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ON THE COVER: Zelda Friedland and Eleanor Quackenbush , World Senior Champions. Photo: John Foust.

RACQUETBALL USA is the official publication of the American Amateur Racquetball Association (AARA), a member of the US Olympic Committee. All ideas expressed in RACQUETBALL USA are those of the authors or the Editor and do not necessarily reflect the official position of the AARA. Articles, photographs and letters are welcome and will be considered for inclusion. Please observe the following publication deadlines when submitting material:

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Vol. 1, No. 1 (Sept/Oct '91) Deadline: August 1, 1991

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NEW DIRECTIONS
by Luke St. Onge

In 1987, the AARA board of directors recognized the fact that none of the major television networks were going to pursue racquetball as a broadcast property. Past telecasts on ESPN were costly to the sponsors and had not generated a commitment by ESPN beyond a single production per year. With the cancellation of the Ektelon Professional Championships, the single television opportunity for racquetball was gone.

It is a well known fact that, in order for a sport to get a television following, more than one telecast per year must be shown. For a sport to even consider competing in the “major leagues” it must have the backing of a loyal television audience, and we soon realized that we had to take matters into our own hands. In 1988, with the help of independent executive producer Leif Elsmo from Home Team Sports, the AARA changed the face of televised racquetball with its productions of the U.S. National Singles in the spring and the U.S. National Doubles that fall.

Each telecast was two and a half hours worth of prime time sports excitement, shown on regional cable sports networks such as Home Team Sports (HTS), Home Sports Entertainment (HSE), the Sunshine Network, Madison Square Garden, Prime Ticket, Dimension, and others that had the potential of reaching over 16 million U.S. households. With the success of these two broadcasts, an Initial commitment was made to televise three championships in 1989 and then a fourth - the Junior Olympics in Indianapolis - was added. By the end of this year, we will have produced a total of five successful broadcasts, and we have already added two more events to next year’s schedule.

This steady growth, based on demand, has begun to show that televised racquetball is gaining a following - but we are still a long way from demonstrating the full economic impact of the sport in the broadcast arena. Unconvinced that racquetball players in the U.S. are devoted and loyal to the sport, sponsors and advertisers are still hesitant to support us. And this is where you come in.

Bowlers watch bowling. Tennis players watch tennis. Racquetball players do watch racquetball, but the major networks and cable distributors don’t know that - yet. You can have a great impact on the future of racquetball by calling or writing the networks to either thank them for carrying the AARA broadcasts, or to request that they be shown in your area. The old saying that “racquetball can’t be televised” just isn’t true, and we have the tapes to prove it.

In today’s productions, the AARA starts with white flooring, then uses four to five cameras, enhanced lighting, two instant replay units, state of the art graphics, top announcers and a first-rate crew to produce a final tape that easily meets or exceeds network standards. The prospective audience for each of our productions has more than doubled from 16 million U.S. households in 1988 to over 33 million in 1990. Through satellite uplinks, untold numbers of Canadian, European, South and Central American viewers are also reached.

The interest is out there. The technology is available. The productions themselves prove our worth. Now all we need is for you to make yourself heard. Please call or write your local affiliate and cable sports networks, AND:

ABC Sports
47 West 56th Street
New York, NY 10023
212/456-1000

CBS Sports
51 West 52nd Street
New York, NY 10019
212/675-4321

NBC Sports
30 Rockefeller Plaza
New York, NY 10020
212/644-4444

ESPN, Inc.
ESPN Plaza
Bristol, CT 06010
203/556-2000
FROM THE PRESIDENT
by Keith Calkins

With the publication of our first "Racquetball USA" it is fitting that a word of appreciation be passed along to the national staff for their efforts in making the magazine a reality. As time passes, "Racquetball USA" will become the greatest communication tool within the AARA, and we urge each of our members to read it and submit timely material of interest for its pages. One can see that the national staff will play a major role in putting together each issue, and will be anxious to receive your comments.

The Board of Directors is proud of the nine national staff members currently working on your behalf. They are: Luke St. Onge, Executive Director; Jim Hieer, Assistant Executive Director for Programming; John Mooney, Assistant Executive Director for Membership Services; Linda Mojer, Director of Media and Public Relations; Becky Maxedon, Office Assistant; Rose Mooney, Computer Operator; Barbara St. Onge, Archives/Protocol; Julie Tate, Executive Secretary; and Melody Weiss, Secretary/Bookkeeper.

Linda Mojer is the editor of "Racquetball USA" and can address any specific questions you might have about the magazine from her new office in Colorado Springs. We would like to specifically thank Linda for her excellent work in getting the publication out on time. We also appreciate the assistance we receive from Michael Arnoi and Bill Madden in the advertising area. With the many talents of our fine staff, we anticipate a bright future and hope you'll be attentive to deadlines as you take part in developing each successive issue.

The Board would also like to extend an invitation to each of our members to drop by the national office if you are ever in the Colorado Springs area. We have a warm, pleasant office that houses a collection of racquetball history and memorabilia that documents the entire evolution of the sport. Please take the time to visit us. We would also encourage you to participate in the governance of racquetball by sending your suggestions and comments directly to me or to the national office. We welcome your ideas and enjoy hearing from you!

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The AARA is a member of the U.S. Olympic Committee, and recognized as the only official national governing body for the sport of racquetball. By becoming a member, you'll also support the following programs:

- Junior & High School Regional and National Championships
- Intercollegiate Regional and National Championships
- State, Regional and National Ranking Service
- National Referee Certification Program
- The Professional Assn. of Racquetball Instructors (PARI)
- The National Wheelchair Racquetball Assn. (NWRA)
- National Minority Outreach Council
- The U.S. National Racquetball Team
- International Competition

YES! Sign me up as an official "AARA Competitor."
Enclosed is $15.00 for a one-year membership. (Outside the U.S., add $35.00.)

Name ____________________________
Address __________________________
City _______________________________
State/Zip ___________________________

Mail this form to:
AARA, 815 North Weber, Colorado Springs, CO 80903

NOVEMBER - DECEMBER 1990
NOTES FROM THE NATIONAL OFFICE
by John Mooney

AARA Scholarship Program
At the October 1989 Board of Directors meeting, the AARA Board approved a new collegiate scholarship program. The program is supported entirely by donations, since no general budget funding is available for scholarshipships at this time. So far, the program has been supported solely by the National Masters Racquetball Association, which has designated the scholarship program as one of its official fund-raising projects. Approximately $5,000 has been donated to date by the Masters group, which generated a single award of $500.00 this year. Individual donations to the scholarship fund are encouraged and can be directed to my attention at the national office.

The first AARA scholarship was awarded to Eric Muller of Overland Park, Kansas. Eric graduated from Shawnee Mission South High School in Overland Park last May with a grade point average of 4.18. He was accepted to Boston University in Massachusetts and entered as a freshman this fall. He is an excellent racquetball player as well as an excellent student, and the AARA is very proud to award its first scholarship to him.

Scholarship applications are available to high school graduates and college students simply by writing to the national office to request current materials. The 1991/92 application packet will be available January 1, 1991 and must be completed and returned by March 15, 1991.

State Grant Update
The deadline for submitting a request for state grant monies was September 1, 1990. The national office received thirteen grant requests from ten states, of which nine met the eligibility requirements and were submitted to the grant committee for review and recommendation. At the Board of Director's meeting, a total of $15,000 in cash and equipment grants were awarded to the following states for their programs:

- Idaho -- Women's Racquetball Development
- Illinois -- Promotion of Junior Racquetball
- Washington -- Women & Junior Development
- Delaware -- Junior Program
- Indiana -- Membership Development
- Ohio -- Junior Development
- Florida -- High School Development

If you have a good "grass roots" racquetball idea which would develop and promote the sport, you need to plan ahead for the 1991-92 grant period now. All state racquetball associations must meet minimum eligibility requirements to have their grant proposals considered, so find out if your state is in compliance and if not, lobby to get things in order. Remember that the state association is your association and the AARA is your governing body. Participate, ask questions, make suggestions, volunteer your time, and make the sport of racquetball grow!

Nostalgia: Five Years Ago this Month
** After winning four consecutive outdoor three-wall national championships, Brian Hawkess loses to Dan Southern who becomes the 1985 outdoor champion.

** Lynn Adams, with five consecutive outdoor titles, was also dethroned this year by Martha McDonald of Florida.

** An AARA membership cost $6.00

** Andy Roberts and Cindy Baxter won gold medals for the U.S. in the World Games II.

** The USA won the World Games team gold medal, with Canada taking the silver.

(continued)
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More Nostalgia: Ten Years Ago

** Remember the racquet manufacturers? In 1980 racquets were advertised by AMF Volt, Ektelon, Leach, ALD, L.A. Vittert, Wilson, Head and Sportcraft. **

** Racquetballs on the market that were approved by the AARA were Ektelon, Head, Penn, Point West, Regent, Seamoo, Spaulding, Sportcraft, Tranway, Vittert and Volt. **

** Bob Foleom of Portland, Maine was President of the Board of Directors. **

** Racquetball Magazine (then the official AARA publication) featured an article on the 15 most promising junior players. They were: Peter Bluestone, Tracy Daly, Ed Blaes, Sergio Gonzalez, Doug Jones, Trina Rasmussen, Jack Newman, Beth Latini, Gerry Price, Scott Perry, David Simonette, Jessica Rubin, Cliff Swain, Delanie Comer, Mark Henshaw. [The players in bold type went on to win national titles and/or play on the pro tour.] **

** Heather McKay, of Women's International Squash fame, turned to racquetball and beat five-time national women's pro champion Shannon Wright in her first pro finals, then followed with another victory over Wright to win the 1st WPRA national championship. **

** Ed Andrews won the Men's Open Amateur Championships at Coral Gables, Florida, while Carol Frenck won both the women's open and women's senior (30-34) titles. **

JUNIOR TEAM USA

by Jim Hiser

In July of 1991 the AARA will select, for the first time, a Junior Team USA. This elite group of junior athletes will be selected from among the finest young racquetball competitors in the nation. The selection process begins at the state level, then moves through regional, national and try-out phases over the course of the year, ending with one international competition and the opportunity of a lifetime for ten outstanding juniors.

Each state will submit the names of one female and one male athlete to their junior regional director, who will then consult with the state directors in the region to make a final selection of two nominees for Junior Team USA. The thirty-six nominees (2 from each of the 16 regions, plus the winners of the U.S. National High School Championships and the Junior Olympics) will then be asked to attend a training camp at the U.S. Olympic Training Center in Colorado Springs. Following the training camp, the junior coaching staff will appoint ten players to Junior Team USA.

