

What a Therapist Might Tell You About Your Game

Official Publication of the American Amateur Racquetball Association

February 1982

RACQUETBALL

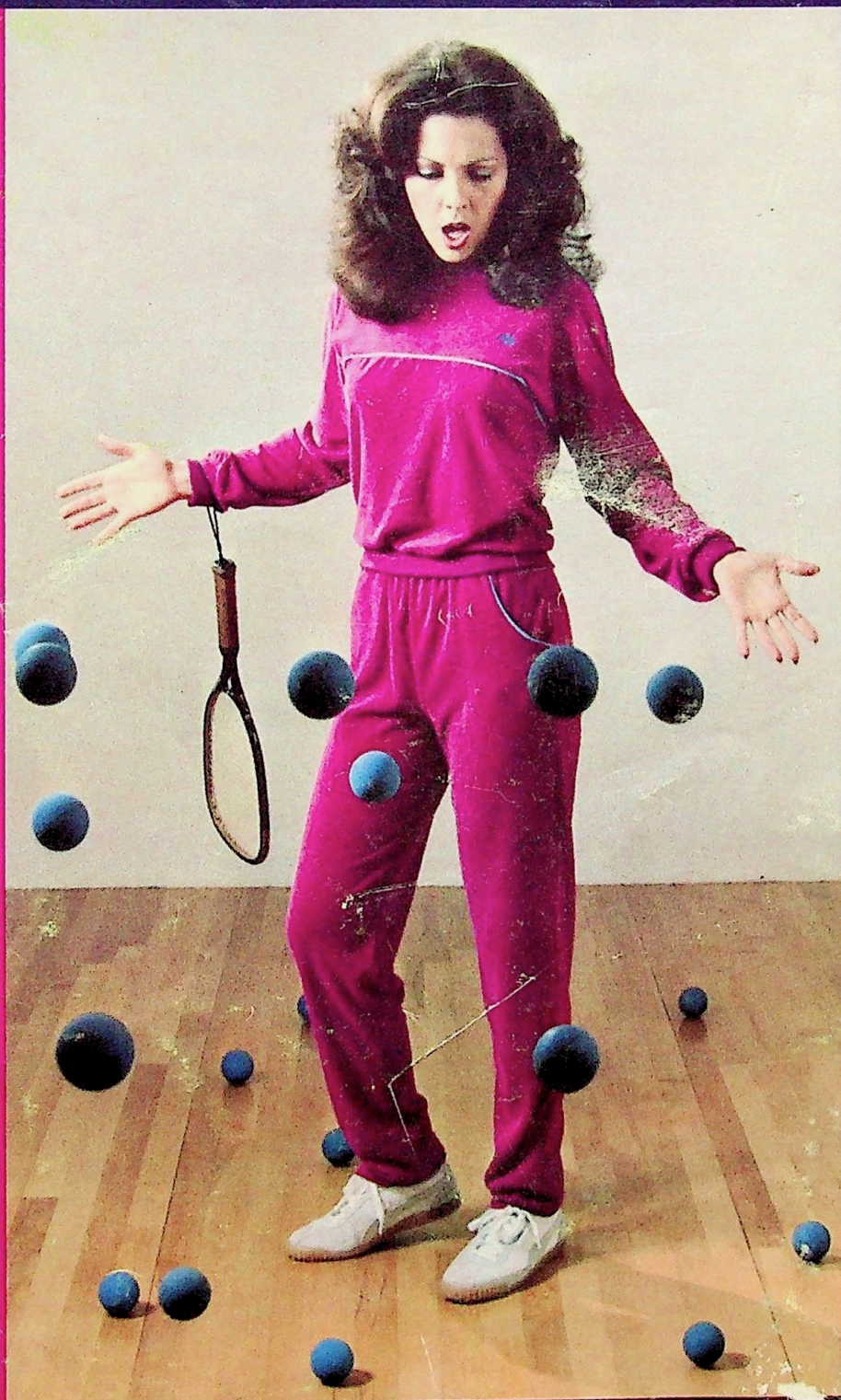
INDOOR RECREATION AND TOTAL FITNESS GUIDE

What You Should Know About

CHOOSING THE RIGHT BALL

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Pro Laura
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Makes Sacrifice
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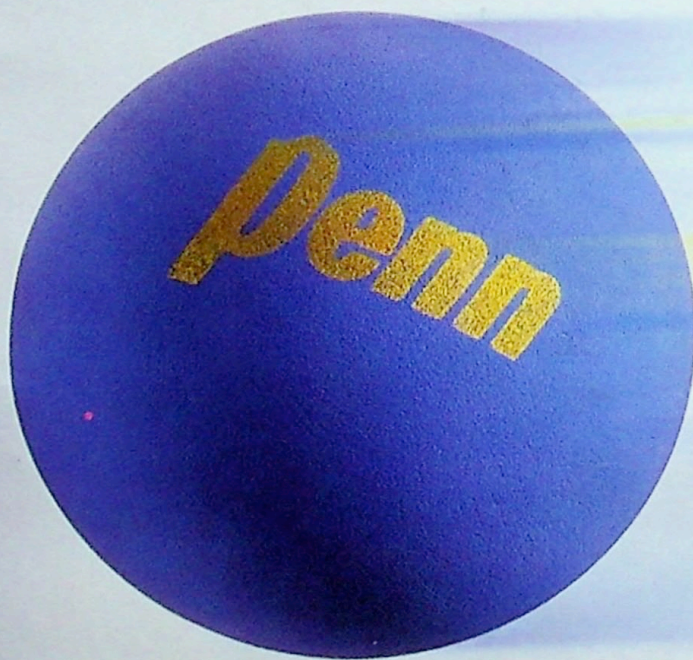
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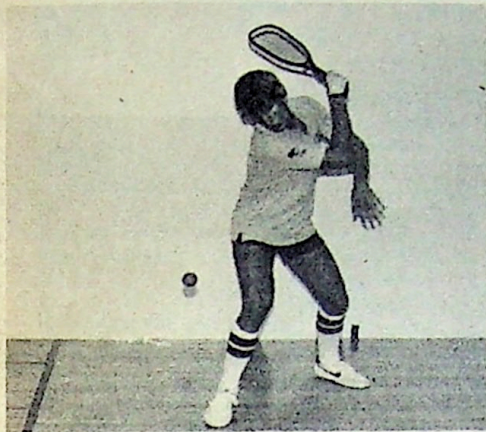


RACQUETBALL

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COVER: Photo by Charles R. Mobley

Barbara Denny expresses utter confusion about which ball to use. Our thanks to Broken Arrow Racquetball and Fitness Center for use of their facility, and for providing the fashions worn by Ms. Denny.

BACK COURT

With The Editor

A Rose By Any Other Name

Racquetball players can be funny people when it comes to the equipment they use. Their devotion to particular items can be akin to that of a fisherman's love of a favorite lure — and as stubborn. Probably the biggest variable in the game today is the ball. It's gone from black to blue and red, brown, green — even purple — and from slow to fast, back to slow. And, while most folks seem to agree that blue is the favored color, hardly anyone seems to agree about what they like in a game ball. And while roses called something else would smell as sweet, racquetballs of different names don't bounce the same. That's why this month's cover story should be of interest to anyone who plays the game. Cheryl Phillips has researched just what people look for in a racquetball, and interviewed a variety of players at all levels. One thing she found with no trouble — everyone had an opinion! To find out just what those opinions are, turn to page 18 and read this story.

Ms. Phillips has once again made several contributions to this issue. (We plan to give her a chance to catch her breath in upcoming issues.) And, she demonstrates her versatility in the range of topics she's covered for us. From opinions about racquetballs, she's gone to opinions about competition — in women. A thoughtful, insightful piece, this article (see page 26) examines some of the more interesting psychological sides of the sports arena for women. If you're male don't discount this article, as what she has to say can very possibly shed some light on the psyche of the female athlete for you.

In keeping with the theme of women's needs, Ms. Phillips has also written an article about playing while pregnant. It's a forthright, judicious look at a rather new phenomenon — the pregnant athlete. Some women are participating in sports almost until the time of delivery, and the results have been astounding. They are causing physicians to reevaluate the recommendations of "taking it easy" that they've so perfunctorily offered for years and years. And, according to the women Ms. Phillips interviewed, they are none too quick in making this discovery. They are exceptional women, and offer inspiration to everyone who plays racquetball under less trying conditions.

For instruction this month we're offering Leslie Hall's second part in converting from tennis to racquetball, Bob Gura's expose on the ceiling shot, and Jim Austin's final instructions in his "Guide for Referees." Dr. Bud Muehleisen, who's been out of the country, will be back with us next month in his regular question and answer column. You still have time to send in questions about your game.

Until then, enjoy your game — and don't forget to smell the roses.

Nancy K. Crowell

RACQUETBALL

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A special message from RACQUETBALL magazine to the amateur who plays once or twice a week.

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Subscribe to RACQUETBALL for a full year (11 issues). If after receiving several issues you are not 100% convinced that RACQUETBALL is helping you improve, simply write one time to cancel your subscription. You will receive a refund of the *full* subscription price!

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To subscribe to RACQUETBALL magazine, simply complete the Subscription Order Form

and mail. Why not do it right now, before you forget — only your opponents will be sorry.

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Since RACQUETBALL magazine serves as the official voice of the American Amateur Racquetball Association, you can become a member of the AARA at a special discount

when you subscribe to the magazine. Membership in the AARA means you are entitled to play in *all* AARA sanctioned tournaments — anywhere in the country. You will also receive the special membership "kit" which includes the membership card, Official AARA Rule Book and discount coupons on special racquetball equipment. The kit has a retail value of \$20.00!

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Racquetball welcomes correspondence from our readers. Letters must be signed, and are subject to editing for clarity and length. Send your letters to Editor, Racquetball Magazine, 15115 S. 76th E. Ave., Bixby, OK 74008.

Correction, Please

There was an error in the reported tournament results in December's issue, in the Bellevue Open, "Open Mixed Doubles". The first place winners were Jeff Bannerman and myself, *not* John Dubasek/Vicki Brown. It was a late, and tough match, which I enjoyed very much. I would appreciate the accuracy, if you print errors, if you'd note this correction.

Sharon Kennedy
Deming, Washington

We print tournament results as reported by tournament directors directly to the AARA — Ed.

No Reffing?

The administrators of racquetball have fielded the challenge of rapid growth with commendable organization, by seeing to responsible and energetic committees who complete well run multi-draw weekend tournaments.

No less, however, than other racquet sports, refereeship poses problems. I'm speaking specifically of the custom of requiring a winner to officiate immediately following his or her match — to come off the court over-heated and spend an hour cooling down in wet clothing is an infraction of one of the basic rules of preventing injury. What about a ten minute grace period to shower and change, and requiring losers as well as winners to referee?

Mary Knapp
West Simsbury, Connecticut

Your complaint about reffing is a common one. However, according to Luke St. Onge, Executive Director of the AARA, no one is willing to volunteer to ref. Therefore, the best solution is to have winners do the job. Most tournament directors will allow time for winners to cool down and change shirts, but not time to shower. (If everyone wanted to shower before reffing, tournaments would regularly run until the wee hours of the morning!) Also, as to your suggestion about losers, the reply is simple. Losers won't ref. We hope you've taken advantage of the four-part series "Guide for Referees", by AARA National Rules Commissioner Jim Austin, which concludes in this issue. It should make reffing easier, even if it doesn't eliminate it. — Ed.

- We are most pleased to announce that agreement has been tentatively reached to hold North American Zone competition among Canada, Mexico and the United States. Preliminary negotiations are underway to hold this competition in Toronto, Canada, September 17-19. Competition will be held in both men's and women's singles and doubles. The AARA is presently re-evaluating its selection process for the U.S. Team to insure that only the best United States amateur players represent the United States in international competition.

- The AARA is now entertaining bids for sites for the 1982 National Doubles Championships scheduled to be held October 21-24, 1982. For full information write or call AARA Headquarters in Memphis, TN (901-761-1172).

- The AARA Regional Championships begin this month with Region 14 (California, Nevada, Hawaii) on February 11-14. The host clubs, all in San Jose county, CA are: Bayhill Racquetball Club, Schoebers Racquetball Club, Perfect Racquet, Supreme Court, 21st Point, Court Sports VI, YMCA and the finals at the Royal Courts in San Jose, CA. Proceeds from this Regional will benefit the Heart Fund. Regional 14 is followed by Regional 8 (Wisconsin, Iowa) on February 26-28 at Supreme Courts in Janesville, Wisconsin. For complete details on Regionals see Page 10 of this issue.

Other dates to remember:

AARA Intercollegiate Championships

April 9-11 at the Racquet Club in Memphis, TN; \$10,000 in scholarship funds compliments of Lite Beer from Miller.

Junior Regionals May 7-9 in 12 regions full details to follow in the March issue of *Racquetball*

AARA NATIONALS May 27-31 in McKinley Park Health and Racquet Club in Buffalo, New York

AARA NATIONAL JUNIORS CHAMPIONSHIPS June 24-27 at Capitol Courts in Carson City, Nevada

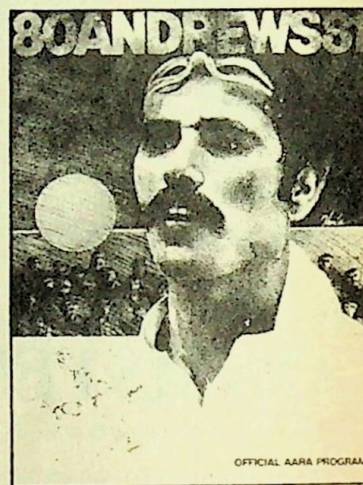
- Remember the AARA is *your* organization supported by your dues. Only through expanded membership can we continue to represent the "amateur player" in the systematic growth of the sport.

- A REMINDER to all interested in being considered for a position on the AARA Board of Directors. Please submit your name and biographical information to: Luke St. Onge and National Headquarters without delay. ●

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SHORT LINES

News Round-up

The Answer Book

It's called *Sports Health: The Complete Book of Athletic Injuries*, and co-authors William Southmayd, M.D. and Marshall Hoffman have certainly put forth exceptional effort to make it just that. If you deal with injured athletes on a regular basis, or if you're just a runner who's tuned in to your body aches, this book will offer advice, answer questions, training techniques, rehabilitation suggestions, and anecdotes from famous athletes who've had similar experiences.

As any book called *The Complete Book of Athletic Injuries* should, this book covers the whole range — from individual sections on each body part, to special sections on nutrition and children's injuries. It is an excellent source book for any athletic trainer, and it can make interesting reading for anyone with even a casual interest in staying fit.

The language of the text is straightforward, and easy-to-understand. Sometimes, it reads tongue in cheek, as when the author says "Your brain is your most important organ," or "When you sprain your knee, you will feel pain." But the first person style of Dr. Southmayd often draws you in to the text, as though you're being told a story by someone you've known for years. And when he recounts his football playing days at Harvard, you can't help but be amused along with him. For example, when recalling the treatment he received for a painful knee injury, which included injections every two days, he flatly states "The only way I agreed to the shots was that I was told that it was an aphrodisiac." One can't help but chuckle, and suspect that he's used the same line to convince a few unwilling patients of his own.

Dr. Southmayd and Marshall Hoffman co-authored *The Sportsmedicine Book* a while back, and they continue to enlighten the public about the ever-growing field of sports medicine in this book. Published by Quick Fox, it is available at \$14.95 in paperback, or \$24.95 cloth. Full of diagrams and illustrations, it is a great reference book to add to your library. Check your local bookstore for a copy. *NKC*

WPRA Tour

The Women's Professional Racquetball Association (WPRA) recently announced their tournament schedule for 1981-82, and selected the AMF Voit Rollout Bleu ball as their exclusive and official tournament racquetball ball.

The finest women professional racquetball players shall be competing for

over \$100,000 in prize money as the tour takes them to Lafayette, Louisiana; Federal Way, Washington; Bangor, Maine; Lombard, Illinois; Fishkill, New York; Anaheim, California; Warwick, Rhode Island; and Columbus, Ohio. The tour commenced last month and is expected to end June 6, 1982.

"We are pleased to have these eight cities and club owners hosting the WPRA National Pro Tour Stops," states WPRA President, Francine Davis. "And I'm equally pleased to see the AMF Voit Rollout Bleu ball selected by the association to be our official ball.

"The purpose of the Women's Professional Racquetball Association is to bring together all the top women professional racquetball players as a group to help promote the participation of racquetball and the value of racquetball in one's overall fitness program by competing in racquetball clubs throughout the country. People attending our tournaments will enjoy the highly skilled play of the women, and may partake in our events if they feel their skills are equally as high. Furthermore," Davis adds, "the players enjoy giving clinics, playing in pro-am competitions and mingling with members and the audience at hand."

Each tournament is scheduled to be a 32 player main draw competition with a minimum of 16 player qualifying competition where local women shall be able to try to enter the main draw.

"There are slight variations to each tournament, so please check with the hosting club to find out the particulars on each tournament," Francine Davis recommends.

In a few cities, the hosting site shall also have an amateur tournament played simultaneously to the Women's Pro Stop event, where Voit racquetball racquets shall be given to each division winner.

"AMF Voit is pleased to be associated with the Women's Professional Racquetball Tour," says merchandising manager of Individual Sports, Robert Larsen with AMF Voit. "We feel that the women could have the greatest impact on the success of racquetball for the 1980s, and we want to be there with them as they continue to promote the participation of racquetball in clubs throughout the United States."

The women recently announced their new affiliation with Mark McCormack's International Management Group (IMG), the largest sports management firm in the world, that represents such world-renowned athletes as Bjorn Borg, Chris Evert Lloyd, Arnold Palmer, Jackie Stewart and Jean Claude Killy.



WPRA President Francine Davis.

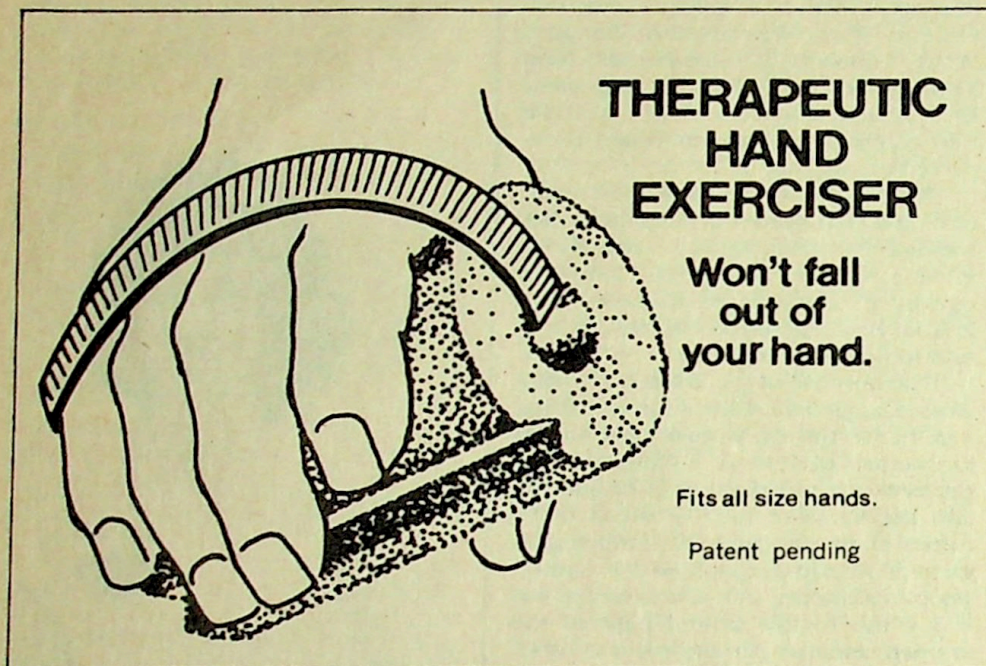
Women's Professional Racquetball Association National Tour 1981-1982

Date	Site
Feb. 18-21	Pacific West Sport & Racquet Club Pro Am Pacific West Sport & Racquet Club Federal Way, Washington
Mar. 11-14	Holiday Health & Racquet Club Bangor, Maine
Mar. 25-28	Diet Pepsi Pro Am The Glass Court Lombard, Illinois
Apr. 21-25	Allsport Fitness & Racquet Club Fishkill, New York
May 5-9	Sports Gallery Anaheim, California (Ektelon/Pony, special event)
May 19-23	The Nationals Celebrity Courts Warwick, Rhode Island
June 3-6	Sawmill Athletic Club Columbus, Ohio

WHAT'S NEW?

Items of Interest

Products have not been tested by Racquetball Magazine.



Hand Exerciser

This new therapeutic hand exerciser is great for anyone who needs physical therapy of the hand as well as arthritis sufferers who must exercise regularly.

It is also good for anyone who wants to keep their hand muscles in tone and flexible, as do most racquetballers.

The actual material contained in each Therapeutic Hand Exerciser is a special flexible foam body that offers a controlled resistance to muscles plus an adjustable velcro strap that adjusts the Therapeutic Hand Exerciser to anyone's hand.

The price is \$3.95 each plus 75¢ postage and handling or 2 for \$6.95 plus \$1.00 postage and handling and it is available from E.J.W. SALES COMPANY, P.O. Box 326, Lititz, Pa. 17543.

Great Poster!

True, or false?

*You use more calories swimming than you do jogging.

*Exercise will prevent a heart attack, even if you eat a lot of saturated fats.

*The more you exercise, the more protein your body needs.

According to the Exer-Guide, a colorful new poster designed to illustrate the health benefits of exercise, the answer to all three questions is "false".

In over 40 activities, ranging from sleeping to dishwashing to racquetball to

marathon running, the Exer-Guide details how many calories each exercise uses per hour as well as the health benefits derived from physical activity. The unique poster was developed and released by the Center for Science in the Public Interest (CSPI).

"Exercising is so good for your body and so much fun that we wanted to inspire more people to do more of it," said CSPI Director Michael Jacobson, Ph.D.

"Obesity, heart disease and depression afflict tens of millions of Americans; these and other problems can be both prevented and treated in part by exercise. Happily, exercise is cheap, safe and fun — something that cannot be said about drugs and surgery," he said.

The Exer-Guide is one of the best comprehensive summaries of the health benefits of exercise. The rainbow-colored, 18x24 inch poster sports two drawings donated by famed *New Yorker* cartoonist Ed Koren.

The Exer-Guide emphasizes the importance of aerobic exercise and eating well, and highlights the hidden benefits of exercise.

Aerobic means "with air." Aerobics make the heart more efficient at getting oxygen to muscles. Some of the benefits from aerobics include increased physical endurance, reduced risk of heart attack and stroke, relief from muscle tension, and a more efficient nervous system.

The Exer-Guide highlights over 40 activities by starring those that are aerobic, such as swimming, skipping rope, and bicycling; those that are the best strength-builders, including karate and weight lifting; and those that help develop body flexibility, such as aerobic dancing and yoga.

"One of the most important habits we can teach our children is to participate in aerobic sports," noted Jacobson. "Learning to enjoy running, swimming or bicycling now will benefit them throughout their lives."

