Racquetball
Official Publication of the American Amateur Racquetball Association
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COVER: Photograph by Larry Kuzniewski

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Publisher
J. Robert Towery
Editor
Nancy K. Crowell
Art Director
Bett Watkins

Editorial Contributors
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NEW DIRECTIONS

Dear Members,

As we near the climax of this year's tournament season, the National Amateur Singles Championships, you should be aware of the events preceding this occasion.

First, there are State Championships, which are being held primarily during the first two weeks of March. (Check the calendar in this issue for dates and places; or call your state director.) Much planning and energy have gone into these events, and they deserve your support.

Second, there are the Junior Regionals, being held in nine states March 6-8, and sponsored by Penn Athletic Products Co.

Then on to the Intercollegiate National Championships. This year they will be held in Memphis, Tennessee at The Racquet Club, April 10-12. The Intercollegiate Championships have become a prestigious competition and it is only fitting that this year they are being held at the same site as the National Indoor Open Tennis Championships, another prestigious competition.

April 13-16 the Juniors will conclude their season with the National Junior Championships. This year's tournament will be held at Supreme Court West in Wichita, Kansas under the able direction of Dewane Grimes. This tournament is being sponsored by Penn Athletic Products Co., for the first time.

The following weekend, April 23-26, the AARA adult Regionals will be held at 16 sites throughout the USA and Europe. They are sponsored this year by AMF Voit.

Finally, our racquetball season peaks with the AARA National Singles Championships, held Memorial Day Weekend, May 21-25. This year's tournament will be held at The Court House (see page 10) in Boise, Idaho, under the supervision of Bob Petersen. The Court House has been recognized as a premier tournament facility in the USA, and boasts a reputation for hospitality, facility friendliness, and all around organization. This promises to lend the prestige and excitement to our National Amateur Singles which our sport, and players, so rightly deserve.

We welcome Voit as the sponsor of the Regionals and Nationals this year. This will be Voit's first involvement with Regional and National Championships, and we thank them for their continued support of the amateur player.

As a footnote to the Nationals, the top three players in the Men's and Women's 'Open' divisions will qualify to represent the USA on 'Team America,' at the World Championships of World Games I. (See Racquetball, December 1980 for details.) The World Games will be held July 25-August 2 in Santa Clara, Calif.

I urge you to support these tournaments. Check this issue for entry blanks for the Junior Nationals (p.19), The National Intercollegiate Championships (p.36), and the adult Regionals (p.34). All these events are directed and administered by volunteers like yourselves. They are devoted to you and the sport of racquetball. Support them! Participate!

Regards,

Luke St. Onge
Executive Director
Thank you for naming us the winners of the Men’s “B” in the National Doubles Championships (Racquetball, December 1980). However, I think the team of Marty London and Greg Kidder would take exception to it, since they defeated Steve Ruedlinger and myself in the finals. The Connecticut team won 20-21, 21-2, 15-8 and deserve the recognition.

Charlie Ennis
Warren, Michigan

Oops! Thank you for being so honest, and for pointing out the error. — Ed.

I enjoyed the article in the November Racquetball by Jill Magoo ("See How They’re Strung"). Stringing a racquet by the blind is hard to believe. I also restring racquets and would like to be put in contact with the U.S. Racquet Stringers Association. Thank you for your assistance in this matter.

Bob Johnson
Mason City, Iowa

We hope you also enjoyed Ms. Magoo’s follow-up article on stringing in the January issue. In case you missed it, the address for the USRSA is P.O. Box 10, Del Mar, California 92014; or call 714-452-8602. — Ed.

Racquetball welcomes correspondence from its readers. All letters must be signed, and are subject to editing for clarity and length.

CORRECTION:

The National Juniors tournament is scheduled to be held April 13-16, not April 16-19 as reported on last month’s calendar. For application, see page 19.

ATTENTION PHOTOGRAPHERS: Racquetball magazine is seeking freelance photographers to cover AARA sanctioned tournaments throughout the country. If you are interested in representing your area, please send samples of black and white sports photos (preferably racquetball) to: P.O. Box 16566, Memphis, Tn. 38116, ATTN. BETT WATKINS. Photos will not be returned unless self-addressed, stamped envelope is enclosed.
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THE NATIONALS ARE COMING...
TO THE COURT HOUSE IN BOISE, IDAHO

Now is the time to start planning to attend this year’s National Amateur Singles Championships, to be held Memorial Day Weekend, May 21-25, at The Court House.

The Court House is recognized as one of the premier tournament facilities in the USA. The club has 27 courts. Amenities include saunas, steam rooms, and whirlpools for both men and women. There is, of course, a pro shop, a Nautilus center, an aerobic dance center, a nursery area, and a lounge where wine and beer are sold. There is also a major hospitality room where all hospitality is served. And, probably one of the biggest attractions at this fine facility, is the glass-walled TV court, where 500 people can clearly view the action.

The Court House is located in the center of town, and therefore is only about five minutes from the airport. Boise, Idaho is at the foothills of the Rockies, and has an average temperature of between 68 and 75 degrees. It is a community of about 150,000 people, who are amenable to the idea of major racquetball tournaments. In fact, according to club owner Bob Petersen, tournaments usually draw a large local crowd of non-players who come just to view the action.

Watch this page in the coming months for more information about the AARA National Singles Championships. But don't wait, start honing your game today, so that you won't be left out of the excitement.
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Adams' Apple

Lynn Adams, the world's number three ranked women's pro racquetball player, has signed a two-year contract with Ektelon, according to Harm Williams, company general manager.

Adams was the Women's Professional Racquetball Association's (WPRA) rookie of the year last season. A native of Hollywood, the 23-year-old racquetballer is recognized as the heir apparent to the top pro spot now held by Shannon Wright and Heather McKay.

"I'm thrilled, really excited," said Adams, who was unsponsored. "I've been on my own the last 18 months. It's a neat feeling to have someone support you—to put their name behind you. I just hope I meet their and my own expectations."

Norm Peck, Ektelon's new Player Manager, conducted the negotiations. "We are delighted to have signed a player with Lynn's ability and personality," he said. "She will make a welcome addition to our Advisory Staff."

"We feel Lynn has the potential to be the number one women's player in the game. And as the WPRA continues to grow, Lynn will assure Ektelon's participation at the highest levels of the game."

Adams was an all-around athlete in high school, specializing in track. Last January she captured the WPRA Columbus, Ohio, pro stop, defeating Sarah Green in the finals.

"A lot of thought and effort went into signing a player of Lynn's caliber," said Ektelon's Williams. "To us, she represents what's good in women's sports: honesty, hard work, and integri-

ty. We're looking forward to a long and prosperous relationship."

Terms of the contract were not disclosed, but Peck did say compensation, expenses and bonus provisions were part of the package.

Ektelon is a leading manufacturer of racquetball equipment and accessories. Some of its top pro players include number one ranked Mike Yellen, Dave Peck and Jennifer Harding.

No Parlor Needed

Would you believe an automatic massager? Medco company now manufactures an automatic massager which uses air compression. According to information provided by the manufacturer, "the user simply dons a wrap-around double-walled boot over leg or thigh (or both), connects boot to air-power unit and sets the desired adjustable air pressure and self-timer." The Medco Massager, as the unit is called, then sends air around the boot, which creates a "squeezing" sensation to stimulate circulation.

If you'd like more information about this automatic massager, contact Mr. S. Sato, Medco USA, Inc., 111 Charlotte Place, Englewood Cliffs, N.J., 07632; or call 201-568-6551.

Hang Five?

Hang Ten Company is now riding the waves of racquetball's popularity. Their new Hang Ten Racquetball division has gotten into the game full swing, and now manufactures all sorts of racquetball gear—including racquets. The Graphite 35 is one of their latest products. The racquet, which has a quadrangular head shape, purportedly has a larger than average sweetspot. In addition, the racquet weighs 248 grams, is 18½ inches long and has a "non-slip leather grip," according to the manufacturers. Furthermore, the racquet is described as having a "laced through bumper" frame, for maximum balance and durability. The Graphite 35 comes with a two-year warranty and a grip size 3 15/16.

For more information contact Hang Ten Racquetball, 3303 Harbor Blvd. Suite B-12, Costa Mesa, Calif., 92626; or call 714-979-0920.

Terstep Diplomacy

Terstep Recreation has constructed the first racquetball court in Japan for the general public, which opened in November. (See page 15.)

Terstep's Challenger racquetball court received national publicity during the grand opening ceremonies at Do Sports Plaza in Tokyo. The event attracted television coverage for the largest recreational facility in Japan. The company plans to continue to work with Do Sports Plaza and the Japan Amateur Racquetball Association to promote racquetball in Japan.

In fact, Terstep is in the process of setting the stage for providing the Japanese market for all the components necessary to build a racquetball court, including wall and ceiling system, flooring system, glass viewing walls, and lighting system. They are in the process of developing marketing and distribution contacts throughout Japan, looking forward to national acceptance of the sport.

For more information, contact Terstep Recreation Company, Inc., 9292 East 131st Street, Noblesville, Ind., 46060; or call Phil Trotter, Jr., president, at 317-849-3543.
Ace got his first taste of the bouncing ball. And that was a bitter experience.

While assigned to the 9th Avionics Maintenance Squadron at Beale AFB, Calif., Ace was thrown into the base-wide racquetball tournament by his first sergeant. "I was put in the racquetball tournament to accumulate racquetball points for the Commander's Trophy," explained Ace. "But my first game ever was against the base champion, and he made me feel like a fool."

Despite this lesson in humility, Ace promised to be back the next year to face the champion again. "My only interest with racquetball at the time was to get back at the base champion," says a smiling Ace. And the champ wished he didn't. Ace started playing about three times a week, and got his revenge the following year to win his first of many base titles. After his first title, Ace just kept on playing as he got more interested in the competition and the game rather than in the revenge.

"I just started to enjoy the game more as I kept up with my practice," recalls Ace. He took his second base title at Beale before he was assigned to Ellsworth AFB, S.D. His winning ways kept rolling with two more base titles.

What already was a proud racquetball career took another upward swing in 1976 when he was transferred to Alconbury, England. The hot, humid weather didn't slow Ace down one step as he rattled off three base championships, two military tournaments in 1976-77, and the Guam Racquetball Tournament.

His crowning glory, however, came when he took the Pacific Air Forces (PACAF) Racquetball Tournament's "Open" and "Senior" divisions. Not satisfied with the singles crown, he also teamed up for the doubles championship. Ace comments, "The PACAF Tournament was my most satisfying win. First off, it is a hard tournament to win, and it took a lot of endurance to win the singles and doubles. After that, I said to myself, I'll never do it again."

He arrived at Alconbury in 1976 where he extended his expertise to include coaching the Alconbury Spartans racquetball team. In his first two years of coaching, the team has taken two United Kingdom military titles and sent many players to the United States Air Forces in Europe (USAFE) racquetball tournament. Ace's own record is as impressive as ever with two consecutive U.K. and USAFE titles under his belt. Ace downplays his personal success by commenting that not much coaching is needed with the Alconbury team: he just gives a few pointers.

Furthermore, 1980 was fruitful for Ace Untalan, as he won the National and European Racquetball Association tournaments. He attributes his prolific career to his ability to play a "smart" game. "I don't have the power of some players," he says, "especially since I'm getting old. I try to tire down my opponents and then move in for the kill."

The future of racquetball is bright, according to Ace. "I think racquetball is probably equal to tennis at this stage, and will become more popular because you can play all year round." His advice for new racquetball players is more academic than practice. "New players should learn the rules and techniques before they even start playing the game. This way a player will not pick up any bad habits or techniques. You can also enjoy the game more."

Ace still practices three times a week and keeps in shape with his other sport activities such as squash, tennis, softball and volleyball. And unluckily for his opponents, Ace has no intention of giving up racquetball until "I can no longer hold a racquet."

