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Go West Young People
The 1981 AARA Junior National Championships
• Stanley Finger

16

Features

16

16

Winning Points
Services Rendered
• Bob Gura
Shoot to Kill
• Mike Yellen
Stretch Your Potential
• John Beaulieu

23

Scorecard
Tournament Results

30

Cover: Photographs by Cheryl Capps

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4 June '81 Racquetball
Letters To The Editor

In your article, "The More the Merrier," in the March '81 issue of Racquetball, you described two warm-up exercises. I would like to discuss the lower back stretching exercise, pictured on page 29.

Recently, I had the opportunity to talk with a physical therapist about lower back exercises, and he mentioned that one of the exercises that should not be done is the very one you described. Such an exercise leads to over-stretching of the longitudinal ligament which, in turn, leads to a reduction of pressure on the intervertebral discs—an important function of the ligament.

Please contact a local therapist to determine the effectiveness of the exercise.

Reinhart Reiss
Physical Director, YMCA
Petersburg, Virginia

I enjoy your magazine and would like to add my thoughts to Tom Slear's article "Players' Choice: Running A Court Club Isn't As Easy As It Once Was" (March 1981).

"It all comes down to management" — in the long run, is true in any business. We all know that the club business has had its share of volatility; it’s more management intensive than many entrants perceived, but we believe that the direction of the business is positive, the prospects for the industry are excellent, and that management training and development is continuing to meet the challenges that confront it.

Player demographics largely parallel the "baby boom" population curve indicating a decade of continued growth. Many researchers forecast an increasing awareness of health and fitness within a broader spectrum of our population. Additionally futurists predict increasing demand for personal attention, more individuality in our lifestyles and in the products and services we purchase.

We think our business is positioning itself to meet these demands. It looks like a classic challenge of market segmentation, product (service) differentiation, and positioning: how you capitalize on the projected growth, where you fit in the marketplace, and how you increase your market share are all questions every owner should be addressing.

Today over-development and over-saturation is evident in many markets. San Diego is an often illustrated example, but let's take a look at the numbers presented in Tom's article. In San Diego it appears that there is one court per 5,000 population, on that basis the successful club operator probably needs to have penetration of somewhere between two to five percent of the gross population in his trade area. Admittedly those numbers are a little "rich" for racquetball at this stage of the game, but its ultimate accomplishment is not insurmountable. We believe that club development in many markets has grown faster than the playing population, but we believe that effective marketing, advertising, and promotion will increase the absorption rate.

The business is stabilizing, but it is and will continue to be profitable for the professionals that participate in it. As an industry, we think — as the saying goes — we're in pretty good shape for the shape we’re in.

Kind regards.

Theodore S. Jablonski Jr.
President, Continental Court Clubs, Inc.
San Rafael, California

To The People Involved in the Intercollegiates:

I want to take this moment to thank everyone for their hospitality during the tournament in Memphis. I can't remember ever being involved in a tournament run so well and with as many volunteers. The participants in the tournament deserve credit as well for their great sportsmanship throughout the week, and for providing an atmosphere of fun competition. It is a sad fact, but most tournaments cannot even compare to the Intercollegiates because they lack the two essentials for a successful tournament. First, the people must participate because they want to have fun. If the only reason a person enters a tournament is to win, then the whole idea of athletics flies out the window. Secondly, the participants must play hard and honest. When you play your hardest, whether you win or lose, at least you feel self-satisfaction.

I'm proud to say the collegians displayed these qualities and it made the event a pleasure to participate in.

Larry Fox
Ann Arbor, Michigan

For a report on this year's AARA Intercollegiate Championships, see Racquetball, May '81. You will find Mr. Fox's name a prominent one in the report, as he won the Men's Number One Singles title.

Ed.

Thanks again for hosting such a super Intercollegiate tournament. I really enjoyed myself at The Racquet Club, seeing a lot of old friends and meeting new ones, as well as getting to see parts of Memphis. Of course, I'm a little against turning it into a team competition next year, because I feel it will be severely detrimental to our Women's Number One division. I know if it had been a team competition this year, Trish Tillotson, Barb Faulkenerby, and I would not have been able to participate. I guess you have to do what you think is best though.

Andrea Katz
Blacksburg, Virginia

The AARA welcomes feedback from participants in all the national tournaments. Feel free to contact National Headquarters, 5545 Murray Ave., Memphis, Tenn. 38119 with your comments and suggestions.

Ed.

I am the Director of Physical Education at Amherst College, and am becoming more concerned about eye injuries that could happen in our P.E. racquet courses. We strongly recommend our students to wear protective glasses, but do not require them to date. We also post eye injury articles on a consistent basis.

In a recent issue of Racquetball Magazine, in the article "Optical Solutions", there is a picture of two posters advertising the use of eyeguards. I would like to get half a dozen of these posters so that I can hang them in our squash courts and racquetball courts. If you could send me any such posters that you have, or refer me to someone who has them, I would greatly appreciate it.

Michelle C. Morgan
Amherst, Massachusetts

For those of you who missed our March '81 issue on eye safety, the posters Ms. Morgan refers to are distributed by the Canadian Racquetball Association. For information about how to obtain these posters, we suggest you contact John Hamilton, Executive Director of the Canadian Racquetball Association, 333 River Road, Vanier City, Ontario, Canada, K1L 5B9; or call 613-745-2655. There may be additional posters available from various eyeguard manufacturers.
Dear Members,

First let me mention the recent completion of the historic Junior Nationals. Our cover story this month captures the action and atmosphere of this event (beginning on page 16). Don't miss it.

Now I'd like to mention the subject of last month's cover — the AARA 1981 Intercollegiate Championships. The competition is history now, but still it deserves special recognition. The facility, The Racquet Club of Memphis, was superb — as was the club's staff. The sportsmanship, camaraderie, hospitality, and organizational committee's good will, cannot go unnoticed. The Intercollegiate Championship of 1981 will take its rightful place as an historic moment in our great sport.

And let me extend our thanks to everyone involved, especially our national sponsors, Miller Lite, for the scholarship funds; and Penn Athletic Products Co., for its generous support of this Championship. We would be remiss if we did not mention the tremendous local support for this event from Coca Cola, True Temper, and Union Planters National Bank — all lent financial aid.

In another exciting development, we are pleased to announce that the AARA has developed a cooperative program with the Explorer Division of the Boy Scouts of America to promote the organization of Racquetball Explorer Posts. Also, racquetball has been approved as a new event in the 1982 National Explorer Olympics to be held in the summer of 1982 at Colorado State University. This exciting program will take place alongside the Junior Council's development and the Intercollegiate program in coordinating grass roots development for our sport.

Regards,

Luke St. Onge
Executive Director
By George Dwyer

George Dwyer is Commissioner of AARA Region number 13, as well as AARA Military Commissioner. The following is his opinion about the current status of a very important segment of the racquetball community -- the Masters. Racquetball and the AARA wholeheartedly encourage Masters participation in tournaments.

With very few exceptions, the racquetball media and industry devotes the lion’s share of their effort to the hard hitting, roll it out professional and/or young player. The vast majority of the time this is done at the exclusion of the Masters Division, or more specifically, the Golden Masters. If you doubt this statement, perhaps the following will convince you. A review of “Tournament Results” in four major racquetball publications clearly shows the bias in divisional activity. In 65 tournaments there were results in two, repeat two, men’s Golden Masters divisions and absolutely no activity for women in any division above seniors.

It has become a real hassle to convince tournament directors to even include these upper level age divisions in their entry blanks. Their reasoning for exclusion is difficult to understand. The act of offering a division has a significantly small dollar sign attached to it. At the very least, the offering of the division would create the impression the Golden Master is still welcomed and recognized as a vital element of the sport.

Those of us who have been a part of racquetball from the very beginning are intimately aware of the tremendous contribution the glamour and skill of the professional has made to the phenomenal growth of the sport. We readily acknowledge the vital necessity of a viable junior program that will provide a continuous feeder system for the sport. However, we also believe this concentration of effort and narrow application of resources has created an imbalance in the system. We are stuffing everything in at the bottom and by default, squeezing it out at the top.

