



National Racquetball

December 1988 Vol. 17, No. 12

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plus...

- Instructional
- Tournament Results
- AARA In Review





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National Racquetball

December 1988 — Volume 17, No. 12

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**FROM ALL OF US AT
NATIONAL RACQUETBALL
MAGAZINE, TO YOU AND
YOURS, OUR HEARTFELT
WISHES FOR A JOYOUS
AND PEACEFUL HOLIDAY
SEASON!**

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From The Publisher...

WHAT'S AHEAD?

As we prepared to go to press with this issue of *National Racquetball*, we learned that Jim Hiser will no longer be associated with the World Professional Racquetball Tour (WPRT). What this will mean in terms of men's professional racquetball we don't know at this point, but as soon as we do have information we will pass it along to our readers.

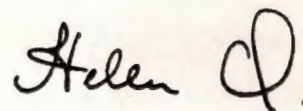
We were also informed that the New York pro stop, scheduled to take place at the BQE on Long Island, has been cancelled and that there will be no further television coverage as it was currently being provided.

It seems strange that the women pro's, in general regarded as second best, are able to arrange ten stops each year without too much trouble, and that most of those stops are repeats of the previous year. Could this be because the women are less apathetic, less egotistical and more cooperative than some of the men players? Could it be because, on the whole, they all pull together and do what they can to provide the clubs and sponsors with a good show and promote racquetball at every opportunity?

A strong pro tour, both men's and women's, is vital to the growth of racquetball. The players are superb athletes who raise the playing of the sport to a level unimaginable to most of us. They are the showcase of racquetball, providing grassroots players with a look at how it can be done. But, without a pro tour, the players are without a stage and, unless we are lucky enough to have a pro at our club, we simply won't have the opportunity to see them.

It's too bad that the problems on the men's tour don't occur off season, giving everyone time to get together and solve them before the tour starts. It appears that a number of the players, led by Marty Hogan, decided they were going to call the shots, which was unacceptable to the people running the tour, Hiser among them.

Now, with the season already underway, it remains to be seen if Marty Hogan and his executive committee can pull things together quickly enough to put on a tour for the remainder of the year. It also remains to be seen if they can repair the damage done to professional racquetball by this miserable beginning, or if indeed, they can restore credibility to a men's pro tour. The ball is certainly in their court. ○



Helen L. Quinn
Publisher

LETTERS TO THE EDITOR

The Ball Discussion

A Solution For Ball Speed?

When I first started learning racquetball 15 years ago, my slowness eliminated most of my chances to hit kill shots, but at least I could get to the ball. There was always hope that my opponent would make an error.

Now, I've got the quickness and court smarts to regularly defeat players ten years younger, but, sadly, with the arrival of the faster ball I cannot promote the sport to beginners. Unless a player has natural quickness, with my experience, I'll be able to out-shoot him before he has any chance to get the skills to stay on the court with me. For those beginners, we've got to find a way include a slower ball in the game.

On the other hand, the good players who are the core of the game have a point too. A deadly kill shot with a faster ball from the back court is more fun than numerous "gets". Aggressive shots beat survival shots any day.

However, which speed ball to use doesn't have to be an either-or-question. Why not both?

Fast and slow balls can both be used and of equal importance. My friends could play without being "blown away" by players at higher skill levels. It seems like a "fair deal" for everyone. Me too. I don't need the slow ball now, but if it doesn't come I'll be playing tennis exclusively in five years.

J. Reguoldi
Chicago, Illinois

Don't Change The Ball

In the September issue of *National Racquetball*, I read with interest your editorial, Steve Keeley's article, and the letter to the editor from Bill Rose. Each of those commentaries dealt with the theme of slowing down the current AARA-approved racquetball balls.

You, Steve, and Bill made several good points regarding today's fast ball game, such as the following: "The worst part of the fast-ball game is that it essentially becomes a young persons game"; "with the emphasis on strategy given by the slower ball, racquetball becomes challenging on more than a racquet swinging level."

Your articles further discussed the problems associated with television coverage of the fast ball and the short rallies of the current game. In my opinion,

slowing down the racquetball would not be the right solution to the problems you have addressed for several reasons.

First, I believe that the skill levels of today's players would adjust to a slower ball quickly (if not immediately) and therefore they would still have the same ability to kill the ball from anywhere on the court.

Secondly, rallies could become even shorter — as a slow ball does not rebound out of a crack serve, nor does it carry back from the front wall on a left-up kill shot as it does with a fast ball.

Thirdly, after reading Steve Keeley's article "The Racquetball Ball" which described the trials and tribulations of 15+ years to perfect the AARA-approved balls that we now use, I realize it may take another decade to make an acceptable ball if manufacturers started creating new rubber formulas.

Finally, I like the new faster balls. I have played for 13 years now and the new balls make it easier on my arm — I hit a successful pass shot without throwing my arm out. Plus, I have grooved all of my strokes with today's racquetball balls and I'd hate to start practicing the old dink shot again. I like to hit the ball hard and watch it go fast. (I'm a big kid at heart.)

What I see as possible solutions to the problems of short rallies, youth dominance, and television filming, etc., would not be to slow down the ball, but to add some rule changes which have sufficed in the past. These might be changes such as the one-serve-only rule, which would take away the "go-for-ace-only-on-the-first-serve" attitude; combined with the rule that you must designate which side of the court you will be serving to (i.e. serve left, then right in alternation, similar to tennis and squash). The server could still use a variety of serves to try and fool or throw off the receiver, yet the receiver would have a better chance to return the ball to start a rally.

A second rule change could be to put up a 12" tin on the front wall (which has been discussed before). This obviously would take away the rollout which might also extend rallies.

As far as television coverage goes, I have seen squash on cable TV before and I couldn't see the ball (the slow ball) because it moved too fast. However, I could see the long rallies and I basically knew where the ball must have been and where it was going, based upon the players' positions. In other words, I'm not sure if you could ever slow the racquetball ball

down enough to follow it in the dimensions of a racquetball court via television.

The last opinion I would like to state is that I don't necessarily believe that it's been the fast ball which has driven people out of the sport; but if it was, perhaps a slower ball would drive others (the youth) out of the game and I believe that would be a long-term mistake. I guess what I'm really alluding to is the old adage "If it ain't broke don't fix it."

Ed. Note: These are just two of the dozens of letters we've received on this subject, but they are representative of the diverse opinions expressed by our readers.

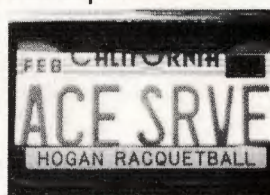
WPRM Applauded

I recently attended the WPRM Chicago Pro-Am Classic. I was very impressed with the level of play and the intensity of all the players. I was even more impressed with the players off the court. Unlike most professional athletes the women took time to speak with the fans and to sign autographs. The players made you feel very comfortable to talk to them. They were very accessible before and after all games. Thank you to all the players and a special thanks to Lynn Adams for the pictures.

Jim Kelly
Bolingbrook, IL

Promoting Racquetball

Here's my entry for the personalized license plate promoting racquetball. I hope you can use it.



Mike Augustin
San Diego, CA

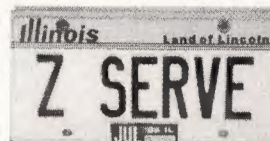
Racquetball On The Road

In response to your Racquetball On The Road letters I hereby submit a photo of my license plate. It's surely a symbol of a true racquetball fanatic, wouldn't you say? The fact that I drive a Chevrolet Suburban makes it stand out above the rest!

Lynne Weisbart
Northbrook, IL

P.S. I've also seen Rollout, Hinder and Raqtball!

(continued on page 57)



HIS MARCH CONTINUES

HARNETT IS INVINCIBLE IN ARLINGTON

by Staff Writer

Only one word — inevitable — describes Bret Harnett's march to victory at the season's second men's pro stop in Arlington. From tournament beginning to tournament end, he only lost two games. He was so commanding, in fact, he made Ruben Gonzalez, the current national champion appear to be the underdog during their televised finals meeting.

The tournament, however, held at Arlington's Crystal Gateway Skyline Club, was not routine elsewhere in the draw. While Harnett was cruising his way to the finals, Ruben Gonzalez played gutsy, hard-wood skidding racquetball simply to survive. Cliff Swain, third seed, lost early, as did fourth seed Egan Inoue. Andy Roberts, having played barely half a dozen professional tournaments, made the semifinals for the second time in his short career. Marty Hogan and Mike Yellen, the only former national champions in the draw, both lost scorching tiebreaker matches.

Unlike the previous tournament (Davison, MI) where five qualifying players made it into the second round of the draw, only one — Jim Cascio — did so this tournament by victimizing Ed Andrews, the tournament's fifth seed.

In effect, the draw played as two mini-tournaments. On the top half, it was the Gonzalez miracle show as he somehow bounced from one round into the next. On the bottom half, it was the Harnett exhibition of precision power and awesome domination. Their progress on each side promises an interesting finals; Harnett had lost his number one ranking, and the current national title, to Gonzalez by failing to meet him in the finals of the season-ending tournament last spring, so Arlington was a showdown which meant more than just another victory for either player.

Harnett played it exactly that way. His opening attack was a cold, relentless fury of rollout racquetball. Even Gonzalez, the games premiere retriever, could do little more than watch helplessly.

"I knew if I kept the ball up, even the

slightest amount, that Ruben would get to it," Harnett said later. "I went in there with only one purpose. Kill the ball. Anything else and Ruben would be there."

Unfortunately for Gonzalez, Harnett did not provide 'anything else'. His performance was incredible. In the first game to 15 (format changed for television), Harnett scored 11 points on flat kills, and aced Gonzalez for another. Gonzalez only had seven chances to serve the ball himself, and did not score his first point until Harnett had a 10 point lead.

Harnett was so good, even ranked professional players in the stands had a hard time believing his performance. "I have never seen him play so good," said Andy Roberts, a semifinalist himself. "In fact, I'm not sure I've ever seen racquetball played that well. Ever."

This is how

the first game went: When the television statistician keeping track of Harnett's game said he was going to use Bret's stat sheet as a heat pad for a sore elbow, the statistician responsible for the Gonzalez game replied that he would use Ruben's stat sheet to ice a sore shoulder.

Game one ended roughly 12 minutes after it started and included two Gonzalez time-outs. It was a mercifully quick ending — Gonzalez only scored one point.

"Everything he shot went in," Ruben said after the match. "He didn't even give me a chance to dive for any shots."

"When a player is that hot, there is not much you can do. You can only try to apply as much pressure as possible, and hope he finally breaks. Harnett did not break in the first game."

In the second game, Harnett jumped to a 3-0 lead. By then, he had outscored Gonzalez 18-1, and at that point Harnett made his first unforced error of the match.

If it was the break in concentration Ruben was waiting for, he took full advantage of it and scored three quick points to tie the game. Harnett, however, regained his concentration; with seven straight-in kills and two aces over the next dozen rallies he jumped to a 9-3 lead.

It is a measure of the Gonzalez game, and spirit, that he did not fold. Instead, he battled back, chipping away at the lead, and somehow stopping Harnett from another scoring binge. Briefly, Harnett felt the pressure and went into a defensive shell. Gone were the go-for-glory rollouts. Instead, he flipped shots to the ceiling. The game got as close as 11-10, Harnett's favor.

Later, Harnett said, "Sure he made it close. But I still did not think of losing. After, even when it was close, it was him chasing me in the score. On the other hand, I knew it was possible to lose to him. Even at match point, I knew he could come back. I've seen him do it before."

They traded serves three times each at 11-10; Harnett was the first to score and it became the final break in the Gonzalez dam of resistance. Harnett ran out two more points, faltered briefly, then fittingly flat rolled a Gonzalez miscue to end the match. Final scores: 15-1, 15-10.

"My serve was going in," Harnett said. "That helped me dominate center court. From there, I tried to end the rallies as soon as possible."

"Against Ruben, you have to go with straight-in kills — down-the-line and sometimes cross court. If you pinch the ball, it gives him the chance to dive forward and he is too good at re-killling the ball during those



Marty Hogan (front) and Ruben Gonzalez in the quarter finals.



Andy Roberts

dives. I've seen a lot of players lose to him by missing their pinches, even slightly."

During the first tournament of the season, Harnett faced three qualifiers on his way to victory over Marty Hogan. This tournament, he met two. Harnett started with a first round victory over qualifier Aaron Embrey and continued with a second round victory over Tim Sweeney, who had upset 12th ranked professional Jack Newman to reach that round.

It wasn't until the quarter finals that Harnett was pressed. Against Corey Brysman, Har-

nett made uncharacteristic mistakes, perhaps because of Brysman's tenacity. In close, see-saw games, Harnett won with his leanest victory margins of the tournament.

In the semifinals, Harnett played Mike Ray, whose best finish over the last dozen tournaments had been one quarter final. In this tournament, Ray took advantage of a new oversize racquet and out-crunched his opponents, among them, Mike Yellen and Egan Inoue.

WPRT Commissioner Jim Hiser calls him Mike 'No-Break' Ray because of his reputation for getting bad calls and bad bounces. During Ray's upset victory over Mike Yellen, for example, he had two chances at match point in the fourth game. Both chances, however, became replays, as the back wall setups from Yellen's desperation gets managed to hit above the back wall boundary; Yellen then won the game 11-10 to force a tiebreaker. Serving for a crucial game point against Egan Inoue, Ray had a short ceiling ball setup and flat rolled the ball, then watched in horror as it broke into three pieces against the front wall.

Ray defeated Yellen in their tiebreaker, but his sweeter victory was the three-game quarter final sweep over Egan Inoue. "It was my serving that held me in there," Ray said. "Egan has such an awesome serve that when he aces you, you want to be able to come right back and ace him, or at least put tremendous pressure on him. If you don't, it really deflates you."

Against Bret Harnett in the semifinals, even Ray's resurgence could not prevail. The first game was close (11-8 Harnett), and Ray even won the second game convincingly (11-1), but when Harnett



Bret Harnett dives to retrieve a ball from Mike Ray.

bore down, Ray was in trouble. Harnett won the next two games easily.

Gonzalez, on the other hand, found nothing easy in the top half of the tournament after his first round victory over qualifier Woody Clouse. In the round of 16s, he faced Roger Harripersad.

In the opening tournament of the season, Gonzalez had narrowly escaped losing to Harripersad who at one time had three chances at match point. Gonzalez won that Davison match in an 11-8 tiebreaker after being down two games to none, which is exactly how he won the Arlington match. It did not cheer a disconsolate Harripersad when fellow tour players dubbed him with the nickname 'H2O' in celebration of his blown 2-0 game leads (see inset).

After Harripersad, Gonzalez met Marty Hogan in the quarter finals. Once again, it looked as if it might be a repeat of the Davison stop where they had faced each other in the quarter finals and gone tiebreaker. This time, though, Gonzalez took the final game of the match, and like Hogan the time before, advanced to the finals.

His semifinal match in Arlington was against Andy Roberts, and became an interesting chance for revenge. (Just months earlier, Roberts, representing Team U.S.A. had defeated Gonzalez, who was representing Puerto Rico, for the world championship in Hamburg, West Germany).

Roberts had gained his semifinal berth with two crucial matches. He upset Cliff

Swain in four games — two of them 11-10 wins — in the second round of the tournament. Then he received a forfeit win over Gerry Price in the quarter finals when a shoulder injury forced Price to quit halfway through the third game.

Whatever lessons Gonzalez learned from his previous defeat in Hamburg, he applied to the Arlington semifinal. Although he did drop one game to Roberts, he won games three and four to reach the finals against Harnett.

Tournament notes:

- Marty Hogan continued his tradition of thrilling spectators with close tiebreaker matches. He actually lost his 11-10 first round tiebreaker to young professional Drew Kachtick from Texas before a referee's replay call let him back into the match. Hogan took full advantage of the reprieve and scored immediately to prevent the upset. In the next round, Hogan lost games one and two to Dan Obremski, who, almost in disbelief at his chance to win, promptly relaxed and lost the next three games.
- According to the patch on his tournament shirts, Ruben Gonzalez is making racquetball history as the first professional to be sponsored by an English muffin company.
- The drive serve was not as much a factor this tournament as others, because the Arlington courts have slower panel walls instead of concrete. Surprisingly, Bret Harnett considers it an advantage for him. "When it comes to serving," he says, "other players definitely have stronger serves. I rely more on placement during serves and a slower game nullifies their power advantage there."
- One spectator had a bird's eye view of the finals — literally. He removed the vent cover above the back wall boundary and watched, from there lying flat inside the vent.

Tournament results

Round of 16

Gonzalez d. Harripersad (4),(5),6,3,8
Hogan d. Obremski (5),(1),3,2,3
Price d. Peck 10,3,6
Roberts d. Swain 8,(4),10,10
Inoue d. Johnson 8,6,(5),4
Ray d. Yellen (7),2,9,(10),7
Brysman d. Cascio 9,9,(8),6
Harnett d. Sweeney 5,2,4

Quarter Finals

Gonzalez d. Hogan 3,(10),(5),6,6
Roberts d. Price forfeit
Ray d. Inoue 7,8,4
Harnett d. Brysman 10,(8),9,6

Semifinals

Gonzalez d. Roberts 2,(4),7,6
Harnett d. Ray 8,(1),3,5

Finals

Harnett d. Gonzalez 1,10

CHICAGO PRO/AM CLASSIC

Benefitting the Make-A-Wish Foundation

The Women's Professional Racquetball Association kicked off the season in October, at the Glass Court Swim and Fitness Center in Lombard, IL and left many of the fans mumbling, "Never say never!"

Local amateurs and pros alike were in awe at six-time national champion, Lynn Adams' ability to overcome a nine point deficit not once, but twice in one weekend. On the heels of astonished comebacks in both semifinal and final matches, Adams claimed the first pro tour victory of the season. Ranked No. 1 on the pro tour, California's Adams met with similar situations in both rounds of play.

Pitted against #4 ranked Marci Drexler of San Diego in the semifinals and #2 ranked Caryn McKinney of Atlanta in the finals, Adams was behind 6-10 in the second game and 1-10 in the third game of both matches. But Adams took advantage of her timeouts. In front of an anxious audience, she paced around the court calmly mumbling, "Come on, come on." After psyching herself up, Adams came back to win the semifinals 11-2, 11-10, 11-10 and the finals 11-6, 11-10, 11-10.

"It was weird," Adams said of the third game in the match against Drexler. "I felt like if I could just get to three, I could win." Adams said she got two really quick points, which led her to the victory against Drexler.

Paired with McKinney in the finals, Adams was a bit more concerned that she might not be able to pull herself out of a nine point deficit in the third game. "At 9-1, I figured, I'm not going to put that much energy into it," Adams said. "It takes a lot." But Adams said to herself, "What have you got to lose?" and it became a challenge.

"I just know from experience anything can happen, and it's not over until someone scores 11 points," Adams said.

McKinney, who advanced to the finals after beating #9 ranked Toni Bevelock in the semifinals 11-4, 11-9, 4-11 and 11-7, said she may have been playing too "tentatively" in the match against Adams. "What do you say? There

is a part of me that felt so bad about it," McKinney said of her opponent's comeback. "I didn't believe she could do that against me. It's not that she came back from 10-1, it's that I had opportunities to get that point and I didn't execute."

Serving several times at game point, McKinney was unable to earn the final point. "I think one thing that Lynn and I both do really well, is we play one point at a time. It's just a matter of executing and she did that today," McKinney said.

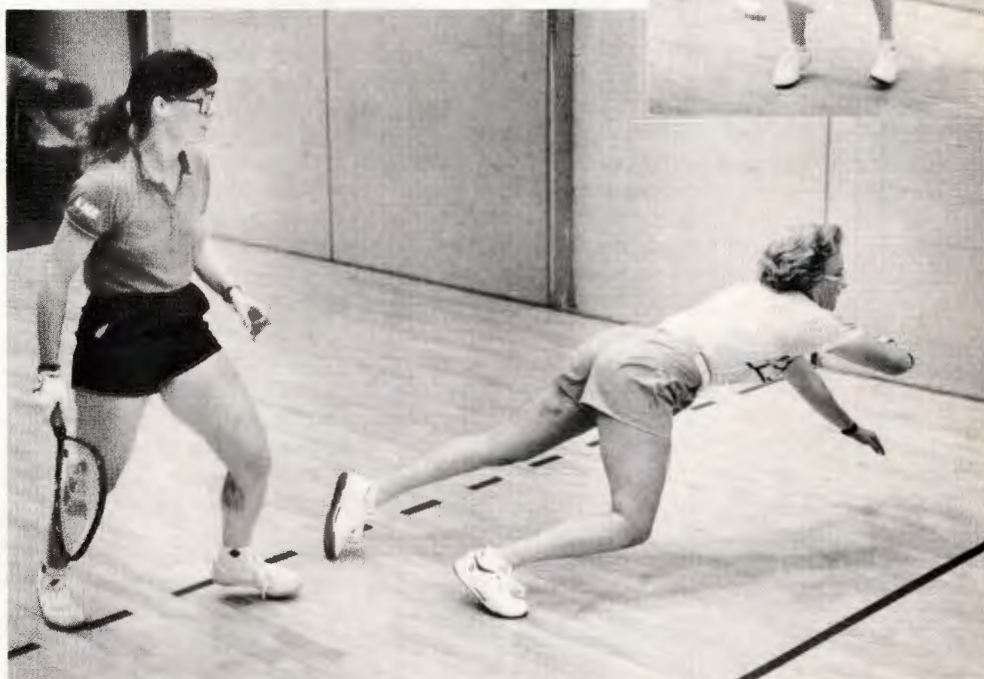
During the 1986 season, McKinney beat Adams at a pro stop in Philadelphia. This year McKinney is gearing up for another victory. "I feel so much better than I ever have about beating Lynn consistently," McKinney said. "I'm definitely equipped right now to beat her any time I walk on the court with her."

McKinney said she is also anticipating that Bevelock will really put on the heat this season. "She's been a threat for a long time. She is just getting to the point where she has some confidence," McKinney said.

McKinney, she took one game 11-4 in her first match ever against the #2 player.

"I felt like I played pretty well. I was nervous because it was my first semi's," Bevelock said. "I think I played too tentatively. It was lack of experience." Bevelock, who has been playing the pro tour for about three years, said she has trained all summer for this season. "I hope to win some and be right up there the whole

Lynn Adams and Caryn McKinney are all over the court during the finals match.



The tournament proved quite an accomplishment for 22-year-old Bevelock, who made her first appearance at the semifinal level. Although she lost to

season," Bevelock said.

Preliminary Rounds

Earlier rounds found 16 qualifiers

Chicago Pro/Am Results**Round of 32**

Lynn Adams d. Mae Chin 11-0, 11-2, 11-4
 Dottie Fischl d. Tina Petrocy 11-5, 11-5, 11-10
 Sandy Robson d. Linda Porter 7-11, 11-6, 11-6, 11-10
 Liz Alvarado d. Tracy Ingram
 Molly O'Brien d. Randi Friedman 11-10, 10-11, 11-4, 11-6
 Cindy Doyle d. Robin Chilcoate 11-1, 11-7, 11-6
 Sue MacTaggart d. Roxanne Goblish 11-4, 11-3, 11-3
 Marci Drexler d. Roz Olson 11-4, 11-4, 11-8
 Kaye Kuhfeld d. Cathy Nichols 11-3, 11-5, 11-10
 Carol McFetridge d. Chris Evon 11-7, 11-10, 2-11, 11-6
 Toni Bevelock d. Cheryl Gudinas 11-3, 11-7, 11-8
 Jackie Paraiso d. Renee Lockey 11-5, 11-3, 11-4
 Robin Petrini d. Janet Grimaldi 11-6, 11-10, 11-10
 Marcy Lynch d. Colleen Shields 11-6, 6-11, 11-10, 11-1
 Robin Whitmire d. Andrea Katz 11-4, 7-11, 11-4, 10-11, 11-8
 Caryn McKinney d. Kathy Langlotz 11-2, 11-1, 11-2

Round of 16

Adams d. Fischl 11-5, 11-3, 11-3
 Robson d. Alvarado 11-6, 0-11, 11-1, 11-8
 Doyle d. O'Brien 11-3, 2-11, 11-8, 5-11, 11-8
 Drexler d. MacTaggart 10-11, 11-4, 11-4, 11-5
 McFetridge d. Kuhfeld 3-11, 11-4
 Bevelock d. Paraiso 11-1, 11-6, 11-5
 Lynch d. Petrini 11-7, 11-7, 11-1
 McKinney d. Whitmire 11-1, 11-10, 11-3

Quarter Finals

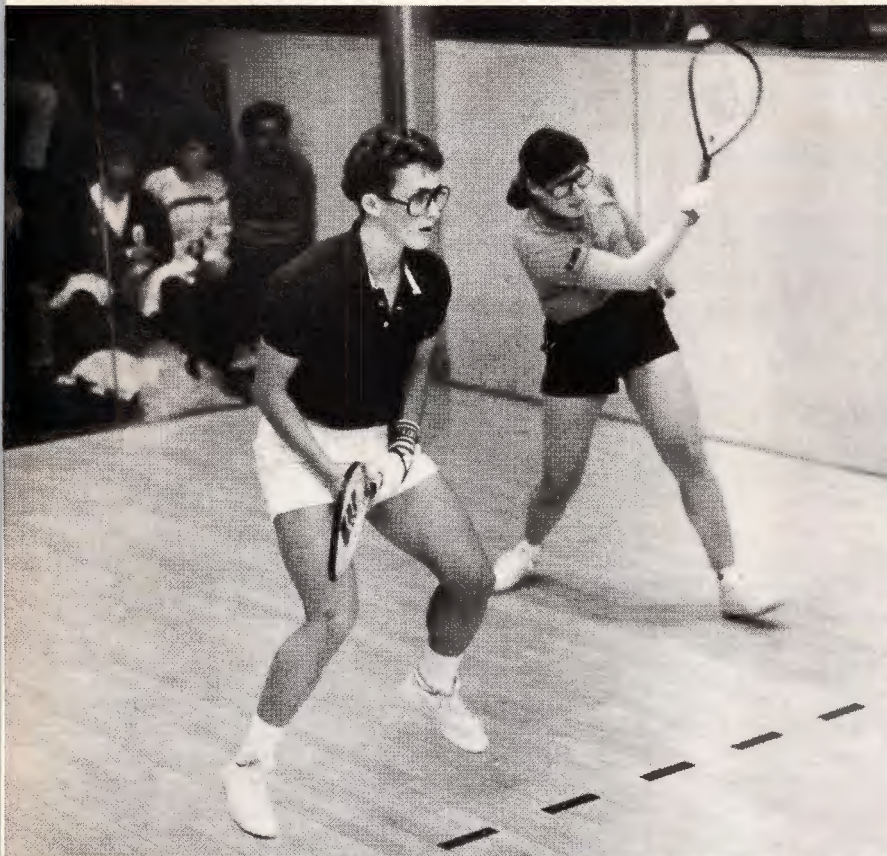
Adams d. Robson 11-1, 11-3, 11-4
 Drexler d. Doyle 11-3, 7-11, 11-10, 11-6
 Bevelock d. McFetridge 11-4, 11-4, 11-4
 McKinney d. Lynch 11-4, 11-3, 11-1

Semifinals

Adams d. Drexler 11-4, 11-10, 11-10
 McKinney d. Bevelock 11-6, 11-9, 4-11, 11-7

Finals

Adams d. McKinney 11-6, 11-10, 11-10



Marci Drexler (left) competing against Lynn Adams in the semifinals.

playing for eight spots in the main draw of 32.