BY SSgt. MICHAEL L. GRINNELL

February '81 Racquetball 13
Half the game is the playing surface
Terstep delivers the best you can buy.

Top game play demands top equipment, and a big part of that equipment is the playing surface. Terstep Recreation has the wall, ceiling and floor surfaces that deliver the quality game players expect today, and the life you’ll expect in the future.

The Walls. Terstep brings you the Challenger Court System. The maintenance-free panel system that installs faster in any situation, lasts longer and offers the greatest flexibility. Challenger panels give you a permanent color, high pressure laminate, textured, impact-resistant playing surface bonded to both sides of a high-density core. That means years of trouble-free service, and live-ball action second to none.

The Floor. Terstep offers the JUNCKERS hardwood sports floor from Denmark. Solid beech hardwood that can be installed quickly by anyone. JUNCKERS flooring comes factory-finished and offers consistent color, excellent resilience and uniform ball bounce. And, unlike many sports floors, it can be refinished at any time, time and time again. You can actually lay it and play on it the same day!

When you’re ready to build or remodel, buy the best. Challenger Court Systems and JUNCKERS Sports Floors from Terstep Recreation.

Half the game is the playing surface. Terstep delivers the best you can buy.

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JAPAN WELCOMES
RACQUETBALL

THE YEAR OF THE ROOSTER
LOOKS AUSPICIOUS

This report on the current status of racquetball in Japan was submitted by Mill Radmiloovich, of the International Amateur Racquetball Federation. It is evident from the enthusiasm with which Radmiloovich relates his information that the future of Japanese racquetball is in good hands.

(Tokyo, Japan) Rest assured, good friends, rest assured. The future of our beloved sport of racquetball has been firmly placed in the hands of the right people in Japan, and the future looks very, very bright at the outset of this New Year.

Had it not been for certain events and certain fine people, it may not have happened that way, but that part of the story will come later (much later, when needed).

The important thing for all sportsmen to note today, as we enter the Asian Year of the Rooster, is that the first public court designed specifically for racquetball was officially opened in Tokyo on November 22. Not only was the court constructed with proper planning, but it was opened with the proper ceremony and dignity befitting our sport's rising international stature.

Two powerful groups are behind these activities. One is a formidable looking and modern seven million dollar athletic club, the Do Sports Plaza, and the other is the superbly organized Japan Amateur Racquetball Association, the national governing body for the sport in Japan. Separate and distinct, both groups are dynamic and both groups are working diligently to support racquetball's own royalty, the amateur player.

Again, it may not have happened that way but for some skillful and dedicated actions on the part of some very sincere and inspired people; but that's not the real story here. What is important is that the directions — the right directions — for racquetball have been set and the people about whom this story is written will make sure it stays on track for the foreseeable future.

Would you believe, for example, one of the classiest rule books printed in any language yet? And would you believe a Constitution and By-Laws completely dedicated to the purposes of sportsmanship, health, progress, and fair play? If not, sample the photo inserts accompanying this story. And all in the Japanese language! The Constitution and By-Laws went through over 10 rewrites over a six-month period, and the rules were faithfully translated without error from the AARA rulebook. That takes a little effort!

PLANNING MAKES THE DIFFERENCE

Nearly two years of planning went into what finally materialized in November in Tokyo. (For the early beginnings, see the January 1980 issue of Racquetball magazine). There is, of course, no such thing as a perfect plan. But when the right people get together at the right time to do that planning, you can at least achieve near perfection. And that's what's happened in Tokyo so far.

Opening day went off like clockwork — like the opening of a smash Broadway musical, like a coming out party for

By Milton L. Radmiloovich
debutantes. But leading into the events of November 22 was a critical meeting on November 15.

At that time, what had taken place for nearly two years in a semi-formal way in conference rooms, athletic clubs, gymnasium, and restaurants was formalized as the new, expanded Board of Directors of the Japan Amateur Racquetball Association (JARA) met to place their stamps of approval on what had taken place to date and what was to take place in the future.

The Japanese language Constitution and By-Laws were formally approved; likewise the Japanese language rulebook. Plans for the first Japan Championship were drawn up and the official JARA logo received unanimous approval.

Certainly, the court had already been constructed and was now receiving only the finishing touches. But this meeting was critical, because one week from then the entire nation of Japan was to hear about this new fledgling group called JARA and the carefully drawn plans of Do Sports Plaza to help popularize the game and bring it to millions. When you talk to 120,000,000 people, you’d better have your ducks in order.

Yes, you read correctly. A Japan Championship, and the first court had not yet been opened. And the competition was scheduled for December, the following month! That takes a little courage, to say the least. But believe it or not, it was one of the finest championships conducted anywhere. Even the planners couldn’t believe how successful the tournament was.

But everything pointed to November 22 — a day that will go down in racquetball history books as one of the game’s brightest spots. A day in which all good people can take pride because it was a day made possible by the work of good people.

IT LOOKS A LITTLE LIKE A JAPANESE DIET (PARLIAMENT) SESSION...

The biggest event of Saturday, November 22, could have been a disaster, had it not been planned to the minutest detail. This was the day when the first formal press conference was conducted before an assemblage of over 40 media people and company executives. The media people represented some of Japan’s most authoritative newspapers, magazines, and radio and television stations. What they were to hear were details about a game they’d never heard of, about an amateur association they’d never imagined existed, the opening of the first court, the plans for an eight-court club facility, and the first Japan Championships.

You can imagine how some of them must have felt as they heard this strange story unraveling and as they handled the racquetball racquet provided them by the press conference’s organizers. A gift, together with other orientation materials, including the rulebook, the Constitution and By-Laws, and a special pamphlet tracing the history of the game and providing impressive statistical data on the sport’s development over the past 11 years. The gift was Japan’s first fiberglass racquet with the unusual name of Purelex. How strange it must have felt to many at first. But within the next two to three hours many of them would gain a familiarity and a fascination over this new implement, as each was given the opportunity to hit balls on the new court. They did — and they liked it.

The press conference was a rather formalized affair. It had to be, because this was the time when JARA had to put its best foot forward and show it meant business. Dark business suits were the dress of the day for most in attendance.

BRIGHT AND POLISHED

The bright and polished executive director of JARA and manager of Do Sports Plaza, Takao Maruyama, took care of the presentations. He explained how JARA had come into being, why Do Sports had decided on constructing the first court, and plans for the eight-court facility. Maruyama had been hand-picked for this enormous undertaking. The honored guests listened intently to carefully planned and worded explanations, while Ittukaku Mori kept things moving and in order. Mori had spent three weeks in California earlier in the year preparing research data — data which paid off here on this special day.

Seated in the front of the room were such personages as Hitoshi Tamari, head of the Japan Health Sports Federation and many other groups involved in sports — a man who has so many accomplishments under his belt, one likens him to a decathlon champion. He was seated next to the IARF’s Milt Radmilovich. Both had been intimately involved from the start in this project and serve as advisors.

“If I didn’t know any better, I’d think this was a Japanese Diet (parliament) session,” jested Tamari.

“Today it might be just as important,” responded Radmilovich, covering up an inner chuckle with a dignified glance at the assembled reporters.

Tamari’s sense of humor is typical of the men who man JARA and Do Sports Plaza. It takes big men to do big work.

The visionary and suave president of JARA, Tametaka Morinaga could not be in attendance due to an overseas trip. But his fellow directors represented him well. They knew his thoughts well — after all, it was Morinaga himself who had conceived the idea of the Do Sports Plaza itself, as well as other brilliant and
took three hours in the paralyzing Tokyo traffic. Iwase is not only an athlete, but the executive director of the Health and Physical Education department of the Tokyo YMCA. He's a powerful leadership asset to JARA, having many years of sports organizational experience. He's even convinced the die-hard Tokyo handball community to start playing racquetball.

Maruyama's presentation was impressive and part one of a strenuous day was completed, with a potentially skeptical group now convinced that JARA and Do Sports deserve respect and should not be taken lightly.

Successful Enterprises

Others in attendance at this critical meeting were Michio Ishimoto, secretary-general of JARA and a key man in Do Sports and the Japan Body Building Association. He surprised the audience with plans for the first Japan Racquetball Championships in a game they never knew existed until the day he spoke.

Other powerhouse were there, too. Like Yoshio Kanazawa, a key director in the prestigious Japan Federation of Sports Associations, representing all sports associations in Japan. Kanazawa also has been instrumental in promoting American football in Japan. Movie star Isao Natsuki, who is also a director of JARA also attended, even though he had a broken leg from doing his own stunts during location shooting for a new movie. He's a racquetball player, too. And, of course, Shun Ohyama, who was until recently the number two ranked squash player in Japan and who has since converted entirely to racquetball, which he says is more to his liking now.

JARA is an unusual organization. Eighty percent of its Board of Directors are active racquetball players. But with them, the unusual has become the norm. Even the vice president of JARA, Yasuhiko Iwase played in the first Japan Championships. He could not attend the press conference but showed up later. Reason: A normal 30-minute taxi ride

Through The Looking Glass

The spot selected for the first court at Do Sports was the prime spot in its athletic gym — a gym outfitted with the finest equipment. One can see the court from a third floor vestibule, which overlooks the gym, through a large expanse of glass. And, of course, the Terstep panel court itself features a beautiful glass back wall. Alice herself would have pondered at the appeal of the new "looking glass" as large numbers of spectators started peering down at the court below.

The word "do" in Do Sports is the English word, "do." It means sports which are "done" as opposed to sports which one observes as a spectator. Sports for personal enjoyment, in other words, and sports which one does to make himself a better person overall. Racquetball and Do Sports are a harmonious and fortuitous blend.

As many watched from above, others gathered below to watch the ribbon cutting. It went flawlessly (of course) and so, too, did the striking of the first ball.

That honor was to be given to the YMCA director Iwase, but he was still tangle in that terrible Tokyo traffic. In his place Maruyama was selected again to take the place of honor, and Radmilovich was given the special distinction of receiving and returning that first ball. For the record keepers, the ribbon was cut at noon and the first ball was struck at approximately 12:07. The two racquets used were Trenway Dr. Bud autograph models and the first ball hit was a Penn Ultra-blue.

The first exhibition match was a thriller, too, pitting two young Air Force sportsmen from nearby Yokota Air Base, George Heagery and Vic Maita. Heagery eked out a 15-14 victory in a game which amply demonstrated the game's thrills and variety of shotmaking.
Visitors followed onto the court and within minutes were convinced that this was truly an exciting game.

Other exhibition matches were to follow during the day, plus video tape showings and more on-court presentations. Everything, including ball specifications and criteria were discussed. Young women and children also joined in the exhibitions, showing how racquetball uniquely does not discriminate amongst sexes or age groups. It's a game for everyone.

**Can I Play You Again Mr. Maruyama?**

There were many highlights to the day. Letters of congratulations and telegrams from executive director of the American Amateur Racquetball Association (AARA), Luke St. Onge, president of the AARA Board of Directors, Keith Calkins, and racquetball great, Dr. Bud Muehleisen. Fun on the court. Good food and good reactions. And events that ran continuously from 11:00 to 8:00 p.m.

But one of the real highlights came in an unscheduled moment, when two old rivals met once again. The two old rivals were Takao Maruyama, executive director of JARA, age 43, and Tom Radmilovich, first Asian Juniors Champion at Yokota Air Base, age 11. It was a highlight because of the meaning behind their meeting and eventual match. And it captures, perhaps, the true spirit of what's taken place in Japan with JARA, Do Sports Plaza and other supporters of this movement. It's a story which bears relating to you, dear readers, because it's true racquetball.

When Maruyama was first learning the game about one year ago, Tom was one of his first teachers. And Maruyama was a very willing and attentive pupil, despite the 32-year age gap. So, too, were his lovely wife, Haruko, and his fine children, Aiko and Yukiko. All are now dedicated racquetball enthusiasts.