I have just concluded a comprehensive survey of over 100 Golden Masters players throughout the United States. The magnitude of their responses and the interest shown by their remarks and recommendations clearly indicates the Golden Master is alive and well. They are just waiting for somebody to show some concern and interest.

It is time for a change! We must take a fresh look at the sport and bring it back in balance. Continued over-concentration and emphasis on one or two aspects of the sport has induced disruptive stresses in the whole sport. We are slowly losing an extremely vital part of the sport through benign neglect. We need to turn around these upper level divisions before they die on the vine. As starters, offer the upper divisions in all tournaments, not just a one time shot in the dark and then forget them. Provide maximum time between matches. Successive matches should never be scheduled less than three hours apart. For semifinals and finals, provide a day of separation. Forget double elimination as a method. Over the typical three to four day weekend tournament it is cardiac arrest country. If the number of entries are small, don’t close the division. Consider shortening the game and having round­robin entries. Encourage doubles as a primary event. Reduce tournament entry fees for men and women over 55. Above all, treat them with dignity and respect! They have paid their dues for a long, long time.

I am in the process of finalizing a National Golden Masters Tournament. If you have any desires or recommendations, please contact me: George T. Dwyer, 5206 Alta Loma Road, Colorado Springs, Colorado, 80918; phone 303-598-0963.
Wallyball Here To Stay?

If you haven't heard of it yet, you should know there's a new game at racquetball courts. It's called wallyball—and it's just what it sounds like, volleyball on a racquetball court.

Developed by actor Joe Garcia a couple of years ago, the sport now has an official association (World Wallyball Association), as well as standardized equipment, since AMF Voit now manufactures an "official" wallyball. Basically, the sport is volleyball adapted to a four-wall court. A net is set up in the middle of the court and players have four, three, or two-man teams. The sport makes use of the walls, as the ball may be hit off the sidewalls, as well as directly over the net. Out-of-bounds is called when the ball hits the ceiling, or the back wall on a serve or volley, or if it hits two or more walls on serve or volley.

Apparently, volleyball enthusiasts enjoy this bastardized version of their sport, as it utilizes the same skills, but requires even better anticipation when the ball bounces off the walls.

Court club owners across the country are installing wallyball nets, as it helps fill their courts during slow periods. The equipment needed to install the net is designed to be flush with the walls, so that it won't hinder racquetball play.

For more information about Wallyball, contact Wallyball Inc., 4112 Oak Hollow Road, Calabasas, Calif. 91302; or call 213-592-5757 or 305-681-5873.

Good Buy

Racquetball has a new publisher. National Reporter Publications, Inc., of Bixby, Okla., (a suburb of Tulsa) takes over the publishing responsibilities of the magazine with this, the June '81 issue.

National Reporter Publications specializes in "leisure" publications, according to President of the company, Gerald Pope. Among those publications are Lost Treasure, Pro Bass, and Winning.

National Reporter Publications is located at 15115 S. 76th East Ave., Bixby, Okla. 74008.

Mend Your Sole

Liquisole is a new shoe repair rubber being marketed by Elastone Company of Akron, Ohio. According to information provided by the company, you simply squeeze the urethane rubber from a tube onto the sole or heel area to be repaired, level it with a knife or stick and allow it to cure 36 to 72 hours. The result, according to Elastone, is a tough resilient rubber which is appropriate for innumerable repairs. Examples offered are: separation of shoe soles and heels from the tops and tears in boots, overshoe, waders and wet suits; and rips and holes in camping equipment.

Liquisole retails in the $3.50 price range per tube and will repair between two and five pairs of shoes. For more information contact Elastone Company, 574 Castle Blvd., Akron, Ohio 44313; or call 216-836-4742.

Another product which is useful for repairing shoes is called Shoe Glue. Shoe Glue is endorsed by National Resolvers Association, according to information provided by the manufacturer—Unique Sports Products of Cleveland, Ohio. Shoe Glue retails for $1.98. For further information write to Unique Sports Products, Inc., 26101 Miles Road, Cleveland, Ohio 44128.

Pick Up and Go

You've seen tennis pros at the end of a long day, picking up balls from the court with a convenient wire basket. Now, someone's developed such a pick-up basket for racquetballs. That's right.

HOAG-CO, of Pasadena, Calif, has developed such a basket for use with racquetball throwing machines.

The new basket holds up to 70 racquetballs. The handles of the basket fold flat for ease in pouring the collected balls back into the machine. When not in use, the handles lie flat on top of the basket. Also, the basket has a rounded doubled bottom to avoid the possibility of court damage.

Prices and further information are available from Hoag-Co, 1062 North Vinedo Ave., Pasadena, Calif. 91107; or call 213-798-8609.

Descriptions of new products are as according to information provided by the manufacturer; products have not been tested by Racquetball magazine.
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100 Roessler Pittsburgh, PA 15236
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412-343-4667
JUNE 4-7
Peps: Open (3)
Bristle Club House
842 Clark Ave.
Bristle, CT 06010
Joe Hogan
Southwest Grand Prix (4)
Ft. Worth Athletic Club
3900 Ben Brook
Ft. Worth, TX 76116
Jim Krick
817-244-0876
JUNE 5-7
Second Annual Cancer Society Benefit (3)
Backwall Racquetball Center
Altoma, PA
Contact: Bernie Howard
717-667-2209
2nd Annual Billy Bowleggs Open (3)
Racquetball West
125 Miracle Strip Pkwy S.W.
Ft. Walton Beach, FL 32548
John Maddox
904-243-5493
55 Miles Per Three Hour Limit Racquetball Classic (3)
Cal Courts
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Eureka, CA 95501
Pat Idica
707-445-5445
JUNE 11-14
Southwest Grand Prix Finals (4)
Tulsa Racquetball Aerobics Club
4535 South Harvard
Tulsa, OK 74135
Clayton Kahiff
918-749-9347
JUNE 12-14
qualifying tournament for:
Florida's Sunshine State Games, 1981 (2)
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Coral Springs, FL 33065
Fred White
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The Indiana Racquet Club 1981 Racquetball Spring Open (3)
The Indiana Racquet Club
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Indiana, PA 15701
Anton Constantino
412-343-3111
JUNE 25-28
California Grand Prix 1981 (3)
The Center Courts
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Gary Williams
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JULY 9-12
California Grand Prix 1981 (3)
West Covina Athletic Club
3211 E. Garvey Blvd.
West Covina, CA
Gary Williams
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JULY 16-19
California Grand Prix 1981 (3)
Anaheim Racquetball A.C.
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Anaheim, CA
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Incline Court House
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Gary Williams
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JULY 17-19
New Jersey State Championships (2)
King George's Racquet and Health Club
17 King George Rd.
Greenbrook, NJ 08812
Pete Talbott
201-356-5900
JULY 23-26
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1981 S. Dakota State Outdoor (2)
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Rapid City, SD
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JULY 30-AUGUST 8
California Grand Prix 1981 (3)
Diamond Racquetball
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Diamond Bar, CA
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Sacramento Court Club (3)
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Sacramento, CA
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AUGUST 6-9
California Grand Prix 1981 (3)
Coldwater/Chandler Racquet Center
530 Coldwater Canyon Ave.
Sherman Oaks, CA
and
Four Seasons Racquet Club (3)
20211 Poly Drive
Castro Valley, CA
Gary Williams
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AUGUST 13-16
California Grand Prix 1981 (3)
Tournament House Racquet Club
6250 Brockton
Riverside, CA
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Fairfield Court Club (3)
1471 Holiday Lane
Fairfield, CA
Gary Williams
213-957-0577
AUGUST 20-23
California Grand Prix 1981 (3)
San Diego Tennis & Racquet Club
4848 Tecolote Rd.
San Diego, CA
and
Schoeler's Racquetball (3)
425 Eccles Ave.
S. San Francisco, CA
Gary Williams
213-957-0577
AUGUST 27-30
California Grand Prix 1981 (3)
56 E. Duarte
Arcadia, CA
Gary Williams
213-957-0577
SEPTEMBER 15-20
FINALS
California Grand Prix 1981 (4)
Del Amo All-Pro Athletic Club
21345 Hawthorne Blvd.
Torrance, CA
Gary Williams
213-957-0577
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- Limit 50 students per clinic.