The round of 32 had top seeds being constantly challenged, with upsets being the talk of the tournament. Local Chicago player, Sandy Robson, ranked #23, upset #12 seed Linda Porter. Robson using her quick hands and great shot making ability, took advantage of having the home crowd behind her and went on to upset #8 seed Liz Alvarado to earn herself a quarter final finish, before losing to Lynn Adams. Carol McFetridge, #21 from Canada, ousted #17 seed, Chris Evon, and was able to keep her momentum going, beating #3 seed Kaye Kuhfeld in the round of 16's. "It's the biggest win of my career," McFetridge said. "I still can't believe it!"

The first round also saw Robin Whitmire of Georgia upsetting Andrea Katz before falling to McKinney.

The upsets continued in the round of 16, as #10 Cindy Doyle outlasted #5 Molly O'Brien in a long and grueling tiebreaker match. #9 Toni Bevelock handily beat #6 seed Jackie Paraiso.

The Chicago Pro/Am Classic was an event that showcased exciting matches from both the pros and the amateurs. All proceeds from the event went to the Make-A-Wish Foundation of Northern Illinois. Make-A-Wish is a non-profit organization that fulfills wishes of children with life

threatening illnesses or diseases.

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FINE TUNING THE MIND AND BODY

by Dave Peck

Dave Peck won the 1982 men's professional championship. He is one of the top coaches in the game today.



To be a winner, you have to learn to prepare yourself mentally and physically for an upcoming match. I find it most effective to do my stretching and thinking in a relaxed environment, a private place somewhere in the club where I can be by myself and not hear balls banging off the walls and players screaming. Of course, finding solitude in racquet clubs with as many as four thousand members isn't easy, but there are better places to prepare for a match than in the cold, damp hallway outside a court.

For the physical warm-up, one of the best places to unwind is the whirlpool, if the club has one. I came to the conclusion long ago that I'm lazy when it comes to stretching, so I look for help. Use a whirlpool. Or for clubs without whirlpools, a sauna, or a Jacuzzi. Anywhere it's warm so stretching muscles is easier. Warning: Don't stay in too long or you'll find yourself tired and lethargic. And as far as what exercises to do, any reputable club will have a stretching chart. Follow those closely and you'll be fine.

The second part of my warm-up, which goes hand in hand with the physical, is preparing my mind for the game. What is my purpose in this match? What will I be trying to accomplish? I ask myself these questions, forcing my mind to focus on the task ahead. What I've also found of great value is a concept called visualization. You visualize in your mind what you want to happen on the court, imprinting a mental image in your mind of the perfect backhand stroke, a crisp forehand, smooth movement to the ball, etc.

If you take the time to warm up your body, formulate a game plan, analyze

your opponent's strengths and weaknesses, and then picture some perfect shots in your head, you'll find yourself points ahead of other players before the first serve is ever hit.

Practice

One of the best things about racquetball is that you can practice alone; you don't need someone to pitch you a ball or catch your passes. You don't need to practice more than half an hour once or twice a week — that's

more time than most C and B players devote — but when you do decide to practice, either alone or with a partner, you should take it seriously. What you're striving for are shots that don't break down when a match heats up.

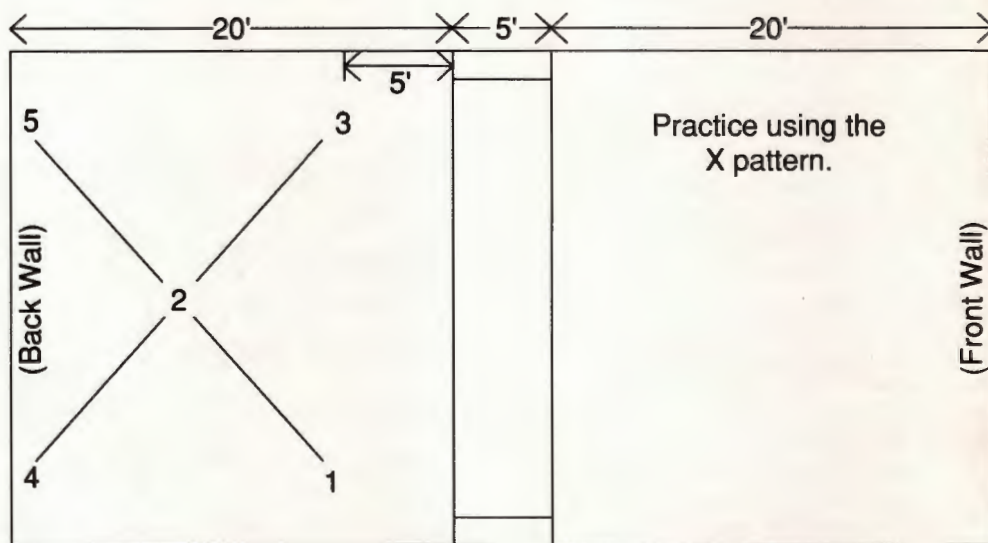
To facilitate this, use your imagination.

back wall corner locations and hit down-the-line shots and cross court passes. Your job is to play center court and attempt to cut off the passes, putting away winners of your own. As center court person, hit 20 pinches from each side and then switch.

3. Play a reaction game from the service-line area. Stand side-by-side with your partner and alternately hit shin-high shots into the front wall at each other. The object is to try to kill the ball or pass each other without letting the ball touch the ground. This is great for developing hand-eye coordination and the reflexes you'll need to play front court.

4. Practice ceiling shots just as they would happen during a regular game.

5. If you get bored with the above, try something like a Lobster Ball Machine. This machine is excellent because it will force you to hit shots on the run and allow



Devise drills that sharpen your body and mind. Some simple suggestions follow.

1. Have one person work on serving while the opponent returns. Switch when one tires of serving. You can also prolong the rally one stroke by allowing the server to play the return and to go for the pass or kill. You can even play out the rally if that's agreeable, but avoid keeping score; the theme here is working on the mechanical aspects and seeing what the ball does in a certain situation. Consider it a dress rehearsal, not the real thing.

2. Have your partner line up at the

you to work on hard-to-simulate shots over and over again, thus improving performance.

A Special Workout

Imagine the back of the court laid out in an X as shown in the diagram. The numbers define certain spots on the court. There's a definite reason for practicing in the back one-third of the court: Most racquetball games are won by shot-making in that area (a child could hit kill shots from the short line), so you want to be ready to play in the last fifteen feet of

the court, not the first twenty five.

When practicing, start slowly at all the positions. Just try to get a feel for the shot, picking up the tempo accordingly. Position by position, here's a short "how to":

Position 1: Hit 60-65 shots, dropping the ball slowly into your power zone. The last 20-25 shots should be hit at nearly full speed.

Position 2: Hit pinch shots, to both sides, dropping ball into power zone. Hit about 30 to each side, last 10 or so at full tilt.

Position 3: Same as from position 1, just doing opposite stroke.

Position 4: Back-wall drills. Keep your shoulders square to the side wall. Bounce the ball off the floor so that it hits the back wall and drops into your power zone. Hit 30-35 down-the-line drives and cross courts, ten or so at full speed.

Position 5: Same routine as Position 4; use opposite stroke.

For a prematch warmup, just play the X game, again starting slowly and increasing the pace. But hit only half as many shots as when practicing, as you'll only need 10 or 15 minutes, not 30, to get warmed up.

Conditioning

I honestly believe conditioning is one of the most overlooked aspects of racquetball, and it shouldn't be, because all else being equal, as it is many times on the pro tour, the better-conditioned athlete will win. I can't tell you how many matches I've won because I've been in better shape.

My philosophy is that racquetball is both an aerobic and an anaerobic sport. By definition that means you derive both long-term and short-term cardiovascular benefits from playing, if you play hard. The aerobic benefit comes from playing at a vigorous pace for more than twenty minutes (usually in a pro match it's more like two hours). The anaerobic benefit is derived from the short, rapid bursts we take in chasing after the ball.

If you are an avid racquetball player—and by that I mean someone who plays more than once a week and likes to test himself in tournaments—it's important you make your workout and training harder than a tournament match can possibly be.

In other words, you want tournaments to be the reward for all the work you've put in. You want to be prepared for anything. There's nothing more embarrassing than to have to call a timeout at 3-3 of the first game, or staring at the four walls knowing you can't go anywhere—your only choice is to open the court door and request another timeout.

With that in mind, I don't think you can overemphasize the relationship between weight training and racquetball. When all else is equal, the stronger opponent will win. Being physically fit also allows you to run longer and last longer on the court, and protects you from injury.

For the last eight years I've increased my strength by incorporating a series of standard Nautilus routines into my exercise. Three times a week I'll spend three to six hours on the machines, working my leg, arm, shoulder, and abdominal muscles. Any health club instructor will be able to put together a sport-specific program to help you "muscle up". Also for your legs, you might want to consider using a stationary bike. I spend a great deal of time on a LifeCycle, a high-quality computerized training bike that simulates hill riding through a preset program. You don't need to get that sophisticated, but a few hours a week on a stationary bike certainly won't hurt your on court performance.

Racquetball is a game played with your legs, and when your legs go, so does your mind. You avoid taking that extra step that will make the ball fall in your power zone. Instead you hit the ball a little farther ahead and either miss high on the front wall or try to compensate with the racquet and end up skipping a shot into the floor. In racquetball, shortcuts eventually lead to dead ends.

On-Court Conditioning

It's probably more fun to make up your own drills, to let your imagination run wild, but here are a couple of on-court conditioning drills to help improve quickness and foot speed.

Drill No. 1: Put a glove down in the center position of the service zone. Start at back wall center and run and touch the glove. Run to the right side wall, then come back to the glove. Then front wall to glove. Then left side wall to glove. Remember to bend down and touch the glove with your hand every time. Do five sets of these glove drills at full blast.

Drill No. 2: Start at back wall center. Run to the short line and back. Then the service line and back. Then short line and back. Repeat the drill three times without stopping.

By fine tuning your mind and body, when it comes to racquetball, you'll enjoy it much more, and probably win more often! ○

Excerpted from "Dave Peck's Championship Racquetball System" written by Dave Peck with Armen Keteyian, published by Simon & Schuster, Inc., New York.

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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 Editors, National Racquetball Magazine, P.O. Box 6126, Clearwater, FL 34618-6126.



Fran Davis

Fran Davis, my racquet keeps slipping and twisting as I hit the ball, especially towards the end of my matches. It's driving me crazy; what can I do to stop this from happening? **D. Avidly, Helena, MT**

Use crazy glue! Seriously, several things can be wrong. Your glove may be worn out, your grip may be worn out, or you may be holding the racquet improperly.

With leather, a build up of salt residue from sweat eventually makes it ineffective for gripping. Generally, the leather becomes shiny when it is at this 'slippery' stage.

In other words, check both your glove and grip. You can rescue gloves by washing them with soap — that removes a lot of the salt residue. Grips, on the other hand, should be replaced when they are worn.

You might want to consider using the new rubber grips which are out on the market. Using a rubber grip with a good leather glove gives great contact and reduces slippage considerably.

The other problem might be in the way you hold your racquet. Don't hold the racquet by squeezing with your thumb and forefinger. Instead, place the racquet handle in your palm and squeeze with the other three fingers to let them do the work.

A common mistake is holding the racquet in a 'fist' grip, almost as if you were holding a hammer. While this lets you grip strongly with all five fingers, your forearm will tire much quicker, and that will lead to a loss of control later in the match. The best way to hold the racquet is as if you were shaking hands with it.

Dan Obremski, I play in a league every November and enter a tournament around February. This summer, I began lifting weights after reading about one of your upper body workouts. I am doing squats, bends, front and back leg workouts, pull-ups, sit-ups and eight to 12 miles of jogging every week.

My question is this: should I train this hard during the league and tournament season? Right now I am on a six-day workout schedule to improve my racquetball game. **W. Gilmore, Holland, MI**

I would say you are doing too much training during the season. Instead of six days each week, you should only be

training three days. I would suggest working out on Mondays, Wednesdays and Fridays.

During each workout, exercise each body part instead of alternating upper and lower body workouts. Also, do only one set of each exercise instead of three. Be sure to lift until 'failure', that is until you cannot lift anymore during that set.

Concentrate on moving from set to set as quickly as possible. This will make it an aerobic workout too. Working at your maximum and taking very little rest between sets improves your body in three areas: muscular strength, endurance, and cardiovascular endurance.

The best thing about this in-season training schedule is that it only takes three weekly sessions of 45 minutes, and that lets you spend more time on practicing your racquetball.

The last thing to remember is that when you have a tournament on a weekend, be sure to cut down on your workouts during the preceding week. Maintain your regular workout on Monday, make it a light workout on Wednesday, and don't workout at all on Friday.

Marty Hogan, often I play well for about seven or eight points, then it seems as if I lose intensity and my game goes into a tailspin. Could you please tell me how to keep my intensity during a match, especially those which last a long time?

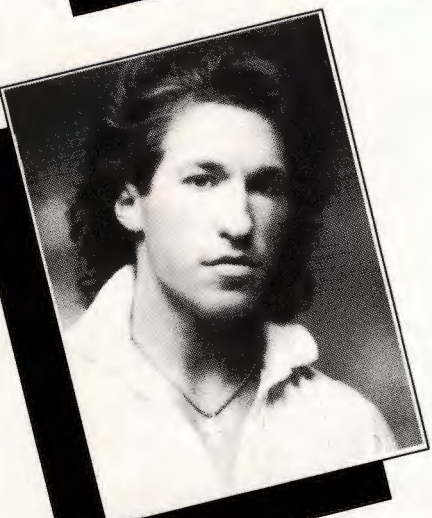
F. Knapp, Stockton, CA

The key to maintaining intensity is to keep your concentration. Basically, there are two ways to do it. The first way is to come to your match as prepared as possible. I tend to find my intensity level drops when all things in my game are not working at top level. Be in the best shape you can be, and have a game plan ready within the confines of your ability level.

By being prepared, and knowing you are as prepared as you can be, you take a lot of pressure off yourself. Concentration, then, is easier to maintain. You only need to worry about the game.

The second thing which helps your concentration takes place on the court during the match. The key is to never forget about your game or what you are capable of doing on the court. Don't let your mind sway from the game at hand. The crowd, the ref, what happened at work, the consequences of winning or

(continued on page 59)



Dan Obremski



Marty Hogan

Naked Power

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PARI TIP by Dave George

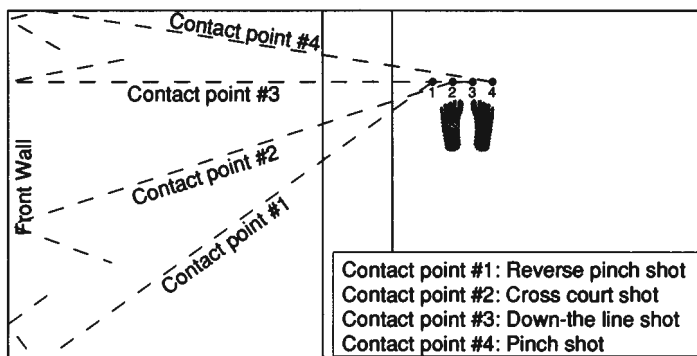
KNOWING THE VARIABLES

In racquetball, the speed of the ball, the height of the ball, the angle of the ball, body position and the amount of time it takes to hit the ball, combine to make a near infinite number of shot situations. There are, however, common basics which apply to every shot. Once you understand the basic variables which control the direction of the ball, your game will improve dramatically.

As you hit the ball, you are trying to control two main variables — vertical direction of the shot, and the horizontal angle within the court. (For simplicity, this article assumes you are in an ideal position to hit the ball, and have turned sideways and are set to hit.)

The horizontal angle of your shot — cross court, down-the-line, pinch, etc. — is determined by where you hit the ball relative to your stance. Find, through

practice, both the forehand and backhand ball contact positions which let you hit straight-in, down-the-line shots to the front wall.



If you make racquet contact with the ball *ahead* of this position, the ball will angle cross court. The further ahead you contact the ball, the more cross court it will go. Extremely far ahead of your normal contact, give the ball a reverse pinch angle. Contacting the ball *behind* the normal down-the-line position angles the

shot in the opposite direction.

The height of the ball as it moves to the front wall is determined for the most part by the plane of your shoulders during contact. (Remember, this article assumes you are facing the side wall.) If your shoulders are not level, your swing — and the path of the ball — will follow.

The level of your shoulders is directly related to the bend of your knees. Bending the front knee as you are over-reaching or over-stepping at the last moment, often lifts the back shoulder and is a leading cause of hitting the ball too far downwards. When the front shoulder is up, on the other hand, the ball often comes off the back wall to set up your opponent.

The solution? Practice. Proper footwork (getting turned sideways and shuffling with a 'set-together-step' motion) will help you set up properly and control your body mechanics. Practice your strokes with the understanding of what controls the variables (angle and height) and you'll control not only your shots, but center court and your opponents. ○

Dave George is a certified PARI professional.

PLANNING YOUR VICTORY

Part II by Lou Fabian

Key Elements Of A Game

Shot effectiveness is often influenced by three elements which are an integral part of all racquetball games. You or your coach should be aware of these elements at all times during a match. These elements include the pace/tempo (fast or slow), stroke effectiveness (forehand or backhand), and attack posture (offensive or defensive). All three are equally important for your victory.

The first key area is the pace of each player's game relative to the other's. Are both players in the same tempo? Are they at different tempos?

One strategy in this area is to change tempos whenever an opponent matches yours. If you started out fast and hot as a pistol for seven or eight quick points, and the opponent seems to be adjusting, change to a slow tempo. When the opponent adjusts down to your new pace, pick up the speed again. This fast-slow-fast combination is an easy strategy to master and you should look for opportunities to initiate the change. The opposite situation can also occur; when your oppo-

nent seems hyped and intense, use a slow-fast-slow strategy to keep him or her off balance.

The second key area to look for is stroke effectiveness. Are you executing properly with your forehand and backhand? Which of your opponent's strokes is damaging you most? During warm-up, look for the opponent's poorer stroke technique to make itself known. Chances are nine out of ten that you will find the weaker hand if you study hard enough. During the game, test the waters on both sides to find the answer, especially if you have never played this opponent before.

If you feel your opponent's backhand is a weak stroke, yet he or she is scoring points and controlling the game, be smart enough to realize that your backhand is not up to the task — shift to a forehand strategy.

However, when you are hitting your best serves and the opponent is rolling them out, don't hesitate to switch your serve to the opposite side, even if doing that makes you play to the so-called stronger stroke.

The third key area is your attack posture. Is it offensive-aggressive or defensive-patient? Decide whether or not you're scoring with your attack posture. If the answer is yes, continue in the same vein. If not, and you are making mistakes, become a little more conservative.

If poor execution on your part, however, is giving your opponent too many scoring opportunities, the strategy isn't a problem, so you should focus on improving your execution. On the other hand, if you are playing well but your opponent is rolling your best shots and crushing your strategy, take a timeout, and mentally change the strategy.

Remember, not many players can readily adapt game strategy and shot selection at will. Several reasons contribute to this serious failing: lack of ability; stubbornness; lack of self-confidence; lack of gray matter; or ego involvement to the point of refusing to believe their opponent can also hit good shots.

If you learn to adapt as you play, it will put you in a minority among players — the winning minority! ○

GETTING YOUR FEET READY

by Fran Davis and Jim Winterton

Racquetball is a game of quickness. The movement takes you up and down the court, side to side and demands change of direction quickly. In fact, movement around the court is constant except for time between rallies.

We cannot stress enough how important it is to keep your feet moving. In our travels from city to city, we see the same thing over and over again — flat feet. Just as in other sports such as basketball, volleyball, soccer, hockey and others, quick feet are a key to winning. Too often players become lazy and remain flat footed. This leads to one of two things: Either getting to the ball late and missing the shot, or worse, not even reaching the ball and losing the rally.

So ask yourself if you are guilty of the flat footed syndrome! Do your feet feel like cement blocks? Look at figure one and imagine your legs being the light post and your feet being the cement

block. Would you be able to move around the court quickly and efficiently or would you be lagging behind? The answer, of course, is obvious.

To correct this common mistake look at figure two. Fran has her knees bent and she's up on the balls of her feet. She's ready to go, she's ready to push off at anytime. The key word here is 'ready', which means she has prepared herself to move around the court quickly and efficiently and not lag behind. She'll be there on time, ready to hit the shot, instead of getting there late and missing the shot to give her opponent a set-up.

You be the judge. Do you want to be flat footed and be one or two steps behind all the time, or would you rather be in position waiting to hit the ball! The choice is yours! O



Figure 1 (inset) in Figure 2



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WHAT'S THE CALL

by Michael Arnolt



National Doubles Quality Of Play Exceeds Any Controversy

Wherever there is a national championship, you can expect an extremely high quality of competition and occasional controversy. So when the Ektelon/U.S. National Doubles Championships in Baltimore had a field of 483 teams — 47 percent more than the largest previous turnout — it was likely the controversies would increase. They didn't!

What it did produce was some of the usual, and some of the not-so-usual questions. Here's a sampling of some of the most interesting.

Was it or wasn't it beginning of serve?

Q: *On several occasions during one match, I observed one player who employed an overhead drive Z-serve come to a set position, bounce the ball at head height as if to serve, and then take the ball out of the air with his hand. It seemed obvious to me he was preparing to serve, yet he never was called for a balk or fake serve.*

In one instance he bounced the ball in the same manner, but before he grabbed it, the ball hit against the side wall. Is what he did legal? Why wasn't the player called for it?

A: The situation you described first was ruled to be a fake serve, and a loss of serve. That call was overruled by both members of the other team who felt the server was not intentionally trying to deceive them. What apparently was happening is that the ball was bouncing

too close to the server, so he just started over as they do in tennis.

There is no question that the ball that hit the side wall also should have resulted in a loss of serve. Again, the opposing players, as is their right, overruled the ref. Rule 4.3 requires that the ball be struck before the second bounce. Some changes in the language in the 1988-89 AARA Rulebook on Rule 4.3 dealing with the beginning of serve and Rule 4.11.e about fake or balk serves leaves the issue open to interpretation. Undoubtedly it will be discussed by the rules committee.

(Mis)application of eyeguard rules

Q: *I know that under the eye-guard rule all players, including those who need corrective lenses, must wear lensed eyewear designed for racquetball. Why were so many players at the National Doubles allowed to wear their street glasses?*

A: In most cases, I'm certain the infraction went undetected by the referee. Also, some players continue to believe that wearing glasses with safety lenses meets the test of the rule. As you note, it does not. Having been made aware of the continuing, though not overwhelming problem, look for the AARA and its rules committee to take a strong position: wear

the proper eyewear, wear protective eyewear designed to be worn over prescription glasses, or forfeit.

Dead-ball, short serve or bad call?

Q: *During the finals, my part-ner's serve hit me on the sole of the shoe while I was standing near the front of the doubles box. The rulebook (Rule 4.9.a) says it is a dead-ball serve, yet the referee called it short. Did he goof?*

A: Good question. As you described it, the ball obviously would have been short, but the rules do not address that issue. Even though I think the ref's rationale is correct, the safest and best call would have been dead-ball serve and serve again.

By the way, Mike Guidry of Odessa, TX, who certainly had room to lodge a vigorous protest about the call, good naturedly gave up his dispute after getting a promise to pose the question in this column. Promise is kept, Mike.

About those warm-ups you're wearing...

Q: *I saw a number of players wearing sweatpants. Some wore black or dark blue pants. Can't that hinder the vision of the opposing team? Does anything prevent wearing that type of clothing?*

A: Yes, to both questions. If an opponent believes that dark clothing will hinder his view of the ball he is correct to protest to the referee. Under Rule 2.5.c the decision ultimately rests with the tournament director or rules committee.