As a result of this relationship, whenever they meet they continue their competition.

"Do we get to play again, Mr. Maruyama?" asked Tom.

"Sure, Tom, today is no different than any other day, we have to continue our rivalry," responded Maruyama with no hesitation.

No different than any other day. Despite the hectic pace of the day and moments when people, out of respect for one another meet, and enjoy their mutual endeavors to come out on top. Or merely to continue an old rivalry. Or maybe to play with an old teacher.

Perhaps someday, we'll all learn to speak across "age barriers" or "position barriers." Maybe that's why we're so dedicated to our sport of racquetball. It simplifies such relationships. The JARA and staff of Do Sports Plaza realize fully the meaning of such an existence. Maybe that's why they've started off on the right foot. It's probably the main reason they'll be successful.

---

Mr. Tametaka Morinaga, Vice President of Nisshin Sugar Manufacturing Co. Ltd., is President of the Japan Amateur Racquetball Association. On one of his soft-selling missions, he personally endorsed plans to construct the first racquetball court in Japan. Nisshin is the owner of Do Sports Plaza.

**Tameyoshi Morinaga**

**TAMEYOSHI MORINAGA IS PRESIDENT of Nisshin Sugar Manufacturing Co. Ltd., the owners of Do Sports Plaza. Nisshin operates Japan's largest sugar refinery. Morinaga personally endorsed plans to construct the first racquetball court in Japan. Nisshin is the owner of Do Sports Plaza.**

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No different than any other day. Despite the hectic pace of the day and
AARA JUNIOR NATIONALS

Sponsored by penn

April 13-16, 1981
Supreme Court West - Wichita, KS 316-945-8331

ENTRY FEE:
$20.00 - Single
$10.00 - Doubles
$10.00 - No Bounce
Make all checks payable to: AARA Junior Nationals

ENTRY DEADLINE:
Postmarked no later than April 8, 1981. ALL ENTRIES ARE FINAL and no applications will be accepted after this date. Mail all entries to:
Supreme Court West, c/o Dewane Grimes, 3725 West 13th St., Wichita, KS 67203

OFFICIAL TOURNAMENT BALL:
Penn Ultra-blue

DOUBLES PARTNERS MAY BE ACQUIRED FIRST DAY OF TOURNAMENT

AWARDS:
For first place in each division and first in consolation.

RULES:
Age as of January 1, 1981 (VALIDATION OF AGE MUST ACCOMPANY ENTRY)
AARA Official Rules will apply - Only amateurs may participate. A professional shall be defined as any player (male, female, or junior) who has accepted prize money regardless of the amount in any PRO SANCTIONED tournament. (NRC, PRA, WPRA, IPRO, NARP) or any other association so deemed by the AARA Board of Directors.

EYE PROTECTION IS NECESSARY TO PLAY IN ANY EVENT.

HOUSING INFORMATION: HOME HOSPITALITY AVAILABLE - contact: Dewane Grimes, 316-945-8331

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NON CHAMPIONSHIP EVENT
NO BOUNCE

8 and under

(Please Print)

NAME__________________AGE_________

ADDRESS__________________________STATE__ZIP

CITY__________________________STATE__ZIP

PARTNER'S NAME__________________

WAIVER: I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims I may have against the American Amateur Racquetball Association, Supreme Court West, or their representative agents for any and all injuries. VALIDATION OF AGE MUST ACCOMPANY THIS FORM.

DATE__________________________SIGNATURE________________

SIGNATURE OF PARENT OR GUARDIAN________

February '81 Racquetball
RACQUETBALL WEEK 1981

JANUARY 29-FEBRUARY 1
Have A Heart R/B Classis (3)
Sports World
2601 Ridgeway Road
Pine Bluff, AR 71603
James Bixler
501-879-4656

JANUARY 30-FEBRUARY 1
Billtown Open (3)
Williamsport YMCA
Williamsport, PA 17701
Jim Huffman
717-326-2481
Double Trouble (3)
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA 94533
John Reibin
707-429-4363

1st Annual Indiana County Racquetball Tournament (3)
Supreme Court
1703 Warren Rd.
Indiana, PA 15701
Ken Baron
412-349-8430
Granite Racquet Club Open (3)
Granite Racquet Club
Acton, MA
617-263-0390

JANUARY 31-FEBRUARY 2
South West Florida Winter Classic (3)
Racquet Club
1048 Castello Drive
Naples, FL 33940
Karen Hoff
813-262-1112
FEBRUARY 6-8
Women's '81 (3)
Boston Tennis Club
Boston, MA
Maureen Henrikson
617-754-6073

Illinois State Doubles (2)
Hyde Park Racquet Club
1301 E. 47th St.
Chicago, IL 60615
Ray Mitchell
312-745-9400
Huntsville City Championships (2)
Spragins Hall
University of Alabama
Huntsville, AL 35807
Gary Bell
205-895-6586
Northern California Juniors Racquetball Championships (2)
Sun Oaks Racquet Club
3452 Argyle
Redding, CA 96001
Lou Wallman/Dennis Bales
916-221-4405

Lite/Penn Series (3)
13th St. Racquet Club
1901 E. 13th St.
Cleveland, OH 44114
Frank Ondus
216-696-1365

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Cleveland, OH 44114
Frank Ondus
216-696-1365

FEBRUARY 13-15
Empire Racquet Club Open (3)
Empire Racquet Club
Chico, CA
Mike Romano
516-363-2882
Blue Point Tournament (3)
Blue Point Racquet Club
9A Montauk
Blue Point, NY 11715
Garrett Jones
631-491-8989

FEBRUARY 21-22
West Virginia State Juniors Championships (2)
Charleston YMCA
Davis Park
Charleston, W. VA 25301
Maurice Plessau
304-925-2733

FEBRUARY 26-MARCH 1
Closed Pennsylvania State Singles and Doubles Championships (2)
Monroeville Racquet Club
Monroeville, PA
Chuck Kohl
412-664-6793

Colorado State Championships (2)
Executive Park Athletic Club
2233 No. Academy Pl.
Colorado Springs, CO 80917

John Mooney
303-592-7775

Ektelon-Perrier (3)
Cambridge Racquet Club
215 1st St.
Cambridge, MA 02142
Nancy Kriss
316-945-8331

FEBRUARY 27-28
AABA STATE TOURNAMENTS
Missouri State Championships (2)
Spalding Racquetball Club
Bob Hardcastle
314-532-0484

New York State Championships (2)
21st Point Club
McKown Rd.
Albany, NY 12203
Si Settelman/Vince Wolanin
518-489-3276

Alaska State Championships (2)
Racquetball Fairbanks
2nd & Eagle Streets (Graehl)
Fairbanks, AK 99701
Marvin Andresen
907-456-1914

March of Dimes (3)
Downtown Racquet Club
New Haven, CT
Will Verhoeft
203-787-6501

7th Annual Tornado Alley
Racquetball Tournament (3)
Wichita Falls Racquetball Club and YMCA
902 Foley
Iowa Park, TX 76367
Ray Helm compartment
Wisconsin State Singles (2)
Supreme Courts
1301 Black Bridge Road
Janesville, WI 53545
608-756-3737
Will Mulvaney
MARCH 20-22
Illinois State Singles (2)
DuPage Racquet Club
Addison, IL
Ray Mitchell
312-745-9400

2nd Annual Heart Fund Winter Warm Up (3)
Jacksonville Racquet Club
6561 Crestline Dr.
Jacksonville, FL 32211
Ray Ashworth
904-724-6994

Capitol Courts/Ormsby House Open (3)
Capitol Courts
3759 Gross Circle
Carson City, Nevada 89701
Rich Brink - Mike Longero
702-882-9566

Eastern and Northwestern
Junior Regionals
See Page 29

MARCH 27-29
13th Annual Maine Open (3)
Holiday Health & Racquetball
801 Main Rd.
Bangor, Maine 04401
Keith Mahaney

West Chester Open (4)
Pelham Racquet Club
6 Pelham Parkway
Pelham Manor, New York 10803
Bob Anderson/Judy Villanueva
914-738-1800

Big "10" Championships (3)
Burnsville Racquet Club
14600 Burnhaven Drive
Burnsville, MN 55337
Dave Safrenski
612-884-3575

New Jersey State Intercollegiate
Tourament (2)
Hopewell Valley Racquet Club
P. O. Box 277
Pennington, NJ 08534
Lonnie Allgood
609-737-1555

APRIL 10-12
Forest Hills Open (3)
Forest Hills Athletic Club
3910 Caughhey Rd.
Erie, PA 16506
Tom Dougherty
814-833-2468

Blue Point Tournament (3)
Blue Point Racquet Club
9 A Montauk
Blue Point, NY 11715
Garrett Jones
516-363-2882

Muscular Dystrophy Benefit (3)
Redwood Health Club
3101 S. State Street
Ukiah, CA 95482
Dean Hutton/Bob Page
707-468-0441

INTERCOLLEGIATE NATIONALS (6)
The Racquet Club
Memphis, TN
901-761-1172

APRIL 13-16
JUNIOR NATIONALS
Wichita, Kansas
Supreme Court West
Dewane Grimes 316-945-8331
Ed Martin 916-221-4405
See Page 19

APRIL 24-26
AARA REGIONALS
See Page 34

APRIL 28-30
National Air Traffic Controllers RBT
Sport Rooms
1500 Douglass Rd.
Coral Gables, FL 33134
Cari Dean
305-443-4228

MAY 1-3
East Coast Junior (4)
Seniors Only 30+ to 60+
Boston Tennis Club
Boston, MA
John Lepore
617-662-6791

2nd Annual Hemophilia Racquetball Benefit (3)
Kessinger's Court Club
2611 S. Mendenhall
Memphis, TN 38118
901-794-9300

MAY 8-10
The Sporting House 1981 Spring Open
The Sporting House
Enfield, CT
Ken Navarro
203-745-2408

Lukemia Society Benefit
Lancaster County Racquetball and Health Club
Lancaster, Pennsylvania
Contact: Bernie Howard
717-667-2209

MAY 15-17
Mayfest (3)
Gamepoint Racquet Club
Plymouth, MA
Rick Cash
617-746-7448

MAY 21-25
AARA NATIONAL SINGLES
The Court House
7211 Colonial
Boise, Idaho 83705
208-377-0040

AARA sanctioned tournaments in bold
(i) 1st level tournament
(ii) 2nd level tournament
(iii) 3rd level tournament
(iv) 4th level tournament
(v) 5th level tournament
(vi) 6th level tournament
To put your tournament on this calendar, call Hallie at 901-761-1172.
DIABETES:
PLAYING THE ANGLES

Dennis Howe writes: "In 1970, I returned to college a new diabetic. I was already signed up to take a racquetball class. As fate would have it, I had to learn the angles of racquetball and diabetes at the same time." It is for this reason he is an appropriate choice to share his knowledge of diabetes with Racquetball readers.

You've had a hard day at work, and now you're ready to get a little exercise. All day you've been looking forward to a grueling workout on the racquetball court. But when you arrive at the club, you learn that your regular partner's left a message — he can't make it. Disappointed, but undaunted, you find a pickup game with a stranger. First names and a handshake are all the introduction you need before you hit the courts.

As the game begins you already feel better, the work day is forgotten. But after a few rallies your opponent begins to act confused about the score; and although you've just begun to play, he's suddenly sweating profusely. You ace him, he sprawls onto the floor in convulsions. You try not to panic — is it a heart attack? Epilepsy? Did he pass out from over exertion? Hit his head on the wall? What do you do?

Faced with this situation, how many people would think of the right answer? The man is a diabetic. He's going into insulin shock and it's sugar he needs — and fast. (See sidebar for more on first aid). The trouble is, unless you know the man's a diabetic, you're not likely to find out until something like the above scenario occurs. There are no physical signals to warn you, and most diabetics lead a fairly normal life. It's sort of a hidden disease in that respect. If you don't know someone with it, you probably don't know much about it — like how common it actually is.

