

RACQUETBALL MAGAZINE

Volume 3, Number 2
MARCH - APRIL 1992
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**JUNIOR
TEAM
USA
WINS
FIRST
WORLD
TITLE!**

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Junior Team Members
Allan Engel
John Ellis &
Heather Dunn

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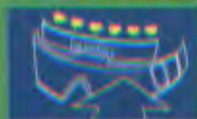
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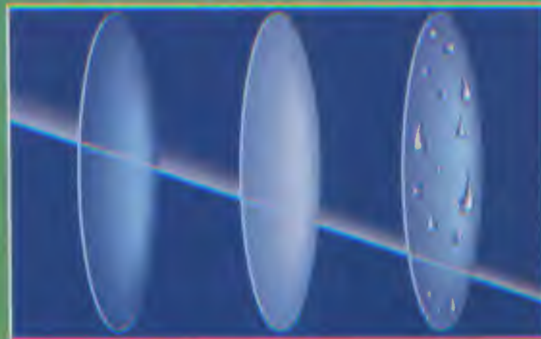
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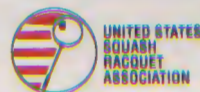
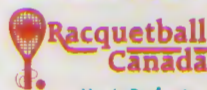
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COVER: Junior Team USA goes to college. Southwest Missouri State University freshmen Allan Engel, John Ellis and Heather Dunn proudly wear their team uniforms around campus. Photo: John Wall, SMSU Photographic Services.

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JUNIOR TEAM USA TAKES FIRST WORLD TITLE

The AARA's newly-formed "Junior Team USA" took its first international team title with a world championship win over Canadian and Mexican junior players at the 1991 IRF World Junior Racquetball Championships in Jacksonville, December 18-22. In championship rounds, U.S. Juniors won six of seven boy's divisions, four of six girl's divisions, and seven of eight doubles divisions. On team points, Canadian juniors came in second and up-and-coming Mexican youngsters took third.

In the most competitive 18 and under divisions, Junior Team USA members Sudsy Monchik (Staten Island, N.Y.) and Heather Dunn (Beverly Farms, Mass.) closed out 1991 with world title



JUNIOR TEAM USA: Top Row (L-R), Coach Stu Hastings, Craig Rappaport, James Mulcock, Sudsy Monchik, Allan Engel, Eric Muller, Brett Beugen, John Ellis, Coach Hart Johnson. Bottom Row (L-R), Heather Dunn, Shannon Feaster, Rusti Icenogle, Rachel Gellman, Dawn Peterson, Elkova Icenogle, Andrea Beugen.

wins. This was Monchik's second big win of the season, following his capture of the U.S. National High School championship in March, which earned him his team spot. Monchik is a senior at Tottenville High School and will defend his high school title in March.



The depth of the Boy's 18 and under draw resulted in a series of upsets early on. Top seeded defending champion Doug Eagle was eliminated in the quarterfinals by U.S. national doubles champion Eric Muller, who then lost to Monchik in the semifinal. In the previous round Monchik defeated Sameer Hadid of California in a reversed outcome rematch of the '91 Junior Olympic quarterfinals.

Another surprise came with the quarterfinal defeat of #2 seeded John Ellis, the other half of the reigning U.S. national doubles championship team, by Jason Mannino. In the following round, Mannino took an impressive tiebreaker win over Fabian Balmori of Venezuela 7-15, 15-14, 11-10. The final match-up between New Yorkers Monchik and Mannino was a familiar one for the two, who have been competing against one another, and as a team, since the age of ten. For his title, Monchik barely got to the tiebreaker against Mannino, ending with a final score of 7-15, 15-14, 11-5.

Currently in her freshman year at Southwest Missouri State University, Heather Dunn took time away from studies to earn a second consecutive world title at this event by defeating current High School and U.S. Junior Olympic champion Elkova Icenogle. From her #1 seed position, Heather advanced against Amanda Simmons of Sarasota, Florida and Claudine Garcia of Santo Domingo in straight games before reaching #2 seeded Icenogle in the final. Elkova was pressed to a tiebreaker in her first round by Letisha Bunnell of Boise, Idaho, then defeated Rachel Gellman of Albuquerque in straight games in the semis. Another close tiebreaker followed between the two Junior Team USA members, with Dunn taking the match 15-3, 8-15, 11-10.



WORLD JUNIOR CHAMPIONSHIP RESULTS — SINGLES:

- Boys 18-: Sidsy Monchik (Staten Island, N.Y.) def. Jason Mannino (Staten Island, N.Y.) 15-7, 14-15, 11-5
- Boys 16-: Luis Munoz (Mexico) def. Shane Wood (Auburn, Mass.) 15-13, 15-13
- Boys 14-: Shane Wood (Auburn, Mass.) def. David Hamilton

WHAT IT'S LIKE ...

"It was an honor to represent the United States with such great teammates on your side. In the beginning, the pressure was great but once the idea of being seen as a team with USA on your uniform set in, the pressure quickly diminished with some assistance from our outstanding coaches."...Shannon Feaster

"It was intense. I was actually playing for and representing my country."...Brett Beugen

"A lot more pressure because you knew everyone was watching you."...Allan Engel

"The best part was the team spirit we had, after being used to playing as individuals for so long. Plus, there was just a sense of pride about being on the team in a competition."...James Mulcock

"I felt an added responsibility to perform my best for the team. Because racquetball is an individual sport, it was a nice change."...Eric Muller

"It was an incredible feeling not only having to play for myself, but also competing for the U.S. team."...Craig Rappaport

"I felt honored wearing my red, white and blue uniform. I was in a select group of terrific young adults. We all became even closer while at the same time we never excluded our other friends and had a blast with everyone."...Andrea Beugen

"This year was most exciting because we were all together and we dressed alike. We cheered for one another, instead of against each other. We were a team."...Heather Dunn

"When we won we not only won for ourselves, but for everyone we were representing."...Rachel Gellman

"It's the first time I've ever experienced being on a team that is so close in this very individualistic sport."...Elkova Icenogle

"Wearing the uniform made us a lot more conspicuous. It was nice when I was cheering for someone because I felt like I had some additional weight behind me."...Rusti Icenogle

"It was awesome having people kind of looking up to you. It put a lot of pressure on you, but everyone on the team handled it well."...Dawn Peterson

"The team has really brought a new excitement to the junior game and a goal to strive for. It's a way to develop playing skills, but it is more important to have good sportsmanship and a commitment to learning. This program develops not only great athletes, but great people as well."...Eric Muller

(Mansfield, Ohio) 14-15, 15-7, 11-2

Boys 12-: Jed Bhuta (Pike Road, Ala.) def. Eric Urteaga

(Canada) 15-9, 15-8

Boys 10-: Gabe Gese (Albuquerque, N.M.) def. Shane

Vanderson (Dublin, Ohio) 15-11, 15-9

Boys 8-: Matthew McElhaney (Bradenton, Fla.) def. Jon

White 15-3, 15-2

Girls 18-: Heather Dunn (Beverly Farms, Mass.) def. Elkova

Icenogle (Auburn, Calif.) 15-3, 8-15, 11-10

Girls 16-: Britt Engel

(Bradenton, Fla.) def. Tammy Brockbank

(Boise, Idaho) 15-11, 15-7

Girls 14-: Shannon Feaster

(Bolling AFB, D.C.) def. Sadie Gross

(Apple Valley, Minn.) 15-14, 15-11

Girls 12-: Colleen Maginn

(Portage, Wisc.) def. Vanessa Tulao

(Hixon, Tenn.) 15-7, 9-15, 11-9

Girls 10-: Riva Wig (Canada)

def. Sara Borland (Bettendorf, Iowa) 15-8,

15-13

Girls 8-: Karina Odegard

(Canada) def. Alison Coggins (Canada)

15-2, 15-7



Britt Engel, G16- Champion
Photo: Andrea Beugen

DOUBLES RESULTS:

Boy's 18-: #2 John Ellis (Stockton, Calif.)/Eric Muller

(Overland Park, Kan.) def. #1 Doug Eagle (Austin, Texas)/Sameer

Hadid (Citrus Heights, Calif.) 15-10, 15-0

Boy's 16-: #1 Luis Munoz/Javier Moreno (Mexico) def.

James Mulcock (Albuquerque, N.M.)/Craig Rappaport (Lancaster, Pa.)

15-11, 15-4

Boy's 14-: #3 Paul Apilado (Arlington, Texas)/Christian

George (Monroeville, Pa.) def. #1 John Stanford (Satellite Beach, Fla.)/

Mark Hurst (Panama City, Fla.) 11-15, 15-14, 15-5

Boy's 12-: Mark Bloom (Metairie, La.)/Amin Florentino

(Santo Domingo) def. Jed Bhuta (Pike Road, Ala.)/Robbie Thompson

(Montgomery, Ala.) 7-15, 15-12, 11-6

Boy's 10-: #1 Dan Thompson (Sun Prairie, Wisc.)/Shane

Vanderson (Dublin, Ohio) def. #3 Kent Henderson (Topeka, Kan.)/

Ryan Staten (Dodge City, Kan.) 15-6, 15-9

Girls 18-: Elkova Icenogle (Auburn, Calif.)/Rachel Gellman

(Albuquerque, N.M.) def. Heather Dunn (Beverly Farms, Mass.)/Rusti

Icenogle (Auburn, N.M.) 14-15, 15-13, 11-8

Girls 16-: #1 Andrea Beugen (Golden Valley, Minn.)/

Shannon Feaster (Bolling AFB, D.C.) def. #2 Britt Engel (Bradenton,

Fla.)/Dawn Peterson (Eau Claire, Wisc.) 15-10, 1-15, 11-5

Girls 12-: #4 Vanessa Tulao (Hixon, Tenn.)/Rhonda Rajalch

(Phoenix, Ariz.) def. #1 Elizabeth Smith (Hilliard, Ohio)/Ashley Crouse

(Cuyahoga Falls, Ohio) 15-2, 15-5

TRAINING ...

"I play about 3 to 4 times a week. In working out I run or do stairmaster or treadmill."...Brett Beugen

"I practice every weekday from about 5:30 p.m. to 8:00 p.m. My practices entail playing a lot of doubles to sharpen specific areas of my game. With the level of play I compete against every day (highly skilled players with different styles) I think the only place I can go from here is up."...Shannon Feaster

"I play three hours on Tuesdays and Thursdays and play tournaments on most weekends."...Allan Engel

"My team-related schedule is running practice on Mondays, Wednesdays and Fridays, then hitting or court practice on Tuesdays and Thursdays. For myself, I run and work out in the dorm."...Heather Dunn

"I'll maybe play matches two or three hours every week and spend another nine or ten hours drilling. I don't lift weights but I do push-ups, sit-ups and things like that."...James Mulcock

"I try to get myself on a regular schedule, flexible enough to incorporate heavier-than-usual loads of school. When I'm healthy, I run twice a week, lift weights, drill and pick up an occasional game."...Rusti Icenogle

"I try to work out four to five days per week. I do a lot of cardiovascular training and stretching. In addition, I do sprints and drills on the court."...Eric Muller

"I train approximately three hours a day. My training consists of running, stairmaster, on-court drilling and competition."...Craig Rappaport

"I normally practice or train once a day. I mostly drill and work out, but I try to play matches at least once a week."...Elkova Icenogle

"I practice/train four times a week, with three mile runs, jumping rope, life cycle, life step, and weight training. I also spend a lot of time in court practicing my shots."...Paul Apilado

"Four times a week for two hours. I play other people or do drills on my swinging form."...Jed Bhuta

"I do most of my practicing and/or training around tournaments for about three hours per day. My training consists of running, weight lifting, racquetball and drilling."...Gabe Gese

"A month before a big tournament, five days a week doing drills and playing."...Shane Vanderson

A NEW DAY FOR JUNIOR RACQUETBALL

By Andrea Nicole Beugen
USA Junior Team Member

Excitement, a drive for success, even a bit of fear from the unknown; these are just a few of the feelings that I believe all fourteen members of the newly formed USA Junior Team felt when competing for the first time in the Junior World Games. This tournament was a great start for a new era of junior racquetball.

The Junior World Games took place at the Racquetpower Health & Racquet Club in Jacksonville, Florida in December. The beautiful Homewood Suites was the host hotel for our week of competition, and I honestly have to admit that staying there was a highlight of the week. It was arranged so the whole team was able to stay together. The girls stayed in one big suite while the guys were split up into two suites. The coaches had one suite right in the middle. Since this was the first time we traveled together, it was a great way to spend time.

The excitement from this international competition was overwhelming. There were young athletes from all over the world and each and every one represented his/her country with pride.

Trying to communicate with people from other countries who do not speak English was a fun experience. We found out that the easiest way to communicate without words was through a warm smile. Each person who walked by received one. Now, don't think we got by that easily all of the time. When my brother Brett was playing a match with a competitor from Venezuela, those of us cheering also heard from the other half of the crowd which was cheering for his opponent, "mucho, mucho." That's the only word we could pick up. My father asked what "mucho" meant. They replied, "It means a lot." So, sure enough, my father yelled into the court, "mucho kill shots, Brett, mucho kill shots!"



Andrea Beugen (left) and Dawn Peterson. Photo: Hart Johnson.

AS A GROUP ...

"The day before the tournament we all went and played together. The team did various things such as go out to dinner, have meetings, and just hung out."...Brett Beugen

"We had a rules meeting (be good or else!), a European selection meeting and a dinner together on the last night. We were also constantly supporting each other during competition."...Elkeva Icenogle

"We ate well."...Allen Engel

"We didn't really do anything formal except for the dinner we had after the tournament. But we almost always hung around with each other."...James Mulcock

"The best experience I had in Jacksonville was when people I had seen throughout the years came up, congratulated me on making the team, and kept up with my matches during the week. Being a skilled athlete is one thing, but having an audience to support and encourage you brings your level of play up a notch or two."...Shannon Feaster

"The best experience for me was spending time with my friends. I have developed many great friendships through junior racquetball. Because we don't get to see each other that often, we try to make the most of our time together."...Eric Muller

"We had a meeting the first day which laid down the rules. After that we went to the club and were able to play on the courts. When someone was playing we always made sure we were there to watch."...Rachel Gellman

"It was a wonderful experience being surrounded by people from all over the world! I loved trying to communicate with everyone. If you couldn't communicate with someone you both just gave each other a big smile."...Andrea Beugen

"Getting more acquainted with people on the team and meeting people from other parts of the world."...Heather Dunn

"The conversations I had with a really diverse group of people. People would come up and talk, parents, players from other countries, their coaches. I always like talking to lots of people, although it did make me suspicious when an nice conversation all-of-a-sudden became 'what will you trade for a t-shirt?'"...Rusti Icenogle

"Just socializing with everyone. Everyone at the tournaments gets along like one big family. I also enjoy meeting people from different countries and trying to speak with them. I know Spanish and Japanese."...Dawn Peterson

I felt honored to be competing as a member of the USA Junior Team. I know there are plenty of players who could easily take my place on the team. So, each day I wore my "red, white and blue" uniform with pride. It was a different experience for me to compete as a member of a "team" rather than as an individual. Some of the older members of the team were more used to the pressures of competing for a team through their past experiences as members of the adult team, or as team members for their college.

Although I still think we all started out with a case of the nerves, we didn't know exactly what to expect of the week. Everything was new for us. We knew people were going to be judging our every move, and our competitors were going to be using us as motivation for each win.

Once we finally got past our jitters, things became more relaxed and our fear turned into the desire to win. That's exactly what we did. The USA came home with the First Place World Cup. We beat tough competitors from Mexico, Venezuela, Canada and many more countries. It was a good feeling to be a part of this encouraging team. No matter what time someone played, team members could be counted on to be in the crowd cheering. We felt encouragement from our coaches and team members both on and off the court. We were always there for each other, whether it was to give support to those who needed it, or just to hang out and share a good laugh.

While team members became closer to one another, our friendships outside the team were growing just as fast. We felt it was important to include all of our friends who were not on the team. Even though there were only 14 of us in USA uniforms, everyone from the United States was representing our country. We were one big family.

I have been traveling to Florida for this tournament for the past five years, and things really seem to be changing for the better. One change is from



Photo: Andrea Beugen.

individual to team competition. A member of the USA Junior Team said, "I get more nervous watching my teammates play, than when I am playing alone - because, a team member's win is a USA win and a loss is a USA loss, too."

A sense of team responsibility helps on the court. When it is my turn to play, a cheering crowd of USA Junior Team

SPREADING THE NEWS ...

"They were all excited and for the first time they gave my racquetball some credibility."...Brett Beugen

"Some people were really happy and admiring, some were curious about what it meant that I was on the junior national team, and there were others who didn't even really know that I played racquetball."...James Mulcock

"My friends were happy for me, but I'm not sure that they really understand what it's all about since none of them are racquetball competitors."...Eric Muller

"They were all very impressed! Everyone was asking when I would be in the Olympics. It was hard to explain that one...but well worth it! Many of my teachers play racquetball so it was a good way to get on their better side."...Andrea Beugen

"Since most of my friends at school play racquetball they were very excited for me."...Heather Dunn

"My friends and classmates were proud and very supportive of me all the way through. They have always encouraged me and shown that they care in many different ways."...Shannon Foester

"My friends thought it was the greatest thing. Anytime someone mentions racquetball, a couple of my friends tell them I'm on the national team. People I don't even know are coming up to me and saying they've heard about me from some people."...Rachel Gollman

FINDING TIME ...

"Now I am in college so all I have time for is studying and racquetball. I get to the club 3 to 5 times a week."...Brett Beugen

"You find time very carefully! You learn how to get to know your teachers very well."...Allen Engel

"I don't have any other extra-curricular activities so it's not really a problem."...James Mulcock

"I have been able to strike a balance between my school work and racquetball. My professors have been very understanding about my schedule and have allowed me to make up my work."...Eric Muller



Photo: Hart Johnson.

members inspires me to play my best. Craig Rappaport is another example of this. He has played in quite a few tournaments over the past years, but never really seemed to place as a top finisher. It is obvious that Craig had the determination and potential which he definitely proved during this tournament. Craig turned it on, and really made things happen. He ended up placing third in the boys 16 and under division. When Craig first made the team, everyone started calling him "The Rookie." I guess now it's time to find a new name.

Other terrific accomplishments by our team members were demonstrated throughout this tournament. Besides numerous gold medal wins in doubles, the USA Junior Team had three world titles in singles. So, congratulations to Heather Dunn, Shannon Feaster, and Sudsy Monchik. Having a USA Junior Team is an incentive for junior players to all-around be their best. On the team or not.

Our team is starting to realize that racquetball is rising to new heights. Right now, there is excitement about the USA Junior Team. Who knows? One day we might be celebrating racquetball as a full fledged sport in the Olympic Games. As we recognize the sport's potential for growth, each player puts themselves into the Junior World Games to prove that junior racquetball deserves all of the recognition that it receives - and more.

Being a part of the USA Junior Team is one of the best things that has ever happened to me. I owe many thanks to the AARA. Without its support and trust in junior racquetball, there would never have been a USA Junior Team. Things have come a long way in the past year. I only hope that junior racquetball will continue to grow until it is widely recognized as the truly great sport it is!

"I have no problem finding the time for training and racquetball. I have played varsity tennis for the last three years."...Craig Rappaport

"I am also on my school's cross country and track teams to get me in shape for racquetball. You just do what you have to do."...Andrea Beugen

"I had to plan most of my classes around practices and tournaments. I don't play any other sports because racquetball is a year round sport."...Heather Dunn

"Racquetball comes in after school for me when all homework is complete. Schoolwork has always come first because I knew that racquetball will always be there for me. At school I play tennis and will probably also play softball this year."...Shannon Feaster

"Since I'm in college, I can choose my classes. I'm taking all of them in the mornings, so I can play racquetball in the afternoons and evenings."...Rachel Gellman

"School is always first. When I have something that I have to do for school either I work to get it done as soon as I can or I don't play that day. I don't play any other sport."...Elkova Leonogle

"I don't play any other sports. I don't have the time. I plan my time around classes, schoolwork, racquetball and eating."...Rusti Leonogle

"I fit racquetball into my school schedule whenever I can. I also play tennis and softball."...Dawn Peterson

"School work takes a lot of time. I try to play racquetball four times a week. My friends think it's a competitive and fun sport requiring much skill, conditioning, thought and speed."...Paul Aplado, age 16

"I play racquetball every day after school for two hours. I also play basketball and tennis for my school. My classmates are surprised about how well I play racquetball and really think it's fun."...Jed Bhuta, age 17

"Racquetball and school fall into place perfectly in my schedule. I have time for three hours of homework each day. Racquetball is the only competitive sport I play."...Gabe Gese, age 11

"Right now racquetball fits into my school schedule. I don't play sports for my school. I play in a youth soccer and baseball league. My classmates think it's nice and most of them want to try it."...Shane Vanderson, age 10

JUNIOR RACQUETBALL

By Jim Hiser

Junior racquetball, is it alive and prospering or simply surviving? The answer depends on what state you're in! Some states like Oregon have a very successful and highly visible junior program while others have little or no junior players. Why? This answer depends on leadership. Junior programs require dedicated and enthusiastic leaders to motivate and organize programs for every level of junior athletes.

Unfortunately, most clubs do not recruit or train individuals for this position, in fact some completely ignore junior programs. What a shame. As racquetball continues to grow, I receive calls almost daily requesting information to assist interested instructors with junior programs. Although the AARA and Ektelon has provided a very helpful junior package (instructors manual, sign-up sheets, certificates, posters, special junior equipment prices) there needs to be greater involvement and contribution from every segment of the racquetball community towards juniors. The club owner needs to promote junior programs (not only racquetball) and find interested individuals who will make the programs fun and exciting. These leaders need to be rewarded for their efforts.



Juniors from Racquetpower in Jacksonville: (L-R) Jonathan Hurt, David Bell, Jesse Witthoft, Beau Taylor (#5), Lisa Bell and Shawn Taylor.
Photo: Mary Lyons.

Veteran players need to contribute their knowledge and ideas. If unable to take a leadership role, these veterans should offer assistance and expertise if only on a part-time basis. Although enthusiastic and willing, very often volunteers lack the expertise and experience which veteran players may contribute. State organizations need to provide ideas and information to assist club owners and programmers. Also, advanced juniors need a forum to participate on a competitive level. State associations need to make sure junior divisions are offered at all events. The national organization needs to provide informational support to states and clubs. Role models need to be advertised and opportunities made available for scholarship and travel. Outstanding juniors need to be rewarded and promoted.

Every level of the process is important - but each level requires that one person take the time and the interest in juniors and their development. So take the time, even if only an hour per month and get involved. Let's make every state a model state for junior development.

JUNIOR PROMOTIONAL ITEMS AVAILABLE

Junior Handbook:

A "cook book" of ideas on how to start and promote junior programs. Information on leagues, lesson plans, fund raising and instruction.