Members of Junior Team USA will receive special uniforms, training manuals and have their training and competition monitored by the coaching staff over a twelve-month period. The team will also represent the United States in one international event, providing a tremendous opportunity for any junior who displays outstanding sportsmanship and competitive ability. For more information on the program, call me at the AARA national office.

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RACQUETBALL
ACHES & PAINS
by Dr. Rhett K. Rainey

Knee pain is a common problem among racquetball players. There are many causes for knee pain, however, the most common in overuse syndromes is chondromalacia patella. This is caused by an irritation of the undersurface of the patella, or kneecap. Normally the patellar surface is smooth, but constant irritation can lead to roughening of the undersurface and cause pain or chondromalacia (softening of the cartilage). The pain is caused by increasing tension or pressure between the patella and femur (thigh bone). The irritation causes inflammation of the joint surface and subsequent pain. Contributing factors to chondromalacia include: malalignment of the patella, overuse, flat feet, weak thigh muscles, obesity.

Treatment is aimed at reducing inflammation and improving alignment between the patella and femur. When your knee is painful and swollen, you must rest it. Avoid activities that bring on the pain, such as stair climbing or prolonged standing. Ice your knee three times a day, which will help reduce inflammation. In some cases, your physician may prescribe an anti-inflammatory medication and physical therapy. Certain exercises can be performed to strengthen and balance the thigh muscles that control the patellar alignment. Occasionally, a knee brace may be beneficial or if your problem lies in your foot, an orthotic might be indicated.

Pressure between the patella and femur is minimized when the leg is straight or slightly bent. The best activities are ones that limit the range of knee motion. Use your judgment — when your knees hurt, avoid sports that may aggravate the problem. Once your symptoms improve, you should be able to return to your normal activities.

[Dr. Rainey is an orthopaedic surgeon at the Colorado Bone & Joint Center in Colorado Springs, and is the U.S. Racquetball Team Physician.]

WHAT'S THE CALL?
by Otto Dietrich

At the AARA's fourth annual Leadership Seminar in Colorado Springs last January, I gave the National Referee Certification test to 19 of the association's leaders. I was very pleased that the majority of the group did pass with a grade of 85 or above on this rather difficult 100 question exam. With an overall average score of 88, it looks like most of our state and regional directors are pretty well prepared to answer rules questions whenever they arise at tournaments.

My analysis of their answers did reveal some interesting facts. Perhaps the most interesting fact was that there were five questions that more than half of those persons taking the test answered incorrectly. I suspect that if they had trouble with these issues, other people probably do too. So, for the benefit of those who have already taken the test (and hopefully yours too) I've reprinted three of these questions in this column. How would you answer them? You can check yourself against the answers which appear on page 23.

1. A foot fault occurs in doubles if the server's partner crosses the short line before the served ball does. True or false?

2. If a player is injured, she is allowed:
a. one time out not to exceed 15 minutes
b. one time out not to exceed 20 minutes
c. as many time outs as necessary provided that the total time taken is no more than 15 minutes

3. Player A hits a ball which, on the way to the front wall, hits Player B. The referee calls a sideout and states that she wasn't really sure if the ball had enough momentum to reach the front wall. Player A complains that the call should be "hinder" and the rally replayed. What is the correct call?
a. Hinder is the correct call and the rally should be replayed.
b. It is the referee's judgment call and her uncertainty about the speed of the ball is enough to justify her call. Therefore the referee's call stands.
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Coaches' Tour for the Summer and Fall of '90

<table>
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<tr>
<th>Month</th>
<th>Location</th>
<th>Dates</th>
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<td>January</td>
<td>CARBONDALE, ILL.</td>
<td>4, 5, 6</td>
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<td></td>
<td>(Southern Ill. area)</td>
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<td>Southern Illinois University Recreation Center</td>
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<td></td>
<td>SOUTH PLAINFIELD, N.J.</td>
<td>11, 12, 13</td>
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| February  | SALEM, NEW HAMPSHIRE | 1, 2, 3   |
|           | Salem Racquetball Club |           |

| February  | LILBURN, GEORGIA     | 15, 16, 17 |
|           | (Atlanta Area)        |           |
|           | Southern Athletic Club |           |

| March     | SARASOTA, FLORIDA    | 1, 2, 3   |
|           | Sarasota Family YMCA |           |

| April     | LAUREL, MARYLAND     | 19, 20, 21 |
|           | Laurel Athletic Club |           |

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SATURDAY...9:45 PM
SUNDAY......9:30 PM
BREAKING RESULTS:

EKTELEON U.S. NATIONAL DOUBLES

At "prem time" we just had time to add the winners of the Ekteleion U.S. National Doubles. Look for a full report in the January/February issue, complete with some great action photos from John Foust.

MEN'S OPEN: #4 Jim Floyd (Des Moines, Ia./Tim Hansen (Palm Beach, Fla.) def. #3 Mike Guidry (Arlington, Texas)/Creat Kvero (Dallas, Texas) 6-15, 16-10, 11-6

WOMEN'S OPEN: #2 Michelle Gillman (Ontario, Ore./Jasmin Poncele (El Cajon, Calif.) def. 1 Melle Bailey (Norfolk, Va./Toni Bavelook (Santa Ana, Calif.) 15-6, 15-13

MEN'S DIVISION CHAMPIONS - MA: Mark Bustard (Calif./Arsenio Amat (Fla.) 19+ Joe Citone (N.J./Ron DiGiglio (N.Y.) 25+ Rick Besoufek (Neb./Bruce Erickson (Minn.) 30+ Gary Mazur/Mark Neill (N.M.) 35+ Pat Fager (Minn./Evan Wright (Calif.) 40+ Jim Bailey (Va./Larry Liss (Tenn.) 45+ Tom McGee/Rob Lindsey (Texas) 60+ Paul Bonides (Ariz./Les Ditchin (Minn.) 65+ Tom Moore/Alan Weekley (Calif.) 70+ Harvey Clark (Calif./Pat Whitehill (Wash.) 65+ Sale Lessar/Victor Sacco (N.Y.) 70+ Jim Fitchinha (Minn./Nick Sere (Fla.) 75+ Iko Gumar (Ky./Allen Shepherd (Md.)

WOMEN'S DIVISION CHAMPIONS, WA: Samantha Daly/Lisa Laidley (Md.) 19+ Joniee Hastings/Beth Gutowski (Mich.) 25+ Lisa Hjalmarson/ Kari McDonald (Calif.) 30+ Fran Davis (N.J./Mary Lyons (Fla.) 35+ Eileen Tuckman (Fla./Gail Woode (La.) 40+ Agatha Fales (Fla./Sharon Hastings-Welfit (Fla.) 45+ Agatha Fales (Fla./Sharon Hastings-Welfit (Fla.) 55+ Kathy Mueller (Minn./Sylvia Sawaf (Utah) 85+ Mary Low Auff (N.C./Phyllis Melvey (N.D.) 60+ Mary Low Auff (N.C./Phyllis Melvey (N.D.)

MIXED OPEN & AGE DIVISION CHAMPIONS: Mixed Open Michelle Gillman (Calif./Tim Hansen (Fla.) 25+ Laura Finton (Neb./Tony Upke (S.D.) 30+ Lindy Moore/Beth Olesen (Neb.) 35+ Fran Davis (N.J./Blu Hastings (Mich.) 40+ Karen San Filippo/Michael Vanore (N.J.) 46+ Karen San Filippo/Michael Vanore (N.J.) 50+ Jim McPherson/Sandy McPherson (Okla.)

BROADCAST SCHEDULE

PRIME NETWORK (Rocky Mtn., Utah, Mid-West) November 9, 4:00 PM, November 14, 10:30 PM
HOME SPORTS ENTERTAINMENT (Texas, La., N.M.) November 10, 3:00 PM
MADISON SQUARE GARDEN (New York, Conn.
N.J.) November 11, 3:00 PM
SUNSHINE NETWORK (Florida), Nov. 16, 8:00 PM
HOME TEAM SPORTS (Mid-Atlantic Region), November 24, 11:30 AM
CHANNEL AMERICA (Nationwide), December 1, 1:30 PM

If your area is not included, call your local cable sports channel to request a play date. Create a demand to see your sport!

RECREATIONAL MEMBERSHIP IN DETAIL

The AARA Recreational Membership is designed to benefit the court club facility and the everyday player by keeping both parties informed of up-to-the-minute news and program developments in amateur racquetball. Beginning in 1991, a low-cost AARA recreational membership will be available only to those players whose club participates in the program. Once a court facility signs up for the program with its $150.00 annual fee, its members can apply for the AARA Recreational Membership at the reduced rate of $3.00.

Free Benefits of Club Membership
- Bi-monthly AARA publication "Racquetball USA"
- Bi-monthly newsletter "Racquetball Programming & Promotion"
- "Club Profile" feature in Racquetball USA
- 8 x 10" wall certificate of membership
- Tournament Director and League Guidebook
- Junior Handbook
- 25 AARA Official Rulebooks
- 25 AARA Media Guides

Associated Benefits of Membership
- Club/League players can obtain $3.00 recreational membership (includes six issues of "Racquetball USA," rulebook, membership kit and AARA recreational membership card).
- 20% discount on AARA instructional manuals (see list)
- 10% discount on AARA videotapes
- 10% discount on PARI certification of instructors
- 50% discount on U.S. Amateur, Inc. membership (entitles member to equipment discounts)
- 30% discount when moving with Arpin Van Lines
- Input into AARA policies
- Option to apply for AARA VISA card (no-feee first year)

AARA Instructional Manuals/Guidebooks Available
- Intercollegiate Guidebook (70 pgs.)
- Officiating Racquetball (85 pgs.)
- AARA Coaches Manual (250 pgs.)
- Racquetball Resistance Training Handbook (50 pgs.)
- Racquetball Physiology Handbook (30 pgs.)
- Racquetball Nutritional & Training Handbook (30 pgs.)
- Racquetball Sports Psychology Handbook (30 pgs.)
- Junior Development Handbook (30 pgs.)
- Tournament Directors Guidebook (75 pgs.)
COMPETITIVE LICENSE UPDATE

A number of questions have come up over the past few weeks regarding the AARA Competitive License. Here are the answers to some of the most frequent:

Q: I just joined the AARA for $10.00, will I be covered by the accident insurance in sanctioned tournaments in 1991?
A: Yes. Regular $10.00 memberships processed between November 1 and December 31 will be issued as competitive licenses that expire in six months, so you will be covered by the insurance for that term.

Members who joined at the $10.00 rate over the past year will be asked to pay the additional $5.00 for liability insurance in 1991. Otherwise, they will not be covered by the insurance for the remainder of their membership period.