As of 1975, there were an estimated 10,000,000 diabetics in the USA. About half of those people with diabetes are aware of their condition. Symptoms of the disease may include any combination of the following: excessive urination and thirst, increased appetite with loss of weight, itching skin, slow healing of sores or cuts, easy tiring and drowsiness, reduction in vision. Of those diabetics who are aware of their condition, over 1,000,000 administer their own insulin by injection — even children as young as five years old. Two thirds of all diabetics are women. Age and weight are factors, as the disorder is rarely seen in infants. It most often occurs in adults in the middle and later years — especially after age 40. The chance of developing diabetes doubles with every decade of increasing age. It also increases with an individual's excess weight. And just what is diabetes?

Diabetes is the inability of the pancreas to produce proper amounts of the hormone insulin. Insulin converts food into usable glucose; which can be used immediately, or in the future. When the pancreas fails to produce insulin, or does not produce enough, the glucose does not convert to the energy that makes our muscles move. Instead, the glucose piles up in the blood, stresses the kidneys to filter and expel it into the urine, and causes the body to draw up its stores of fats and proteins from the liver for energy.

With this mind, consider how insulin fits into what I call the tribalance of insulin, diet, and exercise. Too much, or too little, of any one of these, will affect the balance, and become outwardly apparent in a diabetic. Look at figure 1. Imagine a third box, labeled exercise, that can be placed on either side of the insulin-sugar balance. The addition or removal of exercise makes one side or the other lighter or heavier — thus upsetting the balance.

This is where racquetball comes in. To a diabetic, diet and exercise are not faddish activities, but necessary elements for control of blood sugar. Every day I must deal with the balance of sugar and insulin intake, even if I don’t exercise. Usually, insulin dosages are adapted to dietary needs, and exercise is adapted to the tribalance last. Think about how the balance works. If the sugar intake increases, the balance teeters lower on the sugar side, and higher on the insulin side. This indicates that more insulin is needed to counter the extra sugar and vice versa. Exercise affects the balance in two ways: activity like racquetball consumes energy (sugar), so on the balance, this would tend to lighten the sugar side. The result is that less insulin is needed to counter the exercise’s effect on sugar consumption. If I get sick, or oversleep, the exercise level lowers, the sugar consumption lessens, and to balance this, more insulin is required. It is apparent then, that I would prefer to get the exercise and take less insulin.

Racquetball is an excellent activity for
diabetics for a number of reasons: (1) Exercise works the muscles, the cardiovascular system, and burns up excess blood sugar. (2) Diabetics can play on different intensity levels, from casual to competitive. (3) Court times usually last an hour, and are reserved ahead of time; helping the diabetic regulate his schedule. (4) Quick sugar can be kept on the court, or courthouse, in case of emergency. (5) Locker rooms, gyms, racquetball clubs, and so on, offer facilities for cleanliness and proper foot care. Whirlpool baths help maintain good circulation. (Cuts, scrapes, blisters, ingrown toenails, planter warts, and athlete's foot are all poison to a diabetic, because they may lead to poor circulation, gangrene, and possible loss of a limb.) (6) Playing helps the diabetic maintain confidence in himself. This confidence may help him succeed in other areas.

You should know, however, that much harm can be done if an uncontrolled diabetic exerts himself. The effects of high blood sugar are accentuated and can become dangerous. Exercise is a valuable component of diabetes management, and regular exercise is beneficial. Caution is advised because of potential hazards.

Consistently high levels of blood sugar causes all sorts of complications within the body. I must test my urine three times a day to monitor peaks and plateaus of blood sugar level. Diabetics are especially prone to vascular disorders that subject every part of the body to infections due to poor circulation. He must be extremely cautious of skin, eye, foot, and kidney infections. Microangiopathy, arteriosclerosis, gangrene, and retinopathy are only a few of the maladies that accompany diabetes. Capillaries are damaged, or worn out, by consistent high blood sugar. When they are damaged, the part of the body they supply then falters. Drugs like aspirin and hard liquor lower the blood sugar, but should never be used to control diabetes. Other drugs, like cortisone, adrenalin, nicotinic acid, birth control pills, and thyroid pills raise the level of sugar in the blood. Stress, surgery, illness, and injury can upset the regular diabetic metabolism, thus changing the daily requirements for food, medication, and exercise. On the other hand, running too low a level of blood sugar too often puts a diabetic closer to an insulin shock disaster.

Each racquetball match is different. Each diabetic is also different; with varying needs; requiring individual insulin dosages, diet, and exercise scheduling. My game starts in the morning, when I anticipate my insulin requirements, fill the syringe, give the injection, and eat breakfast. I must take into account sickness, stress, exercise, and available food supply for that day. Just in case my blood sugar falls too low, I carry, or keep close by, some form of quick sugar. Many times this includes chocolate, orange juice, soda pop, sugar cubes, and M&Ms (they don't melt). The hard part is not eating these sweets unless they are needed! In the past 10 years, I have needed this quick sugar several times, and was very glad that I was prepared.

Anticipation is necessary to be successful in racquetball and all sports. A diabetic can succeed in sports if he anticipates the actions and reactions inside the body to the tribulation. Bill Talbert (tennis); Mike Pyle (football); Ron Santo and Catfish Hunter (baseball); can vouch to this. They are successful professional athletes who have mastered their sport and their disease.

A diabetic must anticipate food consumption for the day, as well as exercise. In fact, some mild forms of the disease can be controlled completely by diet. But for those diabetics who must inject insulin, diet is an added factor to consider each day.

Briefly — diabetics can work from an exchange diet plan, geared to their calorie needs, weight, and exercise. The exchange diet lists foods under the following headings: milk products, vegetables, fruits, bread, meat, and fatty foods. The idea is that a portion of food on a list can be substituted for any other portion on that same list. For example, one small apple is the same as a cup of strawberries, or half of a small grapefruit. This diet allows a diabetic a broader range of foods to choose from, and includes ratings for restaurant meals.

So you see, although diabetics can lead very normal lives, they have a number of restrictions to contend with. The diabetic has to contend with a special collection of aches and pains, not common to the average person. We are one step closer to complications and ailments like heart disease, blindness, kidney disease, and tooth decay; all stemming from the circulatory problems associated with diabetes. Drugs, alcohol, and smoking, are accentually dangerous, and cause unpredictable changes in blood sugar levels. Diabetes hastens the aging process, and makes you grey early. Headaches are a danger signal, and could indicate uncontrolled diabetes, or be the dizzying result of insulin shock. A diabetic only hopes to stay as healthy as possible until a cure is found; before time runs out for him. Life is a race against time, money, and research.

If you play racquetball with a diabetic, please be aware of the various aspects of his dilemma. However, it is important to not dwell on it, fret about it, or fuss over it. This will only decay his self-confidence and feeling of well being. If there is a problem, help and encourage him to get it taken care of. But, most important — have fun!
WHEN THE TRIBALANCE ISN'T BALANCED.

TOO MUCH SUGAR

Too much sugar, especially if it builds up for too long, may cause DIABETIC ACIDOSIS, or coma. There is not enough insulin working in the blood. Flushed, dry skin; labored breathing; compelling thirst, continuous urination; fatigue; and drowsiness — all indicate high blood sugar. Insulin injected in proper amounts and kinds will lower the high level of sugar in the blood, to a more healthy and comfortable consistency. Acidosis may take hours or days to show up.

TOO MUCH INSULIN

Causes of an excess of insulin range from injecting too much; injecting into the bloodstream instead of fatty or muscle tissue; and more exercise than usual or expected. The effect may be IN-SULIN SHOCK. Insulin shock shows in only minutes, and if it's not treated immediately the diabetic will pass out, and continue to get worse. A diabetic in insulin shock that goes untreated could die in 15 minutes.

Symptoms of insulin shock are often confused with drunkenness; confusion, difficulty in speaking, staggering, hunger, and profuse sweating. The skin turns pale; the head aches; and the heart races. The diabetic will soon pass out. A clue to his condition, if you are unaware that he is a diabetic, is that the breath often smells sweet.

Treatment: sugar. Put it between his cheek and teeth. Look for sugar in his gym bag if you're on a court, or check the front desk — they may have some glucose on hand. If not, any liquid with sugar in it will do — soft drinks (not dietetic ones), candy, even sugar water from the coffee dispenser. Whatever the source — get him some sugar fast. Call a doctor, ambulance, policeman or fireman if you have to, and tell them you have a diabetic in insulin shock. They may be able to rush him to an emergency room, or rush some glucose to you.

To avoid the above situation, a diabetic should inform his friends, associates, and racquetball partners of his condition. He should always carry some form of medical identification, to help those concerned help him. Some diabetics carry a card in their wallet. But it does no good if it's buried in the pictures, credit cards and other bits and pieces. I have mine situated right in the picture holder, in front of my driver's license. Although this article may make more people aware of what to do to help a diabetic, many people still would be helpless in the situation described above. These identification cards, bracelets, and necklaces, could be a life saver for a diabetic, especially when no one knows why he passed out.

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Penn/ARA jointly announce the 1981 Intercollegiate Program

Goal:

Intercollegiate State Championships in every state in 1981.

(Interested in your state championships? Phone 901-761-1172 and ask about the Intercollegiate Program.)
It's Saturday, November 29th, 1980, at Racquetime in Framingham, Mass. The event is the Greater Boston Challenge of the Sexes. The finest women "Open" players in the Northeast are about to meet head on many of the top Men's "C" players in New England.

This is "the" social tournament of the year, yet promises to be one of the most highly competitive events ever to be played in the region at this level. The idea is unique, fun, exciting, and loaded with surprises.

Who will the winner be? Well...that was one of the surprises...

It was more than a racquetball tournament. It was a happening. Take all the excitement and enthusiasm of a high school football game and the fun and frolic of a high school reunion, combine that with a giant birthday party for New England's top two women amateur racquetballers, add 20 more of the best women "Open" players from New England and New York, put them up against three dozen of the best Men's "C" and "B" players in the Northeast, throw in the top five junior boys in New England, and the final result is one of the most exciting, fun-filled and highly competitive tournaments ever played in the region. That was the "CHALLENGE OF THE SEXES."

Women's "Open" vs. Men's "C" even up. Man versus woman on an equal basis. The format is not only lots of fun, but is evenly contested with incredible spectator appeal. The enthusiasm carries over the crowd, with the men rooting for their counterparts on the court, and the women yelling and cheering for theirs with every super get, good shot, side-out, and point that was scored. The players themselves, although competing independently, banded together as teams, helping and supporting one another, the Men against the Women. And once the
cheering began, it became a contest of who could yell loudest, making it seem that the cheering that went on outside the court could determine the outcome of what happened inside the court.

The festive atmosphere of this tournament was what made it unique. The contestants didn't seem to feel the pressure or tensions of the usual tournament competition. Tournament director and organizer Bobby Miano, from Tewksbury, Mass., and Joanne Johnson Barry, from Burlington, Vermont, originated the concept of the Challenge of the Sexes after a racquetball match between them. Joanne, an "Open" player, beat Bob, a "C" player in an extremely close, yet enjoyable match. Noting the closeness of their levels of play, they came up with a formula, the end result of which is the Challenge of the Sexes.

First they issued personal invitations to just about every woman on an "Open" level in the area. Next they contacted the top Men's "C" and sent fliers throughout the state. Once assured of the quantity and quality of the participants, a method was worked out to keep a balance of male-female matches throughout the competition. Then the players were carefully seeded so that the cream would rise to the top. The idea was, when staggering the seeding, (the top eight of which were female, the next eight male, and so on throughout), the draw virtually set up male-female matches throughout the tournament. Therefore, the strongest male players met the weaker women, while the stronger female players faced the weaker men. So far the formula has worked, the cream has risen to the top, and this tournament had "the cream of the crop."