Junior Development Package:

Includes junior handbook, but also provides league sign up sheets, posters, certification of participation, and an Ektelon guidebook for junior programming.

High School Manual:

A description of the nations most successful high school program. League formats, rules, regulations and by-laws.

Learn Your Lessons:

Instructional video. A comprehensive explanation of the necessary basics required to play racquetball. A great learning tool for the novice or beginning player.

OJRA Tournament Directors Package:

An informational guidebook outlining Oregon's successful junior league program. Over 200 juniors compete in an organized program and this booklet outlines the rules and organizational materials required to promote the events.

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State Selects 1 Male And 1 Female Nominee
(June 1)

State Forwards Applications To Regional Director

Regional Selects 1 Male And 1 Female (June 10)

Regional Forwards Applications To AARA

Coaches Select At Large Candidates (June 29th)

Junior U.S. Team Qualifiers (40) Announced
At Junior Nationals (June 30th)

U.S. Team Selection - U.S. Olympic Training
Center (August 29 - September 5)

ADVICE FROM THE TEAM ...

"Firstly I would say that it takes more than just being a good player to get on the team, so it's necessary to work on all parts of your life. After that I would just suggest that the person be himself."...James Mulcock

"Go for it! Don't let anyone tell you you can't do it. That's when you prove them wrong. If you work hard enough and have enough dedication to the sport, it'll happen. Even if you don't make it, you gave it a shot. Just remember, nothing beats a failure except a try."...Rachel Gellman

"Be yourself and work hard. This team isn't about winning a dozen national titles, it is about dealing with people and being one of the better players."...Brett Bougen

"Hard work, desire and dedication always pays off in the end; what you put into it is what you'll get out of it."...Shannon Feaster

"Train hard, do well in school, don't just make racquetball your life, be well rounded."...Allan Engel

"I would advise young players to work hard, to be an honest player, and most importantly be happy with yourself."...Heather Dunn

"Keep working hard because hard work pays off."...Craig Rappaport

"There really isn't anything negative about being on the team and it's a lot of fun. Even the week in Colorado Springs was a great time except for that one night. Just being around all the other junior racquetball players is a great experience."...Jamel Mulcock

"This is the best thing that has ever happened to me! Not only in racquetball, but all around. My motivation just keeps on going! I've received much better grades, and I keep pushing myself at everything I do."...Andrea Bougen

"Try hard, not just in racquetball, but in everything. The team is about a person as an individual and the group as a whole."...Elkava Icenogle

"Definitely apply, because the camp itself is a really unique experience. Just the fact that you are in a position to apply for something like this is great. Good luck!"...Rusti Icenogle

"Believe in yourself! Work hard towards this goal. Don't just worry about only your racquetball skills, the selection is based on the whole person. Don't ever give up. Be a fighter."...Dawn Peterson



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JUNIOR PROFILE: JED BHUTA

By Dick Pivetz

The chant is well known, a single finger pointing skyward "We're number one!" We see that on TV, but what does it really feel like, actually being "Number One?"

Ask Jed Bhuta from the Montgomery Athletic Club Rollouts, Montgomery, Ala. He's only 13 years old, but he just won the Boy's 12 and under World Championship title.

Playing in the world championship tournament held in Jacksonville, Fla. during the week before Christmas, Jed defeated Eric Urtega of Canada, 15-11, 15-8, to claim the title. He had also defeated Kevin List of Costa Rica in the semis.

"I didn't think I would do that good, but I guess all of the practice ... and the private lessons from Mr. Sorenson really paid off."

MAC. Although trained by Sorenson, Jed travels alone to the tournaments and is on his own when he walks into the court to play. With a perceptive eye, Jed looks ahead, "I think it will help me in the future. I'll be used to thinking on my own, in racquetball and in life also."

Jed was surprised at the Jacksonville tourney. "I didn't think I would do that good, but I guess all of the practice (two hours a day, four days a week) and the private lessons from Mr. Sorenson really paid off."

But the world title is now history. Jed Bhuta has other aspirations. "I would like to be on the U.S. Junior National team," Jed said. "And maybe one day be on the U.S. Men's team and play in the Olympics."

Although barely a teenager, Jed has plenty of experience. He has been playing racquetball since he was seven years old, and has been sponsored by Ektelon for the past three years.

As a member of the Rollouts, Jed has had his racquetball career shaped under the tutelage of Jack Sorenson and his highly lauded youth program at the

That's for another day. For now, Jed is traveling around Alabama, Tennessee, Florida and Georgia, playing in as many tournaments as he can, gaining experience as he goes. But he doesn't always play against other kids.

For other tournament players in the southeast, don't be surprised if you report to your court for a Men's Open or Men's A division match and find a 13-year-old smiling kid on the court. Don't worry about it though, unless, of course, he comes over and says, "Hi, my name's Jed."

SALT LAKE CITY - GEARING UP FOR JUNIOR OLYMPICS

Salt Lake City is preparing for what should be one of the best Junior Olympic events ever. Without question, the Snowbird Cliff Lodge is the most spectacular host hotel ever used for a national event. Make reservations early, and if possible, stay a few extra days to enjoy this fabulous facility!

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JUNIOR TEAM U.S.A. - COACHES POSITION

The junior team USA coaches selection committee will accept applications for the position of head coach and assistant coach until May 1, 1992. Qualified applicants will be in charge of selecting Junior Team U.S.A. members and monitoring their training and competition schedules.

Attendance will be mandatory at Junior Team Training and Selection Camp, Junior World Championships, Junior National Championships and possibly one international event.

All applicants must have previous coaching and/or teaching experience, be certified as a PARI instructor and level one referee, and also have experience with junior programming.

Please forward all applications to:
Junior U.S. Team Coaches Selection Committee
A.A.R.A. -- 815 N. Weber
Colorado Springs, CO 80903-2947

'OLDTIMERS' STILL HAVE A RACQUET

PRO VET HOGAN, GONZALEZ OVERCOME CHALLENGE OF TEENAGE PHENOMS FOR 2G PRIZE

By Stephen Hart
(Reprinted, courtesy Staten Island Advance)

What started with a conversation in Arizona several months ago culminated in a \$2,000 winners-take-all racquetball challenge match between all-time players Marty Hogan and Ruben Gonzalez against Island teenage phenoms Sudsy Monchik and Jason Mannino.

Score one for the old-timers.

Before a standing-room only crowd at the Courts of Appeal, Travis, Hogan and Gonzalez outlasted their younger



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counterparts, 8-11, 11-3, 11-4 and 12-10, in a match filled with goodwill as well as great shot-making.

"There's a very dangerous thing called age, and an even more dangerous thing called youth," laughed the 33-year-old Hogan afterward.

"The same intensity I had when I was up-and-coming I see in these two. They're both national-championship caliber."

In the opening set, Monchik (17 years old) and Mannino (16) jumped all over the pros, opening with an 8-1 lead before holding off a late Hogan-Gonzalez charge to win 11-8.

"Our strategy was to come out and establish ourselves right away, but they were just unconscious," noted Hogan, the seven-time pro national champion.

But the crafty veterans threw the teen duo off balance from the second set on - with both Hogan and the 39-year-old Gonzalez lofting high, slow serves onto the front wall to take advantage of some possibly overanxious play.

"Those kids are used to driving the ball, killing it. With (the lobs), we changed the pace," noted Gonzalez. The West Brighton resident had the added incentive of playing in front of his mother, who flew up from Puerto Rico to watch her son compete for the first time.

"Ruben's amazing," said Monchik of his mentor. "He's like fine wine ... the older he gets, the better he gets."

"We were a little tired, we missed some shots," admitted Mannino, who is Monchik's neighbor and doubles partner for the past 10 years. "They lob-served a lot, we didn't expect that. And Marty had a really nice backhand that surprised me. I was pretty impressed with his shots."

The respect was reciprocated by Hogan.

"I saw them three or four years ago, and they surprise me every time I play them," he said.



Left to Right: Marty Hogan, Sudy Monchik, Ruben Gonzalez, Jason Mannino.
Photo: Staten Island Advance.

"They're free swingers, but are also very bright. And it's the best players that put together both the technical aspects, the nuances of the game, with the talent.

"I think they (Monchik and Mannino) could probably wind up playing each other for the (professional) championship in five or six years," Hogan stated.

But for now, the two high schoolers will just like to avenge this loss in a rematch next year.

NOTES: Gonzalez, the 1988 Pro National champion, is currently ranked fourth in the world. Monchik, a Tottenville HS senior, is the reigning U.S. National High School champion, while Mannino (St. Joseph by-the-Sea) is currently the National Junior 16-and under champ.

In one-set singles exhibitions after the doubles, Hogan downed Mannino 15-10, but lost to Monchik 15-9 ... In a fastest serve competition, Monchik took top honors at 154 mph, followed by Hogan (147), Mannino (139) and Gonzalez (132) ... The prize money was awarded by the Courts of Appeal. If Monchik-Mannino had won, the money would have gone to the AARA, where it would have been turned into an expense fund for the teen-agers, thereby protecting their amateur status.

DEEP IN THE HEART OF TEXAS

By John Abbott

With the National Singles Championships only two months away, it's time to start preparing for what has become **THE** tournament in amateur racquetball. By now you should be getting in shape, strengthening any weaknesses in your game, and playing in every tournament in your area to get match tough. If you've taken time off from racquetball around the holidays to visit family or friends, don't feel too guilty -- just pick up the pace when you return to the court. You can move training to the top of your revised list of New Year's resolutions.

Once again, Houston will be the site of the tournament, continuing a tradition that dates back to 1983. A city of amazing diversity, the fourth largest in the country, Houston provides a perfect setting for the Nationals with its cosmopolitan flair and downhome hospitality. In fact, the activity that takes place off the court can be as exciting as the games themselves. There are trade shows, awards banquets and special events. Last year, the Beach Boys staged a free concert at Buffalo Bayou Park just a short walk from the YMCA; the show was a salute to homecoming Desert Storm troops, but the dazzling fireworks that lit up the sky could just as easily have been dedicated to the heavy hitters on the racquetball courts.



Downtown YMCA – Houston, Texas.

If you haven't been to the Nationals before, or have taken a sabbatical for a few years, here are some tips that you may find helpful in preparing for the 1992 tournament.

* If you don't know when and where the closest Regional Qualifier is to be held - an event in which you must compete in order to qualify for the Nationals - now's a good time to find out [a complete list appears in the Calendar section of this issue]. These tournaments are extremely popular and well-attended, so call your state AARA representative for an application and turn it in early. Once you are at a regional qualifier, you

can pick up your national application -- and again, turn it in early.

* Try to arrive in Houston a few days before your division starts playing. That will give you an extra day or two to acclimate to the heat and humidity, get over your jet lag, and practice on the YMCA courts before your first match.

* Expect to play twice a day in the early rounds. If you're in one of the big divisions - men's open, 19s, 25s, 30s, 35s and women's open, 30s, 35s, 40s, 45s - you'll probably play two games on either your first or second day, and one game per day thereafter.

* Don't get distracted. You'll see old friends, be invited to parties, and stay up all night telling racquetball war stories, all of which can divert your attention and sap your strength. If you're there to compete, get plenty of rest, eat right, and leave the rock and rolling for if and when you're eliminated.

* If you are eliminated in one of the early rounds (and according to the law of averages, half of you will be) you have several options. You can fly straight home and pay an exorbitant penalty on your airline tickets ... or you can stick around and watch some of the finest players in the country battle it out. Another possibility is to referee; you not only help out the tournament by keeping things on schedule, but you get paid \$5.00 for each match you call, which can cover the cost of a few nights on the town.

* Unless you're rooming with friends or relatives, you'll want to stay at the Hyatt on Louisiana Street, which is just three blocks from the YMCA. The hotel has just been completely renovated and has a stunning open-air lobby with glass elevators that whisk you to your floor. There are several restaurants, including the Spindletop Lounge, a revolving restaurant on the 30th floor that overlooks the Houston skyline. Because of its proximity to the YMCA, the hotel offers a discount rate (\$64 per room for four people) to racquetball players. It also has bus and limousine service to both Houston airports.

HOUSTON HERE AND THERE

Hopefully you won't have much time to go sight-seeing in Houston; you'll be too busy playing racquetball. But just in case you get eliminated early, there are plenty of things to see and do in the area.

* The Astrodome (on South I-610 at Kirby). Labeled the "eighth wonder of the world," the 'Dome is the largest attraction in the state and is the home of the Astros and the Oilers. It's open for tours every day. Just across the freeway is Astro World, a 65-acre amusement park with one of the scariest roller coasters in the country - the "Ultra Coaster" with a 360-degree rotating turn.

* The Galleria (Westheimer and Post Oak off West I-610). The toniest shopping center in Houston, with three levels of designer shops overlooking an ice skating rink. Plenty of free parking.

* Johnson Space Center (on NASA Road 1 off I-45 south in Clear Lake). The home of Mission Control, you can tour the Space Center for free and then gawk at the football-field-long Saturn V rocket outside. Ask the guard at the gate for directions in your best Russian accent.

* If you're looking for something more cultural, Houston is home to several world-class museums. Check out the Menil Collection (1511 Sul Ross near St. Thomas University), the Museum of Natural Science in Hermann Park with its


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IMAX Theatre and dinosaur exhibits, and the Museum of Fine Arts (1001 Bissonnet). You'll also want to see what's playing at the Alley and Wortham theatres downtown, which feature national productions.

* An hour south of the city on I-45 is Galveston Island, an historic settlement on the Gulf of Mexico. There are a number of quaint shops downtown, including the Strand Restaurant, famous for its Sunday brunches. The city has miles of sandy beaches with warm, gentle water for swimming; avoid the crowds at East Beach and head for West Beach further down the island. You can also take a free ferry around Bolivar Peninsula and be escorted by playful dolphins.

* If you're interested in longer excursions, rent a car and head to San Antonio, about 200 miles west. Within a few square blocks you can visit the Alamo, browse along the River Walk, shop in El Mercado, and ride to the top of Hemis Fair Plaza towering over the city.

DINING AROUND TOWN

Houston has scores of excellent restaurants catering to every taste, from Thai to Tex-Mex, and better yet most of them are very reasonably priced. If you're hungry for something besides Power Bars and Gatorade, here's a few places you won't want to miss.

* Ninfa's (3601 Kirby off of Westheimer and several other locations). Some of the best Mexican food in Houston, especially the fajitas and sour cream and chicken enchiladas. Wash down your meal with a "Ninfarita," which is potent enough to make you forget a game-ending skip in the tiebreaker.

* Atchafalaya River Cafe (8816 Westheimer at Fondren). The finest Cajun cooking in the city served in a Mardi Gras atmosphere -- loud, busy and boisterous. Don't miss the jambalaya, the crawfish etouffe, and the barbecued alligator. Laissez les bon temps rouler!

* Birra Poretti's (Louisiana at Prairie downtown and several other locations). An Irish bar with an Italian restaurant that specializes in pasta dishes and pizza. Carb up with the fettucine alfredo.

* Magic Island (2215 Southwest Freeway between Kirby and Greenbriar). While enjoying the gourmet continental cuisine, you can watch Las Vegas magic and comedy shows; afterwards you can play blackjack or consult a psychic about your next match. Dinner and show included for one price.

* The Great Caruso (10001 Westheimer at Briar Park in the Carillon Shopping Center). A showplace restaurant with three stages, five levels of seating and operatic singing waiters make the food almost beside the point. Stick to the seafood and the Italian specialties.

* The Hard Rock Cafe (Westheimer and Kirby). The 'Rocks have become ubiquitous but they're still a good place for All-American burgers, ribs, and specialty sandwiches, as well as a number of choice salads. The Houston version of this restaurant has a Cadillac stuck on a pole 30 feet high outside the front door. Can't miss it.

* For lunch in the downtown area try the hill at James Coney Island, the red beans and rice at Treebeard's on Market Square, the barbecued link sandwiches at Luther's, or simply grab a deli sandwich and have lunch in Tranquility Park (at Walker and Smith streets next to City Hall), so named to commemorate the first lunar landing.


HOUSTON AFTER DARK

If you still have some energy to burn after a day on the courts, and the party down the hall has begun to fizzle, there are a number of hip, happening night spots to keep you entertained.

* Rockefeller's (at Washington Avenue and Heights Blvd). A classy nightclub that features national



John Abbott is the Racquetball Director at Rolling Hills Club in Novato, California and a certified PARI instructor. He is also an award-winning freelance writer who lived in Houston for five years. He competes in the Men's 30+ division at Nationals and holds a top-ten ranking position in California.



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touring acts as well as local favorites. There's a different show almost every night, with an emphasis on R & B.

* Cody's (on the tenth floor of the 3400 Montrose Building on Montrose and Hawthorne). One of the city's preeminent jazz bars, with a rooftop patio that overlooks the city. You can listen to cool jazz in candlelit elegance or find a quiet spot to unwind among the ferns.

* Numbers (300 Westheimer near Montrose). A user-friendly modern rock dance club a short cab ride from downtown. Don't let the alternative crowd scare you away; the natives are friendly. Modest cover charge, frequent drink specials, and plenty of room to shake your moneymaker. See you there!

LONG ISLAND OPEN

By Al Seitelman

Director, New York Racquetball Association

In its 15th year, the Long Island Open continues to be one of the premier events in the country, drawing 850 entrants from 13 states to the Sportset Clubs in Syosset and Rockville Centre in November.

Sponsored by Lite Beer from Miller, Spalding Professional Racket Sports, Paletta Profruit Bars and Cheesecakes, Jay Chevrolet and Penn, this tournament is unique in that it caters to both the world class player as well as the beginner. Players of all skill levels, beginner to National Champion, ages 8 to 66, provided fierce competition in 45 categories. For over 20% of the players this was their first tournament.

Historically, the interest in any tournament focuses on the open divisions and it was well deserved at the Long Island Open. The draw sheet for the Men's Open Singles Division read like a who's who of racquetball for the East Coast mixed with challengers from far and wide. They came to try to claim one of the most coveted titles in racquetball. The level of play was so high that players accustomed to meeting in the finals of local tournaments were forced to play each other as early as the round of 32.

The division also had its share of disappointments, with dreams shattered as well as careers made among the thirty-one players who began the process on Friday night. There were many questions asked by the crowd of spectators. Would Ruben Gonzalez be able to reclaim the crown after an eight year hiatus from the tournament? Would Mike Sekul be able to win a second championship? Would anybody be able to pull off a win in both singles and doubles as did Doug Ganim in 1990 and Jim Scheyer in 1978? Would one of the players from Florida, the Midwest or the South be able to take the crown home with them? The answers to all these questions and others would be answered by Sunday afternoon.

Every Long Island Open seems to have a few surprises in store for its participants. The top seeded players had difficulty from the first round on. The round of 16's featured some tight matches and close calls. National High School Champion Sudy Monchik lost to Dave Sable in a tiebreaker, as did National Junior Champion Jason Maninno to Ron DiGiacomo. At the same time, both of these talented youngsters served notice that they will be heard from again in the future. National Open Doubles Champion Eric Muller lost in a 11-10 tiebreaker to Mike Sekul who seemed to be playing with renewed enthusiasm. The quarterfinals were the scene of even more action and upsets with #4 seed Tom Montalbano failing to advance against Dan Fowler, whom he

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Mike Sekul commands center court in his bid for a second Long Island Open title against challenger Ruben Gonzalez. Photo: Frank Pfiumm.

had beaten here last year. The players emerging from the quarterfinals were Ruben Gonzalez, Dan Fowler, Ron DiGiacomo and Mike Sekul.

The semifinals were well attended by local fans, since many had come to see Ruben Gonzales or local favorites Mike Sekul and Ron DiGiacomo. The first semifinal quickly proved that Ruben, at the age of 40, is still a force to be reckoned with. The bottom bracket displayed the talents of Ron DiGiacomo and Mike Sekul. Mike continued his habit of three-game matches by beating Ron DiGiacomo in a close tiebreaker. Mike in his round of 16, quarterfinal and semifinal rounds had won by a total of 6 points combined in the three matches that all went to tiebreakers. The finals saw the extensive experience and quickness carrying Ruben Gonzalez to victory over Sekul with scores of 15-10 and 15-13.

In return, Ruben Gonzalez was denied the distinction of a double title by the team of Mike Sekul and Anthony Fiorini. They beat the team of Gonzalez and Maninno in two straight. The semifinalist teams were Cline/DiGiacomo and Monchik/Muller.

The Women's Open draw was wide open since six-time defending champion Dot Fiachi-Kelly skipped the competition in favor of the Women's Pro Stop scheduled for the following week. Randy Friedman, the runner-up the last few years was intent on finally winning the crown that had eluded her for so long. She marched into the finals without losing a game, beating Janell Marriott in the semifinals. Terry Gatarz also advanced to her first final appearance with straight game victories, including her semifinal win over Pat Musselman. In their final, Randy won the title with a convincing victory over Terry Gatarz.

SHOOTIN' (?) FOR NUMBER ONE

By David J. Burt

Here's my situation. The #1 seed wears out racquets. And StairMasters. I'm his first round opponent, a die-hard handball player, who wears out runnin' shoes. And pizzas. To me, it sounds like a match made in racquetball hell.

THE PLAYERS

South Carolina's state champion is nothin' but six feet and 175 pounds of wire and muscle and kill shots. He shoots 'em between his legs, behind his back, and every-which-way but miss. Got more power serves, explosive shots, and quick moves than Operation Desert Storm. You bet-cha.



Clay Griffin. Photo: The Florence Morning News.

Clay Griffin's his name, and I've known this rugged 25 year-old since he was a scrawny grade-schooler with my daughter. But now you can call him Terminator. I do. Especially since I face him in my first match at the Fitness Forum racquetball tournament called The Big Shootout.

Me? Just a 50 year-old former handball-by-damn player. "Gone criminal," my friends say, because I refused to take up racquetball twenty years ago when it became clear that racquetball was the court game of the future. "Just stubborn, that's all," I would explain. Hey, it had taken me five years in grad school, playin' dally, to learn to shoot with my left hand, let alone learn handball's strategies, techniques, and tricks.

THE SWITCH

When I moved to eastern South Carolina in 1971, there was only one other handball player here in the area--and he was playing racquetball. And everybody was callin' them "Racquetball Courts," instead of what they really were: "Handball Courts." I knew I was in trouble.

Then I looked around and saw that the co-eds at Florence's Francis Marion College were learning racquetball in two days! I figures, "Racquetball's a game for wussies." Then vowed, "No way I'll play a ball-sport that has a q in its name." Ok, so I did teach my children racquetball as they were growing up, but I only played two or three actual games with friends. Too easy. Too slow. Boring. Boring.

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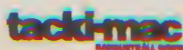
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So I slapped the handball around by myself for a few years just to keep up my game. Even entered a few state handball tournaments. But with no practice competition, I was first-day-two-loss-early-exit meat. By 1981, I gave up both games and took up distance running. All straight-ahead footwork. Goodbye, lateral quickness. Hello, pizza-carb-loading.