Q: Will my regular membership card get me into sanctioned tournaments until I renew and get my competitive license?
A: Yes. Old membership cards will be honored in 1991, but accident coverage will be available only to those with competitive licenses. It will be to your benefit to make the conversion now, just to make sure you are protected during sanctioned play.

Q: Will the insurance cover me if I am in an accident on the way to a sanctioned event?
A: Yes. Your AARA accident insurance covers you to and from a sanctioned event, as long as your route was a direct one between your home and the host site.

Q: I already have accident insurance, what good is this policy?
A: This sports policy is secondary to your insurance and will pay any costs that are not covered by your primary carrier. If you do not carry insurance, the AARA policy becomes the primary coverage.

Q: How will I make a claim?
A: Initially, any claims will be made directly to the AARA National Office in Colorado Springs.

Q: If I join as a recreational member for $3.00 and want to play in a sanctioned tournament, can I pay the $12.00 difference to upgrade to a competitive license?
A: No. The two membership programs are administered separately and recreational memberships will not apply toward a competitive license.

More questions? Call the AARA office at 719/635-5396.

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VENEZUELAN DIARY: 1990
Penn World Championships
by John Foust

It was almost a year ago that I found out I would be a member of the U.S. delegation traveling to Caracas, Venezuela in August for the 1990 Penn World Championships. Although I had traveled with the team to Bolivia in 1988 for the Tournament of the Americas, this was different — a little more serious, definitely more important, and the kind of atmosphere I knew I would enjoy.

As a board member of the AARA and the National Commissioner for Disabled Athletes, I functioned in several different roles. My primary responsibility was that of Team Leader for the wheelchair athletes of the U.S. National Disabled Team. In addition, I helped Jim Hiser and Paul Henrikson run the tournament desk and documented the event as the official photographer. In other words, I had my hands full.

Although actual play was not scheduled to begin until Friday, August 3rd, the team was set to arrive in Caracas on the evening of July 31st. If you've ever had the pleasure of international travel you know, and can relate to, all the problems associated with this type of trip.

Tuesday, July 31. Our departure point from the U.S. was Miami, where a few eager players arrived early and were subjected to a full afternoon of waiting around for everyone else to show up. Some players, like Egan Inoue, were smart enough to bring along a handheld video game for entertainment. Others, like Michelle Gilman, arrived just as the team was boarding the plane, worn to a frazzle and fit to be tied. Jim Hiser and team doctor Rhett Rainey missed the flight altogether due to late connecting flights after they took off from Colorado Springs. All in all, it was just another crazy start to an international racquetball event.

It was hot and muggy when we arrived in Caracas about 9:30 that evening, and you could tell that everyone seemed to be pondering just how enjoyable this whole trip was going to be. We were met by members of the local organizing committee who not only helped us through customs but also arranged bus transportation to the Hilton Caracas for the entourage. Once on the bus, the mood began to change as everyone started to relax and get a little more focused on the task at hand.

Although we were the favored team, no one assumed it was going to be easy.

The closer we got to downtown, the cooler the temperature became. The city of Caracas sits in the middle of a valley in a mountainous region at an altitude of about 3,000 feet. At night the entire mountainside and valley is a sea of lights and a beautiful scene to behold.

Wednesday, Aug. 1. The next two days were spent practicing at the Cocodrilos Racquet Park and adjusting to the tartan type floor and concrete walls that made for a fast-paced game. With 28 countries competing, practice sessions were limited to two hours at assigned times.

Friday, August 3. In the morning, all the teams were bussed over to the Racquet Park for the official opening ceremonies. It was not like the Olympics where 60-70 thousand spectators cheer your arrival, but it was still exciting to those who were there. Even with my experience at the Tournament of the Americas opening ceremonies in Bolivia, I wasn't prepared for the much more dramatic ceremony planned for the World Championships. All the national anthems were played and the teams paraded out holding their national flags. Given the chance to march behind the U.S. flag, I couldn't remember ever feeling so patriotic and proud.
As soon as the ceremonies were over, it was time to play. The first part of the tournament was comprised of team competition and it became obvious right away that the U.S. and Canadian teams were as strong, if not stronger, than in the past and would probably dominate overall. In the same respect, Mexico and Japan had put together very competitive teams and whenever a player from any one of these countries took to a court, you could be assured of a good crowd. Although they always gave their all, they certainly weren't the only show in town. It was also quite exciting to watch Venezuela battle Costa Rica or Chile go head-to-head with Bolivia. I can assure you, the intensity and importance of winning the matches between the smaller countries was every bit as important as our matches were to our winners.

In addition to all the great racquetball action, the crowd seated around the championship court was a form of entertainment all in itself. Have you ever been to a racquetball tournament where the crowd did the "wave"? Trust me on this — while it wasn't quite as spectacular, it was funny, and made being a spectator a lot more entertaining.

**Monday, August 6** After three full days of preliminaries and top-notch competition, the final match-ups were pretty much as everyone had expected. The Men's #1 final had Tim Doyle avenging his Tournament of America loss with a defeat over Sherman Greenfield of Canada 15-7, 12-15, 15-13. It was an exciting match with Tim shooting balls that Sherman, somehow, picked up. I don't know where Sherman gets all his energy, but I wish he would pass some along to me. In the end, brute power and dead kills proved tougher than the Canadian's ability to retrieve.

On the women's side, Michelle Gilman was equally as impressive for the U.S., defeating Heather Stupp of Canada in two straight games 15-10, 15-11. Michelle had the eye of the tiger and showed the determination and style that has made her the most dominant women's player this past year. On this particular day even Heather would have agreed.

Overall the U.S. Team won seven out of eight direct matchups with Canada, won the World Cup title, and set themselves up well for seeding position in the individual title play.

Not to be overlooked in all of this was the fine showing of the wheelchair athletes from both the United States and Canada. This was the first time wheelchair racquetball was presented at the World Championship and it was a big hit. Chip Parmelly, the #1 U.S. player, went undefeated through the round-robin competition and further established himself as the man to beat in his sport. Canadian players Earl McArthur and Jake Smellie took second and third respectively, while Gary Baker, the #2 U.S. player captured fourth.

**Tuesday, August 7** Finally, after seven days of travel, practice and grueling competition, everyone had a much needed day off. Ever tried to fit all you wanted to do in Caracas into one day? Seriously, it's not like you're going to come back next week and see the things you missed. Some players sat by the pool and relaxed. A few took off on guided bus tours. Some went shopping. And some of us tried to see way too much in one 24 hour period. These individuals will remain nameless in the hope of maintaining international relations. The day was capped off by a barbecue and dance at the Racquet Park.

At this point, I should add I've never felt safer in an environment than at this tournament. We had the local police and national guard patrolling constantly, complete with machine guns and machetes. It give a new meaning to the term "kill shot." With so many countries represented, I'm sure the security measures were warranted, it's just not something I see much of in Denver so I'm not used to it. By the end of the tournament things had at least progressed to the point that you could get a few of them to smile. I can tell you this — they all have an impressive collection of AARA pins.

**Wednesday, August 8** The second half of the tournament proved to be just as intense and exciting as the first. For the players this was the opportunity many had worked toward for years, the chance to be the best racquetball player in the world. As in any true World
# NATIONAL RANKINGS

## MEN'S DIVISIONS

### MEN'S OPEN

1. Doug Garin, OH  
2. Tim Hansen, FL  
3. Tim Doyle, CA  
4. Mike Locker, MN  
5. Chris Cole, MI  
6. Charlie Nichols, FL  
7. Mike Bronfard, CA  
8. Scott Oliver, CA  
9. Drew Kashiuk, TX  
10. Louis Vogel, NM

### MEN'S A

1. Derek Dung, HI  
2. James Lindsey, TX  
3. Roger Lone, SD  
4. Banks Barber, TX  
5. Pat Bernardo, NY  
6. Garry Wolf, OH  
7. Caleb Bard, NC  
8. Chris Hardwick, CA  
9. Fabian Padraza, NY  
10. Mark Byra, CT

### MEN'S B

1. Mat Kelly, CO  
2. Dwayne Cushing, CT  
3. Matt Butler, NC  
4. Ricky Gentry, TN  
5. Kim Niederman, IL  
6. Rhett Rainey, CO  
7. Joe Roco, TX  
8. Tony Devico, NJ  
9. John McKinley, WA  
10. Mark Kinkley, IN

### MEN'S C

1. Garreth Miller, CT  
2. Edward Callelo, CO  
3. Alan Jergensen, AZ  
4. Earl Kathan, OH  
5. Matt Thompson, TX  
6. Clayton Shaffer, SC  
7. Ray Schieber, AR  
8. Allan Cowan, NC  
9. Todd Greigier, NE  
10. Richard Farrington, M8

### WOMEN'S DIVISIONS

### WOMEN'S OPEN

1. Elaine Hooge, OH  
2. Dana Sibill, MN  
3. Mary Dee Jolly, NJ  
4. Chris Egan, CO  
5. Susan Morgan-Pfahler, FL  
6. Janet Myers, GA  
7. Kim Rusassi, CA  
8. Michelle Groman, OR  
9. Toni Beavelock, CA  
10. Joetta Hastings, MI

### WOMEN'S A

1. Jean Halahan, NY  
2. Darline Schaper, CO  
3. Cindy Tatlad, MN  
4. Jane Greene, RI  
5. Amber Frisch, TX  
6. Susan Trumble, FL  
7. Mary Keenan, CO  
8. Lauren Kline, OH  
9. Stasy Sour, CO  
10. Jo Kenyon, FL

### WOMEN'S B

1. Kathleen Makenin, NY  
2. Jane Rife, AR  
3. Terri Bohman, IL  
4. Diane McCalee, MI  
5. Sally Allred, IN  
6. Doris Roberts, IN  
7. Colleen Field, IN  
8. Cynthia Ford, WA  
9. Paula Jones, GA  
10. Sue Lee, ME

### WOMEN'S C

1. Kathy Kryger, NJ  
2. Krista Tucker, NY  
3. Millie Guzman, CA  
4. Karen Marino, CT  
5. Debra Derr, FL  
6. Mary Ellis, IL  
7. Michelle McCoy, MN  
8. Gayle Epp, OH  
9. Cathy Clevenger, IN  
10. Barbara Bailey, OK

### WOMEN'S D

1. Dory Darnell, IN  
2. Debi Baker, CA  
3. Greta Blayton, MO  
4. Nicole Zigle, MI  
5. Jackie Hardaway, CO  
6. Cheryl Billings, CA  
7. Kathi Carnes, IL  
8. Ginger Frost, GA  
9. Kathy Green, CA  
10. Jean Ross, MO

### WOMEN'S NOVICE

1. Barbara Friel, CT  
2. Sherri Rogers, CT  
3. Jeannie Valadez, TX  
4. Alison Thomas, OH  
5. Elizabeth Gilmour, PA  
6. Catherine Abureg, TX  
7. Heather O'Connor, MI  
8. Gini Leane, NH  
9. Kristin Levens, MA  
10. Lori Schrock, NY

### WOMEN'S 19+

1. Dana Sibill, MN  
2. Cheryl Gudinas, IL  
3. Randy Friedman, NY  
4. Karen Glazer, OH  
5. Leah Redwine, NC  
6. Kim Russell, CA  
7. Robin Conover, TN  
8. Sue Cox, FL  
9. Ilene Sofferman, NY  
10. Sarah Blair, TN

### WOMEN'S 25+

1. Kersten Halleland, FL  
2. Pam Goddard, GA  
3. Paula Vaille, MN  
4. Dee Ferreira Worth, CA  
5. Tina Churchwell, TN
HEAD Presents THE BIG BANG!