The Exer-Guide is available for \$3 (\$6 laminated) from CSPI, Box 3099, Washington, DC 20010. Prices for bulk orders are available upon request.

New Eyeguards

Halo Optical Products has been in the optical manufacturing business for over 15 years. Therefore, they bring some experience to the new product they call Lex Spex. It is made of the nearly indestructible Lexan resin, and therefore will not break. Lex Spex come packaged with a protective pouch, to prevent scratching, and two nose pads for comfort. As with other Halo products (most notably, Rec Specs eyeguards), Lex Spex are injection molded and conform to the American National Safety Institute (ANSI) standards for safety in eyewear.

Lex Spex sell for \$7.95. For further information, contact Halo Optical Products, Inc., 6 Spring St., Johnstown, NY; or call 518-762-3141.

Not Perrier, But Pony

Amateur racquetball players at 16 regional qualifying sites will battle for over \$250,000 in prizes and gifts in the 1982 Ektelon-Pony Racquetball Championships, according to national director, Tom Geldner.

The 1982 Ektelon-Pony Championships will be played in major markets across the country beginning the weekend of February 5. Tournaments will continue through March, with regional winners being flown to Anaheim, Calif., for the national finals held May 5-9 at the Sports Gallery.

National finalists will be competing for expense paid Club Med vacations for two. All entrants to the 1982 Ektelon/Pony Championships will receive a complimentary Ektelon/Pony fashion racquetball shirt. ●

Rules Update

by Jim Austin, AARA National Rules Commissioner

A Guide for Referees Part IV

This is the fourth, and final, article in Jim Austin's "Guide for Referees" series. We hope these articles have given you the information necessary to be both competent, and confident, refs. Next month this column will discuss the proposed rule changes for the coming year. If you have any questions or comments concerning rules, send them to AARA Rules Update, c/o Racquetball, 15115 S. 76th E. Ave., Bixby, OK 74008.

TECHNICAL FOULS: A technical foul results in the deduction of one point from the offending player's score. What is a technical foul? Similar to basketball's technical it is a situation of deliberate and excessive conduct and/or language directed toward the referee, linesman, spectator or player. Examples are obscenities that are uttered in the direction of the referee, a fan, the opponent, or at the player himself if loud enough for spectators to overhear. Other examples of technical foul activities would be excessive striking of the ball after the play has ended, especially after a warning; yelling, screaming or hollering at an opponent, spectator, or referee beyond decent limits; leaving the court without permission; failure to return to the court after a time out; general unsportsmanlike conduct.

FORFEITURE: This is the referee's most powerful weapon. The referee can forfeit the *match* only, never a game. If a player threatens violence or intentionally hits someone with the ball, racquet, fist etc., it should be an automatic forfeiture.

If a player is excessively abusive or insulting to his opponent or the referee and has received two technicals without correcting his actions, the referee must forfeit the match upon the third technical. The forfeiture rule is there to protect the sport from those persons who

do not care enough about it to be willing to play in the spirit of competition and sportsmanship. We do not need these people! When this on-court conduct becomes so detrimental to racquetball that we are compelled to take action, — they are only receiving their just due.

INTIMIDATION: Only the meek and unprepared can be intimidated. A referee who does not know the rules or how to enforce them will find himself on the defensive almost from the first point. Players will test referees; see how far they can go with shenanigans, verbalizations, etc. It does not take a great deal of time to read the rule book and become familiar with the rules. It only takes some desire and guts to referee during a tournament, and it only takes some self pride to take pride in your refereeing ability.

The best way to stop a player from intimidating you is not let him begin. Crisp, concise calls; affirmative, authoritative voice, and control of the match are all you need. Your call of "play ball" or "hinder" should be enough to get the game back on track. If a technical is in order — dish it out! Never allow yourself to be talked into reversing a judgment call. Never replay a rally because one player feels you missed the call. Make your call, loud and clear and stick to it.

One of the major problems in racquetball over the years has been inconsistent refereeing. The use of linesmen will take some of the pressure off the referee and enable the player to have a course to follow in case of a poor call.

LINESMEN: Where the linesmen position themselves will depend on the type of court on which the match is being played. In all cases the linesmen should have vantage points as different from the referee and each other as possible. In a standard court with no glass, only the regular balcony viewing, the referee should be centered equi-distant from the

walls. Each of the linesmen should be at one of the sidewalls. In a court with a glass back wall, the same holds true.

On a court with glass sidewalls, the linesmen should be stationed at or just behind the short line on opposite sides of the court. The referee would be centered behind the back wall if it is glass, or upstairs if it is balcony viewing.

On a court with just one glass sidewall, the referee again is in the middle of the back wall, one linesman should be at the short line area behind the glass and the other linesman along the same glass sidewall at the same level as the referee.

The referee is solely responsible for the selection and replacement of linesmen. However, if either player objects to a particular linesman before the match starts, a replacement should be found if at all possible. If either or both players objects to a linesman after the match starts, the referee should generally try to find a replacement, but the referee may overrule the players.

Two linesmen should be used, never more, never less. The linesmen have one vote each on appealable calls, and the referee has one vote. Two out of three is necessary to either uphold or reverse the referee's call. If both linesmen disagree with the referee, the referee's call is reversed. If one linesman agrees and one disagrees, the referee's call stands. If one linesman disagrees and one has no opinion, the play goes over. If both linesmen indicate they did not see the play, the referee's decision stands.

The referee is responsible to see that the linesmen are coached as follows:

- 1) A linesman should never say anything, except to indicate to the referee when he is not sure exactly which shot is being appealed.
- 2) A linesman should never signal until the referee asks for the signal.
- 3) The signal for agreement with the referee is "thumbs up"; the signal for

disagreement is "thumbs down"; the signal if the linesman did not see the play, or is unsure of the call, is "palm down". A linesman should never make a call he is unsure of as this may penalize a player unjustly. If he makes no call, at least the player may have a chance to have the point replayed if the other linesman disagrees with the referee.

4) When the linesman makes the signal, he should be careful *not* to look at the other linesman so that all will be assured that his call is made independently.

5) If a linesman has to leave for any reason, he should notify the referee in order to obtain a replacement.

Let's take an example of just what everybody *should* do in an appeal situation, — the players, the referee, and the linesmen. Two players are involved in a rally and finally one of them goes for bottom board hitting an apparent roll-out, which was called "good" by the referee. His opponent, feeling the ball skipped, simply turns to the referee and says "I appeal". The referee then announces to the linesman and gallery, "the call is being appealed," and immediately turns to one of the linesmen (it should be pre-determined which linesman will be called upon first) and says "May I have your ruling, please?" the linesman then issues his signal — either "thumbs up" or "thumbs down"

or "no call". Then the referee must consult the second linesman in the same manner as he did the first.

If the referee is overruled by the linesmen, he must announce to the players and gallery, "the referee is overruled". He then makes the appropriate call.

WHAT CAN BE APPEALED? Only five specific situations can be appealed during a match. But before getting into those situations let's make one thing clear: hinders, avoidable hinders, and technical fouls, or any judgment call by the referee *cannot* be appealed.

THOSE CALLS THAT CAN BE APPEALED are: 1) "Skips" that you as a shooter thought were good; 2) "Kills" that you as an opponent thought were skips; 3) Fault or out serves that either player thinks may or may not be good; 4) "Two Bounces" on a shot a player feels he got on one bounce or the opponent thought he got on two bounces; 5) Rules interpretations — any rule interpretation by the referee that a player feels the referee has misinterpreted.

Appeals by a player must be made directly to the referee. Any appeal directed to any other person including a linesman is not an official appeal and *should not* be recognized. Linesmen must not make any call, either by voice or motion at any time, unless specifically requested to do so by the referee. If a

player asks the linesman if he thought a particular shot was good or not, the linesman should remain silent with a blank facial expression, or look away. Remember these basic laws of refereeing:

1) Make a conscientious effort to know and understand the rules.

2) Give the match your undivided attention.

3) Be fair, courteous and consistent.

4) Recognize that you do not have to be perfect, but even if you make a mistake, maintain control.

5) Make all your calls loud and clear.

6) When you don't know the answer to a question on the rules, or you are in a situation you cannot handle, for the benefit of all concerned seek the help of an official.

I do hope that this series of articles has been helpful to you as a referee and players and will help your matches run smoother than before with fewer arguments; thereby making racquetball more enjoyable to both play and watch.

I would like to thank the Illinois State Racquetball Association and the Canadian Racquetball Association for their contributions to information in these articles. This information is part of an "OFFICIAL AARA GUIDE FOR REFEREES" which is now in composition and will be available through your AARA state associations. ●

A.A.R.A. REGIONAL SITES AND DATES

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For Individual tournament entry blanks be sure to contact the Regional Director or Tournament Director at the specific location at which you intend to play. You may play in only one Regional tournament.

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Host clubs all located in San Jose area:
Bay Hill Racquetball Club
The Perfect Racquet
Schoeber's Racquetball Club
Supreme Court
21st Point
Court Sports VI
YMCA
Finals at Royal Courts, San Jose
Contact:
Bill Masucci
415-964-4400
870 E. El Camino Real
Mountain View, CA 94040
or Carolyn Panches
408-247-8555

FEBRUARY 26-28 REGION #8

Supreme Courts
1301 Blackbridge
Janesville, WI 53545

Jim Wirkus
608-756-3737

MARCH 12-14 REGION #10

Dupage Racquet Club
Chicago, IL
Contact:
Ray Mitchell
5724 W. Diversy
Chicago, IL 60639
312-745-9400

MARCH 18-21 REGION #5

The Racquet Place
2401 S. Pl. So.
Birmingham, AL 35223
Contact:
Bob Huskey/Bruce Gouin
(205)-870-0144
1610 2nd Ave.
Opelika, AL 36801
205-745-6295

MARCH 19-21 REGION #4

Omega 40
1 So. Old Kings Rd.
Ormand Beach, FL 32074
Contact:
Van Dubolsky/
Tasso Kiriakes
(904-672-4044)
930 N.E. 14th Ave.
Gainesville, FL 32601
904-377-5161

APRIL 2-4 REGION #13

Rocky Mountain Health Club
1880 Westland Rd.
Cheyenne, WY 82001
Nick Mandis
307-638-0365

APRIL 16-18 REGION #2

Site to be determined
Contact:
Al Seitelman
516-261-3257

APRIL 16-18 REGION #6

Spaulding Westport Club
(St. Louis)
Contact:
Bob Hardcastle
181 Trailswest
Chesterfield, MO 63017
314-469-3395

APRIL 16-18 REGION #1

Contact:
Paul Henrickson
20 Oakes St.
Millbury, MA 01527
617-754-6073
Site to be determined

APRIL 16-18 REGION #3

Security Court Club

Baltimore, Maryland
Contact:
Bernie Howard
R.D. Box 362A
Reedsville, PA 17084
717-667-2209

APRIL 16-18 REGION #7

Inwood Forest
Racquetball Club
Houston, TX
Contact:
Jon Olheiser
1920 W. Alabama #3
Houston, TX 77098
713-688-3100

APRIL 22-25 REGION #15

Federal Way Athletic Club
31701 20th Ave. S.
Federal Way, WA 98003
Contact:
Bob Bruce
206-481-4081

APRIL 22-25 REGION #9

Davison Racquet Club
G-2140 Fairway Dr.
Davison, MI 48423
Contact:
Jim Hiser
313-653-9602

APRIL 29-30 - MAY 1-2 REGION #12

Tom Young's Athletic Club
2250 Wyoming Blvd. NE
Albuquerque, NM 87112
Contact:
Clay Childs
505-243-5505

APRIL 30 - MAY 1-2 REGION #11

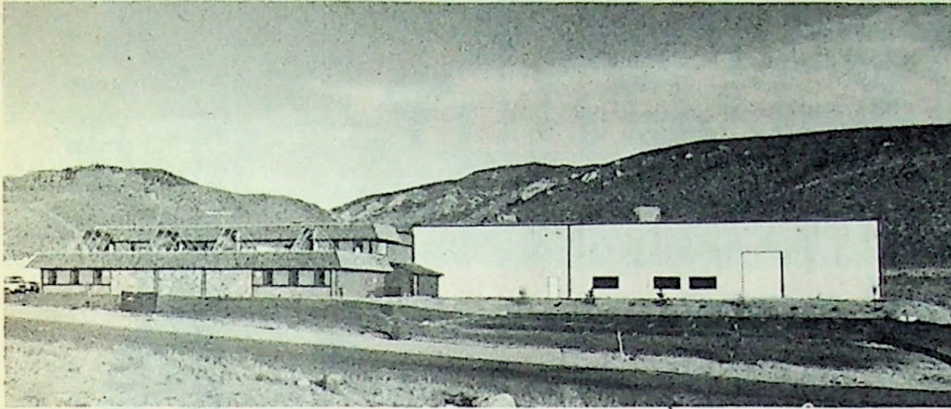
Racquetball of Sioux Falls
817 Russell St.
Sioux Falls, SD
Contact:
Dick Hacking/Clint Koble
605-336-9494

Penn



Juniors' Page

Ed Martin, AARA National Junior Commissioner



Capitol Courts Athletic Center. Site of the 1981 AARA Junior Racquetball Championships.

Juniors Shootout in the Mild Wild West by Mike Longero

The 1982 AARA Junior Nationals to be held June 24-27, 1982 in Carson City, Nevada promise to be one of the finest Junior National Tournaments ever.

The junior participant can expect the finest hospitality, be it recreational or competitive during these warm summer days in Carson City. To cure those recreational desires, all participants can expect old western drama from the 19th century bonanza days. Virginia City, which is only a 17-mile drive, provides all the lore and history of yesterday. Kids can get their names in the headlines of the Territorial Enterprise newspaper, and see real western action including shootouts of some famous outlaws. You can also expect to tour the simulated ore mine at the Carson City Museum and experience the sensation of being far beneath the surface of the earth mining for silver and gold.

Along the competitive lines of this four day tourney, the junior players can rise to the challenge of other youths their own age that travel from all over the United States and Canada for this event. If first round doldrums occur, then be assured that you will do better in the consolation rounds, as each player is guaranteed two matches.

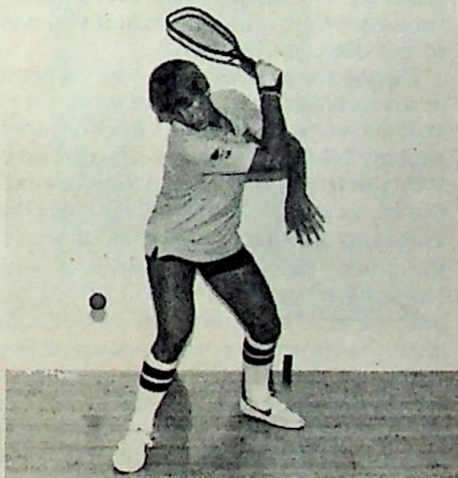
Mom and Dad can anticipate fine accommodations, a group dining excursion, a parents' play night and much more.

The whole family can enjoy a 30-mile journey to Reno and the beautiful MGM Grand Casino, the world renowned Harrah's Automobile Collection. And when the kids have done enough observing, you can drive to Circus Circus, the play center of the west for regular circus acts and an enormous game arcade.

Always of the utmost importance to

the staff at Capitol Courts is our own Junior Racquetball Club. This club started in the early spring of 1981 and has developed into a forty-five member organization, which participates in weekly practice sessions, travels to district tournaments, and works to procure funds so they may be totally independent with regards to financial aid.

From the mild, wild west, the staff and Juniors Racquetball Club invite all the junior players to Capitol Courts Athletic Center in Carson City, Nevada for the 1981 AARA Junior Racquetball Championships.



Jim Synhorst, Rapid City, SD Age 17

Junior Turns Instructing Pro by Clint Koble

Three years ago when he was 14, young Jim Synhorst watched people play outdoor racquetball in Rapid City, South Dakota. Now he not only plays with those people, he is the Recreation Department Instructing Pro during the summer!

His list of accomplishments includes Honorable Mention as the Most Improved player in the state, State Outdoor Junior Champion, State Outdoor Open Consolation Champion, and a recent runner-up in an A Men's Doubles Tournament.

Jim participates in all local and area tournaments, has played in several Regional Tournaments, and is now playing in many out-of-state tournaments.

Jim loves the competition and practices daily with a mature discipline. Though he plays both indoor and outdoor racquetball, he prefers indoor, and hopes to become a club pro someday, and eventually make the pro circuit. Jim plans to attend college in Minnesota, and is looking for a racquetball scholarship, if possible.

Fast Rising Junior

by Clint Koble

Though he started playing indoor racquetball only 11 months ago, 16-year-old Todd Thielan of Rapid City took second in a recent state tournament. His devastating backhand awed many of the experienced players.

Todd actually began playing racquetball two years ago on outdoor courts, but has worked very hard recently on his indoor game. He spent most of the year practicing every day for hours, and culminated it with a summer camp with Steve Strandemo in Aspen, Colorado. Says Todd, "The camp really improved my strategy, relocation, offensive shooting, and gave me the confidence to do well in tournaments."

By next spring Todd would like to take the State Tournament, and eventually would like to become a top amateur player. As for his career, he would like to be a Club Pro and he would like to promote Junior involvement. ●



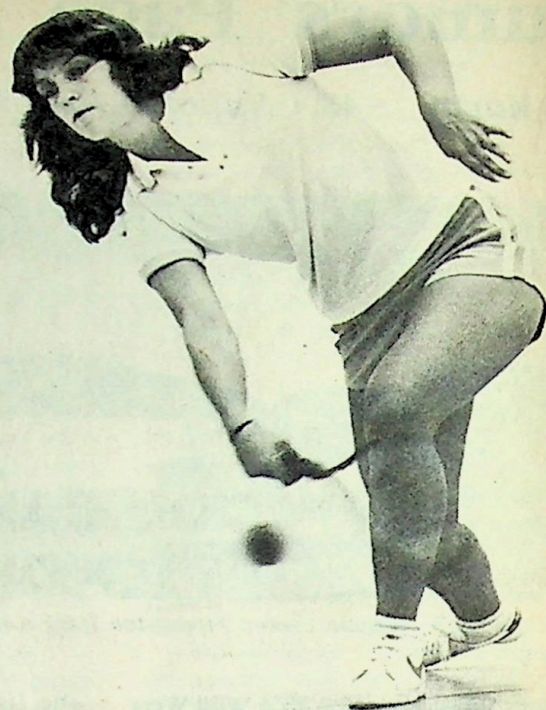
Todd Thielan, Rapid City, SD Age 16

Ace in the Hole

Pro Laura Martino Makes Sacrifice to Get College Diploma

by Laura Martino

Photo by Mike Hogan, courtesy IMG



Laura Martino successfully combines a college career with playing professional racquetball.

At one point or another, most aspiring young racquetball players are faced with a decision: "Either I forget about a career in racquetball and go on to college so that I can get a 'real' job, or I concentrate full-time on my racquetball game in hopes of breaking into the professional ranks." My suggestion is, why make a decision at all when you can do both?

I know, I know. If you try to take on too much you run the risk of becoming a jack of all trades, but master of none. That's why you're going to have to make some sacrifices, especially in the area of your social life, in order to be successful both on the court and in the classroom. I'm not saying it's been easy for me to be a business major at San Diego State University *and* work up the racquetball ladder from runner-up in the Junior Nationals to number seven on the WPR pro tour — but it's possible.

It's tempting to try to imagine how much better I could be doing in school if I wasn't playing on the pro tour, or to speculate how much higher my racquetball ranking would be if I didn't go to school. But I feel that the self-discipline required to do both actually helps me to do better in both. I don't sleep in as late as I used to, hang out at the beach, or party with my friends as much, but I console myself by remembering it's an investment towards my future, plus I'll be graduating soon.

I'm on what you call the "five-year plan." That means that I take only 12 units per semester instead of 15, so it's taking me an extra year to graduate. But I

think this is a wise move if you value your sanity. Even with a "lighter" load at school I still have to take my books with me to tournaments and study on planes because weekends are when a lot of students catch up on their school work. Fortunately most professors prepare a syllabus at the beginning of each semester which lists the schedule of assignments and exams. That helps me plan my tournament schedule ahead of time also, which is important if you want to get discount flights.

During the school week I try to get up at seven in order to run and work on endurance exercises. Then I shower, dress, ride my bike five miles to school, and by 9:00 I'm in my first class. I selected early classes so that I can be at the racquetball club and get in a couple of hours on the courts before the prime time rush. Usually I schedule one good match, and practice one good hour by myself. The object is to improve the quality of your workouts since you don't have time to waste. So don't practice unless you feel like it. Besides, you don't need any extra pressure. After dinner I hit the books and after that I hit the bed.

Many college courses can actually be an asset to your racquetball. I once took an excellent class called "Nutrition and Athletic Performance" taught by Jill Garrie-Seagren, who is the dietitian for the San Diego Chargers. Another growing field is sports psychology, but even basic psych classes can help get your head into your game. Geometry explains the angles on the court, while physics can teach you the dynamics of swing,

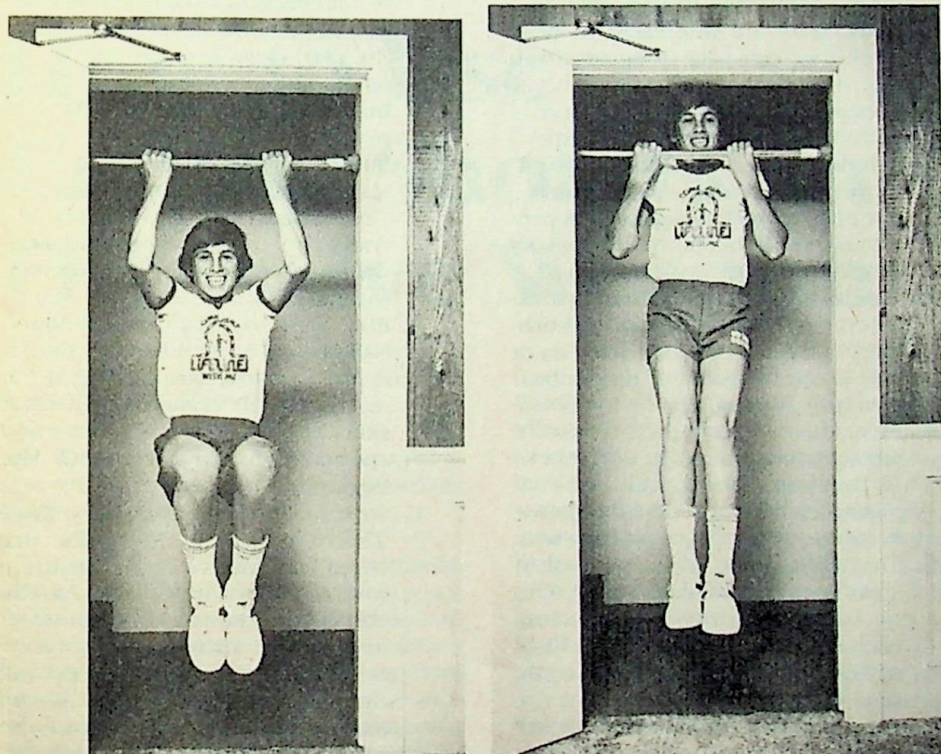
torque, and velocity. Business and law classes can be an aid when you negotiate contracts with agents, clubs or sponsors.