THE GIMMICK

When the Fitness Forum entry arrived, I was intrigued by the handicap system: A Player gets 0 points; B Player gets 7 points against A Player; C Player gets 13 points against A Player (Griffin was one of the two A-ranked players; I had to be at least a C-ranked, probably D or E). Fifteen point games; best two of three.

I felt those competitive-handball juices churn in my gut. So I said to myself, "Self: Thirteen (13!) points in a 15 point game! You gotta be kiddin'! With 13 points, I'll play God."

And Self replied, "Forget it, old timer! Your career total is three racquetball games, none within ten years. You're a runner, not a gunner; you'll be puppy-chow to Top Dog Griffin."

I was about to listen to Self, when I noticed that the tourney entry fee included beverage (i.e., beer). So I gave in to Whimsy. Just kissed my Self goodbye and entered The Big Shootout. And drew South Carolina's No. 1 himself in the first round. Whimsy whispered, "Hey, slow feet; better get yourself a strategy. Fast."

THE GAME PLAN

First I had to get on equal terms, at least psychologically, with my opponent. No. 1 is sponsored, getting his equipment direct from the maker. I needed a sponsor; hey, I needed a racquet.

The Sponsor: I checked with local restaurateur George Tassios. Four years ago, when I was headin' to New York as a finalist in a contest for a \$300,000 condo, my last, good-luck meal in Florence was a giant box of Sky View Drive In's onion rings, best in the known universe. I won the condo.



Dr. David J. Burt is a freelance writer and full-time English Professor at Francis Marion College in Florence, SC.

But for this match, Tassios was skeptical: "Professor, I'll spring for a shirt - a neon tank-top. And throw in a box of onion rings as your last meal...ha-ha-ha! Your Last Meal! Ha-ha-ha-ha! This kid Griffin is deadly. You could get killed." Greek tragic pessimism aside, I now had a sponsor's shirt, plus training-table fuel. All I lacked was a weapon.

The Racquet: Paul Larsen, Griffin's partner on South Carolina's State Champion Doubles team loaned me one of his racquets, a Head Elite. I held it--light metal strings the size of a guitar. Me: "My, how the equipment has changed. Usin' tennis racquets now, huh? ...Do you ever miss with something this big?" Larsen smiled.

The Grand Plan: Pretty simple, actually. Practice only the lag (to win the opening serve); aim for the side-wall seams; charge the front wall for Griffin's returns; and go for two quick dinks. Hope that years of dormant muscle-memory would remind the feet how to move. Hope that lightning strikes.

That would put me 1-0 against one of the best in the nation. And time to think about 1-0-F, a Jimmy Connors forfeit exit.

GOIN' FOR THE GLORY: THE MATCH

Griffin entered the court with the game ball and took three front-wall shots, each a blistering screamer two inches off the floor. His Psych was on. Make that Double-Psych: "I won't hit you with it," he laughed.

Takin' the ball, I underhanded a couple of soft practice-lags high upon the wall. "You won't get a chance," I mumbled like Clint Eastwood.

He guessed the game plan: "Goin' for the serve, huh?" I growled, "Let's play."

The Lag: Yep, just like Script. As the onion rings kicked in, I bounced a gentle floater within an inch of the service line. Griffin missed the mark by five inches. SERVICE TO THE GRAY GUY.

Already up 13-0, with serve, I needed just two points!

The First Serve: I stroked a low drive to the left corner, then stepped smoothly to mid-court and moved easily toward the wall. The Head Elite held shield-like in front of me, ready to dink-deflect Griffin's return. I waited.

The ball dribbled slowly past me on the floor. MY POINT! 14-zip!! I turned in disbelief to hear a shocked Griffin mutter, "Uh...I didn't warm up..." He-he-he: Grif, you haven't read the Script, have ya?

I should have savored this moment with a time-out. But Whimsy shouted, "Go for the Quick Kill, dummy!" So I served again, GAME POINT.

Game Point: Hey, why change it if you're hot? Thinking, "Hittheseam-hittheseam-hittheseam," I served to the same left-side area, made the same smooth step up to the wall, and positioned the Head Elite again like a riot-shield.

The return was blur--not ball.

I heard a splat at the wall five feet from my outstretched racquet. Trust me here: there was no ball. Just a streak-o'-blue movin' faster comin' back from the wall than goin' to it. SIDE OUT.

Whimsy sighed, "Uh-oh."

The next 30 points were all Griffin's: a surgical array of power z-serves, precise corner lobs, and assorted simple smashes. Most managed to avoid the child-sized fly-swatter I now gripped. The few returns that I managed bounced shoulder-high. Griffin quickly corner-killed them.

Even muscle-memory failed: my feet became encased in concrete blocks.

It was over quickly. Total time in court: 7 minutes. Total points: 27 (14-15; 13-15). Total post-game beverages: 5.

Ya know, maybe this g-game isn't just for wussies.

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LEFT-HANDED INSPIRATION

By Becky Maxedon

Bill Spruill wasn't always a lefty on the racquetball court. In fact, the up-and-coming "C" player never even thought about making racquetball a part of his daily workout regime, -- much less playing the game left handed -- until recently. On August 8, 1990, Bill Spruill was ten days out of the Army and two days into a new job with a construction company when his life changed forever.

Bill was hit in his right hand with 60,000 volts of electricity when a co-worker struck a power line that Bill was standing next to. The electricity entered his body through his right hand and exited through his right knee. "I was just frozen there for a minute," Bill remembered. "Then people around me said that I was in shock and was walking around in circles. They were afraid I was going to get hit by a car." Then Bill's heart stopped.

Paramedics arrived in time to defibrillate his heart and bring Bill back to life. "I'm not even sure how long I was unconscious or how many days it was before I woke up," Bill recalls.

Dr. Ian Walker waited a couple of days before beginning the series of surgical procedures needed to repair the massive damage. "They told me they didn't know if I was going to make it, or if they were going to have to amputate anything," Bill says. Although Bill lost the middle three fingers on his right hand, that was the extent of amputation.

Before the accident, Bill had been active in all kinds of athletics -- softball, football, basketball and mountain biking. When professionals told him that he would never be able to do any of those activities again, Bill decided to prove them wrong. "If I hadn't been able to take up sports again I'm not sure what I would have done."

A total of eight surgical ordeals have reconstructed much of Bill's right hand, arm and right knee. He has lost all of the median nerves in his arm up to his elbow, retains some movement in his right thumb, but not in his little finger. Doctors told him that he would be lucky to have any movement at all, but he has defied their predictions on every count.

"Before this happened, I was in really good shape. I lifted weights and worked out every day. While I was in the hospital my right arm got really small and I got really depressed. When I started physical therapy I got even more depressed because I would see these guys coming in working on their upper bodies and the doctors and therapists told me that I would never be able to do that again. When I went into the hospital I weighed 165 pounds. After two months, I was down to 120."

That's when Bill sought out Bill Beiswenger, a certified prosthetist-orthotist who designs and produces braces for people with all kinds of handicaps. The results were impressive. One set of braces that Beiswenger designed for Bill can accommodate any form of weight lifting, while another enables Bill to drive his five speed Firebird. Beiswenger also redesigned Bill's mountain bike so that all the brake controls are on the left and "He's working on a brace right now that will allow me to hit the slopes in a couple of months if all goes well with my leg and I'll be skiing," Bill exclaims.

All this aside, Bill talks about what brought him to racquetball.

"I used to be a member at another fitness club, but after the accident when I started to go there to work out, I felt really uncomfortable and self-conscious. That's when I came to Lynmar" (Lynmar Racquet & Health Club in Colorado Springs). "I found the members to be a little older and more mature and I felt right at home."



*Bill Sprull and Pete Dean at Lynmar.
Photo: Jim Hiser.*

"I knew I couldn't play softball or football anymore because it's kind of tough to catch or throw a ball with only one hand, especially when it's a hand you've never used. That's when I discovered racquetball and met Pete Dean. I knew I could hold a racquet in my left hand. With tennis you pretty much need both hands, but racquetball is different."

Dean, the Racquetball Pro at Lynmar, started working with Bill about a year ago. "His progress has been amazing," Dean said.

"It's been doubly hard for him. He had never played the game before and had never done anything left-handed. He was a rank beginner at first, and we get interrupted periodically by his surgery, but he always comes back. He's very motivated, very enthused and very dedicated to racquetball. He's ready for competition."

Bill's immediate goal is to be ranked in the club system at Lynmar. "I don't have any medals or anything yet, but I'm

NOSTALGIA

Compiled by John Mooney

In preparation for the upcoming silver anniversary of the AARA, we'll be reprinting segments of our historical record in the nostalgia column throughout 1992. Here's our version of the "early years" -- 1949 through 1970.

1949 In Greenwich, Connecticut, Joe Sobek invents the sport of racquetball by designing a "strung paddle racket" and combining the rules of handball and squash. He calls his variation "paddle rackets."

1950 Over the next ten years, the sport gains a following among cross-over handball enthusiasts Robert Kendler, president of the U.S. Handball Association (USHA), takes an interest in the game, both as a player and a promoter.

1960 Increasing popularity of the game attracts new players in all age groups Administrative structure begins to evolve, as Kendler organizes the International Racquetball Association (IRA).

1968 The First Gut-Strung Racquetball National Championships held in Madison, Wisconsin Joe Sobek turns reins of racquetball over to Robert Kendler Bill Schultz wins first Men's Open national title.

1969 Paddle rackets renamed to RACQUETBALL International Racquetball Association (IRA) incorporated Ken Porco named IRA Executive Secretary First IRA National Singles held in St. Louis, Missouri.

1970 First metal racquet introduced by Bud Held and Ektelon Robert Kendler elected President of IRA 50,000 amateur players estimated in the U.S. National Singles held in St. Louis, Missouri.



Pete works on Bill's forehand. Photo: Jim Hiser.

going to, and that's what I work toward every day." Bill has at least one lesson a week and gets on a court whenever anyone will play. "My friends quit calling me to shoot hoop or play softball after the accident. Now I call them to play racquetball, and sometimes I beat them!"

Bill attributes his positive attitude and his miraculous recovery to a great support system, including his family, friends, physicians and therapists. Bill is engaged to his burn therapist, Patti Stafford, and the couple is planning a June 6, 1992 wedding.

"I never gave any thought to handicapped people before my accident. Now I look at someone in a wheelchair or disabled in some way and think, 'you are equal to the strongest person on this planet.'"

For himself, Bill hopes he's seen his last surgical procedure. He keeps a busy schedule, going to the University of Colorado at Colorado Springs majoring in business, working out every day and trying to fit in therapy, fun and racquetball.

"In the beginning I guess I kind of thought that racquetball would be easy, but it's not! I worked and worked and worked and was getting pretty discouraged. Then one day I came in and it was just there! Pete said, 'Where did that come from?' and I just didn't know," Bill recalls. "Still, I have my good days and my bad days. There are days when I don't want to even look at a racquetball court, but I always go out there anyway. If I miss a day, it really brings me down."

At the rate he's going, it won't be long before Bill Spruill moves steadily up the ladder to compete alongside able bodied players who don't have a clue that he's not a lefty by nature.



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A FITNESS TEST FOR RACQUETBALL

By Alan Salmoni, PhD

U.S. Team Physiologist

Jim Hiser, PhD

Assistant Executive Director, AARA

In the November/December issue, there were some interesting letters written by players who attended last year's Elite Training Camp at the Olympic Training Center in Colorado Springs. In a sense this article is an extension of that, since it deals with another aspect of the elite camps. In addition to improving the skills of players who attend, each camp provides an opportunity to complete a portion of our research. The goal of the project is the improvement of racquetball by expanding our understanding of the sport -- and one aspect of this research has been the development of a fitness test specifically for racquetball.

THE RESEARCH

When the fitness test project began some six years ago, several objectives were critical to the direction the research was to take.

First, the test had to have some relationship to the skill of racquetball. In other words, although this may seem obvious, the items on the test needed to be predictive of how well you play racquetball. As it turns out, this is an extremely difficult objective to meet and one that is quite often ignored by other sport-specific fitness tests.

Second, a test was needed for both men and women, with the possibility that it might not be identical for both.

Third, the test needed to be one which could be self-administered or at least require no sophisticated testing equipment so that it could be used easily.

Fourth, the test's primary purpose would be to encourage players at all levels to become more fit.

DEVELOPING A FITNESS TEST

How is a sport-specific fitness test developed? How are the individual test items chosen appropriately? The answer is simple, "through sport science research." In fact, one of the functions of the Olympic Training Center in Colorado Springs is to provide scientific support for each sport and to facilitate the advancement of sport knowledge so that our sports and athletes prosper.

The process of developing sport-specific fitness tests is often done by experts in the field. Drawing on experience of the sport in question, they assume knowledge of which aspects



The most recent batch of research subjects, preparing for a recreational run. These 1991 Adult Elite Campers weren't required to "run the canyon," but most did. Photo: Jim Hiser.

of fitness are necessary and choose the tests they feel are critical to successful performance. The shortcoming of this procedure is that the choice of test items is not always supported by scientific fact. Thus, there is no guarantee that selected test items are truly critical for success in the sport.

At the Elite Training Camps we attempted to use a more scientific approach. This is not to say, however, that our selection of items necessarily is perfect (although we hope it is!), since sport science research is a difficult task.

The first step in this process was to understand the sport by describing what happens in high level play. This was accomplished by filming several matches and simultaneously collecting physiological data. This time motion analysis told us things like heart rate during play, length of rallies, distance travelled, etc.

The next step was to select test items (remembering that the test must be fairly simple to administer and require no sophisticated equipment!) to measure aspects of fitness which seemed important for the sport of racquetball. Using the film analysis and based on some intuition (we called it expertise!) we found that lactic acid tolerance was not an important requirement of high level racquetball play, so we did not choose a 440 yard run as one of the test items. The analysis did tell us, however, that oxygen uptake was important, so we selected a test item to measure aerobic capacity (1.5 mile run).

The third step was to test Elite Camp participants on the selected fitness items. To find out if the items were predictive of playing ability, we statistically determined if there was a relationship between each item and a measure of racquetball skill level (which was based on a combination of play at the camp, national rankings, and coaches evaluations). If an item was statistically predictive of playing ability, it was deemed valid and retained for future testing. If not, the item would be thrown out and a new test item inserted.

The final step was to develop norms for those test items proven valid, and to include them in the AARA fitness test. To do this we saved every player's scores on the various tests over successive Elite Training Camps. We then calculated percentiles which allow any player to compare (or rank) how they perform on a given test to how all players have done in the past.

REMARKS ABOUT THE TEST

Over the past six years of collecting data, we have searched for those test items which seem related to racquetball playing ability. Since the items for the male test were found to be more appropriate than for the females, we are publishing

the norms knowing that further improvement, especially of the female items, will take place over the next few years.

It is also important to note that we collected norm values using primarily Open or A level players, typically between the ages of 18 and 30 years of age. So if you are above or below these age ranges and/or below this skill level, you should not be disappointed if you do not score well on a specific test. In such a case, it might be more appropriate to compare yourself to someone else in your club who is closer to you in age and skill level.

The norms here should be used as motivation to work at becoming more fit, since improvement in these areas, even if it does not improve your racquetball, will improve your physical health. If you stack up very well against these scores, "Congratulations, keep up the good work!"

If you are motivated to improve your fitness level in one of the areas indicated, you should consult a fitness expert before embarking on a new fitness program.

THE FITNESS TEST

1.5 MILE RUN

What the test measures: This test is a measure of aerobic capacity or your muscle's ability to utilize oxygen to produce energy for muscle contraction (i.e., the higher your capacity the faster you would be able to run this distance).

How to do the test: To administer this test you simply go to a local track and run six laps while having someone time you. The track you choose may be either 440 yards or 400 meters in circumference (the difference in these sizes can be ignored for the purposes of this test).

Norms: The data for the norms for this test were, as for all of these test items, gathered at Colorado Springs at an elevation of 6000 feet above sea level. Since the partial pressure of oxygen is less at this altitude it is more difficult to run this distance in Colorado than it would be in a location where the elevation is closer to sea level. To compare yourself to these norm values if you live near sea level you should take 30 seconds off of the scores (i.e., you will run faster at sea level than in Colorado, all other things being equal).

Safety tips: As a note of caution, do not attempt the 1.5 mile run if it is too hot (i.e., above 75 deg. F), as the heat puts an additional burden on your heart. Make sure you warm up well by jogging about one mile followed by some stretching before running.

40 YARD RUN

What the test measures: This test measures your sprint speed or how fast and forcefully your leg muscles can contract for a short period of time.

How to do the test: Using the same track that you completed your 1.5 mile run, mark off a straight stretch of 40 yards (not 40 meters). Following the commands, "ready," "go" (given by a starter), run as quickly as possible to the finish line. A second person is needed to time your run to the nearest 1/10th second. You get three tries, taking the fastest time as your score.

Norms: The test norms are valid as long as you run to correct distance (40 yards) and on the appropriate surface (do not run on grass).

Safety tips: Make sure that you are well warmed-up (you should be sweating) and that you have stretched the major muscle groups of your legs well (especially quads, hamstrings, and calf muscles). You can do this test after the 1.5 mile run on the same day if you are not too fatigued.



LEG PRESS

What the test measures: This test measures the maximum amount of force your legs can exert using the leg extensor muscles.

How to do the test: To do this test you need access to a Universal weight machine, which many clubs have in their weight room. On the Universal there is a specific station designed for leg presses. The seat should be set as far back as possible, although your knee angle should be approximately 50 degrees when sitting with your feet in contact with the foot bars.

Men should press against the foot bar marked 750 (top bar), whereas the women should use the bar marked 500

(bottom bar). After warming up thoroughly, start with a weight you are capable of pressing and after each successful extension move to the next higher weight until you reach a weight you cannot press to the fully extended position. Your score is the maximum weight you were able to press.

Norms: The norms were developed using a Universal machine and may not be comparable if a different machine is used, especially if the angle at the knee is dramatically different than 50 degrees. Tall people have a mechanical disadvantage on this test if the starting position is much less than 50 degrees and conversely short people will have an advantage if the starting angle is more than 50 degrees.

Safety tips: Make sure you are well warmed-up and that you do not hold your breath while straining to push at the difficult weights. Breathe out while pushing out.

LEG STRENGTH TO BODY WEIGHT RATIO

What the test measures: This calculation determines how much leg strength you have, expressed as a proportion of your body weight.

How to do the calculation: Taking the strength score determined for the leg press, as described above, simply divide this score by your body weight (in lbs.).

Norms: This statistic has been shown to be important in other racquet sports such as squash, in that superior players have higher ratios.

VERTICAL JUMP

What the test measures: This test measures the explosive power in your leg extensors. Power is a combination of force and speed.

How to do the test: On a wall, below which there are no obstructions, mark off a grid every one inch from approximately 6 feet up to 8.5 feet. First mark the point on the grid reached by standing (dominant side to the wall) against the wall and stretching up with your dominant hand (arm fully extended). This point is zero. Starting in a crouched position (sideways and about six inches from the wall) with knees flexed and feet together, jump to reach and touch the grid at the highest point possible (you need to put some chalk on your



Vertical Jump

fingers so that you can see where your fingers touched the grid). From the zero point to your maximum jump height is your vertical jump score (the best score after two tries).

Norms: You are not allowed to take a step into the wall with your outside leg before jumping, although you may swing your arms upwards.

Safety tips: Make sure you are well warmed-up and stretched before jumping and that there is nothing around on the floor to trip on or to hit if you fall upon landing.

AGILITY RUN

What the test measures: This test measures a person's ability to move and change direction quickly, using the whole body.

How to do the test: On a standard racquetball court place a racquetball on the floor in the front left corner on a square projecting five feet from the front and five feet from the left side walls. Place a second ball in the back right corner on a square projecting five feet from the back and right side walls. Place a third ball one foot out from the right side wall at the service line. A small bucket (one foot in diameter) should be placed to the left of middle court at the service line.

The starting position for the athlete is lying face down with the forehead resting on the service line at center court and the rest of the body projecting towards the back of the court. The hands should be resting on the floor beside the shoulder in a push-up position (but the entire body must remain in contact with the floor until after the start command). A person to give the "ready" and "go" commands and to time is needed.

On the command to "go" the athlete comes to his or her feet, sprints to the front wall, picks up the ball with the dominant hand, sprints back to place the ball into the bucket (not thrown but dropped from the top of the bucket), sprints to the side wall to retrieve the second ball using the same hand (switching of hands is not allowed, so the same hand must be used for all retrievals and drops), place the second ball in the bucket, sprint to the back left corner and retrieve the third ball, and then simply sprint straight towards the front wall without placing the third ball in the bucket. Time starts when the starter says "go" and stops when the runner crosses the service line (measured to the nearest tenth of a second). The score on the test is the best time after two attempts.

Norms: Several rules must be adhered to in order for your score to be valid. First, the athlete should restart if he or she



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Campers were also tested for other factors, such as wrist flexion.
Photo: Alan Salmoni.

jumps the gun at the start or a ball is dropped or kicked during retrieval. Second, the athlete is not allowed to push off from any walls.

Safety tips: Make sure you are well warmed-up and stretched before doing the test.

THE NORMS

The norms which follow are based on the data collected at the Elite Training Camps up to and including 1991 (these norms will be updated periodically). To use the norms, locate the score equal to or nearest to the score you obtained on the test in question. From this score go across the page to locate the corresponding percentile score, which is a score from 5 to 100.

For example, if you are a male who was able to leg press 360 pounds you would have a percentile score of 80, which means that your score is better than approximately 80 percent of the people who have taken this test at the Elite Camps. If there is a score which repeats itself in the table, then simply use the best percentile score as indicative of your fitness level. Remember, use your test scores as motivation to either continue to remain fit or to improve your current level of fitness.