INTRODUCING THE DOUBLE POWER WEDGE !!!
FEATURING THE

Double Power Wedge!

HEADING'S DOUBLE POWER WEDGE (DPW) RACQUETS ARE
CAPABLE OF BLASTING ALL OPPOSITION TO SMITHEREENS.
BECAUSE THEIR UNIQUE DESIGN FEATURES A WIDENED
FRAME AT THE CRADLE AND SHAFT AND A TAPERED
POWER POCKET IN BETWEEN. SO YOU GET
STIFFNESS AND MASS WHERE IT COUNTS,
IN THE HEAD AND THROAT, YIELDING AN
EVENLY BALANCED WEAPON OF
INCOMPARABLE FORCE AND FEEL.

THE DEFIANT BRAZENLY
CHALLENGES ANY RACQUET TO MATCH
ITS COLossal STRENGTH AND BOLD GOOD
LOOKS, WITH A SUPERWIDE, DPW DESIGN FOR
DEVASTATING POWER AND A "SQUEEZE" RUBBER
GRIP AND WRIST "LACER" FOR A TOTALLY SECURE
AND VIBRATION-FREE GRIP. THE DEFIANT IS FOR
THOSE WHO AREN'T ENOUGH TO SUMMON THE
ULTIMATE FORCE IN RACQUETBALL.

"THE FIGHTING FLEX INTENSELY ALSO GROWS THE POWER,
AND ITS DPW DESIGN ENHANCES THE INTERMEDIATE
WITH THE FEARLESS CONFIDENCE REQUIRING ON THE
BALL INTO COURT-Rocking ROllOUTS.

"THE ALMIGHTY POWERFUL
THE ENDLESS DPW RACQUET ALLOWS
INTERMEDIATE/BEgINNERS TO ASPIRE TO GREATNESS
AND IS THE SOURCE OF STRENGTH THEY NEED TO SMASH
ANY OPPONENT FOOLISH ENOUGH TO STAND IN THEIR WAY."
THE SINGLE POWER WEDGE RACQUET IS FOR THE ADVANCED COUNTER-PUNCHING, SHOT-MAKING MASTER WHO CALLING ON CAT-LIKE QUICKNESS AND DEFENSIVE WIZARDRY TO STUN THE OPPOSITION AND LIGHTENING QUICK POWER TO FINISH HIM OFF!

WITH THE SOFTER FLEX ELITE SINGLE POWER WEDGE RACQUET, INTERMEDIATE PLAYERS WILL BEMUSE THE OPPONENT INTO DESPERATION, REDEMPTION, CONFUSION, AND FRUSTRATION WITH A WIZARD'S ARRAY OF SHORTS FROM HIS MAGIC WAND!

THE CONVENTIONALLY DESIGNED CROSS GIVES BEGINNERS ALL THEY NEED TO ANNIHILATE ALL THOSE WHO GO AGAINST THEM.

THE MACULIBUR 2 CONSTANT BEAM WIDE BODY DESIGN AND FINELY TUNED HIGH-TECH FLEX PATTERN DELIVER LEthal EXPLOSIVENESS WITH LASER BEAM ACCURACY.

ALSO A CONSTANT BEAM, THE MATCH’S CONTROLLED POWER GAINS INTERMEDIATE TO CONTROL OPPONENTS BY BLASTING GEOMETRY-DEFYING SHOTS THAT SEND THEM ON A TORTUOUS TOUR OF THE COURT!

THE HANG-ON CONSTANT BEAM RACQUET IS FOR INTERMEDIATE/BEGINNER PLAYERS SEEKING THE MOST BANG FOR THEIR BUCK AND ENOUGH BUSTLING FORCE TO FLATTEN THEIR COMPETITORS.

WITH THE CONSTANT BEAM TOURNAMENT HEAD GIVES INTERMEDIATE-BEGINNER PLAYERS A HIGH VOLTAGE POWER SUPPLY THAT SAPS THEIR OPPONENTS WITH EVERY SHOT.

THE JABE CONSTANT BEAM RACQUET EMPOWERS BEGINNER PLAYERS, ENABLING THEM TO CRUSH ANYONE WHO DARES TO CHALLENGE THEIR AUTHORITY!

THE NA-KIRA RACQUET IS FOR THE MOST ADVANCED PLAYERS WHO DEFEAT THEIR OPPONENTS WITH DRIFTING TECHNOLOGY AND UNSTOPPABLE POWER!
<table>
<thead>
<tr>
<th>Racquet</th>
<th>Ability Level</th>
<th>String Area</th>
<th>Design</th>
<th>Materials</th>
<th>Length</th>
<th>Weight (Grams/Firm)</th>
<th>Flex</th>
<th>Balance</th>
<th>String Tension</th>
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<tr>
<td>DEFIANT*</td>
<td>Advanced</td>
<td>94/85 sq. in.</td>
<td>Double Power Wedge</td>
<td>Graphite/Fiberglass</td>
<td>20.5/19.75 in.</td>
<td>235-40g</td>
<td>Very Firm</td>
<td>Head Light</td>
<td>40-45 lbs.</td>
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<tr>
<td>INTREPID*</td>
<td>Intermediate</td>
<td>94/85 sq. in.</td>
<td>Double Power Wedge</td>
<td>Graphite/Fiberglass/Ceramic</td>
<td>20.5/19.75 in.</td>
<td>240-45g</td>
<td>Firm</td>
<td>Head Light</td>
<td>40-45 lbs.</td>
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<td>ELEKTRA</td>
<td>Intermediate</td>
<td>94/85 sq. in.</td>
<td>Conventional</td>
<td>Graphite/Fiberglass/Nylon Matrix</td>
<td>19.75 in.</td>
<td>240-45g</td>
<td>Firm</td>
<td>Head Light</td>
<td>40-45 lbs.</td>
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<tr>
<td>MATCH</td>
<td>Intermediate</td>
<td>94/85 sq. in.</td>
<td>Constant Beam</td>
<td>Graphite/Fiberglass</td>
<td>20.5/19.75 in.</td>
<td>240-45g</td>
<td>Medium/Firm</td>
<td>Head Light</td>
<td>35-40 lbs.</td>
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<tr>
<td>TOURNAMENT</td>
<td>Beginner</td>
<td>94/85 sq. in.</td>
<td>Conventional</td>
<td>Graphite/Fiberglass/Nylon Matrix</td>
<td>19.75 in.</td>
<td>240-45g</td>
<td>Medium/Firm</td>
<td>Head Light</td>
<td>35-40 lbs.</td>
</tr>
<tr>
<td>QUEST</td>
<td>Beginner</td>
<td>94/85 sq. in.</td>
<td>Conventional</td>
<td>Graphite/Fiberglass/Nylon Matrix</td>
<td>19.75 in.</td>
<td>240-45g</td>
<td>Medium/Firm</td>
<td>Head Light</td>
<td>35-40 lbs.</td>
</tr>
<tr>
<td>JAZZ*</td>
<td>Beginner</td>
<td>94/85 sq. in.</td>
<td>Conventional</td>
<td>Graphite/Fiberglass/Nylon Matrix</td>
<td>19.75 in.</td>
<td>240-45g</td>
<td>Medium/Firm</td>
<td>Head Light</td>
<td>35-40 lbs.</td>
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<td>SUPREMACY, CONQUEST, XCI</td>
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*New for 1990. Without Polymer Grip. Kevlar is a registered trademark of E.I. DuPont de Nemours and Company, Inc. Play-Dry is a trademark of TIGE Corporation.
NATIONAL RANKINGS

WOMEN'S 85+
1. Joy Kenyon, PA
2. Cleota Chang, PA
3. Mary Walker, CA
4. Joan Back, AZ
5. Phyllis Melvey, NY
6. Donna Singler, WI
7. Sue Graham, CA
8. Rosa Mooney, CO

WOMEN'S 60+
1. Mary Low Ault, NC
2. Clara Gauthier, TX
3. Phyllis Melvey, NY
4. Eleanor Quakenbush, OR
5. Betty Mowery, NM
6. Zelda Friedland, NM

WOMEN'S 70+
1. Mary Low Ault, NC
2. Eleanor Quakenbush, OR
3. Betty Mowery, NM

WOMEN'S 80+
1. Zelda Friedland, NM

JUNIOR DIVISIONS

BOYS 8-
1. Lainy Marner, GA
2. Shane Vanderho, OH
3. Jack Huczak, MI
4. Jim Lyons, FL
5. Dan Olson, NE
6. James Gould, NE
7. Scott Zimmerman, MI
8. Matthew McElhinney, FL
9. Gabriel Goss, NM
10. Zackery Aurich, CA

BOYS 8-10
1. Rodey Carson, CA
2. Andy Tucknott, NE
3. Lane Marner, AL
4. Britt Berkery, IN
5. David Liakos, NE
6. Jaka Gauter, TN
7. Brent McDaniel, TN
8. Ryan Stater, KS
9. Daniel Wubul, WI
10. Chris Fuller, MA

BOYS 12-
1. Mark Hurst, FL
2. Leon Arntz, NY
3. Brent Zimmerman, MI
4. Blake Hansen, IA
5. Tony Pumplin, NY
6. Hart Spangle, CA
7. Jed Burt, CA
8. Blaine Hansen, IA
9. John Stanford, FL
10. Ken Gordon, IL

BOYS 14-
1. Andy Thompson, WI
2. Jason Arnott, NC
3. Jason Manning, NY
4. Shane Wood, WI
5. David Hamilton, OH
6. Brad Hansen, IA
7. Scott Zimmerman, MI
8. Toby Pumplin, NY
9. Toby Herrod, IN
10. Miguel Hernandez, CA