The quality of play was very high, and the quality of the players was the highest. It was one of the largest fields of Women's "Open" players ever assembled in New England for any tournament. The entry list looked like the Who's Who of Women Amateur Racquetballers in the Northeast. Included among the entries was the defending champion of the first annual Challenge of the Sexes, Martha Callahan of Melrose, Mass., who also happens to be an AARA National, Regional, and State champion. Coincidentally, Callahan was celebrating her 33rd birthday, as was Eileen Erlich from Maine, who is the 1980 AARA Northeast Regional Women's Open champion as well as the Maine state champ. Other entries included the 1976 and 1979 Vermont Women's Open State champion, Joanne Johnson Barry, and the current USRA Massachusetts Women's Open champion Cindy Alba, who along with her doubles partner Janet Simon, was runner-up at the AARA National Doubles tournament this year, as well as being the Massachusetts State Doubles Champions. Janet Simon is currently ranked number eight in the nation in the AARA point ratings. Also competing was the 1980 Northeast Regional Junior 17-and-under champ and runner-up at the Junior Nationals, Ginger Sottile from Hyde Park, New York, and two other juniors, Robin Wadsworth, the top junior in Massachusetts, and Linda Fitzpatrick, purportedly the best junior in the state of Maine.

Along with 16 more of the finest women from five states, this field featured nine of the "ten top" women in Massachusetts, making it the toughest field of Women's "Open" players ever assembled in the Northeast. Between this event and the first annual Challenge of the Sexes Tournament held this past June at Play Off in Beverly, Mass., 38 different women "Open" players have participated, making this one of the most prestigious events in the area.

And about the competition — the men. They had an equally impressive field of the highest quality at this level of play. The draw was made up of most of the top "C" players around. A "C" player in this tournament was any male who had never won a "C," or who has ever played "B" in an AARA sanctioned event. Many of the players were club "A" and "B" champions of their respective clubs and all are regular AARA tournament players. This also includes the junior who played in this tournament, and in fact almost dominated it. They are the five best 13-and 14-year-old juniors in the Northeast region, and include Tommy Coleman, Phil Hyman, Jimmy Daly Jr. and Ritchie Long Jr., all of them sons of "Open" level fathers. Then there is New England's premier junior, Cliff Swain, who just turned 14-years-old. He is the state and Northeast Regional Junior Boys 13-and-under champ and champion at the Junior Nationals. He has only played racquetball for one year, yet he has won over 20 tournaments, and not all in junior events either. He along with Tommy Coleman, was runner-up at the recent State Doubles Championships in the Men's "C" division. They also won the junior title at the same event. A couple of weeks later with another partner, Swain won an unsanctioned doubles tournament in the Men's "B."

The juniors all did well — too well. During the first two rounds they knocked off some of the women: Donna Makaskill, Cindy Jewett, Pat Mignon and Martha Kazarosian in the first round, and also Joanne Johnson Barry, who had to forfeit due to an injury during a warm-up. Then in the second round the juniors eliminated Brenda Walton, Robin Wadsworth, and host pro Judy Leerer, also Janet Kelleher, who had a hard time psyching herself up against the youngsters. Some other close but futile second round matches were played by Judy Bryant, who was narrowly beaten by eventual quarterfinalist Ed Paul, and by Deb High, who lost to another quarterfinalist, Dave Scali. Jane Cohen was defeated by the number one Men's seed, Bob Davis, who was the runner-up at the first annual Challenge of the Sexes. Ginger Sottile and Linda Fitzpatrick were also second round victims. However, the biggest upset in the early rounds was the defeat of the number four seed Cindy Alba, who placed third in the previous Challenge tournament. She was eliminated in her first round by Jeff Sones, whom she beat handily the last time they met. An extremely close match, though Alba fell short, 15-14, 15-12. Alba did come back later, with a vengeance to win the consolation with ease.

The match that highlighted the second round was between Janet Simon and Don Alvaras from New York. The match came to the last point in the tiebreaker.
was the second serve and an apparent ace by Simon at 14-12. The players had already left the court, and it seemed like game and match for Simon, but Alvares appealed the serve, saying it was short.

The referee's decision was reversed by the linesmen, and the two returned to the court. Alvares now had the serve and scored the next point on an ace of his own, then the tying point after a super rally. With the score tied at 14-14, Simon rolled one out to get the serve back. The serve went back and forth at match point a half dozen times before Simon passed Alvares for the winning point.

Also in the second round number six seed, Nancy Kriss, had Nicky Maggio's number and so won handily. Maggio tried, in vain however, to get "her number" throughout the rest of the tournament. Moving into the third round, Kriss had her hands full. She was up against the number two men's seed, Chas McKenna of Beverly, Mass. It seemed like a fun match, with the two of them joking and kidding much during the games. It was close and at the end McKenna emerged the victor, 15-13, 15-12, over Nancy Kriss. A couple of other third round casualties were Joni Wade, and the top men's seed Bob Davis.

The biggest surprise of round three was the unexpected upset of second seeded Eileen Erlich of Maine, to hard-hitting Billy Sacamoto. Erlich was soundly defeated in the first game 15-3, and then down 10-0 in the second. Then staged an incredible comeback, tying the score 10-10. It was Sacamoto's power against Erlich's control, and it suddenly looked like Erlich was gaining the upper hand. She had Sacamoto talking to himself. She mixed up her shots well, pinching the ball and placing it with precision into the corners. Sacamoto answered back with his own flurry of precision shooting, thus ending the valiant effort of the Women's Northeast Regional champ at 15-13. Meanwhile in the next court Janet Simon again had to bear down. She was losing first game to 13-year-old Jimmy Daly, 13-8. Finally she put her mind to the task, to overcome Jimbo Jr. 15-14. She continued to bear down in the second game, and moved on to the quarterfinals.

In the quarters both Chas McKenna and Cliff Swain breezed right into the semis. In fact, going into the fifth round, no one had scored more than seven points in a match against the 14-year-old Swain. Up to this point, top seeded Martha Callahan also had not really been challenged, but in the quarters she had to struggle through a tiebreaker with 13-year-old Tommy Coleman from Worcester. Everyone was shocked when Callahan was beaten in the first game 15-14.

The game was a superb display of shooting. The last few points were awesome - kill shots and corner roll outs climaxed the game as the two of them literally battled it out at 14-14 for a seemingly endless period of time. Finally the young Coleman put one away that Callahan couldn't get. In the second and third games, however, Callahan regained control and won 15-8 and then 15-9 in the tiebreaker.

Janet Simon again was in another tough match, this time against the host club's top player Ed Paul, a veteran squash player. Paul won the first game by outmaneuvering Simon with a selection of "squash type" shots, running her, more than she is accustomed to. She seemed to catch on in her second game, though, and altered her power game somewhat to gain control and win, sending it into a tiebreaker. Then Simon got hot and pulled off the tiebreaker 15-10 with an excellent shooting display.

The stage was set for two Man vs. Woman semifinals. Simon vs. Swain and Callahan vs. McKenna. First of the two semis was Callahan and McKenna and it was THE match of the tournament - a rematch of the June tournament, which Callahan won handily. At that time McKenna had only played racquetball for six months and had just become the newly crowned "C" championship at his home club in Beverly, Mass. Just a week before this event, he won the club "B" championship, showing he had gained a lot of experience over the last five months. Now, much improved, he gave Callahan the match of her life. Seemed like everyone was in attendance for this one. The cheering for both contestants was even - so were they.atching each other point for point, they had the crowd screaming. The women went wild when Callahan scored, and the men retaliated when McKenna put one away. Finally, when it seemed like this seesawing would go on forever, McKenna was able to score a couple of shots in succession to win the first game 15-14. The women definitely cheered louder in the second game, maybe helping Callahan get by McKenna 15-11. Setting up one of the most exciting games you could ever witness in the tiebreaker.

At 14 game and match point serving 12, McKenna had the lead and the serve, with a chance to put the game away. He tried to cross up Callahan, changing his mind in the middle of his serve. But he skipped the ball to the front wall. Callahan gained the serve and immediately capitalized on her advantage, ty-
We are most happy to announce that Penn has been awarded the 1981 AARA Junior Championships, which include:

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* State Championships
* Regional Championships
* National Championships

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Keith Calkins
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714-831-4545

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<tr>
<th>JUNIOR REGIONAL SITES</th>
<th>Southeast Regional</th>
<th>Southwest Regional</th>
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<tr>
<td>March 6 - 8, 1981</td>
<td>The Courtrooms</td>
<td>Las Vegas Racquet Ball Club</td>
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<tr>
<td>Central Regional</td>
<td>750 West Sunrise Blvd.</td>
<td>1070 E. Sahara Ave.</td>
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<tr>
<td>Du Page Racquet Club</td>
<td>Fort Lauderdale, FL 33311</td>
<td>Las Vegas, NV 89104</td>
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<tr>
<td>475 Grace Street</td>
<td>Fred Blaess</td>
<td>Ray Anderson</td>
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<td>Addison, Illinois</td>
<td>305-764-8700</td>
<td>702-733-1919</td>
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<td>Ray Mitchell</td>
<td>Western Regional</td>
<td>SPECIAL DATE -</td>
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<tr>
<td>312-745-9400</td>
<td>Fairfield Court Club</td>
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<tr>
<td>Northeast Regional</td>
<td>1471 Holiday Lane</td>
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<tr>
<td>All Sport Racquetball Club</td>
<td>Fairfield, CA</td>
<td>The Playoff Racquetball &amp;</td>
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<tr>
<td>240 A. North Road</td>
<td>Lou Wallman</td>
<td>Handball Club</td>
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<tr>
<td>Poughkeepsie, New York 12601</td>
<td>707-429-4363</td>
<td>288 Wood Road</td>
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<tr>
<td>James Barysh</td>
<td>Midwest Regional</td>
<td>Braintree, MA 02184</td>
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<tr>
<td>914-452-5050</td>
<td>Athletic Express</td>
<td>Jim Daly</td>
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<tr>
<td>Midwest Regional</td>
<td>700 Russell Avenue</td>
<td>617-848-8080</td>
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<tr>
<td>Racquetball of Omaha</td>
<td>Gaithersburg, Maryland 20700</td>
<td>Northwest Regional</td>
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<tr>
<td>3415 South 67th Street</td>
<td>D.C. Lantz</td>
<td>Gresham Court Club</td>
</tr>
<tr>
<td>Omaha, Nebraska 68106</td>
<td>302-654-2331</td>
<td>19201 South East Division Street</td>
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<tr>
<td>Terry Elgethun</td>
<td>John Ware</td>
<td>Gresham, Oregon 97030</td>
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<tr>
<td>402-393-3311</td>
<td>(W) 800-638-2612</td>
<td>Mark Eisenzimmer 503-665-4142</td>
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<td></td>
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<td>Dave Lewis 503-666-1245</td>
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<td>Junior Regional Tournaments are</td>
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<td>AARA level 5.</td>
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We are most pleased to announce that AMF Voit Rollout Bleu™ has been selected by the AARA as the official ball for the 1981 Regional and National Singles Championships.

**Regionals:**
- April 23-26

**Nationals:**
- May 21-25, at The Courthouse in Boise, Idaho
LOSING:
A New Approach

By Charlie Garfinkel

Charlie Garfinkel hates to lose, and does so as infrequently as possible. Here’s some of his tips for limiting unnecessary losses:

All of us hate to lose. No matter what we might say, it is one of the worst feelings in the world. What is even worse, however, is to lose when we don’t have to. Why then, do we put ourselves in losing situations that could have been avoided? The situations that follow will demonstrate to you how you can avoid losing.

Playing with an Injury

Many of us play when we have an injury. We may have pulled a muscle, a hamstring. (It can’t happen to me since I’m of Jewish heritage) or suffered some other injury.

Are we clever enough to stop playing? Of course not. We still call our friends. We continue to play. What happens? We invariably lose matches to opponents we usually defeat. We’re furious at ourselves.