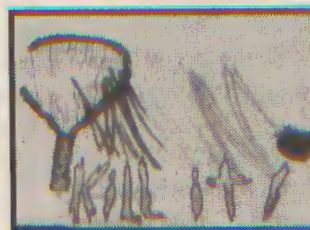
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PERCENTILES FOR MALE RACQUETBALL PLAYERS OVER 18

%	1.5 RUN <u>Minutes</u>	40 YD DASH <u>Seconds</u>	LEG PRESS <u>Pounds</u>	STRENGTH/ BODY RATIO	VERTICAL JUMP <u>Inches</u>	AGILITY RUN <u>Seconds</u>
5	17.94	6.00	260.0	1.55	17.0	7.55
10	14.39	5.70	260.0	1.60	17.0	7.60
15	13.82	5.65	260.0	1.70	18.0	7.85
20	12.59	5.60	280.0	1.70	18.0	8.00
25	12.46	5.50	280.0	1.70	18.5	8.00
30	12.10	5.50	280.0	1.80	19.0	8.00
35	11.75	5.40	280.0	1.80	20.0	8.15
40	11.41	5.40	300.0	1.80	20.0	8.20
45	11.20	5.35	320.0	1.85	20.0	8.20
50	11.12	5.30	320.0	1.90	21.0	8.20
55	10.84	5.25	320.0	1.90	21.0	8.40
60	10.42	5.20	320.0	2.00	21.0	8.40
65	10.36	5.10	340.0	2.00	21.5	8.60
70	10.32	5.10	340.0	2.00	22.0	8.70
75	10.31	5.10	340.0	2.05	22.0	8.70
80	10.26	5.10	360.0	2.10	23.0	8.70
85	9.84	5.00	380.0	2.15	23.5	8.90
90	9.43	5.00	380.0	2.20	24.0	9.30
95	8.84	4.85	380.0	2.25	38.0	9.50

PERCENTILES FOR FEMALE RACQUETBALL PLAYERS OVER 18

%	1.5 RUN <u>Minutes</u>	40 YD DASH <u>Seconds</u>	LEG PRESS <u>Pounds</u>	STRENGTH/ BODY RATIO	VERTICAL JUMP <u>Inches</u>	AGILITY RUN <u>Seconds</u>
5	*	*	260.0	1.55	*	*
10	10.77	5.55	260.0	1.60	12.0	10.60
15	11.21	5.53	260.0	1.70	12.0	10.00
20	11.47	5.74	280.0	1.70	12.0	10.00
25	11.84	5.85	280.0	1.70	12.0	10.00
30	12.16	5.92	280.0	1.80	12.4	9.80
35	12.25	5.99	280.0	1.80	13.8	9.10
40	12.26	6.00	300.0	1.80	14.5	9.00
45	12.55	6.00	320.0	1.85	15.3	9.00
50	13.21	6.07	320.0	1.90	16.0	9.00
55	13.36	6.10	320.0	1.90	16.0	9.00
60	13.74	6.10	320.0	2.00	16.0	9.00
65	14.21	6.10	340.0	2.00	16.0	9.00
70	14.26	6.20	340.0	2.00	16.0	9.00
75	14.37	6.30	340.0	2.05	16.5	9.00
80	14.46	6.30	360.0	2.10	17.2	8.80
85	14.46	6.90	380.0	2.15	17.9	8.10
90	15.98	*	380.0	2.20	18.6	8.00
95	*	*	380.0	2.25	*	*

** The authors would like to thank the Sports Science Division of the U.S. Olympic Training Center for their assistance in this research project.

INDUSTRY NEWS

ANNOUNCEMENTS FROM THE SUPER SHOW

The Wilson Racquet Sports USA division of Wilson Sporting Goods has decided to get into the high-end racquet line in a big way, according to Jill Mehrberg, Director of Retail Racket Sports Marketing Enrique Villagran, President of the Mexico Racquetball Federation, has joined Wilson as promotions manager of tennis and racquetball for Mexico Mark Wentura has left Spalding and now heads up sales and marketing for Penn Racquet Sports John Hooghe, formerly of E-Force, has started his own company called Transition Sports Many racquetball manufacturers indicated that their international sales were up

OLYMPIC COMMITTEE NEWS

Jackie Paraiso Gibson, current member of the U.S. Team, has joined J.C. Penney as a Sales Promotion Manager under the Olympic Job Opportunity Program [OJOP] James R. Millman, founder and President of Millisport, a sports marketing and promotion agency, has been named Chief Marketing Officer for Atlanta Olympic Centennial Properties [ACOP]. A key function of the program will be to strengthen and improve the marketing coordination between the sport national governing bodies and ACOP Tim O'Toole, Executive Director of the Oklahoma Olympic Festival, has joined the Amateur Softball Association as Director of Operations

OTHER NEWS

The AARA's display booth will be set up to promote the new Recreational Membership Program at the National Intramural Recreational Sports Association [NIRSA] and the IRSA Association of Quality Clubs convention in Las Vegas The Sporting Goods Manufacturers Association racquet sports committee met at the Super Show to review a report on the physical and mental attributes of badminton, tennis, racquetball, squash, paddle tennis and table tennis. Committee findings of the survey will be released in April Bruce Pendleton has joined the United States Racquet Stringers Association as managing editor of the USRSA magazine Dan Obremaki has been signed to a promotional contract with ESTUSA and will appear in a poster with Jimmy Connors

PENN DONATES 300,000 BALLS IN 1991

Phoenix, Ariz. - In keeping with their commitment for community involvement, Dick Roberson, director of advertising and sports promotions for Penn Racquet Sports recently announced, "I am proud that in 1991, Penn has donated over 300,000 racquetballs to various racquetball programs worldwide." The following events received racquetballs this past year: AARA State Programs, AARA/Recreational Racquetball, AARA State Championships, Pacific Rim International Racquetball Championships (Honolulu, Hawaii) the World Cup Challenge (Colorado Springs) and the Tournament of the Americas (Santiago, Chile).



EKTELON APPOINTS MARKETING MANAGER



San Diego, Calif.: In a dual move, Ektelon has added a Manager of Marketing Communications, Tom Odishoo, to its internal structure and terminated business with its advertising agency of 5 years, Franklin and Associates. Odishoo was most recently Vice President/Account Supervisor at Franklin and Associates, where his account responsibilities included Ektelon, the San Diego Padres Baseball Club, Cobb Mountain Water and the San Diego Zoo. At the agency, Odishoo handled the Ektelon account for three years, and brings a total of 17 years of advertising agency experience to Ektelon.

San Diego, Calif.: In a dual move, Ektelon has added a Manager of Marketing Communications, Tom Odishoo, to its internal structure and terminated business with its advertising agency of 5 years, Franklin and Associates. Odishoo was most recently Vice President/Account Supervisor at Franklin and Associates, where his

PRO KENNEX SPONSORS FACILITY AT NEW OLYMPIC TRAINING CENTER

San Diego, Calif.: Pro Kennex recently became a major sponsor of the United States Olympic Training Center in San Diego, according to a joint announcement made by Charles Drake, President and CEO of Pro Kennex and Bill Toomey, Director of Corporate Relations for the U.S. Olympic Training Center. When completed, the U.S. Olympic Training Center in San Diego will provide a much-needed home for 14 Olympic sports. To commemorate Pro Kennex's industry leadership as a founding supporter of the nation's first year-round training facility for America's developing Olympic athletes, the Center's tennis facility will be named, "The Pro Kennex Tennis Building."



SCOTT WINTERS JOINS SPORTSTECH

Redmond, Washington: Sportstech Industries, Inc. recently announced the appointment of Scott Winters as Regional Sales and Marketing Manager for Estusa tennis, squash and badminton products and National Sales and Marketing Manager for USTech racquetball. Winters joins Sportstech with over 10 years experience in the health club and sporting goods industry, including Richcraft Resources Inc. and FTM Sports Inc.



Estusa and USTech products are endorsed by some of the top names in the sports world, including Jimmy Connors, Boris Becker, John Lloyd (tennis), Jahangir

Khan (squash), Dan Obremski (racquetball), and Tony Alston (badminton). Sportstech introduced its new line of tennis, squash, racquetball and badminton products at the 1992 Atlanta Super Show. For more information about USTech racquetball, contact Sportstech Industries Inc. (206) 881-8989.

LEADER SPONSORS RACQUETBALL CANADA

Ottawa, Ontario - Racquetball Canada, the governing body for some 180,000 racquetball players in Canada, has signed a three-year sponsorship agreement with Leader Sports Products of Boucherville, Quebec. The agreement makes

Leader eyeguards the official eye protection gear of racquetball play throughout Canada and makes Leader the official supplier to Canada's national men's, women's and wheelchair racquetball teams. Under the terms of the agreement, Leader will provide eyeguards to 60 to 75 sanctioned tournaments each year to be used as prizes and will also supply eyeguards to up to 150 national and provincial team athletes.

PRO KENNEX SIGNS TOP RANKED PRO MALIA BAILEY

San Diego, California: Malia Bailey, currently the #2 ranked player on the Women's Professional Racquetball Association tour, has joined the professional playing staff of the Marty Hogan Racquetball division of Pro Kennex. Bailey will use the Graphite ASM-31, which features the proprietary asymmetrical frame design that was developed especially for highly advanced players.



A touring professional since 1989, Bailey recently won her first pro stop, reached the semifinal round of five events in 1990 and challenged Lynn Adams for the championship of the WPROA tournament in Chalfont, Penn. An accomplished doubles player, she teamed

with Jackie Paraiso Gibson to win the 1990 AARA World Doubles Championship and the 1990 WPROA National Doubles Championship. In addition to her racquetball career, Bailey is a professional travel agent who handles all the travel arrangements for the WPROA. She and her husband, Jim, reside in Norfolk, VA.

NUTRITION AND SPORTS PERFORMANCE PAPERS AVAILABLE

The U.S. Olympic Committee and the International Center for Sports Nutrition have published three review papers, which are available for \$4.00 per copy which includes postage and handling. To order the papers, contact Barb Connelly, International Center for Sports Nutrition, 502 So. 44th St., Rm. 3012, Omaha, Nebraska 68105-1065, 402/559-5505, Fax 402/559-5763.

... Continued

Iron and Physical Performance

Examines the effects of iron deficiency on performance, factors contributing to poor iron status of athletes, iron supplementation, and iron overload. It concludes with recommendations on screening tests for non-depletion and appropriate treatment of athletes with abnormal iron levels. (43 pp, 106 ref)

Vegetarianism - Implications for Athletes

Reviews the literature on vegetarianism: the nutritional status of vegetarians and the health benefits versus potential risks of a vegetarian diet. It concludes with a brief discussion of the effect of a vegetarian diet on athletic performance and recommendations for athletes who choose vegetarianism. (32 pp, 79 ref)

Protein

Examines the present knowledge of protein and physical performance. Among the items covered are the protein requirements of endurance and weight-training athletes and the myth surrounding the use of protein and amino acid supplements. (32 pp, 51 ref)



Leo Riley, new Vice-President of Sales at Ektelon.
Photo: Provided by Dianne Kundred.

PRINTED/EMBROIDERED SWEATBANDS

Boca Raton, Florida - The Cushees division of Comfort Cushion Mills, Incorporated has added printing and embroidering capacity for customers of its line of sweatbands. Any name or logo can be printed or embroidered on wristbands or headbands simply and in a reasonably short time, with a minimum order of 12 dozen pieces. For more information, call 800/327-5012, or write to Cushees, 1101-18 South Rogers Circle, Boca Raton, Florida 33487.

NEW CHALLENGE LADDER SOFTWARE

Westminster, Calif. - Easily set-up and run multiple singles and doubles ladders using LADR. The new challenge ladder software automatically updates player ladder positions, stores player names and addresses and the results of all matches/games played, including scores. Reports of the match/game results can be made for any one player, for all players, or between any two players. The program runs on IBM-PC compatible computers (a hard disk is not required) and costs \$59. For more information, call WIN SPORTS at 714/894-8161.

HOTLINE OFFERS ADVICE ON SPORTS INJURIES

Alexandria, Virginia: Physical therapists will be on call to answer questions about twisted knees, sprained ankles, pulled hamstrings, strained backs - and just about every other sports injury - on the American Physical Therapy Association's (APTA) third annual sports injuries hotline April 2-3, 1992. To reach the toll-free service, call 800-955-PT4U between 9 AM and 5 PM EST.

Although APTA stresses that the hotline is not a substitute for a personal visit to a physical therapist or other health care provider, the service is designed to educate the public about the treatment and prevention of sports and fitness injuries.

The American Physical Therapy Association is a national professional organization representing more than 51,000 physical therapists, physical therapist assistants, and students. Its goals are to foster advancements in physical therapy practice, education, and research.

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4. Joe Cline, NJ
5. Michael Bronfeld, CA
6. Tim Hansen, FL
7. Dale Johnson, IL
8. Chris Marshall, NC
9. James Loretto, FL
10. Louis Vogel, NM

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1. Bill Welaj, NJ
2. Brett Zimmerman, TX
3. Brad Mixgate, IL
4. Mat Kelly, CO
5. Charlie Andrews, VA
6. Grant Giles, GA
7. Andy Yambrek, KY
8. Jeff Wilson, NM
9. Jim Demass, SC
10. Mark Sherman, WA

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2. Ed Callejo, CO
3. Kevin O'Callahan, NJ
4. Jeff Baumgartner, IL
5. Richard Braithwaite, ID
6. Chris Hall, NC
7. Dave Pucci, WI
8. Bill Turner, TN
9. Dean Vandooran, IL
10. Steve Richards, NE

MEN'S C

1. Mike Gardner, IL
2. Tom Whitman, CO
3. Chris Keenan, CO
4. Ken Blalock, TX
5. Brett Byer, MS
6. Allen Cowan, NC
7. Tony Dequattro, RI
8. Jim Kimball, CA
9. David Nelson, MN
10. Robert Phillips, NY

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2. Andrew Haywood, GA
3. Tom Drew, RI
4. Gene Pignataro, IL
5. Mark Strother, LA
6. Luis Corona, TX
7. Gary Criger, NE
8. Justin Daylex, ID
9. Joe Quirke, IL
10. Oscar Rodriguez, LA

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2. Jimmy Audas, TX

3. Mike Beltran, CA
4. Bobby Cotter, MA
5. Brian Deneroff, NJ
6. Morgan Smith, GA
7. Craig Toupin, SC
8. Michael Askay, IL
9. David Masters, CO
10. Rich Reilly, GA

MEN'S 19+

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2. Charlie Garrido, TX
3. Dale Johnson, IL
4. John Davis, LA
5. Jim Hamilton, MI
6. Mike Locker, MN
7. Jamie Sumner, UT
8. Dan Fowler, MD
9. Robbie Binnix, FL
10. Brian Simpson, IN

MEN'S 25+

1. Jim Jeffers, IL
2. Sam Wasko, VA
3. Curtis Winter, FL
4. Joe Cline, NJ
5. Hart Johnson, MN
6. Chris Gallagher, IN
7. Bob Fugener, TN
8. Joe Haasey, AZ
9. John Ivers, CA
10. Brad McCunniff, IA

MEN'S 30+

1. Dave Negrete, IL
2. Bill Sell, CA
3. Dave Peck, CO
4. Greg Hayenga, MN
5. Bill Lyman, IL
6. Bobby McCormann, AZ
7. Steve Cutler, UT
8. Byron Williams, TX
9. Vinnie Ganley, FL
10. Bill Young, NY

MEN'S 35+

1. Jim Young, PA
2. Craig Kunkel, CA
3. Ed Garabedian, PA
4. Herb Grigg, IL
5. Stu Hastings, MN
6. Chuck Gates, MA
7. Dave Kovanda, OH
8. Walter McDade, TN
9. Doyle Jobe, IA
10. Rick Strout, UT

MEN'S 40+

1. Jim Bailey, VA
2. Davey Bledsos, GA
3. Gary Mazaroff, NM
4. Andy Butterbaugh, IN
5. Bill Welaj, NJ
6. Jim Peters, ID
7. Roger Hanson, UT
8. Peter Messler, NH

9. Tony Upkes, SD
10. Herb Grigg, IL

MEN'S 45+

1. Dick Melhart, WA
2. Mickey Bellah, CA
3. Herb Grigg, IL
4. Craig Olsen, NE
5. Bill Wolfe, NY
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7. Ray Huss, OH
8. Gary Myers, CA
9. John Fleischaker, KY
10. George Kittrell, MA

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2. Len Corte, AZ
3. Ron Galbreath, PA
4. Ron Hutchinson, IN
5. Les Dittich, MN
6. Al Deloroto, GA
7. Charlie Garfinkel, NY
8. Jack Ross, FL
9. Dario Mas, DE
10. Jerry Davis, OH

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2. Hal Lackey, NC
3. Don Alt, FL
4. Ron Pudduck, MI
5. Jerry Holly, CA
6. Bob King, NM
7. Rex Benham, AR
8. Ken Karmel, AR
9. Frank Taylor, OH
10. Harry Keast, CA

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2. Dan Liacera, Sr., NY
3. Joe Lambert, TX
4. Vance Lemer, CA
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7. Max Fallek, MN
8. Pierre Miller, IN
9. Chuck Gross, PA
10. Chuck Martarano, IL

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2. John Bareilles, VA
3. Victor Saoco, NY
4. Myron Friedman, ME
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8. Glenn Melvay, ND
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4. Nick Sans, CA
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7. Andy Trozzi, MA
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4. Andy Trozzi, MA
5. Joe Sawbridge, AZ
6. Jack Daly, VA
7. Stephen Ordoa, MN

MEN'S 80+

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6. Marianne Walsh, UT
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10. Toni Bevelock, CA

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3. Marsha Hayward, MA
4. Mary Lakatos, TN
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5. Dee Jenkins, CO
6. Sheri Viscount, MD
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8. Julie Leonard, IN
9. Joyce Morgan, IL
10. Jeannie Dinwiddie, IN

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2. Dawn Cavanaugh, WI
3. Jill Owczarsak, IL
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- Patricia Brown, RI
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- Janice Hill, FL
- Kim Schmitz, WI
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- Deborah White, AL
- Donna Barr, IN
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- Diana Torres, CA
- Jennifer Jaskler, IL
- Kristen Levins, MA
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- Arlynn Abramson, NY
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- Kim Russell, GA
- Chris Deer, MO
- Diane Gronkiewicz, IN
- Angie Browning, GA
- Kelly Shepard, NM
- Dana Sibell, MN
- Kelley Boane, NH
- Amy Kilbane, OH
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- Colleen Shields, IL
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- Debbie Chaney, IN
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- Terri Hokanson, CA
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- Cindy Baxter, PA
- Julie Jacobson, WI
- Vicki Luque, GA

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- Bev Powell, IL
- Carole Dattelman, PA
- Terri Hokanson, CA
- Patti Nismura, WA
- Ellen Green, GA
- Willie Grover, GA
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- Pat Tarson, IL
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- Merjean Kelley, CA
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- Zelda Friedland, NM

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- Travis Frost, OR
- Michael Jensen, TN
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- Andy Vaughn, TN
- Ryan Leath, TN
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- Dan Thompson, WI
- David Liakoa, NE
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- Trevor Weisbart, IL
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- Mandi Hubble, OR
- Andrea Luque, GA
- Erin Frost, OR
- Debra Derr, FL
- Tiffany Hafor, ID
- Leslie Buschbom, GA
- Nicole Gardelli, CO

GIRLS 16-

- Amber Frisch, TX
- Andrea Beugen, MN
- Britt Engel, FL
- Tammy Brockbank, ID
- Jenny Meyer, CO
- Mandi Hubble, OR
- Jennifer Modlea, MO
- Dawn Peterson, WI
- Jules Peterson, TN
- Catherine Tellier, NM

GIRLS 18-

- Elkova Icenogle, CA
- Rachel Gellman, NM
- Dawn Peterson, WI
- Amanda Simmons, FL
- Jenny Spangenberg, CA
- Jenny Skeen, NE
- Heather Dunn, MA
- Letisha Bussell, ID
- Tammy Brockbank, ID
- Dawn Gates, IL

NWRA DIVISIONS

MEN'S Wheelchair OPEN

- Gary Baker, IN
- Mark Jenkinson, VA
- Joe Hager, PA
- Mike Roberts, MD

MEN'S Wheelchair

- Mike Bond, FL
- Dan Kilmartin, NY
- Jeff Rowe, NY
- Joe Soares, FL
- Raleigh Perry, FL
- Bill Bearles, NY
- Roy Kayser, FL

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Michelle Gilman/Jackie Paraiso-Gibson vs. Mallia Bailey/Toni Bevelock
 - _____ 1991 Penn World Challenge (Colorado Springs - Sportschannel)
Roger Harripersad (Canada) vs. Raul Torres (Mexico)
 - _____ 1991 Penn World Challenge (Colorado Springs - Prime Network)
Robin Levine vs. Sue MacTaggart - Sherman Greenfeld vs. Brian Hawkes
 - _____ 1991 Penn U.S. National Outdoors (Gainesville, Florida)
Lauren Sheprow/Robin McBride vs. Mary Lyons/Susan Morgan Pfahler
Brian Hawkes/Greg Freeze vs. Tim Hansen/Jason Waggoner
 - _____ 1991 Penn Pacific Rim Championships (Honolulu, Hawaii)
Michelle Gilman vs. Heather Stupp
Tim Hansen/Jim Floyd vs. Mike Ceresia/Ross Harvey
 - _____ 1991 Ektelon U.S. Junior Olympics (Burnsville, Minnesota)
Elkova Icenogle vs. Jenny Spangenberg -- John Ellis vs. Sameer Hadid
 - _____ 1991 Ektelon U.S. National Singles (Houston - Prime Network)
Tim Sweeney vs. Egan Inoue (Men's Open)
Charlie Garrido vs. Brian Rankin (Men's 19+)
 - _____ 1991 Ektelon U.S. National Singles (Houston - SportsChannel)
Michelle Gilman vs. Toni Bevelock (Women's Open)
 - _____ 1991 Ektelon World Intercollegiate (Phoenix, Arizona)
Elaine Hooghe vs. Cindy Doyle -- Tim Sweeney vs. Jim Floyd
 - _____ 1990 Ektelon U.S. National Doubles (Salt Lake City, Utah)
Michelle Gilman/Jackie Paraiso vs. Mallia Bailey/Toni Bevelock
Jim Floyd/Tim Hansen vs. Mike Guidry/Drew Kachtik
 - _____ 1990 Penn World Championships (Caracas, Venezuela)
Michelle Gilman vs. Heather Stupp - Drew Kachtik vs. Roger Harripersad
 - _____ 1990 Ektelon U.S. Junior Olympics (Dallas, Texas)
Joel Bonnett vs. John Ellis -- Elkova Icenogle vs. Renee Lockey
 - _____ 1990 Ektelon U.S. National Singles (Houston, Texas)
Michelle Gilman vs. Toni Bevelock -- Tim Doyle vs. Egan Inoue
 - _____ 1990 Penn Tournament of the Americas (Jacksonville, Florida)
Michelle Gilman vs. Kaye Kuhfeld - Andy Roberts vs. Sherman Greenfeld
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VOTING BOOTH

1992 AARA BOARD OF DIRECTORS ELECTION

OTTO DIETRICH ATLANTA, GEORGIA

Qualifications to be a Director:

Education

* B.S. Business Administration,
Southeast Missouri State University

Professional

* Audit Manager - U.S. Army Audit
Agency (25 years)

Organizational

- * Active AARA Member (since 1973)
- * Cofounded United Nations
Command (Korea) Racquetball
Association
- * Cofounded Georgia State Racquet-
ball Association
- * State Board of Directors - Georgia (since 1982)
- * National Rules Committee Member (since 1982)
- * Region 4 Rules Commissioner (since 1983)
- * AARA National Board of Directors (since 1988)
- * Officer - National Rules Commissioner (since 1988)

Other Racquetball Experience

- * Started playing racquetball in 1972
- * Organized and conducted numerous state, regional, national and
international tournaments
- * Refereed numerous matches - probably more than any other person ever
involved in the sport. During 1988, I refereed 414 matches at 21
tournaments held in 7 states. Of these, 58 matches were "finals" and 78
were "semifinals." Five of the "finals" matches were National "Open"
Championships.
- * Refereed numerous nationally televised racquetball matches
Chief Referee at numerous national and international events, including U.S.
Nationals, U.S. Olympic Festivals, World Championships, Pacific Rim
Championships, and Pan American Games.
- * Authored "What's The Call" column for National Racquetball and
Racquetball Magazine.
- * Authored (with Jim Hiser) "Officiating Racquetball - A Guidebook on
Rules and Refereeing"
- * Restructured National Referee Certification Program

Why I Want to be on the Board of Directors:

My primary interest in being on the Board of Directors was to become the National Rules Commissioner. I've sought not only to improve the rules themselves, but also to impart rules knowledge and develop refereeing skills in others - principally by conducting rules clinics and by writing magazine articles and a definitive textbook on "Officiating Racquetball."