Girls 8-
1. Alexis Feaster, OC
2. Sarah Miranda, OK
3. Lynn Hansen, IA
4. Melita Mansull, CA
5. Lindsey Hudson, IN
6. Sandra Plaza, CA
7. Susette Solomon, IN
8. Lynn Hansen, IA
9. Leslie Wooten, FL
10. Hallie Armstrong, IL

Girls 18-
1. Alexi Feaster, OC
2. Sarah Miranda, OK
3. Lynn Hansen, IA
4. Melita Mansull, CA
5. Lindsey Hudson, IN
6. Sandra Plaza, CA
7. Leslie Wooten, FL
8. Florence Shantics, GA
9. Molly Law, CO
10. Monique Rutherford, IL

WHEELCHAIR RANKINGS

WHEELCHAIR OPEN
1. Gary Baker, PA
2. John Foust, CO
3. Crip Pamelly, CA
4. Doug StenszaEwski, MN
5. Brian Foran, CA
6. Mark Johnson, CA
7. Les Goralina, PA

WHEELCHAIR NOVICE
1. Mike Bohinski, PA
2. Joe Parson, PA
3. Sam Barnard, PA
4. JoAnn Stoup, PA

The Penn Bell has been selected as the official bell of the AARA for the ninth consecutive year. In 1991, the Penn bell will be used in all AARA regional and national events.
Championship, there were various methods by which a player could make the U.S. Team. What it really came down to was that they had defeated the cream of the crop in the U.S. and now they had to do the same against a greatly improved international field.

In the midst of all these matches were two unsung heroes who deserve a lot of credit for the overall smooth operation of the event. Jim Hise and Paul Henrickson performed like true professionals and should be congratulated accordingly. I know many of you have had the pleasure of serving as a tournament director at some point in time. You know how difficult it can be under normal circumstances with people you know. Well, picture trying to explain a rule interpretation to someone from Japan who doesn’t speak English. Better yet, wait until you are really tired, then start paging players from Uruguay, Peru, Brazil, the Philippines or Trinidad and Tobago. From personal experience, I can tell you I was amazed that anyone answered my pages at all, since I did more “butchery” from behind the tournament desk than the local meat market.

Saturday, August 11. The final matches in the individual competition were set to begin. The Men’s Doubles pitted U.S. players Dan Obremski and Doug Ganim against the Canadian team of Ross Harvey and Mike Cerasi. Having defeated the same team earlier in the tournament, there was little speculation about which was the better team. There still isn’t. In two games of 15-11, 15-9, Obremski and Ganim became two-time world champion gold medalists.

The women’s final was also a rematch from earlier in the week, but with a much different ending. You had to expect that Heather would approach this match with a higher level of intensity than anyone had seen from her up to that point. Being a true champion, she wanted to show Michelle she could compete on equal footing. While day in, day out I would go with Michelle every time, you have to give credit to Heather for putting so much effort into the match.

Michelle won the first game 15-12. It was a clear win but you just had that nagging feeling that Heather was going to keep putting on the pressure. The drive serve that normally is so reliable for Michelle just wasn’t falling in. That, in addition to Heather’s ability to keep running, was adding extra tension to the situation. Games two and three had Stupp winning 15-10, 15-5 (international tiebreakers are to 15, not 11). It was a good win for Heather and a tough loss for Michelle who has been enjoying an outstanding year.

The Men’s final was an all USA affair, featuring Egan Inoue and Tim Doyle. It was expected that Egan would approach this match with a certain amount of determination. He was soundly beaten by Tim in the finals of the
U.S. National Singles in Houston and, although he took the loss well, you knew he wanted revenge.

It was a great match. Tim took control early and hung on for a 15-13 first game victory. Not to be denied, Egan came right back with a reversed 15-13 win in his favor. We're not talking about your basic control type games being played here - it was power vs. power, and lots of it. Egan had his serve working and Tim was doing a great job just to get it back. When the time came to play the tie breaker, it was all inone with a 15-5 win.

After the awards ceremony at the club it was back to the hotel for an exceptional treat, the banquet. Undoubtedly, each and every player made a few new friends and, in some cases, also had the opportunity to renew friendships from past international events. Although you had been competing against each other all week, it was easy to see that in a short period of time bonds were created between people who didn't know each other to speak to only days before. A playing tip, a shirt to cherish for years to come, a slap on the back or a nod of encouragement after a big match broke the ice. Whatever the gesture was, it made your life, as well as theirs, a little richer and proved that "breaking up is hard to do."

As with any banquet there is usually time set aside to honor those individuals who put an extraordinary amount of work into the event to make it work. One of them stands out: Juan Alexia Pineda L., the general manager of the club. Juan was an invaluable person for many reasons. He had a great sense of humor (which you really needed in critical situations), was fluent in English and always right there when you needed him. There were times late at night when Juan would drive us back to the hotel with his favorite tape blasting away. You would think being in Venezuela we would be listening to some great local band. Not with Juan. It was Kenny Rogers singing "The Gambler." In many respects this best sums up Juan's positive and upbeat manner - not afraid to take chances, not afraid to go for it.

Another word of praise must be extended to Albert Farha. He and his lovely wife Panay were the ideal hosts, giving our disabled team members a ride to the airport at 5:30 am and helping to translate when you placed a call. When a U.S. Team member was on the court, they were our biggest fans (providing it wasn't a match against someone from Venezuela) and they quickly earned my respect and friendship.

Despite the fact that everyone had appeared exhausted earlier, they somehow rallied to the dance floor. The mixture of salsa and rock and roll put everyone into motion, including Toni Bevelock who wore out her share of dancing partners in record time. When things started to wind down about midnight, the question was "do we go to sleep or not?" Since the majority of the team members had to be in the lobby at 4:30 am to catch the bus to the airport, it was a very debatable subject, but not for long. Onwards to the disco for more dancing! Keep in mind that this was all done for the betterment of world peace and international relations. It's a dirty job but someone had to do it.

Sunday, August 12

Four-thirty in the morning is a downright ugly time of day - made all the uglier when you are so tired you can't stand up and you have piles of luggage to drag around. Not unlike a scene from "Night of the Living Dead," slowly, a bleary-eyed U.S. team began to assemble in the lobby. It was time to go home and everyone was ready. Back in Miami we all began to go our separate ways again. Home to Colorado, Illinois, Oregon, California and points in all directions. Although we tried to get around to say goodbye to each other, it was hard to do between searching for bags, clearing customs and keeping our eyes open. Somehow the fond farewells got lost in the shuffle.

It was a successful trip. All the hours of practice, commitment and dedication had been rewarded. Everyone involved, the team, coaches and staff had pulled together for one common goal - to repeat as the World Racquetball Champions. Mission accomplished, good job!
ATTENTION FORTY-FIVE YEAR OLDS!!
by William J. Daley

Do you feel, because of your advanced age, innumerate strength, jowls and myopic vision, that life has zipped right by you? Do you think your days of frivolity, wassailing and competitive athletics (racquetball in particular) are but a fleeting memory? Well, fear not, my aged amigos. Your forty-fifth year brings with it a stroke of good fortune (sorry about mentioning the word “stroke” to elder statesmen). You are now eligible for membership in one of the most exclusive groups of athletic also-rans in the entire free world. This is an organization so exclusive that neither Hogan or Yellen can join. They’re not eligible, but you are because of one thing, age. You’ve got it and they don’t (yet).

If you join the U.S. National Masters Association, you can become eligible for invitation to some of the most fun-filled racquetball tournaments you’ve ever attended. We have a singles and a doubles tournament each year in various exotic locations throughout the free world, like San Francisco, Dallas, Phoenix, Portland, Boston and Southern California. We try to mix up the sites for variety’s sake and we try to hit a northern city in August (when it’s warm) for doubles, and Phoenix or Southern California in February (when it’s warm) for singles. That’s another benefit of being included in our select group, plus you get to rub elbows with the legendary greats of Metamucil racquetball.

If you think you’d be interested in joining our group, all you have to do is send a check for $25.00 made out to Masters Racquetball to Paul Balades, Jr., 4201 N. 83rd Drive, Phoenix, Arizona 85037. This will cover dues for three years, which includes the cost of printing and mailing our tournament information, plus you’ll receive a fantastic, newsy, witty newsletter three times a year, edited by none other than yours truly. The newsletter will be half and half; half news and half wit, which, come to think of it, describes the editor to a “tee.”

We’d love to have an infusion of new blood (or is it new old tired blood?), and we can promise you a great opportunity to make new friends, play a lot of good competitive racquetball and have the most fun you could possibly have with your clothes on. Here’s the 1991 schedule, and we hope to see you there!

1990 WORLD SENIOR RACQUETBALL CHAMPIONSHIPS
by Jo Kenyon

February 20-23
Men’s Singles — Santa Ana, California
February 28-March 6
Women’s 35+ Invitationals — Madison, Wisconsin
April 16-20
Men’s/Women’s Golden Masters (55+) — Indianapolis
Early August
Men’s Doubles — Portland, Oregon

The 1990 World Senior Racquetball Championships, sponsored by Ektelon and Penn were held in Albuquerque, New Mexico, September 5-6. The international tournament was designated as a U.S. National Racquetball Team fund-raiser, and the large turnout for the prestigious competition required that three separate sites be selected to co-host the event. They included the Academy Court Club, Tom Young’s Athletic Club, and the Rio Grande Racquet & Fitness Center.

Of the 350 participants representing Brazil, Colombia, Cuba, Ireland, Mexico, Panama, Norway and the United States, 75 (21%) were women. U.S. players hailed from 39 states, including a father/son duo, Mel and Greg Brown, from Wenatchee, Washington. In all, entrants from all eight countries were distributed evenly throughout the 16 championship draws, which were seeded after a self-officiated round robin preliminary.

Over 1200 matches ran from 8:30 each morning until 11:00 at night, and in most divisions, two or three matches of 3 games to 11 were played back to back on Wednesday through Friday. In these preliminary rounds, total points were tallied with three bonus points awarded for each game won and seven additional points for each match won. With the exception of those divisions that were to small to form flights of at least five or more participants, the top eight players in each age division were placed in a single elimination championship medal round. In that round, played on Saturday, matches were played the best of three games to 15.