But, most of us are even dumber than we’re given credit for. In spite of our injuries, we’ll still enter the club tournament the following weekend. Naturally, the injury hasn’t healed. We’re hampered greatly, cannot play our best, and eventually lose in the tournament. We tell everyone within earshot of us that our injury was the cause of our defeat. And the justified response is usually a blank expression that says, “Sure, now I’ll tell you a funny story.”

You could have saved yourself a great amount of aggravation by not playing in the tournament. But, you had to be a hero. Even worse, you might have caused some permanent damage to your injury.

The way I see it, the player who suffers an injury during a tournament and continues to play is just as foolish. He knows that he is greatly incapacitated, yet he continues to play. Why? He wants to show everyone that he can play even though he is hurt. Who really cares? Naturally he loses. Then he feels very disgruntled, to say the least. He realizes that he has made a mistake. He should have defaulted.

However, if it is any consolation, even professionals make foolish mistakes. Several years ago, Steve Serot and Davey Bledsoe were playing in a pro stop in Memphis. Both players are tremendous shooters and retrievers. The match was in the third game and had lasted well over two hours. Towards the end of the match, both players started getting cramped up. They had to have their legs massaged to get the circulation going again.

In fact, the cramps were so bad, that Charlie Brumfield had his nose pressed against the glass saying, “I can smell the cramps. I can smell the cramps.” Brumfield said this with a big smile, as he was to play the winner in the finals the next morning.

Serot and Bledsoe resumed playing. Serot eked out a third game win at 21-20. Both players had to be helped into the showers after the match.

Because I was covering the match for Racquetball, I asked Bledsoe if he felt Serot had a chance against Brumfield the next day. Bledsoe remarked, “I’m in better shape than Serot and I couldn’t possibly play Brumfield tomorrow. Serot would be smart to default.”

However, Serot had different views. When I talked to him, he was lying in a prone position on the bench. His face was ashen gray and he spoke in barely a whisper. He said, “I may not look it Gar, but I’m in the best shape of my life. I’ll be ready for Brumfield.”

Unfortunately, Bledsoe’s words proved to be prophetic. The following morning Serot could barely move as he was humiliated in the first game 21-4. At 18-2 in the second game, he defaulted the match to Brumfield.

What did he prove by playing the match? Nothing. He should have defaulted. However, his pride wouldn’t let him. Fortunately he didn’t suffer further injuries.

Lack of Conditioning

Many of us play quite often, but they drink, smoke, and are overweight. They may even have other habits, but since this is a family magazine, we’ll refrain from mentioning them.

These players constantly use one of the aforementioned habits as an excuse for losing. They’ll say, “If I were 10 pounds lighter I’d slaughter you,” or, “If I didn’t smoke so much you’d never win.” Remarks such as these only make you look like a fool.

Your conqueror loves to hear these remarks and also knows how much it galls you to lose. So—get in shape. Throw out the cancer sticks, empty your tequila bottles, and stop eating your gobb-bingers. You’ll feel better both mentally and physically, and you’ll start winning many more matches.

Lack of Play

Most of us know the player who plays only once a week. Surprisingly, he plays very well. However, he constantly complains that he’d play better if he played more. Unfortunately, he’s right. However, he’s still upset about losing. And he’ll continue to lose and be upset about losing. Therefore, if you know a player such as this, or perhaps you’re the player himself, start playing more. You’ll improve and will start winning those matches you’ve been losing.

Mental Strain

Many of us have professions that are mentally and physically draining. Contrary to popular opinion, it is hard to play to your utmost capabilities when you’ve had a hard day at work. Yet, we all do it.

In fact, our tempers seem to be at their worst because we invariably lose. The pressure of work coupled with the pressure of the practice match or tournam-
ment is too much. Losing makes us feel even more despondent.

However, there is a solution. If you know you’re going to have a tough day or week at work, or if you’ve had a fight with your wife or girlfriend, or both, readjust your schedule. On really hectic days try to schedule matches that you’re sure of winning no matter how you feel or play. (That’s not to say that you should play someone you can defeat 21-2, 21-2, however.) Save your tougher opponents for the weekends or days during the week that are less hectic and competition filled. In this way you’ll feel that you’re playing to your capacity and will enjoy winning, not losing.

Entering Two Events

Many players feel that they want to get their money’s worth in a tournament. Or, they want to get a super workout. So, they enter two events. Dumb! Dumb! Dumb!

My advice to you is to enter only one event. Enter the event that you feel you have the best chance of winning. For instance, don’t enter the semipro event if you’re 66 years old and your pacemaker is rusty. You’ve got the idea.

Even if you’re in the physical and mental shape to play two events you’re putting too much strain on your body. Regardless of the tournament, you can expect to play a minimum of four times each day on Saturday and Sunday. That is, if you get that far. If you do get that far, the chances are excellent that you will lose both events.

Instead of berating yourself for losing because you’ve entered two events, be smart. Enter the event that you feel you have the chance of achieving the most success in.

Playing too Much

Many players simply play too much. They’ll play six days a week or enter four tournaments in a row. Even Marty Hogan and other greats have letdowns. If you find that you’re in a slump, perhaps you should play less, or enter fewer tournaments. If you’re really feeling stale, do some running or bicycling until you feel mentally alert again. You’ll return to the game with new vim and vigor.

Playing other Sports

Some players like to play tennis or other racquet sports for a change of pace from racquetball. I, myself, play tennis during the summer. However, I don’t play tennis when I’m playing racquetball, or vice versa.

Yet, some players will play other racquet sports and racquetball the same week, or even on the same day. They then wonder why they’ve lost to a racquetball partner they were once on par with. In addition to this, shots and strokes are different in each racquet sport. Lengths of racquets and grips also differ.

Therefore, if you play another racquet sport in addition to racquetball, and constantly complain that you’re losing in racquetball, your solution to the problem is a simple one. Quit the other racquet sports and concentrate on racquetball only. You’ll find your wins increasing.

Equipment

How many times have you been upset because you forgot your racquet or sneakers? Or, you’ve broken a racquet or torn your sneakers without a replacement.

You should always have two racquets and two pairs of sneakers handy. I especially need this supply. After all, when you wear size 15 sneakers as I do, you may encounter some difficulty in borrowing a pair from your average racquetball player.

If you wear glasses, you should also have an extra pair handy. As for shirts, shorts, socks, etc., it goes without saying that you should have an ample supply for each match, whether practice or tournament.

Remember: Don’t lose because you don’t have the proper equipment. Be prepared!

Racquetballs

How many times have we heard this familiar refrain? “You’d never defeat me with a livelier ball.” Or conversely, “That ball was a jackrabbit. I would have never lost with a slower ball.”

If you truly don’t like the ball you’re going to use, use one that you do like. If you and your opponent both like different bouncing racquetballs, try and decide on a ball that bounces in-between the lively and slower one.

Therefore, don’t get angry at yourself by using a ball that you don’t like. Use your favorite racquetball. If you can’t, and know you’re going to use a racquetball that bounces adversely to what you like, be sure to have practiced with this ball a great deal before the match.

Tournament players are even more fussy. I remember an open Regional tournament in which a second seed defaulted before his first match. The reason: The tournament ball was changed from an extremely lively ball to a slower bouncing ball the day before the tournament.

This player, who is now a top pro, felt that the ball was severely detrimental to his powerful and blasting style of game. Although he was criticized for dropping out, he made the right decision. He felt that it was better to leave the tournament than to complain that he lost because of a slower bouncing ball.

As for the tournament director, he couldn’t force the player to play. The reason: Most players weren’t informed that the ball was changed until they arrived at the tournament site.

Glass-walled Courts

Some tournament players play very poorly on glass-walled courts. Instead of voicing a request (notice, I didn’t say complaint), they’ll go out on the court. Typically, they’ll play their match and lose. Afterwards, they’re heard saying “That !!! #$* glass! I would have won on another court.”

Maybe so. That’s not the point, though. This player was probably mentally defeated when he stepped on the glass-walled court, before he ever hit the ball. Next time, he should at least ask to be changed to another court. Of course, the request may still not be honored. So, the moral is, all players should make an effort to play on some glass-walled courts in practice.

Time Schedule

I have seen top amateur and professional players defaulted because they had a mixup on the time that they were supposed to play. Make sure you know when you’re supposed to play. To lose by a default, when you’re mentally and physically ready to play is stupid. Check your playing time!

The helpful hints that I’ve given you won’t guarantee a win every time out. However, you will notice that your percentage of wins will definitely increase. And if you’re like I am, winning makes you a much nicer person.
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WORLD GAMES I

JULY 25—AUGUST 2, 1981
SANTA CLARA, CALIFORNIA

WINNING POINTS

By Mike Yellen

VOLLEYING

The Surprise Attack

Mike Yellen, 20, of Southfield, Michigan, is the number one pro on the racquetball tour, and a two-time national finalist. He is also a member of the Ektelon Professional Advisory Staff.

Racquetball instructors all over the country are teaching their students to play all high balls off the back wall: not to rush their shots, but rather, to use the time it takes for the ball to come back to get themselves set.

That's pretty good advice, especially for beginners. But anyone who has seen the pros play must have noticed the number of times that a player will take a ball high out of the air and slam it at the front wall without getting set.

It's called the volley or cut-off and, while it is neither a high percentage shot nor one which should replace back wall play, it can be a real point winner if used correctly.

Volleying radically changes the tempo of the point and, perhaps, the game. It presents your opponent with an unconventional situation and one to which he must immediately react. It keeps them honest in the sense that they can't rely on you to always play the back wall. Another advantage: by volleying, you maintain center court position rather than giving it up to your opponent as you move out after that back wall ball.

Picture this: You've hit a good shot. Your opponent runs it down, but can't really hit the ball with any control. He just drives it down the middle. It comes at you about waist high. Your normal reaction would be to let the ball go past, moving to back court expecting a plum. But then you're giving up center court.

You're giving your opponent a chance to regain his balance and move in to cover your kill attempt. If you leave the ball up, he's in perfect position to re-kill.

What you should do is volley. Not all the time, of course, but whenever you sense a chance to catch your opponent napping.

If the ball approaches between knee and chest height while you are near front court, around the service area, pick it off. You gain the element of surprise and you capitalize on your opponent's position behind you or in deep court. Of course, if the ball is about to pass you above the head or above chest height, let it go. It will produce not just a plum, but a super plum. You can volley when:

(1) Your opponent is still off balance, or even on the floor, having just thrown up a prayer. Volleying a pass or pinch gives you a big advantage that you would give up by waiting.

(2) You and your opponent are side by side. Volleying the ball to the other side of the court capitalizes on your body position.

But you have to react quickly. This is an advanced shot that requires alertness, an active search for the opportunity to cut the ball off while it's still in the air.

Watch the angle of the ball carefully. Anticipate the situation: Not only where your opponent is at the moment, but where he'll be in another couple of seconds. Think where you should place the ball. Will a firm passing shot be the most effective? Or should you pinch the ball? The answer is a split-second decision, different in each situation.

Your swing should be compact. Volleying requires a punch stroke, not full swing. You won't have time for a full backswing and complete hip and shoulder rotation. Use an open stance to punch the ball, instead of taking a big stride. Solid impact is the most important factor in control, whether it's a pinch, a pass or a straight-in kill that you've chosen.

Your grip should be equally firm. Remember, the speed and spin of the ball will be extreme. If you're not ready, your racquet could twist in your hand.

Practice is the key. Hit yourself some set-ups that will reach you about waist high. As you stand in the area of the service zone, be alert for the balls you can volley, knocking them down into the corners or driving passing shots.

If you can master the volley shot, you'll be points ahead.
If you’re traveling farther than 75 miles from your home court, the following affiliate court clubs will honor your AARA (IRA) card. Please call ahead for house rules and guest fees.