But there is far more to racquetball than just playing or refereeing it. Accordingly, I've become involved in several other aspects of the sport and the AARA which governs it. I'm a member of various board



committees, including Finance; Manufacturers/Technical; Olympic, Pan-Am, International; and Publication/Ethics.

Here's how I see our organizational goals. First and foremost is our quest for Olympic competition. I want to be part of the leadership group that makes that dream a reality.

Maintaining the AARA's financial stability is another important organizational goal. My education and 25 years of auditing experience make me uniquely qualified to evaluate internal controls and make recommendations.

Another term on the board would allow me to continue working on these and other important matters. Therefore, I sincerely request that you support my re-election to the Board by casting one of your votes for OTTO DIETRICH.

VAN DUBOLSKY GAINESVILLE, FLORIDA

Qualifications to be a Director:

1992 will be my 25th year of involvement with racquetball. It's been my pleasure to serve and represent the AARA since 1978. I believe that I can best illustrate my dedication and commitment to our sport by listing my racquetball resume:

* State and regional involvement

Florida State Director 1978-1987
Treasurer and FRA Board
member - 1978-present
Southeastern Regional Director - 1978-1991

* Experience on a national and international level

Appointed to the National Board in 1982
Elected to the National Board - 1983-1986
Re-elected to serve from 1987-1990
Elected and served as President of AARA - 1986-1990
Served as U.S. Delegate to Intl. Racquetball Federation, 1986-90
Served as U.S. Representative to the United States Olympic
Committee House of Delegates - 1987-1990
Served as Tournament Floor Manager for AARA National and
IRF International events from 1983-present

* Experience as a competitive player since 1967

Sponsored by Ektelon 1978-1983, 1987-present
APRO Certified 1980
Pro, Program Director at Gainesville Racquetball Club 1978-80
Tournament championships at the local, state, regional and
national levels since 1971

Why I would like to be on the Board of Directors:

By profession I have been a Physical Science instructor at Santa Fe Community College in Gainesville, Florida since 1972. As you can see from my racquetball resume our sport has played a major role in my life.



Other than my wife Becky and our two sons, it has been my number one priority.

I will always be proud of the fact that I have been able to play a small role in the ongoing evolutionary process that is recorded as the history of the AARA. I hope to have the opportunity to continue to serve everyone who has chosen this sport as a lifetime interest.

I am grateful that I have been able to witness a large part of our development from a privileged position (thanks to your votes in the past) and I would appreciate the chance to continue to contribute at this level. Regardless of the election outcome, I will continue to offer the best of my abilities on behalf of our sport. Thanks for your consideration.

DARIO MAS WILMINGTON, DELAWARE

Qualifications to be a Director:

Education

* Chemical Engineer, Monterrey Institute of Technology, Mexico
Professional Engineer (PE) Registered in Delaware and North Carolina

Professional

* Current Purchasing Manager of \$4



billion chemical/pharmaceutical company, responsible for buying \$800-900 million worth of goods, services, construction, etc.

* Former Project Manager, responsible for design, construction, and start-up of chemical and pharmaceutical plants.

Affiliations

AARA: Delaware State Director since 1983

National Masters Racquetball Association, Director since 199

Masters Council Director since 1990

Delaware State Hall of Fame Inductee 1990

National Society of Professional Engineers (NSPE)

Director of Delaware Engineering Society (DES)

Director of Delaware Council of Engineering Societies (DCES)

Member: American Institute of Chemical Engineers (AIChE)

Project Management Institute (PMI)

Other Racquetball Experience

* Organized the Delaware Amateur Racquetball Association (DARA) from a 2 member to 500+ organization (300+ Delawareans plus over 200 other members who play and work in Delaware, but live in Maryland, New Jersey, and Pennsylvania).

* Played racquetball as top-ranked master player since 1983. Organized Juniors Program which has reached some 200 young players.

Other Business Experience

As part of the middle-top management of a large corporation, I have been in Project Management for fifteen years and in Purchasing for eleven years, where I have gained extensive experience in the fundamentals of running a business.

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Why I want to be on the Board of Directors:

I have been committed to serving the sport of racquetball since 1985. I have taken and continue to take very seriously my assignments as director of all the organizations that I am serving.

My business experience in Project Management has taught me to be a good team player. My purchasing experience has provided me with extensive know-how in the areas of buying, selling, negotiation and human relations.

Having lived or visited 3/4 of the Latin American countries, and speaking Spanish and Portuguese, I can be a real asset in helping to develop racquetball in these countries as a Goodwill Ambassador, the International Master Group, and the Pan American Games. Having done business and/or visited another 18-20 countries around the world, I can help racquetball to become an Olympic sport.

I want to influence and help to run the AARA as a business organization, but more important I am willing to donate extensive business experience, time, and energy to help the AARA better serve the sport of racquetball. Allow me to serve the AARA.

MICHAEL MELINE GURNEE, ILLINOIS

Qualifications to be a Director:

My qualifications include two terms as the Executive Vice-President of the Illinois State Racquetball Association (ISRA) followed by what is now my second term as President. During this time, the ISRA obtained control of the Chicagoland Metro Travel League (over 700 players), increased membership (presently over 1600 members), expanded its referee certification program, and has begun to develop a quality junior program. In addition, we publish a fine newsletter, sanction over 22 tournaments a year, and run two of the largest tournaments in the country; The Chicago Sun-Times/ISRA State singles Championships (700+ entries) and the ISRA State Doubles Championships (250+ teams). Along with my normal involvement with the many sanctioned tournaments in our state, I've been the tournament director of the Revie Sorey Celebrity Classic (600+ entries) and the Glass Court Shamrock Shootout (400+ entries) for the past three years.

My experience as a member of an association as diverse and organized as the ISRA, along with my tournament experience has given me the broad knowledge necessary to be a boardmember who can help racquetball continue to grow through the 90's.

Why I want to be on the Board of Directors:

Because I feel that as a board member, I can make a difference. The AARA currently has more projects going on than at any other time in its history. Juniors, referee certification, PARI, changing the ranking system, and the recreational membership program are just some of these programs. I feel that I would be a valuable addition to the Board of Directors. Although I'm not afraid to speak my mind, I'm also a firm believer that if you have something to say, you better be willing to do something about it. Since first playing the game in 1978, I've done my best to help where help was needed. First at tournaments, then at the state level, now at the national level. My single most important goal as President of the ISRA has been to serve the racquetball players of Illinois as a good company would



serve its customers. The AARA currently has over 30,000 members nationwide. If they are treated as valued customers, then the AARA will enter the 21st Century as the powerful voice of the racquetball player.

JULEE A. NICOLIA ERIE, PENNSYLVANIA

Qualifications to be a Director:

Racquetball has been a significant part of my life over the past 13 years. As a competitive player, racquetball consultant, tournament director, Pennsylvania Racquetball Association President and newsletter editor, I am truly dedicated to the sport.

During my term as PRA President the accomplishments of our state association have been recognized by the AARA. Our membership has continually increased. Our newsletter has tripled in size. PARI Clinics have been scheduled and grant programs have been proposed. Pennsylvania hosts both a men's and women's professional tour stop, has several PARI Level II Teaching Professionals, over 30 sanctioned tournaments and numerous players on the professional tour.

My travels throughout the country and the experiences I've gained have helped me to develop a professional and competitive atmosphere throughout Pennsylvania.

Why I want to be on the Board of Directors:

After 13 years, racquetball still excites me. I love to play racquetball. I love to watch racquetball and most of all I love to talk about racquetball. I enjoy the "high" that racquetball provides to the hundreds of people I meet throughout the year.

Racquetball's growth is clearly evident in the 90's. I want to continue to be a part of its growth! The increase in league play, increase in tournament entries, increase in non-prime time court usage and continuous play throughout the summer are few examples of the rise in participation.

After attending the State Leadership Conference in Colorado Springs I came away with a renewed enthusiasm for racquetball. Especially since it is on the verge of becoming an Olympic sport. With your support I will have the opportunity to assist in the development necessary to make the Olympic Dream a reality.

NEIL SHAPIRO ALBANY, NEW YORK

Qualifications to be a Director:

- 1985-present
Commissioner of the American Collegiate Racquetball Association - the collegiate arm of AARA
- 1988-90
A coach of the U.S. National Team
- 1990
Ran first Coach's clinic in USA (with Jim Hiser)



- 1981
Founded the only fully-functioning RB league in the USA - the Eastern Collegiate Racquetball Conference
- 1981-present
Coach of the Rensselaer Polytechnic Institute RB team
- 1975-
Organized and ran first AARA Northeast Regional Championship Tourney
- 1968-present
Many wins in various divisions as a RB player including a 3rd place finish in the men's 45+, AARA National Championships
- 1980-present
Club Professional
- 1980-1984
Adjunct professor at State University of New York & Albany (RB)

Why I want to be on the Board of Directors:

Throughout the last 25 years I have made racquetball a passionate hobby. I would like to continue to work in our sport at all levels and as a board member to help influence our future policies.

It is also my hope to continue the development of intercollegiate racquetball so that eventually all college students who play racquetball and who would enjoy playing racquetball intercollegiately get the opportunity to do so.

The above desires are two of the reasons that I am interested in promoting racquetball for all segments of our sporting community. Racquetball is and has been an important part of my life and I would like to help the sport that has given me so much personal pleasure.

To vote for your three selections for the AARA Board of Directors, please fill out the ballot, along with your opinions on rule changes, on the following page ...

AARA SEEKS OPINIONS ON PROPOSED RULE CHANGES

Three rule changes are being considered for adoption this year. In accordance with the procedures described in the Official Rulebook, opinions are being solicited from all interested parties. Opinions received by May 1st will be provided to the Board of Directors at their May meeting where the Directors will vote whether to adopt these rules. If approved by the Board of Directors, these revised rules would go into effect on September 1, 1992, except for the one concerning racquet length which, by AARA policy, would be not be effective until September 1, 1994. Please read and carefully consider these proposed changes, and then express your opinion by marking the accompanying ballot. Written comments are also welcome, as are any other rule changes that you think should be considered during the next rule change cycle. All ballots and comments should be sent to the AARA, Attention: Rule Changes, 815 North Weber, Colorado Springs, Colorado 80903-2947 and mailed so that they are received by May 1st.

PROPOSED CHANGE # 1

Current Rule: A player may compete in only one regional singles and doubles tournament per year. See Rule 5.13(a)2 on page 24 of the 1991-92 rulebook. Note: this rule was waived for all 1992 AARA regional tournaments. This year,

players may enter more than one tournament provided they do not enter a "championship event" (no skill designation) that they won at a previous regional tournament this year.

Proposed Change: Make the waiver permanent by changing the rule to allow players to enter as many regional tournaments as they want provided they do not enter a "championship event" (no skill designation) that they won at a previous regional tournament that same year.

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PROPOSED CHANGE # 2

Current Rule: Currently there is no rule requiring that players wear eyeguards or use wrist thongs when they practice prior to the match or between games. At such times, however, the likelihood of being hit is greater than being hit during play due to the unusual presence of more than one ball and decreased attention being paid to what the opponent is doing.

Proposed Change: Add the following as rule 2.5(c): "Equipment Requirements During Warm-up. Approved eyeguards must be worn and wrist thongs must be used during any on-court warm-up period. The referee should give a technical warning to persons who fail to comply and assess a technical foul if a player continues not to comply after receiving such a warning."

PROPOSED CHANGE # 3

Current Rule: The racquet length, including bumper guard and solid parts of the handle, may not exceed 21 inches. For a few years, however, the AARA has granted a waiver permitting the use of racquets as long as 21.5 inches except in AARA Regional and National tournaments. See rule 2.4(a) on page 8 of the 1991-92 rulebook. Note: if this rule change is approved, the Board will be asked to consider granting a waiver until the new rule goes into effect.

Proposed Change: Revise Rule 2.4(a) to read: "The racquet, including bumper guard and all solid parts of the handle, may not exceed 21.5 inches."



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2000, that decision will weigh heavily on the ability of that sport to be televised and to generate television revenues.

In 1988 the AARA anticipated the tremendous need for television in our sport and began a long term commitment to that end. In 1988 we broadcast two national events. We increased to three in 1989, five in 1990 and went up to seven national and international events in 1991. This year the AARA will broadcast six of its events and the professional organizations will televise an additional five, making a total of eleven racquetball sports broadcasts from which to choose.

For racquetball to have any chance for the Olympic program in 2000 we desperately need your help. We need you to call and write to the networks listed below and ask when they are going to televise racquetball and tell them how much you enjoy watching racquetball on their network.

If you have ever wanted to put something back into the sport that has done so much for you, now is the time. Take just a few minutes to make a "market statement" for racquetball!

ABC Network
47 West 66 Street
New York City, NY 10023
212/456-2700
Attn: Bill Kuntz,
Sports Director

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212/664-2333
Attn: Racquet Sports Director

Prime Sports Network
Prime Distribution
5251 Gulfon Street
Houston, Texas 77081
713/661-0078
713/661-8378 (fax)
Attn: Janice Schmaier,
Theresa Blackwood

Sportschannel America
3 Crossways Park Dr.
Woodbury, New York 11797
516/921-3764
Attn: Brian Ricco,
Manager of Programming and
Affiliate Relations

Turner Broadcast System
(WTBS)
One CNN Center
Box 105366
Atlanta, GA 30348
404/827-1500
Attn: Kim Bohuny

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COLLEGIATE UPDATE

By Neil Shapiro

WORLD INTERCOLLEGIATE CHANGES

The site for the World Intercollegiate Championship has been changed from Southwest Missouri State University in Springfield, Missouri to the Hall of Fame Fitness Club in Canton, Ohio. The tournament will begin on April 2nd and end on April 5th. The entry deadline is March 21, 1992 and the entry fee for the first event is \$45.00 and the second event is \$15.00 [see application in the January/February issue of Racquetball Magazine].

With 24 courts available at the new host site, we have decided to expand the format of the tournament. We will combine divisions 1 & 2, 3 & 4, and 5 & 6 in singles for men's and women's divisions to create three flights of A, B, & C. Participants in each flight will play their first round matches and winners will then go into a winner's division and loser's division, so that flight A will yield division 1 (winners) and division 2 (first round losers). Flight B will yield division 3 (winners) and division 4 (first round losers). Flight C will yield division 5 (winners) and division 6 (first round losers). In this way, each player is guaranteed at least three matches in singles. At this point the tournament will have six divisions for men and six divisions for women (in singles). We will score the tournament as we have in the past where each round has a value and as you continue to earn your accumulated points as you move toward the championship round.

But instead of having a consolation round for one and two time losers, they will move into another loser's bracket and continue to play matches. The doubles division will be run as before with three men's teams and three women's teams competing each in their own division. At the conclusion of the tournament there will be a women's, men's and combined team championship. There will also be a men's and women's "Division #1" individual champion who will automatically qualify for the U.S. National Team.

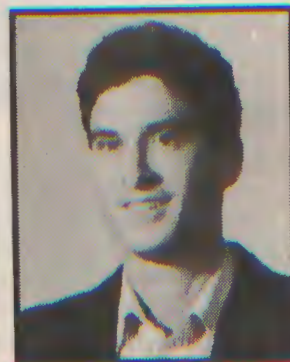
DESIGN CONTEST

Each year the tournament committee designs and distributes a tournament shirt. We would like to have a design contest for the 1993 World Championships. The winner will receive \$50.00, a free entry into the tournament and a free shirt. If you'd like to enter please prepare a design for either a tee, collared or sweat shirt that includes the following information:

Tournament name: World Intercollegiate Racquetball Championships
Major Commercial Sponsor: Ektelon
Sponsoring Bodies: AARA, ACRA
Date & Site: To be announced

POSITION AVAILABLE

The intercollegiate regional director from Florida, John Binks, has resigned his position on the intercollegiate board of directors. We are looking for a qualified candidate to replace him. If you are interested please contact me, 518/436-9522 evenings.



LETTERS

1992 LEADERSHIP CONFERENCE

Thank you so much for making my stay at the OTC so rewarding. The seminar provided me a view of the AARA National Staff and leadership that few in the sport are afforded. I feel racquetball is in capable and dedicated hands. Your work, from my perspective, is a balancing act of great technical difficulty.

The goals you have set for the benefit of our sport are noble and worthy of your continued efforts.

Keep on the mission of the Olympic Dream for all the juniors who are now becoming involved in racquetball.

Nick DiSebatino
Juniors Program Director, Delaware

Just a brief letter to thank you and the AARA staff for organizing the Leadership Seminar this past January 8th thru 12th. The seminar was very motivating and informative. I'm looking forward to keeping California #1 in member service and programs! I enjoyed staying at the U.S. Olympic Training Center. It was great meeting the whole staff in Colorado Springs. It's excellent to see the AARA maturing and to know that you're supportive of the state leadership maturing right in stride with the AARA.

I'm looking forward to working with the AARA and appreciate all the excellent work you and the AARA are doing to promote the growth of our sport. I feel the future of racquetball looks very bright.

Oscar Y. Bazon
President, California Amateur Racquetball Association

Thank you for the excellent job organizing the Leadership Conference. I was very impressed with the professionalism of the AARA. The information and programs presented were very well organized and it was evident that a great deal of time went into the preparation of the materials.

During the conference, you mentioned a racquetball fitness test that was used at the Training Center during the Elite Camps. Would it be possible to get a copy of the test?

Thanks again for all your hard work!

Lois Anderson
Junior Regional Director
Minnesota

[A complete article on the Racquetball Fitness Test appears on pages 26-31 of this issue!]

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MEMBERSHIP SERVICES UPDATE

By Kevin Joyce
AARA Membership Director



AARA SCHOLARSHIP PROGRAM

This year the AARA will again be able to offer at least two \$500 academic scholarships to current college students and high school graduates who have enrolled full-time in an accredited college or university for the 1992-93 school year. Last year, the AARA awarded five academic scholarships for \$2,500 to aspiring racquetball players in college.

Scholarship grants may be used for payment of tuition, textbooks, instructional material, room and board, fees and other incidentals directly related to your field of study. To be eligible, the applicant must be an AARA member at the time the initial grant is made, and must maintain membership throughout the grant period.

Completed applications must be received at the national office no later than June 15, 1992. To obtain an application, write to AARA Scholarship Program, 815 N. Weber, Colorado Springs, CO 80903-2947, or call 719/635-5396.

REBATES:	FIELD*	RENEWALS**
1st QUARTER	\$ 18,690.00	\$ 4,640.50
2nd QUARTER	45,480.00	7,469.50
3rd QUARTER	14,838.00	10,161.00
4th QUARTER	36,588.00	13,986.00
TOTAL	\$115,596.00	\$ 36,257.00

* Field rebates are monies withheld from collected membership dues by state associations. All figures are based upon a one-year competitive license membership.

** Renewals are quarterly rebates on renewal fees to states that qualify by publishing and distributing one newsletter each quarter.

STATE RANKINGS

1. California, 2. Florida, 3. Texas, 4. Ohio, 5. Illinois, 6. New York, 7. Pennsylvania, 8. Minnesota, 9. Colorado, 10. Michigan.

NATIONAL & INTERNATIONAL NEWS

WORLD CHAMPIONSHIPS IN MONTREAL

The VI World Racquetball Championships will be held in Montreal, Canada from August 12th to the 21st. Team play will begin on August 13th for the championships at Entreprises Nautilus Plus Ville d'Anjou, 7777, Metropolitan Boulevard East, Montreal, Quebec, Canada H1J 1J8. The official host hotel for the event is the Journey's End Anjou, 8100 rue Neuville, Ville D'Anjou (Quebec), Canada H1J 2T2. Room rates are \$60/night, and reservations can be made by calling 514/493-6363.

Teams from throughout the International Racquetball Federation (IRF) have been invited to compete, and the U.S.

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Team will attempt to secure a sixth consecutive World Championship title. In the 1991 World Challenge Cup held in Colorado Springs last summer, teams from Canada, Mexico and the United States provided an action packed preview of the the level of play to be expected from this world event.

For further information, please contact 1992 "Miller Lite" World Racquetball Championships, Entreprises Nautilus Plus, 999, Boul. Taschereau, Bureau 2000, Greenfield Park (Quebec) Canada J4V 3M3, 514/465-5814, 514/672-0998 (fax).

AARA LEADERSHIP CONFERENCE

Over 70 state presidents, administrators and program officials traveled to the U.S. Olympic Training Center in Colorado Springs in early January to attend three days of presentations and workshops at the annual AARA Leadership Conference.

In its sixth year, the conference has developed into a high intensity update of AARA activities, as well as a valuable forum for exchange of information between state organizations. AARA board members and industry leaders offered details on special programs, sponsorship opportunities and cooperative programs throughout the three-day conference.

The group addressed concerns about administering junior, high school and intercollegiate programs, as well as new ideas about conducting the over 1200 sanctioned competitive events hosted across the country each year. Other topics included referee certification and professional instructor programs, ranking and membership services, outreach and development efforts, newsletter publication and fund-raising.

Social and court time was also scheduled for the group, which took over the Lynmar Racquet & Fitness Club on Friday evening for a stress-relieving mini-tournament, followed by a Saturday night banquet and auction. Led by Les Dittrich of Minnesota and Donna Angelopolous of Arizona, the group did some spirited bidding for U.S. Team and logoed Olympic apparel, netting over \$3500.00 in donations to benefit both the adult and junior U.S. National Racquetball Teams.

PARMELLY WINS (AGAIN)!!

*By David Hinton
Racquetball Canada*

Ranked the #1 wheelchair racquetball athlete in the world, Chip Parmelly of Diamond Bar, California continued his winning ways at the 1992 Ektelon Winter Racquetball

Classic held at the Racquetball World Club of Santa Ana, California in mid January.

