1982 National Singles Championships

By Keith Moody

The 1982 AARA National Singles Tournament made its debut in the northeast at the McKinley Park Racquet Club in Buffalo, New York beginning May 27th and running through the 31st. It was a treat for the racquetball enthusiasts to see the top ranking amateur players from around the United States, Canada, and even Europe display their expertise. The AARA choice of Buffalo came at an appropriate time, since the city is celebrating its Sesquicentennial (150th) birthday. The prestige of hosting the Nationals made a superb addition to the city's "Talking Proud" theme.

After seven long months of anxious waiting, the 'crack' of racquetballs could be heard throughout the club. Never before had the 18 courts absorbed such power and experienced such finesse, control and consistency. It was astonishing to watch graceful, feminine women and sophisticated, cordial men transformed into powerful, aggressive athletes. Many locals were surprised by 'how hard' both sexes could hit the ball.

The magnitude of the tournament as well as the level of competition caused many hometown favorites to succumb. Club pros "Cee" Moody and "Z" Kania fell victim on the first and second day respectively. Three hometown heroes remained at the finish of day three, which put them into powerful, aggressive athletes. Newman (left) vs. Fox — Open Final.

Photos by Paul Stevenson

United States Olympic Committee Accepts Racquetball

On April 17, 1982 the American Amateur Racquetball Association was accorded Group C membership for developing sports) in the United States Olympic Committee. Following is an account of the events that led to that decision, and a brief summary of the implications.

It was back in 1978 when the idea first struck Luke St. Onge as a good one. As executive director of the struggling International Racquetball Association (as it was called then), he was searching for a means to establish some credibility for the organization. So, when Bill McNamara, director of the President's Council on Physical Fitness and Sports suggested a way that racquetball could become an accepted and established sport, St. Onge decided to go for the gold. The Olympic gold, that is. And there was only one way to do that — from the bottom up.

St. Onge decided to apply for membership in the United States Olympic Committee (USOC), as McNamara had suggested. That task proved far more elusive — and complicated — than envisioned.

Basically, if a sport stands a chance to become a sport of the Pan Am Games or the Olympic Games — if it has that potential — then the USOC is encouraged to consider that sport as a member. Group C is the category in the semifinals, Donna Meger was playing with poise and confidence in combination with power and control in the Women's 35+ division. Bud Stange's remarkable quickness and determination made it seem like there were at least two of him covering the court in the Men's 35+.

Charlie "The Car" Garfinkel demonstrated his great patience and resilience by coming back from huge deficits, especially in his quarterfinals match. Garfinkel pulled it out after losing the first game and being down 16-11 in game two, and 5-0 and 7-2 in the tiebreaker, and won the Men's 40+.

Continued on Page 8.

Racquetball Format Change

In a continuing effort to increase its membership benefits to the amateur player the A.A.R.A. Board of Directors voted to change Racquetball Magazine from the magazine format to a high quality tabloid to be called "AARA Racquetball in Review". This publication will be the official voice of the AARA and will be under the Association's complete editorial control.

Luke St. Onge
Executive Director

Photos by Paul Stevenson

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Coping With Racquetball Injury Page 12
Calendar Page 13
Scoreboard Page 14

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Hot!! Bags for people who move!

“MEN’S BAGS”

These Men’s Bags are equally at home in exercise classes, health clubs, racquetball courts and on vacations. The bags are 11” in diameter and 24” in length. They feature a large exterior pocket for easy access to small articles and an 8” deep wet pocket which makes storing a full set of wet clothes a breeze. Three nylon net interior pockets are excellent separating devices for shaving kits, wallets, sunglasses, watches, keys, medications, shoes, socks, etc., etc. A zippered racquetball pouch keeps racquets safe, and with handles and shoulder harness, the bags are easy to carry. Silk embroidery initials add a personalized touch and say that you’re a man who cares about his sport.

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This Ladies’ Bag can be carried with pride anywhere. Its large zippered wet pocket doubles as a racquetball or tennis racquet carrier. The “dome bag” features an outside storage pocket, three interior wet pockets, and a washable hard bottom to carry extra weight. This bag also makes a great piece of “carry on” luggage and is more versatile than any bag available. Size 17” long, 13” high, 5” wide.

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Both bags are manufactured out of water-repellent nylon. Zippers are nylon self-repairing, and the bag is assembled with industrial grade bonded nylon thread. The initials are silk embroidered, and where webbing is used, it has a tensile strength of at least 300 lbs. Both bags are completely machine washable.

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Allow 4-6 weeks delivery.
Dear Members:

These past several months have been historic for our sport and Association. Following is a report of the highlights and additionally recent decisions from the Board meeting held in conjunction with the National Singles in Buffalo, N.Y.