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THE AVOIDABLE INJURY

Smart racquetball means healthier play

by Dr. Paul Ross

As we all know, playing racquetball sometimes leads to unexpected injuries, known as *acute* (rapid onset) injuries. These, for example, are the unfortunate sprains or twists which occur during the heat of action. Since they are accidents, nearly the only way to avoid them is to stay in shape and stretch regularly.

There are, however, other injuries which can be avoided more easily. These are the *chronic* (gradual onset) type injuries which are most likely to occur over a longer period of time, especially if you play racquetball with a previous injury.

Racquetball is composed of a series of short, explosive motions followed by a short rest period. Players rarely take more than four to six consecutive steps to reach and make a shot but these steps involve strenuous movement either forward, backward, or to the side. Also, the stroke varies tremendously from shot to shot—forehands, backhands, lobs, cut-off shots, hard kill shots, etc., all demand different movements. Accordingly, chronic type injuries tend to be associated with improper execution when moving from rest to motion.

The most common injury in racquetball is "tennis elbow" and related pain. Proper stroke mechanics suggest that the elbow be fully extended at the time of ball to racquet impact during both forehand and backhand shots. The wrist then snaps or rolls through the stroke into a proper follow through. One factor associated with this injury is also the racquet's ability to absorb some of the ensuing impact shock. So, to avoid elbow related injuries, use a proper swing and remember that in general, aluminum racquets absorb less shock than the graphite or graphite combination racquets. Check with a teaching professional for advice in both areas.

Chronic hip joint and hamstring injuries have similar origin during racquetball play. Proper technique requires that

you bend at the knees and waist to be as low to the ground as possible while stroking the ball. This repetitive and exaggerated bending, however, can cause inflammation and irritation to the hip joints and hamstring tendons.

If this happens to only one leg, chances are you have a leg length discrepancy. While this is not usually significant enough to make you limp during normal daily activities, during competitive athletic activity there is increased weight-bearing force which aggravates the condition. Proper stretching before and after play will help prevent most of the chronic type hip problems. If a one-sided problem continues to exist, have it checked by a sports medicine specialist.

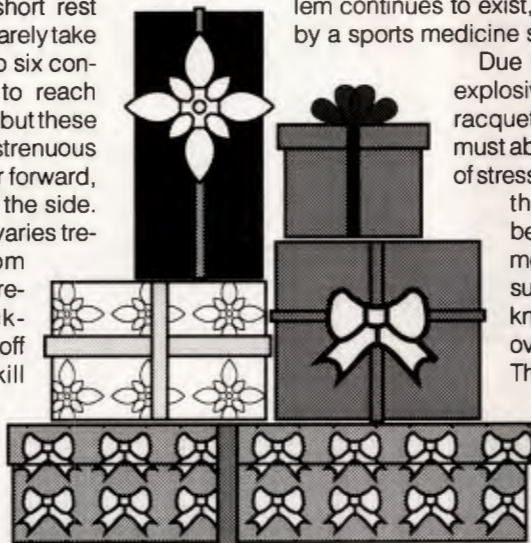
Due to the rapid and explosive movement of racquetball, the knees must absorb a great deal of stress and trauma. With the increased bending and jarring motion, the soft tissue structures of the knee are prone to overuse and injury. These injuries can include: inflammation of the patella tendon, which is directly in front of the leg;

chondromalacia, which is an eroding of the back portion of the knee cap; and various medial and lateral tendon and ligament injuries as well. Again, proper mechanics while hitting the ball will help alleviate the tendency toward developing this type of injury. If you have any doubts, a good investment is a lesson or two with your local professional.

As well as proper mechanics, proper fitting, racquetball-specific shoes—with good shock absorption and rear foot control—will help to stabilize the foot and ankle and therefore have an additional stabilizing effect on the knee. People with existing knee problems should be forewarned that racquetball may contribute to increased pain and inflammation of the knee joint. Sometimes using knee braces for maximum protection is helpful.

Common overuse foot injury is usually

(continued on page 59)



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EXERCISES TO IMPROVE THE BACKHAND

by Dan Obremski

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

Discuss another player's caliber with a friend and the inevitable question always arises — how's his backhand? Hearing 'terrific', or something similar as a reply, strikes immediate fear into the heart of every club and tournament competitor.

The funny part though, is that even knowing an opponent's backhand is strong, the vast majority of us hit 90 percent of our shots to that side. In other words, when you have a great backhand, you have plenty of opportunity to show it off! This article will help you capitalize on an opponent who tries to exploit your backhand.

To start, ask yourself a few questions. Is my backhand powerful enough to avoid certain defeat, and if not, am I willing to do something about it?

First, if you are willing, you must know what to do. Second, you must be willing to practice these things, and third, you must have the desire and the belief that you really can instill fear into an opponent with a devastating backhand.

A little insight into any stroke will tell you that a violent swing does not produce power. Instead, power comes from good timing, proper footwork, eye contact, hip

rotation, wrist snap, racquet preparation and practice.

To develop good musculature for hip rotation and leg strength, most of the exercises described in *Improving Your Serve Through Exercise (National Racquetball, September, 1988)* will help. This article suggests some other drills and exercises to let you strengthen the other areas and help you capitalize on your opponents mistakes.

Before getting into any training program designed specifically for the backhand, take a lesson or two from a good instructor to learn the proper mechanics. This will help you to avoid injury, frustration and the repetition of bad habits.

Side Bends — Stand with feet shoulder width apart and carry weights in each hand. Let the weights pull one arm down while you relax your shoulders. Pause and stretch with the resulting side bend. Pull the weight back up — not using the arm or shoulder — but by using the muscles of the opposite side of your stomach. Then switch sides. Perform 25 on each side, three days a week.

Decline Sit-ups (twist) — Decline sit-ups, if done properly, will develop your entire mid section. Sit on a decline board with your feet hooked into place at the top of the board and your arms folded across your chest. Lean back until your shoulder blades touch the board, then pull yourself up in a smooth motion using only your stomach muscles. (Do not use a jerking motion, since it will put a strain on your lower back.)

After you build strength and confidence, begin to twist your body during the sit-up so that you are forced to work your oblique (side muscle). Switch sides. This exercise is an advanced one. Variations to it can be added by increasing the angle of the decline board. Start this exercise

with the maximum amount of reps you can do, at least three days a week. Then work at increasing those reps by two or three every week.

Twists — I've mentioned twists in previous articles because I strongly believe that they should be done during everybody's workout routine. Be sure to keep your feet slightly wider than shoulder width apart and bend your knees



slightly. Place a broomstick across your shoulders and twist as far as possible from side to side, focusing, of course, on your stomach muscles.

A good wrist snap is important to the backhand as well as the forehand. The following exercises will strengthen the wrist muscles so necessary for a powerful backhand.

Reverse Wrist Curls — Hold a weight in either hand, palm facing down as you sit with your forearm resting on your thigh and with your hand extended past the edge of your knee. Using your wrist only, lift the weight from the bottom position and extend your hand up as high as possible without lifting your arm off your leg. Start with light weights and do 15-20 reps three days a week.

Roll Ups — For this, you need to suspend a weight, by rope, from a small

Essentials for a devastating backhand

- Timing
- Footwork
- Eye contact
- Hip rotation
- Wrist snap
- Racquet preparation practice

Exercises and drills

- Side bends (midsection exercise)
- Declining sit ups (midsection exercise)
- Reverse wrist curls (wrist exercise)
- Twists — knees bent (midsection exercise)
- Cable pulls — front of chest (shoulder exercise)
- Roll ups (wrist exercise)
- Eye contact drill (drop and hit drill)
- Toss off back/front wall



bar. Stand erect with your arms extended straight ahead. With a 'motorcycle throttle' motion, roll the rope up around the stick until the weight comes up and touches. Do this three times, three days a week.

Since upper body rotation is so crucial to a backhand, the shoulder muscles play an important role in producing power. The following exercise will help strengthen those muscles used during a backhand stroke.

Cable Pulls — Stand with your left side to the cable machine and grab the upper or the lower cable with your right arm. Your knees should be shoulder width apart and slightly bent. Pull the cable across your body with your arm stiff — by not using your arm you isolate the shoulder muscle.

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der muscle. Continue pulling until your arm reaches and parallels the right side of your body. Use light weight (12-15 reps, one or two sets, three days a week). Be sure to exercise both arms so your physique does not overdevelop on either side.

A big factor in a strong backhand is timing, which may be good news for those who don't have the time to lift. Backhand power can be improved in other ways. There are a few pros on the tour who don't lift many weights yet their timing is good enough to let them virtually smash the ball with every backhand. The following drills should help your eye contact (sweet spot), and your footwork, giving you the proper alignment to hit a powerful shot.

1. Eye Contact Drill

— Drop and hit 50 balls a day, concentrating on watching the ball hit the strings every time. Be sure not to see the ball hit the front wall. Once comfortable with that, vary the backhands that you hit, but always watch the ball until it hits the strings of your racquet (25-50 down-the-line shots every day).

2. Toss Off Back Wall — Stand a few feet ahead of the back wall with your racquet high in preparation. Toss the ball lightly into the back wall. Allow the ball to move in front of your body while you

shuffle to keep up. Time your swing as you make contact when the ball is in your hitting zone. Watch the ball hit the strings and work on using total stroke mechanics (legs, hips, shoulders) instead of just using your arm

(25-50 down-the-line shots every day).

3. Front Wall Set Ups — Start in midcourt or front court. Tap the ball to the front wall very lightly to give yourself a good set up. Prepare your racquet and shuffle your feet and strive to make contact in your power zone every time. Watch the ball hit the strings.

One of the biggest problems with a backhand set up is that people neglect to rotate the hips back with their arms and shoulders. As you do this drill, feel for the forward snap of your hips into the ball.

thus allowing the proper execution of the stroke (25-50 down-the-line shots every day).



It shouldn't take long, if you work hard at these exercises, to make the ball explode with that satisfying loud crack on nearly every one of your backhand shots. Good luck! ○

HOLIDAY EATING

by Marcy Lynch



The holidays are fast approaching. For some people, from the end of November to the first of January is one long period of overeating and drinking. There is no doubt — as we know too well — that there are plenty of opportunities at this time of year to overindulge! By the time January rolls around, sometimes so do you, tipping the scales at five or ten pounds heavier than before the holidays. New Year's Day is either a time of regret or the start of a New Year's resolution to stick to a spartan regimen.

There are ways, however, to manage the holidays without gaining weight and without swearing off all parties for another year. The following tips may help you keep your waistline intact through the holiday season. Remember, the best defense is an effective offense — do something rather than allowing the holidays to do you in!

1. **Pace yourself.** There will be many parties and many opportunities to eat, drink and be merry.

2. **Change your weight goals slightly.** The holidays may not neces-

sarily be a time to attempt to lose weight, but simply a time to prevent extra weight.

3. **Maintain a regular eating schedule.** Rather than skipping a meal or meals to "make up" for the extra calories later, eat your regular breakfasts and lunches even when you know dinner will be a large one. By not being ravenous at the time you eat, you have a much better chance of not overindulging.

4. **Mentally pre-schedule your party habits.** For special events, office parties, Thanksgiving and Christmas dinners, decide ahead of time what you will eat and how much. Allow yourself that slice of cake or pie, or a few cookies, or a drink, or a small extra ser-

ving. Decide what feels appropriate to you, keeping in mind that your bottom line is not to overindulge. Decide all this ahead of time and stick to it! When your decisions are made in advance, it is much easier to resist temptation. The reward of sticking to your plan is tremendous self-esteem.

5. **Plan activities for parties or family get togethers that don't have food as the focus.** Games like *Pictionary* or *Trivial Pursuit* are great to play with the family or at a party. Suggest that the family take a walk after a big meal and go to a nice park. Be creative and come up with party games or ideas that would be fun to do with groups.

6. **Maintain your regular exercise schedule.** Not enough can be said about the importance of regular exercise. Those extra calories you burn may make up for a little over consumption, but exercise also keeps your body metabolism active so that it will burn extra calories throughout the day.

7. **Eat smaller portions of calorie-dense foods and larger portions of nutrient-rich foods.** Calorie-dense foods are those which provide a lot of calories but with very little nutrition — cookies, pies, pastries, candy, cakes, chips, sodas, alcohol, desserts, dips and "rich" sauces and dressings. Nutrient-rich foods provide lots of nutrients with few calories — vegetables, fruits, grains, lean proteins.

8. **Eat slowly and appreciate your food.** Focus on your conversations with other people rather than on the food on your plate.

9. **When cooking or preparing food, think of ways to cut the calories and increase the nutrition.** Reduce the amount of butter or oil used in all cooking. Substitute whole wheat flour and honey for white flour and sugar in cookie recipes. Halve the calories in eggnog by mixing in a equal part of nonfat or low-fat milk. Avoid self-basting turkeys which are injected with vegetable oil. Substitute low-fat milk for cream whenever possible.

10. **Enjoy yourself.** The holidays are not a time of denial. They are a celebration of friends and family. By following a few guidelines, it's possible to enjoy the holiday season yet emerge with your waistline as well as your self-esteem intact. ○

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ADVICE FOR THE NOVICE TOURNAMENT PLAYER

by Bill Piggott

By any chance are you thinking of entering your first tournament? Isn't it thrilling? Your absolute first, formal racquetball clash. Do you think you'll be getting much sleep Thursday night? Not likely. They might as well rename the division "zombie" instead of "novice". Of course, adrenaline and caffeine will usually keep you vertical albeit glassy-eyed so that shortly before your first match, you're legally in shock. Thoughts begin to arise like, "Now I know how gladiators felt," and "Thirty bucks and I want to throw up and go home?" Well, that's understandable.

For lots of people, tournaments can rekindle memories of a distant jungle clearing and a grim Lieutenant who puts his arm around you and says: "Son, you take point today." Groping around for clever metaphors of female trauma can be perilous for a family publication so I'll cop out by reminding the ladies what it (must have) felt like to be sitting with your dearest friend at that high school dance watching the foxiest dude in school approaching one of you.

So, you ask (I'll assume you asked), how can this anguish and dread be avoided? How can I shuck the 'heebie-jeebies' and stop fantasizing that my opponent will greet me with a maniacal grin and babble madly that I am victim 'uno' since he or she freshly completed a Stran-demo Clinic? Well, it's really very simple. I you didn't even bother with any of that boring, practical stuff like conditioning, eating to win, lessons or practice. Those things are a lot of work and you don't have time.

It's easy. Just remember these few simple axioms;

- 1) No matter how miserable you feel, your opponent always feels worse... always.
- 2) If the enemy shows up groomed and dressed like a manufacturer's model

toting the latest oversized ballcrusher, just ignore this pretentious display. Trust me on this; every night they take out a cute, little, green aluminum racquet with that funny white bumper on the top and go to bed with it.

- 3) Faded shirts that say "1986 Nationals" are always a fraud, just like those phony beepers now being sold to the insecure. Don't give them a thought.

- 4) Most important, no matter how many absurd, embarrassing, witless acts you commit on court, your opponent will blunder more...I promise. If you skip fifty shots, the enemy will slide-in at least fifty-one. But do try to remember

that you want the little ball to roll out, not in.

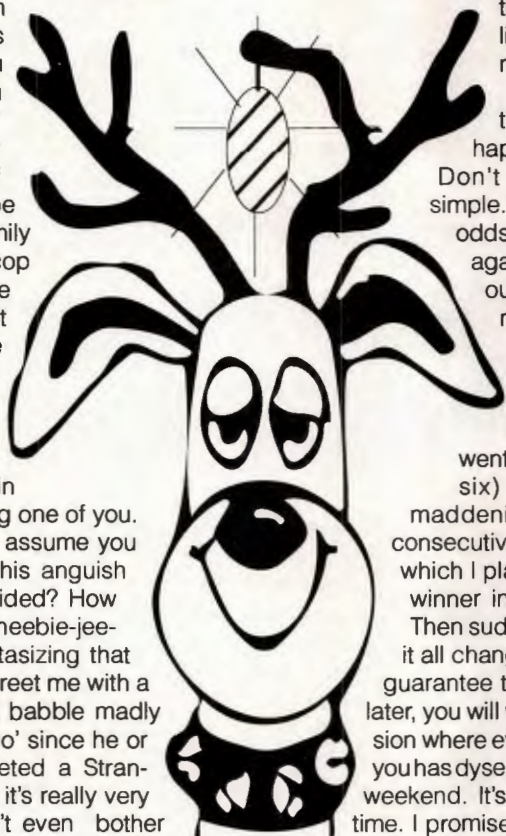
Now, let's say the impossible happens; you lose. Don't despair. It's simple. It was just the odds, that's all. Try again. Keep filling out those tournament entries. Perseverance is vital and compulsory...I know. A few years back, I

went six, (count 'em, six) unbelievable, maddening, horrifying, consecutive tournaments in which I played the division winner in the first round.

Then suddenly, mercifully, it all changed. I absolutely guarantee that, sooner than later, you will wind up in a division where everybody except you has dysentery on the same weekend. It's just a matter of time. I promise.

But, the best part is all the fun.

After all, where else could you spend an entire weekend beating the hell out of your body, wolfing down cold mostaccioli, greasy chicken and some grocer's scrap produce, all the while pondering your waning self-esteem and get a hideous \$3.00 T-shirt, for a bargain price approximating two cases of top-quality beer? That's what makes it bearable...all the fun. Good luck! O



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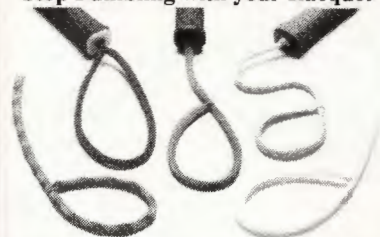
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CRUISING FOR A GAME

by Victor Block

Spending a day in Miami, FL before boarding a cruise ship bound for the Caribbean, Karen and Vic Goodman take time to play a few games of racquetball at the Miami Fitness Connection. On the other side of the country, Bonnie and Ivan Gorman check into the Los Angeles Airport Hyatt, where they'll stay overnight — and enjoy some racquetball — before departing on their Pacific voyage. Aboard

with a weight room, swimming pool, gym and sauna. Visitors pay \$3.00 if they belong to another Y or \$6.00 if playing as the guest of a member; otherwise the cost is \$12.00. Call (415) 392-4219 two days in advance for reservations.

Port Everglades, Florida, adjacent to Palm Beach, has developed into a major embarkation point for Caribbean cruises. One place to work off racquetball steam

before getting into the confines of your ship is the YMCA at 512 N.E. Fifth Street. Y members pay \$3.00 an hour for court use (seven available), while non-members pay a \$5.00 guest fee. For reservations, call at least a day in advance to (305) 764-6444.

The docks of Miami are the busiest cruise port in

combination is available aboard the *S/S Norway*, luxurious flagship of Norwegian Cruise Line (toll-free phone number 800-327-7030), which offers week-long winter Caribbean itineraries. Even without racquetball, a voyage aboard this impressive vessel (formerly the *S/S France*) is like a visit to a first-class resort. Its setting, food, entertainment, casino and other amenities are what you might expect from a 1,000 foot-long pleasure boat which carries up to 2,000 passengers — served by a crew of over 800.

Is the *S/S Norway* really built for fun? Normally, for fitness and recreation, ships might offer stationary bicycles, weight equipment or rowing machines. At best, other ships also offer golf putting and driving areas, skeet shooting or classes from aerobics and calisthenics to swimnastics.

The *S/S Norway*, on the other hand, sports a basketball/volleyball court, a 1/6 mile-long jogging track and an outdoor racquetball court.

It is a three-wall court, with a safety fence at the rear to stop any loose balls. Loaner racquets are available, and lessons may be arranged with the on-board fitness coordinator.

In fact, passengers who are especially lucky may find themselves

sharing the top-deck court with someone like Fran Davis, the WPRA touring pro, U.S. Olympic training instructor (and *National Racquetball* columnist) who sailed on a winter 1988 *Norway* cruise. She taught three clinics, covering topics from basic forehands and backhands to serving and service return to court position, strategy and shot selection.

Despite weather conditions which Fran remembers as "not too favorable" (gusty winds and high swells), up to 20 racquetball enthusiasts appeared for each two-hour class. "All in all," she reports, "we had a blast."

So if you are planning a cruise, you don't have to plan to forget about racquetball. A blast, as Fran Davis says, awaits every cruise passenger at the port of departure or, if they're extremely lucky, on board ship as it rides the waves to its sunny destination. ○



the *S/S Norway*, Ari and Lee Hockman get racquetball pointers from touring pro Fran Davis, then practice what they've learned on the world's only floating court.

With the winter cruise season here, families, couples and vacationers of all ages are signing for voyages to ports far and near. The good news for racquetball enthusiasts is that they don't have to leave racquet, shoes and goggles at home during a winter cruise. There are either places to play at major ports of departure, or even aboard one of the most luxurious ships afloat.

Interested in a Pacific, trans-Panama Canal or other cruise departing from the major West Coast embarkation port of Los Angeles? One place where you can play racquetball is the Hyatt at Los Angeles International Airport. It has racquetball courts, a workout room, jogging track and other facilities.

Departing from the pier at San Francisco? Guests of Hyatt's Regency hotel may arrange to use the 14 courts at the nearby Telegraph Hill Racquetball Club. For more information, call the Hyatt toll-free reservations number, (800) 228-9000.

The San Francisco Embarcadero YMCA has two racquetball courts, along

the world, serving some 2.6 million passengers a year who sail on any one of the two

dozen ships which call that city home. The Miami Fitness Connection at 5881 N.W. 151st Street welcomes visitors who need only pay a \$5.00 guest fee, plus \$8.00 an hour for use of either of the two racquetball courts. The club also has Nautilus and free-weight equipment, aerobics, sauna, and Jacuzzi, as well as a sunbed for anyone wishing to get a head-start on a tan before boarding ship. For reservations, call (305) 557-5363.

There are eight courts at the Dade County Parks and Recreation Center at 7900 S.W. 40th Street. Visitors pay \$2.00 to play during the day, and a reasonable \$3.00 in the evening. For more information, call (305) 223-8710. At the County Kendale Lakes Park Facility at 7850 S.W. 142nd Avenue, the eight lighted three-wall courts are available until 10 p.m. at no charge.

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THE MASTERMIND BEHIND THE MASTER CHARLIE BRUMFIELD'S COACH

by Sigmund Brouwer

At one time, it was said that you could go to San Diego and add five points to your game — just through osmosis. The statement was not an extreme exaggeration.

You see, in the early 1970s, before it became popular, racquetball was more of a cult than a sport. Players wore different colored Converse hightops. They spent hours discussing the invention of new shots. Racquets were treasured as personal friends. Tournaments were months apart; each one an oasis of discovery. And San Diego became the site of the serious cult followers.

Osmosis, however, was not the only way to learn in San Diego; if you wanted to add 10 points to your game, the man to see was Carl Loveday.

His name is probably not familiar to most players today. Yet Loveday, through his coaching of the legendary Charlie Brumfield, had as much influence on the development of racquetball as any of the other well-known giants of the sport. As a result, Loveday was also one of the main reasons why San Diego and racquetball became synonymous to serious players.

In the mid '60s, Brumfield, who won four national championships and dominated racquetball during the early and mid 1970s, once said, "Everyone was playing paddleball. It was strong in Michigan, Minnesota, Iowa and San Diego."

"In those days, I was a college intramural handball champion. Then in 1965 and 1966, a group of us — not more than a dozen — got together with Carl Loveday and we started playing paddleball on a regular basis, three times a week, down at the Copley YMCA and the old Kona Kai Club (San Diego).

"Then we switched over to the Pacific Paddleball Association and built a court

in the backyard of Dr. Jim Skidmore in San Diego. That court has to be the single most historical site in the development of racquetball — but we didn't know it then."

Racquetball followed, and from that era, the list is long and the names familiar of players in San Diego who pursued excellence for little more reward than satisfaction. They became the first generation of professional racquetball players, but they did not become famous or wealthy. (Charlie Brumfield probably made more money in his first year as a practicing attorney than he did in his first three years as the dominant force in professional racquetball.)

The list? Among them, Brumfield, of course. Marty Hogan; Steve Strandemo; Dave Peck, Davey Bledsoe; Jerry Hilecher; Steve Keeley, Steve Serot; Lindsay Myers; and Rich Wagner.

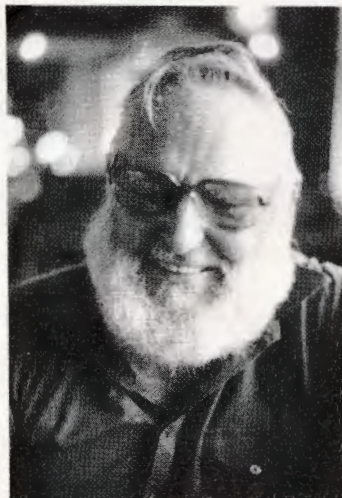
Carl Loveday's name is not on the list. He was only a coach — at a

time when coaches were unusual. The game was virtually new; there were few who had been in it long enough to be able to help the pros.

Loveday had been on three Thomas Cup badminton teams (equivalent of Davis Cup in tennis) in the 1930s. He was good in paddleball and tennis. He knew the mechanics of a good stroke. He had also travelled plenty throughout the country, and had tried his hand at many different jobs. As a street-smart hustler and shrewd observer, he knew the frailties of the mind and the weaknesses of athletes under pressure.

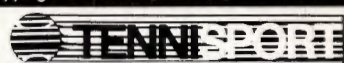
Now in his late sixties, Loveday, who is 5'8", is still powerfully barrel-chested. So much so that his legs are spindly. It is an illusion far from the truth. He is capable of spending hours at a time on the court,

(continued on page 24)



Carl Loveday

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Carl Loveday

(continued from page 23)

and only exceptionally good 20-year-old players are able to beat him in paddleball, where years of experience and a slower ball take away any age disadvantage.