The event, held in conjunction with a Women's Professional Racquetball Association competition saw Parmelly easily capture the title with a 15-3, 15-6 victory over Gary Baker of Indianapolis, Indiana (ranked #2 in the U.S.). Parmelly advanced to the finals without losing a single game in the preliminary round and taking a casual victory of 15-1, 15-2 in the semifinal round over Jon Breen of Whitehorse, Yukon, Canada (ranked #5 in Canada).

Baker's trip to the finals was a lot rougher, marked with some hard won matches in the preliminary rounds before a real scare from Ken Michaylenko of Vancouver, British Columbia, Canada in the semifinals. Michaylenko, ranked #4 in Canada, took the first game 15-6 and jumped out to an early 4-1 lead in the second game. After an early time-out and encouragement from friends and fellow teammates, Baker broke even with Michaylenko at 4-4 and then progressed to dominate the game, ending with a 15-6 victory. In the tiebreaker, the score crept up one point at a time to 7-7. Baker then pulled away and kept his focus, despite hastily called time-outs by Michaylenko, to end with a 11-7 victory.

With approximately 300 competitors at this fully integrated competition coupled with the affiliation to the Women's Professional Racquetball Association, wheelchair racquetball received additional exposure through competitive opportunities which are invaluable at this time. Through these competitions we are able to increase the awareness of the sport domestically and also strengthen our acceptance at an international level in the eyes of both the racquetball and wheelchair athlete communities.

RACQUETBALL AND FRAN DAVIS RAISE \$59,000 FOR AMERICAN DIABETES ASSOCIATION

By Fran Davis

On November 30th, 1991 the 4th Annual Fran Davis Racquetball-a-Thon was held at the Ricochet Health and Racquet Club to benefit the American Diabetes Association (ADA). Remarkably, we were able to raise over \$15,000, especially in these hard times, and it was undoubtedly due to all the teamwork we've created over the years.

Since the inception of this event in 1988 we've raised over \$59,000 for the ADA. It's an awesome event. I hold this event and charity dear to my heart, so personally I'd like to thank everyone for all the tireless hours and extra efforts!

PRO UPDATE

BAILEY AND PARAIISO-GIBSON CAPTURE THEIR FIRST WPRA TITLES

By Chris Evon
President, Women's Professional Racquetball Association
Additional material from WPRA Press Releases

MALIA BAILEY WINS CALIFORNIA PRO STOP

At the recent Ektelon Winter Classic, hosted by the Santa Ana Racquetball World, Malia Bailey of Norfolk, Virginia, secured her first WPRA singles title. For the victory, Bailey defeated hometown favorite Toni Bevelock 11-8, 11-5, 11-9 after ousting Jackie Paraiso-Gibson in the semis and Lynne Coburn in the quarterfinals. Malia Bailey also captured her first \$3,000.00 winner's check!

In the round of sixteen, unseeded Robin Levine upset #8 Marci Drexler before losing to Bevelock. Paraiso-Gibson was threatened by a "hot" Dottie Fischl-Kelly, but was able to cool off the newlywed in time to take the tiebreaker and earn her way to the quarters. Michelle Gilman was forced to forfeit her semifinal match to Bevelock due to a severe muscle pull which affected her lower back and right leg. Bevelock took command of the match early, winning the first two games before Gilman was forced to concede.

In her first appearance on the tour since her retirement, Lynn Adams conducted a successful Saturday night auction which raised over \$5,000 for Advance Resources for Kids (ARK), a local charitable organization that provides services for abused and abandoned kids in the Orange County area. Adams received a special tribute from longtime coach Jim Carson, for her contributions and achievements to the sport of racquetball. On hand for this special presentation were Lynn's friends and family and representatives from Ektelon.

PARAIISO-GIBSON TAKES EAST COAST VICTORY

Following the California stop, the tour traveled to the beautiful Atlanta Sporting Club for the Pizza Hut Racquetball Challenge. A Penn Pro Series tournament, and the first of the WPRA Triple Crown, the Pizza Hut Challenge is considered to be one of the most prestigious on the tour.

Jackie Paraiso-Gibson has been playing consistently tough racquetball for two seasons and it was only a matter of time before she won her first pro-stop. It was clear by the emotional words she spoke when receiving the winner's check, that this was something she has worked very hard for.

From opening rounds, the pro draw in Atlanta took on a new look with three of the top names on the tour unable to compete. Lynn Adams has just recently announced her retirement from the tour, Caryn McKinney is continuing to nurse an achilles tendon injury, and Michelle Gilman's pulled muscle in Santa Ana was more serious than originally expected.

Jackie Paraiso-Gibson took advantage of the "open" draw and played each match with every intention of winning the entire tournament. She never lost a game until the finals when the realization of victory forced her to temporarily lose her confidence and focus. She kept opponent Malia Bailey behind her as much as possible, and only in the third game did she give Bailey a chance to show the crowd what made her champion just two weeks earlier.

In the preliminary rounds, unseeded Kathy Treadway defeated Janell Marriott. In the round of sixteen, Sandy Robson upset Chris Evon, and Toni Bevelock, a finalist in Santa Ana tour stop, fell to unseeded Molly O'Brien. O'Brien then defeated Marci Drexler in the quarters before losing to Paraiso in the semis.

Dotti Fischl-Kelly, an extremely talented player, reached her first semifinal of the season the hard way! She played a five game match against #6 seeded Kaye Kuhfeld in the round of 16 and had another five game battle in the quarters against #7 Lynne Coburn, before losing to Malia Bailey in another match that went down to the wire.

Prior to the event, with the support of Pepsi and Pizza Hut, several WPRA pro's traveled to various schools in the area promoting the event and teaching children about the benefits of racquetball. Clinics were also done for the boys and girls club of metro Atlanta, and a tournament auction raised over \$1,500 for the organization.

The Pizza Hut Racquetball Challenge, organized by Caryn McKinney, showcased 28 pros and over 200 amateurs.

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A pro/celebrity doubles quinella kicked off the event on Thursday night, and throughout the tournament professionals and amateurs had the chance to win free pizzas for the crowd by knocking down racquetball cans placed at the front wall!

WPRA TOUR NOTES:

Santa Ana: Caryn McKinney has not returned to the circuit due to a lingering achilles injury. She will not be ready for the tournament in Atlanta and has not announced when she will be back in action Unseeded Robin Levine from Sacramento upset fifth seed Marci Drexler in three games to reach the quarterfinal round in Santa Ana The Santa Ana tournament was the second consecutive final appearance for Toni Bevelock this season Pro players Lynn Adams, Toni Bevelock and Chris Evon conducted a free instruction clinic for the public to kick off the event.

Atlanta: Caryn McKinney and Michelle Gilman did not compete in Atlanta and will not be at the next stop in Anchorage due to injuries Gilman hopes to be back on the court for the Philadelphia stop the end of February McKinney is unsure of her playing status at this time Lynn Adams was on hand at the tournament conducting clinics and

receiving special recognition for her accomplishments Atlanta was the second WPRA tournament in the Penn Pro Series Talks are continuing this week concerning a new WPRA event in Toronto. The tournament would take place April 24-26, 1992. It looks very promising!

1992 WPRA TOUR SCHEDULE

MAY 7-10 - BALTIMORE
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 Triple Crown Event
 Merritt Athletic Club-Security
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WPRA TOP TEN - AS OF FEBRUARY 2, 1992

- | | |
|------------------------------|----------------------|
| 1. Michelle Gilman, ID | 6. Kaye Kuhfeld, IN |
| 2. Mallia Bailey, VA | 7. Dottie Kelly, PA |
| 3. Jackie Paraiso-Gibson, CA | 8. Marcy Lynch, PA |
| 4. Toni Bevelock, CA | 9. Marci Drexler, CA |
| 5. Lynne Coburn, MD | 10. Sandy Robson, CA |

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PARI INSTRUCTIONAL

PARI NEWS

By *Connie Martin*

Over 400 people have participated in the Professional Association of Racquetball Instructors Program in its first five years, and the association has grown by 30% in the past six months alone. The program's high visibility in Racquetball Magazine, the increased popularity of racquetball nationwide and the commitment by clubs to more actively promote the sport has created a much greater need for recognized instructors and programmers.

Many state associations have now formed committees for instructors. Their goal is to have as many of their instructors and racquetball programmers become recognized as a PARI instructor and provide a network for these instructors to share goals, ideas and strategies within their state.

For those of you not involved in the program as of now, here is a brief overview of what PARI is all about. We host Level I and II clinics throughout the United States, and try to provide the two-day clinics within your region every six months. We need to have a minimum of eight people per site. The fee is \$198 for the ten hour clinic and three hour exam, which includes 12 hours of certification work, a 200 page manual full of teaching and programming ideas, a certificate of completion and your first year's PARI membership.

Following the clinic, PARI members are then recognized as a Level II PARI Member (did not take exam or exam score of 60% or less), a PARI Teacher (earned an exam score of 60-69%), PARI Instructor (with an exam score of 70-79%), Advanced Instructor (an exam score of 80-89%), or PARI Teaching Professional (exam score of 90-100%). You will re-

ceive quarterly teaching and programming ideas and a PARI Newsletter as well as ten rulebooks. In order to maintain your recognition level you may renew your membership each year for \$30.

A Level III Clinic & Exam will take place for the first time this summer at the Olympic Training Center in Colorado Springs. We will not know the dates until they become assigned by the Center the beginning of May. Those who have at least a Level II Instructors ranking may attend the clinic and upgrade their recognition level at this time.

If you would like more information on PARI or wish to become a PARI Member, please contact Jim Hiser at the National AARA office at 719/635-5396. We will get your name added to the interest list and send you the clinic and exam sites in your area.

WINTER - SPRING CLINIC & EXAM SITES

Some dates are still being finalized for the upcoming clinics. Please contact Jim Hiser at the National Office for an updated list and Winter/Spring brochure.

<u>City/State</u>	<u>Dates</u>	<u>Clinician</u>
Baltimore, MD	Mar 26-27	Fran Davis
South Plainfield, NJ	April 20-30	Fran Davis
Seattle, WA	TBA	Connie Martin
Minneapolis, MN	TBA	Connie Martin
Chicago, IL	TBA	Connie Martin
Denver, CO	TBA	Connie Martin
Houston, TX	May 18-19	Dave George
San Francisco, CA	June 13-14	Dave George

Level One Clinic

Day one: 9:30 am - 6:00 pm

Techniques - The Game
Techniques - Teaching
Promotions I
Budgeting & Cost Studies
Group Lessons
Private Lessons
Parts of the Game
Drills...Drills...Drills
Lesson Plans

Level Two Clinic/Exam

Day Two: 9:00 am - 5:00 pm

Clinic: (9:00 - 2:00)

Technique - Strokes & Strategies

Pay Structures
Juniors Lessons & Programs
Drill Classes
Teaching Programs
Promotions II
Club Programming
Exam: (2:00 - 5:00)
Written Test
Practical Test
Skills Test
Set Up Test

PARITIP #9: THE READY POSITION

By Fran Davis
Assistant U.S. Team
Coach



Welcome to our 9th PARI Tip. In past issues I have covered the basic techniques of the forehand and backhand strokes as well as the basic offensive and defensive shots. These techniques are important if you plan on building a strong, solid foundation so that down the road you can develop into a multi-dimensional player.

Now that you have learned how to hit the ball properly with a variety of offensive and defensive shots you are ready to incorporate the correct "ready position" into your game. This topic strays a bit from actual technique, but in future issues we will return to the basic techniques involved in the serve, service return, court position, shot selection, footwork, etc. We need to cover the "ready position" because it is an area often overlooked and sometimes taken for granted.

THE READY POSITION

As you can see from the photo below, I am in good ready position with my legs a little wider than shoulder width apart, knees flexed, weight on the balls of my feet, and my racquet up. "Ready Position" is defined as: your body being in position to spring into action as quickly as possible to retrieve the ball your opponent has just hit.

Here are four important things to focus in on when you are practicing getting down into good "ready position."

1. Be Square to Front Wall, not turned toward a sidewall. By being in this position you are equi-distant to either side, therefore you can cover balls hit "down the line" or "cross court" as well as all balls left up, with one step and a reach.

2. Bend at the Knees, not the waist. This gives you maximum power from your

quads (thigh muscles) and that explosive first step you all need to assist in chasing down the left up balls. Bending at the waist puts undo pressure on your back and negates the use of your legs, the most powerful muscle group in your body.

3. Your Legs should be Wider than Shoulder Width Apart, not close together. This spread obtains better stability and lower center of gravity (similar to an infielder in baseball).

4. Keep Your Racquet Up in the middle of your stance so you are either ready to hit a forehand or backhand shot, whichever comes to you first.

I cannot stress to you enough how important this "ready position" really is in receiving or retrieving balls. In my travels, I often see club players not getting down into the ready position I've described. Unfortunately, it has become a major problem nationwide.

Too often, club players mistakenly assume that their opponents' offensive shot will be a winner. When this happens, they relax for just a split second, give up and stand up erect. They truly felt the ball was ungettable. When they realize the ball wasn't down at all, but still in play, it's too late and they miss the ball or set their opponent up because they now have to rush an unexpected shot. What you need to do is reprogram your thinking. Try and think that every ball your opponent hits will be a left up shot (not down) and retrievable. If you assume all balls will be up and you are "down and ready," expecting the shot, you will not be caught off guard or surprised. In reality you will be prepared to hit every ball and feel a lot quicker on your feet.



Remember the old saying, "It's better to be safe than sorry." So assume every shot your opponent hits will be left up, not a roll out, and be "down and ready" and your game will move to great heights. Good luck.

I'll see you next issue when we will begin the most important weapon in the game today: THE SERVE.



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June 5-7	Brooklyn, NY	Narrows Racquetball & Fitness	Aug. 7-9	Aurora, CO	Aurora Athletic Club
June 12-14	Cincinnati, OH	Midtown Athletic Club	Aug. 28-30	Wilmington, DE	Pike Creek Court Club
June 19-21	Salt Lake City, UT	Sportsmall	Oct. 2-4	Sarasota, FL	Sarasota Family YMCA
June 21-23*	Salt Lake City, UT	Sportsmall	Oct.30-31, Nov.1	Grand Rapids, MI	Michigan Athletic Club
July 10-12	Tacoma, WA (Seattle area)	Harbor Sq. Athletic Club	Nov. 6-8	Columbus, OH	Sawmill Athletic Club
July 17-19	Colma, CA (San Fran area)	What A Racquet	Nov. 13-15	Natick, MA (Boston area)	Natick Sports Club
July 24-26	Phoenix, AZ	To Be Announced	Nov. 20-22	Durham, NC	Metro Sport Athletic Club

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INSTRUCTIONAL

PARI TIP: IDENTIFYING WITH THE FOLLOW THROUGH

By Del Villanueva
PARI Instructor, Team Ektelon
Concord, California



In all sports that involve a swinging motion of the arm to execute a shot, the follow through plays a vital part in the stroke's effectiveness. It completes the distance travelled, optimal to an effective stroke (the plane the ball travels equals the angle of the follow through's plane relative to the ground). To execute the stroke effectively, you should also be intent on executing the follow through properly.

Ideally the follow through is both an essential and integral part of the swing and not just an aftermath of the original intended delivery.

In our sport, the ideal follow through is to "come through" level or flat for an optimum stroke. Two basic advantages can be gained by coming "through" the ball properly:

(A.) More velocity is generated as one intends to "come through" the ball and create a bigger loop (swing) from start to finish. (B.) Greater accuracy is achieved as one completes the stroke and does not hold up on the shot (learning to come through the ball will help prevent being too tentative).

I've been teaching a technique in my clinics that has met with much success and good feedback: "Learning to Identify with your Follow Through." The exercise is designed to improve your swing and give you a deeper understanding of optimal technique. It requires a basic understanding of forehand and backhand stroking techniques. If you are in doubt of fundamental techniques, consult a qualified PARI certified instructor.

1. Execute skeleton swings (no ball drill) and come through the imaginary ball as full and level as you can. Do this a few times, while reminding yourself to always "come through" full and flat (or level), 10 times.

2. Again execute skeleton swings with your full and level follow through, but this time be aware (look at) where your racquet ends up, 10 times.

3. Now execute the swing by hitting a ball to the front wall, keeping in mind that you need to come through full and flat, 10 times. Does your racquet end (finish) at the same point it did with your skeleton strokes?

4. Incorporate steps 1 to 3 into your regular practice routines. Remember to think "flat and level" and know where your racquet ends. Eventually, you'll be able to "feel" the proper stopping point of your racquet in the fuller swing.

5. With enough practice, the full follow through becomes more spontaneous, and you'll notice the difference in your actual playing.

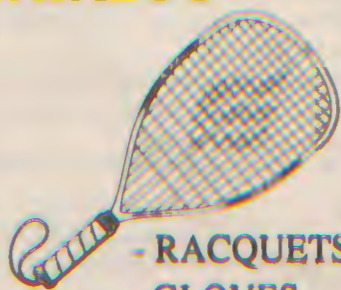
Teaching pros know that a major problem in an improper or ineffective stroke is due to not taking a full swing. Knowing how to properly follow through guarantees a fuller swing! Learn to identify with a full and level follow through and stroke your way to more wins. Good Luck!!

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RACQUETBALL TODAY

By Lynn Adams
& Erwin Goldbloom

DEVELOPING A WINNING STRATEGY

As one becomes more adept at the skills of racquetball, it is important to play more and more difficult opponents. This competition may be found in a class, a recreational game, an organized or sanctioned tournament.

Developing an effective game strategy is important in each game of racquetball. The mind must know what it is trying to accomplish so that the body can perform effectively.

ANALYZING AN OPPONENT

While warming up, analyze the strengths and weaknesses of your opponent. Which tendencies can you defeat? Which areas and shots should be avoided in your game plan? Here are a couple of examples of opponent analysis:

- * Watching your opponent's stroke during the warm up - Watch the drop and hit stroke. Is it hit hard? Does it seem erratic? Is the ball contacted too close to the body? Is your opponent's weight on the back foot when hitting?

- * When rallying - Are the opponent's shots consistent or are they hit sometimes early, sometimes late, sometimes too close or too far from the body?

A smart player will look for keys to a prospective opponent's style of play. When preparing to play an opponent, look to see if the player:

- * Hits the ball when it is behind him or her. (Such players tend to hit pinch shots rather than straight kills.)

- * Lets the ball get too close to the body. (Such players do more pushing and generally more pinching than stroking.)

- * Hits the ball in front of the body. (Such players usually hit cross-court effectively.)

- * Shows no rhythm or method to his or her stroke patterns. (Such players must continue to be watched if you are to find keys to their game.)

- * Shows a preference for one side of the body. (If a player hits fewer backhands during the warm up, challenge his or her backhand early in the match.)

Another key is how the player warms up. The sluggish player will tend to stay with the drop and hit shots, while the

aggressive player will move a great deal in order to warm up the legs as well as the arms and shoulders.

Also look for glaring weaknesses:

- * Hitting ceiling balls. (Serve more lob serves and hit ceiling balls during rallies, to force ceiling returns.)

- * Limited variety of serves or a definite pattern. (This allows you to anticipate.)

- * Ability to move to one side of the court better than to the other side.

- * Handles back wall or side wall shots poorly.

Look for other keys by noting physical characteristics: quick hands; fast or slow; on the toes or flat-footed; or inconsistent strokes.

In each game, develop a strategy that will take away an opponent's strengths and take advantage of his or her weaknesses. Slow the pace with ceiling balls for an aggressive player and speed up the attacking part of your game against a defensive player. Make a slow player move and hit directly at a mobile player. It is important to know your opponent's favorite shot. This is the shot to take away and to be ready to handle.

STRATEGY AGAINST DIFFERENT TYPES OF PLAYERS

As your court time increases, you will notice how most players tend to fit into specific categories; the sprinter, or hustler, who seems to get to every shot; the tall, lanky player, who can almost touch both side walls without moving; the stationary player, who controls center court; the power hitter, and the patient player, who frustrates opponents. Following are analyses of these categories.

The Rabbit

The rabbit is the quick player who gets to every shot. This type of player likes to run. Because this player's strength is speed, turn this speed into defeat by hitting shots directly at the rabbit's position after the last return, or by slowing the pace of the game with lob shots or ceiling balls.

For example, assume that both players are on the left side of the court. The rabbit will usually run to the right side. Hit the ball to where the rabbit was standing. Having to stand and wait for the shot can drive the rabbit crazy. Usually this player hits very well on the run but not too well when he or she is standing still. So when playing the rabbit, hit slow, seemingly plum set ups. This can destroy his or her timing.