1. The AARA Board has adopted changes in its Constitution to conform to the Amateur Sports Act of 1978.
2. The AARA’s application for membership was accepted by the United States Olympic Committee as a Class C member.
3. The Board voted to make the following membership changes and benefits:
   - The official publication will become a high quality tabloid paper format offered free to all members as part of the $6.00 membership effective September first, 1982.
   - Full state rebates of $3.00 per $6.00 membership which includes renewals for all functioning state affiliate organizations.
4. The Board voted to make the following membership changes and benefits:
   - Voted to move the Association location from Memphis, TN to Colorado Springs, CO, home of the United States Olympic Committee and the Amateur Sports capitol of the United States.
5. Voted to move the Association location from Denver, CO to Colorado Springs, CO, home of the United States Olympic Committee and the Amateur Sports capitol of the United States.
6. Endorsed APRO player evaluation system to help alleviate the serious problems of player classification such as A’s, B’s, C’s, and Novices.
7. Accepted the following rule changes:
   - A revised rule book language to update and more clearly illustrate the rules.
   - Established a new age group of 25-49.
   - Headed forfeit time from 10 to 15 minutes.
   - Revised 4.1 readiness rule (10 seconds) to old USRA rule.
   - Established a technical warning.
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11. Board elects new president: The AARA Board of Directors met Sunday, May 29, 1982 and elected Mr. Paul Henrickson of Millbury, MA as its new President replacing Mr. Keith Calkins of Mission Viejo, CA whose term has expired. Mr. Henrickson brings to the Presidency over eight years of Association organization, expertise which has resulted in his North East Region dominating the AARA Regions in membership, tournaments and activities. Other new members of the Board of Directors are Al Swofford, Knoxville, TN; Mimi Kelly, Burlington, MA, and Al Seitelman, Long Island, NY.

ANYONE INTERESTED IN BIDDING ON THE NATIONAL SINGLES CHAMPIONSHIPS FOR 1983 SHOULD CONTACT THE AARA NATIONAL HEADQUARTERS AT 901-761-1172.

RACQUETBALL IN REVIEW

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NEW DIRECTIONS

By Luke St. Onge – Executive Director

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RACQUETBALL POSTERS

Four-color, 17” x 25” Mike Yellen and Guide to Better Racquetball posters are now available from Ektelon.

The blue and gold Yellen signature poster is the latest in a long line of Ektelon Advisory Staff posters. It depicts the two-time national finalist, who was ranked No. 2 in 1980-81, in a variety of racquetball-related poses.

The predominantly blue and white Guide to Better Racquetball poster takes a humorous look at racquetball rules, court attire, sportsmanship, strategy and racquet selection through the eyes of well-known illustrator Gary Patterson.

Both posters are free to court clubs, tournament committees and Ektelon accounts. To obtain them, write Ektelon, P.O. Box 23510, San Diego, CA 92123.
QUESTION: What percent of my practice time should be spent alone by myself on the court? J.F. Knoxville, TN

DR. BUD: For a general rule of thumb, I would say that you should spend at least 50% of your practice time alone on the court. This is the time when you should strive to perfect the many aspects of the game as well as constructively try to work out better control of the ball with yourself. Naturally, this percentage will vary depending upon the stage of your development, but unfortunately this percentage realistically occurs just the opposite of what it should be. As an example, you would think that the beginning novice amateur should spend the most time alone and perfecting and practicing very little, but that is not what happens. The pro realizes the need to perfect things and spend the practice time on the court just the same as the professional golfer does. However, the amateur or beginner who needs the most work just continually goes to the court and plays the same way that the majority of the golfers do. They just go to the course and play. There is no short cut to practice! Practice sessions should be laid out with a goal in mind that you wish to attain for that practice session. This is best achieved by practicing alone. Here's something that you might think about, professional players can almost be ranked according to the practice time that they spend alone on the court. This is a fact. Think about it.

QUESTION: What is the proper wristcock for the backhand? T.M. San Diego, CA

DR. BUD: There are generally accepted two wristcocks that can be used at the top of the backswing for the backhand. The first or conventional one is called the baseball bat wristcock. It is the same wristcock a baseball batter would use at the top of the backswing. And the second type is rolling the wrist inward at the top of the backswing. The advantage of rolling the wrist inward is that it creates a little longer arc and thus a little more velocity on the ball because the swing also usually utilizes a little more shoulder turn. The disadvantage of the inward wristcock on the backhand side is that it decreases your margin for error because there is a little more involved in the timing of contacting the ball. Remember that the important thing is that the racquet face is delivered square to the ball at your contact point. Generally speaking, you should develop the conventional wristcock first and then through practice and experimentation see if breaking the wrist inward a little more at the top aids you in the goal that you are trying to accomplish. So therefore, the proper grip is best answered as being the one that is right for you.