He is a dreaded opponent in southern California age-group tournaments where his four sons and all their grandchildren show up to cheer him on with a fierce loyalty.

Loveday is the kind of person who inspires loyalty. Despite his shrewdness and toughness, he is a soft touch. Money, racquets, tournament gear — Loveday doesn't hang on to it if someone he knows needs it.

That loyalty had a great impact on Charlie Brumfield. They met, as Charlie said, on paddleball courts when the champ was an awkward kid. Something clicked with Loveday to make it a coach/student relationship; he always had a weakness for someone with heart. Loveday helped, no charge, as much as he could.

As a coach, Loveday was enthusiastic about the game, enthusiastic about learning the game, and enthusiastic about discussing the game. Since he was so knowledgeable, it was not uncommon for him and Brumfield to spend hours on end — literally — discussing the finer points of a certain racquetball stroke.

When Brumfield turned to the 'new' sport, racquetball, his career skyrocketed. From a shy, introverted kid, he became the brash, flamboyant, unruly and always entertaining superman of the sport.

As it happened, San Diego became the mecca of racquetball. Brumfield once explained it this way. "I was so good that I had to leave San Diego to get competition. In 1971, I went to Michigan to play Steve Keeley for the summer, and I beat him most of the time, so the next year — 1972 — Keeley came to town to learn some of my secrets."

After Keeley came Steve Strandemo. After that came the rest, youngsters and not so youngsters, all intent on learning the game and becoming the best.

Before Strandemo, before Keeley and even before Brumfield, however, was Carl Loveday. He provided the support and encouragement Brumfield needed.

"The first time I saw Brumfield, he was already a court general," Loveday says. "Those were my words. I saw a kid playing doubles paddleball and I asked someone who the court general was.

"Later he wanted to come and play with our group, so we — Dr. Bud Muelheisen and I — worked with him. We could see the potential. He was great at laying

out the court for a doubles team and he was naturally a good court coverer. Muelheisen worked on his forehand and I worked on his backhand and strategy."

Ironically, Brumfield became Muelheisen's opponent in the 1969 national racquetball championships; Muelheisen barely won, and it was the last time Brumfield would lose to him in the nationals. (Loveday, who was approaching his 50th birthday, was not competing at that level.)

Later, as a much faster ball was introduced to racquetball, Brumfield's ability to control and dominate diminished. He felt washed up. Enter Carl Loveday again. Brumfield asked him for help in working on his game; Charlie wanted to revamp his style enough to be competitive with the power hitters.

"Carl knows as much about the mechanics of hitting a ball as anyone in the sport," Brumfield says. "It was natural to have him work on my swing."

"When he came to me, the main thing we had decided to do was reteach him how to hit a forehand," Loveday says. "He was pushing the ball, not hitting it. The only thing Brumfield had left was a fade-away forehand."

"Even though he didn't really believe it was the way to go, he worked hard at it and his game came back again."

Brumfield went back to Loveday for the same reason they had worked together before. Trust.

"He trusted me because I had always helped him out at tournaments," Loveday says. "If he was losing, I'd tell him why and tell him what to do to win. Usually, it worked."

It was obvious that Loveday knew what he was talking about, even if racquetball was relatively young. "I started to play paddleball at the San Diego YMCA in 1930," he says. "We used a handball and played in an oversized 25' x 50' court. By the time racquetball arrived, I'd been on the court for nearly 40 years."

As if to prove it, while Loveday was Brumfield's coach, he was also practicing what he preached during his own matches. In age-group play, Loveday won both singles and doubles national

titles over the years.

Although with Charlie Brumfield's retirement in the early 1980s, Loveday is no longer a full-time coach, his coaching philosophies are still valid.

"A coach isn't any good unless the pupil is coachable," he says. "But in most instances, a coach can be a big help, especially at the pro level."

"Players looking for a coach should find someone familiar with the game. If possible, they should determine that their potential coach has a minimal understanding of the psychology of winning. Those were the things I had to learn through the years in order to keep myself competitive."

He notes champions in any sport have one thing in common. "The primary require-

ment is desire. If you want it bad enough, you will do what it takes.

"Everybody can't be number one obviously, but I have seen in my long career, many, many athletes who had the physical talents, even pretty good mental attitude, but who never went beyond being a good player because he or she didn't have that desire to win."

Loveday also believes players can be trained not to choke. "The big thing a coach has to do is build an attitude of confidence into the player. If someone actually realizes they will miss once in a while, it won't kill them — won't make them fold — when they do miss a shot, even in a close match."

Years after their career together in racquetball, Charlie Brumfield and Carl Loveday are still good friends. They golf together at least two or three times a week. Not much has changed. When they finish a round, they will spend hours arguing about the perfect golf stroke.

"Right now we're working on Charlie's drive," Loveday explains. "With his build and concentration, he should be able to put enough torque on the ball to hit it as far as anyone. For him, the perfect swing should be simple. He's only got to make sure he keeps accelerating the head of the driver straight through a path that parallels..." O



The old days, Guru Loveday with Charlie.

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Racquetball People

OTTO DIETRICH

by Norm Blum

There are a few sports figures known by their first name. There's Herschel in football, boxing's Sugar Ray and baseball's Reggie. And in racquetball there's Otto.

Every day one reads about athletes and their drug problems. Otto's recreational drug is refereeing. His idea of a great weekend is refereeing from 8:00 a.m. to midnight at a racquetball tournament.

He used to be an avid player and held his own in tournament play. It quickly became obvious to him that playing interfered with rulebook interpretations. He'd play a match, take a timeout and as soon as he unlocked the door would be besieged by a bewildered tournament director who had to ask a question.

Pretty soon other players caught on. They'd bang on the window during a rally and it wasn't to cheer him on. They had a rule question and couldn't wait for a rally-ending rollout before having it answered.

When it became obvious that it was impossible to stretch before a match without talking to players about rules, Otto decided to curtail his tournament play.

He still packs a gym bag, but instead of a racquet, five gloves and six changes of clothes, he makes sure there are plenty of shirts with the AARA logo and embroidered word "referee" on them. It's a good thing his pouch has a wet bag in it. No, not for sweaty clothing from matches. Wasn't it the intention of the bag manufacturer for that wet bag pouch to store rulebooks?

Otto knows the rulebook better than anyone in the nation. Perhaps the world. His recent appointment as National Rules Commissioner of the AARA was a refereeing fantasy fulfilled.

Otto, 43, was a former handball player who defeated his regular partner on a routine basis. Frustrated, his partner challenged him to a racquetball match. Otto, who has a macho side to him, quickly points out he was the successful conqueror in that arena as well.

He knew from the outset that he wasn't going to make his mark in the sport with his playing ability. Sure he won a trophy or two along the way, but the open players needn't worry about his splat shot. Under six feet with a bellyline that protruded just a bit, he wasn't about to make anyone

forget about Marty Hogan or Mike Yellen.

Still, like other fanatics, Otto became addicted to the sport and marveled at the fine play in the open division.

Most clubs weren't built with the spectator in mind and Otto often found himself in the back barely able to view the action. The crowd's reaction was the only way he could tell if a good or bad shot was made.

The solution was a simple one. If you



wanted to see the action then volunteer to referee. At most tournaments, tournament directors beg and plead for referees, so Otto had no trouble becoming a referee.

With a background in auditing, Otto was a detail man and he had little trouble digesting the complexities of the rulebook. It didn't take much time before he began suggesting rule changes. Rulebooks quickly replaced magazines on the coffee table at Otto's house. Near every phone there was a rulebook within reach. At a tournament without a rulebook? No problem. Otto would dip into his inventory.

He quickly became a celebrity on the racquetball circuit. Whenever you went to a tournament you'd be sure to see Otto refereeing. What would the annual slide show (as boring as it is) be without seeing the familiar pose of Otto doing his thing?

He reffed his share of men's C doubles and women's D singles matches. In fact

he still does, but his forte is the tough match. Whether it's Hogan-Yellen or a top amateur match, Otto will be asked to ref.

Otto gained notoriety at the 1983 DP Nationals in his hometown of Atlanta at The Sporting Club. He was reffing the final between Hogan and Yellen. It was the fifth game and the No. 1 ranking was on the line. Hogan apparently skipped a serve and Yellen matter of factly walked to the service line when Otto said, "that was an ace serve." Yellen, who shows little emotion, glared at Otto in disdain. The crowd hooted and chanted Otto's name. Yellen went on to win the match, but to this day hasn't forgotten that call.

Otto downplays the crowd reaction, citing the fact that it was in front of his homecrowd and maintains he not only knows the rules but can call a match with the best of them.

He's certainly had enough practice. As of October, Otto has reffed 362 matches. That's 362 matches in 1988!

Otto has spent more than a month of his waking hours this year refereeing matches. The \$1,500 he's earned is a pittance when compared to the expenses of lodging and dining. Refereeing is truly a love for Otto.

And yes, there is a Mrs. Otto and a daughter, 13. But you don't see either one at a tournament. Otto says his wife, who is probably among the nation's top five patient women, puts up with his hobby and realizes it beats drinking or womanizing.

However, Otto doesn't put up an argument when asked if a romantic dinner is reading a rulebook by candlelight.

Speaking to Otto at a tournament is an impossibility. If he isn't interrupted then something's wrong. Even during the rare moments when he isn't reffing and is just relaxing in the stands, it isn't uncommon for a player to plead his case.

Otto hopes to make a lasting impression in the sport and savors the attention he receives. He's outspoken about the rules but doesn't want to take credit for any landmark rules during his career.

He wants to be regarded in the sport as Mr. Referee and likes the notion that when people have questions they immediately turn to him.

By the way, his last name is Dietrich. But just call him Otto. O



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JOE GIBBS REDSKIN COACH & RACQUETBALL PLAYER

by Tom Slear

Joe Gibbs, head coach of the Super Bowl champions, Washington Redskins and one-time national seniors (over 35) racquetball champion, has been through it all. He was a handballer in the mid-1960s who threw "those guys with racquets" off the courts. A few years later, while a line coach at the University of Southern California, he did an about-face and joined the trend.

"I had to," he says, "because everyone else switched."

A two-year stint at the University of Arkansas in the early 1970s stunted his racquetball growth — "There wasn't a player anywhere," he says — but his next job in 1973 as backfield coach with the St. Louis (now the Phoenix) Cardinals landed him in one of racquetball's hotbeds just as the sport started its growth spurt.

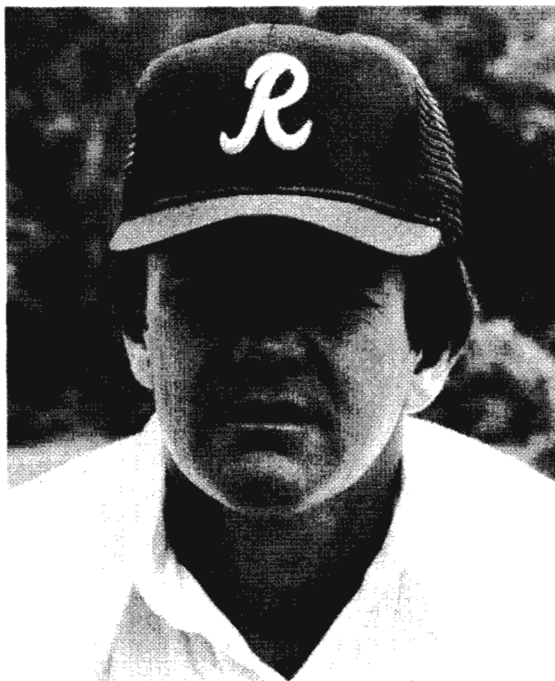
"I joined a local Spaulding Club after the football season and started taking racquetball as a serious hobby," he says. "I knew I had an opportunity to really improve; there were plenty of good players around to learn from."

There certainly were and Gibbs didn't waste much time finding them. He asked around and was told about a 15-year-old kid named Marty Hogan who played a pretty fair game.

"I called him at the JCC (Jewish Community Center) and he said, 'Sure, come over and I'll play you,'" Gibbs says. "I did well against him that first time but I think it was because I was excited and he definitely wasn't."

Still, Gibbs became good friends with Hogan as well as many other St. Louis players who were making a name for themselves on the national level: Bruce Hardcastel, Kenny Wong and Al Ferrari. Gibbs' fondest memories, however, are of Hogan.

"We used to drive to tournaments as far away as Dallas and Milwaukee," he says. "I got to know Marty pretty well. He is an excellent example of what someone can accomplish when he puts his mind to it. Marty had no hang-ups and he knew back then what he was after. He wasn't



Joe Gibbs

afraid to sacrifice to get it."

Those long drives to tournaments exposed a side of Hogan that wasn't nearly as polished as his racquetball game. As Gibbs tells it, Hogan would always want to drive even though he couldn't handle a standard shift. When they approached towns with stoplights, Gibbs seriously doubted whether they would make it through. One time at a tollbooth, they nearly didn't.

"It's the only time I saw Marty panic," Gibbs says. "Cars were lining up behind us and he couldn't get the car moving. He tried five or six times before he got it in gear. Of course, my laughing didn't help any."

The story hardly fits the image that Hogan portrayed on the racquetball court — arms raised, confidently accepting applause for his dominating play.

During his stay in St. Louis, Gibbs' racquetball progressed from a hobby to an avocation. Except for his brief try at handball, he had always been a team

player — football, basketball, and baseball in high school and football at San Diego State — so the unique zest and intensity of an individual sport captivated him. Also, there was plenty of local talent to test his natural competitiveness.

"I could easily get five games a week with five different players all of whom were top-notch," Gibbs says. "No wonder I improved. In addition, there was a town ladder for the top twenty players. We were all trying to move up (Gibbs got as high as fourth) so the games were fun but serious."

In 1976, Gibbs' game suddenly went national, not because of a new found strategy or technique, but simply because of the passing of time. He turned 35 and became eligible for senior play. He won the United States Racquetball Association (USRA) title and in 1977, he was second at both the USRA and the AARA championships.

"Racquetball is one of the few sports that rewards you for growing old," Gibbs, 48, says with a chuckle. "When I turned 40, I was excited. I had another chance to do something nationally."

During the fall and ideally until the Super Bowl in January, racquetball takes a back seat to his job as head coach of the Redskins. Gibbs readily admits that he is in a pressure career and can't afford unnecessary distractions. Even when he was in St. Louis as an assistant coach, the best he could manage during football season was two hours of racquetball on Tuesday mornings from midnight until two. Gibbs owned two clubs with Cardinals' head coach Don Coryell and though he rarely exercised any management prerogatives, he did insist that someone stick around to play him.

"I know I would feel better if I could get in more racquetball during the season, yet it is one of the sacrifices that I have to make," Gibbs says. "Coaching at the professional level demands nearly all of your time from the beginning of training camp in July until the last game of the season. That's what professional football is all about. It's a business and there is an

enormous amount of pressure to do well."

Gibbs has turned the Redskins into a successful business. Over the last eight years, he has accumulated two Super Bowl championships and an 89-36 record. But success has meant less and less time for racquetball, which Gibbs regrets.

"Racquetball is an excellent workout," he says, "and I feel great when I am playing it regularly."

When Gibbs looks over the growth of racquetball, which he saw evolve from an isolated fad to a national obsession, he sees many pluses and a few minuses.

Like most observers, he views racquetball's instant gratification as its number one selling point. A few minutes of demonstration, a few more minutes of practice and poof, you have a guaranteed workout.

Also, according to Gibbs, racquetball matches up so well with football that one would think the NFL had a hand in designing it.

"There is no better off-season conditioner," he says. "The lateral movement, the burst of activity, the hand-to-eye coordination and the competition are tailor made for football players trying to keep in shape."

"Racquetball is so much better than running. It's hard to push yourself to the point where you are getting a worthwhile workout for pro football. You really have to like what you are doing and the players like playing racquetball."

Gibbs plays at the nearby Capital Courts Racquet and Fitness Club with Ed Remen, the Virginia State champion and a national senior competitor.

"Joe plays a percentage game," Remen says. "He has power, but he can control it. If necessary, he has an excellent ceiling game he can fall back on. Also, Joe plays extremely hard. It is obvious that he is an intense competitor."

Gibbs agrees. "I do not behave that well on the court because I get upset with myself. Racquetball is important to me. It gave me the first opportunity since college to work hard and compete at a sport."

The only problem with Gibbs' game, according to Remen, is that he hasn't been able to play regularly the last few years. As the Redskins have become more successful, his free time has become more precious. He is either coaching, dealing with the press, or spending time with his wife Pat and their two sons,

Jason, 19, and Coy, 15.

Gibbs hesitates when asked about the problems he has seen develop. They aren't major, he feels, and they are unavoidable in a sport working its way into maturity.

"Organizational infighting has hurt other sports and I feel certain racquetball is going to repeat their unpleasant experiences," he says. "It seems everybody is talking about breaking off and forming their own little groups so they can get exactly what they want."

"But I don't want to dwell on the problems. Racquetball has been awfully good to me. Of course, I would have liked to have played pro (foot) ball after college but I wasn't good enough. I was just an average player. But racquetball has been a near-perfect competitive outlet. I've met some great people and I've stayed in excellent shape."

With that, Gibbs lets the conversation fall into an uncharacteristic lull. Football is creeping back into his thoughts once again. He has enjoyed the break to talk about racquetball, but now it is time to get back to work. After all, there is little time for anything else. The interview is over. ○

NEUMANN TACKIFIED GLOVES

The Gloves The Pros Wear To Work

TACKIFIED

Neumann® Tackified is the patented process of improving leather gloves for gripping purposes, which in turn "Improves Hands"!

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RACQUET FRAME VIBRATION

Vibration is a difficult and continuing problem in racquetball. For that matter in all racquet sports. Players experience it at all levels of play, whether expert or beginner. Frame vibration causes arm trouble, elbow pain and shoulder soreness, not to mention missed hits, a loss of control and total frustration when playing.

Racquet manufacturers try desperately to change their frame makeup, their frame size and the stringing of their rac-

quets to help eliminate the problem. Unfortunately, racquetball racquet frames, due to their shortened length, have a more serious vibration problem.

As players become stronger, hit balls harder and play more often, arm shock is more intense and seen more frequently.

Not all players have a perfect swing. At various times they do miss-hit the ball. Fitness conditioning programs can be used to help the body fight vibration

**IT MAY BE THE
MOST EXPENSIVE
RACQUET YOU CAN FIND.
BUT DON'T WORRY,
YOUR OPPONENT WILL
PAY FOR IT.**



The CBK® Graphite

Devastating serves and pinpoint kill shots don't come cheap. And neither do features like a solid Kevlar® core, high modulus graphite and boron fiber construction. All crafted into the most finely tuned, notoriously punishing frame in the sport.

impact, but without the change in frame design the problem is not cured. Arm attack! Vibration! Pain!

The following comments by representative of the various manufacturers show that they are very aware of the problem, and what they have done to eliminate it.

**Burt Racquets —
Alex Eisemann, President**

To stop vibration we have incorpo-

rated a new handle system. The material used in the handle is a special elastomeric shock and vibration absorbing material developed for NASA for use in mounting computers in space shuttles and other space vehicles. The material compresses and recovers with each racquet hit. The material also gives two other advantages. It has a trampoline effect which increases power, yet at the same time increases flex to add control.

**Ektelon —
Todd Colburn, Production
Development Specialist**

Basically the nature of our solid-core design prevents any resonating. Solid-core means that our molding technique compresses racquet material from the outside in, as compared to hollow core racquets where the material is inflated from the inside out through inflation with

(continued on page 45)



Ektelon is the official racquet of the **AAAA**

With the largest hitting surface of any mid-size, for even more power and accuracy. The legendary CBK® Graphite. Costly? You bet. But like they say, your opponent gets what you pay for.

EKTELON 
The Most Recommended Name in Racquetball

The Racquet Scene

This year's racquet guide is the most comprehensive yet. We have included a variety of racquets from the most expensive to the least expensive, from professional to beginner level, and have provided a brief description of each one.

We also asked a number of players from American Fitness Center in Clearwater, Florida, to give their opinion on a random selection of racquets and the results follow the photo section. Opinions varied on each racquet, some of them completely opposite from each other.

It's not going to be easy to choose from all the racquets offered, so if you would like more information about any of those shown, you may call us at our office, or contact the manufacturers directly at the addresses below.

Bancroft

140 Woodbine St.
Bergenfield, NJ 07621
201-384-4242

Burt

24 Tupelo Rd.
Westport, CT 06880
203-222-1776

DP

P.O. Box 100
Opelika, AL 36802
205-749-9001

Ektelon

8929 Aero Drive
San Diego, CA 92123
619-560-0066

Fin USA

150 Wright Brothers Dr.
Suite 500
Salt Lake City, UT 84116
800-255-7796

Head

4801 N. 63rd St.
Boulder, CO 80301
303-530-2000

Markwort

4300 Forest Park Ave.
St. Louis, MO 63108
314-652-3757

Mizuno

5125 Peachtree Industrial Blvd.
Norcross, GA 30092

800-554-5694

404-441-5553

Pro Kennex

9606 Kearny Villa Rd.
San Diego, CA 92126
619-271-8390

Richcraft

2817 Empire Ave.
Burbank, CA 91504
800-331-7143
(CA) 800-334-4240

Sentra

P.O. Box 348485
Chicago, IL 60634
800-524-9992
312-283-3880

Spalding

P.O. Box 901
Chicopee, MA 01021-0901
413-536-1200

Voit

100 Willowbrook Office Park
1451 Pittsford Victor Rd.
Fairport, NY 14450
716-385-2390

Wilson

2233 West St.
River Grove, IL 60171
312-456-6100

As The Ball Bounces

Ektelon

EKTELON racquetballs offer consistent liveliness and exceptionally true bounce. The specially formulated rubber compound makes them tough enough for the most demanding situations providing unsurpassed durability and performance. Sanctioned by the AARA. They are packaged in steel cans to eliminate moisture. Two to a can.

Head

HEAD balls are designed for the player who wants the most in precision and playability. Made of unique blended rubber compounds. They allow the player consistent play and exceptional durability. Available in two ball container.

Penn

PENN has introduced the new Penn tournament racquetball. Which is the official ball of the 1989 AARA Singles and Doubles Championships. They are hand selected balls which go through stringent quality control testing before they are shipped to tournaments to ensure the durability, reflection and consistency match the demands of the tournament player.

Pro Kennex

PRO KENNEX's Blaster racquetball is packaged in a see-through container. It is dual cup molded at high temperature and pressure producing a ball that contributes to precision shot making. The rubber formula is mixed under extreme climate controlled conditions to ensure a lively and durable ball that gives consistent performance. Two balls to a container.

Voit

VOIT the original blue racquetball with extra liveliness for a faster game. Precision made with a unique rubber compound for high performance and fast consistent play. Sanctioned by the AARA. Available in two ball cans.

Wilson

WILSON TruBlue is designed with a unique feature; a wider wall at the seam. The increased surface area creates a stronger bond at the exact point where balls usually break. The custom blended rubber compound is molded into two half shells and bonded with Wilson's specially selected adhesive. The ball is textured to give it the surface quality needed for game winning shots.





(shown above from left to right, starting at top)

OVERSIZE

Ektelon

Toron Graphite. Composition: continuous graphite. Kevlar 49 core. Skill level: expert. Suggested retail: \$175.00.

Serex Graphite. Composition: continuous graphite, fiberglass core. Skill level: expert. Suggested retail: \$100.00.

Symitar. Composition: continuous graphite, ceramic, fiberglass core.

Skill level: advanced. Suggested retail: \$85.00.

Opex. Composition: aluminum alloy. Skill level: intermediate. Suggested retail: \$45.00.

Fin

Ceramic Boron. Mid-oversize. Composition: 94% graphite, 5% ceramic, 1% boron. Weight 235-245 grams. Suggested retail: \$159.00.

Genius Graphite. Mid-oversize. Composition: 80% graphite, 20% fiberglass. Weight 235-245 grams. Suggested retail: \$129.00.

Competitor. Mid-oversize. Composition: 60% graphite, 40% fiberglass. Weight 235-245 grams. Suggested retail: \$99.00.

Head

Elite. Composition: fiberglass, graphite and kevlar. Skill level: intermediate to advanced. Suggested retail: \$140.00.

Elektra. Composition: fiberglass, graphite and ceramic. Skill level: intermediate. Suggested retail: \$95.00.

Mizuno

Turbo Pro+. Composition: braided fiber system of graphite and kevlar. Weight: 8.2-8.54 oz. Suggested retail: \$87.00.

Turbo EX+. Composition: braided fiber system of graphite and kevlar. Weight: 8.2-8.54 oz. Suggested retail: \$87.00.



(shown above from left to right, starting at top)

OVERSIZE

Pro Kennex

Marty Hogan Shadow 31. Composition: 80% high-modulus graphite and SpiralTec, 20% fiberglass. Weight: 235-250 grams. Skill level: touring pros and top amateurs. Suggested retail: \$166.95.

Marty Hogan 60. Composition: 60% unidirectional graphite, 40% fiberglass. Weight: 235-250 grams. Skill level: advanced beginner to advanced intermediate. Suggested retail: \$110.00.

Richcraft

Genesis. Composition: high-modulus woven graphite and ceramic. Weight 230 grams. Skill level: intermediate to advanced. Suggested retail: \$175.00.

Sentra

44 Mag Oversize. Composition: trillium, ceramic. Featherweight. Suggested retail: \$80.00.

MIDSIZE

Burt

Comp III Power Handle Dri Grip "Cliff Swain" Signature. Composition: hand-laid graphite fiber,

95% high-modulus graphite, 5% fiberglass. Weight: 240 grams. Skill level: advanced to professional. Suggested retail: \$159.00.

Dynamo III. Composition: hand-laid continuous graphite fiber. Weight: 240 grams. Skill level: intermediate to advanced. Suggested retail: \$99.00.