Medals were awarded to the top four finishers in divisions with eight or more entrants, with no playoffs for third place (both third and fourth place finishers received the bronze medal). The medals were presented, along
with special awards, at a banquet on Saturday night. Leo DiValentino of El Paso, Texas was chosen to receive the Wetherill Memorial Sportsmanship award, which is presented annually at the tournament, and the efforts and generosity of the many sponsors who contributed to the fund-raiser were also acknowledged. The presentations were followed by a raffle for the players and a very successful auction which raised $4,000 for the U.S. Team.

Entrants received an Ektelon sweat suit, a Tack- mac grip, a WRISTLACER, an Energy Bar and a souvenir medal commemorating the event in addition to many other amenities for participating in the tournament. Once again, senior players had the unique opportunity to compete with their peers, get an excellent workout, renew old acquaintances, form new friendships and enjoy the hospitality of the people of Albuquerque in a beautiful southwest setting.

MEN'S DIVISIONS: 35+ — Gary Mazzaroli (NM) def. Craig Kunkel (CA); 40+ — Filling Snow (WA) def. Tom Rail (CA); 45+ — Jeff Leon (Panama) def. Fred Letter (NJ); 50+ — Jerry Davis (OH) def. Jim McPherson (OK); 55+ — Arthur Johnson (CO) def. Paul Banales (AZ); 60+ — Harvey Cier (CA) def. Robert Johnson (CA); 65+ — Arthur Goss (CO) def. Jay Kaplan (CA); 70+ — Luzell Wilde (UT) def. Earl Ault (NC); 75+ — Harmon Minor (CO) def. Joe Sawbridge (AZ).

WOMEN'S DIVISIONS: 35+ — Janet Myers (NC) def. Terry Latham (NM); 40+ — Carol Dattarian (PA) def. Manjeen Kelley (CA); 45+ — Agatha Fales (FL) def. Sharon Hastings Wally (OR); 50+ — Kathy Mueller (MN) def. Sandy McPherson (OK); 55+ — Jo Kanyon (FL) def. Mary Walker (CA); 60+ — Bridin Mhaoilagain (Ireland) unchallenged; 65+ — Betty Mowry (NM) unchallenged; 70+ — Mary Low Ault (NC) def. Eleanor Quackenbush (OR); 75+ — Zeida Friedland (NM) unchallenged.

"The guy's a pterodactyl! You just can't get it by him." Mootz, too, seems stunned but quickly composes himself and the game continues.

No, these are not dinosaurs of the game, nor are they legends in their own minds. Through the initiative of Tom Murray, Courtaide Racquet and Fitness operating manager, these are the Digital Legends. Though other sports have begun to promote senior tours and leagues, the concept of a separate Legends division is new to racquetball. Murray explains the idea, now in its fourth year, "There are a lot of older players who've given to the game. The Legends concept is my idea to help those who've helped the game."

Murray also sees another reason to promote the older age group players, corporate sponsorship. "People don't realize that their $30.00 entry fee doesn't come close to covering tournament costs. We need corporate sponsorship such as Digital's. Immature behavior and poor court manners just alienate sponsors and doom tournaments. It's my opinion that the older players represent racquetball better because of their respect for their opponents, the officials and the game in general."

As a businessman and promoter, Murray is also aware of the rewards of giving something back to the racquetball community. "Not only does the Legends pay tribute to the players who've helped build the game," he asserts, "it also shows the non-athlete that he or she can go out there and play. How well you can stroke the ball, patience, understanding the game and intelligence are all areas of potential strength for an older participant. It's a lifetime sport."

With racquetball credentials from here to his hometown Syracuse, 43 year old Jim Winterton could not agree more. Popped on a stool surveying the Courtaide scene, Winterton notes, "Life is not a spectator sport and I don't want to be a spectator. If you watch the pros or the top Open players you think, I can't do that. They do things mortal humans can't do. But if you watch the women or the age division players you realize that if you work on your conditioning and you stay on top of the game mentally, there's no reason you can't play into your eighties." In summary he adds, "I refereed a match in Houston between two 75 year olds and they really could play. Their grandchildren were cheering them on. Now that says something."

Staying mentally sharp is easier for Winterton than some. He's an eighth grade English teacher so mental...
When Winterton and radiologist John Mootz clash in the semi-finals they provide a textbook lesson on the nuances of mental warfare on the court. Using a multitude of pinches, disguised drive serves to the forehand, and well timed overhead kills, the two Legends mastermind a brilliant chess game. With his slender build, silver hair and mild manner John Mootz looks very little like an AARA Athlete of the Year and very much like... well, a radiologist from Elmira, New York. He’s a thinking man’s player and capable of waxing philosophical off the court as well. “I rely more on strategy, shot making and deception. You can’t improve much physically but you can definitely improve in the mental areas of the game. For those reasons,” Mootz firmly states, “it’s important to have a Legends division. The Open game is too fast for me. I don’t stand much of a chance. My handicap in the Legends is not as noticeable.”

After losing the first game of the Digital Legends final 10-15, Mootz walks off the court with opponent Charlie Starr, shrugs his shoulders and smiles. No thrown racquets, grumbled profanities or obscene gestures for Gentleman John. Judging his reaction you’d think winning wasn’t important. Earlier in the tournament Mootz dispelled that myth for me. “Older players tend to suppress their egos more. A lot of them will deny that they want to win. It matters though, the guy who wants to win goes for it more.” As he readies himself for game two with Starr, Mootz’ eye reflect his intentions. Game two will be no walk in the park.

Charlie Starr of Binghamton, New York is accustomed to walking in the park. In addition to owning the Oakdale Racquet and Health Club, he’s a fully fledged dog trainer. Perhaps his thick arms, broad shoulders and muscular chest confirm that pulling the leash should be the bane of racquetball conditioning programs. As Starr admits to his peers that he’s not in top shape, Winter, Mootz and the other Legends roll their eyes and moan in mock sympathy. He says he’s 38 but Starr’s sturdy body looks a solid 25. “I haven’t made any concessions to age,” Starr informs me. “I feel as good now as I did ten years ago but to play a tournament Open player, well... I can play at least one good match but by the second round there’s nothing left. I can’t sustain the level of play like I used to. The younger players take the game more seriously, it’s their life. To me it’s fun and a good workout. I don’t have the time anymore to maintain that mental edge.”

Although Charlie Starr wins game two of the Digital Legends finals and collects the $250.00 first prize for his efforts, he walks off the court with renewed admiration for John Mootz. “Age is the great equalizer,” the victorious Starr notes. “John plays so intelligently. He’s getting better all the time.”

Wearing the racquetball player’s badge of honor, the matching black and blue bull’s eyes on each thigh, John Mootz leaves this Legends match with another lesson learned. “Everytime I play Charlie I learn more, it’s fun. I’ll do things a bit differently next time,” he warns. Packing his sweat soaked gloves and socks Mootz looks up slowly and says, “I kept passing him and telling myself, it’s by him, it’s by him, and somehow he’d reach back and get it every time.”

From a nearby chair a fatigued but irrepressible
Tommy Thompson leans forward and roars, "Pterodactyl! What'd I tell you? Starr's a pterodactyl."

[Marty Kaminiski is a Legend's competitor and an A-level player. A freelance writer and third grade teacher from Ithaca, New York, his work has appeared in Sports Illustrated for Kids, Faces Magazine, Prime Times and the Gannett newspapers Leisure section.]

Here are the answers to the questions from the National Referee Certification exam which are discussed in "What's the Call?" on page 10.

1. This is a bit tricky! The correct answer is "false." If either the server or his partner cross the short line before the ball does, then it is an out serve because there has been a receiving line violation and not just a foot fault. See rule 4.11(k) in the AARAs Official Rulebook.

2. The correct answer is "C." A player can take up to a total of 16 minutes in whatever increments are necessary to overcome the effects of one or more injuries that occur during a match. But the total time taken during the match may not exceed 15 minutes no matter how many injuries occur. Note also that the "injury" must be the result of some physical contact and not a pre-existing condition from before the match. See rule 4.17(b).

3. The correct answer is "A." It is important to note that the rule states that it must be obvious that the ball does NOT have the velocity or direction to reach the front wall. So, if there is any doubt, as there appears to be in this case, then hinder would be proper call. Although this is a judgment call, since the referee "ain't sure," the proper call in this case is hinder and the rally should be replayed. See rule 4.18(a)(3) in the rulebook.

So, how'd you do? Are you ready to take the entire 100 question examination? If so, contact your state director to find out how you can go about becoming a certified referee.

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**RACQUETBALL INSIDER**

**Broncos Star Signs with AARA**

Jim Turner, former kicker for the Denver Broncos, has signed on as an official commentator for the 1991 series of AARA National Championship television broadcasts. Turner will anchor the telecasts, which are produced by Event Broadcast Productions and distributed via cable nationwide. As a sportscaster and radio personality, Turner's experience promises to bring a new dimension to televised racquetball action.

**Penn Selected as Official Ball of the AARA**

The AARA Board of Directors has selected the Penn ball as the official ball of the AARA for 1991. The Penn ball will be used in all AARA regional and national events. In addition, Penn has greatly enhanced its state championship package for AARA state affiliates. The award of "official status" to the Penn ball in 1991 makes the ninth straight year that Penn has earned the distinction while supporting amateur racquetball in the U.S.

**Ektelon Becomes Official Sponsor of the AARA**

Ektelon reaffirmed its continued support of amateur racquetball by extending its sponsorship contract with the AARA through 1992. Breaking with past traditions of sponsorship, Ektelon became the first official sponsor of the entire association, rather than that of specific, individual events of the AARA.

**Atlanta Games a Plus for Racquetball**

When Atlanta was chosen as the site for the 1996 Olympic Games at the International Olympic Committee...
session in Tokyo, Japan, the chances for racquetball to make its break into the Games improved dramatically. "Racquetball's odds for inclusion in the Games went from 1000 to 1 to 10 to 1 with Atlanta's selection." stated Luke St. Onge, Executive Director of the AARA. "We still have a long way to go before we are accepted, but at least we have an outside chance now."

**AARA Executive Director and IOC President Meet**

Juan Antonio Samaranch, the most influential man in the sports world, recently visited the United States Olympic Committee in Colorado Springs. During his short visit, Luke St. Onge, representing both the AARA and the IRF, had a rare chance to meet with Mr. Samaranch regarding the inclusion of racquetball in future Olympic Games.

**Pan Am Dignitary Visits IRF Headquarters**

Mario Vazquez-Rana, President of the Pan American Sports Organization, recently took time out of his busy schedule to visit the International Racquetball Federation world headquarters in Colorado Springs, where he met with IRF officials regarding racquetball's continued involvement in the Pan American Games. The Pan American Games are second only to the Olympics in importance as a multi-sport international competition.