QUESTION: If my arm hurts should I let rest or just go out and play some more? J.V. New Orleans, LA

DR. BUD: It is very important that you learn to tell the difference between soreness, pain, and injury. You can play with pain, but you should not play with injury. Muscle soreness certainly heals with rest, but you can also aid the healing by stretching slowly three or four times a day. One of the most common faults of players who have turned an ankle and incurred an injury is that they continue to play in hopes of winning that match, forgetting that they are aggravating an injury which will then take longer to heal. And even if they win that particular match, they probably will not even be able to walk the next round in the tournament. I remember once at a much younger age when I played a long three day weekend tournament in badminton. On Monday morning I crawled into the training room and asked the trainer for "help" hoping to get a nice rubdown and when I asked him what he suggested he said go back out and play some more. One of the best criteria in determining soreness (pain-injury) is to recognize how much you were in shape to start with. Naturally, if you have not stretched out and have the muscles conditioned properly for the movements you are going to do, you are bound to incur some soreness. Therefore, discretion is the better part of valor and above all don't forget common sense.

This column is penned by Dr. Bud Muchaelese, winner of 54 National titles and coach of numerous national champions. It is directed at questions which are of a technical, mechanical, or strategical nature for the racquetball player.
Why you should be a member of the American Amateur Racquetball Association!

Over 800 tournaments annually — Ranked nationally with all AARA players — Uniform rule book — Recognized amateur governing body.

As a member of the American Amateur Racquetball Association, you are entitled to play in all AARA sanctioned tournaments. This year, there will be over 800 to choose from — almost twice as many as last year. Plus in each AARA tournament, you can accumulate points that will go toward your national division ranking.

Each new member in the AARA receives a membership kit which consists of —

- A membership card (you will need this when registering for a tournament)
- Official rule book — as the international governing body for amateur racquetball, all AARA sanctioned tournaments must follow the published rules.
- Discount coupons worth $20 — Discounts on racquetball equipment have been given by the AARA to manufacturers as an added incentive for joining.

To become a member of the AARA, simply mail the coupon, along with $6.00 ($10.00 for two years) or contact the state director nearest you.

STATE DIRECTORS

AARA Membership by State (top ten in order of ranking)

MA, CA, NY, PA, TX, FL, IL, OH, NJ, CT.
Olympics

Continued from Page 1
gory under which such sports are listed — it is the designation for those sports considered "developing" sports. Therefore, any national governing body applying for membership in the USOC must first be recognized, by an international federation, as the sole governing body for that sport in this country. As long as there are disputes between groups claiming to be "the" national governing body, there is no way the USOC does not consider that sport for membership. Simply put, the internal problems of a sport must be worked out before it can be presented to the USOC seeking membership.

This posed a problem for St. Onge and the International Racquetball Association. As the IRA was in the beginning, because at the time there were no organizations (the other being the now defunct USRA) claiming to govern amateur racquetball. Therefore, it became the primary objective of the IRA to meet the USOC requirements, by gaining membership in an international federation. No other racquetball association, amateur or professional, was a member of an international federation. They couldn't have even been. There was no international amateur racquetball federation. But before getting into that, let's back up to the beginning again.

St. Onge was so taken with the idea of becoming a member of the USOC that he applied in behalf of the IRA immediately. Not only did his association not meet the criteria of the USOC—they didn't even know what those criteria were! Their application was made in good faith, but they were poorly informed. Needless to say, that application was rejected. Recalls St. Onge, "They didn't even know who we (the IRA) were. They couldn't tell if we were a national governing body, an international governing body, or an international federation!"

Why Not Pamper Yourself?

Staying Fit Shouldn't Be Unpleasant and Miserable When It Can Be Fun and Relaxing.

By Gerald Pope

If you are one of the 10,000,000 Americans who has made the move indoors to shape up, but have become frustrated because you can't seem to get the results you thought possible — then I have good news for you! First let me say, I am probably like you and a lot of other people. I got caught up in the racquetball and fitness craze that's been sweeping the country the past few years. It seemed like such a great idea at the time.

But after just a few months, I seemed to lose interest — and I wasn't getting the results I bargained for. Oh, I still enjoyed playing a game of racquetball every now and then — a trip to the Nautilus room was intriguing — and the sauna was great. But I hadn't lost the 10 pounds I was trying to shed, and I still had the 40-year-old paunch that I had grown to hate. Everything looked in the mirror.

The surprising thing is — a lot of my friends were in the same boat. There had been a big rush to join the local YMCA, private club or spa. But soon their interest began to fade along with their dreams of shaping up.

Then it dawned on me what was wrong. The problem wasn't the fitness center I was in. It was really nice. And the management was making a real effort to keep it that way. The people who worked there were friendly, so I enjoyed my visits. They were staying up too late, eating poor food, or just not doing the right kind of exercise.

No, it wasn't that. The reason why I wasn't getting the results I wanted was because I lacked personal attention. The proper instruction on how to use what was available to develop a fitness program just didn't exist for me.

