of your mouth. The tensed position is like a smile with the teeth clamped tightly together. You should feel tension all through the lower part of your face and jaw. Hold the tension, then let the muscles relax and concentrate on the sensation.

STEP 8: Now pull your chin downward toward the chest but prevent it from actually touching the chest. This will counterpose muscles in the front area of the neck against those in the back. You may feel a bit of shaking or trembling in these muscles as they are tensed. Hold them tight for a few

seconds, then let them relax and focus on the release.

STEP 9: Next move to the muscles of the chest, shoulders, and upper back. Tense these by taking a deep breath, holding, and at the same time pulling the shoulder blades together. That is, pull the shoulder blades back and try to make them touch. You should feel a lot of tension in the chest, shoulder, and upper back areas. Hold it, and let it release. Concentrate only on the feelings of relaxation.

STEP 10: Tense the muscle of the abdomen in the same way you would if you were about to be hit in the stomach. Hold that tension for a few seconds and then let it relax.

At this point you want to remember to synchronize your breathing with the relaxation to let the relaxation go further and further. Each time you breathe out, release more and more tension from your body.

STEP 11: Now tense the muscles of your right upper leg by lifting the leg straight out and tightening the muscles above your knee. Hold it, let it relax and concentrate on the feeling.

STEP 12: Tense the muscles in your right calf and right lower leg. With your foot resting on the ground, pull the toes upward toward your head without tensing the foot itself. You should feel tension in your calf. Hold that

tension, then release and relax.

STEP 13: Next, tense the muscles of the right foot. Point your toes and turn your foot inward while curling your toes at the same time. Don't tense these muscles very hard, just enough to feel tightness under the arch and ball of your foot. Notice the tension, let it release and notice the relaxation sensation.

STEP 14: Just as with the right leg (Step 11), tense your upper left leg by holding it out and up from the ground. Feel the tension, let your leg drop and concentrate.

STEP 15: Tense the muscles of your left calf (as in Step 12) by pulling your toes up toward the head. Hold for a few moments, then relax.

STEP 16: Finally, tense the muscles of your left foot (Step 13) by pointing your toes outward, turning your foot inward, and curling the toes. Again, don't tighten these muscles too much. Hold, and relax.

After you have gone through the sixteen steps, remain relaxed and try to recall the feeling of relaxation in each of the muscle groups. The more vivid your impression of that feeling, the easier it will be to recall when you find yourself in a tense situation.

This routine should be practiced ten to fifteen minutes each day. Playing calm meditative music before, during and after the routine

Continued on page 8

PSYCHE *from page 7*

can make the relaxation experience more pleasant.

While learning speed varies between individuals, you should start seeing results from the Relaxation Training within about three weeks, if you practice every day. Within five to six weeks you should have the ability to relax yourself at will.

Whenever you find yourself getting tense, trigger the relaxation response by simply closing your eyes and mentally going through

each muscle group, recalling the pleasant sensation of warmth and heaviness. If you have practiced on a daily basis, you will be able to do this in just a few moments.

You can use your relaxation training either prior to, or during competition. On the morning of an important event, or just prior to the start of competition, take a few moments and release the tension from your body. Some sports give you the opportunity to utilize this procedure during play when tension

levels become too great. Racquetball is particularly suited, because you have numerous breaks between games and time outs which can be used at your discretion.

Learning to release tension, of course, will not in itself make you a great athlete. You still have to learn how to play the game. But, training your mind to relax on command will give you the ability to perform physically at your highest possible level, even when things start getting a little tense. ■



New Directions

By Luke St. Onge, Executive Director

An historic meeting was held in early December involving representatives from the Racquetball Manufacturer's Association, Men's Professional Tour, Women's Professional Tour, Court Club owners association, and the AARA. The meeting was the brain child of Jim Hiser, Vice-President of the AARA and Regional Director for Region 9. The overall objective of the gathering was the establishing of mutual goals for the promotion of the sport. Many important items were discussed and will be covered in other periodicals, but I would like to share with you a very important matter that was brought up.

You have all heard much about the pro versus amateur problem that has plagued our sport since its inception. After much discussion concerning the Olympics and the future of the sport, the following resolution was passed unanimously urging the AARA to accept the following interpretation of our eligibility rule.

All AARA sanctioned events that offer money or prizes (merchandise) in any division will be open to all players in good standing with the AARA but subject to all other rules.