Now you're probably wondering about finances, especially if you're planning to go away to school. It's a real bummer that almost no one offers racquetball scholarships, but I have the next best thing: parents. My folks believe that college should be my number one priority so they're willing to pay my tuition and books. That still leaves rent and food — and until Fila discovers me — entry fees and travel expenses. That comes out of whatever I'm able to save from summer jobs, plus tournament winnings. If you're a top amateur player in your area, hopefully there are enough tournaments offering money instead of trophies, so you can survive from weekend to weekend. This is what I did before turning pro. But even pros are not guaranteed a luxurious lifestyle since only the top four women, and possibly the top 10 men, make enough from prize money alone. This is why I think that college is great for helping you leave your options open instead of putting all your eggs in one basket.

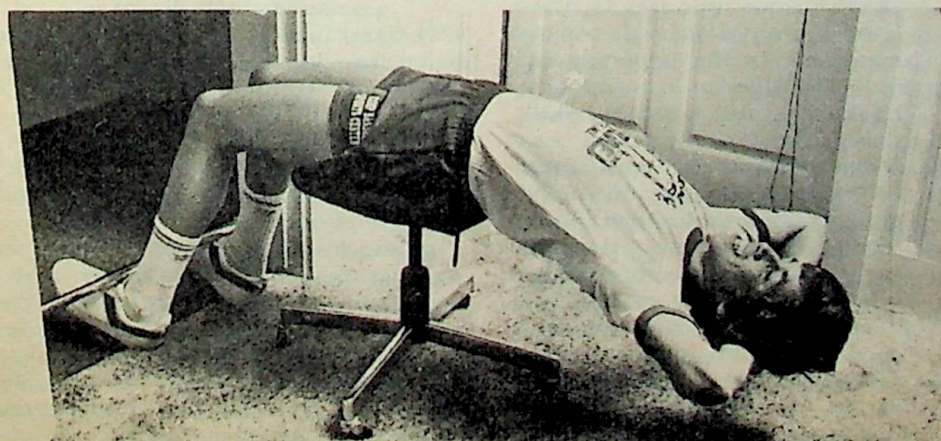
Some players agree with me that a college education is a smart idea, but still decide to postpone it until after they take a crack at the pro tour. But from my experience, I find that most people who say they'll go back later don't. Re-entry students often have a difficult time redeveloping study habits and also feel too old to get involved socially in the college life. I'm glad I didn't miss the chance to experience and grow as a college student. ●

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Teaching Women to Play Helpful Hints for the Beginning Instructor

Jolleen Clymer and Larry Willis

Jolleen Clymer and Larry Willis work together at the Lincoln, Nebraska YMCA, where she is Director of Women's Programs, and he is Racquetball Instructor for Women.

Women are invading local YMCAs all over the United States to learn to play the game of racquetball. The problem facing local "Ys" is to identify people who have expertise in playing racquetball and also the expertise to convey those skills from one person to another person or group. YMCAs are in the people business and can't afford to hire people to teach with expertise in handball, racquetball, tennis, basketball, or any other "Y" sponsored program or activity if they can't convey such skills to an individual or group. Being a champion in a sport doesn't mean you can teach the recreational sport in many instances.

As the co-author of this article (and male), I have been teaching women's racquetball classes in our local YMCA for the past three years. The following recommendations or guidelines for teaching basic or beginning racquetball (basic meaning a woman who has never seen a racquet or court) are based upon my experiences in teaching adults in general, and teaching women's racquetball classes in particular. It must be noted at this point, the *teaching process* for a men's racquetball class or women's racquetball class is basically the same process. The *end result* of the teaching process may be different. The differences in the acquisition of racquetball skills are due to differences in time to learn to play, *not* differences in sex.

For many class participants this is their first attempt at a racquet sport. Until recently, women over 25 years of age have had few opportunities to participate in any type of racquet sport. My observations are that there are as many good beginning women racquetball players as there are men playing the game today. Another difference may be the level of physical strength between the sexes, but this seems not to affect one's ability to *learn* the basic skills to play competitive racquetball.

Hints for the Beginning Racquetball Instructor

The following recommendations for teaching a women's racquetball class are

presented in two categories. They are recommendations for (1) Preparing yourself prior to class, and (2) Organizing yourself inside the court.

- I. *Preparing Yourself Prior to the Class*
 - A. Recognize that you are teaching adults. They come to learn to play racquetball for the purpose of exercise and recreation, not to win a national championship.
 - B. All people (men and women) are occasionally intimidated by an expert in a field or sport *until* they have to convey that expertise to someone else. Your expertise may become "tarnished" if you can't transfer such expertise in action to another adult (inside the racquetball court).
 - C. Beginning racquetball players aren't interested in how well *you* play, they are interested in how well *they* can play (you can teach them to play).
 - D. Beginning racquetball players (adult) bring a variety of experiences to the court (previous experiences in tennis or handball). Emphasize and recognize this previous experience in building skills for the game of racquetball.
 - E. Adults come to the learning situation with a specific *goal* of learning to play, not to watch you play or talk about the game of racquetball.
- II. *Organizing Yourself Inside the Court*
 - A. Most classes for racquetball usually are scheduled for six to nine weeks in duration. Develop an informal *plan* of what you as the instructor hope to accomplish at each session.
 - B. Teach the game of racquetball in small increments. Add a new skill, or tidbit of knowledge during each session. Don't try to teach all of the skills of racquetball in the first session.
 - C. Set a priority on which skills are more important than others. Develop your informal plan based upon these priorities. (It is more important for the beginning racquetball player to learn the grip, backhand, and forehand skills than the rules of the game).
 - D. *Demonstration* and *application* of skills are important to the beginning racquetball player. Spend the first few minutes (10-25) of each class session demonstrating a skill or discussing a strategy, and then ask the beginning players to apply this skill or strategy as they *play* for the remainder of the class session. Be prepared to present each new skill in several different

ways. What will be clear to one player won't "click" until you present it another way, for another player.

- E. Be supportive. We all learn and enjoy learning if we get positive support from the mentor (instructor). We all make mistakes when we learn to play the game of racquetball, but we accept those mistakes if we get support from the instructor or other members of the class.
- F. *Be an Active Teacher and Not a Passive Instructor.* If you aren't demonstrating a skill or strategy, play with the beginning student(s) in a game of "cut-throat" or singles. Many men and women will ask you questions on a one-to-one basis in a court, rather than in a demonstration session before the total class.
- G. As an active teacher in the court, be a "troubleshooter". As you recognize improper grip, backhand, forehand skills, discuss such issues as you play singles or "cut-throat". Beginning players want your observations and evaluation of how they are learning the game.
- H. Play with the beginning racquetball players at their level of skill. It is not constructive learning if the instructor demonstrates his/her skills by using the "kill" shot and speed when playing with the beginner.
- I. *Rotate Playing Partners Each Teaching Session.* Recognize that there are and will be different levels of achievement in the court. If there are 10-12 students in the class, make sure that everyone has the opportunity to play all the members of the class. We all learn something new about the game by playing with other beginning racquetball players.
- J. And finally, as the instructor, ask for "feedback" from the beginning racquetball player. Am I demonstrating or teaching the skills you (the beginning player) need or want to know? Ask for feedback from the class at the end of every session.

In conclusion, it is hoped the recommendations or guidelines identified above will assist you in teaching the exciting game of racquetball to either men or women. Remember, most men and women want to learn to play the game of racquetball for exercise, and not to become a national champion. ●

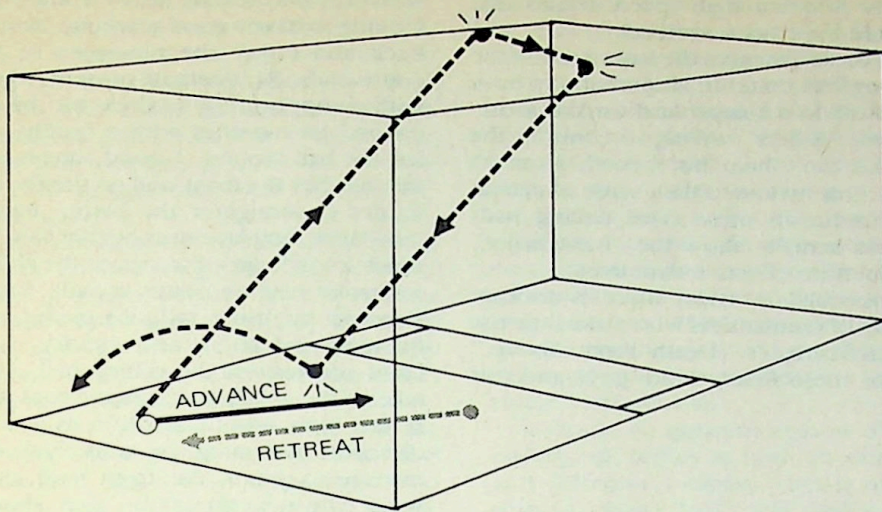


Diagram #1. The returner (black player) uses a down-the-backhand-line ceiling ball to force the opponent out of position. As the gray player retreats, the hitter takes over center court position.

Death from Above

How to Use Ceiling Shot as an Offensive Weapon

by BOB GURA

Bob Gura really does play racquetball. Rumor has it he hits a lot of ceiling balls.

"Death from above" is a nightmarish slogan, one that kindles fearful references among common folk. Men and women accustomed to things military are likely to consider the physical damage wrought by airborne ordnance or paratroops. The ordinary civilian is given to masses of aerial spraying leaving chemical poisons in its wake.

Regardless of one's perspective there's no doubting objects hurtling downward in compliance with gravity can have a ferocious effect on their targets. The concept also holds true for racquetballers, especially those who derive satisfaction from smacking well-placed ceiling balls. These players are often able to make mince meat out of equally talented opponents. It's puzzling, however, that more beginning and intermediate racquetballers don't make greater use of the stroke. Easy to hit and devastating in effect, the ceiling ball can be employed to huge success as either an offensive or defensive weapon.

The key to the proper deployment of ceiling balls lies in the individual's awareness of the various uses of the shot. This knowledge, coupled with an insight into court psychology can induce quick death to an opponent's competitive spirit.

Unfortunately for newcomers to the game, and many who are slightly more advanced, the ceiling ball has suffered from an absence of favorable public relations. Ask the basic once-or-twice-a-week player to name the shot he or she would most like to master and the responses are predictable. The vast majority will opt for the rollout, straight or pinch kill, while others select an off-the-back wall, high velocity, low boarder. These shots represent the ultimate in craftsmanship to the novice practitioners. Fired from knee height or lower the kill triggers visions of ready victory. Folks watching the game for the first time tend to think of the kill as the only shot that matters, the stroke that all other rallying leads up to.

Given a more practiced eye, the thinking player will begin to notice the casual damage inflicted by the ceiling ball.

Stroked from deep back court the high-flying ball cascades off the roof near the front wall, plunks the target and lands just beyond the short line. Bouncing high, it soars over the head of the opponent, causing the individual to race backward. Competent players will rendezvous with the descending sphere near the back wall. Those with court sense will hit back another, but perhaps not as deep. Others will do their best to hit a screaming kill or low pass. In either case the person who stroked the ceiling ball has profited from the exchange (See diagram). The gain takes the form of superior court positioning, achieved while the other side is plodding after the return. Even the slowest individual can trek the few steps necessary to lodge one's self in center court, a step or two behind and to the middle of the short line.

From this post the intelligent player can take advantage of the poorly delivered low return or less proficient ceiling ball. In most instances, given moderate talent, the ceiling baller will be able to cash in a rally winner courtesy of an easy pinch, kill, dump or pass. At the worst, he or she will be in perfect position to prepare to return another ceiling ball, then get ready to scamper back to prime territory.

Simple as it seems, and readily mastered, the ceiling ball is all too often overlooked as a strategic weapon. There are reasons for this apparent negligence, although none of the notions are worthy of merit.

Some players for one bizarre motivation or another don't consider the stroke a forceful alternative. These are racquetballers who consider it effete or improper to smack the ball off the ceiling in the first place. To them the shot is nothing more than a stall, a last gasp effort designed to keep the ball in play. A sizable percentage of these competitors choose to play what they consider "powerful racquetball." This mutated version of the real thing is based on the idea that speed kills; therefore any opponent is likely to become unhinged facing a slew of concrete-busters. Like the title of a recent low-brow karate-flick, these individuals are students of the school of "Kill-And Kill Again." Whether stationed in the back court, at the 25-foot mark or points in-between, they live or die on the efficiency of their low kill or pass. It almost goes without saying that this breed of player won't win on a day when the kill is off-target.

Or, any time the opponent is a tactician who likes to hang out in center court. Undeterred by whizzing speed balls that crack, often as not, off low front wall center, the opposition replies with sharp short passes, pinches, or even worse, stiff-wristed dumps. Ceiling balls are employed to heighten the opponent's anxiety level. The killshot artist, left standing in the back court can only

watch as the hottest shots are picked off for easy winners.

When it comes time to remedy the situation players suffering from this suicidal affliction often do a curious thing. They devote still more time to practicing the fore and backhand kill, in the misguided belief that practice will make perfect. This adage will hold true in matches against opponents willing to quake, crumble and quit in the face of a 100 m.p.h. assault. The problem resurfaces however as the quality and intelligence of the competition improves. The stubborn player will as a result, go

on to frequent high speed defeats that should have been avoided.

In these instances the loser's use of the ceiling ball could in all probability have paid off in a turnaround on the scoreboard. "Killers" willing to consider the stroke can't help but benefit from its uses — at no loss to their sense of macho or macha. In these cases ceiling balls would actually allow the "hard baller" to be more effective than ever.

Speedballers aside, there is another group of courtsmiths who make little use of racquetball's "Death From Above." Color these folks, timid: guys and gals

who only play for the fun of it. Many are looking to have a good workout, then sit back and enjoy the pleasures of the court club. Racquetball presents them with an opportunity to dress for the occasion, get together with a buddy and bat the ball around. A good shot is one that reaches the front wall on the fly, the harder or straighter the better. Rallies tend to be long-lasting as neither side has much knowledge of tactics or the ability to stroke kills or passes at will. Unbeknownst to these mild-mannered racqueteers, salvation, and victory, is at hand courtesy of the ceiling ball. All it takes is the ability to locate the roof, forty feet high, and hit a ball in its general direction. Assuming the individuals can manage to plunk the front wall afterward, the tail-end of the shot should turn the opponent into a human corkscrew. Puzzled by the ball flying overhead the other side is apt to gyrate wildly in pursuit. This effort often terminates in a flailing grope at the ball near the rear wall.

So no matter what the skill level, players of all sizes and shapes should consider pulling the trigger on the ceiling ball now and then. The upshot will be a consistent stroke designed to defeat the opposition in mind and body. Here's how to do it. The first step is to take a look at the path the ceiling ball weaves, then examine the foe. When it comes to returning ceiling balls there are two classes of players — those who can do it consistently and those who can't. Of those who can cope a sizable number are foolhardy and choose to send back low percentage shots.

It won't take long to figure out in which camp the opposition resides. Like it or not persons seeking to master the stroke will receive more than a few chances to develop the capability. In fact, unless one is the recipient of a totally lackluster service there's nothing wrong with returning a rooftoper most every time. The shot itself is simple to master. All that's required is the ability to move to the left (backhand corner) and turn sideways to the incoming ball. Then, with the racquet held in the backhand grip, down low by the knees, stroke the ball up and away. Aimed properly it should hit the ceiling about 3-5 feet from the front wall. It helps to keep the ball's path as close to a sidewall as possible. It's best of course to hit the ball crisply down the backhand line. This hugging-the-sidewall shot will prove excruciatingly difficult for any unaccustomed or veteran servers to return.

Once the ball has been sent skyward the hitter only has to maneuver to center court position and await the good news. If, and it's important, the returner sends back a satisfactory ceiling ball, don't hesitate to reply in kind. It may take a while, but eventually the kill-hungry opposition will tire of the routine and go for an ill-advised winner. Should he or she

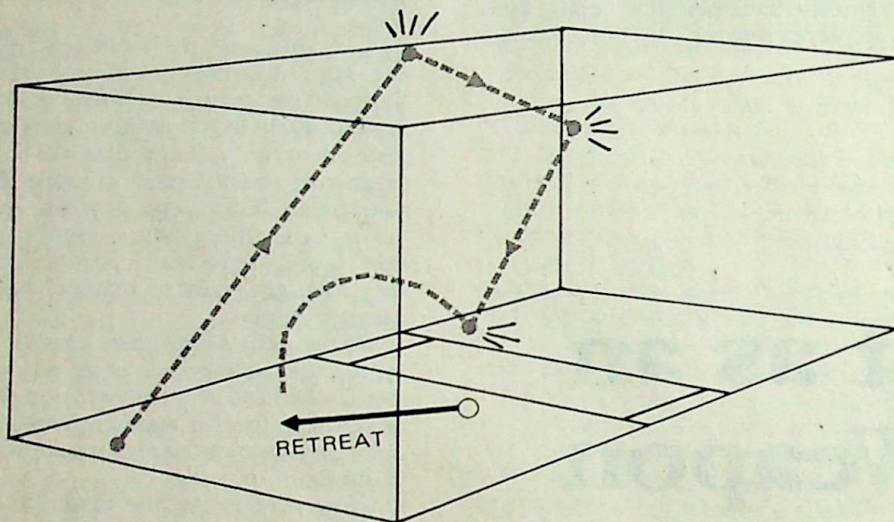


Diagram #2. If the gray player has reacted slowly he or she will in all likelihood strike a less effective (deep) ceiling ball. The black player, from center court position, will have little trouble dropping slightly back to hit a winner.

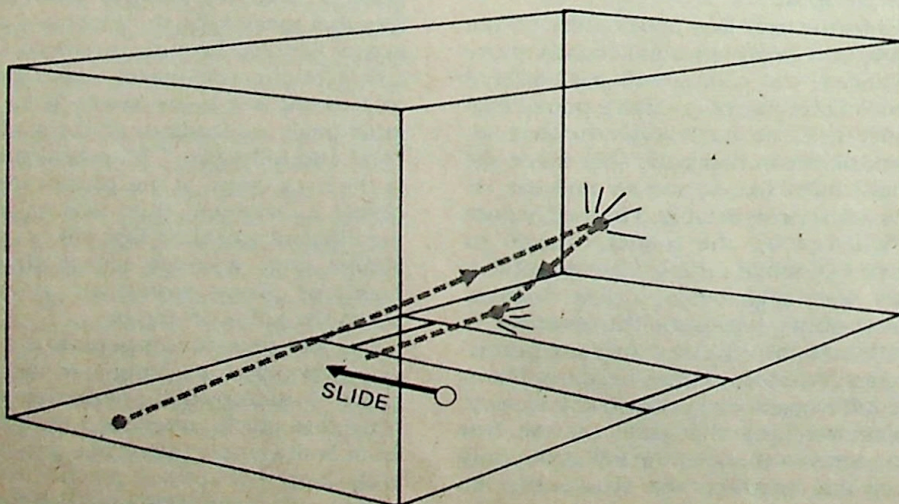


Diagram #3. Should the gray player attempt to hit a low percentage pass or kill it's easy pickings for black to slide a few steps over into perfect position.

pull it off, don't despair. The odds are Las Vegas style with numerous repetitions. Unseemingly as it may look the ceiling ball can be lofted against the hard drive, lob, Z and garbage serves with equal ease. The trick is to consider it as the first option, a sure rally-winner should an opponent wait too long before acting.

It's also important to use the stroke at other times during the rally, whether one is server or servee. The ceiling stroke can be used effectively anywhere beyond the short line, although the depth of the shot decreases the closer one is to the front wall.

There's no time more ripe for the ceiling ball than when an individual is matched against an opponent who prides him or herself on reflex speed. Everyone's seen players like this. They're the folks who don't move for the ball until it's struck the front wall. Making the most of a short burst of speed they catch up and put it away. Killshot artists often play like this, so do whippet-fast racquetballers with little knowledge of court strategy. The individual making use of the ceiling ball will find it perfectly tailored to disrupt, then destroy these players' games.

The secret to success lies in the high trajectory achieved by the innocuous ceiling ball after it hits the floor. While a person 6'3" or taller, or an individual blessed with cat-like reflexes may be able to cut off the ball, most can't. This means they don't begin to move back on the ball until it's already overhead. Loud cries and obscenities occasionally reverberate around court following the delivery of a ceiling ball. It doesn't take long for the opponent to get his or her signals crossed and begin racing wildly backward. When the situation deteriorates to the point that the victim is stroking tomahawk-type shots from the back wall, victory is at hand.

Calmly stationed in center court, the ceiling baller will find a veritable paradise of errant passes and kills to be savored. These shots should be greeted with a summary, dispatch designed to make the opponent even more befuddled.

There are also players who regard the ceiling ball as an insult to be dealt with viciously. Angry at having had a floating orb hit in their direction, they reply with a backwards running smash that courses from the front to back wall without bouncing. Once again the ceiling baller should take care to end the rally quickly. This is best done by escorting the ball on its final trip, post-bounce, to the front wall. After peering back at the hitter, ease a gentle pinch into the near corner. The shot will register a ceiling ball-borne winner and frustrate the opponent greatly. Sometimes an unsuspecting player will actually run into the side or back wall in pursuit of the ceiling ball. When this happens, check the other side

for wounds. If only the ego is bruised, do your best to repeat the shot. It won't be long before the opposition becomes wall-shy, creating a curious breed of courtsman (or woman). This player takes the form of a human dervish given to frenzied stop-action tactics. Anxious to retrieve the ceiling ball the guy or gal runs wildly after it, but puts the brakes on way before the back wall. The corresponding lurch and poke at the ball is a pleasure to watch, a laughmaker if there ever was one. The in returns often go straight overhead, and those that make the front wall are too weak to be considered respectable.

It should be apparent by now that the ceiling ball serves as both an offensive and defensive weapon. Victims used to waging "powerball" will find it takes them out of their game, forcing kills and passes to be delivered from awkward positions. Individuals prone to usurping center court position will find efforts thwarted by constant retreat in pursuit of the high-flying ball. Players out for a good time will find themselves hopelessly confused by the corkscrew dance employed to reach the objective.

From the hitter's viewpoint the ceiling ball is defensive, in that it gives the player time to move into position after striking the roofer. It is offensive in that opponents who treat the shot with disdain or ineptitude lose points as a result of the sentiment.

The important aspect for players who use the shot to remember is anticipation. The secret to clever anticipation, (which leads to proper position) is alertness. Regardless of whatever shot an opponent levels, the alert player should use the time after the ball comes off the racquet to get into position. This is especially true when returning the ceiling ball. The player who begins the retreat as soon as he or she sees the ball head off the racquet can set back in time to stroke another ceiling ball. Then based in the deep back court, even a perfect "CB" dropping off the rear wall won't be a problem. But wait for the ball to hit the front wall or floor before taking off, and certain disaster awaits. Fortunately it's child's play to get in the habit of early movement. All that it takes is persistence and patience — traits many players have in abundance.