And besides, I had no desire to jog through my neighborhood, dreading cars and dogs and putting up with pouring down rain and freezing temperatures.

First I tried to get the help of local fitness experts. Although they were cooperative, they couldn't give me what I wanted. Everything available was designed for the group. Group lessons. Group aerobic classes. And nothing on proper diet and nutrition. What I really needed was my own program — a personal guide to total fitness just for me.

As a magazine publisher (at the time I owned three magazines), I was in a position to develop this kind of guide. So I began my search.

After several months, I came across just what I was looking for — a magazine called "Total Fitness."" After examining a few issues, I discovered a whole new approach to fitness. There were articles on racquetball, running, weight training and aerobic dancing — plus regular features on proper diet and nutrition. Each article contained practical, down-to-earth ideas, illustrations and suggestions on how to make fitness fun, and at the same time really shape up. I learned for the first time that being totally fit doesn't have to mean a lifetime of boring calisthenics.

My wife and I both benefited from my discovery. In fact, after reading about the new aerobic dancing, she joined a class and is having a ball. She still can't believe exercising can be so much fun.

What I was able to do is to take the advice and guidance I got from the magazine and develop my own fitness program just for me. No one else is on the same program I developed for myself!

And the best part — I lost those 10 pounds I struggled with so long — and kept them off! And I've shaped up. In fact, the pot is almost gone. With these results, I decided to buy the magazine. It's got to be stopped up with so many people interested in fitness. So far, my instincts have proven me right. I have received thousands of letters from readers all over the country who now feel their fitness program makes sense — for the first time they are really having fun staying in shape.

How about you?

Have you just about given up hope that you will ever have the body you want? Have you started and stopped a fitness program so many times you have just about decided you will never find anything right for you?

NO-RISK TRIAL SUBSCRIPTION!

If so, I would like for you to try a free issue of "Total Fitness" with absolutely no risk.

That's right. No risk. If after taking several issues of the magazine you are not 100% satisfied that you will be able to use it as a personal guide to develop your own fitness program, simply write me personally and I will see that you receive a full and complete refund. Now what would be more fair?

Stephen B. Lieberman, Courtesy of USOC USOC Membership Chairman

As a result, in October 1979, the IRA changed its name to the American Amateur Racquetball Association (AARA), and established the separate and superior — International Amateur Racquetball Federation (IARF) — also under the guidance of St. Onge.

Having done that, St. Onge decided it was time to try again. So, in 1979, he made another application for membership in the USOC. It is relevant to note here that the USOC considers applications for membership only once a year, at their House of Delegates meeting held in April. The AARA application was rejected again — this time due mainly to the lack of information about international development of the sport. Not only did the AARA need to be a member of an international federation within its own sport, the federation had to be a member of an international multi-sports federation; preferably one recognized by the International Olympic Committee (IOC).

Back to the drawing board. This time St. Onge made application on behalf of the IARF (of which he is also director) to the General Assembly of International Sports Federations (GAISF). If you're feeling a bit confused by all these initials about now, you're beginning to understand something akin to what St. Onge...
Yourself Slim & Fit

Just 12 minutes of bouncing on this Mini Trampoline burns as many calories as jogging one mile!

IT'S THE FUN NO-DIET WAY TO LOSE WEIGHT

Think of it! Now, you can "bounce" off pound after pound without giving up your favorite foods. This mini trampoline is the fun, no-diet way to quickly lose weight...and to get in beautiful shape. What other form of exercise actually makes you smile?

The Fit 'N Fun Bouncer can change your entire attitude about exercise. Instead of being boring and difficult, bouncing is easy and great fun! Best of all, bouncing quickly burns off calories. Recent studies at a leading university prove that just 12 minutes of bouncing burns as many calories as jogging a long, grueling mile. Participants, who bounced in varying amounts of time, lost between 10 and 27 lbs. simply bouncing on the mini trampoline. They agreed it was fun and not hard work or boring like ordinary exercise.

Yes, without dieting at all, you can bounce off those excess pounds. Think of how quickly you could lose by cutting out a few calories a day, too. And eating less is easy, since this type of exercise has been proven to lessen hunger sensations substantially.

Bouncing is revolutionizing old-fashioned methods of exercise...and no wonder. Bouncing is the fun, easy way to:

- Lose weight without dieting
- To improve your figure
- To strengthen the heart
- To reduce anxiety

Bouncing on the Fit 'N Fun Bouncer offers the same cardiovascular benefits as running, swimming, or jogging. Because bouncing is aerobic, muscles are shaped and toned, giving you a trim, youthful body that looks great in clothes. And it's as versatile as you make it. Jump, dance, bounce...even jog on the Fit 'N Fun Bouncer. The Bouncer produces only about 1/5th the impact of jogging on a hard surface.

The Fit 'N Fun Bouncer is sturdily built to provide years of family fun and fitness. So, if you hate to diet. If you find ordinary exercise boring. If you want to slim down and shape up the fun way, order your Fit 'N Fun Bouncer today.