In Laymans language, this further interpretation does the following:

1. Opens up all money divisions to all players who are members of the AARA. A pro by our definition can be a member of the AARA.
2. This pertains to only money or prize divisions and does not affect the current rule when applied to non-money, non-prize divisions.
3. If a player wants to pursue his or her right to compete on the U.S. National Team, they must continue to follow the current rule.
4. This resolution corrects the tremendous ambiguity surrounding our current rule and separates the AARA from the accusation that we are a competing organization.
5. It will alleviate the contradiction of certain tournaments holding non-sanctioned open events to circumvent the current rule or holding sanctioned

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To some, performance outweighs prestige. To that no-nonsense breed of player, Spalding offers a selection of innovative racquets that are unsurpassed in playability.

The New Comp Pro 235™ racquet is a prime example. Its state-of-the-art graphite composite construction features a fully legal oversize head for a dramatically larger sweetspot and an exceptionally maneuverable weight of only 235 grams!

The New Spalding Intimidator™ racquet is no less a

performer. Formed from an advanced aluminum alloy, its streamlined tubular configuration allows lightning quick racquet control. And the Intimidator's throatless wish-bone design produces increased power and control that you will be able to feel on your first kill.

Whether it be for the novice or the pro, only Spalding offers a full line of high quality racquets with the looks, the feel and all the performance features you're looking for.

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SPALDING

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events to exclude the current professionals.

POSITIVE ATTRIBUTES OF THE RESOLUTION

1. Makes the sport open.
2. Does not change our current rule.
3. Shows AARA as the leader within our industry.
4. Makes the sport much cleaner.
5. Pertains only to money or prize divisions.
6. All other rules pertain. Example:
 - a. No pros in non-money or prize division.
 - b. Skill level divisions remain the same.
 - c. Age group divisions that give out money — the age requirement must be met.
 - d. All competitors must be AARA members.
7. The sport will have the opportunity to grow with the open approach.
8. Much easier to administer.
9. Is still in sync with the IARF definition.

NEGATIVE ASPECTS OF THE RESOLUTION

1. Circulating the information.
2. May change the AARA selection process for the National Team.

3. May influence those competitors that have tried to keep the pros out.
4. May receive some hesitancy concerning the merchandise provision.

If this resolution is adopted by the AARA, it will go far in opening up our sport in the same way that tennis did in the late 60's.

For several years now, you have heard many reports concerning racquetball and the Olympics. It is my pleasure to inform you that at the December meeting of the Program Commission of the International Olympic Committee, they adopted the International Amateur Racquetball Federation's application for I.O.C. recognition. The adoption of our application is the single most important step forward for our sport since the AARA became a member of the United States Olympic Committee in 1982. The full impact of this development is not known yet, but it is a giant step towards the inclusion of racquetball in the Olympics.

Many, many thanks to those who made this happen and especially to the U.S. National Team, that is the single most important marketing tool our industry has Worldwide. ■

Letters to the Editor

Information About The Junior Nationals

I am interested in obtaining information pertaining to the Junior Nationals Racquetball Tournament. Is there any special reduction in air fare for the players or their family? Tom Leonard
Lyndhurst, NJ

Here is some general information about the Junior Nationals:

June 28-July 2
Qualifying Required
Chicago, IL
Luke St. Onge
303-635-5396

As for reduced air fares, yes, there will be a special rate, but the deal is not quite finalized with United Airlines yet. For more information regarding the special, call the AARA National Headquarters at 303-635-5396. — Ed.

Tribute To Susan Kraft

I thought you might want to put a small note in the next AARA Racquetball In Review concerning

Susan Kraft. Susan died on November 11, 1985, after a courageous battle with cancer. She was 41. Susan had won the AARA National Singles Championships in her age category in 1984 and was a very active member on the board of the Kansas AARA state organization. Her tremendous support for racquetball will be sorely missed.
Gordon Rogers
Kansas State Director