**Central American Caribbean Games**

In another historic step toward the Olympic program, racquetball has been included as a full medal sport in the 1991 Central American Caribbean Games to be held in Mexico City, November 22-29th. The racquetball venue will be in San Luis Potosi, 200 miles northeast of Mexico City.

**Racquetball Invited to First Hawaii Pacific Games**

Racquetball has been invited to participate in the first Hawaii Pacific Games slated for Honolulu, June 1-10, 1991. The top ten teams in the world have been invited along with South Korea. Five sports, including racquetball, have been invited for 1991 and in 1999, competition in 27 sports from the summer Olympic program will be held.

**AARA Announces International Challenge Series**

The U.S. Olympic Training Center will host the second Challenge Series between the United States, Canada and Mexico August 16-18th in Colorado Springs. Finals of the men's and women's open singles will be televised from the Lynnar Racquet & Health Club and broadcast on Prime Network.

**New U.S. Racquetball Team Coach Named**

Jim Winton of Syracuse, New York was recently selected as the new U.S. Team head coach from a field of seven highly-qualified applicants. Involved with the sport since 1972 as both a competitor and coach, Winton has been an instructor at the AARA Elite Training Camps, held at the U.S. Olympic Training Center, for the past six years. A full-time teacher and football coach in Syracuse, Winton was "pleasantly surprised and flattered" by the appointment. As the new head coach, his first duties will include choosing an Assistant Coach and assisting in the selection of a Team Leader and Team Manager to round out the coaching staff.

**Leadership Conference Filling Up**

Reserved spots for state and regional directors at the annual AARA Leadership Conference are going fast. Up to two representatives from each state are invited to participate in the three day conference, which is held annually at the U.S. Olympic Training Center. The 1991 meeting will be the fifth and most exciting seminar to date, with a series of speakers who will address organizational issues, accounting procedures, publishing and media relations. State and regional directors have the details on attending, and reservations should be confirmed as soon as possible since space is "first come, first served."
WE HAVE AN EQUALLY IMPRESSIVE FOREHAND.

The other side features the finest quality leathers with padding, tackification or stay soft treatments, depending on the grip you want. No other racquetball glove line gives you that kind of choice. With six models, there isn’t a hand we can’t fit. Or a preference.

EKTelon® Velo®

Our Velon® tab and elastic wristband make up a closure system that keeps the glove fitting perfectly, no matter what.

One glove, many matches. Thanks to double, reinforced stitching.

Both sides of each finger have inset leather panels for more protection and more grip.

Nylon mesh gussets let your fingers move freely and keep your hand cool. So you may feel like you’re not even wearing a glove.

Stretch nylon mesh backing is flexible, breathable, durable and unbelievably comfortable.

Special padding cushions and protects the heel and underside of your hand during all-out, diving play.

They’re the official gloves of the AARA. And just about everyone else who plays racquetball.

Endorsement by Prince®
PARI TIP: The Forehand
by Fran Davis

In the September issue I gave you an overview and we introduced the concept of building your racquetball game as if you were building or constructing your dream house. If you recall it is a step by step process in which one step is dependent on the next. Let’s quickly review:

Foundation = Strokes
Frame = Strategy/Court Position
Roof = Serves/Returns
Windows/Doors = Mental/Visualization
Accessories = Nutrition/Training

Today we will begin building our racquetball game from the ground up, starting with the foundation, step #1, the forehand stroke. Good luck and pay close attention, since each issue will bring you one step closer to your perfect racquetball game.

Strokes are your bread and butter. Without effective consistent strokes your game will be erratic and you will be unable to reach your potential. The key word here is CONSISTENCY. To assist you in gaining consistency I’d like you to take a moment and imagine four vivid pictures in your mind:

1. Darryl Strawberry at the plate swinging a bat, or
2. Ozzie Smith throwing a ball sidearm to first base, or
3. You skipping a rock at the lake, or
4. Fran Davis hitting a perfect forehand

As we brought out in the last issue, I will be using analogies and visualization techniques like this one to assist you in learning the skill properly. All four of the actions listed above use the same basic technique.

At this time I will use photos, with explanations, to illustrate the proper forehand stroke mechanics so you too can be fundamentally sound.

1. Stand square to side wall
2. Feet slightly wider than shoulder width apart, good power base
3. Knees slightly flexed and relaxed
4. Upper body erect/shoulder level (do not bend at the waist)
5. Good racquet prep, elbow in line with shoulder or higher
6. Weight evenly distributed
7. Eyes on ball
8. Grip, shake hands with racquet - “V” on top part of racquet and no part of hand off the racquet
9. Step forward toward front wall - weight transfer
10. Leg and hip rotation begins
11. Back leg bends 90 degrees, back foot rotates (on bat off foot)
12. Upper body begins to rotate - shoulder, arm, elbow, wrist, racquet sequence
13. Contact point - big toe inner thigh, below knee of lead foot
14. Racquet flat and level
15. Arm at full extension, elbow away from body

(Continued, page 30)
AARA SANCTIONED
COMPETITIVE EVENTS CALENDAR

November 15
Academy Awards
Academy Court Club
Albuquerque, NM 505/884-5555

Coca-Cola Court Challenge
Concourse Athletic Club
Atlanta, GA 404/888-2000

November 15
AFC College
Arlington, VA 703/488-1000

November 18
All City Tournament
Four Seasons Health Club
B. Sioux City, NE 402/494-3800

First Coast Classic
Racquetpower
Jacksonville, FL 904/255-8885

Fowl Frolic
North Hills Athletic Club
Mennenose, WI 414/281-1420

Gandy's Corner Classic
Tri-State Athletic Club
Evansville, IN 812/479-3111

November 19
Holiday Classic
The Pennsylvanian
Erie, PA 814/635-8111

Midwest Pro-Am Invitational
Northgate Racquet Club
Rochester, MN 507/281-1581

ORA Doubles Championships
Marion Health & Racquet Club
Marion, OH 614/646-4188

November 23
Roll-Out
Rock Springs Recreation
Rock Springs, WY 307/328-3285

Super Seven #3
Davidson Racquet Club
Davidson, MI 313/832-4130

The Physical Edge Fall Open
Physical Edge Athletic Club
Palo, TX 214/618-3343

The Turkey Gobbler Open, Alpha RB & Fitness Club, Mechanic Island, PA 717/763-7800

The Turkey Shoot-Out
The Olympiad Health & Fitness
Silo Burlington, VT 802/863-4289

Turkey Shoot
Sports Club of Asheville
Asheville, NC 704/252-0222

Turkey Shoot
Aero/3-Fit Sports Center
Nashville, TN 615/832-7529

Turkey Fest '80
Merry Meeting HFC
Topsham, ME 207/728-0128

West Virginia State Singles
Marshall University
Huntington, WV 304/556-8842

2nd Senior/Master Doubles
Lynnmar Racquet & Health Club
Colo. Springs, CO 719/385-3385

5th Annual Fall Classic
Track & Racquet Club
Fayetteville, NY 315/446-3141

6th Annual Gobbler Shoot-Out
Gen Falls YMCA
Gen Falls, NY 518/793-3878

November 23
Regency Open
Regency Courts
Wilson, NC 919/291-7075

Thanksgiving Pro-Am Classic
Mankato Athletic Club
Mankato, MN 507/345-8833

November 29
Gold River Winter Classic/Gold River Racquet Club, Rancho Cordova, CA 916/638-7001

Vintage Development
Lynnmar Racquet & Health Club
Colo. Springs, CO 719/688-4089

10th Annual Freezeout
Auburn YMCA
Auburn, NY 315/255-1242

10th Annual Holiday Classic
Dupage Racquet & Fitness
Addison, IL 708/843-9200

November 30
CAC Holiday Open
Columbia Athletic Club
Kirkland, WA 206/821-0882

Christmas Classic
The Classic Athletic Club
Lynnhurst, CA 201/612-0894

Cottonwood Club Tournament
Cottonwood Club
Lincoln, NE 402/475-3388

Fitness Plus Racquetball Open
Fitness Plus
Johnstown, PA 814/268-5040

Flag City Open
Findlay Health & Racquet Club
Findlay, OH 419/444-1870

Greater Cinco City Doubles
Midtown Athletic Club
Cincinnati, OH 413/351-3000

Holiday Classic
Racquet's Edge
Essex Jct., VT 802/679-7734

North Plate Tournament
North Plate Recreation Complex
North Platte, NE 308/834-4770

Omni Sports Club Open
Omni Sports Club, Winston- Salem, NC 919/750-3663

Reindeer Open Classic
West Allis Athletic Club/West Allis, WI 414/312-2000

Superstars Classic, Northeast
Racquetball Club, Columbia Heights, MN 612/572-0330

X-Mas Cash Classic
Holiday Health & Fitness
Bangor, ME 207/947-0763

Santa Claus Racquetball Classic
Merrill Athletic Club - Beverly
Baltimore, MD 301/288-8700

2nd Rich Wagner Split Shot
Tournament House
Riverdale, GA 770/452-7511

December 7
ARC at Courts Plus
New Bern, NC 919/633-2221

Cascade Holiday Open
Wenatchee Swim & Tennis Club
Wenatchee, WA 509/662-3844

Holiday Classic at Sports Barn
Chattanooga, TN 423/622-1125

December 8
Holiday Classic Pro Am
Moore Lake Racquet & Swim
Fridley, MN 612/377-5779

Holiday Invitational
Mariner Square Athletic Club
Alameda, CA 415/523-8011

December 13
Holiday Classic
Lakewood Athletic Club
Lakewood, CO 303/492-5703

Veteran's Invitational
Woodfield Racquet Club
Schaumburg, IL 708/884-0878

December 14
Amax Coal
Campbell Recreation Center
Gillette, WY 307/628-8527

Bad Light Classic
Club Vita
Jackson, TN 901/668-9243

Coors Light Series #4
13th Street Racquet Club
Cleveland, OH 216/548-4188

December 15
Holiday Doubles Tournament
Harbor Square Athletic Club
Edmonds, WA 206/778-3546

Holiday Tournament
Pt. Myers Athletic Club
Pt. Myers, FL 813/275-1990

Super Seven #6
Backwall Club, Madison Heights, MI 313/239-4130

Holiday Tournament
St. Andrews Family Rec. Ctr
Charleston, SC 803/571-7889

RACQUETBALL USA
December 16
The Kris Kringle Tournament
The Lincoln Racquet Club
Lincoln, NE 402/423-2511

December 17
1990 WORLD JUNIOR ORANGE BOWL. Miami Lakes Athletic Club
Miami Lakes, FL 305/662-1210

January 3
Coors Light Open
Sport Court Omaha
Omaha, NE 402/398-0410

January 4
City Mattress Open
Congress Park Athletic Club
Centerville, OH 513/548-4146