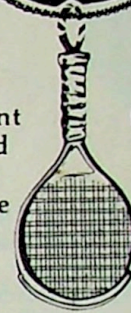
Best of all, the intelligent player will find that use of the ceiling ball, particularly to the backhand side, will stir fear and confusion in the opposition. This will open the door for the user to make extensive use of high percentage passes, kills and pinches.

That use tends to spell victory more often than not, assuming one is devoted to mastering the simple stroke. Next time out try a few ceiling balls and check the results. The probabilities are high, regardless of your style of play, you'll become a believer in Death From Above — Racquetball Style. ●

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What You Should Know
About Choosing the Right Ball

Ball Picking Perils

by Cheryl Phillips

A rose by any other name is a rose, and a racquetball, no matter the brand name, is a racquetball . . . right? Not exactly, in fact, ball differences are said to be the number one contributor to strategy changes over the last decade, and more and more racquetballers are becoming aware of the subtle effects that a certain ball can have on their game.

At a Friday night challenge ladder, the beer and bull flowed easily among the players awaiting their turn at a match. One player who looked like he could have been captain of the crowd — salt and pepper hair, full beard, strong body, looking like a well seasoned athlete — was discussing his previous workout. "He didn't beat me, the ball did," he factually stated. "I'm not used to playing with those fast Ram balls, and next time, we'll use mine." Not sounding like a sore loser, other players listened intently to his advice, as if his ball warning was wisdom coming from Moses. Next time on court, he and his racquetballs were victorious.

Looking at external variables, like the type of equipment, is often mistakenly seen as "picky issues" created by a crazed group of sports enthusiasts. Many think all that's really needed to play your best is conditioning and technique. At one time this was so, but today's competitive ball marketplace forces players to know the movement patterns, endurance, and expectations of the round object, as well as these qualities in the opponent. In many respects, the ball is the most important element of the game — it's the "object" of the game, the only other moving equipment is the racquet, and its kinetic force is totally determined by the player. The ball has the walls, the floor, the ceiling, the racquet, and sometimes, the players to move against.

Established players feel that the wide range of ball choices has had the greatest impact on playing since the game's creation. "Strategy no longer just means mental planning or ball control . . . a player must virtually be able to adjust

the approach contingent on the ball used," states multiple national champ, Bill Sellars. The introduction of the fast ball made the biggest difference. Pete Wright, and other pros who reached their playing prime before the fast ball was discovered, report that the super lively ball changed the game from one that emphasized smarts to one that focuses on stamina. "Consequently," states Wright, "the faster paced game appeals to young players who are in excellent physical shape. Prior to the trend toward the livelier ball, increased skill and mental strategy could compensate for one's declining physical endurance."

Instructor Jack Washington states that power players usually don't like the quick action Seamco but control players do. "The more the ball flattens out on the racquet," he explains, "the more control you have. So, the thinner the wall, the more control you have. By the same token, this kind of ball is too bouncy for the player who puts a lot of power into court shots." Others conclude that the control Seamco gives on racquet contact is sacrificed by the lack of consistent bounce. "The fast ball is too unpredictable and takes away from the finesse of the game," says Jenquiz Nazina. "I find that the more consistent ball, like the Penn, gives more challenge for the advanced player. Before taking up racquetball I played squash, so I prefer a ball that gives me consistency in its wall and angle bounce."

Sellars has a lighthearted philosophy about the evolution of the hard round object, "The lively ball game is for the flat belly youth, who has cat-quick reflexes; whereas, the slower ball is for the fair, fat and forty player who is on the down side of his physical development."

Conflict and Controversy

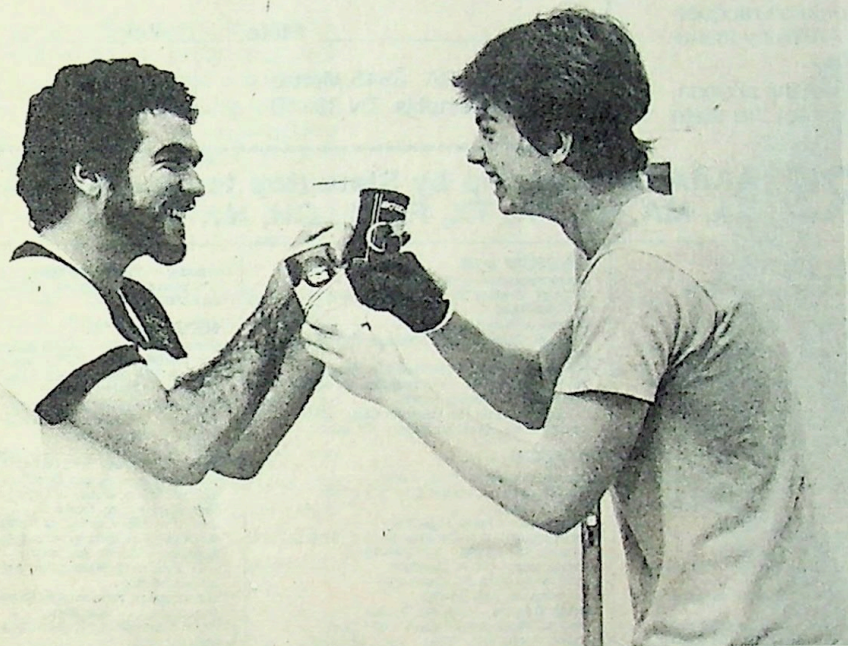
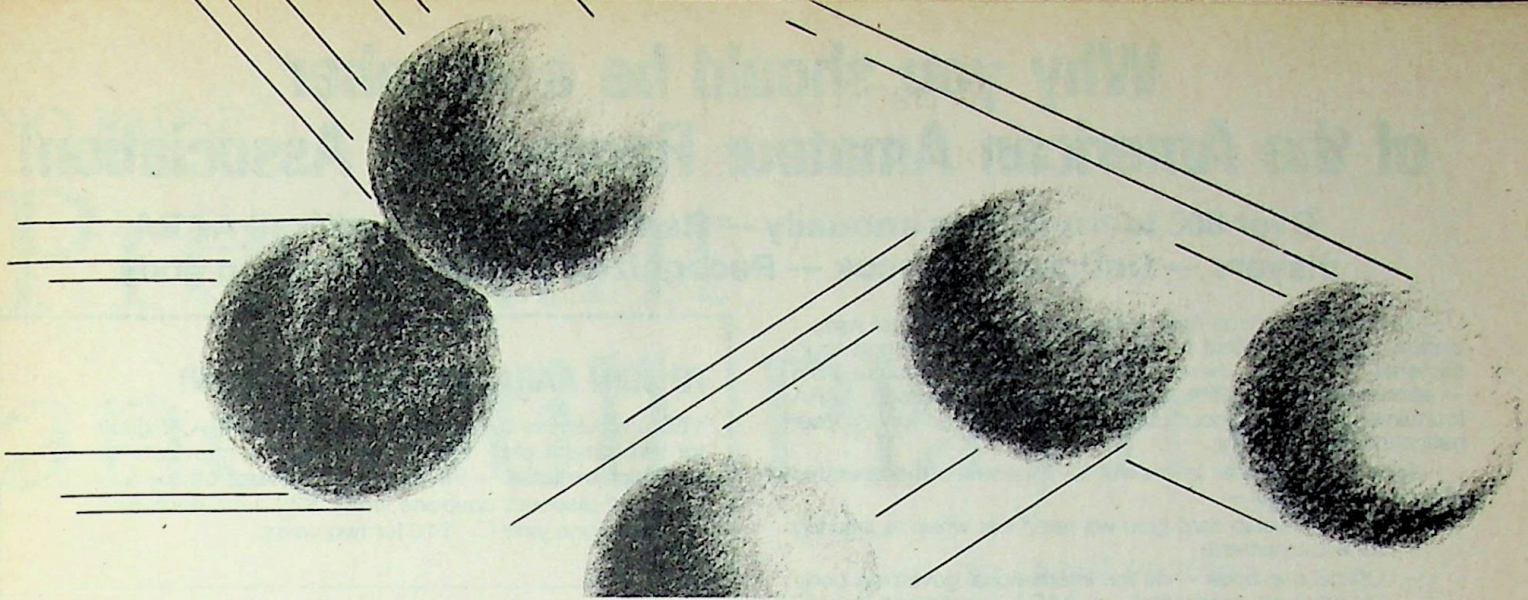
Blue is "in" for balls this year. Through the sport's maturation color has gone from black to blue, with a few reds and greens thrown in. Although there have

been frequent changes in colors, other considerations are more important to your smart shopping. When evaluating a ball, there's a five point criteria — durability, cost, your playing frequency, bounce consistency, and your game style.

You can't judge a book by its cover, but you sure can a ball . . . the most important variable of speed and durability is the thickness of the rubber covering. Just like skin, the thinner the covering, the more fragile the ball. While the thinner wall also means a livelier ball, the player who favors the fast pace must be prepared to fork out lots of bucks. "The thinner wall ball will break easily and may only last a few days of playing. If you have an infinite ball expense account, this might not be a problem, but for the average recreational player, a more durable ball, like Penn or the new Voit Roll-Out, would be a wiser selection," recommends Washington. For the occasional player, cutting cost means disregarding the varied ball speed and asking for one that keeps its bounce through the passage of time.

How much you spend on a ball has little to do with how long it will last and there's no relationship between price tag and the ball performance. "The expense doesn't reflect how long the ball will last or how it will play . . . all it tells you is how much you'll have to pull out of your wallet," Washington points out.

Life of the bounce will be altered by the amount of playing action. Someone who spends several days a week at the courts may end up spending more money by trying to save a few dollars purchasing a cheaper ball. "Even a good ball pressurizer won't make that much difference for a less durable ball," states Pat Joiner, tournament contender and pro shop manager. It's best for the beginner to use a moderate speed, consistent ball, unless (s)he is a sprinter and wants to incorporate this talent from the start. "To learn the basic serves and shots," says Ms. Joiner, "we suggest a mid-range



Reed tries to convince Jack that his are better.

lively ball. Slower balls like the Point West, might be easier to learn on, but they tend to die quickly, and it's most important that a new player doesn't learn on dead balls. The consistency of bounce is what a player should look for."

Regarding overall performance, most instructors and players seem to favor the Penn. "The Leach has never really caught on," reports Washington, "and recently introduced products haven't had enough time to test their popularity." The newer Ektelon and Wilson balls, with their consistent bounce and favored color, could become strong competition for the favorite Penn, but once a recreational player gets comfortable with a particular ball, there's little incentive to change. Developing two strategy styles for two ball types can be confusing and hurt your game. "Therefore," says pro Wright, "a player should begin learning

with the kind of ball (s)he enjoys playing with and stick with that style."

It is the fine tuned player who is most sensitive to the multiple ball effects. "A constant fluid court motion is essential when using a fast ball, but if the ball is slow, you can shift your weight into the ball (similar to tennis) and create a stop/start movement pattern," explains Pete Wright. Playing with a lively ball requires that you're faster on the court, are able to repeatedly hit slam shots, and are prepared for the ball to stay up a lot.

There may be an abundance of conflict over what ball is best and the effects of each, but there's one point most seem to agree on — the time for a uniform ball has come and without it, racquetball will be held back in its professional sport development. Most tournament rounders think there's a desperate need for a uniform ball to be used in competition. Jack Washington is one. "You bet we need

uniformity in tournaments. If one week you play a tournament that uses the Seamco and the next week you play in one using the Penn, you're likely to skip a few shots until you get used to the other ball." At least, the lack of uniformity is something that all competitors must cope with.

The wide range of balls has increased consumer selection, but it has also contributed to the confusion, conflict and controversy over what's *the* ball, (or if it's been invented yet). To our knowledge, no one has actually come to blows over which ball will be used in a match, but many of us have felt like it; especially when it appears like someone is trying to "slip us a fast one".

The childhood "I'm going to take my ball and go home" theme is reflected in the faces of many players whose balls aren't chosen for game action. Recreational playing doesn't have an accepted rule for determining whose balls will be played with, so it's probably easier to flip a coin than to debate the merits of one over another. Otherwise, one player ends up with a slight psychological edge and the other player begins playing bitter. (This might be the time to try a neutral, untested "new" ball that neither player has used before.)

Until there's uniformity and an agreement on what that should be, we'll continue to see companies manufacturing more types with more claims for better performance. (This is not to say that there should be only one company manufacturing racquetballs, as this has caused problems in the past. Rather, there should be stricter standards for what is acceptable.) The cynic could view all this as a capitalistic scheme since with each "new" that's put in front of a product's name, a "new" price usually follows. For the experimental player, the contemporary racquetball period gives you many balls to play around with, but for the more steady stroker, the best advice is to find what you like and try to stick with it. ●

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NO PAUSE

Pregnant and Still Playing

by Cheryl Phillips

Changes have taken place in what's acceptable with exercise, pregnancy and racquetball; and the increased popularity of all three (we're witnessing a baby boom) has meant more protruding stomachs are taking to the court. To wit:

... In August, Diane won a tournament. The victory was sweet, not so much because she won, but more because she was able to play at all — at the time Diane was 7½ months pregnant.

... Wendy has been expecting for three months and instead of waking up to morning sickness, she gets up and arrives at the racquetball club by 6:30 a.m.

... Ginny took a trophy when she was five months pregnant and found that her condition gave her a psychological edge.

... Darlene quit playing racquetball at 4½ months because she got disgusted with people being afraid to play her.

Besides the thrill of "doing it", these women discovered that playing pregnant promotes total health. It was the noticeable physical effects that made Diane Nabholtz's husband increase his support of her playing. "The bigger I got, the more he was reserved about my playing. Then, when we started going to childbirth classes, and he could see how much more fit I was compared to other women, he became convinced that I should continue," she recalls.

Ginny Dutton relates that throughout her pregnancy she maintained a high energy level. "When I compared myself with pregnant friends who aren't active, I am thankful that I continued sports. I would have hated the lethargy that overcomes women during their pregnancy," she explains. Wendy Crown tells us one reason for a regular player to continue. "I'm very active and if I stop my sports involvement, all that extra energy will be pent up, and I would probably get real nervous. Accumulated tension can become more uncomfortable and a greater health risk than any strenuous match."



Diane Nabholtz received a trophy and the respect of other women when she took a tournament win while 7 months pregnant.

Equal to the physical advantages are the psychological effects. Women who allow their life to be unduly restricted during their pregnancy can become secretly resentful and turn an exciting time of life into a burden. Diane says, "Playing gives you an emotional boost and definitely increases your self esteem. Mentally it isn't good for a woman to change around everything that she's used to because she's pregnant."

"Playing racquetball helped keep my attitude positive," states Ginny. "I didn't like being big, and staying active kept me feeling good about myself."

After being discouraged with her male partners' reactions, Darlene Erickson decided to transfer athletic activities, rather than discontinue them. She enjoys the social aspect of sports as much as the physical workout. "Sports provide a support system and give me an opportunity to talk with other women about being pregnant," she explains. When she spoke to her doctor about what exercise she could and could not do, he told her, "As long as it feels comfortable to you, do it... you be the judge."

When pregnant Diane won the tournament, she became an instant celebrity and other women at the club seemed to be empowered by her feat. Jane, one of Diane's regular opponents, says, "It's a real inspiration to play a woman who's so good when she's so pregnant. The expectant racquetballer provides a positive role model to other players." At first Jane gave Diane an unintentional advantage, particularly after her pregnancy became very visible. But, when she was consistently being beaten, Jane figured it was folly to hold back.

Coping with the reactions of others

There's no more critical time when a woman is expected to regard her health than when she's pregnant, and for many fitness conscious moms of the '80s the mythical wives tales which surround childbirth produce an array of reactions in others. Wendy explains, "Suddenly, everyone around you becomes an expert on pregnancy and assumes you want to hear their wisdom."

Diane describes the diverse opinions she encountered. "Some, usually older women, who think when you're pregnant you shouldn't raise your hand above your head, are quick to point out their concern about my playing; even if they've never played the game. But, others, especially the ones who I began playing with two and a half years ago, think it's great. So, the women who play racquetball must be physically and psychologically determined; otherwise, others' helpful advice may be upsetting... even guilt provoking."

Wendy thinks that ultimately the pregnant woman is the best judge in the controversy. "Being a physically active person, I really listen to my body, and

A man's point of view

by Gary Clemons

Being a man who has always considered himself capable of enduring pain and discomfort without complaining too much, or letting people know that I'm hurting, I have always admired the woman athlete who gets pregnant. This condition at best is uncomfortable. And ever since Eve ate the apple and the Lord told her that her punishment was pain at childbirth, He wasn't fooling around either, he meant pain!! But what he didn't tell her was how miserable she would be for nine months before she got to the pain part. What with morning sickness and a swollen belly that will never let her sit comfortably, puffy feet, or ankles and just plain headache. All of which makes the normal woman a martyr in my eyes. But the female athlete must make sacrifices that must seem very unfair, if not down right discouraging. After all — to give up your sport, or sports, for nine months is a long time. Basic skills are lost or at least dulled. So when my wife, who is program director of our local Spaulding Racquetball Club, told me that she had three pregnant women not only playing in leagues but winning them, I was astonished, and thought that others besides myself should know of these remarkable ladies.

The first lady is Jody Harrison, and at the time of this writing, she is expecting her second child. Her first is a boy, Brandon, age 2½. Jody is a "B" player who just started playing two years ago and says she enjoys racquetball more than any other sport she has ever tried.

When asked about her game she said "I plan to keep playing until I have the baby. I feel racquetball has helped me keep in better shape and keep my weight down. So far, I'm gaining less weight than with my first baby. This baby will be delivered by Caesarean section, and my hope is that playing racquetball will help me make a faster recovery."

no one knows my body better than I," the ex-ski instructor says. She believes that her body, and not the reactions of others, should set the limits.

The hardest reaction to deal with is that of an overprotective husband. Before having a reassuring talk with her obstetrician, Wendy's husband was hesitant about her playing. "Even though I felt good and the doctor had said I could continue sports, if my husband's fears hadn't been dispelled, he would have sat home worrying while I was at the club. Then, I would have had to decide if playing was worth it." Fortunately, the doctor was able to calm Mr. Crown's new papa jitters and now, he support-

So far Jody has had to make a few changes in her game, like more lob serves and more ceiling shots, but this hasn't hurt her game any. She won 1st place in her advanced league and took 2nd place in "B" in the spring club championship tournament.

The second lady of interest is Pam Justus. This is her first baby and she says she doesn't think about being pregnant. Pam is a teacher who has an undergraduate degree in physical education and French, and her masters degree in special education. She has been playing racquetball for three years and is a "C" player and believes that racquetball is not only good exercise but a good way to have fun with her friends. Pam also had to change her game. She says that she worked on strategy as she began to slow down and grow more tired. It must have worked — she took 1st place in her high intermediate league.

My last lady is Sandra Aft. This is her second baby also. She has been playing racquetball for six months, and is playing at the low intermediate level. Besides racquetball she has many other hobbies, such as gymnastics, tennis, jogging and swimming.

Because of the physical change she has had to make some changes in her game also, but she says that her speed and quickness have been unaffected, and I tend to agree. She took 1st place in her league also. Besides, she says "I love the competition and winning makes me feel as good as ever. And now two of us are winning at the same time!!"

All of these ladies plan to continue playing after their deliveries, and all of them will probably be back on the court in a very short time. After all, what better way to get back in shape? And you guys out there thought it was hard to play with a nasty old cold! ●

ively inquires, "Have you exercised today," or "It's been awhile since you've played racquetball." When husbands are able to recognize that their wives aren't sick and won't break, they appreciate the benefits of being active during pregnancy — better muscle tone, controlled weight gain, and bodily come back after delivery.

Medical Support

The medical research regarding sports activity during pregnancy is scant; the practice seems so new that the scientific community hasn't had adequate time to do in-depth studies. But, subjectively the women who continue court competi-



"Hey mom, think that ceiling shot is going to make it?" Mason asks.

tion feel that their body and their baby benefit. Diane recalls several mornings that she woke up feeling tired, went to the club, and felt rejuvenated after a game. Wendy thinks that her playing is good for her circulation and lessens the chances of developing puffy edema.

Jan Goss, one of an exciting new breed of Ob-Gyn, states that the advantages of physical exercise can be seen throughout pregnancy and labor. In addition to feeling better and having less pregnancy related complaints, she states, "Physically active patients have a better mental attitude about being pregnant. These women are aware of their bodies, and want to look their best, and continu-

ing in sports helps keep them from sitting around feeling fat. A positive body image is important during the nine months."

An accepted health rule is that a woman shouldn't begin a new sport while she is pregnant. Diane and Wendy feel that a woman shouldn't try to significantly improve her game while she's pregnant, but this doesn't mean she shouldn't compete. With the inspiration given her by Diane's captured trophy at seven months, Wendy is planning to enter as many tournaments as she feels up to playing in. "A healthy baby is, of course, more important than a trophy, but why can't I have both, why should I

have to choose?" she wonders.

The concern voiced most often pertains to any possible danger to the baby. "For the first 6 months, the baby is in a swimming pool of amniotic fluid and is well protected against injury," Dr. Goss explains.

Tom Hayes, an emergency room physician and sport enthusiast, states, "After 6 months, the worst injury risk would be if a woman was hit in the stomach with the edge of a racquet," (the chances of which are less than those of falling down stairs). Dr. Hayes says, "The medical consideration involved in continuing play during pregnancy is an individual decision that should ultimately be made

between the mother-to-be and her physician. Variables such as how the baby is being carried, previous gynecological problems, and the woman's general health are major medical determinants."

In addition to trauma, there's fear about the increased heart rate caused by a vigorous sport. Recent research on women and exercise has established that when the mother's heart rate increases by 50 percent, the fetal heart rate is only increased by 1 percent. So, the misconception that many people have about the baby's heart "bursting" has no factual basis.

"A person would be advised to discontinue a sport like racquetball if her physician detected a previously underlying disease such as heart or pulmonary disease," says Dr. Goss. "Other reasons are complications, like bleeding, particularly within the first 3 months." She states that the only sports exceptions to the "continue to have fun philosophy" are waterskiing because of the trauma that can result from a fall, and snow skiing because of the high altitude.

Dr. Hayes recommends that a woman consider her own safety as well as that of the baby. Some effects that he thinks a woman should evaluate are if she begins to feel off balance or if sudden movement causes discomfort or pain. If a woman finds that racquetball is too



strenuous, he suggests, "Exercise and fitness are important, and for the normally active woman, it would be better to switch to a less rigorous workout, like swimming or walking, than to terminate all physical endeavors."

Dr. Goss has found that one of the best medical benefits of mother-to-be sports can be found during labor. "Labor is exhausting," she explains, "and women who have good cardiovascular stamina have an easier time. These women also have a shorter secondary stage of labor — the time from complete dilation to delivery."

Both Ginny and Diane confirm that their labors were quick and uncomplicated. [The conditioning that goes along with racquetball helped them in their breathing and muscle contractions during labor.] The women were delightfully surprised that immediately their stomachs returned to normal size and they, unlike many women after childbirth, didn't have to continue wearing maternity clothes.