Listing Key: wrl-women’s locker room, mrl-men’s locker room, ws-women’s sauna, ms-men’s sauna, wwm-women’s whirlpool, mw-men’s whirlpool, wsr-women’s steam room, msr-men’s steam room, tc-tennis court, sp-swimming pool, r-restaurant, b-bar, sb-snack bar, ps-pro shop, er-exercise room, n-nursery.

ALASKA
Anchorage Racquet Club
700 South Bragam
Anchorage, AK
wr, mrl, ws, ms, wwm, tc, ps, er

ARIZONA
Metro Athletic Club
4843 N. 8th Place
Phoenix, AZ 85014
Calh Daniel 602-264-1735
wr, mrl, ws, ms, wwm, mrl, r, b, ps, er, n

CALIFORNIA
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA
wr, mrl, ws, ms, wwm, mrl, r, b, ps, er, n
Valley Court Club
11405 Chandler
N. Hollywood, CA 91601
wr, mrl, ws, ms, wwm, sb, ps, er
Marin Racquetball Club
438 Biola Marin Keyses Blvd
Novato, CA 94947
wr, mrl, ws, ms, wwm, r, b, ps, er, n
Sun Oaks Racquet Club
2652 Argyle Road
Redding, CA 96002
wr, mrl, ws, ms, wwm, tc, sb, ps, er, n
Sacramento Court Club
917 Enterprise Dr
Sacramento, CA 95825
wr, mrl, ws, ms, wwm, sb, ps, er, n
Sacramento Handball/Racquetball Club
14th & H Streets
Sacramento, CA
wr, mrl, ws, ms, wwm, sb, ps, er, n
Racquetball Sportsworld
20 E. San Joaquin St.
Salina, CA 93901
408-757-8331
wr, mrl, ws, ms, wwm, sb, mrl, r, ps, er, n

CONNECTICUT
Racquetball Spa
500 Kings Highway Cut-Off
Fairfield, CT 06430
203-366-7638
wr, mrl, ws, ms, wwm, mrl, r, ps, er, n
Southport Racquet Club
226 Old Post Road
Southport, CT 06490
wr, mrl, ws, ms, ps, n
Center Court Health and Racquetball Club
234 Route 83
Vernon, CT 06066
203-875-2133
wr, mrl, ws, ms, wwm, sb, ps, er, n

FLORIDA
Sportrooms of Coral Gables
1500 Douglas Road
Coral Gables, FL 33143
305-443-4228
wr, mrl, ws, ms, wwm, wsr, mrl, sb, ps, er, n
Sportrooms of Hialeah
1900 West 44th Place
Hialeah, FL
305-551-6141
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Jacksonville Racquetball Club
6511 Crealine Dr.
Jacksonville, FL 32211
904-724-6994
wr, mrl, ws, wwm, ps, sb, ps, er, n
Kendall Racquetball and Health Club
10631 SW 88th Street
Miami, FL 33176
305-596-0600
wr, mrl, ws, ms, wwm, wsr, mrl, sb, sb, ps, er, n
Sportrooms of Sabal Chase
10600 SW 113 Pl.
Miami, FL 33176
305-596-2677
wr, mrl, wsr, ms, mrl, sb, sb, ps, er, n
Sportrooms of Plantation
8499 NW 17th Ct.
Plantation, FL 33322
305-472-2608
wr, mrl, ws, ms, wwm, wsr, mrl, sb, sb, ps, er, n
HAWAII
The Courthouse Racquetball Club
45-608 Kam Highway
Kaneohe, HI 96744
wr, mrl, ws, ms, wwm, sb, ps, er, n
ILLINOIS
Court Club of C'oolie
Old Rt. 13 East
Carbondale, IL 62901
wr, mrl, ws, ms, tc, r, ps, er, n
MASSACHUSETTS
Boston Tennis Club
653 Summer Street
Boston, MA 02210
617-296-4300
wr, mrl, ws, ms, wwm, tc, sb, ps, er, n
Mid-Cape Racquet Club
193 White's Path
South Yarmouth, MA 02664
617-394-3511
wr, mrl, ws, ms, tc, r, sb, ps, er, n

MINNESOTA
Exercise Dynamics
Old Highway 71 North
Bemidji, MN 56601
218-751-3351
wr, mrl, ws, wwm, ps, er

NEW JERSEY
The Racquet Ball Club
19 East Frederick Place
Cedar Knolls, NJ 07927
wr, mrl, ws, ms, ps, er
Racquetime Court Club
17-10 River Road
Fair Lawn, NJ 07410
wr, mrl, ws, ms, ps, er
King George Racquetball Club
17 King George Rd. (US 22 West)
Greenbrook, NJ 07022
201-356-9600
wr, mrl, ws, ms, msr, sb, ps, er, n
Racquetball 23 and Spa
318 Route 23
Rompont Plains, NJ 07444
201-839-6823
wr, mrl, ws, msr, wmm, wmm, msr, sb, sb, ps, er, n
Ricochet Racquet Club
1 St. Nicholas Avenue
South Plainfield, NJ 07080
201-753-2300
wr, mrl, ws, mrl, ps, ps, er, n
The Court House
20 Millburn Avenue
Springfield, NJ 07081
201-376-3100
wr, mrl, ws, ms, ps, er, n
What’s Your Racquet
1904 Atlantic Ave.
P.O. Box 1402
Walt, NJ 07719
wr, mrl, ws, ms, wmm, wmm, sb, ps, er, n

NEW YORK
2141 Point Club
McKown Road off Western Avenue
Albany, NY 12203
518-489-3276
wr, mrl, ws, ws, mrl, sb, sb, ps, er, n
Point Set Tennis and Racquetball Club
225 Howells Rd.
Bay Shore, NY 11706
wr, mrl, ws, ms, tc, sb, ps, er, n
The King’s Court
Racquetball Club
4101 Avenue W
Brooklyn, NY 11234
212-338-5300
wr, mrl, ws, ms, mrl, sb, sb, sb, er, n
The Pelham Racquetball and Health Club
6 Pelham Parkway
Pelham Manor, NY 10803
wr, mrl, ws, ms, wmm, wmm, wmm, sb, sb, sb, sb, ps, er, n

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OCTEBE
Eastern Oregon Sports
366 S.E. 5 St.
Ontario, OR 97914
wr, mrl, ws, ms, wwm, sp, r, sb, ps, er, n

PENNSYLVANIA
The Supreme Courts
90 West Chestnut St.
Washington, PA 15301
wr, mrl, ws, ms, wmm, ps, er, n
Indian Springs Golf and Racquet Club
649 Church St.
Landisville, PA 17538
wr, mrl, ws, ms, wmm, wmm, msr, sb, ps, er, n

SOUTH CAROLINA
Charleston Racquet
Nautilus Center
1642 Highway 7
Charleston, SC 29407
803-771-1020
wr, mrl, ws, ms, msr, sb, ps, er, n

TEXAS
Killeen Athletic Club
405 South 2nd
Killeen, TX 76541
wr, mrl, ws, ms, lcs, sb, ps, er, n

UTAH
The Court Club
120 W. Hilton Inn Dr.
St. George, UT 84770
wr, mrl, ws, wmm, tc, sb, ps, er, n

WEST VIRGINIA
Charleston Racquet Club
P.O. Box 3238
Charleston, WV 25332
wr, mrl, ws, ms, lcs, sb, ps, er, n

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AARA REGIONAL CHAMPIONSHIPS
Level (5)

APRIL 23, 24, 25, 26, 1981
(Region 2 will be played April 30 - May 3)

DIVISIONS:
( ) Men's Open Singles
( ) Men's 30 + Senior Singles
( ) Men's 35 + Senior Singles
( ) Men's 40 + Senior Singles
( ) Men's 45 + Masters Singles
( ) Men's 50 + Masters Singles
( ) Men's 55 + Golden Masters Singles
( ) Men's 60 + Golden Masters Singles
( ) Men's 65 + Golden Masters Singles
( ) Women's Open Singles
( ) Women's 30 + Senior Singles
( ) Women's 35 + Senior Singles
( ) Women's 40 + Senior Singles
( ) Women's 45 + Masters Singles
( ) Women's 50 + Masters Singles
( ) Women's 55 + Golden Masters Singles
( ) Women's 60 + Golden Masters Singles
( ) Women's 65 + Golden Masters Singles

2ND EVENT

PARTNER'S NAME (if applicable)

ENTRY DEADLINE:
Postmarked Tuesday, April 14, 1981, $10 fee for late entries if accepted.

A MINIMUM OF SIX (6) ENTRANTS MUST PARTICIPATE IN AN EVENT. IF NOT ENOUGH ENTRANTS FOR AN EVENT DIVISIONS WILL BE COMBINED.

(This entry blank is to be used for all Regionals. Check page 35 for specific information related to your Regional.)

MAIL THIS FORM WITH YOUR ENTRY FEE TO:
The address listed for your Regional.

CHECK SHOULD BE MADE PAYABLE TO: AARA Regional Championships. All entries are final!

NAME (PLEASE PRINT)

ADDRESS

CITY, STATE, ZIP

BUSINESS PHONE ________ HOME PHONE ________

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the American Amateur Racquetball Association, its affiliated clubs and their respective agents, representatives, successors and assigns for any and all injuries which may be suffered by me in connection with my participation in Regional or National tournaments.

DATE _______ SIGNATURE (parent or guardian if applicant is a minor)

34 February '81 Racquetball
AARA REGIONAL CHAMPIONSHIPS

GENERAL INFORMATION

REGION 1
Paul Hennckson
20 Oakes Street
Millbury, MA 01527
617-754-6073

REGION 2
Site: 21st Point Club, McKown Road, Albany, NY 12203
Mail entry forms to: 21st Point Club
Regional Commissioner: Al Seilman, 214 Sunset Avenue, West Hampton Beach, NY 11978, 516-288-1448

REGION 3
Site: Allentown Racquetball Club, Allentown, PA
Regional Commissioner: Bernie Howard, Rd 1 Box 362A, Reedsville, PA 17084, 717-667-2209

REGION 4
Site: Charlotte Health and Racquet Club, Charlotte, North Carolina
Regional Commissioner: Tony Giordano, 701 East Trade St., Suite C, Charlotte, NC 28202, 704-376-0800

REGION 5
Site: Sports Barn, 301 Market St., Chattanooga, TN 37402, 615-266-1125
Contact person: Dusty Schweickart
Mail entries to: Sports Barn

REGION 6
Site: Benien's Racquetball Club, 21st and Garnet, Tulsa, OK 74100, 918-438-0193
Contact person: Jim Benien

REGION 7
Site: Off the Wall Court Club, 13541 Tiger Bend Rd., Baton Rouge, LA 70816
Contact person: Don Griffin

REGION 8
Site: Wildwood Racquetball Club, 1423 18th St., Bettendorf, Iowa 52722, 319-359-9144
Mail all entries to: Will Mulvaney, c/o Supreme Courts, 1301 Black Bridge Rd., Janesville, WI 53545

REGION 9
Site: Severance Athletic Club, Mayfield Road and Severance Circle, Cleveland Heights, OH 44118, 216-291-5500
Mail all entries to: Jerry Davis, 19713 Shaker Blvd., Shaker Heights, OH 44122

REGION 10
Site: DuPage Racquet Club, Addison, IL
Mail all entries to: Ray Mitchell, 5724 W. Diversy St., Chicago, IL 60639

REGION 11
Site: Supreme Courts, 4020 Jackson Blvd., Rapid City, SD 57701, 605-348-5858
Contact: Clint Koble, 605-341-6678, 605-342-6550

REGION 12
Site: Fountain of Youth, 4300 South 300 West, Murray, UT 84107, 801-262-7487
Contact person: Vince Brown, 801-262-7487, 801-262-9414

REGION 13
Site: Denver Sporting Club, 151 DTC Parkway, Englewood, CO 80111, 303-779-0700
Contact person: Steve Krum, 303-493-2101 and George Dwyer, 303-598-0963