Impact III. Composition: injection molded graphite, nylon, fiberglass composite. Weight: 240 grams. Skill level: beginner. Suggested retail: \$39.00.

DP

Zephyr. Optimum midsize. Com-

position: 100% ceramic graphite. Weight: 245 grams. Suggested retail: \$99.00.

Centaur. Optimum midsize. Composition: ceramic graphite composition. Weight: 245 grams. Suggested retail: \$79.00.

Borealis. Optimum midsize. Composition: ceramic graphite. Weight: 245 grams. Suggested retail: \$69.00.

Altair. Optimum midsize. Composition: injection molded ceramic, graphite, fiberglass. Weight: 245 grams. Suggested retail: \$49.00.



(shown above from left to right, starting at top)

MIDSIZE

DP

Bandido. Composition: graphite. Weight: 245 grams. Suggested retail: \$34.99.

Ektelon

CBK Graphite. Composition: continuous graphite, boron, kevlar 49 core. Weight: 245 grams. Skill level: expert. Suggested retail: \$200.00.

250G Ceramic. Composition: continuous graphite, ceramic, fiberglass. Weight: 245 grams. Skill level: expert. Suggested retail: \$130.00.

Quantus Graphite. Composition: continuous graphite, fiberglass, kevlar 49 core. Weight: 245 grams. Skill level: expert. Suggested retail: \$110.00.

Magnum Graphite. Composition: continuous graphite, fiberglass core. Weight: 245 grams. Skill level: advanced. Suggested retail: \$90.00.

Excel Graphite. Composition: concentrated graphite, fiberglass/nylon matrix. Lightweight: frame. Weight: 245 grams. Skill level: advanced. Suggested retail: \$70.00.

Integra Ceramic. Composition: graphite, ceramic, fiberglass/nylon matrix. Weight: 245 grams. Skill level: advanced. Suggested retail: \$50.00.

Sentron. Composition: aluminum alloy. Weight: 245 grams. Skill level: advanced. Suggested retail: \$40.00.

Axis. Composition: graphite, fiberglass/nylon matrix. Weight: 245 grams. Skill level: intermediate. Suggested retail: \$35.00.

Quasar. Composition: aluminum alloy. Weight: 245 grams. Skill level: intermediate. Suggested retail: \$30.00.

Head

RX50. Composition: graphite/fiberglass/ceramic torsion tube construction. Weight: 240 grams. Suggested retail: \$120.00.



(shown above from left to right, starting at top)

MIDSIZE

Head

Radial. Composition: graphite/boron/fiberglass/kevlar torsion tube construction. Weight: 240 grams. Suggested retail: \$110.00.

Spectrum. Composition: graphite and kevlar. Weight: 240 grams. Skill level: intermediate to advanced. Suggested retail: \$95.00.

Prelude. Composition: composite graphite/fiberglass/ceramic construction. Weight: 240 grams.

Skill level: intermediate to advanced. Suggested retail: \$75.00.

Quest. Composition: injected molded graphite. Skill level: beginner. Suggested retail: \$30.00.

Pro Mid. Composition: tubular aluminum alloy. Skill level: beginner to intermediate. Suggested retail: \$48.00.

Mizuno

Turbo EX. Composition: braided fiber system of graphite and kevlar. Weight: 8.28-8.64 oz. Skill level: all levels. Suggested retail: \$84.00.

Turbo Pro. Composition: braided

fiber system of graphite and fiberglass. Weight: 8.28-8.64 oz. Skill level: power player. Suggested retail: \$84.00.

Pro Kennex

Marty Hogan Micro Shadow. Optimum size. Composition: 80% high-modulus and SpiralTec, 20% fiberglass composition. Skill level: touring pros and top amateurs. Weight: 235-250 grams. Suggested retail: \$166.95.

Marty Hogan Micro Ceramic. Optimum size. Composition: 65% high-modulus graphite, 25% unidirectional graphite, 5% fiberglass, 5% silicon carbide ceramic fiber. Weight: 235-250 grams. Skill level:

intermediate to top touring pros. Suggested retail: \$139.95.

Marty Hogan Ceramic Comp. Optimum size. Composition: 55% high-modulus graphite, 25% unidirectional graphite, 20% fiberglass. Weight: 235-250 grams. Skill level: advanced beginner to pro. Suggested retail: \$104.95.

Marty Hogan 60. Optimum size. Composition: 60% unidirectional graphite, 40% fiberglass. Weight: 235-250 grams. Skill level: advanced beginner to advanced intermediate. Suggested retail: \$75.00.



(shown above from left to right, starting at top)

MIDSIZE

Pro Kennex

Marty Hogan 40. Optimum size. Composition: 40% unidirectional graphite, 60% fiberglass. Weight: 235-250 grams. Skill level: advanced beginner to advanced intermediate. Suggested retail: \$69.55.

Micro Ceramic Blaster. Optimum size. Composition: injection molded 10% chopped silicon carbide fibers, 90% graphite fiberglass nylon matrix. Weight: 240-250 grams. Skill level: intermediate to advanced. Suggested retail: \$54.95.

Graphite Micro. Optimum size. Composition: injection molded 20% graphite, 80% fiberglass nylon matrix. Weight: 240-250 grams. Skill level: advanced intermediate. Suggested retail: \$47.99.

Graphite Blaster OS. Optimum size. Composition: injection molded 20% graphite, 80% fiberglass nylon matrix. Weight: 240-250 grams. Skill level: advanced beginner to intermediate. Suggested retail: \$44.99.

Blaster 63 OS. Optimum size. Composition: Alcoa 6000 series aluminum/zinc/magnesium alloy. Weight: 240-250 grams. Skill level: beginner to intermediate. Suggested retail: \$39.99.

Richcraft

Odyssey. Composition: structural layers of high-modulus graphite, ceramic and boron. Weight: 235 grams. Skill level: intermediate to advanced. Suggested retail: \$150.00.

Phoenix. Composition: matrix of graphite, fiberglass and ceramic encased in an advanced alloyed resin. Weight: 240 grams. Skill level: experienced. Suggested retail: \$125.00.

MS Ceramic. Composition: structural layers of continuous ceramic and graphite fibers. Weight: 235 grams. Skill level: intermediate to advanced. Suggested retail: \$110.00.

MS 230G. Composition: contoured aerodynamic profile made using hand-laid 100% continuous fiber graphite. Weight: 230 grams. Skill level: inter. to advanced. Suggested retail: \$95.00.

MS GC. Composition: injection perfection, graphite, fiberglass and nylon formed into a narrow rectangular torque resistant box construction. Weight: 240 grams. Skill level: intermediate to advanced. Suggested retail: \$70.00.

MS Turbo. Composition: injection perfection, graphite, fiberglass, nylon formed into a narrow rectangular torque resistant box construction. Weight: 240 grams. Skill level: intermediate to advanced. Suggested retail: \$60.00.



(shown above from left to right, starting at top)

MIDSIZE

Richcraft

MS Spectrum. Composition: injection perfection, blend of graphite, fiberglass and nylon formed into narrow rectangular box construction. Weight: 240 grams. Skill level: intermediate. Suggested retail: \$50.00.

MS Laser. Composition: homogeneous mix of graphite and fiberglass in a super tough nylon alloy. Weight: 245 grams. Skill level: beginner to advanced. Suggested retail: \$40.00.

Sentra

Nightstalker III. Composition: trillium. Ergonomically designed to fit natural contour of the hand. Featherweight. Suggested retail: \$100.00.

Annialator. Composition: trillium, aluminum construction. Suggested retail: \$50.00.

283C Torque. Composition: trillium, aluminum construction. Suggested retail: \$50.00.

Spalding

Pro Flite Plus. Composition: injection molded graphite ceramic composite. Skill level: intermedi-

ate to advanced. Suggested retail: \$65.00.

Intimidator. Composition: the look of white ceramic combined with the durability of aircraft aluminum. Weight: 245 grams. Skill level: intermediate. Suggested retail: \$55.00.

Formidable. Composition: aircraft aluminum. Weight: 245 grams. Skill level: advanced beginner to intermediate. Suggested retail: \$45.00.

Voit

CG4000. Composition: ceramic graphite. Weight: 252 grams.

Suggested retail: not available.

GR3000. Composition: one piece molded reinforced graphite. Weight: 252 grams. Suggested retail: not available.

Wilson

Profile. Composition: 100% graphite unidirectional. Weight: 245 grams. Suggested retail: \$150.00.



(shown above from left to right, starting at top)

MIDSIZE

Wilson

Graphite Staff. Composition: graphite fibers/fiberglass and nylon matrix injection molded. Weight: 245 grams. Skill level: intermediate to advanced. Suggested retail: \$39.30.

Ceramic Staff. Composition: graphite/fiberglass/ceramic and nylon matrix injection molded. Weight: 245 grams. Skill level: intermediate to advanced. Suggested retail: \$43.90.

Graphite Boss. Composition: graphite fibers/fiberglass and nylon matrix injection molded. Weight: 245 grams. Skill level: intermediate to advanced. Suggested retail: \$36.00.

Super Shot. Composition: single channel aluminum. Weight: 250 grams. Skill level: beginner to intermediate. Suggested retail: \$30.50.

Force 250. Composition: single channel aluminum. Weight: 250 grams. Skill level: beginner. Suggested retail: \$21.40.

STANDARD

Bancroft

Ceramic Advantage. Composition: ceramic/graphite/fiberglass composite. Suggested retail: \$90.00.

Graphite Force. Composition: graphite fiberglass composite. Suggested retail: \$75.00.

Player Special. Composition: brown anodized aluminum. Suggested retail: \$30.00 set.

Markwort

MR AC90. Composition: graphite composite. Weight: .55 lb. Suggested retail: \$27.90.

MR AC53. Composition: anodized aluminum. LightWeight. Suggested retail: \$24.00.

MR AC54. Composition: anodized aluminum frame. Weight: .47 lbs. Suggested retail: \$18.00.



(shown above from left to right, starting at top)

STANDARD

Markwort

MR AC51. Composition: anodized aluminum. Very light. Suggested retail: \$19.20.

MR AC70. Composition: injected nylon through fiberglass. Suggested retail: \$17.60.

MR AC400. Composition: aluminum frame. Weight: .47 lbs. Suggested retail: \$16.40.

Sentra

357 Mag. Composition: trillium, ceramic construction. Feather Weight: . Skill level: intermediate to advanced. Suggested retail: \$70.00.

Spalding

Power Flite. Composition: braided graphite/ceramic/fiberglass construction. Weight: 245 grams. Skill level: intermediate to advanced. Suggested retail: \$75.00.

Pro Flite II. Composition: injection molded graphite/ceramic composite. Skill level: intermedi-

ate. Suggested retail: \$40.00.

Centurion II. Composition: injection molded graphite composite construction. Skill level: advanced beginner. Suggested retail: \$30.00.

The Smasher. Composition: 6061 A-Beam aluminum construction. Weight: 255 grams. Skill level: beginner to advanced beginner. Suggested retail: \$25.00.

Voit

Ultima I. Composition: injection molded graphite composite.

Weight: 252 grams. Suggested retail: not available.

Wilson

Sharp Shooter. Composition: flat-channel aluminum construction. Weight: 252 grams. Skill level: intermediate. Suggested retail: \$27.00.

Champion. Composition: fiberglass in nylon matrix. Weight: 240 grams. Skill level: beginner. Suggested retail: \$20.00.

PLAYER	BANCROFT GRAPHITE FORCE	BURT CLIFF SWAIN SIG.	BURT DYNAMO III	DP CENTAUR	EKTELON MAGNUM GRAPHITE
Steve Ayoub Tournament A Player	Too light, no control or power.	Good control.	Very powerful, good control, excellent racquet.	Average intermediate racquet, minimal power.	Good intermediate racquet.
Bob Schaffedi Tournament A Player	Good beginner racquet.	Good grip, excellent racquet.	Top heavy, awkward shape.	Stiff, not forgiving.	Bottom heavy, hits hard.
Don Topole Tournament B Player	Good beginner racquet.	Balanced, powerful.	Good intermediate racquet.	Stiff, powerful.	Good intermediate racquet.
Peter Jenney Tournament B Player	Too much vibration, not much power.	Lots of power, excellent grip, stiff.	Too top heavy, a little stiff.	Too heavy, stiff.	Bottom heavy, awkward.
Don Cambridge Tournament B Player	Not much power.	Great grip, lots of power, stiff.	Powerful, heavy, no vibration, good racquet.	Heavy, poor control, not for me.	Small Toron.
Tony Parks Tournament C Player	Beginner racquet, vibrates a bit.	Very little vibration, great grip.	Top heavy.	Top heavy.	Bottom heavy.
Paul Lynskey Tournament C Player	Average at best.	Good power, control, great grip.	Powerful, very nice racquet, heavy.	Average, stiff.	Okay, not impressed.
Richard Bullock Tournament C Player	Beginner racquet, very small face.	Powerful, well balanced, good grip.	Powerful, good intermediate racquet.	Powerful, stiff.	Good intermediate racquet.

PLAYER	EKTELON TORON GRAPHITE	FIN COMPETITOR	FIN LEGEND	HEAD ELITE	HEAD RX50
Steve Ayoub Tournament A Player	Powerful, vibrates, hard to control.	Poor power, vibrates, no control.	Unforgiving, small sweet spot, otherwise excellent.	Excellent, good control, light.	Good control, lacks power, no vibration, good intermediate racquet.
Bob Schaffedi Tournament A Player	Hard to control, strung too tight.	Well balanced, very light.	Balance, easy to control, very good.	Very light, easy to control, great.	Small face, lots of power.
Don Topole Tournament B Player	Powerful, too heavy.	Light, great new racquet.	First time I've heard of this racquet, very well balanced.	Good racquet.	Very powerful, small face.
Peter Jenney Tournament B Player	Top heavy, great power, hard to control.	Well balanced, light.	Very well balanced.	Excellent, very light, great control.	Top heavy, small face.
Don Cambridge Tournament B Player	Vibration, stiff frame, powerful.	Limited power, vibration, poor control.	Sweet spot limited, control good, okay balance.	Powerful, controllable, my favorite racquet.	Limited power, fast, longer extension.
Tony Parks Tournament C Player	Vibrates on top, hard to control.	Well balanced.	Surprising, well balanced.		Good midsize racquet, great power.
Paul Lynskey Tournament C Player	Good balance, great power, less control.		Good all around control, and power.	Very nice, light, powerful, good control.	Small face, powerful, heavy.
Richard Bullock Tournament C Player	Very powerful, balanced.	No vibration, great racquet.	Great all around racquet.	Light, powerful, great control.	Small face and sweet spot.

PLAYER	MIZUNO TURBO	PRO KENNEX MH SHADOW	RICHCRAFT GENESIS	RICHCRAFT ODYSSEY	WILSON PROFILE
Steve Ayoub Tournament A Player	Power, control, well balanced.	Excellent all around rac- quet.	Very powerful, feels top heavy, bad vibration, lack of control.	Vibrates, good power.	Poor control and power, vibrates.
Bob Schaffedi Tournament A Player	Good power, vibrates a little.	Excellent pro racquet.	Heavy, stiff.	Heavy, good power.	Thick frame, small face.
Don Topole Tournament B Player	Good beginner racquet.	Good racquet for ad- vanced players.	Awkward frame, no power.	Vibrates, too stiff.	Thick frame.
Peter Jenney Tournament B Player	Top heavy, powerful.	Well balanced, great racquet.	Top heavy, limited power.	Great power, bottom heavy.	Heavy small face.
Don Cambridge Tournament B Player	Light, fast, good control.	Heavy, powerful, no vibration.	Top heavy, vibrates, powerful.	Good power, well bal- anced.	String bouncy, okay power, so-so.
Tony Parks Tournament C Player	Powerful, top heavy.	Excellent advanced racquet.	Top heavy, limited power.	Very heavy.	Good intermediate rac- quet.
Paul Lynskey Tournament C Player	Vibrates, powerful.	Excellent, frame too thick, good control.	Average.	Didn't like the feel, heavy.	Average, too heavy.
Richard Bullock Tournament C Player	Lacks power, good starter racquet.	Good power, little head heavy.	Awkward frame.	Vibrates, bottom heavy.	Not forgiving, vibrates.

Racquet Frame Vibration

(continued from page 31)

air pressure. We found that impact strength is lost with a hollow core and that the hollow core allows resonation. Our solid-core, however, dampens the vibration.

Fin —

Rick Strout, Chief Designer

The Fin VFS, (Vibration Free System) and power control frame is the latest in racquet technology. The VFS was taken from other racquet sports — tennis and squash. A nylon rubber plug is placed in the throat of the frame and is strung into the racquet. This system also has a self-correcting effect. A split frame design is used, and when the ball makes contact with the frame, it exerts pressure on both arms of the frame, moving the force upward and inward. The VFS causes the frame to recoil at the same time as the strings. This adds power, accuracy and control, while, at the same time, dropping vibration and stress to the arm and shoulder.

Rick also says that the introduction of the larger frame designs have been great for the game. They have brought power and longer reach, but at the same time, they have added to the vibration problem. There is a larger hitting surface, but less frame control and more vibration. As the strings take the ball impact, the frame itself begins to twist and vibrate. With Fin VFS this force is now absorbed by the frame instead of the player and results in greater control and stability when hitting the ball. The power control surface, located at the key stress points of the frame hitting surface, works to ensure that frame twisting and turning is kept to a minimum.

Head Racquet Sports — Barry Riddle, Promotions Manager

Our main feature is the radial wedge at

the top of the racquet which stabilizes the racquet on impact and reduces overall vibration. The radial wedge is the thicker portion (as viewed from the top looking down) which also prevents any torquing during a shot. Two other things in our racquet prevent vibration. We use a dual-density foam palette grip, and we use a hand-laid engineered flex to absorb vibration in different zones of the racquet.

Pro Kennex —

Mark Wentura, Senior Marketing Manager

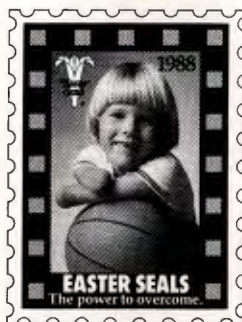
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While we were unable to obtain comments from every racquet manufacturer, it can be seen from the comments above that each of them have their own way of dealing with the problem of vibration. It is also obvious that they are making every effort to provide players with the best equipment possible. ○

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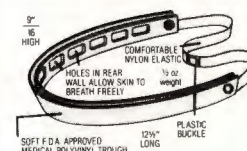
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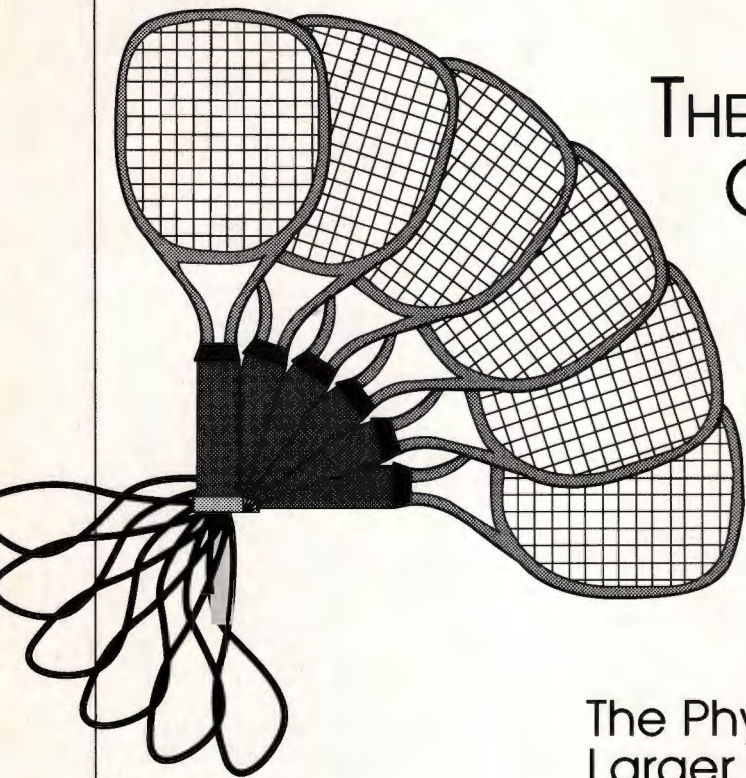
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THE PROS AND CONS OF OVERSIZE RACQUETS

by Robert Bernstein

The Physics of Larger Racquets

A number of racquetball players are switching to mid and oversize racquets because of the increased power and control they feel they get with them.

The explanation for that power? Ask a player. "It's pure physics," says Jordan Kahn, who played in the 30+ division of the 1988 Illinois AARA Regional Tournament. "The bigger the racquet, the tighter the strings, the faster the ball moves."

Kahn's explanation is a bit simplistic. Arthur Schmidt, senior lecturer in physics at Northwestern University, says the important factor in providing power is not the tension of the strings, but the duration of time the racquet contacts the ball.

This can be understood by considering how a trampoline works. As a person jumps, the surface of the trampoline bends. At a certain point the trampoline's elasticity causes the surfaces to snap back, sending the person into the air. A person can jump much higher on a bigger trampoline than an individual conditioning-sized one because of the general physics rule "for every action there is an equal and opposite reaction." There is a bigger action, or bend of the surface, with a larger trampoline causing a bigger reaction, sending a person further in the air.

The strings on a racquetball racquet work the same way. When contact with the ball is made, the strings bow backwards. When the strings snap back into place, the ball sails toward its target.

The strings on a larger racquet bend

more, causing the ball to be in contact with the racquet longer, thus giving a more powerful reaction, or shot. They are also tighter to compensate for the larger surface area of the racquet, not to provide more power.

"A high tension racquet will actually deform the ball, causing a loss of energy," Schmidt says. "With a more loosely strung racquet, the ball will not deform." If the racquet is too loose, there will be no elasticity — causing a very weak shot. "There is an optimum tension level for an individual racquet," Schmidt adds.

Another advantage of mid and oversize racquets is a "bigger sweet spot," the best place on a racquet to hit a ball.

According to Schmidt, a racquet actually has three sweet spots. One spot provides the best string reaction, another causes the least amount of racquet vibrations which can interfere with a shot, and the third limits the natural tendency of a racquet to rotate and be pushed back when hit by a ball.

On a larger racquet, it is possible for two of these spots to be made closer together, Schmidt explains. This causes, in effect, a "bigger sweet spot." Unfortunately, to date engineers have been unable to modify the natural place of the third spot, which is usually a few inches above the handle.

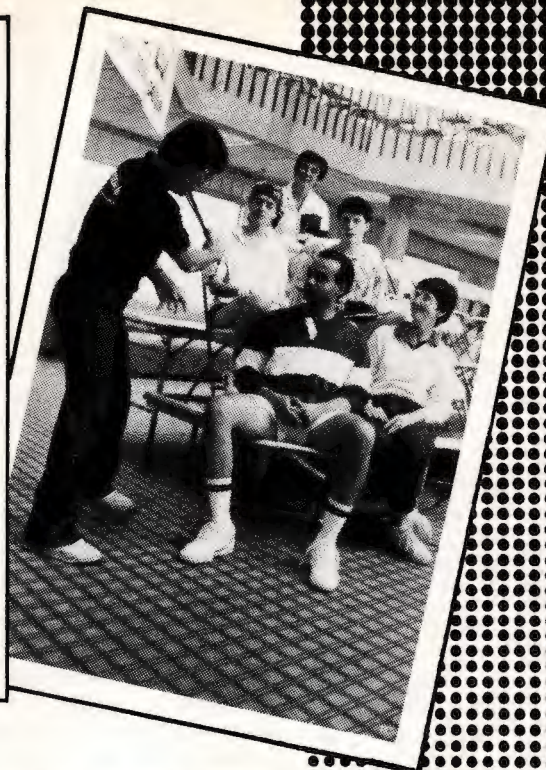
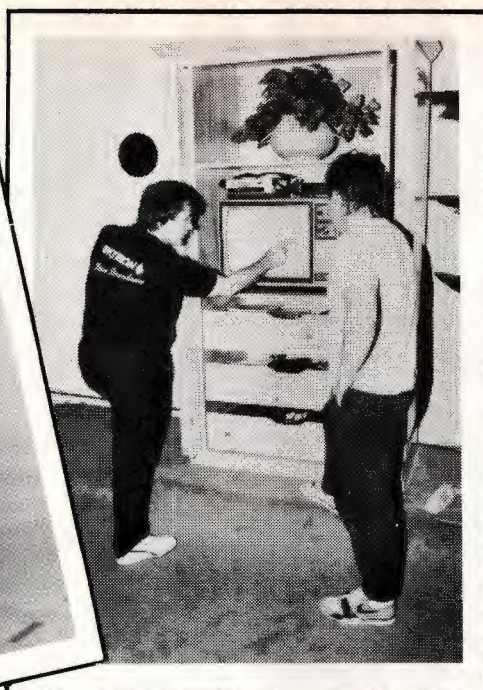
Is Bigger Better?

Mid and oversize racquets may provide more power and enable a player to reach more balls, but these bigger racquets aren't necessarily for everybody, so before switching there are several things to keep in mind.

For starters, the bigger racquets are harder to control. Some of the top players are using a mid-size racquet instead of an oversize because of this control factor.

"I don't feel you have enough reflex control (with oversize racquets) on shots where you have to dig the ball out of the

(continued on page 48)



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Pros and Cons

(continued from page 46)

corner, or when you're up front with shots coming right at your body," says Cliff Swain.

Tim Sweeney, a semifinalist in this year's Amateur Nationals, and a member of the U.S. National Team, has been using the Ektelon Toron for about a year, but said he is considering switching back to a mid-size. He says the bigger racquets can help anybody in the long run, but they do take getting used to.