Ginny Dutton's first thought of her newborn son, Mason, was that he was in great shape. "I was amazed how strong his back was and that he was holding up his head right away," she recalls. "He has always been solid as a rock, and while I can't say that is because I played racquetball, I'm sure it helped make him healthy." And today, Mason is one of the best 2-year-old racquetballers around.

Effects on Your Game

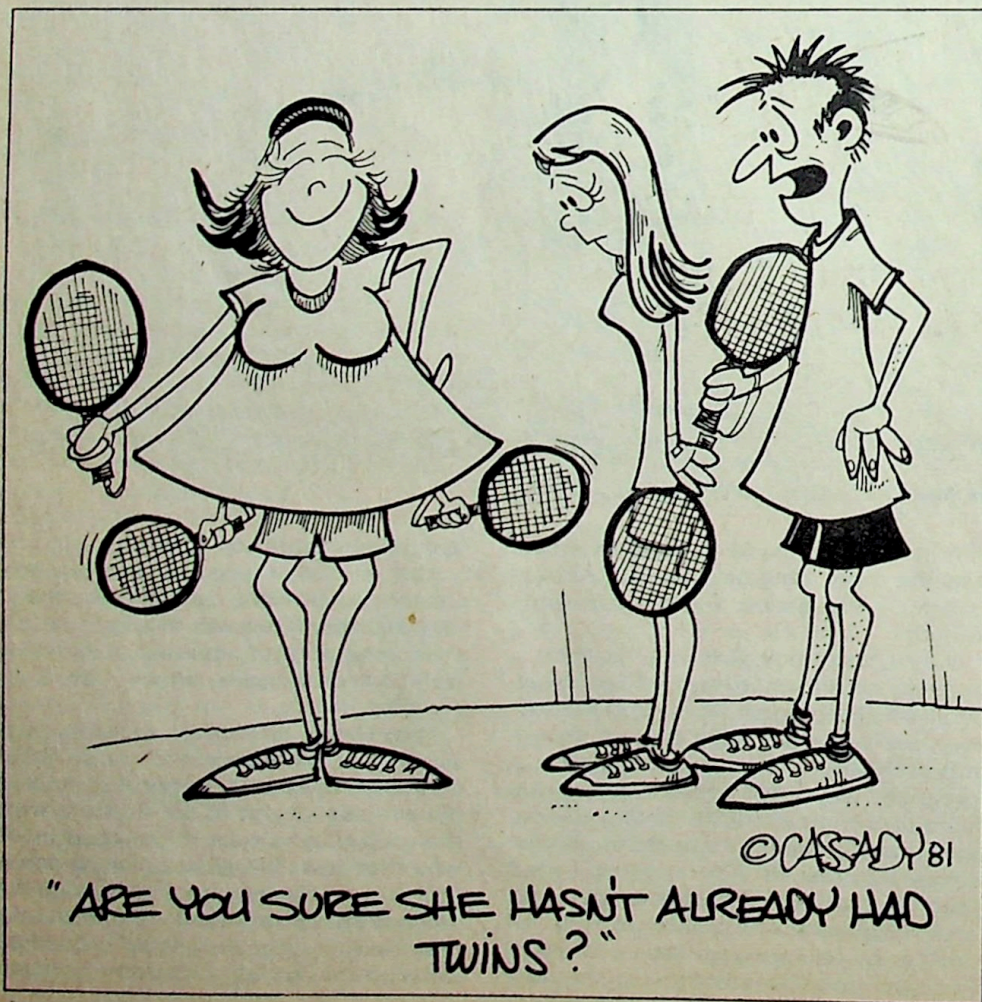
For the expectant mom, the emphasis is likely to turn from game improvement to game maintenance. Every woman I spoke with had individual playing considerations, but once these were dealt with, there was renewed confidence.

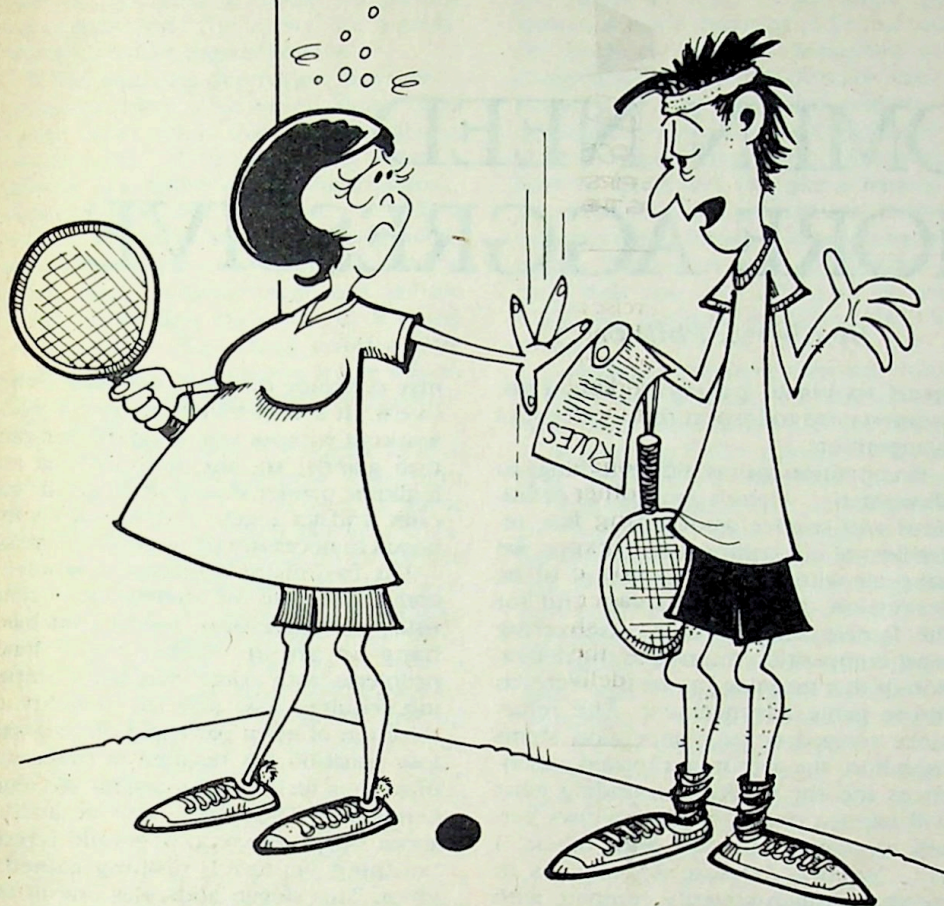
All pregnant women who decide to continue regular playing must come to terms with the fear of injury. There's no way you can make the environment perfect, and there's some risk even in the most simple tasks — walking up stairs, carrying a bag of groceries, or riding in the car. Most women think about the possibility of being abnormally clobbered by a racquet or ball. Diane confesses, "At first, I was scared about being hit in the stomach, then I realized that in all my playing years I've never been hit in the stomach." When thinking about racquet injuries, Wendy reflects, "Almost all racquet contact injuries are to the head and shoulders, not the middle body."

Of course, being pregnant affects the mother's game approach. Diane feels that she was subconsciously more defensive and once she felt the baby move, she swore off playing "wild shooters". Wendy thinks she has tapered her court aggressiveness and identifies an important point regarding setting activity limits, "No one wants to protect that kid more than I do; so I'm confident that I know how not to overdo."

When Ginny was pregnant she made a decision not to play doubles. "If you've been playing for a while," she states, "you know how to position yourself on the court so no one will collide with you, but I figured it would be a lot harder to protect myself from someone running into me during a doubles match than singles."

As far as how long a woman can play, it varies. Many women quit after the increased weight becomes a significant factor to their stamina. The more regularly a person played before her preg-





"I CAN'T SEEM TO FIND ANYTHING ABOUT A MORNING SICKNESS HANDICAP."

nancy, the more likely she will continue into the seventh, eighth or ninth month. What's more important is that the expectant mother takes into account how she feels and how long she can play comfortably. Wendy decided, "Take it one game at a time, and as long as I feel good, I'll play." She also states, "I've had to be careful not to use being pregnant as a cop out." Even before conceiving, she occasionally had to give herself an extra push to make an early morning match, and that hasn't changed because she's carrying a child.

Wendy has a creative philosophy about playing while she's expecting. "I see it as two against one, so I have an extra edge rather than a handicap." Her viewpoint underlines the fact that what you tell yourself about how the pregnancy will affect your game is critical. It's exciting to see women in the '80s

replacing the "eating for two" adage with "playing for two". Instead of more pounds, they have good health and a magnetism brought about by the additional life that they represent.

Diane took a weekly lesson throughout her pregnancy. While her doctor followed her fetal development, her coach followed her playing development. Her instructor explains, "If her game would have started changing, I would have recommended that she quit playing. In the beginning, we weren't sure if and how she might compensate for her physical adaptation." What they discovered was that balance was no problem; she could still make kill shots and her technique remained the same. Diane did find that she had to learn more patience and had to rely more heavily on strategy to get those winning points. "Basically, as time went on and it

became more difficult to maneuver, I had to be more selective about how I used my physical energy on the court," she says.

One unexpected obstacle Diane faced was finding proper sports clothing. "I would advise women to get whatever they can whenever they can that is lightweight and will expand along with your body. I found that the available terry-cloth outfits were impractical when I would work up a good sweat during a vigorous game." She points out that women may have to be satisfied with makeshift court clothing or find other players who have shorts and tops left over from their pregnancy.

These women agreed that being pregnant gives you more of a psychological advantage than a physical disadvantage. A typical opponent's reaction is to give an unconscious handicap to the player with a bulge. When this is recognized, a good strategist can use it to make for an easy win. Although women don't expect an opponent to tone down because of their altered state, they're more comfortable playing those who have a tame, consistent, rather than wild approach to playing.

The unspoken handicap that is given to the pregnant player can make a loss more ego shattering for the opponent. There seems to be an assumption that sport's skill decreases proportionately to the waistline's increase; so, being pregnant will definitely influence how an opponent approaches the game and feels about the outcome. Diane states that if she didn't play well, an opponent would say, "What can you expect, you're pregnant," but if she won, she heard, "You sure you should be playing that hard in your condition?"

Another opponent reaction is to flatly refuse to play against you. Darlene decided to temporarily transfer her sports interest from racquetball to swimming and aerobic dance after her usual male opponents didn't want to play her. "I made them uneasy, the whole thing seems foreign to most men and they aren't certain how to react," she recounts.

The best way to assure that you don't get too dependent on the intimidation caused by your protruding stomach is to find those who feel comfortable playing against a pregnant woman, who won't give you an unfair advantage, but won't put you at unnecessary risk. This type of match mate generally evolves, rather than just being found. After realizing that being pregnant doesn't transform an A player into a C player or destroy coordination, an opponent will give you a good game.

So, if one of your eggs meets with a special sperm, don't automatically put your racquet in mothballs for nine months . . . you may find that your added dimension will also give your game a new angle. Playing pregnant is good for ALL of you. ●

The Competitive Edge

WOMEN NEED TO BE MORE AGGRESSIVE

by Cheryl Phillips

Twenty-five years ago, when women's teams got together for scheduled matches, it was called "play days" — implying that female physical pursuits were recreational and that athletics were just a substitution for afternoon tea parties. It was acceptable for women to compete, but it was to be done subtly and without sweat. The most typical form of early allowable competition among the ladies was vying to look better, attract the best guy, or occasionally, make outstanding grades. Today, women are increasingly competing in professional and amateur sport, but the concept of open physical rivalry is still an unfamiliar, awkward one for many of us.

The confusion evoked by the topic of competition can be found anywhere. At a gathering of female friends, I searched for assistance. "Hey, maybe y'all can help me . . . I'm working on an article about women and competition and I'm stuck on how to illustrate it . . . have any ideas?"

"Women competing against men?" one tried to clarify. While explaining that my intent was to explore the whole issue of competition, another friend chimed in, "I know, come here Karen, let's show her what we do."

The two women proceeded to set the stage for how they show each other newly purchased clothes, pointing out the cost and brand names and the jealousy that's created. "Or, what about talking to men," one enthusiastically suggested. Then, three women got up to play out a scenario of two women competing for a man's attention at a party.

I watched the acting with a mixed sense of amusement and embarrassment . . . I hadn't stated that this was being written for *Racquetball*, but was astounded by their association to the subject; after all, these were liberated modern gals. "Thanks," I weakly replied, trying to recover from my wounded feminine consciousness.

That night confirmed two convictions — one, the material doesn't easily lend

itself to visual portrayals, and two, women need to inspect their concept of competition.

Competition means different things to all women . . . there's a myriad of definitions and relative associations. But, regardless of our competition concept, we have all witnessed an evolution of its expression in women's sports and for the female racquetballer, discovering what competition means and the derivation of that meaning can be the secret to future game advancement. The reluctance toward court competition stems from both the gaps in our related experiences and the myths surrounding what will happen once a woman allows herself to openly compete with others. I say, "openly" because it's obvious to me that women covertly compete with each other and with men, but there's an unspoken rule not to admit to it, or worse, enjoy it.

"We need to be raising a generation of participants, not another generation of fans," states Janice Kaplan, author of *Women and Sports*. Sometimes I feel cheated by the lack of sport exposure that was given to me in high school . . . I fantasize about holding out a percentage of our current outlandish school taxes to compensate for the blatant inadequacy of my public education. In a graduating class of over 800 students, the only "team" activities available to the girls were social service clubs, band, and, of course, the honored privilege of cheering the fellows on to victory. Then, as now, music isn't my forte and sitting on the sidelines causes me to develop posterior calluses.

One of the biggest barriers that instructors face when teaching racquetball to women is timidity. It's as if women feel they need to apologize about being aggressive, or fear that such acts will make others think less of them. Or, perhaps we don't know how to begin to assert our power on the court. For, women who have lived by the "sugar and spice and everything nice" legend

may conclude that they will melt if they sweat. It's impossible to get a good workout without activating the perspiration glands; so, the folklore that the feminine gender should smell good, stay calm, and act angelic is diametrically opposed to necessary racquetball behavior.

The two major obstacles to women's competition are the anxiety over taking risks, and aggression. And if a gal has a hang-up about either, she'll have problems with court matches. Competing requires risk, and the inability or rejection of open participation in a win/lose situation has resulted in thousands of women feeling unsuccessful and wondering why. The women who are anxious about open competition should repeat, "nothing ventured, nothing gained," often. This slogan addresses one of the illogical competition fears — if I compete against you, then I might lose, and I don't want to risk losing. This is erroneous reasoning since without trying, the person admits defeat by default. Athletics can be advantageous to overcoming this form of oppression. In a game, competitiveness is secondary to having fun.

The concept of aggression is frightening for many of us . . . we too often visualize ourselves as being victims of someone else's (usually a man) outrage. The female's receptive role in aggression has been demonstrated to us through every aspect of society — from passive maternal role models to rock and roll album covers that picture women gagged and chained.

The influence of aggression in sports is often, unfortunately, tied with the expression of anger. One friend explained that she always felt that her regular racquetball partner held back; then, one evening the opponent got real mad at my friend and they had the best match they've ever played. "I really enjoyed the workout," stated my colleague, "but, I don't want to have to make her angry at me each week in order for us to have a good game."

As she told her story, I was reminded of the jogging speed record that I broke when my husband and I continued an argument onto the track. Without trying, I shaved minutes off my normal time. Getting angry while you're engaged in an athletic activity might give you an adrenalin rush, but it can also take away from your concentration and control. So, getting ticked off during every game isn't the answer for a problem with under-aggressiveness.

While studying depression in women, scientists have discovered that many suffer from what they call, "learned helplessness". This is basically when a person has taken on an incompetent, dependent attitude in order to "act like a woman should". Many of us who were reared in traditional families, where there were distinct male and female roles, have had exposure to learned helplessness. Becoming comfortable with aggressive expression is one way to diminish the damaging effects of socialized passivity.

Actually, aggression is a normal human emotion, and even for those who aren't in touch with it . . . it's there. If these feelings aren't channeled, like in racquetball, a person is vulnerable for all sorts of psychosomatic disorders. Females who struggle with showing their aggressive nature can benefit from spending lots of hours doing drills. Learning to "give it your all" is like any other skill, it must be practiced. Unless we are able to give up a passive mind-set in racquetball, we quickly lose interest in playing. Collaborative competing with others, like in doubles, can sometimes help take the edge off resistance. Finding a partner will ease the threat and provide you a sense of cooperative competition. This can be particularly helpful for women who haven't been exposed to team sports.

Depersonalizing competition will also make it more satisfying. You don't have to compete against a person . . . the ball can become the focus of your desire to overpower. Women frequently choke up when they let thoughts of the opponent's ego get in the way of playing.

Female competition was elevated to greater legitimacy when money entered the picture . . . while it's frowned upon for the gender to enjoy competing for its own sake, if it's done for a prize dollar, it's acceptable. Like tennis, the winner's pot in racquetball had the same sort of grueling fight against men's competition before achieving minimum status. And even with the emergence of the Women's Professional Racquetball Association (WPRA) equality is still an unfulfilled dream.

In addition to money, today's sports-minded female is finding a stimulating social connection to racquetball. Women who regularly play each other in matches discover the sporty bond that men have known for years. Competition

doesn't have to be damaging to one's self concept; when the attitude of the participants is positive, so are the results. Even for the women who will never face serious competition, learning that they can challenge another person better prepares them to challenge the world.

Sports competition can assist women in their careers. No matter what your profession, in order to get ahead, performance risk is essential and some jobs, like sales, are directly connected with competition. Regardless of your occupational choice, learning the positive aspects of competition can be beneficial to your professional growth. Discovering how to think and feel like a winner is good for your self esteem and racquetball provides a forum to develop such an image. The secret is to concentrate on how well you play (did you do your best) and not who garnished the most points.

Competition between men and women is filled with a variety of mistruths that have been handed down to generations of women, as if the messages were biblical. Standard recommendations were, "if you play against men, let them win" or "men don't date women who are good in sports". To play men in racquetball, you must first forget all the garbage that has been told you about sports etiquette with the opposite sex. What any player wants from another is a good game, and if a man's ego is so fragile that he couldn't cope with a loss to a woman . . . it's his problem, not yours.

Many women can recall a change in their athletic image when they reached the teen years. Being reared with two older brothers, I would come home from school (where I was told not to get dirty) and play touch football with the neighborhood boys. At the time, I didn't view these childhood games as competition, it was more a case of survival and being accepted by "them". As I approached adolescence, the fellows began refusing to allow my game participation, and therein began the sports isolation between the sexes. I was directed to the sidelines where I could cheer them on to victory, and a boy was given my position of running back. "Baloney," I thought to myself, "why should my budding breasts and menstrual spills make any difference in catching and running with the ball?" I passed up the opportunity to become the neighborhood cheerleader.

For generations, we have ignored our own ego needs in order to protect the ego of the man we loved. "Don't threaten men," was an edict which many of us received from our parents, especially our mothers. The advice was grounded in the misbelief that men don't like women who are challenging or competent in their own right, and any display of that may force a man to feel a moment of insecurity. The truth of the matter is, even when one adopts this "walk on eggshells" way of life, there isn't a

guarantee that her man won't have to confront personal inadequacies; so, the behavioral recommendation makes us double losers.

Our elders aren't the only ones who have perpetuated the myths about the fate of women who dare compete against men, some from the masculine sex have added to the disclaimer of the aggressive female. Women have been told that competitive actions are evidence of penis envy, defective chromosomes, and unresolved childhood feelings about their fathers. Armed with these ridiculous thoughts, guys have been able to discourage females from "showing their all" for years.

How do men really respond to competitive women? The experience reported after West Point admitted women to the academy offers some surprises. The West Point leadership expected that the prettiest and least threatening women would garner the most dates, but male cadets' interests in the women paralleled their physical training outcomes, and not their looks. Those who were performance equals were the most popular.

If women are going to demand the respect of equality, we must first be prepared to demand it from ourselves. This means taking risks — not expecting a man to play by a different set of rules against us, and not adapting our game to the opponent's gender. The primary issue involved in mixed competition is whether men and women can respect each other as competent athletes and as individuals. This is one of the best ways for men to realize that women aren't just lovers, sex symbols or domestic engineers. When men must relate to women where romance isn't the goal, there's an expanded appreciation of both sexes. A sweaty, smelly, noisy racquetball court isn't a conducive place for amorous encounters, and until men and women can play together without everyone assuming sexual overtones, the ERA is futile. Men and women who are accustomed to relating together in a conventional manner find that racquetball will break down the facade that normally represses the expression of emotions like anger and intense excitement.

No matter who your opponent is, the real competition in sports is against yourself. Many women narrowly define matches as one person wins, another loses, and forget that the real performance judge is yourself, not the score. Even if you lose, if you honestly feel that you've played your best, you can take pride in your game. A willingness to compete is more than a desire to win; it's the drive to do your best and risk a loss to achieve. Competition means challenge, not just the thrill of victory.

Racquetball might not be the answer to competition hang-ups, but it can serve as one of the keys to unlock the chain that has historically imprisoned and oppressed our spirit to excel. ●

Making the Change From Tennis to Racquetball

Wrist, Racquet, and Weight Distribution

by Leslie Hall

This is the second article in a three-part instructional series for tennis players who are switching to racquetball.

Last month we started our discussion of what to change in your stroke if you are switching from tennis to racquetball. As we said, many racquetball players find it beneficial to keep the same grip when hitting a forehand or a backhand. The reason for this is that the ball is moving so quickly in such a small area that you will often be caught with the wrong grip if you try changing for each new shot. Instead, you can use a compromise grip that will bring your strings straight through the contact area on both your forehand and backhand. This racquetball grip puts the "V" formed by your thumb and index finger slightly to the left of the center on the top of your racquet handle (for right-handers).

This new grip will allow you to hit the ball farther back in your stance which will give you more power without a loss of control. The best place to contact the ball is about a foot behind your lead foot.

Hopefully you have practiced these two changes enough to be ready to try some more changes. You have probably found that when you make a change in your stroke, no matter how slight, the rest of your stroke changes. That's good! It shows how much your body compensates. As long as these changes are getting you closer to the true racquetball swing just enjoy the learning experience.

This month we will talk about three more changes: (1) the path of the racquet through the stroke, (2) the position of the wrist at contact, and (3) the weight distribution while stroking the ball.

Remember, unless otherwise stated the form we will be talking about will be the same whether you are hitting a forehand or a backhand. The only real difference in the two shots is the side of the body you are hitting on.

Path of the Racquet

When stroking a tennis ball there is very little upward movement in the backswing. You basically want to keep your elbow extended and hit the ball with your racquet traveling from a low to high position. This will send the ball over the net with spin. In racquetball, since you do not want to send the ball high or put spin on it, we can change this sequence. Instead of bringing your racquet through from low to high you should bring the racquet through from high to low. The racquet should begin the downswing from head level with a bent elbow and come straight through the hitting area. If this sounds to you like the golf swing, you're right. The racquetball swing and the golf swing are very similar.