Why pay $119.95

NOW ONLY $49.95

MAIL NO RISK COUPON TODAY

Total Fitness
15115 S. 76th E. Ave., Dept. 120
Bixby, Oklahoma 74008

Yes, I want to bounce myself slim & fit. Please send me ___ Fit 'N Fun Bouncer(s). I must be totally satisfied, or I'll return it within 30 days for a full refund (less shipping, of course). I am enclosing $49.95 plus $5.00 shipping for each Fit 'N Fun Bouncer ordered.

Total amt. enclosed: ____

- Not available in Canada

- Cash, check or money order (Make checks payable to Total Fitness.)

- Charge my:  □ Master Charge  □ VISA

Name
Address
City  State  Zip
Championships

Continued from Page 1.

The personalities of the out-of-towners were as diverse as their various residences. Ken Nuznoff, the 45+ Masters state champ of Florida, carried himself with the pride and poise of champion both on and off the court. Kathy Mueller, the eventual winner in the 45+, and second place finisher in the 40+, needed her husband to sing all the praises she had won back in St. Cloud, Minnesota because she was just too modest herself. Another fine Minnesota representative was Tim LaVoi. His quiet, easy-going manner off the court was contrary to his intense, lightning-quick on-court display.

There were impressive representatives from many other states. Memphis, Tennessee can be proud of Sharon Fanning, who attributed her quickness to “lots of rope jumping.” Holly Ferris of Napa, California certainly verified the belief that there’s plenty of strong competition on the West Coast. Fred Calabrese defeated fellow Floridian Sharon Brown in his division. Young Mr. Calabrese displayed class in victory and in defeat.

Another young player with a great deal of class is Jessica Rubin of Rochester, New York. Her steady improvement guarantees she’ll be tough to beat before she’s old enough to vote. Toni Bavelock from Pennsylvania gave top seed Cindy Baxter quite a scare. Ms. Bavelock took Ms. Baxter, the defending Women’s Open champ, to a tiebreaker in Cindy’s first match of the tournament. Dave Cardillo of Yorktown Heights, New York and Carol French the 1980 champ were bested while making good showings against the eventual Men’s and Women’s Open winners. Karen Fisch of Allentown, Pennsylvania posed much more power than her dainty figure suggested. She proved a tough challenge for top seed Cindy Baxter in the semifinals. Undoubtedly the most colorful of all the participants was Ed Remen of Sterling, Virginia. “Hats off” to a man who plays every bit as well as he dresses.

Saturday evening brought a much deserved break in the action. Those still competing in the semifinals on Sunday, and those who were now just spectators enjoyed a relaxing dinner hosted at the McKinley Park Inn. Mr. Luke St. Onge and Keith Calkins of the AARA recognized many of the organization’s leaders and forerunners for their distinguished service. The defending World Games’ United States team was duly noted. The European contingent was also acknowledged for their impressive accomplishments.

Sponsors, Miller Lite and Penn Racquetball, pledged their continued support to the AARA, reinforcing the commitment they have made to the sport of racquetball and the amateur player.

Besides the semifinals, there were two special events on Sunday. The first was the Celebrity Match between Lite beer All-Star soccer great, Rodney Marsh, and Buffalo Bills linebacker, Mike Haminson. It was a classic confrontation between power (Mike) and finesse (Rodney). Each won one game, much to the entertainment of the crowd. They decided to let it end in a tie, so both sports, soccer and football, could still claim to have the best athletes.

A real first took place when three wheelchair athletes played a ‘round robin’ series with Jim Leatherman emerging as the overall winner. All three men exhibited a tremendous desire and determination to perform. Except for the rule of two bounces per playable ball, they played the exact same game. It was a remarkable example of man’s ability to adapt. The three men gained the admiration and respect of all the onlookers. They were an inspiration to all the participants.

The semifinals were filled with even more dramatic conflicts and contrasts. The delicate looking Ms. Kimmerling from the Bronx, New York proved again that it’s not the size of the person in the fight, but the size of the fight in the person. She displayed great power despite her size of around 5 feet tall and 100 pounds. Ms. Renee Hebert of New Orleans, Louisiana showed that having seven children doesn’t have to slow one down, as she continued to run and return everything, even though she played in two divisions.

Two semifinals were a disappointment because of injuries. The first involved Ron Strom, a cool and calm player, Meister of Minneapolis, who has a leg injury. Ms. Bavelock, the defending Women’s Open champ, had to default to Bud Stange after each had scored only five points, due to a severely strained back. Strom had been a crowd pleaser the day before in his quarterfinals victory over Glenn Allen of Virginia Beach, Virginia, 21-10 and 21-1. The biggest heartbreak came when local favorite, Donna Meier, injured her ankle diving for a shot in her second game against Barb Smith of Boise, Idaho. Ms. Meier was ahead 18-2 at that point and had already won the first game. Ms. Meier wanted to make a courageous attempt to play with her ankle taped, but was forced to withdraw from the competition.