"The Toron gives me more power, a bigger sweet spot and helps my drive serve and splat shot," Sweeney said. "But it is a bit clumsy up front."

Age division players might be advised to listen to Tony Pociask, an Illinois player who played in the mixed doubles intermediate division, says he likes an oversize racquet when he plays the back position, but he wouldn't use one because of the "awkward factor" when he moves to the front.

"Maybe a younger guy can handle it better," said Pociask, who is in his sixties. "What I get up-front is a short, choppy stroke."

Gregg Mandell, who won the Illinois amateur regionals men's 35+ division using a standard size racquet, says people should remember a more powerful shot also means that the ball will be coming off the back wall further.

"A good shot hit hard is better than a good shot hit softly," Mandell said. "But my game is more control than power. I just couldn't get that big one (oversize racquet) around."

Another factor in switching racquets is the cost. Some players get free equipment because they are sponsored by a manufacturing company. Chris Evon, a top ranked WPRF professional, recently became an Ektelon sponsored player. She tried all of the company's racquets before choosing the CBK mid-size.

"My first impression of a mid-size was that the hit was more solid," Evon says. "I tried the Toron but felt a lot of vibration. Some people can handle the bigger racquets, but I'm very happy with the mid-size."

There is also an adjustment period when switching completely to a bigger racquet. "I think a mid-size racquet would probably help my game," said Mandell,

one of three division winners at this tournament who used a standard size racquet. "But I've got nationals coming up, and I don't think I should switch right now."

How much a bigger racquet will help your game is unknown. Cheryl Guidinas, who won the 1988 Illinois regionals women's 19+ division, and took second in the women's open, says switching to an oversize racquet improved her game as much as 60 percent.

"I get more power and control," Guidinas said. "Maybe it's psychological, I don't know. All I know is my game has improved since switching to an oversize racquet."

The psychological factor may be another reason to buy a bigger racquet. You only need to listen to someone at a level most common to the majority of players.

"I know it's silly," says Mike Bernstein, a Midwest region B division player who uses a standard size racquet, "but when I walk on the court and my opponent has an oversize racquet, I get psyched out. I feel like he has an advantage right off the bat."

The "Is It Time To Switch" Survey

Improving your racquetball game may be just a matter of inches. You can practice hitting the ball a little lower, harder or with more accuracy, or you can look for an easier way to add a few more points to your game such as switching to a racquet which is an inch or two larger.

It's a solution which is gaining popularity. Racquetball players at all levels have been switching from standard size to mid- and oversize racquets. A sales rep in the Chicago area, for example, estimates that 20 percent of new racquets sold are oversize, and 60 percent are mid-sized.

The growing sales of mid- and oversize racquets is making some manufacturers re-evaluate their products. For instance, Head Sports Inc. has decided to stop making standard size racquets. "There hasn't been enough demand to



bother with it anymore," says Crawford Lindsey, racquetball and squash product manager for Head. Lindsey also says Head may soon be coming out with an oversize racquet.

A survey at the Illinois AARA regional tournament, held from March 25-27, seems to confirm all estimates about the popularity of larger racquets, especially among top players. Over 75 percent of the 124 tournament participants who responded to the survey use mid- or oversize racquets. This figure jumps to about 85 percent among the men and women playing in the top three divisions. Of the 10 most-used racquet models at the tournament, only three were standard size. None of the smaller racquets ranked higher than seventh in usage among the players. The survey results also showed that players using the larger racquets dominated almost all of the divisions.

Of the 16 division winners who responded to the survey, only three used a standard-sized racquet. About 83 percent of the people who reached the semifinals used the bigger racquets.

The survey also found that players using the bigger racquet frequently won. This was true 68 percent of the time. In fact, of those who filled out the survey, no player using a standard size racquet beat someone playing with an oversize racquet.

The informal survey, of course, is not conclusive. Although it took place at a large tournament, it does not necessarily reflect all racquetball players but if you have been wondering whether or not to switch to a larger racquet you might want to keep these results in mind. ○

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ASSOCIATION ROUNDUP

AARA

by Luke
St. Onge



I would like to share with you a very special moment in time when our sport came of age.

The IV World Championships, which were held in Hamburg this past summer, brought the teams of 23 countries together to vie for individual and team titles in an environment of brotherhood, sportsmanship and fair play. For title purposes, the first four days were set aside for team scoring, followed by one day off. Then three more days of renewed competition determined individual titlists in singles and doubles.

World team titles are awarded separately to the winning men's and women's teams, and the World Cup combines those results to determine which nation holds the overall World Championship. Since 1984, the United States and Canada have developed a tremendous rivalry for this honor. In 1984 the United States won the World Cup outright, but in 1986 Canada and the U.S. split the team titles (with Canadian men winning one team title and U.S. women securing the other) forcing a tie for the World Cup.

At the time, the International Amateur Racquetball Federation (IARF) had no official tiebreaking procedure. Thus, both the U.S. and Canadian teams were named as co-World Champions, much to the dismay of everyone involved. Unfortunately, this signaled a lack of organization and planning on the part of the IARF, and questions arose as to its readiness for inclusion in the Pan Am and Olympic Games.

Obviously the IARF had to make a procedural change to make certain this could not happen again, and an entirely new World Championship format was adopted at the organization's executive committee meeting in September of 1987.

This year the new format was utilized for seeding, scheduling and point tallies leading into the finals. On the last day of team competition, an initial round of four head-on matches were scheduled simultaneously, then followed by another round of four finals. After the first round, Canada and the U.S. were locked in a head-to-head showdown for a third consecutive time, and it looked as though a repeat of the 1986 results occur.

I turned to a member of the IARF Executive Board and made the comment that, at least this time, we had a tiebreaking procedure. He looked at me rather sheepishly and said he wasn't certain we did. Again, to our embarrassment, the new format had not incorporated a tiebreaking procedure for the World Team Title. We immediately called an emergency meeting of the executive board to discuss the dilemma — while the matches be-

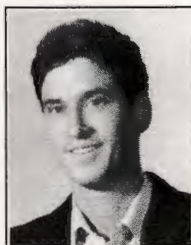
tween the U.S. and Canada were in progress!

Feelings were unanimous among the officers of the board that a tiebreaker had to be established, but was it fair to do it after the finals had begun? The procedure was adopted formally by the IRF, with the provision that the presidents of the AARA (Van Dubolsky) and the CRA (Dan Stone) agreed to abide by it at the late date. Both men are widely known for their sportsmanship and fair play, and were faced with a far-reaching decision which would clearly have tremendous impact on their organizations. A World Championship for either association would mean world recognition, National Olympic Committee funding, and the collective pride of the athletes who make up the national teams. Both men could have hedged these bets, settled for a tie and again down-played the "co-champion" aspect of the 1988 World Games. They didn't.

All in all, it's more important to note that a tiebreaker was needed rather than to say which team won or lost. I doubt very seriously that other governing bodies in the Olympic family would have made such an unselfish choice for the betterment of their sport. North American racquetball is fortunate to have this type of outstanding sportsmanship among its leadership — assuring us all that our sport is Olympic bound, and will be a powerful, competitive force when it arrives. O

ACRA

by Neil Shapiro



With college and university teams in Japan, Costa Rica, Mexico and Canada already organized, it seems reasonable for our U.S. Intercollegiate National Racquetball Championships to expand its role to accommodate these students for a World Championship.

Not only will such a championship determine global dominance of the courts, but players and coaches alike have an opportunity to learn foreign training techniques. Who knows what surprises the well-disciplined Japanese might have, or the playing potential which exists in Costa Rica.

For certain, though, not much can go wrong politically, as it's doubtful that a Canadian needs to defect, for example, or that a Mexican student might pass out from cultural shock. At worst, the American teams might lose supremacy, not unlike our national basketball and baseball teams at the Summer Olympics.

As well, adding more players to the system only raises the quality of competition. The ACRA championships have already grown from 16 colleges with 40 entrants to 42 colleges with 350 entrants.

Beyond racquetball — and it should be

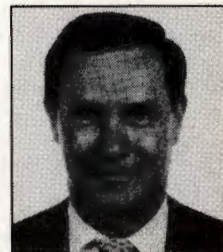
noted that recent studies show U.S. students have a poor knowledge of world geography — a chance to host, for example, a Canadian team might enable us Americans to understand more of our neighboring country. For that reason, ACRA is currently encouraging schools near the Canadian border to play some home-and-home matches.

An attempt to hold regionals in Canada and in Japan is also underway, and ACRA provides free clinics, taught by a professional player, to all colleges and universities. In addition, our National Application is being translated into several languages for dissemination to other countries.

Finally, the following list of products and privileges is available to all ACRA members, national and international: discounts on racquetball equipment; a full year's membership and subscription to *National Racquetball* for only \$15 per year (normally a \$28 combo); an opportunity to earn money for their club or team by selling ACRA memberships on campus; free Ektelon/ACRA sweat bands, bag tags and balls; discounted prices on trophies, medals, and pins from the company which makes Oscars; drawsheets and score cards for tournaments; and a free handbook on organizing a collegiate racquetball team or league. O

CRA

by Bill
Houldsworth



In reading the October issue of *National Racquetball* it is very important to the CRA that a gross misconception be cleared up before any more damage is done.

In the article "1988 World Championships", the writer says that "in Canada a World title guarantees backing from Sport Canada." This is not accurate. Although a world championship is important, neither it nor anything else guarantees funding from our government sponsors.

Further on in the article, the writer identifies that it was "catastrophic" that no Canadian men made it to the semifinals and that "funding for athletes overall in Canada is determined primarily by the results of their participation in the World Games."

We were all disappointed in not having any men in the semis and not wanting to split hairs, it should have been the World Championships not Games as the World Games take place in Karsrule, West Germany in 1989. However, it is true that in Canada we have a "Sport Recognition" system which places sports at certain levels for funding purposes. One of the

criteria for this recognition is placing at World/International Championships. Among the many other criteria is the number of players/athletes receiving services either directly or indirectly from the Association.

So you see, that although finishing at the top in international competition is important, it is not the be all and end all for funding for the Canadian Racquetball Association or any other National Sport Organization in Canada. We hope that this misinformation has now been cleared up.

At the CRA semi-annual Board of Directors meeting held in Ottawa, October 22-23, new committee chairmen were confirmed.

Taking over the national team committee until May 1989 is Jean Desautels of Montreal. Desautels is the Quebec representative on the Board and is also the Vice President of Finance on the Executive Committee.

Stepping in as chairman of the national tournament committee is Paul Barron of Toronto. A familiar name to those who attended the Toronto Nationals in 1986 as chairman, he is also chairing the nationals scheduled for Toronto next May.

News from the 1989 Junior Nationals to be held in Kelowna, B.C. is that they are planning a clinic the weekend prior to the tournament next July. Calgary's Cliff Hendrickson will be conducting the clinic which will take place at the Four Seasons Racquet Club. More details will be available regarding both the clinic and the tournament as the dates draw near. The 1989 Juniors are scheduled for July 5-8 in Kelowna.

It is always hard to say good-bye to a colleague, but it is harder to say good-bye to a friend.

CRA Technical Director Benoit Turcotte is leaving the Association as of December 31, 1988. He has been the "T.D." since April 1985 and during his three and three-quarter years he has made many inroads for the sport of racquetball. He has been instrumental in the development and implementation of the coaching and officiating programs as well pulling together the information on the junior program. Most recently, "Ben" has been one of the key players in the wheelchair committee getting the program off the ground.

Internationally, he has assisted the IRF with the tournament format and policies as well as acting as a technical consultant. Benoit was a key person in the CRA coaching clinic held at the 1986 World Championships in Orlando.

As he moves back to his hometown of Quebec City and continues his studies in administration at Laval University, we say "Merci, Benoit et bon chance!" O

WPRA

by Chris Evon

Probably the most frequent questions I am asked while traveling to tournaments throughout the coun-



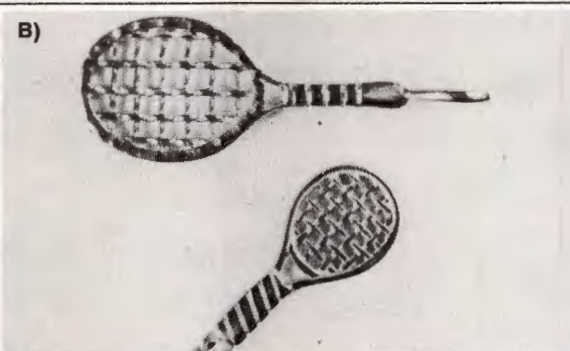
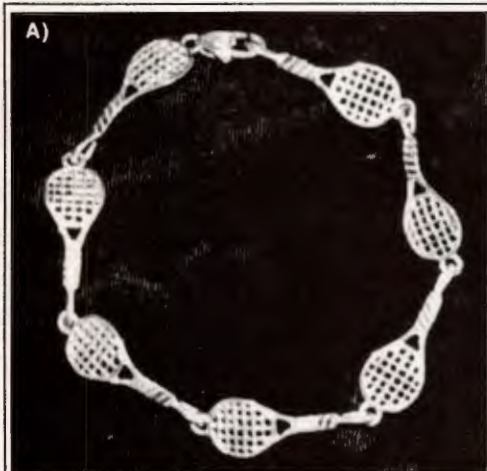
try refer to the differences in the professional and amateur rules. While I believe that the rules of the game should be consistent no matter what the level of play, I also believe there are instances where it is appropriate for professionals to have different standards. The WPRA is constantly reviewing its rules and experimenting with new ideas to make the game exciting to watch, safe to play, and fair and challenging for all competitors.

The most noticeable difference between the professional and amateur game is the scoring system. The pro's play three out of five games to eleven points. The theory behind this change is that each point is critical, making matches exciting from the start. Winning three games instead of two, tests not only the physical, but the mental toughness of players.

The new Drive Serve rule adopted by the AARA, went into the WPRA books last season with one minor difference. The pro's are allowed to "walk through" the zone as long as contact and follow through are made outside the zone.

The WPRA five-foot rule is under discussion for change, but currently reads that: If the return of serve is made after the ball bounces, the receiver may enter the five-foot safety zone once the served ball leaves the server's racquet. If the return of serve is made prior to the bounce, neither the receiver's body nor racquet may violate the plane of the receiving line at any time during the return of serve. The theory behind this rule is to allow the receiver more chances to execute the very difficult, yet

(continued on page 58)



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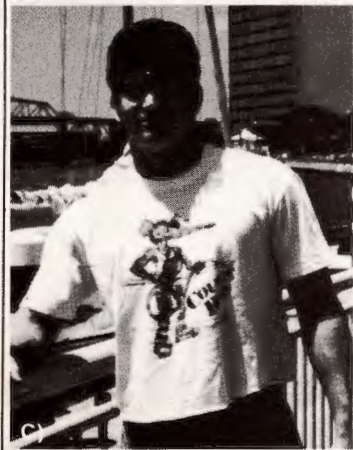
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AARA Official Rankings

September 23, 1988

Mens Open: 1-A. Roberts, TN; 2-D. Ganim, OH; 3-C. Nichols, FL; 4-T. Hansen, FL; 5-L. Gilliam, TX; 6-B. Corcorran, AZ; 7-T. Sweeney, IL; 8-C. Cole, MI; **Mens A:** 1-S. Reiff, FL; 2-S. Arizmendi, NY; 3-J. Bonnett, MI; 4-J. Allen, MS; 5-D. Hall, CO; 6-B. Jackson, WV; 7-J. Mylar, WV; 8-S. Lerner, OH; **Mens B:** 1-B. Schirmacher, MN; 2-T. Altenburg, MI; 3-D. Berl, GA; 4-B. McCormick, TN; 5-S. Patel, NJ; 6-J. Fuchala, OH; 7-R. Miller, WA; 8-M. Sturgeon, TX; **Mens C:** 1-H. Bergman, NJ; 2-T. Thompson, MA; 3-G. Giles, GA; 4-J. Clark, FL; 5-T. Krogman, OH; 6-U. Thomanek, DE; 7-R. Johnson, GA; 8-J. Kolen, AL; **Mens D:** 1-W. Zapata, WA; 2-S. Martin, MA; 3-B. Lee, TX; 4-J. Martyniak, IN; 5-J. Fetterman, CA; 6-J. Eliasik, IL; 7-T. Dawson, OH; 8-F. Galan, TX; **Mens Novice:** 1-J. Cain, TX; 2-R. Cain, TX; 3-D. Delong, WA; 4-J. Fallabel, PA; 5-D. Fields, OH; 6-J. Moran, SC; 7-R. Rangle, CA; 8-J. Shulgodi, NY; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-J. Worthington, CO; 3-M. Jenkinson, WV; 4-L. Gonslin, WI; 5-B. Long, PA; 6-S. Mixon, CO; 7-R. Benevidas, WI; 8-S. Hickey, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-S. Huggins, FL; 4-R. Thompson, AL; 5-G. Gose, NM; 6-S. Redelheim, TN; 7-G. Manzuri, CA; 8-R. Remen, VA; **Mens 8:** 1-M. Saad, CO; 2-S. Huggins, FL; 3-J. Gautreau, TX; 4-G. Gabriel, NM; 5-T. St. Pierre, FL; 6-T. Siggins, CA; 7-K. Wilken, NM; 8-W. Tilton, CO; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-C. Locker, MN; 5-R. Buchanan, MD; 6-S. Rodd, VT; 7-J. Gautreau, TX; 8-T. Samarzia, MN; **Mens 12:** 1-A. Thompson, WI; 2-J. Armbricht, NC; 3-C. Zimmerman, MI; 4-J. Icenogle, CA; 5-P. Apilado, TX; 6-J. Mannino, NY; 7-S. Wood, MA; 8-J. Xynidis, FL; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-J. Ellenberger, WI; 4-S. Monchik, NY; 5-R. Davis, IN; 6-C. Pfaff, OH; 7-J. Kolen, AL; 8-A. Labra, CA; **Mens 16:** 1-J. Ellis, CA; 2-J. Bonnett, MI; 3-R. Walden, FL; 4-E. Muller, KS; 5-B. Simpson, IN; 6-S. Reiff, FL; 7-B. Sawyer, NC; 8-T. Brennan, CA; **Mens 18:** 1-M. Guidry, TX; 2-J. Floyd, MI; 3-M. Locker, MN; 4-M. Engel, MD; 5-E. Ramm, CA; 6-J. Waggoner, FL; 7-T. Jelso, NM; 8-J. Loretto, FL; **Mens 19+:** 1-M. Bronfield, CA; 2-B. Erickson, NM; 3-T. Sweeney, IL; 4-J. Jeffers, TN; 5-M. Lowe, CA; 6-C. Winter, FL; 7-B. Rodriguez, CA; 8-R. McKinney, PA; **Mens 25+:** 1-M. Morrison, FL; 2-D. Negrete, IL; 3-B. Lyman, IL; 4-B. Huber, FL; 5-R. French, MN; 6-J. Gillhouse, AL; 7-J. Hassey, AZ; 8-T. Neill, NM; **Mens 30+:** 1-B. Corcorran, AZ; 2-D. Kovanda, OH; 3-J. Peterson, NY; 4-D. Hardan, WA; 5-T. Lavoie, MN; 6-R. Strout, UT; 7-R. Dern, IL; 8-S. Worthy, MI; **Mens 35+:** 1-S. Hastings, MI; 2-D. Kovanda, OH; 3-T. Lavoie, MN; 4-E. Garabedian, PA; 5-M. Layton, FL; 6-R. Woolard, OH; 7-G. Owen, FL; 8-L. Pisto, AZ; **Mens 40+:** 1-M. Stephens, MI; 2-J. Schwartz, FL; 3-J. Hennon, TN; 4-F. Ciociola, NY; 5-T. Chodosh, TX; 6-S. Heguy, NH; 7-K. Bonnett, MI; 8-B. Brookens, CO; **Mens 45+:** 1-R. Hutcherson, IN; 2-R. Galbreath, PA; 3-B. Parra, CA; 4-R. Wehrle, GA; 5-T. Perna, OH; 6-J. Turner, CO; 7-N. Shapiro, NY; 8-C. Garfinkel, NY; **Mens 50+:** 1-R. Adams, CA; 2-S. Marcus, FL; 3-J. Fay, TX; 4-B. Sanders, OH; 5-R. Lawler, IN; 6-D. Mas, DE; 7-E. Vlock, FL; 8-A. Johnson, CO; **Mens 55+:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MN; 4-D. Weinberg, NY; 5-L. Cox, IN; 6-R. Horton, CO; 7-L. Hahn, MI; 8-F. Kilbride, CAN; **Mens 60+:** 1-P. Miller, IN; 2-F. Kilbride, CAN; 3-J.

RMA Pro Tour Official Rankings

October 26, 1988

1	R. Gonzalez	13,540.0
2	B. Harnett	12,365.0
3	E. Inoue	9,990.0
4	C. Swain	9,970.0
5	M. Hogan	9,505.0
6	M. Yellen	8,005.0
7	E. Andrews	7,245.0
8	M. Ray	6,585.0
9	G. Price	6,565.0
10	G. Peck	5,995.0
11	C. Brysman	4,825.0
12	D. Obremski	4,815.0
13	A. Roberts	3,735.0
14	J. Newman	3,725.0
15	D. Johnson	3,395.0
16	R. Harpersad	3,320.0
17	A. Katz	2,975.0
18	D. Kachtik	2,190.0
19	M. Ceresia	1,987.5
20	J. Evans	1,972.5
21	A. Gross	1,775.0
22	T. Doyle	1,685.0
23	W. Clouse	1,635.0
24	T. Sweeney	1,632.5

Lambert, TX; 4-R. Caretti, MI; 5-S. Eller, IL; 6-R. Johnson, CA; 7-M. Roberts, FL; 8-W. Coyner, WA; **Mens 65+:** 1-L. Wilde, UT; 2-N. Sans, CA; 3-E. Acuff, VA; 4-R. Craig, Jr., IN; 5-A. Shepherd, MD; 6-D. Goddard, MT; 7-R. Picard, MA; 8-B. Cloud, IL; **Mens 70+:** 1-L. Wilde, UT; 2-H. Minor, CO; 3-C. Russell, CA; 4-A. Shepherd, MD; 5-J. Singer, CA; 6-I. Gumer, KY; 7-G. McDougall, SD; 8-J. Sawbridge, AZ; **Mens 75+:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

AARA Official Rankings

September 23, 1988

Womens Open: 1-T. Bevelock, AZ; 2-S. Morgan, FL; 3-M. Dee, NH; 4-K. Kuhfeld, IN; 5-R. Levine, CA; 6-L. Ecker, MI; 7-L. Anthony, CA; 8-M. Wielhessen, CO; **Womens A:** 1-H. Gray, VA; 2-L. Butler, TX; 3-C. Collins, MI; 4-P. Muselman, PA; 5-L. Galloway, NY; 6-S. Huczek, MI; 7-L. Merrill, MN; 8-H. Patten, NH; **Womens B:** 1-A. Kinney, WA; 2-S. Ruhl, CO; 3-D. Westerkon, NY; 4-L. Campbell, TX; 5-S. Evans, MA; 6-S. Derdak, IN; 7-A. Boland, MT; 8-D. Bean, TX; **Womens C:** 1-B. Duncan, TN; 2-D. Leon, FL; 3-S. Rosling, MT; 4-C. Seitter, FL; 5-S. Turner, CT; 6-M. Davis, CO; 7-P. Saad, MI; 8-K. Locke, GA; **Womens D:** 1-D. Tracy, MA; 2-W. Rudov, TX; 3-N. Sloan, IN; 4-W. Raft, TX; 5-M. Reese, SC; 6-K. Roller, UT; 7-C. Staats, WA; 8-B. Vanderson, OH; **Womens Novice:** 1-B. Beveney, NY; 2-J. Bulle, NJ; 3-J. Williams, TX; 4-M. Boyer, OH; 5-S. Klein, NY; 6-S. Ross, GA; 7-C. Paoli, DE; 8-A. Angerillo, AZ; **Womens Beg.:** 1-C. Ehert, GA; 2-L. Sides, GA; 3-B. Barber, GA; 4-J. Brody, GA; 5-B. Butcher, GA; 6-C. Greene, NC; 7-M. Moore, SC; 8-L. Poulrot, SC; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-J. Quinlan, FL; 5-K. Thompson, WI; 6-J. Degutis, MI; 7-J. Koppel, TX; 8-M. Manzuri, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Quinlan, FL; 4-M. Manzuri, CA; 5-J. Hardeman, TN; 6-Jill Trachsel, MN; 7-J. Koppel, TX; 8-L.