Cost is $350.00 per student and includes instruction, court time, camp uniform, opening night cocktail party, end of clinic barbecue and a free Wednesday for golf, tennis or visit to Six Flags Over Texas Amusement Park. For more information or to sign up, contact Ron Wickers, Bear Creek Racquet Center, 214/453-8400. For those attending the clinic from outside the Dallas/Ft. Worth area, a special rate of $38 per room, per night*, is available at the Amfac Hotel and Resort. Free transportation will be provided daily from the Hotel to the Bear Creek Racquet Center. Both Hotel and Bear Creek are located within the Dallas/Ft. Worth Regional Airport.

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- **mw:** men’s whirlpool
- **wsr:** women’s steam room
- **msr:** men’s steam room
- **tc:** tennis court
- **sp:** swimming pool
- **r:** restaurant
- **b:** bar
- **sp:** snack bar
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For more information on how to list a court club on this page, call Charyl at 901-345-8000.
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UNFIGHT AT THE OK CORRAL

The original classic took place in Tombstone, Ariz., but racquetball fans couldn't be blamed if they believed another series of memorable Western showdowns took place recently in Wichita, Kan.

By the time the smoke had cleared at the American Amateur Racquetball Association's Junior National Championships April 16 in Wichita, most of the top seeds had lived up to their billing.

But for four days at the posh Supreme Courts East racquetball center, fans and followers were treated to incredible displays of the awesome power, pinpoint control and physical ability that racquetball combines like no other sport.

There were marathon matches, grueling tiebreakers, and old-fashioned blowouts. And while most of the top seeds came away winners, there were still a number of upsets and "unknowns," who, like a strange gunfighter stalking into a dusty old West town and leaving with the sheriff's badge, left their mark on the tournament.

The largest field of competitors in the history of the Junior Nationals, 225 strong, blew into Wichita for the tournament. The reception they received was as warm as a spring day in the West.

The participants were treated to an old-fashioned bonfire and hayrack ride the second night of the tournament, and more than 350 people attended a banquet held in the players' honor the following night.

The banquet was highlighted by addresses by Luke St. Onge, the Executive Director of the AARA; Ed Martin, the National Commissioner of the Junior Circuit; and Dewane Grimes, the local coordinator of the national tournament.

A magician was the chief entertainment at the banquet, but he would have been upstaged by some of the magic performed on the courts of Supreme Courts East.


But Boys 15-and-under top seed Eric Scheyer of Illinois was gunned down in his first match of the tournament by unseeded Lance LaCour, and LaCour went on to win the championship. David Simonette, the top seed in the 13-and-under division, advanced to the finals before being upset by second-seeded Texan Luis Miranda. And Girls 13-and-under top seed Lisa Anthony had to settle for third place after being upset in the semifinals by eventual champion Elaine Mardas.

BY STANLEY FINGER

PHOTOGRAPHS BY HERYL CAPPS AND BRYAN MASTERS
BOYS 17-AND-UNDER

Jack Newman dominated his category like no other player in the tournament. His road to the championship had only one tough match, a win in the semifinals over Texan Bill Gamble.

Newman, from Illinois, was actually seeded second coming into the tournament, but number one seed Gerry Price had to forfeit his first match. Price, from California, had to forfeit because he was unable to make it to the tournament in time after trying to qualify for the pro tour.

Other than that, however, his toughest opponent was himself. Several times during the tournament he hollered at himself during a one-sided match for losing his concentration. But concentration was not a problem for Newman when he and Gamble squared off for one of the best matches of the tournament.

After Gamble and Newman traded points in the first game of the match, using similar tactics in long rallies, Newman ran off 13 points in a row to win the opening game. From 8-9, Newman used his deadly serving game to score service winners and pull Gamble out of position for easy kill shots and pinches that Gamble could only stand and watch.

Included in Newman's 13-point streak were three kills, four pinch shots and four aces. He closed the first game out 21-8 when Gamble skipped a shot from deep in the corner after barely returning a well-placed Newman serve.

Spectators expecting another Newman runaway were surprised when, in the second game, Gamble gave Newman a taste of his own medicine.

Once again, the players battled to a 9-9 tie, as long rallies with superb shots brought frequent bursts of applause from the crowd.

Then Gamble got his own serve warmed up, and had Newman on the defensive the rest of the way. Gamble went on a run of his own, scoring the final 12 points to win 21-9.

After seeing some great play in the first two games, the crowd was anticipating a classic tiebreaker. They were not disappointed.

In a game filled with long rallies and one crucial shot after another, Newman jumped out to an 8-3 lead on four kill shots and four skips. Then, just when it seemed Newman was going to pull away, Gamble rallied. Using two aces, a front wall-right wall pinch and a textbook rollout, Gamble pulled to within 8-7.

The players traded points until Newman had a 12-9 lead. After five straight sideouts that saw both players diving for shots and coming up with winners in seemingly impossible situations, Gamble climbed to within 10-12.

But that was as close as he would get.

Newman earned a sideout when Gamble skipped for a shot and went on to win 15-10 after Gamble was assessed a
technical for calling too many time outs.

Newman breezed through the championship match against fellow Illinois resident Robert Kinney. Kinney, who had advanced to the finals with a methodical 21-19, 21-13 win over Tod Swanson of California, made Newman's task much easier in the finals by committing numerous unforced errors.

Kinney had scored only four points in a match between the two earlier this year, and things weren't much different the second time around. The outcome was never in doubt as Newman coasted 21-7, 21-5.

Gamble rebounded from his tough semifinal loss to Newman to whip Swanson 15-10, 15-6 in the abbreviated third-place match.

**Girls 17-and-Under**

Girls 17-and-under favorite Mona Mook did not have as easy a time as Newman in the finals. Mook, the defending 17-and-under Junior National Champion and current California State Open champion was matched against 1981 Pennsylvania State Open champion Tammy Hajjar.

Mook had used her powerful serving game to advance untested into the finals but found herself facing a player with a similar attack.

Hajjar, the number three seed in the tournament, had used a booming serve and overall superior strength to upset second-seeded Californian Cheryl Mathieu 21-8, 21-17 in the semifinals. Hajjar never let Mathieu get into the volleying game she prefers, scoring consistently with service winners and on brief exchanges.

Both Hajjar and Mook were a little tight as the championship match began, with both players getting points on the opponent's mistakes.

With Mook holding an 8-7 lead, the match switched into high gear. The players traded serves eight times without a point being scored, as Mook and Hajjar displayed the awesome power that had brought them to the finals.

Mook served two straight aces for a 10-7 lead before Hajjar began her comeback. Using passing shots that were becoming more and more effective as the game went on, Hajjar frustrated Mook by going on an 11-2 tear and taking an 18-12 lead.

Hajjar's game plan for the match was never more evident than during that streak, which included five crosscourt passing shots and four service winners. The rally left the partisan-Mook crowd buzzing about a possible upset.

Hajjar didn't waste her strong first-game showing, as she put away the first game 21-14.

It was a different Mona Mook who took the court for the second game.
Mook changed her tactics, trying to get Hajjar into longer rallies instead of the brief exchanges that had dominated the first game.

It worked. Mook scored 10 unanswered points to open the second game, and Hajjar couldn't get back into it. By the time Mook had closed out the second game with two backhand crosscourt passing shots and a left wall-front wall pinch to win 21-5, the momentum had shifted.

Mook carried that momentum into the tiebreaker, and assumed an early 8-4 lead. Hajjar cut the lead to 9-7, setting up the climatic moment of the match.

Sensing the momentum shifting again, Mook reached deep down and came up with three straight aces—two to Hajjar's deep backhand corner and the third to her forehand—to go up 12-7. The shell-shocked Hajjar didn't score again, and Mook won the title with a diving front-wall-right wall pinch.

As dramatic as the Girls 17-and-under final was, however, it didn't even compare to the spectacular Boys 15-and-under title match.

**BOYS 15-AND-UNDER**

The final could have been an anti-climax for the players involved, considering their accomplishments earlier in the tournament.

After all, Louisiana native Lance LaCour had used his explosive serve to upset top-seeded Eric Scheyer 21-12, 21-14 in the second round. And little-known Mark Henshaw from Idaho had to survive three match points in the tiebreaker before rallying for a 6-21, 21-17, 15-14 win over defending 13-and-under Junior Champion Ray Navarro of Texas.