One of the only differences in the two swings is when you hit a golf ball the club remains pointing down towards the ground through the stroke. In racquetball it is very important to keep the racquet head from dipping below wrist level. The racquetball should be coming through the hitting area (which is the area in your stance from your back to your front foot) no lower than your wrist or you will lose control. To see what I mean take your racquet and bring it through this area with the racquet head pointing towards the floor. Until you reach the middle of the hitting area the strings are pointing towards the floor. If

you hit the ball like this it will immediately hit the floor. As you pass the middle of your stance the racquet makes a dramatic upward movement and you are soon pointing the strings toward the ceiling. Now, start over while keeping the head of the racquet at wrist level. From the time you pass your back foot til you reach your front foot the strings are pointing straight ahead into the front wall. So, the more you dip the head of your racquet the more you shrink your hitting area. It's your choice, you can have a one-foot-wide hitting area or one-inch-wide hitting area.

Position of the Wrist

As you probably know by now the wrist comes into play more in racquetball than it does in tennis. When the grip on your racquet is the correct size you are able to snap your wrist on contact with the ball, which gives you more power. This snap is always a sideways snap. On the forehand if you snap with your thumb knuckle facing up (your wrist turning under) you will slice under the ball. If your thumb is facing the floor (your wrist turning over) you will come over the ball. If your thumb knuckle is facing straight ahead into the front wall (the wrist snapping sideways) the ball will be hit straight ahead.

Many tennis players have a tendency to let the wrist lead the racquet at contact with the ball which causes the ball to veer off course. At contact the racquet head should be even with or ahead of the wrist to prevent this from happening.

Weight Distribution

Another change which will add a lot to your swing is your weight distribution while stroking the ball. In tennis the weight goes ahead of the racquet so you end up having most of your weight on your front foot when contacting the ball. The other changes we have made allow you to keep your weight back farther in your stance. The weight should always be with your racquet. At the top of your backswing your weight should be on your back foot. At contact your weight should be evenly distributed, and in your follow-through the weight shifts to your front foot.

Next month we will conclude this series of articles as we discuss at what level the ball should be hit and how much your body should open itself up to the front wall. Until then, enjoy practicing! ●

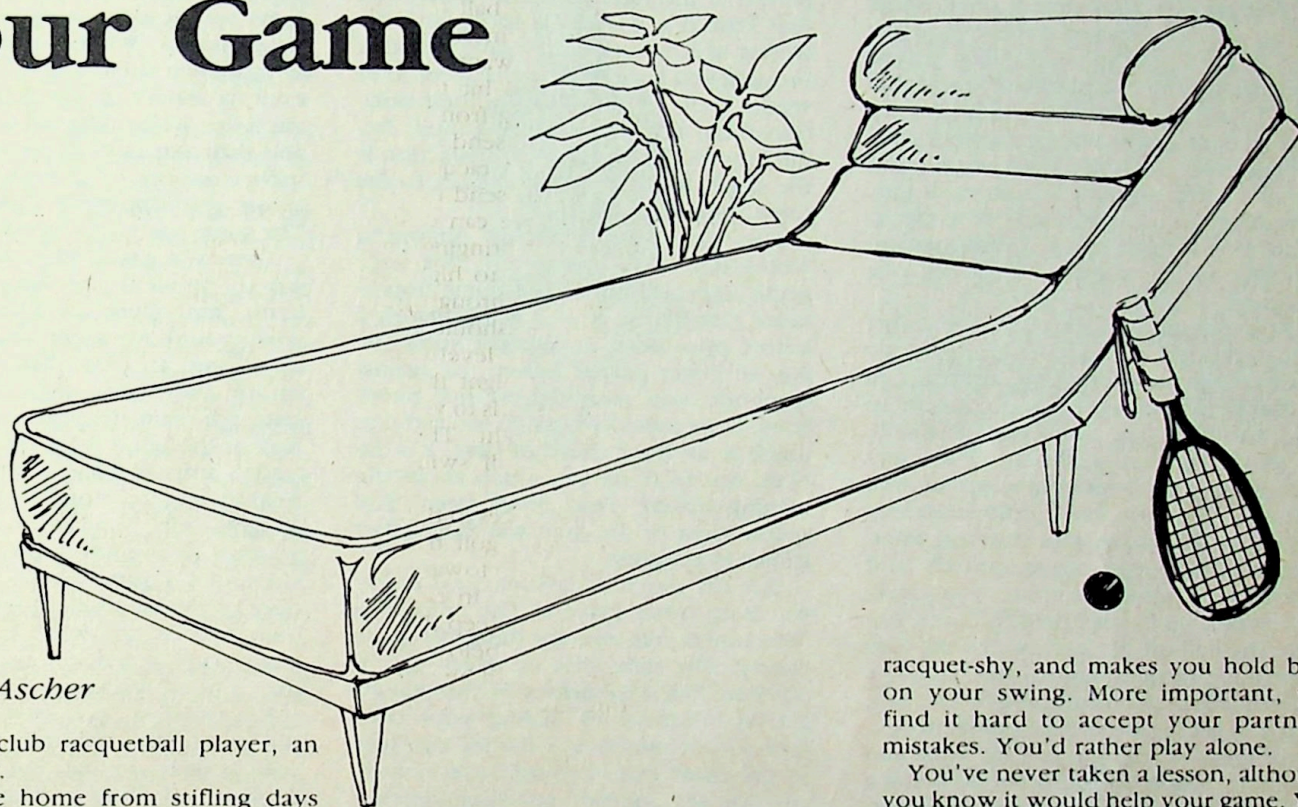


Photos by William Barnes

In the racquetball swing the racquet should begin the downswing from head level with a bent elbow and come straight through the hitting area.

A Session on the Couch

What a Therapist Might Tell You About Your Game



by Allen Ascher

You're a club racquetball player, an intermediate.

You come home from stifling days spent in an office or on a display floor, or sweating in physical labor. You're, a company executive, a computer programmer, a line worker in a factory, a broker, a buyer, a seller, a cop, a fireman, a teacher. The repetitive nature of the work you do sometimes numbs your brain and makes you wonder why you do it. Most of the time you don't think about it at all. You think about something else — family, vacation, dreams, money, racquetball.

One night a week, or two, or three, if you've got the time, you drive down to your club to play for an hour and sit in the sauna for another twenty minutes. You have the same thought every time you make the evening drive: you wish it were the morning, before the day sapped your strength. Or you wish you could make your own hours, in your own business, and play in the afternoon. But playing in the evening has its advan-

tages, too. The hour tires out your body and relaxes your mind. You sleep better after it's over. You think more clearly the next day.

You play a relentless kind of racquetball. You tell whoever will listen to you that winning doesn't mean much, but you hate losing, perhaps because the aggressiveness of the day works itself into your game. You like to win on strength. You'd rather power the ball through your opponent than win a point on a lob or drop shot. For some reason it's more satisfying to you.

Sometimes the game makes you hot. You argue over screens, interferences, legal and illegal serves. You try to be courteous when you lose, but it often comes out sullen. You wish it didn't bother you so much.

You don't play doubles. Four people in a 20 by 40 foot court makes you

racquet-shy, and makes you hold back on your swing. More important, you find it hard to accept your partner's mistakes. You'd rather play alone.

You've never taken a lesson, although you know it would help your game. You make excuses about the cost and the time, but the reasons you have for staying away from a pro are deeper than that. Something in you won't let you admit that the game is anything more than a spontaneous, and as quickly forgotten, contest of mind and body, perhaps because it's so much more than that. If you paid to learn how to play it, it would lose whatever innocence it inherited from the pick-up games you played in the schoolyards when you were a kid. Something in you is contemptuous of learning the game formally, as though that would be a sign of athletic weakness. Something in you wants to be able to say, "So what if he beat me? He works at it," when you lose, an excuse that lends thin legitimacy to you. You won't let yourself be anyone's student, and you lose more games than you should.

Your weaknesses are anything but

uncommon; they fill the pages of the standard instructional books. Poor body movement, poor shot selection, poor court position — those are the ones you're aware of. There are times when you simply don't know what you're doing wrong, and other times, when you're winning, when you aren't aware that you're doing anything wrong at all.

The worst of your weaknesses is your backhand. You've lost more matches than you can count because of your backhand. You have a good idea what's wrong with it — your timing is off, and your shoulders, knees and feet are usually in the wrong position when you swing — yet you've never bought an hour's court time to work on it.

You joined a tournament once, about a year after you started to play. You met new players of your own ability, played well against them, and came in third. But you found the pressure of a protracted tournament almost unbearable. For eight weeks you couldn't take your mind away from tournament results, league standings, who-beat-who, who-plays-who. You haven't entered a tournament since; you probably won't enter one again.

You do many things on the court wrong. Body position is one, court position is another. You hit the ball harder than you have to, and you tend to hit it too high. You don't think as much, or as clearly as you should. You can't anticipate your opponent's moves well enough. But you have compensatory strengths that make you a strong intermediate. You can move quickly and smoothly around the court; you rarely get tangled up in your own feet, and you play the ball off the back wall well. You have good racquet control and hand-eye coordination; you rarely mis-hit the ball, and you get the sweet spot often enough. Your greatest strength is your wrist and forearm, almost to the point of being a liability. You can snap your wrist powerfully from almost any position, and you've come to depend on it too much; you don't set your feet as well as you should for most of your shots.

You pick your opponents a little more carefully than you used to. Although you've never admitted it to yourself, you've found your own level in the game and you're comfortable there. You don't want to play anyone who's far too good for you to have at least a chance of beating, and you don't have the patience to rally with a novice. You play against people you've met at the club, intermediates like yourself. You enjoy their competition and their conversation, but you don't see them socially away from the court.

You're always impatient to play, so you don't warm up properly. The hundreds of stretching exercises left undone are starting to tell on you. You've missed a few matches with a sore shoulder, and if you don't play more than once a week

you feel stiff and sore the morning after. You feel twinges of pain in your legs every now and then, more often than you used to. A knee, a hamstring, a calf muscle suddenly needs more care and respect than you've been giving it. But a minute of stretching exercises seems endless, and you use what warm up time your opponent takes to hit away at the ball. You always warm up on the shots you hit best.

Even in the worst games you play there are shots to remember, something you do as well as it can be done. Often it's a roll-out, hit from the middle of a furious rally played at the edge of your abilities. Sometimes it's an impossible get, sometimes a tactical ceiling shot played at the right moment. When you first started it was these shots, and the feeling of satisfaction they gave you, that brought you back to the game week after week. They were brilliant in their isolation then; now they happen more frequently, but the feeling of satisfaction is the same. It still brings you back to the game, time after time.

You hate waiting for an opponent who's late. You arrive early for your game, especially if there's some importance attached to it — a game against a better opponent, or against someone you've never played before, or against someone you should best but never have. Sometimes you arrive too early, as much as an hour ahead of time. It's difficult not to think too much about the coming match. Your mind races. You spend most of the time watching other games in progress.

But on most occasions you enjoy watching other players. The emotional detachment lets you see the game more clearly. The right shot on every play is obvious, the weaknesses of the players glaring. Sometimes during your own games your mind's eye flashes a picture of the court from behind the rear wall, and you see yourself, attacking, defending, moving through the game. It helps. You've never added up the total cost of your equipment, and you aren't really sure of what it's worth now. You own two moderately priced racquets, one more expensive than the other, one more tightly strung than the other. You use the tightly strung racquet more than the other; you like the power game, and it lets you hit the ball harder. But when you start losing control over the ball you go back to the looser strings. The most expensive part of your equipment is your shoes. You buy the best you can find. It's easier than an extended warm up, and it makes your feet feel stronger.

You aren't a graceless player. You have a good sense of balance and the ability to shift weight and keep your feet, even in an awkward position. It's rare that you have to lunge at a ball, but when it happens — when a ball with spin is deflected off the floor at an unexpected angle, or when a hard-hit ball is

crushed against the wall and bounces out deceptively — it infuriates you. Above all you hate looking, and feeling, clumsy on the court. You'll let a ball go by untouched rather than risk looking foolish.

It excites you, and makes you uncomfortable at the same time, to be watched from the gallery or through a glass wall while you play. But you play harder, and triple your efforts to seize control of center court and the game. Above all you want to be admired.

You like a game of long, tiring rallies, when each point crescendos to a maximum pitch of excitement. This is true in a close game, and even more true when, down 12-4 or 14-4, you hold your opponent scoreless and climb back into the game with a long string of closely contested points. When you feel confident in your own ability, tenacity is the most exciting aspect of the game. Yet there are times when nothing is more enjoyable than a string of quick winners hit off service returns, or an impossible get that leaves your opponent shaking his head. The game has many facets.

There was a time when fatigue was the worst opponent you had to face on the court, and there are times even now when your body seems unprepared, and unwilling, to play. The shortness of breath that begins soon after you step onto the court deepens until your chest feels as though it were on fire, and your leaden arms and legs seem incapable of responding to you. You should lift weights, run, bicycle, or swim to keep yourself in condition; racquetball is too strenuous a game to be played, hard, once or twice a week. But exercise for its own sake is not what you want. You never look at a match as nothing more than a good workout.

Nevertheless, you don't think about the game philosophically, either; it isn't your style to do that. But it means more to you and gives you more, than you could put into words, or, possibly, even imagine. Every time you take part in it you touch something immutable, for there is an objective perfection to the game that is caught forever as a potential in the tiny clips of time that make up the game's flux. You're a club racquetball player, an intermediate. You measure yourself against the scale of that perfection within the constraints of four walls and your own abilities every time you step onto a court. And sometimes, when your control is so perfect you feel you can will the ball to any spot on the wall; when you're bathed with sweat and glowing with your own heat; when muscles, heart, and lungs burst with life and power, and you watch the ball move in the slow motion, waiting to reach out to it, to pick it up at the base of your racquet and roll it over, soundlessly, until it flies off and explodes against the wall — at those times the experience of the game is something mystical. ●

SCORECARD

Tournament Results Send your typed, or legibly written tournament results to AARA National Headquarters, 5545 Murray Ave., Suite 202, Memphis, Tenn. 38119. Scorecard will report as many results as space allows.

Long Island Open Draws 712

The 5th Annual Long Island Open, sponsored by Lite Beer from Miller and Arby's Roast Beef Restaurants, continued to prove to be the premier tournament in the Northeast by drawing 712 entrants from 14 states.

There were 27 separate categories of play with the tournament continuing its tradition of offering a category of play for every player. A new division for the over 30 years of age C player — the Veteran C — was offered and well-received by the players. This division complements the CC bracket which was created in 1979 to protect the true C or Novice player from the trophy hunter.

Players of all ages (8-73) and skill levels provided fierce action in all categories from Novice to Open. Over 180 women proved they constitute a meaningful force in tournament racquetball. Over 40 percent of the participants played in the Novice, CC, C and Vet C divisions and they exhibited every bit as much enthusiasm and competitive spirit as the more seasoned tourney veterans.

The hospitality, which included breakfast, lunch and dinner, continuous fruit and snacks, all the beer and Gatorade you could drink, and a free pair of shorts and hat was enjoyed by all. The party at Mulcahy's Railroad Cafe, which featured flowing beer, 5 different types of hot food, music and dancing was one of the highlights of the tournament. The addition of \$1,200 cash prizes in the Open division as well as the multitude of prizes in the other divisions further increased the popularity of the tourney.

At this time you may be wondering if this was a racquetball tournament or a party! Well, it was a combination of both. Now, onto the courts and the matches —

Historically, the predominant interest in any tournament focuses on the Open division. This interest was well deserved at this year's Long Island Open.

Men's Open

The competition in this division once again proved fierce with tough matches from the first round forward. This tournament served notice that the younger players are here to stay. Number 2 Seed Artie Diemar was upset in the First

Photos by Paul Stevenson



Open Finals — Jaklitsch

Round by an 18-year-old phenom — Ron DiGiacomo. The semis saw Number 1 Seed Charlie Horton, a veteran at 18, defeat Jim Winterton 21-14, 21-12, and Ron DiGiacomo lost to Tom Jacklitsch 21-14, 21-20. The finals were witnessed by 600-plus fans who were continually brought to their feet applauding one great get after another. The first game was won by Charlie Horton, Jr. 21-14. The second game saw Tom Jacklitsch win the game by the small margin of one point. Tom's racquet control, pinches and pass shots, inherited from squash, proved too much for Charlie's power and speed. The tiebreaker proved to be the opposite of the second game with Charlie winning by the comfortable score of 15-6. This triumph for Charlie is a vindication of his return to the top levels of amateur racquetball.

Women's Open

Once again the youth movement was apparent with two of the four semifinalists (Jessica Rubin and Tammy Hajar) being 18 or under.

The semifinals resulted in Janell Mariott defeating Jessica Rubin 21-13, 21-1 and



Open Semi — Horton shooting against Winterton



Women's Finals

Tammy Hajar defeated Melanie Taylor 6-21, 21-18, 15-11.

The finals were witness to the veteran pro, Janell, utilizing all of her resources and experience to try and defeat the enthusiastic, talented Tammy. The first game resulted in Tammy winning 21-15. Janell seemed to pick up in the second game and triumphed 21-16. However, Tammy regrouped, went back to her game plan and won the tiebreaker 15-11.

Men's Open Doubles

The Men's Open Doubles Finals were an exhibition of Artie Diemar's ability to dominate the doubles competition. He amply demonstrated why he is considered one of the best doubles players in the country. Diemar and Winterton won the championship by defeating Jacklitsch/Norris 21-6, 21-16. Diemar/Winterton reached the finals by beating Horton/DeFillippos 21-12, 14-21, 15-11 in the semifinals. Diamond/Allgood fell victim to the power of Horton/DeFillippos in the other semifinals.

Women's Open Doubles

Burden/Pallas proved to be the class of their division and marched to the cham-

SCORECARD

Tournament Results

pionship without losing a game. They vividly demonstrated why they are the 2nd ranked doubles team in the country. Jayer/Ambert finished second.

Men's A

Art Klein proved to be the class of the field with his excellent backhand and down-the-line passes. Brian McDermott's racquet control and smart play carried him to the finals.

Womens' A

Miss Jaeger was crowned champion of this division by virtue of her wins over Maureen Kane and Pat McCarrick. Val Paese finished second.

However, the real winners were all the entrants who enjoyed themselves, and the crowds who were exposed to a great match and saw racquetball at its best.

Time Out

Thanks to Boening Brother Distributors, Miller Beer, Dick Winsett, Arby's Roast Beef Restaurants and Andy De Gregorio, Mulcahy's Railroad Cafe for their support.

—Bob Supple, Ernie Fraas, Fred Acee, Rick Watts, Sue and Fran McInerney, Chris Supple, Jacki Murphy, Don Costleigh and Paul Stevenson

—Jim Farell, General Manager of the Universal/Centre Court facilities

—Foot Joy, Ektelon, Voit, Carrera, Lobster Ball Machines and Supreme Grip for their donation of prizes

—Al Seitelman — Tournament Director

Also to — Mike Jones who received an award in appreciation of his support of amateur racquetball.

RESULTS 5TH ANNUAL L.I. OPEN NOV. 13-15, 1981

MEN'S OPEN: Quarterfinals: Charlie Horton, Jr. over Ray Ranson 21-11, 21-20; Jim Winterton over Scott Paul 21-17, 18-21, 15-9; Tom Jacklitch over Jan Marriot 3-21, 21-18, 15-1; Ron DiGiacomo over Art Diemar 21-11, 10-21, 15-10. Semifinals: Charlie Horton, Jr. over Jim Winterton 21-14, 21-12; Tom Jacklitch over Ron DiGiacomo 21-11, 21-20. Finals: Charlie Horton, Jr. over Tom Jacklitch 21-14, 20-21. 3rd: Jim Winterton over Ron DiGiacomo 15-6. Consolation: No Winner. MEN'S OPEN DOUBLES: Quarterfinals: Diemar/Winterton over Borrero/Clifford 17-21, 21-16, 15-5; Horton/DeFillippos over O'Hara/Nowicki 21-12, 21-13; Diamond/Allgood over Pall/Alvarez 21-17, 12-12; Jacklitch/Morris over Fraas/Walsh 21-6, 21-18. Semifinals: Diemar/Winterton over Horton/DeFillippos 21-12, 14-21, 15-11; Jacklitch/Morris over Diamond/Allgood 21-14, 18-21, 15-4. Finals: Diemar/Winterton over Jacklitch/Morris 21-6, 21-16. 3rd: Horton/DeFillippos over Diamond/Allgood. Consolation: Foran/Seitelman over Swartz/Barsky 21-1, 21-20. MEN'S A: Quarterfinals: Brian McDermott over David Ng 9, 15; Ken Teape over Joe Tuminia Jr. 15, 10; Art Klein over Ray O'Hara 21-19, 14-21, 15-12; Craig Schoenhaus over Neil Barsky, 7, 7. Semifinals: Brian McDermott over Ken Teape; Art Klein over Craig Schoenhaus. Finals: Art Klein over Brian McDermott f. 3rd: Ken Teape over Craig Schoenhaus 21-15, 12-10. Consolation: Costleigh over Addez. MEN'S B: Quarterfinals: Darron Nowicki over Ed Grams 15-14, 15-1; Bryan O'Neil over Rich Thorne, 15-5, 15-4; Frank Bottiglieri over Fred Magid 15-3, 15-1; Joe Nastasi over Lee Backston 15-5, 7-15, 15-14. Semi-