... Continued on page 62

- | | | | |
|---|---|---|--|
| <p>March 18
Alaska State Doubles
Alaska Athletic Club
Anchorage, AK
907/562-2460</p> <p>March 19
Adult/Junior State Singles
Court House - Boise, ID
208/377-0040</p> <p>Memphis Pro Racquet Classic
The Racquet Club of Memphis
Memphis, TN - 901/685-5464</p> <p>Ventimiglia Invitational
Lynmar R & H Club
Colorado Springs, CO
719/598-7075</p> <p>March 20
AARA Region 2 Juniors
Sportsset - Syosset, NY
516-360-0979</p> <p>Doubles Only
Metropolitan Health Spa
Pocatello, ID - 208/232-4541</p> <p>Endless Mountain Open
Shadowbrook Resort
Tunkhannock, PA
717/836-2151</p> <p>Greenbriar Classic
Greenbriar Athletic Club
Indianapolis, IN
317/237-3261</p> <p>Maryland State Juniors
Merritt Ath. Club-Security
Baltimore, MD
301/298-8700</p> <p>Muscular Dystrophy Charity
S. Florida Racquet Club
Fl. Lauderdale, FL
305/987-6410</p> <p>Nebraska State Singles
Sports Courts of Lincoln
Lincoln, NE - 402/423-2511</p> <p>Ned Gordon
Lakeland YMCA
Lakeland, FL - 813/644-3528</p> <p>Special Olympics Benefit
Decathlon Club
Waterloo, IA - 319/235-9300</p> | <p>Spring Break
Bluewater R & F Club
Niceville, FL
904/897-4376</p> <p>Spring Racquetfest
Universal Physique
Cape Girardeau, MO
314/335-3355</p> <p>St. Paddy's Day Open
Riverview Racquet Club
Eastlake, OH
216/942-5613</p> <p>St. Patrick's Day Open
Nehr At Waterbury
Waterbury, CT
203/667-7633</p> <p>State Warm Up Chall.
One on One Ath. Club
Ann Arbor, MI
313/761-4440</p> <p>Wambo, Supreme H & F
Madison, WI
608/274-5080</p> <p>Wilson MN Doub. Champ.
Northeast Racquet Club
Columbia Heights, MN
612/572-0330</p> <p>Wyoming State Juniors
Green River Rec. Cent.
Green River, WY
307/875-4772</p> <p>AARA Metro Regional
Clayton Valley Ath. Club
Concord, CA
510/682-1060</p> <p>1992 Mustang Open
Premier Club - Dallas, TX</p> <p>7th Ann. Glens Falls Champ.
Glens Falls YMCA
Glens Falls, NY
518/793-3878</p> <p>March 21
AARA Region 10 Juniors
Greenbriar Ath. Club
Indianapolis, IN
317/257-3261</p> <p>March 22
The Family YMCA Open
Goldsboro, NC
919/689-2986</p> <p>March 25
Colorado State Singles
Highline Ath. Club</p> | <p>Littleton, CO
303/794-3000</p> <p>March 26
Michelob Dry Spring Fling
Club International
Santa Fe, NM
505/988-3030</p> <p>March 27
AARA Metro Regional
R/B & Fitness Clubs
San Antonio, TX
512/490-1980</p> <p>Coors Light R/B Ser. #7
Congress Park Ath. Club
Dayton, OH - 614/548-4188</p> <p>Coors Silver Bullet
Johnson City Racquetball
Johnson City, TN
615/282-3091</p> <p>Johnny Becker Open
Racquet Plus
Savannah, GA
912/355-3070</p> <p>Maine State Ad/Jr Singles
Holiday Health & Fitness
Bangor, ME
207/947-0763</p> <p>Metro Regional Warm-up
Pt. Myers Ath. Club
Pt. Myers, FL
813/275-1990</p> <p>R/B One Series Finale
Michigan Ath. Club
East Lansing, MI</p> <p>Tour. of Champions
La Masters R & F Center
West Chester, PA
315/436-6200</p> <p>Washington State Singles
Valley Ath. Club
Tumwater, WA
206/352-3400</p> <p>AARA Metro Regional
Sportsset - Syosset
Syosset, NY
516/360-0979</p> <p>5th Ann. Rag-Attack
American Sports Center
Fresno, CA - 209/226-8686</p> <p>March 31
Utah State Singles
Sports Mall - Murray
Murray, UT - 801/377-8615</p> | <p>April 2
Arkansas State Singles
University of Arkansas
Payetteville, AR
501/868-9609</p> <p>Northern NM Open
Los Alamos YMCA
Los Alamos, NM
505/662-3100</p> <p>April 3
April Pools Open
The Athletic Club
Vacaville, CA
707/451-6699</p> <p>April Pools Open
Downtown H & R Club
New Haven, CT
203/667-7633</p> <p>April Stinger
South Hampshire Racquet
St. Louis, MO
314/353-1500</p> <p>Pennsylvania State Singles
Cocoa Court Club
Hershey, PA
717/533-4554</p> <p>Richmond Ath. Club Open
Richmond, VA
804/355-4311</p> <p>Special K R/B Series #5
Amerimed Cent. for Fitness
Akron, OH - 216/247-7549</p> <p>State Warm-up
Waycross Sports Club
Cincinnati, OH
513/851-9400</p> <p>Wisconsin State Singles
Eau Claire Ath. Club
Eau Claire, WI
715/833-2201</p> <p>WV State Singles/Doubles
Marshall University
Huntington, WV
304/696-2942</p> <p>Wyoming State Singles
Rock Springs Rec. Center
Rock Springs, WY
307/382-3265</p> <p>13th Ann. Capitol Court
Open, Carson City, NV
702/882-9566</p> <p>AARA Metro Regional
Hiway 100 Racquet/Health
Brooklyn Center, MN
612/243-4211</p> |
|---|---|---|--|

CALENDAR

SANCTIONED EVENTS

AARA Metro Regional
King George Rac. Club
Greenbrook, NJ
201/444-0859

AARA Metro Regional
Racquetpower
Jacksonville, FL
904/268-8888

AARA Metro Regional
Memphis Supreme Courts
Memphis, TN
901/794-2288

AARA Metro Regional
Racquetball World
Santa Ana, CA
714/972-2999

2nd Ann. No Shivalers
Spa Fitness Center
Watsonville, CA
408/722-3895

April 7
Vernal Ath. Club Open
Vernal, UT -- 801/789-5816

April 8
Alaska State Singles
Alaska Ath. Club
Anchorage -- 907/562-2460

April 9
AARA Metro Regional
DuPage Racquet & Health
Addison, IL -- 708/530-7616

AARA Region 13 Juniors
The Ultimate Courts
El Paso, TX -- 915/833-1259

Pomona Valley Open
Claremont Club
Claremont, CA
714/625-6791

US National Golden Masters
Invitational -- The Racquet
Club of Pittsburgh, PA
608/271-3131

April 10
AARA Region 9 Juniors
Mt. Clemens RB Club
Mt. Clemens, MI
313/468-2787

Coors Light R/B Series #8
Sawmill Athletic Club
Columbus, OH
614/548-4188

Fools Day Folly Tourn.
Tri-City Court Club
Kennewick, WA
206/367-4400

Go For It, Racquetline HC
Livonia, MI -- 313/591-1212

Hawaiian Open
Sacramento Court Club
Sacramento, CA
916/920-1933

Oasis Fitness Center Open
Somerset, PA
814/445-4366

PARC Tournament of the Americas -- Honduras

Racquetball Series
The Exchange Club
Dallas, TX

Raleigh Sports Open
Raleigh Sports Center
Raleigh, NC -- 919/876-3641

Shoot for the \$\$\$
Northeast Racquet Club
Columbia Heights, MN
612/572-0330

Womens Downeast
Racquetball Int.
N. Windham, ME
207/892-3231

11th Michiana Open
Pro Health, Michawaka, IN
219/259-8385

AARA Metro Regional
Atlanta Sporting Club
Atlanta, GA
404/636-7575

AARA Metro Regional
R/B & Fit. of San Antonio
San Antonio, TX
512/344-8596

AARA Metro Regional
New England H & R
Warwick, RI
508/752-6216

April 17
Dogwood Classic
Sportsfarm -- Knoxville, TN
615/584-6272

Pacific West Open
Pacific West/James Ctr.
Tacoma, WA
206/473-2266

Robious Ath. Club Pro-Am
Richmond, VA
804/330-2222

Sheehan/Lorelle Cash Class.
Quadrangle Ath. Club East
Coral Springs, FL
305/753-8900

The Warren Open
Racquets Club of Warren
Warren, NJ -- 914/452-0261

April 18
3rd Ann. T&R Spring Doub.
Track & Racquet Club
Fayetteville, NY
315/446-3141

April 23
April Showers Shootout
Rialto Sports Ctr.
Rialto, CA -- 714/820-2612

California State Singles
What-a-Racquet
Colma, CA -- 415/994-9080

Minnesota State Singles
Burnville R/S&H Club
Burnsville, MN
612/377-5779

Negrete Open
Woodfield Rac. Club
Woodfield, IL
708/884-0678

AARA Metro Regional
(Adults & Juniors)
Lakewood Ath. Club
Lakewood, CO
303/699-8121

AARA Metro Regional
Federal Way Ath. Club
Federal Way, WA
206/367-4400

April 24
AARA Region 15 Juniors
Courthouse Ath. Club
Salem, OR -- 503/884-2070

Dayton Area R/B Tourn.
Congress Park Ath. Club
Dayton, OH -- 513/435-4875

Georgia State Juniors
Southern Ath. Club
Lilburn, GA -- 404/923-5400

INSRA State Singles
Court Club
Indianapolis, IN
317/846-1111

IRF World Intercollegiate
Hall of Fame Fitness Center
Canton, OH
614/548-4188

Michigan State Singles
TBA

Rick Weaver Butch Open
Nautilus Fit. & Rac. Club
Erie, PA -- 814/868-0072

Rocket City Classic
Family Fit. Ctr.
Huntsville, AL
205/880-0770

Spring Classic
Sports Club of Asheville
Asheville, NC
704/252-0222

Wisconsin State Juniors
TBA -- 414/255-7751

AARA Metro Regional
(Adults & Juniors)
Billings Ath. Club
Billings, MT
406/245-6204

April 30
Spring Open
Chancellor's Rac. Club
Houston, TX
713/772-9955

May 1
AARA Region 8 Juniors
Decathlon Club
Waterloo, IA -- 319/235-9300

AARA Metro Regional
(Adult & Juniors)
Metrosport Athletic Club
Durham, NC
919/688-2629

AARA Region 4 Juniors
Racquetpower
Jacksonville, FL
904/268-8888

AARA Region 5 Juniors
Montgomery Athletic Club
Montgomery, AL
205/757-4026

Benefit for Team NJ
Riverview Racquet Club
New Milford, NJ
914/425-0261

California State Senior Champ.
The Tournament House
Riverside, CA
714/683-7511

Grand Finally "92"
One on One Ath. Club
Ann Arbor, MI
313/761-4440

TRANSITION

Racquet Sports

Looks Can Kill...

ORA State Singles
Hall of Fame
Canton, OH
614/548-4188

Penn-Monroe
Rac. Club of Pittsburgh
Monroeville, PA
412/836-3930

AARA Metro Regional
Town & Country Rac. Club
St. Louis, MO
314/965-7783

2nd Ann. Cinco De Mayo
NM Highlands University
Las Vegas, NM
505/454-0146

30+ Tournament
Bellevue Ath. Club
Bellevue, WA
206/455-1616

9th Ann. Sierra Slam
Incline Court House
Incline Village, NV
702/831-4212

May 2
AARA Region 14 Juniors
Univ./Calif. - Berkeley
415/239-1444

May 7
NM State Doubles
Tom Young's Ath. Club
Albuquerque, NM
505/298-7661

Playboy Open
Denver Sporting Club
Englewood, CO
303/779-0700

Playgirl Open
Lakewood Athletic Club
Lakewood, CO
303/989-5545

May 8
AARA Region 1 Juniors
Auburn Racquet Club
Auburn, MA
508/752-6216

AARA Region 7 Juniors
Dallas, TX - 817/566-6076

Pepsi/Metro Sport Open
Metro Sport & Fitness
Farmers Branch, TX

Spring Celebration
Aerob A-Fit
Nashville, TN
615/832-PLAY

U of Houston-Clear Lake
Houston, TX
713/283-2640

Year End
Racquettime Health Club
Livonia, MI - 313/591-1212

May 9
AARA Region 11 Juniors
Northeast R/B Club
Minneapolis, MN
612/572-0330

May 12
Jordan Valley Open
Keams, UT
801/969-9911

May 14
Spring Open
YMCA of Pikes Peak
Colorado Springs, CO
719/471-9790

Transcoastal Grand National
Seattle, WA
206/778-3546

May Challenge 3
Southam Ath. Club
Lilburn, GA
404/923-5400

May 15
Merced Spring Open
Merced Racquet Club
Merced, CA - 209/722-3988

Onomatopoeia
Lakeland YMCA
Lakeland, FL
813/644-3528

Spring Open
New England H & R
Warwick, RI
401/732-2413

Spring Split Open
Racquetball Plus/Royal A.C.
Burlingame, CA
415/692-3300

ADULT METRO REGIONAL QUALIFIERS

March 20-22 - San Francisco
Clayton Valley Athletic Club
Concord, CA
510/682-1060

March 27-29 - Syosset
Sportsnet -- Syosset, NY
516/360-0979

March 27-29 - San Antonio
Racquetball & Fitness of San Antonio, TX
512/490-1980

April 03-05 - Syracuse
Track & Racquet Club
Payetteville, NY
516/360-0979

April 03-05 - Greenbrook/Warren
King George Racquet Club
Greenbrook, NJ
AND
Racquets Club at Warren
Warren, NJ
201/444-0859

AARA MEMBERSHIP: Join the AARA and become eligible to compete in any of these sanctioned events! You'll also get:

**Six issues of "Racquetball Magazine" *Membership Kit *Competitive License *Competition Accident Insurance *State & local tournament information *Official Rulebook *National ranking service * Industry, Product and Service discounts. By joining the AARA you'll be supporting the only national governing body for the sport (a member of the U.S. Olympic Committee) and all of its many programs. YES! Sign me up! Enclosed is \$15.00 for a one-year membership. (Outside the U.S. = \$35.00.)*

Name _____

Address _____ City _____

State/Zip _____ Tel: _____ Birthdate _____

Mail this form with payment to: AARA -- 815 North Weber, Colorado Springs, CO 80903-2947

CALENDAR

SANCTIONED EVENTS

April 03-05 -
Jacksonville
 Racquetpower
 Jacksonville, FL
 904/268-8888

April 03-05 -
Memphis
 Memphis Supreme Courts
 Memphis, TN
 901/794-2288

April 03-05 -
Minneapolis
 HiWay 100 Racquet/Health
 Brooklyn Center, MN
 507/243-4232

April 03-05 -
Los Angeles
 Racquetball World
 Santa Ana, CA
 714/972-2999

April 09-12 - Chicago
 Dupage Racquet & Health
 Addison, IL - 708/530-7616

April 10-12 - Atlanta
 Atlanta Sporting Club
 Atlanta, GA - 404/636-7575

April 10-12 -
Providence/Warwick
 Northeast Health & Racquet
 Warwick, RI - 508/732-6216

April 23-26 - Seattle
 Federal Way Athletic Club
 Federal Way, WA
 206/367-4400

April 23-26 - Denver
 Lakewood Athletic Club
 Denver, CO - 303/699-8121

April 24-26 - Billings
 Billings Athletic Club
 Billings, MT - 406/245-6204

May 01-03 - Durham
 Metro Sport, Durham, NC
 919/379-0550

May 01-03 - St. Louis
 Town & Country Racquet
 Club, St. Louis, MO
 314/822-2935

May 01-03 -
New Orleans
 SITE TBA

TBA - Sterling, VA
 703/430-0666

JUNIOR REGIONAL QUALIFIERS

March 20-22 -
REGION 2 (NY, NJ)
 Sportset-Syosset
 Syosset, NY - 516/360-0979

March 21-22 -
REGION 10 (IN, KY)
 Greenbriar Athletic Club
 Indianapolis, IN
 317/237-3261

April 09-12 -
REGION 12
(AZ, NM, UT, CO)
 The Ultimate Court
 El Paso, TX - 505/266-9213

April 10-12 -
REGION 9
(WV, OH, MI)
 Mt. Clemens Racquetball
 Club, Mt. Clemens MI
 313/468-2787

April 23-26 -
REGION 12
(AZ, NM, UT, CO)
 Lakewood Athletic Club
 Denver, CO - 303/699-8121

April 24-26 -
REGION 13 (MT, WY)
 Billings Athletic Club
 Billings, MT - 406/245-6204

April 24-26 -
REGION 15
(WA, IA, OR, AK)
 Courthouse Athletic Club
 Salem, OR - 303/884-2070

May 01-03 -
REGION 4 (FL, GA)
 Racquetpower, Jacksonville,
 FL - 904/268-8888

May 01-03 -
REGION 5
(AL, MS, TN)
 Montgomery Athletic Club
 Montgomery, AL
 205/757-4026

May 01-03 -
REGION 8 (WI, IA, IL)
 Decathlon Club, Waterloo IA
 319/988-4284

May 01-03 -
REGION 17 (NC, SC)
 Metro Sport, Durham, NC
 919/768-2629

May 01-03 - REGION
14 (CA, HI, NV)
 Univ./Calif. - Berkeley
 Contact Joe Koppel
 415/239-1444

May 08-10 -
REGION 7 (TX, LA)
 Dallas, TX - 817/566-6076

May 08-10 -
REGION 1
(ME, NH, VT, MA, RI, CT)
 Auburn Racquet Club
 Auburn, MA - 508/752-6216

May 09-11 - REGION 11
(ND, SD, MN, NE)
 Northeast Racquetball Club
 Minneapolis, MN
 612/421-8608

SITES/DATES TBA:
REGION 3
(PA, MD, VA, DE, DC)
 Contact Jay Sweren
 410/356-4050
 410/727-8480



AARA NATIONAL CALENDAR

- APR. 1-5** EKTELON World Intercollegiate Championships - Canton, Ohio
- APR. 9-11** U.S. National Golden Masters Invitational - Pittsburgh, PA
- APR. 11-18** VII Tournament of the Americas Tegucigalpa, Honduras
- MAY 20-25** EKTELON U.S. National Singles Championships - Houston, TX
- JUNE TBA** International Senior/Masters Invitational - Las Vegas, NV
- JUNE 27- JULY 1** EKTELON U.S. Junior Olympic Championships Salt Lake City, UT
- JULY 30- AUG. 1** U.S. National Golden Masters Doubles Championships Boston Ath. Club, Boston, MA
- AUG. 14-22** VI World Championships: Montreal, Canada
- SEPT. 8-12** World Senior Championships Albuquerque, NM
- OCT. 28- NOV. 1** EKTELON U.S. National Doubles Championships - Phoenix, AZ
- DEC. 15-20** IRF World Junior Championships Jacksonville, FL



STATE SENIOR OLYMPICS & NATIONAL CLASSIC QUALIFIERS

FOR 55+ PLAYERS

For the first time racquetball will be among the sports included in the 1993 United States National Senior Sports Classic IV (formerly the Senior Olympics). This event is for men and women 55 years and older, and will be held in Baton Rouge, Louisiana June 12-18, 1993.

To qualify for the National Classic a racquetball player must win a medal at a State Senior Olympic Games, which begin in March 1992.

Not all states have included racquetball at the local level, so if you are interested in qualifying, you need to first contact your State AARA President, then your State or Local Senior Olympic State Games Coordinator to see what it takes to get racquetball added to your state schedule.

For more information, call John Mooney at the AARA National Office, 719/635-5396. The following is a list of scheduled state senior events as of this date (which may or may not include racquetball):

AL Senior Olympics
May 02-08, 1992
Bobbie Anderson:
205-261-1564

***AR Senior Olympics**
September 1992
Phil Peters: 501-741-1144

AZ Senior Olympics
Qualifying Games Feb 93
Irene Stillwell:
602-495-3490

Bloomington Senior Sports-A-Rama
July 24-31, 1992
Jeff Stottlemeyer
612-887-9601

**Indicates games are closed to out of state residents.*

CA Senior Games
May 30-31, 1992
Rebecca Furtado:
916-648-1000

CA Senior Olympics
Qualifying Games Feb 93
Ben Green: 619-323-5689

CA Senior Games
May 30-31, 1992
Alan Boyd: 916-277-6077

Central IL Regional Senior Olympics - May 14-17, 1992
Ron DeBoer: 309-699-9052

CT Senior Olympics
June 05-07, 1992
Will Berger: 203-576-4242

DC Golden Olympics
May 12-15, 1992
Danelle Freeland:
202-727-5512

GA Golden Olympics
October 01-03, 1992
Vicki Pilgrim: 404-894-4451

Golden Age Games
November 01-07, 1992
Jim Adams: 407-330-5687

Good Life Games
November 17-22, 1992
Shirley Lewis: 813-539-9487

***Green Mountain Senior Games** - Sept. 16, 1992
Ardis Smith: 802-824-6521

Gulf Coast Senior Games
Nov. 20 - Dec. 6, 1992
Barbara Shapiro:
813-745-3062

IA Senior Games
June 11-13, 1992
Janet Ridgeway
515-277-8026

ID Senior Games
August 05-09, 1992
John Kirk: 208-385-2553

IL Senior Olympics
September 24-27, 1992
Annette Fuhs:
217-789-2284

Indy Senior Classic
June 08-13, 1992
Annie Chester:
317-924-7059

Kerrville Texas Senior Games
April 30 - May 5, 1992
Mary Lou Zachary
512-896-1155

KS Senior Olympics
October 09-11, 1992
Marge Rightmeyer
913-232-9665

***KY Senior Games - TBA**
Charlie Daniel:
502-745-6042

***LA Senior Olympics**
October 19-26, 1992
Jennifer Taylor:
504-925-1748

***MD Senior Olympics**
October 08-10, 1992
Dr. Robert Zeligler
301-830-3163

ME Senior Games Inc.
September 10-12, 1992
Anita L. Chandler
207-775-6503

MI Senior Olympics
June 17-20, 1992
Marye Miller: 313-656-1403

Mid-South Senior Olympics
May 12-16, 1992
Sam Giambelluca
314-785-9464

MN Senior Olympics
July 09-11, 1992
Timothy Hunt:
218-723-3861

MT Senior Olympics
June 19-20, 1992
Don Tavolacci
406-252-2795

Mt. Vernon/So. IL Senior Olympics - TBA
Bradley Pancoast
618-242-7437

***NC Senior Games**
October 01-04, 1992
Margot Raynor
919-851-5456

ND Senior Sports Classic
May 12-13, 1992
Paula L. Boehm
701-280-7506

NE State Senior Olympics
August 21-23, 1992
Roger Jasnoch:
800-652-9435

***NJ Senior Games**
June 12-14, 1992
Karen Goldman Shaffer
609-633-7400

No. CA Senior Olympics
September 16-17, 1992
Harold Logwood:
310-273-4035

***NM Senior Olympics**
June 11-14, 1992
Ceclia J. Acosta:
505-623-5777

***NV Senior Olympics**
April 25 - May 9, 1992
Roger Hall: 702-367-7205

***NY State Parks Senior Games - June 11-14, 1992**
Debra Keville:
518-474-0403

OH Senior Olympics Inc.
July 17-26, 1992
Dr. Mary Leonard
513-229-4208

OK Senior Olympics
September 23-27, 1992
Craig Thompson
918-596-7852

***PA Senior Games**
July 27 - August 1, 1992
Fay Knecht: 717-823-3164

RI Senior Olympics
June 28, 1992
Dolores Bergeron
401-277-2858

River City Senior Games
May 16-21, 1992
Steve Patrow: 812-464-7800

Rocky Mountain Senior Games - Aug. 13-16, 1992
Mary Behling: 303-330-3172

San Diego Senior Sports Festival - May 24-25, 1992
Sam Cohen: 619-286-3588

San Antonio H.E.B. Senior Olympics
May 03-06, 1992
Paula Nielsen: 512-344-3453

***SC Senior Sports Classic**
May 21-23, 1992
Carl M. Hust: 803-772-0363

SD Senior Games
September 10-12, 1992
Jaci Casanova-Keller
605-773-3656

Senior Olympics
The JCC of Houston
April 04-09, 1992
Terri Riha: 713-551-7250

***Senior Games of IN**
June 4-7, 1992
Beth Kaultjes: 219-237-8050

Senior Sports Festival
June 6-13, 1992
Diana Hovland:
206-684-4951

***So. MS Senior Sports Classic**
Oct. 7-10 or 14-17, 1992
Donald Cross: 601-896-8469

St. Louis Senior Olympics
May 24-27, 1992
Nancy Weigley
314-432-5700, Ext 188

SW IL Senior Olympics
May 07-09, 1992
Judy Meyer: 618-692-3209

***TN Senior Games**
July 27-30, 1992
Sylvia Pinson: 901-423-0075

TX Senior Games for Fun & Fitness - May 27-30, 1992
Kelly Arceneaux
817-572-6978

***VA Golden Olympics**
May 27-30, 1992
Margie Connor:
804-393-8481

***WI Senior Olympics**
May 16-30, 1992
Helen Ramon: 414-821-4444

WV Senior Sports Classic
June 12-13, 1992
Nancy Hanshaw:
304-526-4681

WY Senior Olympics
August 06-08, 1992
Bonnie Fitch: 307-682-7406

INSTRUCTIONAL

The Giraffe

The giraffe is the tall player with long arms. This type of player prefers to stay in the center of the court and get every shot as it comes by. Passing shots are not good choices against the giraffe. Hit the ball right at the center of that lanky body in a "jamming" manner.