As good as the earlier matches had been, however, the title match surpassed them. It didn't start out that way, though. LaCour sent Henshaw reeling in the first game with his incredible serve, and he won the opener unchallenged 21-9.

Henshaw then turned to what had given him success in his semifinal win—endurance and clutch shot-making.

Facing match point at 20-17 in the second game, Henshaw called two time outs to cool off LaCour, who had reeled off three straight kill shots to move to the brink of the championship.

Mysteriously, LaCour then called a time out of his own. When play finally resumed, LaCour began playing Henshaw's game, getting into long rallies and waiting for an opponent's mistake.

Time and time again LaCour would hit a shot that seemed impossible for Henshaw to return. But Henshaw, diving for one return after another, finally earned a sideout and scored three straight points to tie the score.

The players then traded serve four times, while the crowd kept on cheering for either side. Eventually, LaCour scored two points to edge out Henshaw 15-13 in the tiebreaker.
times with the game and match hinging on every play. The crowd held its breath during the long rallies, almost leaning forward as one to see who would finally come out on top. It was Henshaw, when LaCour skipped a shot that could have easily been a winner.

Henshaw's high-pitched shriek of joy signaled the end of the pressure-packed game, but the smile quickly left his face when LaCour used five aces to earn an 8-2 lead in the tiebreaker.

Once again, however, Henshaw came back. Going back to the serve-and-volley game that had keyed his second-game rally, Henshaw went on a 10-1 scoring spree. When Henshaw capped the run with a service winner to go ahead 12-9, it looked like the championship was his.

LaCour had other ideas. After easing back to within 12-11, LaCour rattled off three straight points to again stand at the threshold of the championship. This time, he crossed it. A booming ace, his trademark throughout the tournament, earned LaCour the title and ended the marathon.

LaCour's 21-20, 21-6 semifinal victim, Andy Roberts of Tennessee, outdueled Navarro in the third place match to win 19-21, 21-17, 15-9.

**GIRLS 15-AND-UNDER**

While the Boys 15-and-under final wasn't an anti-climax, the Girls 15-and-under was. At least, it was for number one seed Lynn Wojcik of Arizona.

Wojcik polished off second-seeded Canadian Donna Allen 21-14, 21-11 to win the division she finished fourth in last year, but Wojcik's biggest match was in the semifinals against arch-rival Loretta Peterson of Utah.

Peterson and Wojcik had built up a fierce rivalry in the past year. Peterson whipped Wojcik in the AARA Junior National third-place match last year and Wojcik beat Peterson in last year's USRA National Championship.

Both matches had been tooth-and-nail dogfights, and this year's match was no different. Wojcik opened a big early lead in the first game against Peterson, only to have that lead dissipate quickly late in the match.

After finally catching up at 20-20, however, Peterson lost her serve and Wojcik scored the crucial point on a kill shot to win the game.

The second game began much like the first, with Wojcik using her power to open a 12-6 lead. Peterson wasn't quite ready to call it a day, though, and she mounted a comeback thanks largely to Wojcik errors, and claimed the lead at 15-14.

Peterson moved the lead to 20-15 on three passing shots, a kill and an ace before Wojcik tied the score. Enroute to that tie, Wojcik had to fight off two game points. Serving for the match, however,
Wojcik lost her serve on a Peterson kill shot and then lost the game on a skip.
The tiebreaker was as one-sided as the first two games had been close. The long match had worn out Peterson, and Wojcik took full advantage.
Petersen scored the first two points of the tiebreaker, but that was all she would get. Wojcik was in control after that, burning her tired opponent time after time with passing shots.
And when Petersen stayed back looking for the deep crosscourt passes, Wojcik instead dumped in short pinch shots that Peterson had no chance to get to. Wojcik finally ended the tiebreaker and the match with a kill shot to win 15-2.
The final was surprisingly easy for Wojcik, as the expected showdown with Allen didn't materialize. Allen had advanced with little trouble to the championship, whipping Tyna Heath of Hawaii 21-7, 21-7 in the semifinals, but Wojcik was never in danger.
The third place match saw Petersen beat Heath 12-21, 21-6, 15-6.

**BOYS 13-AND-UNDER**
The end of an era came in the Boys 13-and-under finals.
Maryland's David Simonette, who had won Juniors Championships for the last four years, was again considered the one to beat at Wichita. In fact, a number of people talked as if it wasn't a question of if Simonette would win, it was who he would beat.
Sure enough, Simonette waltzed into the tournament finals without too much of a challenge, although Californian Jess Wilson extended Simonette somewhat in the third round before losing 21-12, 21-18.
Second-seeded Luis Miranda was waiting for Simonette when he got to the finals. Miranda's journey through the tournament had been just as uneventful as Simonette's, and a small group of people suggested that if anybody could end Simonette's reign, it was Miranda.
They were right. In a match that lasted just over two hours, Miranda beat Simonette 21-16, 21-18. And Miranda beat Simonette at his own game. The match included some of the longest and best-played points of the tournament. It was like two gunfighters trading shots, waiting to see who would fall first.
Racquetball fans were almost in a panic, because two of the best finals in the tourney, the Simonette-Miranda and LaCour-Henshaw matches, were being played at the same time.
Spectators of the Simonette-Miranda final could only watch and shake their heads as the tension in the match quickly reached a fever pitch and then stayed there the rest of the way.
There weren't many mistakes by either player in the final, as it often took an outright winner to determine the point after seemingly endless rallies.
In both games Miranda opened a small lead, and, despite repeated comeback bids by Simonette, held on for the win.
Simonette made a valiant effort to win the second game by cutting a 20-12 deficit down to two, but Miranda earned a sideout with a pinch shot and then followed with another picture-perfect pinch to win it all.

**GIRLS 13-AND-UNDER**
Like Simonette in the Boys division, Lisa Anthony of California was expected to walk away with the Girls 13-and-under title.
Indeed, Anthony reached the semifinals without much difficulty, but then she ran into a buzz saw from Ohio named Elaine Mardas.
Mardas had given up only three points going into the semis, but lost the first game to Anthony 21-14. Anthony looked to be on her way to the finals when she opened up a lead in the second game, but leg cramps began bothering her, and as the match went on, they got worse.
Mardas capitalized by getting Anthony into long rallies, and overtook Anthony late in the game to win 21-17. The tiebreaker was almost over before it began. Mardas kept Anthony moving as she had in the second game, and the result was a 15-2 win and a berth in the finals.
The same strategy worked for Mardas as she swept past Lisa Mark 21-9, 21-3. Mark, from California, had included a second round upset of number two seed Laura Rimkus of Connecticut in her tournament play, but she proved to be no match for Mardas' potent serves and accurate passing shots.
Mark never did get her game going in the finals, as Mardas would follow a good Mark show with an even better one of her own for a winner. Mardas forged a 7-0 lead in the first game, and the rest of the match was a lesson in frustration for Mark. Mardas' super shot-making had Mark rallied midway through the opening game and it was all over after that.
In the third place match, Anthony returned to form in defeating Delaine Comer 15-21, 21-4, 15-6.

**BOYS 10-AND-UNDER**
The Boys 10-and-under championship was a classic confrontation of accuracy versus power. Accuracy, in the form of top seed John Gillooly, faced power in the person of Jason York.
York, from Indiana, was a big mystery to many when he made it to the finals with a 21-19, 21-15 win over Nolan Glantz of New York. Glantz had blasted York in a tournament early in the year, but the tables were turned in Wichita.
Gillooly, from Massachusetts, almost didn't make it to the finals. Twice he was extended to three sets in the early rounds before prevailing.
The serving game held the key to the crown in this match. In the opening game, Gillooly scored repeatedly with deep serves to York's far backhand which York could not return off the back wall. Then, when York would get his power game going, Gillooly would end the rally with a perfectly-placed pinch shot or rollout.
As in the Girls 13-and-under final when Mardas' perfection frustrated Mark, Gillooly's errorless play frustrated York. The frustration led to several easy points for Gillooly, and he chalked up a 21-7 win in the first game.
York cooled off between games, and when the second game got under way he began putting his power to use. The match appeared to be headed for a tiebreaker when York opened a five-point lead midway through the game. Gillooly began chipping his way back, however, and he eventually tied the game at 16.
York sandwiched three points around three serve trades to take a 19-16 lead, and once again it looked like the match would soon be even.
But that moment never came. Gillooly cut the lead to one, 19-18, and, after four sideouts, reeled off three points to win 21-19. Accuracy had prevailed over power.
The third-place winner, like York, was a player not well known on the national circuit. Minnesota's Michael Locker, who almost upset Gillooly in the semifinals, defeated Glantz 21-2, 21-16.