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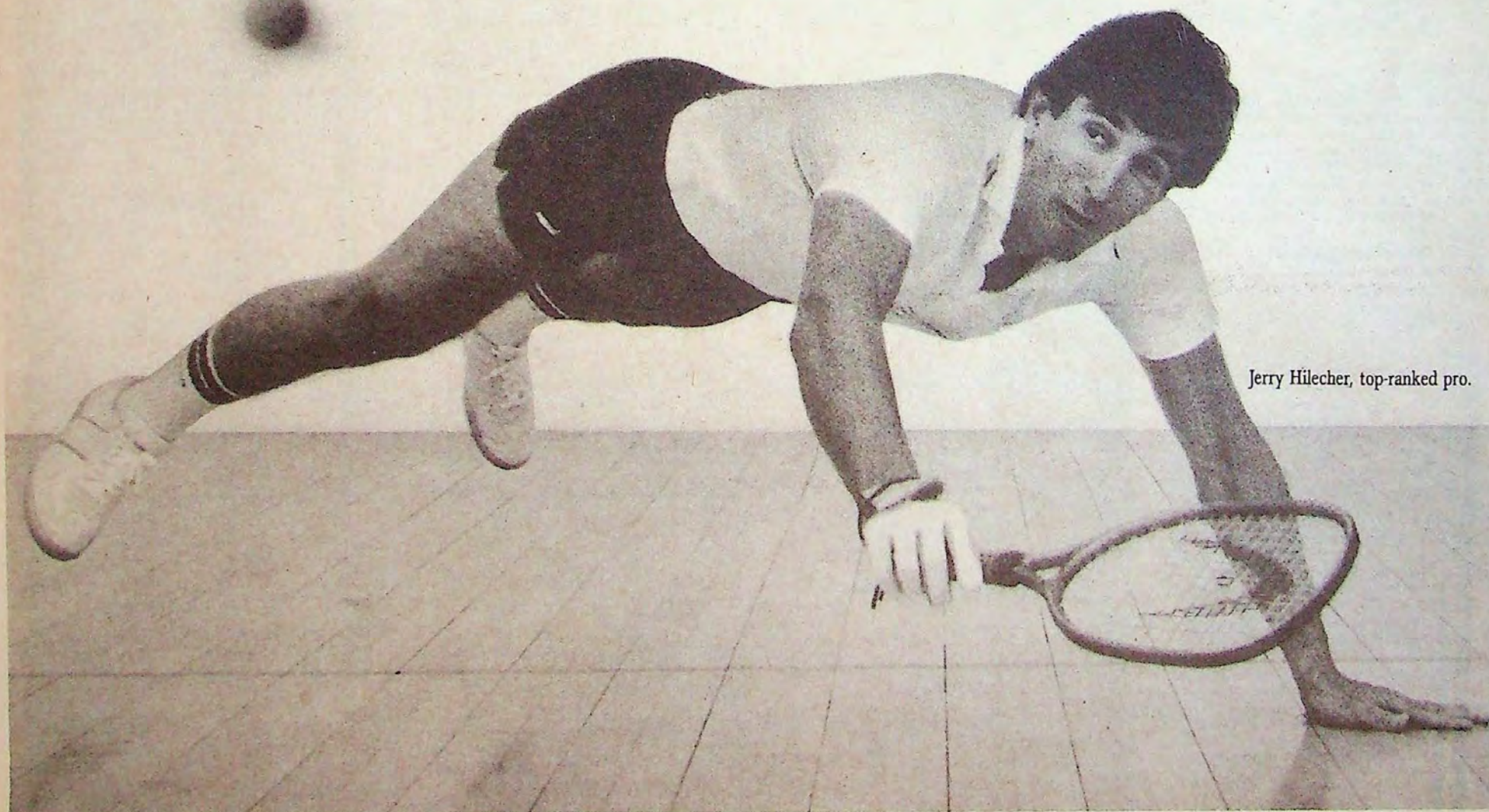
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Valentines Classic
Park Center Athletic Club
355 West San Fernando
San Jose, CA 95113
Jim Carlton, 408-289-1340

February 19-22
Ridge Athletic Club
4304 N. Foothill
Provo, UT 84604
Scott Klippel, 224-6969

February 20-23
Florida State Championships
The Club
825 Courtland St.
Orlando, FL 32804
Van Dubolsky

February 20-23
Racquetworld
2695 South Monaco
Denver, CO
Bruce McKay, 303-758-7080

February 21-23
Coors Light Open
Kangaroo Kourts IV
1988 Park Marina Drive
Redding, CA 96001
Lori Curtis, 916-241-7711

February 21-23
Masters-Gold. Masters Invitat.
La Moncha Athletic Club
100 West Clarendon
Phoenix, AZ 85037
Paul Bonales, 602-849-6298

February 21-23
MCRA Challenge Series
7-11 C/O Pancho Gutierrez
43129 Van Dyke
Sterling Hgts., MI
Michael Witherspoon
313-758-7284

February 21-23
Women's Day
29th Street Fitness Center
2701 29th Street
Grand Rapids, MI 49508
Cathie Frederickson
616-942-5190

February 26-March 1
Deseret Gym
161 N. Main
Salt Lake City, UT 84103
Marty Frustaci, 359-3911

February 27-March 2
Alaska State Championships
The Athletic Club
150 Eagle Street
Fairbanks, AK 99701
Dennis Kaufman, 907-456-1914