WPRA Official Rankings

November 8, 1988

1	L. Adams	190.0
2	C. McKinney	158.8
3T	M. Drexler	105.0
3T	K. Kuhfeld	105.0
5	T. Bevelock	95.0
6T	M. O'Brien	63.8
6T	Jackie Paraiso	63.8
8	M. Lynch	48.3
9T	C. Doyle	45.0
9T	D. Fischl	45.0
11	C. McFetridge	38.3
12	L. Alvarado	30.0
13	S. Robson	28.3
14T	S. Cantu	25.0
14T	C. Evon	25.0
14T	V. Panzeri	25.0
17T	S. MacTaggart	23.3
17T	L. Porter	23.3
19T	F. Davis	20.0
19T	Joy Paraiso	20.0
21T	R. Goblish	15.0
21T	K. Langlotz	15.0
23T	J. Grimaldi	13.3
23T	R. Whitmire	13.3

Wooten, FL; **Womens 10:** 1-D. Derr, FL; 2-J. Koppel, TX; 3-S. Mattioli, MA; 4-A. Meyer, CO; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-V. Tulao, AL; 8-B. Knitter, WI; **Womens 12:** 1-A. Beugen, MI; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Boland, MT; 7-E. Icenogle, CA; 8-B. Engel, FL; **Womens 14:** 1-E. Icenogle, CA; 2-J. Spangenberg, CA; 3-B. Engel, FL; 4-A. Kinney, WA; 5-H. May, CA; 6-A. Crocker, CO; 7-D. Peterson, WI; 8-A. Simmons, FL; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-H. Gay, VA; 5-A. Melville, MN; 6-N. Sloan, IN; 7-M. Carmona, CA; 8-A. Simmons, FL; **Womens 18:** 1-D. Sibell, MN; 2-M. Gilman, OR; 3-H. Gray, VA; 4-L. Coutu, DE; 5-S. Cox, FL; 6-C. Doyle, NY; 7-A. Prentiss, NY; 8-C. Math-erly, IN; **Womens 19+:** 1-L. Ecker, MI; 2-C. Gudinas, IL; 3-K. Hallander, FL; 4-L. Anthony, CA; 5-R. Olson, MA; 6-L. Coburn, MD; 7-T. Troszak, MI; 8-L. Cardwell, MN; **Womens 25+:** 1-M. Bailey, VA; 2-M. Lyons, FL; 3-R. Petrin, UT; 4-G. Grgsby, KY; 5-C. Collins, MI; 6-L. Screeton, IN; 7-J. Llacera, MA; 8-S. Dicola, L; **Womens 30+:** 1-S. Morgan, FL; 2-B. Harrison, OH; 3-P. Clark, MN; 4-C. Shields, IL; 5-M. Bickle, PA; 6-B. Kowalski, OH; 7-D. Adams, CO; 8-B. Lesley, TN; **Womens 35+:** 1-C. Dattisnian, PA; 2-T. Hokanson, CA; 3-A. Falso, FL; 4-M. Kelley, CA; 5-M. Copley, TN; 6-F. Iffert, PA; 7-S. Armstrong, CO; 8-M. Eichorn, CO; **Womens 40+:** 1-M. Kelley, CA; 2-A. Falso, FL; 3-G. Bernham, AR; 4-G. Low, MA; 5-T. Dever, UT; 6-M. Weldin, DE; 7-A. Carvajal, TX; 8-D. Hinkin, PA; **Womens 45+:** 1-J. Schmidt, FL; 2-K. Mueller, MN; 3-M. Johnson, TX; 4-C. Lombardi, VA; 5-M. McNutt, FL; 6-S. Busch, MO; 7-J. Kenyon, FL; 8-C. Pellowski, WI; **Womens 50+:** 1-J. Kenyon, FL; 2-M. Crawford, NY; 3-K. Mueller, MN; 4-S. Elgaway, FL; 5-J. Gartland, MA; 6-L. Hunt, TX; 7-M. Walker, CA; 8-C. Ching, PA; **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.





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LETTERS TO THE EDITOR (continued from page 3)

Make Juniors Happen

I read with interest the article in the July issue of *National Racquetball* "Where have all the racquetball players gone" as written by a California court club owner.

It is high time that club owners take the responsibility for racquetball growth in their own hands and begin to search for ways to help the sport become self-propagating. For too long, the owners rode the crest of the wave of enthusiasm generated by the stupendous growth of the sport in the late 70s and early 80s.

Yes, the balls are faster now, the racquets larger, but as in the Olympic motto — faster, higher, stronger — the manufacturers have been enticed to modern technology to assist the athlete in reaching their greatest potential.

It is time that club owners stop pointing their smoking guns and work together with their state amateur associations and the Racquetball Manufacturers Association to publicize and promote the sport to the youth of America.

In Illinois, we are starting programs, on the cue from surrounding states (Iowa and Wisconsin), along with other progressive states such as Florida, which are geared for Juniors. The only way we will continue to increase participation in racquetball is with Junior programs. This is an area where club owners can be very helpful by offering Juniors half price memberships in non-prime time hours, setting up Junior leagues, again in non-prime time hours, and soliciting the grade schools, YMCAs, and youth clubs for interested participants.

We have started a youth racquetball class at the Lattof YMCA in Des Plaines, IL. We had eight youths in our first class, and we have grown to over 25 just by word of mouth. The sport, with its excitement and natural ease of learning, catches on like brush-fire — only if the wood is kindled.

Racquetball manufacturers could help in these areas as well by sponsoring Junior programs with equipment. Their efforts would be rewarded by the increase of players using their equipment time after time.

Lastly, the state associations are capable of sharing their expertise in publicity, organizing tournaments, and helping to structure programs for youth racquetball. Most states have a newsletter to inform the entire membership of the happenings in their state.

If the club owners, Racquetball Manufacturers Association, and state associations would all work together, we could

help the growth and future existence of this great sport.

Bill Roberts
President, Illinois State
Racquetball Association

Difference Of Opinion

I do not understand your dilemma about pictures of players without eyeguards. Is it not a rule that eyeguards are required for tournament play? If they do not enforce the rules of the game at a tournament, I for one do not wish to participate nor do I care to read about the tournament in the pages of your magazine.

This is not a censorship decision. Only quality tournaments enforce the rules. The others do not deserve reporting. A couple of years ago this may have been a problem, but as of December 1987 it is no longer censorship on your part, it is your responsibility to report on the game as it is played within the rules.

A player who violates the rules is not a legitimate representative of the sport.

As for the staged picture on your cover, why didn't two players who always wear eye protection wear it for the picture? This is just plain careless journalism. When you stage a picture, you are representing the sport as it should be played, within the rules!

Bruce Patnoudes
Health and P.E. Director
Benton Harbour-St. Joseph YMCA
Ed. note: Unlike players in sanctioned AARA tournaments professional players are not required to wear eyeguards. Should we refuse to give them coverage because of this? O

.....
• Don't hesitate to send
• tournament coverage,
• pictures or any rac-
• quetball related articles
• you feel will be inter-
• esting to others. We're
• sorry we are unable to
• cover every event.
• Please help us inform
• others of the exciting
• things happening in
• racquetball today!
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Association Roundup

(continued from page 53)

exciting, short hop. At this level it is believed that the server has the time, and it is her responsibility, to move out of the way so as not to create a hinder. The fly rule on the other hand, protects the server more, by forcing the receiver to be well behind the five-foot line when returning the ball.

If you have the chance, watch some pro matches, or experiment with the pro rules yourself. Differences in the rules will not hurt the sport as long as all players understand the theories behind these changes. ○

WPRT

by Jim Hiser

By the time this article is printed numerous rumors will have filtered throughout the racquetball community concerning the cancellation of the Miami Sunshine Pro-Am.

Many factors contributed to the cancellation of the event, but perhaps poor timing and inadequate planning were the major reasons for failure. Before any further explanation, it should be understood that neither Miami Lakes management nor Norm Blum had any respon-

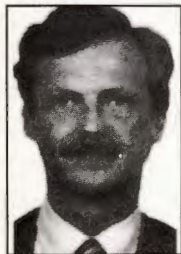
sibility for the event. The WPRT apologizes for the cancellation and accepts full responsibility for its failure.

To help understand the reasons for the cancellation a brief explanation of the history of the Florida site may clarify the situation. This year's schedule was originally organized last July and August after the RMA (former tour executives) decided to concentrate their efforts in the grassroots of racquetball. At that time the only prospects for a mens' professional tour was a "six man" exhibition tour being organized by Marty Hogan. Since this would not benefit the entire professional racquetball community, a decision was made to organize a full mens' professional tour. An independent promoter from the East Coast was convinced to commit to a \$50,000 cable television commitment and agreed to nationally publicize ten racquetball events. The only remaining problem was convincing ten tournament directors to host ten professional events. Contrary to popular belief, professional racquetball prior to this year was not a very attractive investment for sponsors. It was hoped that television and the portable court designed by Joe Garcia would change this attitude. But in July no tournament director would commit to an event until February of 1989. To initiate the new season the East Coast promoter and myself attempted to arrange and financially support the seasons first four events.

After we started the season and expended our television productions, we hoped to at-

tract new sponsors to assist both independent tournament directors and also reduce our costs. Of course many will say that unless you have full commitments for sponsorship and signed contracts, you should not schedule the event. Although we would have liked to do this, realism dictated that there would be no tournaments if we followed these guidelines. Instead we personally committed over \$75,000 to make the first half of the 1988-89 season successful. Unfortunately, the Florida event had a site problem in that we were unable to secure a site until late September. To make the event successful we needed only \$7,500. We really thought this would be no problem, but it was. Another contributing factor was the withdrawal of a major sponsor two weeks before the event and the fact that there were only 30 amateur entries on the deadline date. Since we had already invested \$61,000 in the first two events (television, prize money, etc.), we decided to not take another chance!

We apologize to the entire Florida racquetball community and to professional racquetball fans everywhere for the cancellation. I am still convinced that professional racquetball is an exciting game and an attractive vehicle which will attract national sponsorships. Unfortunately, there are some segments of the professional player community who instead of promoting and assisting with the success of a professional tour, continually attempt to destroy it. But, this is another topic for further discussion! ○



BURTON

WRPA Official Tour Schedule

10th Anniversary Season 1988-1989

December 8-11

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(714) 979-6942

TBA

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Contact: Tom DeMarco
(214) 480-0494

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February 23-26

Shawnee-at-Highpoint
1 Highpoint Drive
Chalfont, PA 18914
Contact: Molly O'Brien
(215) 822-1951

April 13-16

CoCoca Court Club
1249 Cocoa Avenue
Hershey, PA 17033
Contact: Robin Chilcoate
(717) 533-4554

May TBA

RiverBend Athletic Club
2201 East Loop 820 North
Fort Worth, TX 76118
Contact: Mary Pat Morris
(817) 284-3353



The Avoidable Injury

(continued from page 15)

plantar fasciitis or heel spur syndrome. This usually happens because of extensive flattening of the feet in the wrong type of shoes. With the increased stretching of the arch of the foot experienced during racquetball, including the quick stop and start motions, there is increased stress place on the fibrous band of tissue (*plan-tar fascia*) that support the arch of your foot. This tendon can become so inflamed that it starts tearing away from its attachment at the heel, causing the formation of a heel spur. Usually ice, use of heel cups and/or corrective arch supports are enough to alleviate the pain. If it still continues, your sports medicine specialist should be consulted for appropriate treatment.

In general, injuries, acute or chronic, are a very big part of every sport. Each athletic activity has its own specific variety of injuries — as you can see, racquetball is no exception.

If you have a racquetball related injury question you would like Dr. Ross to address, you may send it directly to: Dr. Paul Ross, 8218 Wisconsin Avenue, Bethesda, MD 20814. Dr. Ross is Medical Editor of National Racquetball Magazine, Podiatric Consultant, National Institutes of Health and is a member of Courts Royal.

Ask The Playing Editors

(continued from page 10)

losing, or the frightening noise your car makes when you rev the motor, are all things which have nothing to do with the one thing that is important on the court — your racquetball. Think about your next shot or the next rally and focus on the game at hand. After the game you can worry about the other things.

If you feel yourself losing intensity or concentration, call a timeout. Halt the game! Get a drink of water or stand in the corner, but collect your thoughts. Ask yourself the important question — why are you beginning to lose? If your opponent is doing something which is hurting your game, change your strategy or your shot selection. Change a losing game plan!

Finally, remember that matches usually flow in trends. When you stop playing well, it may be your fault, or it may be that your opponent is playing very well and putting pressure on you. Sometimes when you begin to miss, instead of blaming a lack of intensity, give some credit to your opponent. Then figure out a way to being winning again!

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PASSING SHOTS

by Norm Blum



IKME, ARY — For you Jumble Word experts, that's **Mike Ray**, the tall, lanky pro from Georgia. Always the individualist, **Ray** had his name printed in a cutesy block lettering on the back of his shirts that is almost impossible to decipher. "Too cerebral for you, **Norm**?" asks **Mike**. Perhaps. All I know is if I were a graphic artist, I'd be pounding on his door with portfolio in hand.

NERVES — **Patti Moise** knows how to handle pressure. She was the first woman to finish the Daytona 500 in many years and is considered one of the top up-and-coming drivers in the nation. She plays racquetball twice a week and recently began taking lessons. Her instructor, **Curtis Winter**, a top player in Jacksonville, FL, noticed she was extremely nervous her first couple of lessons.

Moise had read about **Winter** in the local papers and here she was on the court with that very instructor. "It's kind of like being on the track with **Richard Petty** for the first time," **Moise** said.

EYESAVING WEEKEND — Eyeguards were literally a sight for sore eyes at the 1988 Southeastern Regional Doubles. Here was the tournament injury report: Three direct (in eye) hits but no permanent damage; two black eyes; four stitches in a chin (it could have been the eye); and two direct hits to the side of the eye with a few minor cuts to the nose and cheek areas. It could have been worse without the AARA eyeguard rule.

POTPOURRI — Darts to the *Chicago Tribune* for not covering a recent women's pro stop in its own backyard at The Glass Court in Lombard, IL. The least the paper could have done was print the results in small type... **Dot Fischl**, who graced *National Racquetball's* centerfold, is a sales representative for Fin Racquets... **Molly O'Brien** who hustled sponsorships by finding individuals to donate monies, is looking beyond herself. She started her own marketing firm and hopes to run four women's stops on the East Coast for 1988-89... My computer expert hasn't given it a thorough going over, but there's a new software package that will mean less burnout for tournament directors. The program can schedule 200 people in a tournament in less than two minutes, a function that usually takes several hours!... I don't usually carry a dustbuster in my gym bag, but I wish I

did. At one club I played there was six inches of dust on the front wall. "If the dust flies you can tell if the ball skipped," said the tournament director... A ceiling shot is like a roll-out... It's not uncommon for top players to agree to split the money when \$1,000 is for first place and \$500 for second. Each player goes home with \$750. That isn't right but there's not much you can do to prevent it... The pressure will be on next year. Ektelon reports sales have never been better. In the corporate world you can't rest on your laurels.

Observation from the International Racquet Sports Association show in Chicago at which *National Racquetball Magazine* had a booth. I met several club owners who asked about programs that they can run in their club. Someone in the industry should have such information readily available.

Oregon, one of the nation's racquetball hotbeds, is near the bottom in AARA memberships. A meeting between the AARA and Oregon Racquetball Association failed to patch the differences... Without sounding self serving, is there a better holiday gift than *National Racquetball Magazine*?... I've lost so much weight (12 pounds) that I now overrun the ball... **Carol Kopf**, account executive for Corroon & Black of Livonia, MI is selling group insurance programs for clubs that belong to the International Racquet Sports Association. Hopefully such benefits will encourage employees to stay and not job hop every two months...

POTPOURRI PART II — Former *National Racquetball* Editor **Chuck Leve**, now with IRSA, receives some kidding from his associates. Apparently one staff person saw a Boston subway rider reading a racquetball book he authored. Whenever someone asks **Chuck** a racquetball question the staffer quips: "Sure, he knows, he wrote the book." ... Take me to the shed and whip me ten times. When the 16th ranked women's pro introduced herself to me I had no earthly idea who she was... Luxury is having an indoor court at your house... An ad for a resort at the Poconos, one of America's honeymoon hotspots, shows the honeymooners playing racquetball. I wonder how often the court is used... Racquetball players are either very

wealthy or are good liars. Early reports from a *National Racquetball Magazine* survey of its readers indicate the players make big bucks... **Cliff Swain**, who recently signed a new contract with Ektelon, wore Ektelon clothing but used a Burt racquet at a pro stop in Davison, MI, and at an invitational in Oregon. There's no scandal. He was given permission by Ektelon to take some time in making the transition from the Burt to the Ektelon racquet.

The first thing I look for in a racquet is the cover. I can easily be swayed by a sharp-looking cover... You can spot a veteran by his gym bag. If it looks like it's been through the combat zone, then you know your opponent is an experienced player... **Dot Fischl** and **Kaye Kuhfeld** had an exciting Chicago dining experience. They witnessed a drug bust only yards away from their restaurant.

One of the more relaxing and beautiful tournament sites in the nation has to be Hilton Head Island, South Carolina. There isn't a big billboard on the whole island... According to industry sources, over-size bags are becoming prevalent in today's market. They are 25 to 50 percent bigger than bags from 10 years ago and depending on how you pack, you can fit up to three frames and two to three weeks of clothing... An up and coming player who is seeking sponsors, needs about \$4,500 in order to travel to 10 pro stops... In the finals of the first televised pro stop between Marty Hogan and Bret Harnett, both wore shirts with the name Marty Hogan Racquetball. A viewer who just tuned in didn't know who was who... I read where Mickey Mantle had a baseball in his crib when he was an infant. I relayed that story to my wife and before I could get out the next sentence she read my mind and nixed the idea of a racquet in the crib of our baby, expected next month. I tried.

THINGS I LIKE — Playing in a tournament when your starting time for the first round is after 9:00 a.m. Saturday, being in shape to play five tournament matches in one day and knowing graceful losers.

THINGS I DISLIKE — Dieting so much that you're too weak to play racquetball, players who scream for minutes after they get hit by a ball and tournament food that is high in cholesterol and calories.

One last passing shot: Have a safe and joyous holiday season! ○

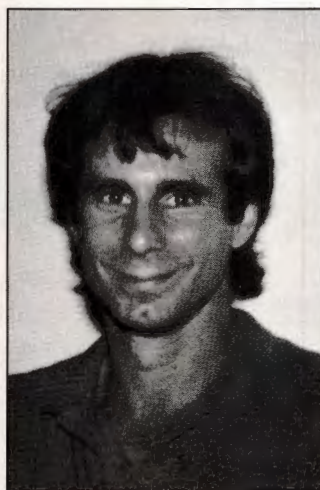


**IN
REVIEW**
Editor: Linda Mojer

FROM THE PRESIDENT

by Van Dubolsky

Exhibiting America's very best racquetball skills to the world, the U.S. National Racquetball Team was extremely successful in its bid for another World Championship in Hamburg, Germany this past August. The team captured the women's team title, and the combined men's and women's team award, but lost the men's team title to Canada. The U.S. also secured three out of four individual titles with wins by Andy Roberts over Ruben Gonzalez in Men's Singles; Trina Rasmussen/Diane Green in Women's Doubles against Canada's best; and Doug Ganim/Dan Obremski over the Canadians in Men's Doubles. While you can be truly proud of your team and the gold they brought home — you might also consider the cost of the venture.



What you may not know is that the AARA Board does not earmark any general funds for the U.S. Team. All general funds are distributed for grassroots development of the sport.

The trip to the World Championships, and a subsequent exhibition in Barcelona ("auditioning" for the 1992 Olympic Games), was extremely expensive, especially in light of the dollar's drop on the international currency exchange. Our goal is to raise \$20,000 by the end of the year, just to break even.

We are asking that each state affiliate of the AARA consider designating one of its regularly scheduled tournaments as a "team fund-raiser." By contacting your state director to ask about this possibility, you can make just as important a contribution to gaining world-class status for racquetball as the athletes of the team themselves. Each AARA member has an impact, and can play a major part in having the U.S. remain number one in the world.

If every state association ran one tournament per year as a team fund-raiser, future teams would never again need to worry about being able to participate in international events. We need that assurance and consistency if we hope to continue to set the standard of racquetball excellence on a global scale.

Please try to establish the issue of U.S. Team support as one of the top priorities of your state association in 1989. O



REGIONAL REPORTS

Region Four Report: Florida, Georgia, North & South Carolina

"The More the Merrier"

by Linda Mojer

By summer's end it's practically impossible to find any less than four players occupying court space in Florida. In rapid succession, State, Regional and National Doubles Championships highlight the tournament calendar, and local warm-ups offer practice opportunities to long-established and untested teams in the weeks preceding these end-of-season events.



Linda Mojer

Florida State Doubles Championships

In spite of the approach of Hurricane Gilbert, over a hundred teams took to the courts of the Sarasota Bath and Racquet Club in late August. Handled by experienced director Charlie Nichols, Lara and Judi Schmidt, the tournament ran very close to schedule and players were kept happy and well fed for the duration.

One of the newer teams to dazzle spectators on this particular weekend was the Men's Open match-up of Terry Fluharty and Paul Owens. The vastly differing styles of these outstanding singles players seemed to be perfectly balanced — with Terry going all-out for spectacular "airborne" retrievals while Paul waited patiently for the occasional passing shot which he proceeded to roll out again and again. With that game plan, the two burst out of the starting gate against south Florida's Oscar Alvarez and Jimmy Alvarado, then followed up with an equally impressive quarter final win over John Schneider and Jason Waggoner. Fluharty and Owens ran out of steam, however, and could not get past #1 seeded Tim Hansen and Sergio Gonzalez in the semifinal.

Curtis Winter and left-hander Glenn Warren also made a commanding debut as a team at States, defeating Vinnie Ganley and Randy Pfahler to reach the semifinals against #2 seeds Mark Morrison and Charlie Nichols. In spite of excellent shot-making by Warren and the acrobatics we've come to love from Winter, the untested Jacksonville team could not keep Morrison and Nichols from setting up a repeat of their Sunshine State Game final against Hansen and Gonzalez.

In the final, game two was the one to watch. After losing to Tim and Sergio 15-8 in the first, Mark and Charlie pulled out all the stops to amaze an appreciative crowd. The occasional signal got crossed and Morrison at one point virtually climbed up and over his partner to retrieve a shot. At the same time, Charlie put his foot speed into overdrive and kept a series of shots in play that anyone else would have surrendered as soon as they were hit. The score

of the second game was a close 15-12, but the tiebreaker ended swiftly in an 11-1 win for Hansen and Gonzalez.

The Women's Open division also attracted "new and improved" teams made up of Florida's most talented female singles players. Inches taller than the last time they played together, Amy Simonetta and Hannah Spector tickled their long-time coach Judi Schmidt by relying on memory to execute shots they had obviously forgotten since their last tournament. The two youngsters first recalled how to get their racquets up, then amazed themselves with pinch, pass and ceiling shots that came out winners. Despite being "rusty", they made a fine showing in their first round against Linda Diamond and Diane Fields, then made an inspired but unsuccessful bid against first-time partners Julie Pinnell and Martha McDonald in the semifinal round.

In the upper half of the draw, top-seeded Mary Lyons and Susan Morgan earned the draw's only bye, then made fairly quick work of Brenda Grossnickel and Kersten Hallander to reach the final against Pinnell and McDonald. Once on the court, many years of court experience as doubles partners gave the edge to Lyons and Morgan, who captured the 1988 state title with game wins of 15-14, 15-11.

Proving that mixed doubles is becoming more and more popular in Florida, the Mixed Open draw rounded out nicely with a total of sixteen teams representing every part of the state. Martha and Greg McDonald headed the list of seeded teams, followed by Susan Morgan/Curtis Winter, Kersten Hallander/Jason Waggoner and Diane Green/Charlie Nichols. Even though she had only just returned from the World Games in Germany, Diane Green was able to do her part in reaching the finals against Morgan and Winter. From there, she and Charlie continued their winning ways to take the match 15-10, 15-11.

Other noteworthy wins at the state level included a grueling five-round trek by Manuel Shaw and Jeff Stanifer in Men's C, (winning a tiebreaker against Tom Rogers and Rick Tesar with scores of 8-15, 15-11, 11-4); a four-match run by Randy Enos and Marc Landau in Men's B (defeating Davis Steward and Marshall Weiner 12-15, 15-9, 11-9); and another four rounds for Scott Consoli and Kevin Gallagher in Men's A (taking the title from Donny Morrow and Gary Weinzierl in straight games of 15-10, 15-10).

1988 State Doubles Championships

MO: Tim Hansen/Sergio Gonzalez d. Charlie Nichols/Mark Morrison
MA: Scott Consoli/Kevin Gallagher d. Donnie Morrow/Gary Weinzierl
MB: Randy Enos/Marc Landau d. David Stewart/Marshall Weiner
MC: Manuel Shaw/Jeff Stanifer d. Tom Rogers/Rick Tesar
M19: Charlie Nichols/Curtis Winter d. Brent Huber/John Schneider
M25: Tim Hansen/Sergio Gonzalez d. Mark Klusza/John Scargle
M30: Mark Morrison/Gary Harrell d. Greg McDonald/Martha McDonald
30B: Mike Smith/Marshall Weiner d. Bill Jotham/Pat Jotham



M35: Van Dubolsky/Joe Icaza d. Don Alt/Leo Marsocci
35B: Richard Dellanini/Mark Tyre d. Dave Beck/Mike Thibodeau
M40: Charlie Behar/Leo Marsocci d. Mario Ariet/Graig Shaak
40B: Jim Thomas/Mike Wolf d. Pat Powers/Eric Robertson
M45: John Ross/Fred White d. Mario Ariet/Graig Shaak
M50: Frank Shumer/Al Winter d. Lou Biltz/Don Woodington
M55: Don Alt/Don Woodington d. Herb Nathan/Malcolm Roberts
M60: Malcolm Roberts/Nick Sans d. Ed Busigo/Casey Ganter
MXO: Diane Green/Charlie Nichols d. Susan Morgan/Curtis Winter
MXA: Jo Kenyon/Ken Green d. Mike Smith/Linda Mojer
MXB: Britt Engel/Chris Conway d. Marilyn Buffum/Teddy Koukoulis
MXC: Sue Nurczyk/Gary Nurczyk d. Amanda Simmons/Paul Haines
WO: Mary Lyons/Susan Morgan d. Julie Pinnell/Martha McDonald
WA: Lynn Balthazor/Jo Kenyon d. Marilyn Buffum/Casey Kisner
WB: Rachel Smith/Rena Baer d. Sharon Budnik/Casey Kisner
W25: Barbara Simmons/Carol Olivieri d. Chris Collins/Jane Fontaine
W30: Barbara Simmons/Jan Smith d. Lois Breneman/Carol Olivieri
W35: Lois Breneman/Jan Smith d. Theresa Chaffin/Cindy McManamon
B10: Mark Hurst/John Stanford d. Jody Friedman/Frank Quinlan
B12: Steve Quinlan/Ryan Smith d. Mark Hurst/John Stanford
B14: Allan Engel/Jay Hamilton d. Derek Newcomer/Jason Agriesti

Region Four Championships

Only one month later, these same titlists were at it again, this time pitting themselves against other state contenders as well as hopefuls from the remaining Region Four states of Georgia, North and South Carolina. Switching Florida coasts, the Regionals were hosted by RacquetPower in Jacksonville, where over 250 players enjoyed a full weekend of fine hospitality and excellent doubles action, run by the well-seasoned "tournament directors tag-team" of Mary Lyons, Susan Morgan and Curtis Winter.