**GIRLS 10-AND-UNDER**
The Girls 10-and-under division, like the Boys 17-and-under division, was virtually no contest.
Top-seeded Heather Adler of Connecticut gave up only 23 points in three matches in winning the title. Adler defeated Susan Woods of Missouri 21-1, 21-0 in her first match, Stacy Sattler of California 21-7, 21-3 in the semifinals and second-seeded Rodie Martin of California, 21-5, 21-7 in the finals.
The championship match was one of the shortest of the tournament. Extended rallies were not commonplace in the final. Martin spent most of the time racing all over the court, trying vainly to return one remarkable Adler volley after another. And, as the final score indicates, she came up short most of the time.
Third place in the division went to Sattler, a 21-10, 21-20 winner over Alma Fuentes of Texas.

**OTHER RESULTS**
Gregg Peck's 17-and-under championship highlighted the doubles competition at the Nationals.
Peck, younger brother of pro player Dave Peck, teamed with Hart Johnson of Minnesota.
to win the 17-and-under title with a 21-5, 21-19 victory over Shawn Fitzpatrick of California and Brown Shawn of Florida.

Mona Mook made it two titles when she teamed with Rob Wadsworth of Massachusetts to defeat Mathieu and Linda Ganske of California 21-16, 21-12.

Lance LaCour did the same in the Boys 15-and-under division when he and Eric Scheyer defeated the Illinois team of John Negrete and Scott Brechon 21-19, 18-21, 15-10.


David Simonette had to settle for second place trophies when the California team of Jess Wilson and Bobby Rodriguez upset Simonette and Mark Heckman 21-20, 19-21, 15-14 in the Boys 13-and-under division.

Although she failed in the Girls 13-and-under singles final, Lisa Mark went home with a championship trophy. In an all-California doubles final, Mark and Delainie Comer whipped Lisa Anthony and Shelly Wallman 21-1, 21-7.


Another all-California final took place in the Girls 10-and-under division. Rodie Martin and Stacey Satterfield teamed up to defeat Salinia Rodriguez and Monica Carmona 21-2, 21-8.

It was the same old story in the team competition at the Nationals. Eight teams, the largest field in the history of the tournament, competed for the team title.

But Sun Oaks claimed the title once again, as it has every year in the four years team competition has been held. For the second straight year, El Paso, Texas, finished second.

Even when the 1981 AARA Junior Nationals had finally ended, spectators and players alike were talking about the unbelievable high caliber of play they had just witnessed and been a part of.

But they'd better get used to it. Players have already begun loading up for next year's nationals. And after seeing this year's unforgettable shootout, racquetball fans can hardly wait.

**TIME OUT**

"Y'all come back now, ya hear?" Those friendly words were the last uttered by a tired, but enthusiastic group of people from Kansas, who can be credited with hosting a super 1981 AARA Junior National Championship.

Dewane Grimes was everyone's Mr. Wonderful, never hesitating to assist in all areas of coordinating the event. For one year Dewane and his Wichita "family" gave 100 percent effort in the planning of this tournament. And the result of their efforts was evident in the culminating week of one of the happiest, and best run events staged for juniors over the past year.

Gail Burden's involvement in the total picture of planning for this tournament was recognized as an almost round-the-clock dedication and participation. On her "off" hours she could be found juggling court times and entry applications, and working closely with the National office to be sure all the entrants were paid and accounted for. As floor manager, Gail was on duty from the beginning of tournament play in the morning and the last to close up the courts at the end of the day. Without her we would not have had the flow of matches run so smoothly. It was a pleasure to know that she was a part of this community effort. And community effort it was indeed as the city of Wichita opened its arms and its homes to many of the players who would not have been able to make this trip without this home hospitality.

The Optimist Club of Wichita was a financial supporter from the very inception of the idea that Wichita was the 1981 host for the Juniors event. In addition, we had national support from Carrera (eyeguards) who supplied each participant with a pair of eyeguards, and from Penn Athletic Products Co., whose support of the AARA's junior development program really began with this year's Nationals. The shirts and balls, as well as the financial assistance provided by Penn were essential to the success of the tournament.

The owners and staff of the Supreme Courts East, where the tournament was held, and Supreme Courts West, where much pre-tournament planning took place, must be complimented on the generous extension of their time and facilities. It was fun to be there and all of us will be back again. Thank you Wichita!

To obtain a list of names and addresses of this year's participants in the Junior Nationals, send a self-addressed stamped envelope and 50¢ to Dewane Grimes
Supreme Court West
3725 West 13th St.
Wichita, KS 67203

We encourage our members to support the clubs listed above. They have shown an extraordinary effort on behalf of the amateur racquetball player. Their contribution to the AARA and the sport of racquetball is appreciated.
How To Make Them Winners

Firepower. What comes to mind when you think of it? Some folks conjure images of milky white mushroom clouds and thermo-nuclear devices. Others age of milky white mushroom clouds divine lcs you thi nk of it?

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center court position. Legend has it the player dominating the area a yard or so back of the service zone and to the mid­

do will dominate. There's no arguing with the idea. It's true, as far as it goes. From center position most individuals should be able to manipulate the oppo­

nent with relative ease.

The flaw in the doctrine may be ap­

parent. In order to make use of the center court advantage the player must be about to stroke a return. This implies the other side has been able to return a shot to the front wall. Depending on the speed, height, and direction of the stroke, the center court player must take stock of his or her firepower. Efficiency dictates certain weapons would be unad­

visable in each instance. The process calls for a quick-thinking period of shot­

pruning before deployment. While the brain is churning the returner is making efforts to outguess the shooter.

When the shot is finally made, several unhappy alternatives can arise. The center court’s aim may be off the mark, a kill may skip to the front wall or a pinch go too wide. Even though things usually work out, it’s evident center court play requires a number of specific armaments. They’re fast reflexes and reaction time, a sense of anticipation, and a large repertoire of strokes.

It’s also a sorry truth that the most strategically minded of players don’t always have the proper tools for im­

plementation. That’s where the service zone, and what goes on inside, proves the great equalizer. You could go as far as to say the service is racquetball’s ultimate weapon—the ICBM of the sport.

Consider it. Standing in the service zone, racquetball in hand, you’re in com­

plete control of the action. The opposition is posted far away in deep backcourt awaiting your decision. You govern which way the other side will move: to the left or right, bend low or stretch high. Once a weak point has been isolated, you’re free to hammer it again and again with the proper service. When the opposition overcompensates to offset damage, new deficiencies will emerge.

It doesn’t take a palmist or clairvoyant to appreciate the value of a wide range of services. The player equipped with large-caliber services can often outgun the opponent from the start.

Common sense dictates every player who’s ever picked up a racquet has dreamed of serving well. The only irri­

tant is that it obviously takes a while to become a service artist. After all, many a player reasons, what with hard serves and soft serves and high serves it can take forever to pass inspection.

That’s where the surprise comes in. Compared to every other shot in racquet­

ball the serves are child’s, or even in­
fant’s play. In fact, considering the potential firepower to be reaped with comparatively little effort, players without a good service are virtually unmanned.

The service itself is a relatively straight forward affair. You step into the service zone, anywhere you like, bounce the ball and hit it off the front wall. All the ball has to do is land on the floor beyond the short line. It can, if you like, hit one sideline in mid-air before touching down. There are varying ap­

proaches you can bring to the service. Some players, especially beginners and large types like to hit the ball hard and low. Others prefer to stroke serves that tease the sideline at an awkward height. Another faction prefers a high lazy delivery that forces the unprepared to swat upwards at the ball. Good players have mastery of all three, but it’s wise to
be able to hit at least two with consistency.