In a demonstration of true sportsmanship, she returned the following day on crutches to help referee finals matches. Ms. Smith went on to win the Women’s 35+ division in dramatic fashion. She bested Renee Hebert of New Orleans, Louisiana, 15-14 in the tiebreaker after trailing 14-11. Destiny and a strong forehand were on her side.

Local club pro, Fred Hunt, would have liked fate to have dealt him a better draw. Unfortunately faced tough competition early and was eliminated by LaVoi of Minnesota.

Monday brought the much anticipated showdown matches. Top seed Cindy Baxter versus Diane Bullard, in the Women’s Open, drew four deep rows on all sides of the glass court as did one and two seed Jack Newman and Larry Fox in the Men’s Open. Before those matches, two gentlemen in the Men’s 60+, Mary Simkins and Art Payne, captured the eyes of many. They never ran like men forty years their junior. Every descriptive word in racquetball could be used to describe the Men’s and Women’s Open finals.

There were displays of great quickness by Fox, sensational shot selection and repertoire by Baxter, relentless power shooting by Bullard and precision pinches combined with intense concentration by Newman. Tremendous get by Baxter and Fox finally yielded to unending assaults by Bullard and Newman. At times, it appeared as though Diane and especially Jack were using cannons to fire the ball, instead of human eyes. With the smoke cleared, both had won in two games. Diane had upset number one seed Cindy, and Jack had retained his deserved number one ranking. Larry and Cindy went on to defeat and afterwards. All four were...

Continued on Page 13.
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Olympics

Continued from Page 6.

found himself going through. The more steps he took, the farther behind he became. When this overtook him, however, he continued his quest and in October of 1980 was pleased to learn that the IARF had obtained "observer status" in CASIF. This allowed the IARF (and subsequently the AARA) an invitation to compete in the first World Games—a very big event for this very young sport of racquetball. It was the first legitimate international competition set up in a sport which, in its present form, is really less than 10 years old.

In the meantime, St. Onge was busy politicking — traveling to every Board meeting of the USOC in order to lobby for racquetball's membership. There are about four of these Board meetings per year, and St. Onge was there every time, going one-on-one with the members to plug his cause.

When 1981 rolled around, St. Onge was ready to make another application in behalf of the AARA. Once again application was turned down. And once again it was attributed to the lack of international development. The USOC needed more information or, validation (i.e. IOC recognition). St. Onge next made application to the IOC, but received a communiqué from them saying recognition of the IARF was with the group C members, in the USOC, a movement was taking place to change the group C requirements. The proposed legislative change would require Group C members to be a member of an international federation that was recognized by the IOC.

(If you've memorized the abbreviations and followed the story to this point, you'll realize this is exactly what St. Onge didn't have the third time his application was denied. Also, the IOC recognition by the IARF was still pending — remember?) In short, the proposed legislative amendment would keep racquetball from becoming a member, if passed. This proposal would be voted upon at the next meeting of the AARA's application for membership would be voted upon. Which brought it down to a matter of the agenda.

There were a few preparations St. Onge took prior to the April meeting. In a matter of months the AARA Board of Directors managed to drastically revise their Constitution to comply exactly with the requirements of the USOC, vote on and approve those changes. The changes were sent to the USOC membership committee, which responded by recognizing that the documents were in order. This meant they would definitely recommend the AARA for membership. There was nothing left to do but wait for the April meeting.

THE MEETING

After years of setbacks and frustrations, it was only fitting that the AARA membership question would come down to a matter of hours. You see, as the agenda was published, the membership applications for Group C were sent to the USOC. This meant they would definitely recommend the AARA for membership. There was nothing left to do but wait for the April meeting.

Although St. Onge and Calkins knew that they would have to be patient, they were ready to make another run. They had spent the past year working hard to get the group C membership question in order. And now, they were ready to make another run.

At this point, if it hadn't been for the help of some key members of the USOC membership committee, St. Onge might have given up hope. But Don Porter (American Softball Association), Steve Lieberman (chairman of the membership committee and representative of archery), Wilbur Peck (volleyball), and Fred Danner (table tennis) began an intensive lobbying effort to defeat the proposed legislative provision. Encouraged by the support, both St. Onge and Calkins threw themselves into this last ditch effort — essentially their only chance. Time lapsed; approximately six hours. The exhaustion was complete. St. Onge and Calkins were drained by the time the legislative provision came up for a vote. When it did, there were several reasons offered for defeat but the most telling was it was very likely that the USOC would be in violation of their own constitution under the Amateur Sports Act of 1978 because they would be allowing an international federation to determine their (the USOC's) membership.

The legislation was soundly defeated.