finals: Darron Nowicki over Bryan O'Neil 21-13, 21-11; Frank Bottiglieri over Joe Nastasi 21-10, 21-9. Finals: Darron Nowicki over Frank Bottiglieri 21-7, 21-14. 3rd: Bryan O'Neil over Joe Nastasi. Consolation: Purdy over Koller. MEN'S CC: Quarterfinals: David Berson over Scott Braber 15-9, 15-9; Ed Frangione over Bob Hennig 15-8, 15-13; Nick Spano over David Chamberlin 15-9, 15-10; Joe Corso over Rich Forte, Sr. 12-15, 15-12, 15-3. Semifinals: Frangione over Berson 15-11, 15-12; Corso over Spano 15-4, 15-3. Finals: Frangione over Corso 21-13, 21-13. 3rd: Berson over Spano 15-11, 15-3. Consolation: No Winner. MEN'S C: Quarterfinals: Mike Feldman over Rick Dunkel 5, 10; Mike Froning over John Beard 7-15, 15-10, 15-3; Ed Gonzalez over Ron Verma 15-13, 14-15, 15-10; Ralph Nieves over Bill Uhlfolder 15-9, 5-15, 15-5. Semifinals: Mike Feldman over Mike Froning 13, 4; Ed Gonzalez over Ralph Nieves 15-3, 2-15, 15-14. Finals: Mike Feldman over Ed Gonzalez 21-10, 21-16. 3rd: Ralph Nieves over Mike Froning f. Consolation: Harold O'Neill over John Malgeri 11-6, 11-8. MEN'S VET. C: Quarterfinals: Jay Rabkin over Dennis Gannon 8, 7; Joe Bellaflores over Chris D'Antonio 14-15, 15-12, 15-13; Charles Horton Sr. over John Kaslyn 7, 8; David Thomas over George Bardorf 12-15, 15-10, 15-14. Semifinals: Bellaflores over Rabkin 10-15, 15-7, 15-5; Horton, Sr. over Thomas 6-15, 15-13, 15-8. Finals: Horton, Sr. over Bellaflores 21-15, 19-21, 15-3. 3rd: Thomas over Rabkin 21-4, 21-18. Consolation: Evan Ganey over Efrain Lopez 11-2, 11-3. VETERAN'S OPEN: Quarterfinals: Arthur Klein over Rory Burke 21-20, 9-21, 15-10; Jim Swartz over Tony Letteri 21-6, 9-21, 15-10; Rich Devito over Ron Forman 21-7, 21-20; Vin Colona over Mark Borow 21-4, 21-12. Semifinals: Arthur Klein over Jim Swartz 21-14, 21-4; Rich Devito over Vin Colona 21-18, 21-19. Finals: Arthur Klein over Rich Devito 21-19, 15-21, 15-9. 3rd: Jim Swartz over Vin Colona. Consolation: No Winner. MEN'S SENIORS: Quarterfinals: Jack Crispi over Jack Rubiuard 21-7, 21-4; Ray Fiore over Al Pitegoff 13-21, 21-14, 15-3; Julio Torres over Charles Horton Sr. f.; John Carioscia over Don Costleigh Sr. 21-8, 21-18. Semifinals: Jack Crispi over Ray Fiore, Julio Torres over John Carioscia. Finals: Jack Crispi over Julio Torres. 3rd: Ray Fiore over John Carioscia. Consolation: Rich Walsh over Lino Bordi. MEN'S MASTERS: Quarterfinals: John Wheeler over Don Ryan 21-6, 21-20; Len Bierman over John Cannella 21-7, 21-16; Steve Nurbun over Herb Garyn 21-18, 21-18; Joe Kundel over Joe Tuminia 21-15, 21-6. Semifinals: John Wheeler over Len Bierman 21-19, 21-9; Joe Kundel over Steve Nurbun 21-3, 21-9. Finals: Joe Kundel over John Wheeler 7-21, 21-17, 15-7. 3rd: Steve Nurbun over Len Bierman 21-10, 21-17. Consolation: Herb Garyn over Katz. MEN'S GOLDEN MASTERS: Quarterfinals: Eli Krodman over Arem 21-11, 21-5; Vin Zuaro over Irv Cowle 21-14, 11-21, 15-9; Saal Lesser over Francis Lesser 21-6, 21-5; Joe Meade over Frank Phillipson f. Semifinals: Eli Krodman over Vin Zuaro 21-11, 21-8; Saal Lesser over Joe Meade 21-3, 21-8. Finals: Eli Krodman over Saal Lesser 21-8, 21-13. 3rd: Vin Zuaro over Joe Meade 15-8, 15-1. Consolation: Francis Anderson over Irv Cowle. MEN'S 16-AND-UNDER: Quarterfinals: Costleigh, Jr. over Riviera 15-2, 15-12; Norris over King 21-5, 21-6; Fritzman over Stegmer FF; Walsh over Maffia 21-11, 21-18. Semifinals: Costleigh, Jr. over Norris 21-11, 21-8; Walsh over Fritzman 15-13, 15-1. Finals: Costleigh over Walsh 21-6, 21-9. 3rd: Fritzman. Consolation: Riviera. MEN'S 14-AND-UNDER: Quarterfinals: Millian over Golde 15-2, 15-3; Shapiro over Liperelli 15-11, 15-7; Perweiler over Supple 21-5, 21-6; Varvaro over Woolveth 15-1, 15-3. Semifinals: Millian over Shapiro 21-18, 21-18; Perweiler over Varvaro 21-8, 21-11. Finals: Millian over Perweiler 21-13, 18-21, 15-8. 3rd: Shapiro over Varvara Flip. Consolation: Pitegoff over Supple 11-2, 11-5. MEN'S 12-AND-UNDER: Quarterfinals: Crispi over Crawford NS; Millian over Pitegoff 21-9, 21-12; Shifner over Charbonneau 15-3, 15-7; Machi over Nadelman 15-6, 15-3. Semifinals: Crispi over Millian 21-2, 21-2; Machi, Jr. over Schifner 21-5, 21-3. Finals: Jeff Crispi over A. Machi, Jr. 3rd: Millian over Shifner. Consolation: Ledo. MEN'S B DOUBLES: Quarterfinals: Nastasi/Finkelstein over Quartuccio 3-15, 15-12, 15-6; Nieves/Pacella over Hill/Figuerora N/S; Licausi/Corissia over Becker/Thorne 15-9, 7-15, 15-5; Weiss/Dunkel over Christ/Varvaro 15-11, 15-11. Semifinals: Nastasi/Finkelstein over Hill/Figuerora; Weiss/Dunkel over Licause/Corissia FF. Finals: Nastasi/Finkelstein over Weiss/Dunkel. 3rd: Hill/Figuerora over Licausi/Corissia FF. MEN'S C DOUBLES: Quarterfinals: O'Neill/King over Zokser/

Brown 15-5, 15-10; Charbonneau/Fiore over Denley/Carney N/S; Gatto/Gonzalez over Torres/Ryan 15-11, 15-10; Millian/Norris over Hooper/Shapiro 12-15, 15-7, 15-14. Semifinals: O'Neill/King over Charbonneau/Fiore 15-13, 15-13; Gatto/Gonzalez over Millian/Norris. Finals: Gatto/Gonzalez over O'Neill/King. 3rd: Charbonneau/Fiore over Millian/Norris. Consolation: D'Antonio/Burrell over Giordano/Beard. MEN'S NOVICE DOUBLES: Quarterfinals: McDaniels/Bartolemo over Hanmer/Gralnick 15-2, 11-15, 15-5; Sirkin/Katz over Weissman/King 15-1, 15-2; Maffia/Ramsey over Miller/Shor FF; Mareth/Hauser over Machi/Liperelli 15-10, 15-6. Semifinals: Sirkin/Katz over McDaniels/Bartolemo 15-10, 12-15, 15-7; Maffia/Ramsey over Mareth/Hauser 10-15, 15-14, 15-11; Finals: Maffia/Ramsey over Sirkin/Katz 15-11, 15-6. 3rd: McDaniels/Bartolemo over Mareth/Kausser 15-11, 5-15, 15-11. Consolation: Schorlop/Golden over Farrell/Munzer 11-2, 11-4. WOMEN'S A DOUBLES: Burden—Pallas (1) 4-0; Jaeger—Ambert (2) 3-1; Moran—Rubin (3) 2-2; Kriss—Paese (4) 1-3. WOMEN'S DOUBLES: 1 Andresen/Knittel, 2 Wald/Tabone; 3 Cohen/Greenberg; 4 Baselice/Jones; 5 Schuerger/Loebe. WOMEN'S C DOUBLES: Quarterfinals: Dougherty/Amato over Brown/Burnette 15-10, 15-13; Herold/Kelly over Muller/Fabian 9-15, 15-7, 15-10; Mortimer/Kaslauskas over Switz/Benson 8-15, 15-7, 15-13; Hanna/Kenus over Seaman/Schuerger 15-6, 15-4. Semifinals: Dougherty/Amato over Herold/Kelly 9-15, 15-7, 15-10; Hanna/Kenus over Mortimer/Kaslauskas 15-12, 13-15, 15-4. Finals: Hanna/Kenus over Dougherty/Amato. 3rd: Herold/Kelly. Consolation: Pellas/Beers over Mankowski/Cohen 11-1, 9-11, 11-3. WOMEN'S OPEN: Quarterfinals: Jan Marriot over Bye; Jessica Rubin over Val Paese 21-7, 21-4; Melanie Taylor over Sherry Moran 21-8, 21-10; Tammy Hajar over Nancy Criss 21-18, 21-6. Semifinals: Jan Marriot over Jessica Rubin 21-13, 21-1; Tammy Hajar over Melanie Taylor 6-21, 21-18, 15-11. Finals: Tammy Hajar over Jan Marriot 21-15, 16-21, 15-11. 3rd: Jessica Rubin over Melanie Taylor. Consolation: Sherry Moran over Val Paese. WOMEN'S A: Quarterfinals: McCarrick over Bye; Candy Jaeger over Maureen Kane 21-7, 21-5; Randy Freedman over Jodi Lacera 21-14, 21-14; Val Paese over Bye. Semifinals: Candy Jaeger over McCarrick 21-9, 21-3; Val Paese over Randy Freedman 21-8, 21-9. Finals: Jaeger over Val Paese. 3rd: Randy Freedman over McCarrick. Consolation: Jodi Lacera over Maureen Kane. WOMEN'S B: Quarterfinals: Janet Cain over Teri Gatarz f.f.; Laura Hanna over Phyllis Borow 15-3, 15-14; Sharon Loube over Debbie Wong 15-13, 15-14; Deena Cohen over Ilene Wald 15-13, 15-5. Semifinals: Janet Cain over Laura Hanna 11-21, 21-16, 15-7; Deena Cohen over Sharon Loube 21-15, 21-3. Finals: Janet Cain over Deena Cohen 16-21, 21-19, 15-10. 3rd: Laura Hanna over Sharon Loube. Consolation: Calderon over Greenberg. WOMEN'S C: Quarterfinals: Diane Cuocco over Winnee Forte 15-2, 15-7; Meredith over Donnelly 15-7, 15-11; Gillen over Daugherty 15-5, 15-4; Amburt over Ozolins 15-5, 15-4. Semifinals: Diane Cuocco over Meredith 15-6, 15-2; Amburt over Gillen 21-8, 21-2. Finals: Amburt over Cuocco 21-8, 21-1. 3rd: Gillen over Meredith 21-8, 21-8. Consolation: Saraceni over Hudyl. WOMEN'S SENIORS: Quarterfinals: Maureen Bike over Bye; Carol Saraceni over Mary Dominique 21-11, 21-11; Carol Andresen over Lorraine Planding 15-4, 15-2; Dolores Cannella over Bev Nurbun 21-1, 21-8. Semifinals: Andresen over Saraceni FF; Bike over Cannella 20-21, 21-17, 15-8. Finals: Andresen over Bike 21-11, 21-7. 3rd: Cannella over Saraceni. Consolation: No Winner. ●

Participants listed in order of finish.

JACK FULTON OPEN OCTOBER 30 - NOVEMBER 1

MEN'S OPEN: Jack Newman, Randy Stafford, Andy Roberts; MEN'S B: Brooke McCarter, Babette Burkett, Joel Hobson; MEN'S C: Bill Eppes, James Shine, David Bostick; MEN'S D: Bruce Engel, Eric Harris, Lafayette Gatewood; JUNIOR VET: Gary Stephens, Jim Thoni, Mike Fleming; MEN'S SENIORS: Lee Shaw, Bill Gurner, George Blasingame; MEN'S MASTERS: Bill Tanner, Leigh Jones, Gene Farris; JUNIOR BOYS: Jack Springer, Larry Silver, Chuck Schimpf; WOMEN'S OPEN: Sharon Fanning, Babette Burkett, Renee Trammell; WOMEN'S B: Lisa Faquin, Katie Sandage, LeAnn Sumner; WOMEN'S C: Debbie Powell, Mitzie Wright, Patti Murphee; WOMEN'S D: Jill Green, Kim Chambers, Karen Hill; WOMEN'S SENIORS: Claire Winker, Harriett Lavenue, Pat Caldwell.



Top Row - L-R: Diddie Squyres - 1st, C Doubles - 3rd, C Singles • Craig Smith - 3rd, B Singles • Larry Hottzman - 2nd Place, Open Doubles • Ken Kachtik - 2nd Place, Open Doubles. Bottom Row - L-R: Deantin Guerra - Sponsor • Janet Zappe - 1st Place, B Doubles • Lupita Corbeil - 1st Place, B Doubles • Eileen Baca - 2nd Place, B Doubles - 3rd Novice Singles • Vicky Garcia - 3rd Place, C Singles. (Players in the Turkey Shootout).

BROWNSVILLE SPORT PALACE - SPORTS INTERNATIONAL TURKEY SHOOT-OUT NOVEMBER 19-11

MEN'S OPEN: Jim Roland, Hugo Blake, Bill Stuermer, Tommy Gautreau; MEN'S B: Allen Baker, Steve Liebowitz, Craig Smith, Ronnie Hernandez; MEN'S C: Julian Sanchez, Robert Gonzalez, Diddie Squyres, Preston Guilbeau, MEN'S D: Alfonso Gonzalez, Mike Graham, Mariano Ayala, Roger Jacobs; MEN'S NOVICE: Humberto Silva, Mike Carey, Jr., David Gonzalez, Charlie Lashua; WOMEN'S OPEN: Dora Tamez, Linda Riggie, Diane Dominguez, Melodie Raygoza; WOMEN'S B: Claire Gautreau, Melodie Raygoza, Kaylyn Holmes, Delia Sanchez; WOMEN'S C: Diann Galindo, Jackie Harper, Vicky Garcia, Marilyn Pareda; WOMEN'S NOVICE: JoAnn Boles, Lucy Willis, Eileen Baca, Debbie Green; MEN'S OPEN DOUBLES: Tommy/ Bill Gautreau, Ken Kachtik/Larry Holtzman, Jim Roland/Mark Dunham; MEN'S B DOUBLES: Oscar Luna/Mario Barrera, Allen Baker/Al Besterio, Steve Liebowitz/Alex Arreguen; MEN'S C DOUBLES: Diddie Squyres/Mike Graham, Carlos Limon/Lupe Raygoza, Gus Barrera/Ruben Garza; MASTER'S 45+: Carlos Garza, Mike Medley, Chick Kelley, Norm Gautreau; WOMEN'S OPEN DOUBLES: Claire Gautreau/Linda Riggie, Delia Sanchez/Marilyn Pareda, Eva Green/Vicky Garcia; WOMEN'S B DOUBLES: Lupita Corbeil/Janet Zappe, Eileen Baca/Melissa Dale.

MILLER/POINT ATHLETIC CLUB SEPTEMBER 25-27

MEN'S A: Gary Bratt, John Ormandski, Bruce Hoy, Bob Tinker; MEN'S B: Joe Houck, Mike Pitcher, Les Cunningham, Steve Wardwell; MEN'S C: Phil Buerk, Mark Schmitz, Al Horton, Mike Stewart; MEN'S D: Scott Davis, Al Budney, Paul Carroll, Gary Alexander; WOMEN'S C: Sandy Brienan, Kathy Fisher, Gina Lopker, Bev Hayes; MEN'S DOUBLES C: M. Pitcher/M. Stewart, D. Alexander/J. Lytton, K. Marquard/D. Sigrist, C. Callahan/J. Rabern; MEN'S DOUBLES A: J. Ormandski/G. Beattie, B. Simons/R. Perkins, T. Schaefer/B. Hoy, G. Dwyer/R. Horton.

THE BLOODY SUNDAY OPEN OCTOBER 30 - NOVEMBER 1

MEN'S OPEN: Gerry Cassidy, Joe Indelicato, Dave Harrison, Art Pacheco; MEN'S B: Rick Hughes, Paul

Diverman, Dave Fialkon, Mark Ridings; MEN'S C: Jim Grant, Donald Moniz, Paul Norton, Gerry Rubin; MEN'S NOVICE: Jim Anderson, Dana Burrill, Philip Torrance, John Rodenbush; WOMEN'S OPEN & B: Janet Kelleher, Paula Hennesey, Cheryl Burlingame; WOMEN'S C & NOVICE: Ellen Helmrich, Karen Furraher, Cindy Merrick.

DICK MARTIN DISTRIBUTORS OPEN OCTOBER 16-18

MEN'S OPEN: Mike Lucien, Mickey Lorden, Tom Riley, Jon Yoh; MEN'S B: Robert McKenzie, Lou Malerba, Jim Spazziano, Charlie Pitsios; MEN'S C: Mark Ridings, Todd McMinnimon, Jon Moore, Barry Feldman; MEN'S NOVICE: Thomas Dowd, Gary Burdette, Marshall Glassner, Walter Brown; MEN'S SENIORS: Warren Pierce, Richard Voto, Dan Giordano, Tom Kelley; WOMEN'S C: Rose Marie Sawyer, Kathy Boyd, Vicki Derbogossian, Sue Anderson; WOMEN'S OPEN: Nan Higgons, Janet Simon, Marilyn Ellis, Martha Bailey; WOMEN'S B: Gail Barnes, Karen O'Neill, Skippy Low, Pat Mignon; WOMEN'S NOVICE: Gail Carriddi, Mary Blane, Pat Piekos, Gail Bailey.

RAX ROAST BEEF OPEN NOVEMBER 13-15

MEN'S SENIORS: Jim Durant, Ron Yanucci; MEN'S B: Keith Hawes, Jeff McClain; MEN'S C: Tom Mitchell, Dick Stratton; MEN'S C DOUBLES: Stephen R. Folickman, Keith Hawes, Dick Stratton, Richie Stratton; WOMEN'S B: Jan Gibson, Shelle Pentes; MEN'S NOVICE: Tom Mitchell, Jack Parker; MEN'S A: Brian Lucas, Jim Bolger, Jr.; WOMEN'S NOVICE: Norma Fox, Beth Andes; WOMEN'S C: Lori Mowder, Beth Andes.

R.I. STATE DOUBLES OCTOBER 3-4

WOMEN'S A/B: Marilyn Elis/Melba Campbell, Ann Drescher/Carmen Merycloft, Sharon Culberson/Cheryl Lee, Janet Kurrez/Becky Barbour; MIXED DOUBLES ADVANCED: Carl Gibeau/Marilyn Ellis, Rene Depot/Cheryl Lee; MIXED DOUBLES INTERMEDIATE: Bob Coleman/Noella Colone, Anne Drescher/Bud Drescher; WOMEN'S C: Cheryl LaFontaine/Pat Bennato, Kathy Oldham/Sue Reavey; MEN'S C: Bob Coleman/Russ King; Bruce Zorembka/Victor Cabral; MEN'S B: Bill Bradley/Vic Colucci, Kenny Adams/Steve Sullivan; MEN'S A: Carl Krikorian/Pete Rossi, Don Couture/Rich Adams.

AUTUMNFEST OPEN OCTOBER 10-11

MIXED DOUBLES: Brian Couture/Karen Couture, Gary Northcutt/Carol O'Sullivan, Larry Vincent/Diane Demers, Jason Krikorian/Peggy Whittemore; WOMEN'S B: Diane Demers, Carol O'Sullivan; ADVANCED NOVICE: Eric Anderson, Jerry Kosman, Bob Trudel, Jerry Walker; MEN'S B DOUBLES: Rick Reeves/Bob Crocker, Dan McKee/Ben Cote, Roland Gazaille/Rick Crowley, Leo Sinko/Pat Dowling; WOMEN'S NOVICE: Elaine Read, Maggie Girard, Vivian Pouliot, Nancy Purpura; MEN'S A DOUBLES: Don Couture/Brian Couture, Bob Fissette/Larry Vincent, Bob Couture/Mike Laverdiere; MEN'S NOVICE: Mark Savoie, Frank Puzio, Jay Bandini, Mike Mekee; MEN'S B: Jerry Alaimo, Danny McKee, Mike Laverdiere, Bob Crocker; WOMEN'S C: Denise Dugvay, Denise FaFard, Melissa Drury, Lori Macsata; MEN'S C: Keith Sargent, Rick Rondeau, Chris Warner, Leo Sinko, MEN'S A: Phil Panarella Jr., Scott Eliasson, Mike Chabot, Manny Pita.

2nd ANNUAL HALLOWEEN CLASSIC OCTOBER 30 - NOVEMBER 1

MEN'S OPEN: Steve Larrabee, Randy Olson, Steve Dubord, Steve Trenholm; MEN'S B: Robin Liller, Anthony Curro, Mike Spugnardi, Dale Smith; MEN'S C: Joseph Gowen, Jim Carr, Jonathan Cornish, James Canfield; MEN'S NOVICE: Don Gousse, Darrell Prescott, Ray Beaudoin, Randy Inman; MEN'S SENIORS 35+: Richie Charloff, Dennis Doyle, Bill Sawyer, Dan Tibbetts; MEN'S OPEN DOUBLES: Jerry Caron/Dave Bilodeau, Steve Dubord/Steve Larrabee, John Bouchard/Ken Bailey, Mark St. Pierre/Tim Griffing; MEN'S B DOUBLES: Jim Hood/Bruce Collette, Day Frye/Jeff Haywood, Dale Prescott/Darrell Prescott, Mark Arsenault/Steve Fennell; MIXED DOUBLES: Gerry Caron/Sharon Belanger, Toni Fournier/Carol Frizzle, Mike Spugnardi/Frankie Campbell, John Bouchard/Joy Eon; WOMEN'S OPEN: Carol Frizzle, Terri Gruham, Nancy Carr, Lesli Olson; WOMEN'S B: Christy Barnes, Joy Eon, Linda Dumont, Maxine Michaud; WOMEN'S C: Suzy Mynahan, Pat Ayotte, Muriel Jolbert, Paula Miller; WOMEN'S NOVICE: Diane Moody, Maureen Sullivan, Coreen Robert, Brenda Turner; WOMEN'S BEGINNERS: Kathy Julbert, Pauline Gonlet, Charlene Cote, Jolene Shores; WOMEN'S OPEN DOUBLES: Sharon Belanger/Carol Frizzle, Lesli Olson/Nancy Carr, Muriel Julbert/Linda Dumont, Sherri Thomas/Becky Gray.

SCORECARD

Tournament Results

BANK OF LOLETA/NATURAL LIGHT FOG CITY CITY OPEN OCTOBER 23-25

MEN'S OPEN: Mike Hawarth, Kelly Rasmussen, Bill Rissel, Bob Officer; MEN'S A: Bill Sbarra, Dave Salo, Bob Page, Keith Salonen; MEN'S B: John Eckelbarger, Bruce Hills, Dave Rasmussen, Terry Salo; MEN'S C: Lee Figas, John Bugel, Gary Stelt, Jay Hathaway, Larry Turner; MEN'S D: Borelli, Paul Nicholson, Earl Jacobs, John Jarvis, Bud Brown; MEN'S NOVICE: Don Wardrip, Jim Johnson, Ron Sidebottom, Paul Frangos, Rod Stephenson; MEN'S OPEN DOUBLES: Roger Slayman/Raquoeno, Terry Hadley/Jim Boyce, Steve Homan/Mike Hawarth, Don Hogan/Jerry Webb; MEN'S A DOUBLES: Bob Page/Keith Salonen, Kelly Rasmussen/Trina Rasmussen, Jim Dunker/Mike Ghilardi, Heardon/Funari; MEN'S C DOUBLES: Borelli/Stelt, J. Hathaway/M. Holmes, C. Turner/L. Turner, D. Christie/T. Miles; MEN'S D DOUBLES: Doc Kooyers/Jack Hickens, S. Parks/M. Downing, L. Figas/B. Brown, E. Jacobs/B. Burke; WOMEN'S B SINGLES: Melody Duke, Cherry Stowers, Melissa Kraemer, Chris Stutzka; WOMEN'S C: Judy Boss, Sheri Carter, Tami Coffey, Tami Rose; WOMEN'S D: Mariellen Jurkovich, Karen Holcomb, Bobbie Konecne, DeeDee Knight, Cindy Thomas; WOMEN'S NOVICE: Sandi Thompson, Nancy Rogers, Melodie Nelson, Catalina Nocon, Laura Masters; WOMEN'S A DOUBLES: C. Stowers/B. D. Parks, Rowland/Officer, Jackman/Anthony, Weaver/Turner; WOMEN'S B DOUBLES: Chris Baker/S. Frost, Cindy Tirado/Dona Hooker, Mary Brown/Heardon, B. Konecne/Robinson; MIXED DOUBLES: Ed Malool/Melody Duke, Anthony/Schroeder, K. Holcomb/P. Keyfel; JUNIORS 16-and-under: Chad Turner, Mike Bern, Holly Rasmussen, George Jones, Bryan Londo; JUNIORS 14-and-under: Justin Anderson, Chris Carmona, Jamie Enright, Erik Page.