February 27-March 2
PPRA Juniors Tournament
The Point Athletic Club
2233 Academy Place
Colorado Springs, CO 80909
Mike Benedict

February 28-March 2
B.A.C. Grand Opening
Bradshaw Athletic Club
3120 Bradshaw Avenue
Sacramento, CA 95827
Charlie Caldwell/Chip Skinner
916-363-4838

February 28-March 2
Captain Crunch Classic
Montgomery Athletic Club
5765 Carmichael Parkway
Montgomery, AL 36117
Jack Sorenson, 205-277-7130

February 28-March 2
NC State Championships
Charlotte R/H Club
5501 77 Center Drive
Charlotte, NC 28210
Mike Dimoff

February 28-March 2
Visalia Open
Visalia Racquet Club
909 North Demaree Road
Visalia, CA 93291
Randy Scott, 209-733-1041

March 5-8
Cottonwood Heights
7500 South 2700 East
Salt Lake City, UT 84121
Carla Vietti, 943-3190

March 7-9
Adult Regional, Region 10
Court Club
3455 Harper Rd.
Indianapolis, IN 46240
Michael Arnolt, 317-846-1111

March 7-9
American Bank Tournament
Family Action Center
P.O. Box 577
Wheatland, WY 82201
Roger Barber, 322-5646

March 7-9
Racquetball Winter Open
Amador Valley Athletic Club
709 Johnson Industrial Drive
Pleasanton, CA 94566
415-846-5347

March 7-9
Region 10 Adult Regionals
Court Club
3455 Harper Road
Indianapolis, IN 46240
Michael Arnolt, 317-846-1111

March 7-9
State Singles Championships
SPA 23 & Racquetball Club
Pompton Plains, NJ
201-839-8833

March 7-9
Super Seven #6
Clinton Racquet Club
35700 Groesbeck
Mt. Clemens, MI 48043
Jim Hiser, 313-653-9602

March 7-9
Vermont State Singles
Chuck Bigalow
Box 1978, Cedar Ridge Drive
Shelburne, VT 05482
Chuck Bigalow

March 13-16
Adult Regionals, Region 5
The Sportplex
500 Gadsden Highway
Birmingham, AL 35235
Gerald Cleveland, 205-838-1213

March 13-16
Patrons Tour #5
Paula Spagnuolo
7668 Apple Hill Ct. S.E.
Ada, MI 49301
Paula Spagnuolo, 616-676-1313

March 13-16
Pomona Valley Open
Claremont Club
1777 Padua Drive
Claremont, CA 91711
Greg Sheffield, 714-625-6791

March 14-16
Adult Regionals-Region 5
The Sportplex
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Birmingham, AL 35235
Bob Huskey

March 14-17
Irish Fun Fest
Racquet Club of Meadville
French & Poplar Streets
Meadville, PA 16335
Nancy Manning & Jan Peterson
814-724-3524

March 14-16
Lucky Leprechaun
Sundown
7545 Morgan Road
Liverpool, NY 13088
Jim Winterton, 315-451-5050

March 14-16
Nassua Suffolk Open
Royal Racquetball Club
607 Middle County Road
Coram, NY 11727
Mike Jones, 516-732-5500

March 14-16
National Seniors Invitational
The Racquet Club/Walnut Creek
1908 Olympic Blvd.
Walnut Creek, CA 94596
Don Buchheit, 415-932-6400

March 14-16
South Dakota State Champ.
Family Y RB/HB Center
420 South Lincoln
Aberdeen, SD 57401
Sherri Miller, 605-229-4731

AARA STATE RANKING REPORT

RANKING / STATE

1	California
2	Florida
3	New York
4	Massachusetts
5	Colorado
6	Pennsylvania
7	Illinois
8	Michigan
9	Texas
10	New Jersey
11	North Carolina
12	Ohio
13	Minnesota
14	New Hampshire
15	Indiana
16	New Mexico
17	Washington
18	Georgia
19	Alaska
20	Utah
21	Maine
22	Arizona
23	Tennessee
24	Montana
25	Oklahoma
26	Virginia
27	Connecticut
28	Rhode Island
29	Kansas
30	Alabama
31	Wyoming
32	Vermont
33	Arkansas
34	Delaware
35	South Carolina
36	Wisconsin
37	South Dakota
38	Maryland
39	Oregon
40	Idaho
41	Missouri
42	Nevada
43	West Virginia
44	Mississippi
45	Louisiana
46	Iowa
47	Kentucky
48	Nebraska
49	Hawaii
50	District of Columbia
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57	Virgin Islands



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