Gaston County YMCA Open
Gaston County YMCA
Gastonia, NC 704/885-8551

Special K Racquetball Series #2
Savannah Athletic Club, Cleveland Heights,
OH 216/247-7349

Team Minnesota Benefit Pro-Am
Northgate Racquet Club
Rochester, MN 507/281-1351

13th Indy Open
Indiana Athletic Club
Noblesville, IN 317/776-0224

2nd Racqueteam Rollout ‘91
Racquetams Health Club
Livonia, MI 313/591-1212

January 9
13th Ralph Schomp/DAC
The Denver Athletic Club
Denver, CO 303/334-4274

January 10
5th Annual Martha McGraw Open
Supreme Courts
Memphis, TN 901/764-2288

New Mexico Invitational
Tomm Young’s Athletic Club
Albuquerque, NM 505/389-9433

January 11
“Best of the Best” Tournament
Federal Way Athletic Club
Federal Way, WA 206/641-8660

“Chilly” Open
Lifecenter Plus
Hudson, WI 218/685-3377

Dyna-Jet
Campbell Recreation Center
Gillette, WY 307/882-8527

Gail Singer Memorial
Manchester Court Club
Manchester, NH 603/668-3337

January Jubilee
Court House Racquet Club
Florence, AL 205/764-0934

Pittsburgh Open
Racquet Club of Monroeville
Monroeville, PA 412/555-3820

Rollout the New Year
Alamance Racquet & Fitness
Burlington, NC 919/227-5565

Super Seven #5
Grand Rapids Area
Grand Rapids, MI 616/239-4130

Tri-State Open
The Health & Racquet Club
East Brunswick, NJ 732/257-7507

Winter Classic
Southridge R & F Fitness Club
Greenfield, WI 414/511-5770

4th Annual Hall of Fame Tourn.
Greenway Athletic Club
Minneapolis, MN 612/243-3131

1990 REGIONAL CHAMPIONSHIP SERIES

Adult competitors must participate in one of the listed regional championships in order to qualify for the Ektelon U.S. National Singles Championships (Houston, May 22-27). Junior competitors must participate in one of the junior regional events to qualify for the Junior Olympic Championships (Burnsville, June 22-28).

Region 1/Junior: March 16-17
Auburn Health & Racquet Club
Auburn, MA 508-882-3236

Region 1/Adults: April 11-16
New England Health & Racquet
East Providence, RI 401/444-1203

Region 2/Combined: April 5-7
King George/The Racquet Club
Greenbrook, NJ 201/612-0534

Region 3/Combined: April 17-21
Ultimate Racquet & Fitness
Philadelphia, PA 215/663-0300

Region 4/Adults: March 22-24
Atlanta Sporting Club
Atlanta, GA 404/438-7575

Region 4/Junior: April 26-28
Southern Athletic Club
Lubbock, TX 432/633-6040

Region 5/Adults: April 5-7
Sportsplex East
Birmingham, AL 205/960-1121

Region 5/Junior: May 4-5
Aerobi A Fit Sports Center
Nashville, TN 615/333-7529

Region 6/Combined: April 19-21
The Athletic Club
Overland Park, KS 913-224-2020

Region 7/Combined: April 12-14
Racquetball & Fitness Clubs
San Antonio, TX 512/344-8586

Region 8/Adults: March 21-23
Site TBA

Region 8/Junior: May 2-6
Glass Court Lumber, IL 312/639-4016

Region 9/Combined: Feb 22-24
Mt. Clemens R & F Sports Center
Mt. Clemens, MI 517/867-0499

Region 10/Combined: Mar 16-17
Court Club
Indianapolis, IN 317/936-2766

Region 11/Adults: April 5-7
Arco Health Club
Minneapolis, MN 612/287-3382

Region 11/Junior: May 10-12
Northgate Racquet Club
Rochester, Minn. 507/281-1581

Region 12/Adults: April 17-20
Sports Mall
Salt Lake City, UT 801/281-3426

Region 12/Junior: May 8-9
Denver Athletic Club
Denver, CO 303/634-1211

Region 13/Combined: April 28-30
Campbell County Parks & Rec.
Gillette, WY 307/682-8527

Region 14/Adults: March 21-24
Racquetball World
Santa Ana, CA 714/972-2599

Region 14/Junior: April 28-29
Racquetball World, Fountain Valley, CA 714/663-1347

Region 15/Adults: April 19-25
The Court House
Boise, ID 208/377-0040

Region 16/Junior: May 17-19
Cascade Athletic Club
Gravelly, OR 503/665-4142

Region 17/Combined: April 26-28
Charlotte Racquetball & Health
Charlotte, NC 704/521-8046

AAR Regions:
1. CT, NH, ME, MA, RI, VT
2. NJ, NY
3. DE, D.C., MD, PA, VA
4. FL, GA
5. AL, MS, TN
6. AK, KS, MO, OK
7. LA, TX
8. IL, IA, WI
9. MI, OH, WV
10. IN, KY
11. MN, NE, ND, SD
12. AZ, CO, NM, UT
13. MT, WY
14. CA, HI, NV
15. AK, ID, OR, WA
16. Europe
17. NC and SC

Ektelon U.S. National High School Championships Return to St. Louis

The Ektelon U.S. National High School Championships will return to the South Hampton Racquet Club in St. Louis on March 7-10. Teams and individual titles will be awarded, and "first string" winners will be appointed to the first ever "Junior Team USA." Look for an application to the event in the next issue of Racquetball USA.
16. Weight back to even distribution
17. Toe of front foot points toward corner, toe of back foot points toward front wall (on ball of foot)
18. Belly button and shoulder face front wall
19. Shoulders level, upper body erect
20. Racquet moves across body at least 180 degrees from point of contact
21. Non-hitting arm out of way and rotates
22. Hold your pose, totally balanced.

The progression of muscle movements is one of the keys to a nice consistent, smooth stroke.

All the muscles, legs, hips, lats, shoulders, arms, and wrist have to move within milliseconds of each other. Remember if you are having trouble with your forehand stroke, just close your eyes and see yourself in the batter's box with bases loaded hitting a grand slam, or on the softball field throwing a double play, or at the lake skipping a rock across the water, or seeing Fran on the court hitting the perfect forehand. Use whichever visual technique works best for you and before you know it you will be adding more power, control and consistency into your swing.

Stay tuned for the next issue: the BACKHAND

**PRO UPDATE**

**Men's Professional Racquetball Association**

At the 1990 MPRA Halloween Pro-Am in Schaumburg, Illinois, local powerhouse Tim Sweeney of Chicago upset top-ranked Egan Inoue of Honolulu, Hawaii in four games. Advancing from the #4 seed position in the full round of 32, Sweeney defeated Jack Newman, Dave Johnson, Dan Obremaski and Ruben Gonzalez before taking the final from Inoue in another four-game match of 11-9, 11-4, 9-11, 11-9. Sweeney was the only one of the top-four seeded players to reach the semi-finals.

In the bottom half of the draw, Inoue, who took over the #1 MPRA ranking earlier in the season, defeated Chris Wright, Woody Clouse, Tim Doyle and Andy Roberts before losing to Sweeney in the final.

**MPRA TOP-TEN RANKINGS**

1. Egan Inoue, Hawaii
2. Mike Ray, Tennessee
3. Dave Johnson, California
4. Ruben Gonzalez, New York
5. Tim Doyle, California
6. Andy Roberts, Tennessee
7. Drew Kachtik, Texas
8. Dan Obremski, Pennsylvania
9. Corey Bryman, Oregon
10. Brian Hawkes, California

**Women's Professional Racquetball Association**

Penn Racquet Sports has signed on as the title sponsor for a five event WPRA "Penn Professional Series" in 1991.

**PENN PROFESSIONAL SERIES**

February 13-17 in Atlanta
Pizza Hut Racquetball Challenge -- Triple Crown Event #1
Diet Pepsi Bonus Event, Caryn McKinney, 404/636-7575
February 14-17 in St. Louis
Oliver Garden St. Louis Pro-Am, Lauren Sheprow, 314/682-3810
February 23-28 in Anchorage
Silver Racquet Pro-Am, Jay Wastoff 907/662-2450
March 7-10 in Philadelphia
1990 Grand Slam -- Triple Crown Event #2
Diet Pepsi Bonus Event, Molly O'Brien, 215/723-7385
May 9-12 in Baltimore
1991 Diet Pepsi WPRA Nationals -- Triple Crown Event #3
Diet Pepsi Bonus Event, Molly O'Brien, 215/723-7385

**ADDITIONAL WPRA STOPS**

January 17-20 in Los Angeles
Ettelon Winter Classic — Racquetball World, Santa Ana
Jim Carson, 714/972-2990
April 11-14 in San Francisco
California Open — What A Racquet, Colma
Nestor Fernandez, 415/994-6080

**WPRA TOP-TEN RANKINGS**

1. Lynn Adams, California
2. Michelle Gilman, Oregon
3. Caryn McKinney, Georgia
4. Toni Bevelock, California
5. Kaye Kuhtfeld, Indiana
6. Malia Bailey, Virginia
7. Molly O'Brien, Pennsylvania
8. Jackie Paraiso, California
9. Dottie Fischl, Pennsylvania
10. Chris Evon, California
Warning: There is not so much as a trace of compassion in either of our Presence Series racquets from the Marty Hogan Racquetball Division of Pro-Kennex. If your style of play is to show no mercy, these are your tools of total humiliation.

Fact A: The Graphite Presence 31 is the most powerful oversize racquet in the sport; its cold-hearted aggressiveness fathered by an ultra-stiff composition of 90% SpiralTech™ (a compression-molded sleeve of tightly woven, high modulus graphite over a graphite and fiberglass core) and 10% fiberglass.

Fact B: Our Composite Presence 31 bristles with the same ruthless character, but offers more flex — with a relatively forgiving soul of 70% high modulus graphite and 30% fiberglass.

All of this might lead you to believe that a Presence 31 racquet might turn on its own master.

Not so. You’re in complete control.

With a head light, superwide teardrop taper, and 94 square inches of densely strung surface, each Presence racquet weighs in at just 225 grams. Our AVC (Anti-Vibration Component) system, with Obtund™ 306 Shock Absorbers at all four points of the central string grid, devours vibration and trampolining.

And the EVA foam handle guarantees a comfortable grip that minimizes arm fatigue.

The Graphite Presence 31 and Composite Presence 31 from Pro-Kennex. Each comes complete with a full-length cover. After all, you wouldn’t want to have something so lethal just lying around in the open.

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