AARA WASHINGTON STATE DOUBLES NOVEMBER 12-15

MEN'S 30+: Jerry Henderson/Doug Moore, Jack

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Lowery/Jim Webster, Jack Abramo/Ernie Andres, Steve Brewster/Jim Bland; MIXED OPEN: Fielding Redleaf Snow/Yvonne Calavan, Jeff Bannerman/Wanda Schaff, Jack Abramo/Connie Fall, Rich Bouche/Medrie Coluccio; WOMEN'S OPEN: Wanda Schaff/Medrie Coluccio, Gini Henderson/Vicki Clark, Debbie Geiger/Connie Fall, Yvonne Calavan/Leilani Olbu; MEN'S OPEN: Fielding Redleaf Snow/Jeff Bannerman, Jerry Henderson/Doug Moore, Ernie Andres/Duane Stevens, Wayne Ebert/Steven Triller; WOMEN'S B/C: Corinna Perceival/Melodie Fox, Sheila Green/Penny Sweet, Kaelin VanLeuven/Jane Betsch, Sarah Hoenselaar/Elaine Bailey; MEN'S 35+: Jack Lowery/D. H. Gessel, Wayne Sayaman/Rhett Kirk, Jeff Eberle, Dom Ziccardi/Walt Taulbee; MEN'S B/C: Chris Marcell/Darrin Erying, Steve Nelson/Dave Norman, Richard Buckingham/Jim Brown, Reggie Japhet/Dick Winters; MIXED B/C: Judy Vose/Jeffrey Johnston.

1981 FLORIDA STATE AARA DOUBLES NOVEMBER 6-8

OPEN MIXED: Martha/Greg McDonald, Randy Pfahler/Nancy Hamrick, Van Dubolsky/Diane Bullard, Mark Morrison/Julie Pinnell; B MIXED: John Green/Susan Morgan, Mike Londrigan/Kathy Perez, Rick Turner/Nancy Neudecker, Joel/Joanna Serabia; WOMEN'S OPEN: Diane Bullard/Nancy Mamrick, Julie Pinnell/Kathy Perez, Audrey Simton/Carrie Montano, Gail Troxel/Margie Burton; WOMEN'S B: Debbie DeGrove/Susan Goebez, Jayne Kamp/Ellen Jaret, Albertine McDaniels/Rose Goldstein, Barbara Rotundo/Susan Hunt; WOMEN'S C/NOVICE: Amy Turkel/B. Stein, Linda Mojer/Bev Wortham, Daniel/Guinea, Roffe/Bigelman; WOMEN'S 18+: Julie Pinnell/Kathy Perez, Sue Sotello/Renee Fish, Barb Rotundo/Susan Hunt, Debbie DeGrove/Susan Goebez; WOMEN'S SENIORS 30+/35+: Fay Modge/Micki Lewis, Susan Miller/Jackie Mitchell, Albertine McDaniel/Louise Routzman, Midge Dermott/Judy Thomas; BOYS 14-and-under: Oscar Gonzales/Jim Lorello, Lanny Slaughter/Herb Meesch, Denicola/Whitely, Walden/Walden; BOYS 18-and-under: Barry Koran/Miragliota, John Schneider/Charlie Nichols, Richard Mull/Pat Maloney, Sal Scimeca/Tom Cowmer; MEN'S OPEN: Sergio Gonzales/Bubba Gautier, Gary Zetrouer/David Mathews, Tim Hansen/Mark Barrett, Mark Morrison/Jim Adkins; MEN'S B: Diane Bullard/Nancy Hamrick, Carl Weirick/Don Morrow; MEN'S C: Allan Crowell/John Green, Bill Scott/Bob Newcomb, Sal Scimeca/Tom Cowmer, Bill Quinter/Mulnschuk; MEN'S NOVICE: John Kaleez/Walker Cocke, Ron Gay/R. Furguson, Tamplen/Beavers, Bruss/Bald; MEN'S 18+: Mark Morrison/Jim Adkins, Van Dubolsky/Randy Pfahler, Terry Fluharty/Tim Hansen, Brian Kimball/Steve Jones; MEN'S 30+: Joe Serabia/Errol Potter, Gary Zetrouer/Graig Shaall, Frank Blackard/Randy Smith, Gary Owen/Tim Black; MEN'S 35+: Joe Icaza/Robert Riley, Graig Shaall/Frank Blackard, Allan Sobez/Mike Mojer, Joe Serabia/Terry Thomas; MEN'S 45+: Marvin Miller/Chub Bonfleur, Don Fox/Mike Mojer, Nathan/Hurst, Winter/Kantor.

USMA TOURNAMENT SEPTEMBER 27

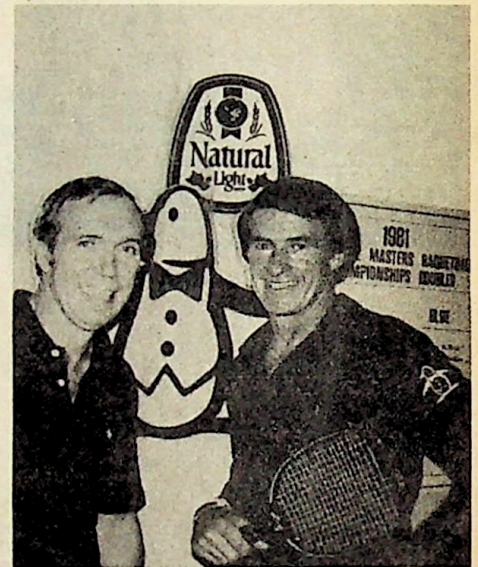
The United States Military Academy defeated SUNY at Plattsburg 10-1 in a racquetball team match Sept. 27 held at West Point, N.Y. The coaches were Maj. Bob Maggio for the Military Academy and Tom Seguire for Plattsburg.

SINGLES: Tom Seguire, Mike Faessler, Dennis Callahan, Doug Case, Mike Jones, Barnard, Darren Wilcox, Leblanc, Knute Liedal, Tom Seiter, James Evans, Walker, James Kenny, Van Buren, John Piater, Gerety; DOUBLES: Mike Faessler/Dennis Callahan, Tom Seguire/Doug Case, Mike Jones/Knute Liedal, Tom Seguire/Doug Case, James Evans/Joe Blanco, Van Buren; WOMEN: Tobin, Libby Jackson, Libby Jackson, Nichols.

USMA TOURNAMENT OCTOBER 18

The United States Military Academy defeated SUNY at Corland 7-4 in a racquetball team match Oct. 18 held at West Point, N.Y. The coaches were Maj. Bob Maggio for the Military Academy and Tom Seguire for Cortland.

SINGLES: Neil Fudim, Mike Faessler, Ed Shivokevich, Dennis Callahan, Mike Jones, Jack Goldberg, Darren Wilcox, Bob Mays, Jim Kenney, Brett Miller, Knute Liedal, Dom D'Achille, Mike Bittrick, Joe Barone, Jim Evans, Joe Barone; DOUBLES: Neil Fudim/Bob Mays, Mike Faessler/Dennis Callahan, Ed Shivokevich/Joe Barone; Mike Jones/Knute Liedal, Jim Evans/Joe Blanco, Dom D'Achille/Brett Miller.



National Masters Doubles champs,
Bob McNamara and Al Boyce

NATIONAL MASTERS AUGUST 20-22

Natural Light and Munsingwear, sponsors of the 1981 National Masters Racquetball championships, picked Bob McNamara of Edina, and Al Boyce, of Minneapolis as the team to win the National Doubles Tournament. McNamara and Boyce won 11 out of 12 matches over three days, and came out with the title.

Twenty teams from 16 states entered the tournament, held at the New Greenway Athletic Club in Minneapolis.

Boyce and McNamara defeated Pete Talbot and Tom Waltz of New Jersey, 8-15, 15-6, 11-5 in the tiebreaker. Bob McNamara has now won eight national titles in racquetball, while Al Boyce has won his first. Results: McNamara/Boyce, Waltz/Talbot, Pat Columbo/Al Rossi, Dr. W. M. Roy/Bill Tanner.

HALLOWEEN GOBLIN OPEN OCTOBER 30 - NOVEMBER 1

MEN'S OPEN: Bob Cuiillo, Randy Pfahler, Randy Hines, Bobby Driscoll; MEN'S B: Carl Crown, Tom Cowher, Craig Powell, Julian Andrews; MEN'S C: Ed Kennedy, Tim Chartier, Tom Nelson, Ron Wuhte; MEN'S DOUBLES: Chandler/Pfahler, Driscoll/Hines, Cuiillo/Ingalsbe, Heitfeld/Dungey; WOMEN'S B: Tracey Backer, Kathy Chandler, Lori Mang, Janet Neubaure; WOMEN'S C: Cynthia Uhl, Susan Strickling, Lori Paradoa; WOMEN'S DOUBLES: Garcia/Smith, Backer/Bailey, Mang/Neubaure.

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- Choice cowhide leather grip
- Shaft that extends the full length of the grip
- Nylon hand cord
- Attractive Geostar racquet cover

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The Geostar design started with the strings, but it didn't ignore the frame. The 7000 series aluminum anodized extruded A-frame is built to take all the punishment you'll dish out on the court.

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Expiration Date _____

Signature _____

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John H. Newell
William E. Price
Morton Rezak

Texas

G & R Christopher
Don Etherington
Sudhir K. Khanna

TOURNAMENT CALENDAR

AARA Sanctioned Events

FEBRUARY 1-5

Showboat US Military Tournament (4)
Las Vegas Racquetball Club
George Dwyer
303-598-0963

FEBRUARY 4-7

1982 NY State Open Doubles (4)
21st Point Club
McKown Rd. off Western Ave.
Albany, NY 12203
Vincent Wolanin
518-489-3276

American Heart Classic (3)
Kessinger's Court Club
1010 June Rd.
Memphis, TN 38119
Bud Hurley
901-682-6661

FEBRUARY 5-7

2nd Annual Burien Open (3)
Burien Family Fitness Center
156 S. W. 156
Burien, WA 98148
Bob Bruce
206-481-4081

Cheyenne Crack Shooters' Open
Invitational (3)
Rocky Mountain Health Club
1800 Westland Rd
Cheyenne, WY 82001
Steve Galassini
307-634-8884

Harmarville Rehabilitation Center
Open (3)
Wallbangers Racquetball Club
2585 Freeport Rd.
Pittsburgh, PA 15238
Janie Skirboll
412-828-6500

1st Annual Riverside Jrs. Racquetball
Championship (2)
Tournament House Racquetball Club
6250 Brockton Ave.
Riverside, CA 92506
Vance and Steve Lerner
714-682-7511

Northern California Jr. RB Assoc.
Championships (2)
Fairfield Court Club
Cindy Sattler
707-429-4363

FEBRUARY 11-14

*REGION # 14 (5)
5 locations in the San Jose Area
Contact: Bill Masucci
415-964-4400
870 E El Camino Real
Mountain View, CA 94040

FEBRUARY 12-14

West Virginia State Juniors
Championships (2)
Charleston Family YMCA
300 Hillcrest Dr. E.
Charleston, WV 25311
Maurice Presseau
304-925-2733

2nd Annual Racquetball
Tournament for Benefit of American
Cancer Society (3)
Sarasota YMCA Courts
1075 S. Euclid Ave.
Sarasota, FL 33577
Judi Schmidt
813-957-0770

Bently Club Winter Classic (3)
Bently Club
Harrisburg, PA
Elaine Bruebaker
717-545-4231

Miller Highlife Valentine Classic (3)
Cleveland Racquetball Club
1800 Harrison Pike
Cleveland, TN 37311
Mark Thompson
615-479-2274

FEBRUARY 13-14

Icicle Open (3)
Allentown Racquetball Club
601 Union St.
Allentown, PA 18105
John Brinson
215-821-1300

FEBRUARY 19-21

New York State Championships (2)
All Sport Racquetball Club
Fishkill, NY
Al Seitelman/Bill Austin
914-896-5678

Casper YMCA (3)

315 E 15th
Casper, WY 82601
Jude Waters
307-234-9187

2nd Annual Southern California Junior
Racquetball Championships (2)
Rocky's Racquet World
1211 Strathern St.
N. Hollywood, CA 91604
Mark Eller
213-768-5541

AARA Seniors Invitational (5)

Contact: Jim Austin
Houston, TX
713-496-3447

Masters Invitational (5)

Contact: Al Rossi
San Francisco, CA
415-781-6200

FEBRUARY 26-28

Washington State Singles
Championships (2)
Tomwater Valley Racquet Club
4833 Tomwater Valley Dr.
Tomwater, WA 98501
Jeff Eberle
206-352-3400

*REGION # 8 (5)

Supreme Courts
301 Blackbridge
Janesville, WI 53545
Jim Wirkus
608-756-3737

1982 Tennessee State
Championships (2)
Court South
5600 Merchant's Center Blvd.
Knoxville, TN 37912
Bill Branta/Eddie Powers
615-689-6660

Alabama State Singles (2)

UAB Gym
601 13th St. S.
Birmingham, AL 35294
Bob Huskey/John Jones
205-745-6295

Cold Spring Resort Open (3)
Laconia Racquetball Club
Laconia, NH
Dennis Ordway
603-224-4552

FEBRUARY 27-28

1st Annual AARA NJ Mixed Doubles (2)
The Racquet Club
Cedar Knolls
19 East Frederick Pl.

Cedar Knolls, NJ 07927
Gordon Crawford
201-267-2686

MARCH

California State Junior Championships (2)
Debbie Carmona
916-221-4405

MARCH 4-7

Texas State Singles and Doubles
Championships (2)
Inwood Forest Racquetball Club
6700 Antoine
Houston, TX 77091
Jon Olheiser
713-688-3100

MARCH 5-7

Pennsylvania State Championships (2)
Sawmill Racquetball Club
York, PA 17401
Bernie Howard
717-667-2209

Wyoming State Singles (2)

Contact: Robt. Ruchman
for further details
307-587-6058

Maryland State Championships (2)

Security Court Club
Baltimore, MD

Connecticut State Singles (2)

Cedar Hill Racquetball Club
375 E. Cedar St.
Newington, CT 06111
Bruce
203-666-8451

Missouri State Championships (2)

Bob Hardcastle
314-469-3395

Seamco SCRA Winter Jrs. Grand Prix Finals (2)

West End Tennis and Racquetball Club
4343 Spencer St.
Torrance, CA 90274
Jim Schatz/Skip Batey
213-542-7373

Florida State Singles (2)

Quadrangle Racquetball Club
2160 University Dr.
Coral Springs, FL 33065
Fred White
305-753-4053

MARCH 12-14

West Virginia Wesleyan Open (3)
West Virginia Wesleyan College
Gary Kramer
304-473-7386

Miller Lite Cancer Society Open (3)

Off-the-Wall Racquet Club
Nashua, NH
Dennis Ordway
603-224-4552

MARCH 18-21

*REGION # 5 (5)
The Racquet Place
2401 S. Pl. So.
Birmingham, AL 35223
Contact: Bob Huskey/Bruce Gouin
205-870-0144
1610 2nd Ave
Opelika, AL 36801
205-745-6295

4th Annual Equinox Open (3)

Bellevue Family Fitness Center
1505 N.E. 140th
Bellevue, WA 98005
Bob Bruce
206-481-4081

MARCH 19-21

St. Patrick's Day (3)
Meedville Racquetball Club
P. O. Box 1376
Meadville, PA 16335
Nancy Manning
814-724-3524

Wyoming State Doubles (2)

Contact: Robt. Ruchman
for further details
307-587-6058

*REGION # 10 (5)

Dupage Racquet Club
Chicago, IL
Contact: Ray Mitchell
5724 W. Diversy
Chicago, IL 60639
312-745-9400

*REGION # 4

Omega 40
1 So Old Kings Rd
Ormand Beach, FL 32074
Contact: Van Dubolsky/Tasso Kiriakes
904-672-4044
930 N.E. 14th Ave
Gainesville, FL 32601
904-377-5161

Oklahoma State Singles (2)

Tulsa Racquetball and Aerobic Center
Tulsa, OK
Susan Johnson
405-743-1328

MARCH 26-28

West Virginia State Championships (2)
West Virginia Racquet Club
Wadell Run Rd
Wheeling, WV 26003
Kevin Becker
304-242-5688

*REGION # 2 (5)

Site to be determined
Contact: Al Seitelman
218 Bellrose Ave
East Northport, NY 11731
516-261-3257

APRIL 2-4

*REGION # 13 (5)
Rocky Mountain Health Club
1880 Westland Rd.
Cheyenne, WY 82001
Nick Mandis
307-638-0365

S. Dakota State West River Playoffs (2)

Supreme Courts
4020 Jackson Blvd.
Rapid City, SD 57701
Pat Branaugh
605-348-5858

S. Dakota State East River Playoffs (2)

Racquetball of Sioux Falls
817 W. Russell
Sioux Falls, SD 57571
Dick Hacking
605-348-9336

AARA National Intercollegiates (6)

The Racquet Club
Memphis, TN
Call Luke for details
901-761-1172

This is a listing of AARA-sanctioned events

- (1) — 1st level tournament
- (2) — 2nd level tournament
- (3) — 3rd level tournament
- (4) — 4th level tournament
- (5) — 5th level tournament
- (6) — 6th level tournament

*To put your tournament on this calendar, call Hallie at 901-761-1172. To ensure publication, information should be turned in by the 1st of the month, 60 days prior to publication (i.e. August 1 for the October issue, etc.)

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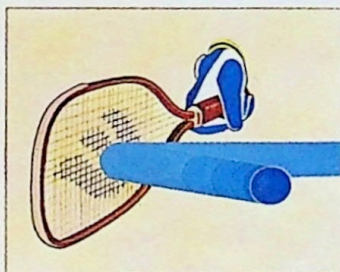
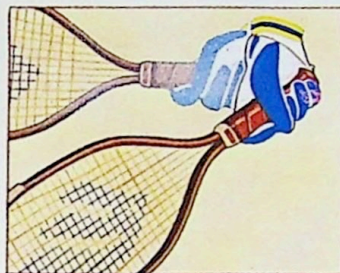
15 grams lighter than the original Magnum, the 245-gram Magnum 2 provides the racquet head-speeds that less-advanced aluminum designs can't deliver. Every stroke is faster and more explosive.

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The Magnum 2 is so maneuverable it helps you prepare completely for every return. You attack the ball smoothly, and with more authority.

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The new Wishbone Frame and Sunburst String Pattern combine to create a larger sweet spot. You generate maximum power on a greater percentage of your strokes. The increased efficiency of each string improves overall racquet response. The largest selection of handle sizes in the game — 5 including Ektelon's new "flared" — lets you fine-tune your grip and rifle every shot.



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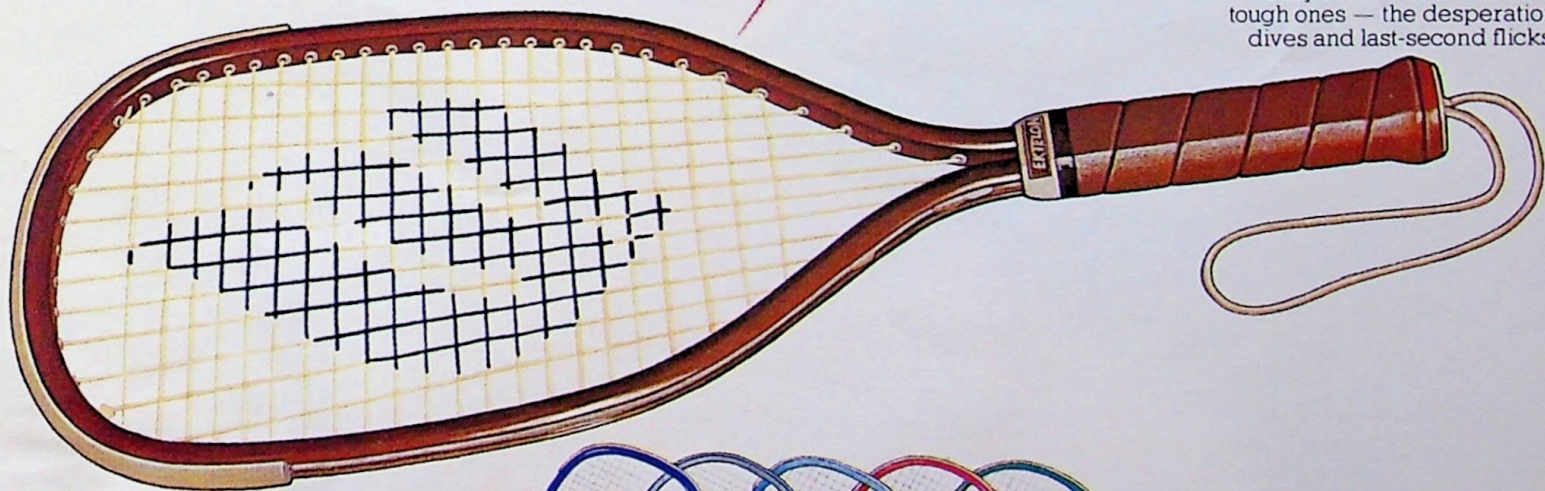


Quicker Reactions.

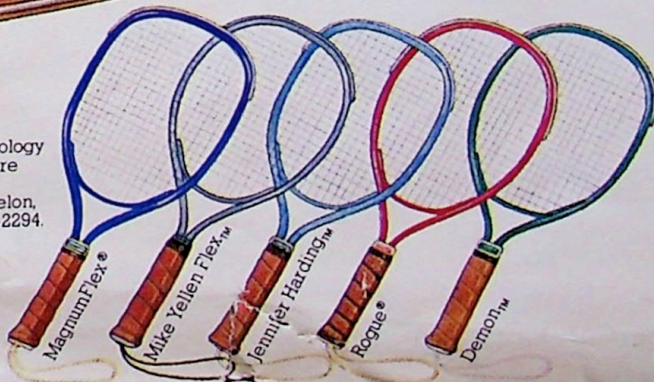
A less-advanced racquet can slow you down. The lighter Magnum 2 keeps your reactions sharp.



through the last point of the tie-breaker. You won't blow the easy shots. You'll make the tough ones — the desperation dives and last-second flicks.




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