The relief St. Onge and Calkins felt was short-lived, when, to their disbelief, they heard William Simon, president of the USOC, move that the meeting be adjourned. Steve Sobel, secretary of the USOC, quickly intervened and pointed out that the movement was out of order, as the membership applications — the last item of business — had not yet been considered. For the moment St. Onge had dreamed of, had been waiting for all these long years — racquetball was accepted by an overwhelming majority. It was paid off.

Don Miller, executive director of the USOC, later commented, “I was delighted that the AARA was elected to Group C membership in the USOC. It is significant that the Delegates to the annual meeting of the USOC recognized the popularity of racquetball as a highly competitive sport. We shall follow with interest the expansion of racquetball all over the world.”

WHAT'S AHEAD

Now racquetball, along with Taekwondo, is a Group C member (developing sport) in the USOC. It's still far away from Olympic participation in the Olympics, and the international development does not yet justify an invitation to the Pan Am games. So, what significance can this bring to racquetball lovers? As Steve Sobel puts it, “He probably won't have any idea that his sport is now an Olympic sport. On the other hand, this is also true of major Olympic sports. As far as the average amateur competitor is concerned, he's just looking at four walls and an opponent. Now, when the player gets on up to the national level, and starts thinking about international competition, this will begin to have some effect.

“This is really the first step in building up a sport within the country. I think the recognition of the USOC will assist that growth. In four years the USOC will be able to support some of the World Championship, etc. This is a significant step. Racquetball is such a popular sport, and it's come along way, what with the World Games and the International Federation, etc. These are all significant steps.”

So, while average players may not feel immediate effects, and the USOC will be “watching the development” of the sport, there is some comfort for those who've chosen racquetball as their number one sport. It is established now. There's a long road ahead toward that ultimate goal of Olympic participation (the last time a sport was moved up to participant status was 1964) but no derogatory comments of squash or handball players can diminish this fact. Racquetball lovers, your sport is here to stay. Better not rest on those laurels too long, though. There remains a lot to do before a sport.

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How to Treat Exercise Related Injuries

By Bill Schulz

Racquetball! I love the game. I’d played racquetball consistently — without injury — as few as three to as many as six times a week; for two years I played, without injury. Until one Sunday evening, that is.

My wife Susan and I were playing mixed doubles with friends, when I lunged to my right and hit a cross court pinch. The shot was good but my follow through carried me into the side wall, or rather my momentum sent my right shoulder slamming into the floor and side wall. (Imagine if you can, the Roadrunner crunching into the canyon wall!)

Mentally I was neither prepared for the injury nor its consequences. At the time, I figured, “What the heck, it can’t be that bad, can it?” Grimacing, I bit the ball a few times trying to “work off” the pain, but each time I swung, the muscle inside my upper right shoulder felt like a rubber band stretching, tightening, then snapping in two. Stretch. Snap. Stretch. Snap! I’d had enough.

Sunday night. The emergency room? No, I still believed that I could rest and ‘everything would be okay.’ So I slipped into the nice hot whirlpool, then into the Scandinavian cold plunge. The freezing water numbed the pain and though I experienced difficulty getting my T-shirt over my head, I thought with a good night’s rest I could be back on the court by Monday night or Tuesday evening at the latest. A night of proper warm up can prevent some common injuries.

agonizing, burning pain convinced me otherwise.

Since neither my wife nor I had a personal physician, Susan scheduled an appointment for me with a General Practitioner who’d seen her the day she’d injured her ankle playing racquetball.

The doctor looked at me and frowned. “What’s the problem?” I couldn’t hide my shock. “Injury.”

“How?” He peered over dark glasses.

“Playing racquetball.”

He never forget that look, sort of a combination smirk and “I could have told you that would happen” expression. A bit offended, I was about to swing into my ‘virtues of racquetball’ speech when he quickly spotted off the medical jargon, “First AC.”

“Separation or dislocation?” I ventured.

“Acromio-clavicular separation.”

“How long before I can play again?”

There was that look again.

“Three to six weeks . . . whenever the pain quits,” he concluded.

“ar, you play racquetball (or other contact sport) sooner or later you’ll be injured. According to sports medicine specialists, my age group (over 35) is most susceptible to injury. Proper physical and psychological treatment of the injury — is imperative. I made mistakes coping with the physical stress; mistakes which were preventable. On the other hand, coping with the psychological stress of the injury was a bit troublesome.

Immediately after sustaining my shoulder injury, I slipped into a hot whirlpool. First mistake. Most doctors recommend ice treatments. Dr. Dominguez, Chief Surgeon, Central Hospital in Illinois comments, “Remember it is always safe to apply ice, but never heat. You should wait 24-72 hours before putting warmth on any injury.” The cold plunge was the right idea; the whirlpool questionable.