It's difficult to state which serve causes returners the most trouble. Newcomers are often terrified by speeding rubber bullets steaming their way. Seasoned veterans are likewise irked by ungainly flight plans. As serves go however, the hard drive remains the big gun in the armory. This is a low, fast-moving projectile that usually rockets to the backhand corner.

Appearances can be deceiving when they refer to the person doing the driving. While it gives off the aura of being the domain of the robust, many slight players have powerful drives. The reason for joint capability is clear. All it takes to stroke an acceptable drive is the ability to hit the ball with the racquet. Most players, heedless of physical stature, can handle the task.

When you break the weapon down the components are readily visible. The initial stage is displayed in photo one. You start by standing in the center of the service zone. Don't worry if your foot touches the line, the rules permit so long as it doesn't extend beyond. The shoulders are perpendicular to the front wall and the weight is on the right foot (lefties do a turnabout). The racquet is held head-high and to the side. Moving in a steady progression (see photos two through four) the knees start to flex and bend as the body lowers into the stroke. The weight transfer from the right to left foot carries through as the racquet-arm flows to the ball. The racquet is gripped in the typical forehand fashion, and should contact the ball between ankle and calf level. The wrist remains cocked throughout, releasing only when the ball and racquet meet. As always, with every shot in the game, the eyes are drilled on the incoming ball.

After the hit has been made the ball should stream toward a spot about three feet high and one foot to the left of front wall center. Aimed properly, it should fly low and fast (top male pros hit well upward of 100 m.p.h.) toward the backhand corner.

When the motion concludes, the weight will be transferred to the left foot and the racquet-arm will follow through across the torso. The body will remain in the center of the service zone, ready to take a step or two back if a return is made (see photo five).

Slow players will find it very difficult to track down and return the low hard drive. The joint effect of velocity, low height and intimidation have successfully assaulted fast and less fast opponents. When thoughts run to deception the server can switch the front wall target a bit. Drives touching a few feet right of center will hasten toward the right (forehand) corner. This serve is useful when the returner shades to the backhand side beforehand. Caught off guard, the guy or gal is usually literally left in the lurch.

A well-honed drive serve can drive the other side to surrender on its own.

That's assuming the opposition is willing to depart kicking weakly. Most times that's not the case, and with experience
returners grow accustomed to the
magnum force of the drive.

In order to maintain its striking capacity many players
develop a second service, similar but different to the drive.
It’s called the Z (or Reverse Z) and can be hit equally low with as much force.
The Reverse Z, launched slightly to the left of service zone center will eventually
carry to the backhand corner. Hit with the regular forehand motion the ball will
jet towards the right-hand side of the front wall (see photo six). Making contact
within a foot of the corner, it will hit the near sideline and rocket across court.
The ball should bounce off the rear sideline, formulating a tricky progression.
The Reverse Z is a pleasant variation on the drive as it travels almost as fast, but in a stranger manner.
You will find it is almost a foolproof way to serve to a right-handed player. Some
Z’s serve a higher version, tapping the front wall about five to six feet near the corner.
This model travels the same route but higher and slower. The difference in form can puzzle a shellshocked returner. Players will occasionally serve an orthodox Z to the forehand side. It reverses the travel plan and increases stress.

Speaking of puzzles and pain, why not add bedazzled and confused and try the
garbage serve? This is the simplest service there is, yet often the most potent.
It doesn’t look like much, the sort of еф-
fort someone’s enfeebled grandparent would muster up. The monicker is fitting however. Compared to the raw speed of the drive, the garbage resembles a throwaway procedure. Opponents soon learn to hope the garbage is put out on court as rarely as possible. Basically speaking, the garbage is a push shot. The serve can be aimed from either the middle or either side of the service zone. It’s most effective, of course, lazily coursing along the backhand sideline. the how-to’s are easily dismantled and studied. The server begins in a relaxed, relatively vertical posture. The racquet arm is held up and back and the ball is dropped from waist height. As the ball rises off the floor the body weight shifts slightly while the racquet loops underneath (see photo eight). The wrist is kept stiff throughout as the ball will head upward on contact (see photo nine). After contact the body weight is mainly on the left foot and the server remains in the same floor area (see photo 10).

The place to aim the garbage serve is about eight to ten feet up the front wall and three feet to the left side (when delivered from service zone center). It should touch down two or three feet past the short line and drift in a head-high arc adjacent to the sideline. By the time the returner has glimpsed and scorned the insipid service the damage is done. The ball has reached the backcourt at roughly shoulder height.

The combination of the backhand location and awkward trajectory make the easy-looking return difficult. The contact height makes a kill or low pass dubious proposition. The same goes for a pinch to the right side.

The situation is further rendered untenable by the fact the returner may feel foolish. Since the serve appears a dead cinch to murder there’s little reason for not doing so. The failure to be unable to blast the ball for a winner often incites dual symptoms of perspiration and profanity.

Matters are made worse when the returner unavoidably makes the comparison with drive serves. One kind is too hot to handle, the other too slow and high to butcher. Many times it’s difficult to tell which inflicts the greater carnage, the fast or slow moving service projectile.

If you’re willing to practice the various serves, proficiency is just a few games away. You’ll eventually get the hang of aiming for the crack (the juncture past the short line where sidewall and floor join) with the drive serve. This is a dangerous, but occasionally very rewarding vice. When the ball lands in the crack it has the effect of a hydrogen bomb on the returner (see photo 11).

Squirt ing swiftly to center court at a bizarre angle, the rarity is a sure winner. Although it’s a risky endeavor, the player armed with a full loaded service magazine can try for the crack now and then. One accurate hit in the early going can begin to brainwash the returner. Follow the cracker with a fast drive or perfect garbage serve and the toll can be telling. Many times an opponent will lose all confidence after having played as the fool once too often. Whenever this occurs the server should do his or her best to foster feelings of self-doubt and loathing. Give the opponent enough to worry about in the return department and the rallies will be few. A little later the opposition might well self-destruct. Everyone knows there’s no easier way to win a war.

By Mike Yellen

SHOOT To KILL
Racquetball’s Most Effective Weapon

Mike Yellen of Southfield, Michigan, is a 21-year-old member of the Ektelon Professional Player Advisory Staff. He is the number two ranked professional in the country.

The kill shot is absolutely the most effective offensive weapon a racquetball player can command. The receiver has to strain to get low to retrieve it and must always be on his toes, constantly anticipating where, when, how fast, and how low you’ll shoot.

Kill shots can be attempted from virtually anywhere on the court. One does, however, have a better chance of killing the ball in the vicinity of the service zone. The reason for this is that your opponent will most likely be behind you, and therefore, farther from the ball. There is also a disadvantage here, that is, that it will be more difficult to know which way your opponent is leaning.

There are no definite do’s or don’ts regarding where to shoot. There is, however, a good rule to follow: put the ball where your opponent is not. Even if you’re hitting 85 percent of your kills, you’re bound to leave someone hanging. If your shot is bad but far enough from your opponent, it may still work as a passing shot.

When attempting a kill, the key word is “patience.” You must let the ball fall below the knees (as low as you can), before hitting. The object is to keep the ball low, from your racquet to the wall, and after that gravity will do the rest.

The basic reason for shooting the ball at a very low point is so the ball will stay low. If one shoots from the hip, for instance, in an attempt to make the ball hit the front wall low, the ball will be moving at such a great angle that it will bounce fairly high. The higher it bounces, the easier it will be for the opponent to retrieve.

Wait; be patient; don’t rush; and when the ball is in place, smash it with an open racquet. The more time you wait, the more time you will have to set up for your shot.

Use the time by placing yourself in a stationary position (you can’t shoot effectively when you’re on the run), and watch the ball closely. Only by studying the velocity and angle of the ball can you determine when to shoot. Wait until the last possible moment.

The standard method of the kill shot execution is as follows:
Assume a batter's stance with your lead foot a little closer to the sidewall which you are facing than your back foot. The knees should be more than slightly bent. The torso should be bent so as to assume a position almost over the ball.

The ball should be directly even with the front leg at the time of contact with the racquet, which should begin its motion toward the ball from above the shoulder. The wrist should be slightly cocked until just before hitting the ball.

In fact, for speed and a hard shot, the wrist should be in the middle of a snap at the same time that the racquet is touching the ball.