With Sergio Gonzalez studying hard at Memphis State University and Charlie Nichols at Cal State/Sacramento since early September, Tim Hansen and Mark Morrison were forced to choose first-rate replacements for the Men's Open. Fred Calabrese fit the left-side bill for Hansen, while Brent Huber took up position to Morrison's right.

These pair-ups turned out to be just as successful as the originals, and the two top-seeded pairs reached the finals after three rounds of play, as expected. On their way, Hansen and Calabrese defeated Mike Peyton/Brian Phillips in straight games of 15-9, 15-7 and won an 11-3 tiebreaker against Oscar Alvarez/Jimmy Alvarado. In the lower half of the draw, Morrison and Huber advanced against Mike Hartman/David Woody before closing Curtis Winter/Glenn Warren out of the final with a straight game win of 15-12, 15-4. On Sunday, Hansen and Calabrese were calm, direct and deliberate in their capture of the regional title,

winning it in two games of 15-9, 15-11.

Another shake-up among the Women's Open doubles players affected all but the top-seeded team of Susan Morgan and Mary Lyons, who breezed into the final past Pam Goddard and Angie Gurley with a match win of 15-4, 15-1. Martha McDonald and Kersten Hallander were placed in the #2 slot and reached the final by defeating Lori Basch/Brenda Grossnickel 15-5, 15-9. In the final, Morgan/Lyons got an early lead by winning the first game 15-1. McDonald/Hallander then returned the favor by taking the second 15-5. In the tiebreaker, Susan and Mary took their turn to heart with a definitive title win of 11-0.

The remaining women's skill divisions attracted larger numbers of players than the State championship had, making regional title wins even harder to achieve. Tiebreaker finals were the order of the day: Debby Mayer and Debbie Revis defeated the south Florida team of Jo Kenyon/Lynne Balthazor in Women's A with scores of 10-15, 15-12, 11-4; Beverly Dill and Laura Klemeyer won Women's B over Kim Baran/Rachel Smith 11-15, 15-10, 11-4; and Kim Yedinak/Lisa Blanchard warmed up to an 8-15, 15-5, 11-2 win over Terri Costill/Patti Cromwell in Women's C.

1988 Region Four Doubles Championships

MO: Freddie Calabrese/Tim Hansen d. Brent Huber/Mark Morrison
MA: Craig Farrand/Ed Scott d. Robert Borges/Gene Rodriguez
MB: Randy Enos/Marc Landau d. John Collison/Marshall Weiner
MC: David Gassaway/Mike Patterson d. Gary Blawn/Matt Hawkins
M19: Glenn Warren/Curtis Winter d. Freddie Calabrese/Tim Hansen
M25: Vinnie Ganley/Randy Pfahler d. Paul Owens/Mike Reynolds
M30: Mark Morrison/Gary Harrell d. Van Dubolsky/Randy Pfahler
30B: Dave Beck/James Dale d. Dan Bleich/Ray Long
M35: Mitt Layton/Mark Sanford d. Steve Chapman/Leo Marsocci
M40: Graig Shaak/Roger Wherle d. Mario Ariet/Ed Morales
40B: Mike Richardson/Butch Thoerner d. Harvey Sussman/Steve Ussach
M45: Graig Shaak/Roger Wherle d. Joe Schmalzried/Sam Sprout
M50: Frank Shumer/Al Winter d. Don Alt/Don Woodington
M55: Don Alt/Don Woodington d. Robert Harper/Mike Mojer
M60: Malcolm Roberts/Nick Sans d. Yale Berman/Jack Stones
MXO: Mary Lyons/Aaron Metcalf d. Susan Morgan/Brian Phillips
MXA: Martha LaFata/Rito Rodriguez d. Jo Kenyon/Kenny Green
MXB: Beverly Dill/David Stewart d. Casey Kisner/Tony Zizzo
MXC: Chuck Gorman/Judi Pollack d. Stacey Droboty/Kirk Rocke
WO: Mary Lyons/Susan Morgan d. Kersten Hallander/Martha McDonald
WA: Debby Mayer/Debbie Revis d. Lynn Balthazor/Jo Kenyon
WB: Beverly Dill/Laura Kleimeyer d. Kim Baran/Rachel Smith
WC: Lisa Blanchard/Kim Yedinak d. Terri Costill/Patti Cromwell
W30: Agatha Falso/Eileen Tuckman d. Pam Goddard/Angie Gurley
W35: Faith Murray/Mary Jo Murray d. Meg Ripley/Dorothy Ross O



OUT OF THE PAST

by John Mooney

As you may have guessed from our series of "Out of the Past" articles over the past year, a lot has happened in the short 20-year history of racquetball. We have attempted to share a bit of nostalgia and tradition with you through articles on racquetball history, past champions, Hall of Famers and lifetime members. I would like to thank all the readers who expressed their appreciation for these glimpses of the sport — we appreciate being appreciated! To round out our twentieth anniversary year, let's briefly recap the historical events of each of those twenty years:

- 1968** First Gut Strung Racquet National Championships.
Joe Sobek turns reins of racquetball over to Robert Kendler.
Bill Schultz wins first Open Division National Championship.
- 1969** Paddle racquets name changed to racquetball.
International Racquetball Association incorporated.
Bud Muehleisen wins Open at Nationals in St. Louis.
Ken Porco becomes Executive Secretary.
- 1970** First metal racquet introduced by Bud Held and Ektelon.
Craig Finger wins Men's Open Division in St. Louis.
Robert Kendler is elected President of IRA.
- 1971** Bill Schmidke wins Men's Open at Salt Lake City.
Jan Pasternak wins Women's Open at Salt Lake City.
- 1972** Inaugural issue of Racquetball Magazine (November).
First Pro Tour formed.
Chuck Leve joins IRA as Executive Secretary.
Charlie Brumfield wins Men's Open at Memphis, TN.
Jan Pasternak wins Women's Open at Memphis, TN.
- 1973** Robert Kendler leaves IRA and forms National Racquetball Club.
DeWitt Shy becomes IRA President.
Myron Roderick becomes Executive Director of IRA.
Charlie Brumfield wins Men's Open Division at St. Louis.
Peggy Steding wins Women's Open Division at St. Louis.
New age groups established in Juniors, Masters, and Golden Masters.
- 1974** Board requires all players in sanctioned tournaments to be IRA members.
First National three-wall tourney at Orange Coast College, Costa Mesa, CA.
Joe Sobek and Bud Muehleisen inducted as charter members of Racquetball Hall of Fame.
Bill Schmidke wins Men's Open Singles at San Diego.
Peggy Steding won the Open Women's Championship.
IRA holds first pro tournament.
- 1975** Tom McKie becomes executive director of IRA.
IRA offices move to Memphis, TN.
Official IRA patch issued.
Muehleisen, Porco and Sellers leave board after five years.
Canadian Wayne Bowes wins Men's International Open Singles.
Peggy Steding wins the Women's Open Singles.
- 1976** USRA founded as rival amateur organization.
William Tanner takes over as president of IRA.
Joe Wirkus wins Men's Open Singles in Chattanooga, TN.
Sarah Green wins Women's Open Singles in Chattanooga, TN.
IRA Headquarters moves to Dallas, TX.
IRA experiments with 15 point game.
- 1977** Racquetball becomes the rage in the U.S.A.
Jerry Zuckerman wins the Men's Open Singles at Southfield, MI.
Karin Walton wins the Women's Open Singles at Southfield, MI.
Seamco 444 becomes the official IRA racquetball.
Tom McKie resigns as executive director of IRA.
IRA Headquarters moves back to Memphis, TN.
- 1978** IRA reorganized at Denver Nationals.
Luke St. Onge takes over as new executive director.
Bob Folsom becomes president of IRA and new era begins.
Lindsey Meyers wins Men's Open Singles at Denver, CO.
Hope Weisbach wins Women's Open Singles at Denver, CO.
- 1979** Open ball policy adopted.
International Amateur Racquetball Federation is founded by 13 countries.
IRA changes name to American Amateur Racquetball Association.
AARA applies for membership in the United States Olympic Committee.
16-year-old, John Eggerman, wins Men's Open Singles in Las Vegas.
Sheryl Ambler wins the Women's Open Singles in Las Vegas.
- 1980** Keith Calkins becomes President of AARA.
Han van der Heijden, of Holland, becomes President of IARF.
Ed Andrews wins Men's Open Nationals in Miami.
Carol Frenck wins Women's Open Singles in Miami.
- 1981** Racquetball accepted in World Games and U.S.A. wins title over six countries.
U.S.A. wins first World Championships in Santa Clara, CA.
Cindy Baxter wins Women's Open Singles in Boise, ID.
Ed Andrews wins Men's Open Singles in Boise, ID.
- 1982** AARA accepted as member of the United States Olympic Committee.
AARA votes to move offices from Memphis to Colorado Springs.
Jack Newman wins Men's Open Singles in Buffalo, NY.
Diane Green wins Women's Open Singles in Buffalo, NY.
Ike Gumer and Gene Grapes inducted into AARA Hall of Fame.
- 1983** AARA moves to Colorado Springs and the USOC.
U.S.A. dominates first IARF Regional Games in California.
First wheelchair camp held at Nationals.
U.S. National Team travels outside the United States to Pan Am's in Costa Rica.
Dan Ferris wins Men's Open Singles in Houston, TX.
Cindy Baxter wins Women's Open Singles in Houston, TX.
- 1984** First National Elite Training Camp held at Olympic Training Center.



FIRST WOMEN MASTERS NATIONAL INVITATIONAL

by Mary Walker

Dan Ferris wins Men's Open Singles in Houston, TX.

Marci Drexler wins Women's Open Singles in Houston, TX.

U.S. National Team dominates World Games qualifying competition in Quito, Ecuador.

U.S.A. wins World Championships featuring 13 countries in Sacramento, CA.

1985 Racquetball is recognized by International Olympic Committee for future programs of the Olympic Games.

U.S.A. wins World Games II in London, England.

Ed Andrews wins Men's Open Singles in Houston, TX.

Cindy Baxter wins Women's Open Singles in Houston, TX.

1986 U.S. National Team tours Japan and Korea on Goodwill Tour.

U.S.A. shares World title with Canada at III World Championships, featuring 20 countries, in Orlando, FL.

Ed Andrews wins Men's Open Singles in Houston, TX.

Cindy Baxter wins Women's Open Singles in Houston, TX.

1987 U.S. National Team tours European countries on Goodwill Tour.

U.S. National Team wins 2nd Tournament of the Americas featuring 14 countries in Caracas, Venezuela.

U.S. wins Pan American Championships at United States Olympic Training Center in Colorado Springs.

Jim Cascio wins Men's Open Singles in Houston, TX.

Diane Green wins Women's Open Singles in Houston, TX.

1988 Racquetball accepted for inclusion in the Olympic Sports Festival in Oklahoma City in 1989.

U.S. Team wins World Championships in Hamburg, Germany.

U.S. Team wins 3rd Tournament of the Americas in Santa Cruz, Bolivia.

First High School Nationals held in Indianapolis, IN: Holly Gray (VA) and Jim Floyd (MI) win 1st High School Championships.

Andy Roberts wins Men's Open Singles in Houston, TX.

Toni Bevelock wins Women's Open Singles in Houston, TX ○

The question: How did a middle-aged California grandmother and housewife (with no previous experience) come to direct a level-five national racquetball tournament? The answer: She certainly didn't volunteer! She was chosen by her husband, Bill and Luke St. Onge, executive director of the AARA.

On the other hand, once the shock wore off, I didn't find the idea too farfetched. Women have had no voice on the Master's Council, and never before had an AARA-sanctioned senior women's tournament been staged on a national level. These two guys had presented an irresistible challenge.

It was the players though, who came from the four corners of the country, that really made the tournament work. They readily became interwoven with the three threads running through the tapestry of the event: fellowship, fun and good, competitive racquetball.

Instead of the familiar "lose and you're history" tournament, the first Women's National Masters Invitational (held in conjunction with the Men's 40+ North American Championships in September) introduced the concept of a racquetball vacation using a self-officiated, round-robin format.

Boy, did it work! Of the almost 1,500 matches played, only one necessitated arbitration (and was still settled amicably), and there were zero complaints about not getting enough racquetball. The self-officiated format proved that you can have intense competition without arguments or cheating. You go out onto the court, proceed to rip your opponent's doors off and be friends when the match is finished. And you don't have the thankless job of immediately refereeing in sweaty clothes when you'd rather be relaxing in the Jacuzzi.

And how's this for fellowship? Each entrant received an Ektelon touring pro bag. Fredina Iffert, who won the 35-39 division, expressed a desire to buy an extra bag but was informed there were none remaining. Texan Steve Barre overheard the conversation and, sensing Fredina's disappointment, gave her his.

And this: Edith Withey wanted to bring a shirt home to Michigan that had "Albuquerque" imprinted on it, but was unable to purchase one at the club where the tournament was held. Damien Jelso, a local tournament committee member, reached into his bag, pulled out an "Al-

buquerque" shirt and gave it to the delighted Edith. So what if it was an extra large? It was the thought that counted, and it'll make a great nightshirt.

Or this: Ann Westphal of Oregon admired the shoes of California's Amalia Pineros and asked where they were purchased so she might buy a pair for herself. The following day a package was delivered to Ann's hotel room. Inside the package were the very same shoes, a gift from Amalia.

Although the payoffs weren't of the material kind, the people involved in putting on the tournament got an elementary lesson in a simple principle: to receive, all you have to do is give. It seemed almost conspiratorial on the part of the players. The more they complimented the committee members, the harder the committee members tried to please them. At the same time, the players cheerfully helped out — serving lunches, sharing rides, distributing gifts and finally presenting the U.S. National Racquetball Team with some \$2,000 in proceeds from the post-banquet auction.

Virtually all the feedback was positive, and the few glitches (don't all events have them?) were noticed only by the perfectionists who governed the tournament itself. Most of the players made on-the-spot commitments to return next year, pledging to spread the word in their home clubs.

There is a good possibility that this tournament, now ranked second only to the Nationals for points rankings, will go "international" in 1989. How would you like to compete against women your own age from other countries, and develop lasting friendships with players from places like Costa Rica and Ireland? Sounds exciting, doesn't it?

It's not too early to begin planning for the Second Women's National Master's Invitational by marking off the week of Labor Day. We also hope to schedule more social activities in keeping with the "racquetball vacation" concept.

Please send me your name and address if you would like more information regarding the tournament. I'd also like to hear any suggestions about how to make the tournament better, or if you have moved or are planning to (so we can keep our mailing list current). You are important. This is your tournament. I want to hear from you. Mary Walker, 22346 Hartland Street, Canoga Park, CA 91303, (818) 340-4820.



SCHEDULE OF EVENTS

December 1-4

Swingers 88
International Athletic Club
1630 Welton Street
Denver, CO 80202
Dan Tauriello
303-623-2100

December 1-4

8th Annual Holiday Open
Du Page Racquet &
Health Club
475 South grace
Addison, IL 60101
Diane Dearmas
312-543-9200

December 2-4

AMAX Coal/American
Heart Association
Campbell Recreation
Center
1000 Douglas Highway
Gillette, WY 82716
Jim Crisp
307-682-7406

December 2-4

Cocoa Cola/American
Diabetes
Memphis Supreme Courts
2611 South Mendenhall
Memphis, TN 38118
Rob Richey
901-755-5990

December 2-4

Holiday Classic
Southern Athletic Club
754 Beaverruin Road
Lilburn, GA 30247
Vicki Luque
404-923-5400

December 2-4

Holiday Tournament
Davison Racquet &
Fitness Club
G-2140 Fairway
Davison, MI 48423
Randy Minto

313-653-9602

December 2-4

South Jersey Shootout
All Pro Fitness &
Racquet Club
165 Old Kings Highway
Maple Shade, NJ 08052

December 3-5

Dazzling December III
South Florida
Racquetball Club
5555 Ravenswood Road
Ft. Lauderdale, FL 33312
Eva Russell
303-923-8631

December 6-10

Deseret Open
Deseret Gym Open
161 North Main Street
Salt Lake City, UT 84103
Lou Rasmussen
801-359-3911

December 8-10

Washington Centennial
Games - Region 2
Spokane Club
W1002 Riverside Avenue
Spokane, WA 99201
John Egerman
509-459-4571

December 9-11

INSRA State Doubles
The Court Club
3455 Harper Road
Indianapolis, IN 46240
Mike Labonne
317-255-7730

December 9-11

Michigan Super Seven #3
Michigan Athletic Club
2500 Burton Street SE
Grand Rapids, MI 49506
Jim Hiser
313-653-5999

December 9-11

PCCC Open
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young
302-239-6688

December 9-11

Dave Hawkins Memorial
Tacoma Athletic Club
2228 S. 78th Street
Tacoma, WA 98409
Sid Williams
206-473-2266

December 9-11

Youth For Christ
Casper Wyoming
Racquet Club
455 Thelma Drive
Casper, WY 82609
Loni Westby
307-265-6928

December 9-11

4th Annual 1st Coast
Classic
Racquetpower
3390 Kori Road
Jacksonville, FL 32217
Mary Lyons
904-268-8888

December 9-11

Bud Light Vermont Pro/Am
The Racquet's Edge
Essex Junction, VT
Bill Burnett
39 Lamoille River Road
Milton, VT 05468
802-893-7077

December 15-19

Highline Athletic Club
10 West Dry Creek Court
Littleton, CO 80121
Mark Cassidy
303-794-3000

December 15-18

Holiday Open
Highline Athletic Club
10 West Dry Creek Ct.
Littleton, CO 80121
Mark Cassidy
303-794-3000

December 16-18

Christmas Double Up
Clinton Racquet Club
35700 Groesbeck
Mt. Clemens, MI 48043
Jerry Eldred/John Brennan
313-771-6872

December 16-18

Greenleaf Grand
Opening Blast
The Club At
Greenleaf Woods
Greenleaf Wood Drive
Portsmouth, NH 03801
Dale Bennett
603-436-6664

December 18-22

Junior Orange Bowl
Miami Lakes Athletic Club
33014 Main Street
Miami Lakes, FL 33014

January 5-8

11th Annual Coors Light
Open
Sports Courts Health Club
4812 S. 114th Street
Omaha, NE 68137
Penny Missirlan
402-339-0410

January 6-8

Bud Light/WCGY Open
Salem Racquetball &
Health Club
Manor Parkway
Salem, NH 03079
Al Parchuck
603-893-8612



SCHEDULE OF EVENTS

January 6-8

Coors Light Racquetball Series
Aquarius Athletic Club
Toledo, OH 43601
614-548-4188

January 6-8

RC Classic
Elks Athletic Club
P.O. Box 428
Kalispell, MT 59901

January 6-8

Jacksonville Athletic Club
6651 Crestline Drive
Jacksonville, FL 32211

January 6-8

11th Indy Open
Indiana Athletic Club
411 S. Harbour Drive
Noblesville, IN 46060
Jack Fogle
317-776-0224

January 10-14

Town & Country Open
Town & Country
Racquet Club
2250 South 800 West
Woods Cross, UT 84087
801-298-3231

January 12-14

Newington Open
New England Health &
Racquet Club At
Newington
375 East Cedar Street
Newington, CT 06111
Edward Mazur
203-563-1491

January 12-15

11th Annual DAC
Invitational
Denver Athletic Club
1325 Glenarm Place
Denver, CO 80204

Steve Holzapfel
303-534-1211

January 13-15

Alamance Open
Alamance Racquet & Fitness Club
607 Alamance Road
Burlington, NC 27215
Sue Cumpston
919-227-6565

January 13-14

Broadwater Classic
Broadwater Athletic Club
4920 Highway 12 West
Helena, MT 59601

January 13-15

Cystic Fibrosis Open
Colonie Court Club
444 Sand Creek Road
Albany, NY 12211
Barry Russell/John Martin
518-459-4444

January 13-15

Delaware State Singles
Branmar Racquet Club
1812 Marsh Road
Wilmington, DE 19810
Dario Mas
302-475-2125

January 13-15

Dyna-Jet
Campbell Recreation
Center
Gillette, WY 82716
Jim Crisp
307-682-7406

January 13-15

Gail Singer Memorial
Open
Manchester Court Club
1 Leclerc Circle
Manchester, NH 03101
Pam & Allen Wright
603-668-8375

January 13-15

Michigan Super Seven #4
Ann Arbor Court Club
2875 Boardwalk
Ann Arbor, MI 48104
Jim Hiser
313-653-5999

January 13-15

Revie Sorey Celebrity
Classic
Glass Court Swim &
Fitness
830 East Roosevelt Road
Lombard, IL 60148
Anita Efron
312-474-2440

January 13-15

4th Annual Ball Buster
Invitational
Capitol Courts
3759 Gross Circle
Carson City, NV 89701
Ron Percivalle
702-882-9566

January 13-15

5th Annual Bud Light
Cash Clash
Ohio Valley Health &
Racquet Club
St. Clairsville, OH 43950
614-695-3055

January 19-21

Briargate Singles
Lynmar Racquet &
Health Club
2660 Vickers Drive
Colorado Springs, CO
80918
Pete Dean
719-578-4069

STATE RANKINGS

August 30, 1988

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



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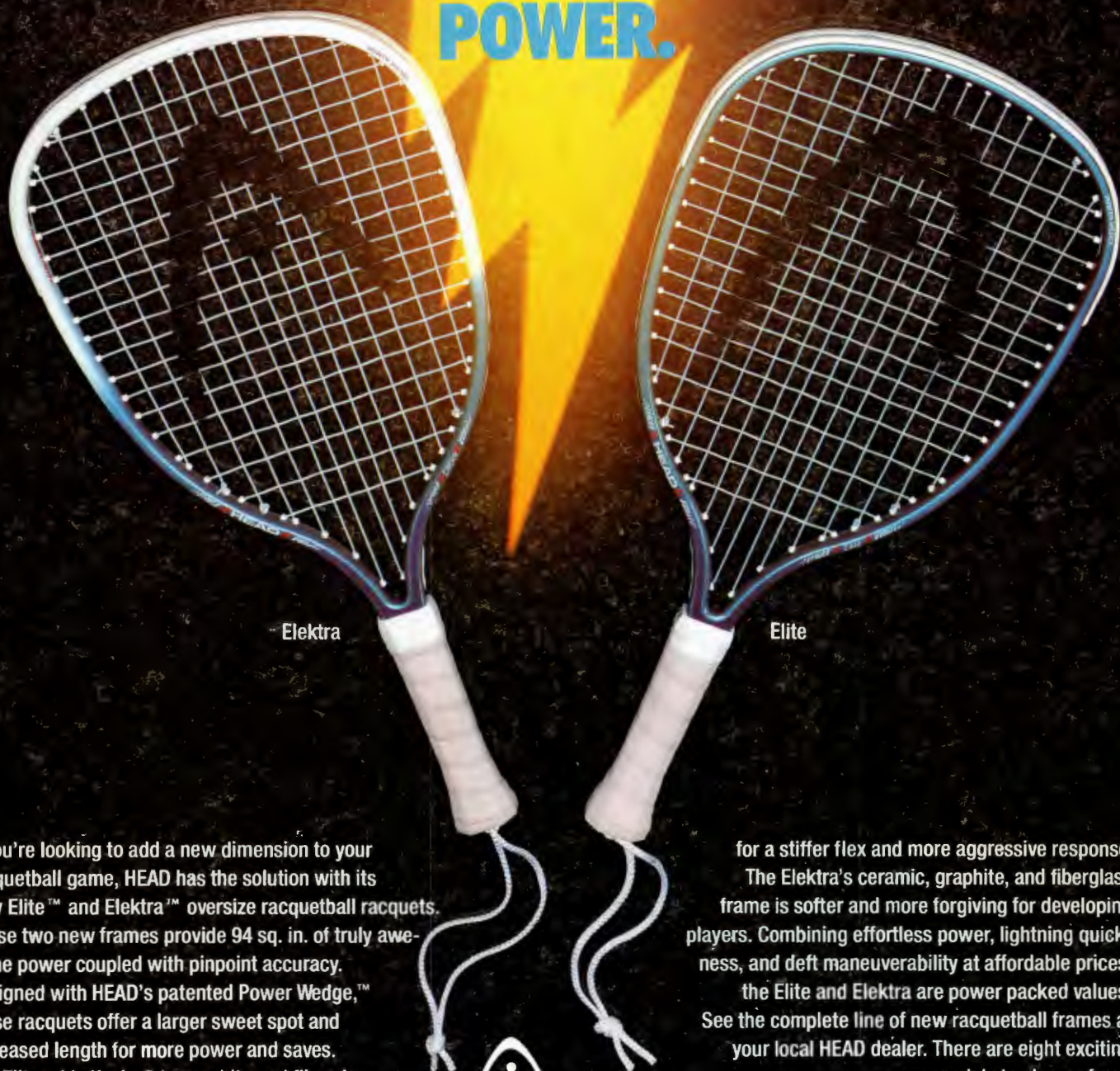
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