I then visited a General Practitioner who was not my personal physician, nor was he a sports medicine physician, a second mistake. If you have a personal physician, see him or better yet find a sports medicine physician. (For more on how to find a sports medicine physician, see January ’82 Racquetball.) Some recommended chiropractors. For those readers who question the credibility of chiropractors read “The Good Hands Man” in a July ’79 issue of Sports Illustrated. Unfortunately chiropractic treatment for my injury was a bit high priced. I realized, though, that I could cope with the physical stresses of my injury by following a few common sense rules.

1. Use ice not heat (initially).

2. Find a qualified physician (sports medicine doctor is best).

3. Follow the doctor’s regimen (ice packs, weights, whatever).

4. Substitute a fitness program (I kept up my conditioning by running).

5. Tolerate the pain with confidence that you will be back on the court when healthy and when physically ready to play, not when you want to play.

As mentioned earlier, coping with the psychological stress of not playing racquetball was “a whole different ball game.” Not being able to play the sport I loved required a significant amount of control and restraint. After all, I’d been playing racquetball, either a scheduled match or challenge court, practically every day after work for two years. What could I do now?

My initial psychological reaction was denial: ‘quit going to the club, quit watching racquetball, quit thinking racquetball.’ In other words, shove the racquet into the closet, close the door and pretend racquetball doesn’t exist!

Deny the existence of the sport I love so much? Third mistake. Dr. Michael Sacks, Assistant Professor of Psychiatry at New York Hospital, Cornell Medical Center, and an expert on the psychodynamics of sports commented in Family Health magazine, “Sports provide a diversion from the real world. It is possible to obtain relief from everyday stress through sports; because compared to life and death matters such as family and work, sports are not serious. You can do things in sports that are not otherwise permitted. You can ‘kill’ your opponent and ‘murder’ the other team, because it doesn’t really count.” Ironically if I denied racquetball, I’d be laying more stress on myself. So, don’t quit ‘experiencing’ racquetball.

Once again a few common sense rules will help assuage most of the psychological stresses associated with your injury.

1. Watch racquetball games. Concentrate on the ball or analyze the players’ shot selection. You can ‘work on’ your game this way and at the same time relieve some of the mental stress you feel.

2. Read racquetball articles. Remember all those Racquetball magazines stacked in the corner because you just didn’t have the time to read them? You have the time now!

3. Take out your racquet. (It’s in the closet, remember?) Now’s the

Don’t let racquetball injuries ‘get you down.’

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July 4th level tournament
5th - 4th level tournament
6th - 6th level tournament

To put your tournament on this calendar, call Hale at 512-327-1172.

Championships

Continued from Page 8.

joined by Dan Factor of San Diego, California, and Malia Kamahoa of Havelock, North Carolina on the United States Team for the World Games, to be held next summer.

The job of title defense in the next World Games is in very capable hands, as all six players are endowed athletes. Those six will represent the United States, but all 550 participants were fine representatives of this country’s best racquetball players and, more importantly, people.

Results of Finals

Men’s Open
Jack Freeman, Morton Grove, Illinois d. Larry Fox, Cincinnati, Ohio 21-14, 21-10, 3rd: Dan Fodor, San Diego, California.

Men’s 35+
Men’s 40+

Men’s 45+

Men’s 50+

Men’s 55+
CHARLES LAKE, Virginia Beach, Virginia d. Harvey Olar, Oakland, California 21-19, 21-18.

Women’s Open

Women’s B

Women’s C
Carol French, Virginia d. Holly Fitts, Napa, California 21-12, 15-7.

Women’s 35+

Women’s 40+

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RACQUETBALL IN REVIEW July/August 1982

July

August

September

October

November

December

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JULY 30 - AUGUST 1

JULY 30 - AUGUST 1
WALLBAGGERS HARMAR RACQUETBALL CLUB
PITTSBURGH, PENNSYLVANIA
FEBRUARY 5-7

1982 SEASONAL INVITATIONAL CHAMPIONSHIPS
HOUSTON, TEXAS
FEBRUARY 26-28
52 Players entered in each of the 12 Majors Categories. 28 in the 45- and 24 in the 40+ . Players participated in two-day in and outdoor play.

The tournament was sponsored by Panco, Forepong, Hampshire, and St. Mark's Church. The event was intended to benefit the Fellowship of Christian Athletes.

Finalists and runner-up at the 40+ included: Eric Segal and Jeffrey Schwartz in the thru 62. finalists and second place finishers from 11 to 2 players at 11 stations.

FINALISTS IN THE MEN'S 45-PLUS: Gary Bernard of Austin, TX, and David Pearson of Houston, TX. Lifeguards for the winning teams.

AARON KROHN, playing in the singles, Jerry Schwartz of Pasadena, CA, defeated Tom McClellan of San Ysidro, CA, 21-17, 21-9. Chocolate and vanilla cakes were served at the court in celebration of the winner.

Four teams from each of the 45-PLUS brackets advances to the finals.

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