A follow-through should be made with your legs, hips and shoulders. This will insure that you are not just swinging with your arm. You will also fare better in a case of a doubt the more when your whole body, rather than just your elbow, can absorb the unexpected jolt.

This procedure is identical for the backhand and forehand kill shot, except for one variation. In the backhand motion the racquet will begin its descent to the ball from your free-hand shoulder, whereas on a forehand kill the racquet will issue from the vicinity of your racquet-hand shoulder.

There are no set rules on where and when to attempt a kill shot. It is commonly held that the kill which grazes the sidewall first (reverse corner kill) is the most effective because the ball will die on the floor after hitting the front wall. This is the case in one instance, i.e., when the ball is hit low enough and grazes slightly enough.

The basic kill shot hit low into the front wall and quickly wedging into the sidewall is called a straight-in kill.

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The basic kill shot hit low into the front wall and quickly wedging into the sidewall is called a straight-in kill.

However, the disadvantage to this kill shot is the fact that only a few inches make the difference between a ball that goes to your opponent to shoot easily, the other guys are receiving little or no benefit from stretching, and they are increasing their chances of incurring muscle injury.

The strenuous demands racquetball makes on the body require the athlete to be in top condition to avoid injury to muscles. Increasing flexibility through stretching exercises can provide protection against muscle injury.

Injury prevention is one of the benefits stretching offers the athlete. When done correctly, stretching exercises can also be an important factor in improving all-around athletic performance and, when combined with weight training, they can improve speed on the court. (See Racquetball, May '81, for more on weight training.) Also, stretching after a match is an excellent way to relax tight muscles and consequently minimize muscle soreness.

The placement of the stretching routine in the daily workout is another important consideration. It is important that the muscles be warmed up before they are stretched. The warmer the muscles, the further they can be stretched. By stretching a warm muscle, the athlete obtains greater flexibility, hence greater protection against injury. Stretching a muscle which has not been properly warmed, and therefore has less

A prerequisite for an effective stretching program is patience. Muscles have a tendency to contract and shorten; therefore, in order to lengthen a muscle it must be stretched regularly. Stretching a muscle takes time. An athlete should not expect immediate results. It will take about four to six weeks before an athlete achieves results from stretching which are beneficial to athletic performance. In order to maximize the benefits as quickly as possible the serious racquetball player should stretch daily, twice a day if possible. All racquetball players should stretch at least four times a week. These sessions should be evenly spaced through the week. Although this is not as effective as a daily program, satisfactory results can be obtained.

The purpose of this article is to help the racquetball player understand how to use stretching exercises correctly so he can obtain all the benefits these exercises have to offer and can avoid possible injury from faulty stretching techniques.
WINNING POINTS

3. Pull knee to chest and raise the head to the knee. When stretch is felt, hold. (Hamstrings)

4. Push the upper torso back with the arms until stretch is felt and hold. Push head as far back as it will go. (Abdomen and Chest)

5. With legs crossed and arms out, turn body until stretch is felt and hold. (Hip and Oblique)

6. Put elbow behind the head. Gently pull elbow toward the center of back until stretch is felt and hold. (Shoulders)

7. Leaning on wall, keep back foot flat and head up. Slowly bend arms and lower body toward wall until stretch is felt and hold. (Lower Leg)

8. Put bottoms of feet together, pull heels toward groin and body forward until stretch is felt and hold. (Groin)

9. Assume position on back with knee up and leg pulled into side. Slowly lower knee until stretch is felt and hold. (Quadriceps)

10. From position shown, grab ankle and pull body forward until stretch is felt and hold. (Hamstrings)

11. Rock gently back and forth about 8-10 times. (Back)

12. Bring legs over head as shown. When stretch is felt, hold. Use the hands to keep balance. (Back)

13. Cross left leg over the right and bring right arm through as shown. Push on leg with arm and twist body until stretch is felt and hold. Turn head to the rear. (Hip and Oblique)

14. Behind shoulders, reach down with one hand. Bring other hand up, palm out. Grab fingers. When stretch is felt, hold. (Shoulders)
give, is one of the most common factors causing injury during stretching. For this reason the stretching routine should not be the first phase of a racquetball player’s warm-up. The stretching exercises should be preceded by a few minutes of light jogging, jumping jacks, jumping rope, or any other form of mild exercise which will raise the temperature of the muscles. This point is important enough to repeat: muscles which have been warmed up can be stretched further, thus the amount of flexibility is increased and the possibility of injury is decreased.

Some people recommend the stretching routine be done after playing racquetball because the muscles will be very warm and will stretch more easily. As mentioned earlier, this is also an excellent way to relax tired muscles and prevent potential muscle soreness. While both of these points are excellent reasons for an athlete to stretch after a workout, if an athlete has time for only one stretching routine, the author recommends it be done before the match. Warming up and stretching the muscles before a racquetball game will provide maximum protection against muscle injury during the game itself, when it is needed most.

The ideal situation is to stretch before and after your racquetball game. Doing the two routines offers the benefits discussed earlier in a much shorter time.

Another important aspect of performing stretching exercises is proper execution. Stretching exercises should be done gently with no jerking or bouncing. The stretching position should be assumed slowly until tightness is felt and held very still. Even gentle rocking is counter-productive. This method is called static stretching.

When a muscle is stretched, it contracts against the stretching thus creating more tension in the muscle. A muscle will automatically contract against stretching to prevent that muscle from being over stretched. This is called the stretch reflex. The force of the contraction against the stretching is equal to the force of the stretching. If a stretching exercise is done with bouncing or jerking movements, the contraction against these movements is much stronger than

The stretch may feel a bit uncomfortable, but should never be carried to the point of pain. Stretching to the point of pain can result in injury to the muscle.

The following list is a summary of points discussed for a safe and effective stretching program:

1. Before stretching always warm up the muscles.
2. Assume the stretching position slowly and gently. There should be no bouncing or jerking.
3. Stretch to the point of tightness: never pain!
4. Hold the position for 30 to 60 seconds.
5. Do the exercises to both sides of the body.
6. Stretching before and after each workout is desirable. If this is not possible, stretching before each workout is most important.

The following routine was designed specifically for the racquetball player. For the best results the exercises should be done in the order shown. It is recommended that all 16 exercises be done each time. If this is not possible a short routine may be used. Although it will not be as effective as the complete routine, satisfactory results can be obtained from it. The short routine consists of the exercises numbered 2, 3, 6, 7, 8, 10, 12, and 13. The full routine can also be broken down into before and after segments. The before routine would consist of the short routine and the after routine would consist of exercises 1, 4, 5, 7, 9, 11, 14, 15, and 16.

If all the guidelines and procedures for stretching which are discussed in this article are followed, the racquetball player should enjoy the benefits of greater flexibility which in turn will help him avoid injury and enhance his/her racquetball game.
Send your tournament results to AARA National Headquarters, 5545 Murray Ave., Suite 202, Memphis, Tenn. 38119. Scorecard will report as many results as space allows. Black and white photos are welcome, but will not be returned unless a self-addressed, stamped envelope is included.

All results should be typed, double spaced, and preferably arranged according to the example given here. Entries using this format 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.

Men's B Doubles
1st: Jerry Hall; Bob Becker; 2nd: Dave Hennjak-Frank Tuschak
Men's Senior Doubles
1st: Jere Willey-Luke St. Onge; 2nd: Joel Babkes-Rip Miller
Men's Senior B Doubles
1st: Don Redinger-Ron St. Clair; 2nd: S. Gaugol-Don Bradley
Master's Doubles
1st: Gene Ge Gapes-Al Schaller; 2nd: Herb Meyers-Fran Cerauclo
Women's A Doubles
Women's B Doubles
Boys' Junior 16-17
1st: Dan Oremtski; 2nd: Chris Biucki.
Boys' Junior Under
Boys' Junior Under
1st: Mark Hecker; 2nd: Rob McKinney.
Boys' 10 & Under
1st: Scott Correa; 2nd: Leo Satterl.
Boys' Junior Doubles
Girls' 16-17
1st: Tammy Hajjar; 2nd: Beth Latin; 3rd: Mary Span.
Girls' Junior Under
1st: Sally Lee; 2nd: Kimberly Pinola; 3rd: Chris Zello; 4th: Bridget Herbst.
Girls' Junior 10 & Under
1st: Kimberly Pinola; 2nd: Stephanie Pinola.