REGION 14
Site: Racquetball Sports World, 20 E. San Joaquin, Salinas, CA 93908, 408-757-8331
Regional Commissioner: Mike Hunter, 408-757-8331

REGION 15
Site: Washington State University, Campus Recreation Department, Wilson Compton - University building, Pullman, WA 99163, 509-355-2657
Regional Commissioner: Feilding Snow, c/o Seattle Athletic Club, 333 N. E. 97th St., Seattle, WA 98115, 206-522-9400

REGION 16
Contact Regional Commissioner: Hal Leffler, Siegener Strasse 48, 6230 Frankfurt 80, West Germany

Voit
Official Ball for the 1980 Regional and National Championships

February '81 Racquetball 35
April 10, 11, 12, 1981

AMERICAN AMATEUR RACQUETBALL ASSOCIATION'S
1981 INTERCOLLEGIATE CHAMPIONSHIPS

SITE:
The Racquet Club of Memphis
51111 Sanderlin Road
Memphis, TN 38117
901-767-5980

ELIGIBILITY:
See accompanying Official AARA Intercollegiate Rules

DIVISIONS:
Men's 1, 2 and Doubles
Men's Team
Women's 1, 2 and Doubles
Women's Team
Men's and Women's Team

ENTRY FEE:
$15.00 per player, limit one event no. 1 singles no. 2 singles and
doubles—ENTRY FEE INCLUDES 3 month membership in
AARA

DEADLINE:
Postmarked Wednesday, April 1st, NO EXCEPTIONS
Entry fee and Eligibility letter MUST accompany entry
(see Rule 3, No. 1)

TOURNAMENT DIRECTORS:
Larry Liles (901-454-2807)
Luke St. Onge (901-761-1172)

HOUSING:
Home Hospitality available upon request NOTIFY Tournament
Director or
Holiday Inn 1-240
901-682-7981 indicate Intercollegiate Racquetball

PLAY BEGINS:
3:00 p.m. on Friday, April 10, 1981

OFFICIAL BALL:
Penn Ultra-blue

TOURNAMENT SHIRT AWARDED TO ALL PLAYERS
HOSPITALITY BEGINS WITH LUNCH ON Friday, April 10, 1981
through Lunch on Sunday, April 12th

RULE ONE—MATRICULATION
No one shall participate in any intercollegiate racquetball contest unless he is a
bona fide matriculated undergraduate student at an accredited university or college
(not business college, trade school, etc.) and is regularly enrolled and doing full work
as defined by the regulations of the institution at which he is enrolled. Eligibility based
upon NCAA rules and regulations.

RULE TWO—PARTICIPATION
1. Participation in intercollegiate racquetball shall be limited to four varsity years
over a period of five consecutive college years counting from the date of matriculation.
2. In the event of a student’s regular attendance being interrupted by military ser-
vice in any of the armed forces, his period of eligibility shall be five years exclusive of
his period of military service, except for the years in which, during his military service,
he may have represented an educational institution.
3. Freshmen are eligible for varsity competition in racquetball. Women are eli-
gible.
4. Transfer students or graduates from a junior college may continue their racquet-
ball competition without complying with the one-year residence rule. Total years of
competition shall not exceed four years.
5. No professional racquetball player shall be permitted to compete in any inter-
collegiate tournament. However, in accord with intercollegiate legislation of 1974,
professionalism in any other sport shall not preclude competition in racquetball as
long as the player maintains amateur standing in the sport of racquetball.
6. Only amateurs may participate. A professional shall be defined as any player
(male, female or junior who has accepted prize money regardless of the amount in
any PRO SANCTIONED tournament. (NPC, PRA, WPRA, IPRO, NARP) or any other
association so deemed by the AARA Board of Directors.

RULE THREE—TOURNAMENTS
1. Eligibility of participants shall be verified prior to the tournament by letter from
the Office of the Dean of Admissions or Registrar to the tournament director, with
the school seal affixed.
2. Teams shall consist of four players from the same institution; teams cannot
comprise players from different schools in the same system (example, University of
Texas-Austin, Arlington and El Paso campuses). Members of a doubles team must be
from the same institution.
3. A team of four shall consist of one player in Class No. 1 Singles, one player in
Class No. 2 Singles and one doubles team. No player may compete in more than one
event.
4. Scoring shall be as follows:
Placement - The champion of each event shall receive 10 points, runner-up 7 points,
third place 4 points, fourth place 2 points.
Advancement - A player shall receive two points for each match won, except that no
advancement points shall be awarded if the champion is declared by a tie.
5. Players shall be awarded points for each match won, except that no
advancement points shall be awarded to the winner of the championship finals.

OFFICIAL ENTRY BLANK

INTERCOLLEGIATE CHAMPIONSHIPS

Men - No. 1 Singles No. 2 Singles Doubles
Women - No. 1 Singles No. 2 Singles Doubles

NAME: ___________________________ COLLEGE: ___________________________

ADDRESS: ___________________________

Amount Enclosed: ____________ 

I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I
may have against the American Amateur Racquetball Association, The Racquet Club of Memphis and their respective agents
for any and all injuries.

Date ___________________________ SIGNATURE ___________________________

ENCLOSE YOUR CHECK AND ELIGIBILITY LETTER AND MAIL TO:

AARA INTERCOLLEGIATE CHAMPIONSHIPS, 5545 Murray, Suite 202, Memphis, TN 38119

36 February ’81 Racquetball
RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.

For reasons of space and clarity, tournament results submitted for listing in "Scorecard" should be arranged as shown in the example below. Entries using this formal stand a better chance of being included in the "Scorecard" section.

Men's Open
Finals: John Smith over John Doe 21-20, 13-21, 21-16.

Mary Ann Guess (left), Karen Borgia (right) in the Long Island Open.


Women's Open: Quarterfinals: Carolyn Jaeger over Gail Uelandlai 21-2, 21-8; Grace Grill over Carol Nestle.

Ruben Gonzalez (right) played Jimmy Casicio (left) in the Long Island Open.
**WE HAVE YOUR RACQUET**

A.M.F. VOIT RACQUETS

**IMPACT ONE** 39.95

**X-C** 39.95

**EKTELEON RACQUETS**

250G 39.95

**MARATHON GRIP** 36.95

**MAGNUM FLEX** 36.95

**JERRY HILECHER** 36.95

**XL BILL SCHMIDTKE** 33.95

**FLEX** 29.95

**JENNY LONG** 27.95

**THE SWINGER RACQUETS**

**THE SWINGER II** 21.95

**THE LADY SWINGER** 21.95

**THE ALUMINUM SWINGER** 24.95

THE BANDIDO RACQUETS

**THE BANDIDO** 21.95

**THE LITTLE BANDIDO** 21.95

**THE GRAPHITE BANDIDO** 31.95

**THE SIGNATURE RACQUETS**

**THE CHARLIE BRUMFIELD** 27.95

**ALUMINUM** 29.95

**THE CHARLIE BRUMFIELD COMPOSITE** 27.95

**THE "PROONLY"** 22.95

**THE GRAPHITE RACQUETS**

**THE GRAPHITE PERFORMER** 25.95

**THE GRAPHITE COMPETITOR** 47.95

**THE GRAPHITE 100** 94.95

**ALDILA RACQUETS**

**PISTOL** 34.95

**SIDEWINDER** 24.95

**VITTERT RACQUETS**

**THE COBRA** 32.95

**THE ELIMINATOR** 29.95

**THE RACER** 26.95

**THE CLASSIC** 22.95

**RACQUETS BY WILSON**

**NEW THE ADVANTAGE** 32.95

**RACQUETS BY HEAD**

**ENDURO** new

**HEADPRO** 34.95

**MASTER** 29.95

**TIB HOURS** 9.95

**BUCKET** 9.95

**LADIES SHOULDER TOTE** 15.95

**EKTELEON BAGS**

**ALL PRO BAG** 9.95

**RACQUETBALL BAG** 14.95

Add $1.50 for postage and handling

**GLOVES**

**SARANAC** 5.95

**THE OTHER GLOVE** 9.95

**CHAMPION** 5.95

**POSTAGE 50c PER PAIR**

**SHOES**

**FOOT JOY TUFFS** 21.95

**LOTTO NEWPORT** 19.95

**LOTTO MIKE YELLEN** 21.95

Please write or call for inventory and handling price list.

We ship C.O.D. at $2.00 extra

**ATHLETE’S CORNER**

P.O. Box 16995, Dept. R

MONEY Plantation, Fla. 33318 CERT.

ORDERS: Phone (305) 475-0327 CKS.

Prices Subject to Change.
Listed below are the ball manufacturers who have received approval of their products in AARA sanctioned tournaments. For tournament sponsorship, contact these manufacturers, your AARA State Director, or National Headquarters at 901-761-1172.

- Ektelon
- Regent
- Trenway
- Head
- Seamco
- Vittert
- Penn
- Spalding
- Voit
- Point West
- Sportcraft

AARA BALL APPROVAL

Listed below are the ball manufacturers who have received approval of their products in AARA sanctioned tournaments. For tournament sponsorship, contact these manufacturers, your AARA State Director, or National Headquarters at 901-761-1172.
THE 1981 EKTELEON/PERRIER
RACQUETBALL CHAMPIONSHIPS

PERRIER, THE NATURALLY SPARKLING THIRST QUENCHER.  EKTELEON, THE MOST RECOMMENDED RACQUET IN RACQUETBALL.

FREE TRIP TO NATIONAL CHAMPIONSHIPS
IN LOS ANGELES, APRIL 1981.
Air fare and lodging for regional winners** provided by Ektelon/Perrier and your host court facility.

$40,000 PROFESSIONAL INVITATIONAL TOURNAMENT.
Regional winners compete for Amateur Championship while top professionals vie for National title.

GRAND PRIZES . . .
CLUB MED VACATIONS.
Exciting vacations for two in Mexico, the Bahamas or Caribbean for each of the four National Champions.†

MAJOR PRIZES AND TROPHIES FOR REGIONAL WINNERS.
Major prizes for finalists and commemorative awards for top eight finishers in each division.

COMPLIMENTARY EKTELEON/PERRIER BAGS.
Free Ektelon/Perrier canvas racquetball bag for each player who participates.

REGIONAL TOURNAMENTS FEBRUARY 1 THRU MARCH 15, 1981.
Atlanta, Boston, Chicago, Columbus, Denver, Detroit, Houston, Kansas City, Miami, Minneapolis/St. Paul, New York City, Orange County, Philadelphia, Phoenix, San Francisco, and Northern Virginia. Details at your local racquetball facility.

A portion of all tournament entry fees will be donated to The Special Olympics.

*Research results available from Ektelon.  **Men’s and Women’s Open and Senior.  †From one of five U.S. departure points.
Ektelon...because you know the game. Ektelon's new BlueLite or the Jennifer Harding ...because you know your game.

Now Ektelon offers two distinctively different racquets for women. They're light in weight for exceptional mobility and a faster swing. Both feature smaller handle sizes, including super small, for a surer grip and better control. And each is designed for a different style of play.

The New BlueLite. This is Ektelon's most flexible woman's racquet. Constructed of fiberglass fibers in a high-impact nylon matrix, the new BlueLite provides more flexibility than either aluminum or graphite. (250 grams. 18¼" long.)

Jennifer Harding Model. Made from aluminum, Ektelon's Jennifer Harding model is designed for the woman who prefers a racquet with a bit more rigidity. The Jennifer Harding is lightweight, and shorter, to swing faster and maneuver more easily. (250 grams. 17¾" long.)

Aluminum or fiberglass... the Jennifer Harding or the more flexible BlueLite. Whichever you choose, you've made the right choice. Because you've chosen Ektelon.

Both the Jennifer Harding and BlueLite feature Ektelon's full two-year racquet frame and full ninety-day racquet string warranty.