While he or she usually possess a quick first step, the giraffe is usually not quick enough to move forward and backward effectively. Hit pinch shots that force such a player to move forward to the front of the court, immediately followed by shots to force movement back, deep in the court.

The Slug

The slug is rather slow but, when allowed to set up, can hit good strokes and put the ball wherever he or she desires.

Although slow, the slug usually anticipates well. Get him or her moving. Pinch shots are an important tool against this type of player. It is essential to make the slug move forward and back. A pinch shot even if it is a little high, will force the slug to run.

Another good choice is a "V" pass. When the slug is in center court, the "V" pass will hit the front wall, the side wall, then cut in behind the opponent. It makes the slug spin, turn, and run.

The Peacock or Poser

The peacock or poser is another common type. The peacock always wants to look good and in control. Such a player displays smooth strokes and usually will hold the follow through position after the shot. This is why the peacock is also called a poser. You should try to take this facade away and make him or her look bad.

Try jamming the ball into the body. This will force a "herky-jerky" motion in order to return the ball and will take away the opportunity to make a picture-perfect stroke. Make the peacock run so there is no time for him or her to pose. Use pinch shots, ceiling balls, and pass shots to move the player back, and use unorthodox shots to create mental havoc - "Z" balls, around-the-wall balls, and other offbeat shots that can take away that feeling (and look) of control.

The Police Dog


The police dog is an aggressive player who likes to hit everything hard. These "runner-gunners" like to play powerful, low, fast racquetball. Lob serves, around-the-wall balls, "Z" balls, and ceiling balls can upset this game plan tremen-

dously, so use these shots as the ultimate strategy against police dog players. These one-speed (zoom) swingers don't like to adjust to a finesse game. Place the ball at chest height or higher to make it difficult for them to swing hard. It is a must to keep this "dog" at bay.

The Saint Bernard

Last, but not least, is the Saint Bernard. This type of player is just the opposite of the police dog - they want to play soft, high balls until an opponent gets fed up with the slow, finesse game. A tendency toward dump shots, slow passing shots, and touch shots gives the Saint Bernard player an attack with all the speed of frozen maple syrup. A strategy to use against this kind of player is to be as aggressive as possible. When returning a ceiling ball, bring it down and hit it as hard as possible. Hit overhead drive shots when the ball is above your head. Drive the ball down. Keep the ball low and fast with Saint Bernard players, forcing them out of the slow, mistake-free game that is their staple. Serve low, hard drive serves and hard "Z" serves. Be aggressive and keep driving the ball.

... Continued



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INSTRUCTIONAL

DEVELOPING AN ALL-AROUND GAME

In order to be able to play against various types of players, you must develop an all-around game (the ability to hit high, slow shots and fast, low shots), but one that is uniquely your own.

Always play your style of game; don't get suckered into playing someone else's. Doing so gives your opponent the advantage, who then feels comfortable with his or her game plan. Develop your own game plan, making certain to include versatility. That way you will feel more comfortable when strategy changes occur. Find strength in the fact that you have an all-around, not a one-dimensional, game.

SUMMARY

1. Analyze and opponent's style of play, looking for tendencies, strengths, and weaknesses.
2. Develop a game style of your own, designed to counter opponents' strong points and take advantage of their weaknesses.

3. Play different types of players. This will help you develop a versatile game, enabling you to adjust to any type of opponent strategy and counter it effectively with your own.

THE FOREHAND

There is nothing mystical or magical about learning to play good, solid, consistent racquetball. The game is built around basic fundamentals; all of the wonderful, exciting shots people see and envy are either a forehand or a backhand placed at a specific area on the walls. Instead of trying to develop a myriad of fancy shots, it is more important to spend most of your practice time developing smooth, sound strokes and using them as a foundation to reach a consistent level of play.

The easiest way to understand the forehand shot is to break it down into specific segments, analyze each segment, and put them all together for a terrific end result: a solid forehand.

THE FOREHAND GRIP

Do not overlook this very important aspect of play. A proper grip is the first step in developing a consistent stroke.

In order to learn the proper forehand grip, one should imagine shaking hands with the racquet with the strings facing the walls, not the floor or ceiling. Place the V of your hand (where the thumb and index finger meet) on the top ridge of the handle. The middle and ring fingers should make contact lightly with the fleshy part of the lower thumb. This grip enables you to maintain a vertical hitting surface at the point of contact with the ball.

One way to check for correct grip is to swing the racquet back into the palm of your other hand. If the grip is correct, only the strings will strike the palm of the hand. If, however, the grip has strayed to one side or the other, part of the frame will make contact with the hand (a very painful mistake!).

A common question is whether to hold the racquet high on the handle or down near the butt. The best answer is to hold the racquet wherever is feels most comfortable, keeping in mind the following guidelines:

1. Holding the racquet high on the handle will impede your wrist snap. This will be evident if the handle butt hits your wrist during the swing.
2. Holding the racquet near the end, so your little finger is off of the handle, will cause loss of control.

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3. The style of your game should determine where to grip the handle; For more control, grip higher on the handle; for more power and wrist snap, grip the handle closer to the butt. This will provide more "whip" to your shots.

It is important to grip the racquet with fingers relaxed and slightly spread. Avoid taking a hammer grip or choke hold on the handle - racquetball is supposed to be fun, not preparation for hand-to-hand combat. Clamping down too hard will tense and tire arm muscles, causing shots to stray off of the strings in various unplanned directions.

THE RACQUET-READY POSITION

It is important to keep the racquet above waist level, positioned at the center of the body ready to move in any direction. With the racquet in this ready position, the transition to the backswing for both the forehand and the backhand will be quicker and more efficient.

Holding the racquet below waist level at one's side (a common error) is less efficient, because it slows down reaction time by increasing how long it takes to get into the backswing position, which means less power and accuracy.

THE FOREHAND BACKSWING

Having played baseball or softball can be a big help in learning the forehand. The motion used in swinging a bat is basically the same as that of swinging a racquetball racquet.

Let's compare the two swings: When at bat, do you stand with the front of your body facing the pitcher? No! You stand sideways, with one shoulder facing the pitcher in order to be able to step into the ball, pivot your hips, and swing the bat through to the other side of your body, hitting the ball in the process. Racquetball utilizes the same principle: When a ball is hit to your forehand side, pivot your feet and turn to face that same-side wall. Keeping your knees slightly bent will make it easier to pivot and to get into good hitting position.

The second comparison is in preparing to swing a bat. Do you hold the bat down at your waist or resting on your shoulder? The bat should be held high and away from your body so no time is wasted beginning the swing. A racquetball swing is similar in that the racquet is raised to the pose one would use if trying to show-off the biceps muscle (your upper arm bone parallel to the floor), pointing the top edge of the racquet toward the ceiling. This position enables you to take a full swing and hit the ball with adequate power. Shortening the backswing will cause you to push the ball to the wall. It is this pushing motion that is the cause of many shoulder and elbow injuries. A full and properly executed backswing is important to both your game and your health.

... Continued

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INSTRUCTIONAL

THE SWING

Let's continue with our baseball/racquetball analogy. When swinging a bat, do you hit down on the ball or try to be like Bo Jackson and swing up for a home run? Consistency

comes from swinging as levelly as possible and trying to hit a line drive every time. This requires swinging the bat away and to the side of the body, with the hands and arms fully extended.

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The racquetball swing begins with a forward motion of the arm holding the racquet. As you begin this forward movement, bend your wrist back, lowering the racquet from its backswing position, so that the top end of the racquet is pointing toward the back wall and the butt of the handle is facing the front wall. As soon as these two points of reference are met, snap your wrist and bring the racquet strings through the ball. Your arm should be fully extended away from your body at the very moment contact with the ball is made just like when hitting a line drive in baseball.

POINT OF CONTACT

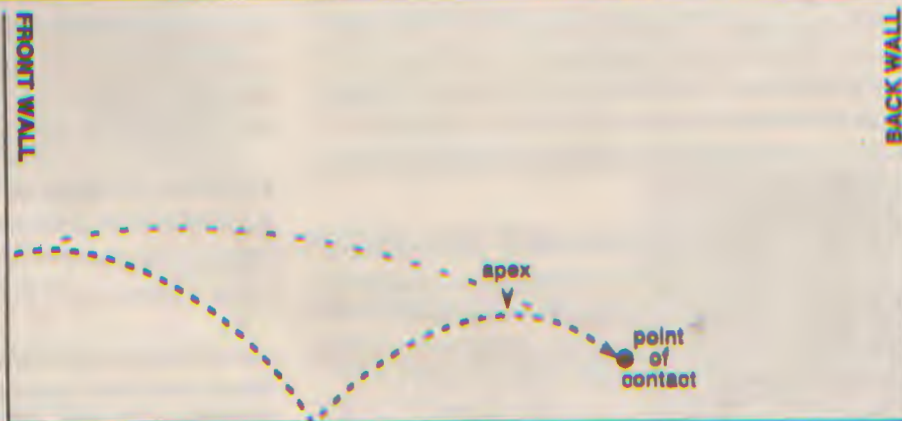
Think of an imaginary line extending from the top of the head, down the middle of the face, and continuing down the middle of the body. This imaginary line divides the body into two equal halves. Regarding the position of the ball in relation to this line, the point of contact should be in front of this line. The space between the middle of the body and front foot is the contact area. Making contact with the ball in front of this midline allows the forward momentum of the body and arm to swing smoothly into the ball. This will result in more power and consistency than when the contact point is in the area behind the midline.

The height at which contact should be made depends on the type of shot selected, but the general area is between the calf and the middle of the thigh. The ball should be hit after it has reached its highest point and is on its way down. A natural instinct is to be impatient and rush forward to hit the ball, instead of waiting to let it drop into the desired contact zone.

FOLLOW THROUGH

After contact, it is imperative to complete the swing. A very common error occurs when players stop the swing and

Point of contact:
Ball is hit on downward
flight after reaching
highest point (apex)



don't follow through. This can result in three problems: injuries, inconsistent shots, and loss of power.

The injuries that result from this practice are "tennis elbow" and tendinitis of the shoulder joint. A tremendous amount of force and racquet speed are created by taking a full backswing and stepping into the point of contact. To abruptly stop all that forward momentum places a great amount of stress on the elbow and shoulder joints.

Inconsistent shots result when one doesn't realize that follow through is the main factor in determining the direction or path the ball travels. Also, the lack of a smooth follow through leads to loss of power - shots made without adequate velocity stray to undesirable spots on the walls.

The follow through should allow the racquet to swing unimpeded until it comes to rest somewhere in the area behind the non-hitting shoulder.

NON-HITTING ARM

One of the most difficult problems of the forehand swing is dealing with hitting across your body. There is an arm and a leg in front of your body that can get in the way of the shot.

One solution is to keep the non-hitting arm down by your side, allowing forward momentum to swing it away from the shot. Avoid tucking it into your body, as this will inhibit a smooth follow through. Also, do not hold or touch the racquet with the free hand - using the non-hitting hand to hold the racquet will restrict the backswing, cutting down on the available power.

USING THE LOWER BODY

The legs and hips also combine with the arm and wrist to add power to the shot. Shifting weight from the back to the front foot supplies that extra power.

Assume a stance sideways to the ball, knees slightly bent, with the back foot (the foot closest to the back wall) solidly planted. From this position, stride diagonally toward the ball and in the direction of the swing. This striding motion will allow use of the entire body, while helping to maintain good balance.

Stepping directly toward the side wall, instead of diagonally, makes it difficult to get weight and momentum into the swing, forcing the player to use only the arm to propel the ball. Stepping directly toward the front wall causes a loss of balance after the swing by forcing the body's weight backwards, taking momentum in a direction away from the rally instead of toward a good court position.

As the front leg strides toward the point of contact, the back knee should begin to bend and the back leg should be kept in contact with the floor, providing a solid base from which to pivot. The toe should remain in contact with the floor. Bending the back knee enables the player to lower the center of gravity, so the racquet can swing through the ball and parallel to the floor.

As the weight shifts from the back foot to the front, the hips also pivot to deliver more power. At this point, concentrate on driving your right buttock into each shot. If you are left-handed, use the left buttock.

INSTRUCTIONAL

Even though the point of contact is below the waist, do not lower your upper body by bending at the waist; always bend at the knees. This will keep your upper body erect and your weight over your base, permitting the level swing. Bending at the waist will cause the racquet face to drop from the desired parallel position, making you hit downward, skipping the ball into the floor.

This is an appropriate place to further explain the height of the point of contact. If you have enough time to properly set up for a shot, the ideal contact point is somewhere in the area between the calf and the knee, provided that the upper body has been lowered by the player bending at the knees.

When attempting to hit a kill shot, opt for making contact with the ball at calf level; for a pass shot, knee-high contact should be adequate.

EYE FOCUS

Performing all of the steps of the swing perfectly loses its value unless your eyes remain focused on the ball until after the moment of contact.

Often a player will miss an easy set up because, at the last moment before contact, he or she lifts the head to see where to hit the ball instead of focusing only on the ball. A good catch-phrase to help remember this is "Keep your eyes on the ball, instead of the wall."

For more forehand advice, troubleshooting tips and a list of common forehand errors and solutions, refer to Chapter Three of "Racquetball Today" by Lynn Adams and Erwin Goldbloom.

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PARI TIP: TRIPLE VISION

By Karin Sobotta

*PARI Teaching Professional
Head Sports Pro Staff
Erie, Pennsylvania*



In most sports, keeping your eye on the ball while it's in play is a vital factor -- and racquetball is no exception. However, the key to successful racquetball is learning to develop "Triple Vision." Triple vision is the ability to see and react to the ball, your opponent and the court.

Over the years, racquetball has become a faster and faster game and watching the ball is more difficult, but critical. To develop "triple vision" you first need to track the ball to determine its speed, spin and bounce. Secondly, by watching your opponent's racquet you can predict what kind of shot to expect and can better prepare for your return. Finally, seeing the court will give you a better idea of where to hit your next shot or will give you a pretty good idea where your opponent's shot is going.

The overall goal is concentration. With it, your shots will become sharper, your movement will have purpose and your confidence will increase. Those who come to realize the value of "Triple Vision" will become the better players.

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WHAT'S THE CALL?

By *Otto Dietrich*
AARA National Rules
Commissioner



Question: Are there any rules governing the amount of "warm-up" time a player gets before a match? On occasions my opponents take as much as fifteen minutes and referees tend to allow it. Should I say something when this happens? *James Podraza, Oak Forest IL.*

Answer: While there is no rule that specifies the amount of "warm-up" time a player gets, there is a rule that might be applied in certain instances. Rule 3.5(d)2 provides for a 10-minute forfeit time which, technically, starts from the time the match is called to the court or the scheduled match time (whichever is later.) A player who arrives late to play a match shouldn't expect to have time for a full warm-up. If a player isn't ready to play when the forfeit time is reached, then his opponent could be declared the winner by forfeit. I'd suggest that you try to prevent the problem by asking the referee as soon as you see him when he plans to start the match. Gauge your "warm-up" time accordingly and ask that the match be started at the time the referee designates.

Question: If, on a lob serve, I bounce the ball, but did not like where it ended up, can I catch it if I made no motion towards hitting the ball? *Lon Bergstrom, Tumwater, WA.*

Answer: Yes! But once you begin moving the racquet toward the ball, you cannot stop your swing because it would be considered a balk. See Rule 4.11(e). There is one other consideration—the 10-second rule. If the serve isn't started by the time the 10-second period ends, then the serve will be lost anyway. So if you do catch the ball, you better prepare to bounce it again right away.

Question: My opponent hits the ball immediately after his service bounce (as a half volley). I thought the rule was that you have to wait for the ball to begin its descent from the bounce before striking it for the serve. Is my point valid? *Phillip R. Girandola, Plainsboro, NJ.*

Answer: No! The server may strike the ball anytime after the bounce and before the second bounce. The "short hop" serve that you described is used quite successfully by several skilled players—notably long-time national outdoor champion Martha McDonald.

RACQUETBALL ACHES AND PAINS: DRUG TESTING IN RACQUETBALL

By *Rhett Rainey*
U.S. Team Physician



As our quest for Olympic racquetball continues, we also adopt policies required by other participating national governing bodies that are already in the Olympics. One of these concerns drug testing and its direct effect on all athletes in our sport.

I thought it would be informative to discuss some of the aspects of drug testing and its impact on competitive athletes pursuing national and international competition. At our last Racquetball World Championships in Caracas, Venezuela, I was voted to head a committee regarding drug testing and regulation within our sport. We are in the process of determining how this will relate to the International Olympic Committee.

Doping is currently defined as the administration of or use by a competing athlete of any substance foreign to the body or any physiological substance taken in abnormal quantity with the sole intention of increasing his or her performance in competition. Also regarded as doping is when medically necessary agents given to treat certain conditions enhance the athlete's performance.

If a positive drug test is encountered, sanctions are based on the type of drug abused. International Olympic Committee sanctions for anabolic steroids, amphetamines, diuretics, beta blockers, narcotics and designer drugs are:

- 2 years for the first offense
- life ban for the second offense.

INSTRUCTIONAL

Ephedrine, codeine, caffeine, etc. (when administered orally as a cough suppressant or pain killer) carries:

- maximum of 3 months for the first offense
- 2 years for the second offense
- life ban for the third offense

The following classes of substances are banned by the USOC and IOC:

1. Stimulants
2. Narcotics
3. Anabolic Steroids
4. Beta Blockers
5. Diuretics
6. Peptide Hormones and Analogues

Blood doping is banned as well as certain restrictions applied to alcohol, marijuana, local anesthetics, and corticosteroids.

1. **Stimulants** are drugs which increase alertness, reduce fatigue and may increase competitiveness and hostility. They are banned because they can produce both psychological and physical stimulus to athletic performance.

The possible harmful effects include aggressiveness, anxiety, increased heart rate and blood pressure, and dehydration. Complications from these side effects include stroke, irregular heartbeat, cardiac arrest, psychological problems, and even death.

Many stimulants are contained in over the counter medications, and are often present in cold and hay fever preparations. Because these medications are easily available and commonly used, athletes must be very careful not to take banned substances inadvertently. For example, some banned substances are contained in Actifed, Chlortrimeton, Co-Tylenol, Dristan, Allerest and Alkaseltzer Plus.

2. **Narcotic Analgesics** are essentially pain killers. They produce a sensation of euphoria, a false feeling of invincibility and illusions of athletic prowess beyond the athlete's ability. They may also increase the pain threshold so that the athlete may fail to recognize injury, thus leading to more serious injury.

3. **Anabolic Steroids** are derivatives of the male hormone, testosterone. It regulates, promotes, and maintains physical and sexual development in normal males. Anabolic steroids increase protein synthesis which may create an increase in lean muscle mass. Some athletes perceive an increase in strength, endurance and athletic performance.

Use of anabolic steroids interferes in normal hormone function and produces detrimental side effects including liver disease, premature heart disease, acne, increased aggressiveness, impotence, kidney dysfunction, testicular atrophy, breast enlargement, baldness and prostatitis.

4. **Beta Blockers** are drugs commonly used for heart disease to lower blood pressure and decrease the heart rate. These drugs have been used in sports such as shooting to steady the nerves and the trigger finger. In sports where endurance is important, beta blockers would be detrimental, therefore only certain sports are tested for these substances.

5. **Diuretics** are drugs that are used to help eliminate fluids from the tissues. They are sometimes misused to reduce weight quickly and to reduce the concentration of drugs in the urine by producing a more rapid excretion of urine to attempt to minimize detection of drug misuse.

6. **Peptide Hormones** interact to stimulate growth, influence sex drive, behaviors and natural analgesia. An example of a peptide hormone is human chorionic gonadotrophin. Administration of this substance increases the production rate of endogenous androgenic steroids and is considered equivalent to administration of testosterone. This can cause muscle growth, diabetes, heart disease, thyroid disease and menstrual disorder.

But, there are still some medications that can be used. Some examples are aspirin, Tylenol, anti-inflammatory medications, muscle relaxants, benadryl, antibiotics and non-narcotic cough medicines. The decision to risk any use of drugs is a decision to risk your health, your future, your reputation and the reputations of your teammates. It also jeopardizes public support of the entire U.S. Olympic movement. Do not take any medications that have not been approved by the USOC Medical Staff. A drug hotline has been established for any questions concerning legal and banned substances, and it can be accessed toll free at 1-800/233-0393.

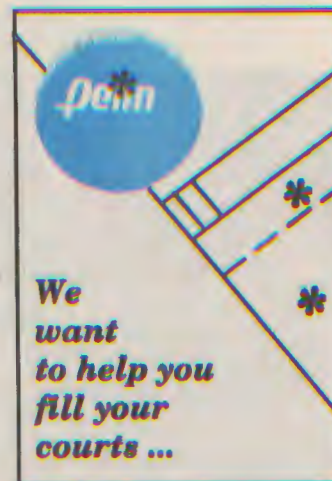
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Heather Dunn, Ekova Ioenogle, Rusti Ioenogle

THE * CLUB RACQUET

The AARA Club Recreational Program News



CLUB PROFILE: WESTBAY ATHLETIC CLUB

The Westbay Athletic Club in Bradenton, Florida is a 20,000 square foot facility with five racquetball courts, 1600 square feet of aerobic space, 1000 square feet for Magnum II weight machines and 2000 square feet of free weight space. A 300 square foot pro shop and 1000 square foot lounge rounds out the club, which is owned and operated by Gerald Bowes.

Bowes serves as the Manager, Program Director and Racquetball Pro and reports that even without racquetball leagues, about 45 players are active in an ongoing round robin. In addition, the club works with local schools to promote junior participation.

Explained Bowes, "Westbay is currently in its second year of a contract with our local school district. Monday through Friday each week, two courts are set aside from 11:00 am to 2:00 pm for the school districts to use. They send kids from six elementary and middle schools for a racquetball lesson and play period. Each school comes once a week. The schools provide a racquetball instructor and a teacher to instruct and monitor children who are described as 'exceptional.' These children have special behavioral problems who are rewarded for taking part in this program. The club simply charges the school district per hour for the court use."

Program note: The school program developed in Bradenton, Florida has been going strong for years and has produced not only income for the club and a great program for kids, but has also been responsible for the success of a number of national junior champions. These types of programs are the ones that develop future club members who pay the bills.

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