Colorado State Championships
Executive Park Athletic Club
Colorado Springs, Colorado
February 25-March 1, 1981

Men's Open
1st: Mark Hegg; 2nd: Jack O'Connor.
Men's A
1st: Steve Landry; 2nd: Gary Brat.
Men's B
1st: David Pope; 2nd: Gary Loveless.
Men's C
1st: Jaime Hernandez; 2nd: Mike Pitcher.
Men's D
1st: Paschal Jackson; 2nd: John Baja.
Men's Senior 30+
1st: Tom Lynch; 2nd: Don Westbrook.
Men's Senior 35+
1st: Bruce Brookens; 2nd: Dillon Elliott.
Men's Senior 40+
1st: John Ormanowski; 2nd: Dick Dobkins.
Men's Masters 45+
1st: Dick Kincade; 2nd: Jack Domnik.
Women's Open
1st: Barbara Faulkenberry; 2nd: Tricia Tillotson.
Women's B
1st: Barbara Berriochoa; 2nd: Evly Borge.
Women's C
1st: Marietta Nouru; 2nd: Julie Pilepenson.
Women's D
1st: Diane Means; 2nd: Ani Baldwin.

Men's Open Doubles
Men's A Doubles
1st: Kim Koehn-Ken Stone; 2nd: John Ormanowski-Gerald Beattle.
Men's C Doubles
1st: Dick Kincade-Dick Haney; 2nd: Keith Zinn-Jim Baird.
Women's A Doubles
1st: Beth Cippsenger-R. McKeney; 2nd: Kathy Zale-Kie de Lorraine.

Empire Racquet Club Open
Empire
Chicopee, Massachusetts
February 13-15, 1981

Men's Open Singles
1st: Tom Relley; 2nd: Bob Kelleher; 3rd: Duane Kamei.
4th: Peter Hawksworth.
Men's B
Men's C
1st: Mark O'Connor; 2nd: Jim Timmons; 3rd: Joe Tyler; 4th: John Failla.

Close Pennsylvania State Championships
Monroeville Racquet Club
Monroeville, Pennsylvania
February 26-March 1, 1981

Men's A
1st: Tom Ranker; 2nd: Craig Guinter.
Men's Novice
1st: Nick Maggio; 2nd: Kirk Peters; 3rd: Scott Dillon; 4th: Carl Barnes

Men's Seniors
1st: Bob Kelleher; 2nd: Richard Voto; 3rd: Howard Peele; 4th: Tony Robolak

Men's Masters
1st: Howie Coleman; 2nd: John Soto; 3rd: John LePore; 4th: Wolfgang Schmidt

Women's Open
1st: Susan White; 2nd: Robin Wadsworth; 3rd: Jackie Boyer; 4th: Joanie Quinlan

Women's Novice
1st: Janice Guinard; 2nd: Ann Sziatchek; 3rd: Sue Alix; 4th: Pat Grindle

Women's B
1st: Fran Borek; 2nd: Stephanie Moore; 3rd: Joanie Quinlan

Men's Seniors 1st: Bob Konene; 2nd: Ronaldo Voto; 3rd: Howard Peele; 4th: Dan Delnero

Women's 1st: Susan White; 2nd: Robin Wadsworth; 3rd: Jackie Boyer; 4th: Joanie Quinlan

Women's Open 1st: Susan White; 2nd: Robin Wadsworth; 3rd: Jackie Boyer; 4th: Joanie Quinlan

Women's Novice 1st: Janice Guinard; 2nd: Ann Sziatchek; 3rd: Sue Alix; 4th: Pat Grindle

Women's B 1st: Fran Borek; 2nd: Stephanie Moore; 3rd: Joanie Quinlan

Men's Open 1st: Nick Maggio; 2nd: Kirk Peters; 3rd: Scott Dillon; 4th: Carl Barnes

Men's Seniors 1st: Bob Kelleher; 2nd: Richard Voto; 3rd: Howard Peele; 4th: Tony Robolak

Men's Masters 1st: Howie Coleman; 2nd: John Soto; 3rd: John LePore; 4th: Wolfgang Schmidt

Women's Open 1st: Susan White; 2nd: Robin Wadsworth; 3rd: Jackie Boyer; 4th: Joanie Quinlan

Women's Novice 1st: Janice Guinard; 2nd: Ann Sziatchek; 3rd: Sue Alix; 4th: Pat Grindle

Women's B 1st: Fran Borek; 2nd: Stephanie Moore; 3rd: Joanie Quinlan

Men's Seniors 1st: Bob Konene; 2nd: Ronaldo Voto; 3rd: Howard Peele; 4th: Dan Delnero

Women's 1st: Susan White; 2nd: Robin Wadsworth; 3rd: Jackie Boyer; 4th: Joanie Quinlan

Women's Open 1st: Susan White; 2nd: Robin Wadsworth; 3rd: Jackie Boyer; 4th: Joanie Quinlan

Women's Novice 1st: Janice Guinard; 2nd: Ann Sziatchek; 3rd: Sue Alix; 4th: Pat Grindle

Women's B 1st: Fran Borek; 2nd: Stephanie Moore; 3rd: Joanie Quinlan

Men's Open

The Brownsville Sport Palace Annual International Charro Days Racquetball Tournament

The Brownsville Sport Palace

Brownsville, Texas

February 27-March 1, 1981

Men's Open
1st: Lionel de la Rosa; 2nd: Ken Kachtik; 3rd: Bill Mowbray; 4th: Hugo Blake

Men's B 1st: Dan Seitz; 2nd: Ali Bestiero; 3rd: Craig Smith; 4th: Javier Chapa, Jr

Men's C 1st: Roy Rosas; 2nd: Javier Chapa, Jr; 3rd: Jesus Borrego; 4th: Abel Canales

Men's D 1st: George Squires; 2nd: Dentine Guerra, Jr; 3rd: Robert Lonoria; 4th: Vicotor de Leon

Women's Open 1st: Dora Tamez; 2nd: Pam Board; 3rd: Susie Guidry; 4th: Lily Kehoe

Women's B 1st: Dora Tamez; 2nd: Claire Gautreau; 3rd: Mary Ann Harris; 4th: Diana Domoncier

Women's C 1st: Anna Lopez; 2nd: J. Rogers; 3rd: Diann Galindo; 4th: Rebecca Garza

Men's Open Doubles 1st: Tom Chodose-Tom Crane; 2nd: Brent Skinner-Jim Fox; 3rd: Juan Gonzalez-Hugo Blake; 4th: Lionel de la Rosa-Gonzalez

Men's B Doubles 1st: Andy Guidry-Jim Fox; 2nd: Mark Dunham-Paul Moxley; 3rd: Juan Gonzalez-Mike Medley; 4th: Craig Smith-Author Holmes

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June — 1-3/4-6/15-17/18-20
July — 6-8/9-11/20-22/23-25
August — 3-5/6-8/17-19/20-22

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July — 13-17/27-31
August — 10-14

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N. W. Junior Regionals
Gresham Court Club
Gresham, Oregon
March 21-22, 1981

Boys' 10 & Under
1st: Dari Campbell, 2nd: Kelly Jeffery, 3rd: Jonathon Manger, 4th: Boz Rivera

Boys' 13 & Under
1st: Derek Robinson, 2nd: George Grimaldi, 3rd: Mike Griffin, 4th: David Brown

Boys' 15 & Under
1st: Jeff Plazak, 2nd: Jay Schell, 3rd: Mike Graff, 4th: Rick Barron

Boys' 17 & Under
1st: Brad Poppino, 2nd: Brian Boddie, 3rd: Larry Angel

Girls' 17 & Under
1st: Momi Lee, 2nd: Trina Rasmussen, 3rd: Kim Tiedman, 4th: Cathy Wilson

Boys' 17 and under: (Left to right) Connie Peterson, Tournament Director, Brad Poppino 1st, Brian Boddie 2nd, Larry Angel 3rd, Doug Strain 4th.

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Boys' 17 and under: (Left to right) Connie Peterson, Tournament Director, Brad Poppino 1st, Brian Boddie 2nd, Larry Angel 3rd, Doug Strain 4th.
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