FIRST ELITE TRAINING CAMP SUCCESSFUL

They came a little fearful of what was going to happen, not too sure of who they would spend the next week with, hoping for the best. One hundred athletes representing the United States and five countries converged on Colorado Springs, CO, the first three weeks of August to participate in the first Elite National Training Camp held at the Olympic Training Center (CTC).

"Arrived in Colorado Springs at 8:15 a.m. What a thrill to look out and see mountains so tall the peaks show above low hanging clouds." — Donna Henry

The thrill of having qualified at the AARA Nationals would not compare to the thrill experienced upon arrival at the camp. I felt like this was where the thrill experienced upon arrival at the Olympic Training Center (OTC). The first Elite National Training Camp, held at the 1984 AARA National Singles Championships held in Houston this past May, Wilhelm took second in the Men's 30 division while Henry brought home the silver in the Women's 30.

After returning home, Donna dispatched her application to attend the camp by next day mail. Wilhelm wasn't too far behind in sending his information off to Colorado Springs. Both kept a journal of their experiences while there and it is with excerpts from these diaries that we report on the first Elite National Training Camp.

In every day life, Bob Wilhelm is an artist and club pro at the Davison Racquet Club, Davison, MI. He and his wife, Siri Godlieb, an attorney, have two children, Aaron and Margo. Donna Henry works for Ford Motor Company, Detroit, and is ranked fourth in the state for women's racquetball.

The first week of the camp was devoted to Open players, or those players who had won their division at the National Singles, held this past May. Juniors were allowed to participate in the first week of the camp. The next five age groups were instructed the second week. Response has been very favorable and plans are already underway for next year's camp.

"We're hoping to have six sessions next year," St. Onge said. "We'd like to have a session for coaches."

"Probably the most beneficial part of the camp to me, was the discussions on motivation and how to use certain techniques to improve your commitment and dedication to racquetball. As you can probably tell, the staff did an excellent job on their homework." — Wilhelm

"Today at the club we were shown practice drills to work on and improve our skills. We still haven't done a whole lot of playing so at lunch today Bob Gilbreath, Butch Cooper, Dot Fischle and I played mixed doubles. None of us had ever played together before and still we had a great match both playwisely and sportsmanship." — Henry

The climax of each week was a seven and a half mile run/walk through Walden Canyon. Surrounded by 8500 feet of mountain elevation, the Canyon run was a nice break in the week's routine.

"The jog-walk up the mountain was great. Unfortunately, Skip Jirrels, Cindy Lawe, Gena Pettitch and I got lost. We never did make it to the top although we covered over eight or nine miles of hilly terrain." — Henry

"The first couple of days were a period of adjustment for me. After that it was easy except for the seven mile run up the side of a mountain!" — Wilhelm

"Now I know what John Denver meant by Rocky Mountain High. You look out over the vast expanse of mountains and feel exhilarated by the fact that you've climbed under your own power!" — Henry

Teamwork was an indirect objective to each week's camp. Throwing 25-30 people together was a lesson in human psychology.

Kerry Niggemyer, OH, who attended during the Junior Week, wrote to St. Onge: "When everyone attended the first meeting and you told us how we would all become very close — more than we could ever imagine — I must admit that I was skeptical about that. As the week went on and we became closer, a feeling of pride and togetherness fell on me and many others."
The 1984 United States National Doubles Racquetball Championships were held October 25-28 at the Courthouse in Boise, Idaho, expected to be the largest doubles event we have ever held. With a special travel package arranged through Western Airlines, travel to the national tournament is now financially affordable to our general membership. We, as an association, are looking forward to similar relationships with other national airlines to provide a reduced fare package for our membership allowing for greater participation in all of our national and national championships.

For the first time this year, two regions of the country have arranged to hold a regional doubles championships. Hopefully, the regional doubles will develop throughout the country, gaining the importance and prestige of the national singles events, while promoting continually stronger fields in our national tournaments of the future. At the national doubles, all rule changes that were enacted at the 1984 National Singles in Houston will be in effect. That means that games will be played to 15 points and be decided by an 11 point tiebreaker, if necessary.

In addition, the new receiving position rule will be in effect. The receiver may not enter the safety zone until the ball breaks the receiving line. The follow-through may carry the receiver, or his or her racquet past the receiving line. In addition, neither the receiver nor his or her racquet may break the plane of the short line during service return. Any violation by the receiver results in a point for the server. This new rule may be appealed if line judges are present.

Another rule that has been changed pertains to the server who may no longer enter the safety zone before the serve passes the short line and it will result in a loss of serve. All players who plan on playing in the national doubles, should be aware of these rule changes, as well as all members of our association in that these are now part of the official rules of racquetball for all AARA sanctioned tournaments.

Doubles - Boise, ID - October 25-28

The 1984 United States National Doubles Racquetball Championships to the called Oct. 25-28 at The Court House, Boise, ID, promises to blend the drama and expertise of Singles with the fast-paced action of Doubles to bring the most exciting spectator action in the sport of racquetball.

Over 500 of the top amateur racquetball players from the U.S. and Canada will be vying for the coveted gold medal, significant of the U.S. Amateur National Championship. Along with age divisions there will be mixed doubles which have become a full-blown event.

Last year's winners, Stan Wright and Sharron Stem, will return to defend their national title against such top teams as Jeff Kwarriller and Mark Malowitz, Texas, and Andy Roberts and Brian Sheldon, Memphis State.

Women's Open will feature defending National Champions Carol French and Maria Kamahoshia, Virginia, going against Mona Nook and Mo Nard, California.

Men's 40's will feature the returning National Champions of Jim Austin, Texas, and Bill Schmitzke, Minnesota, while the 45's will boast 55-time National Champion Bud Muehleisen, California, with partner Myron Frodlock, Oklahoma.

Historically, the Doubles Championships were held in conjunction with the Singles Championships. In 1975, the Doubles were separated from the Singles event in order to showcase what has become the fastest growing racquet sport played competitively in the U.S.

Doubles allows the full range of shots and incredible retrieves to keep the ball in play, thus increasing the spectators' excitement and enjoyment as the match is played.

As we look forward to the 1984-85 tournament season, the future of amateur racquetball looks bright, from day to day. Our first national event, which will be the 1984 National Doubles Championships held October 25-28 at the Courthouse in Boise, Idaho, is expected to be the largest doubles event we have ever held. With...
The advent of the U.S. National Elite Training Camp was one of the most positive occurrences in our sport. For three weeks athletes from six countries spent 16 hours a day at the U.S. Olympic Training Center, Colorado Springs, running, testing, learning, sharing knowledge, making new friends, competing, and generally experiencing the maturing of a young sport in the presence of the Olympic movement. Whether or not racquetball becomes an Olympic sport in 1988 or in 2010, what happened this summer during the camp brought our sport into this Olympic movement.

Our athletes lived, ate, and worked out with Olympic archers, soccer players, table tennis players, hockey players, swimmers, boxers, track and field competitors — virtually every sport represented by the U.S.O.C.

The camp members participating at the USOC during the Los Angeles Olympics supported our U.S. athletes. As each gold medal was won by the U.S., the athletes in Colorado Springs cheered them on. The sense of belonging and being part of the Olympic movement was overwhelming.

How did our athletes conduct themselves in a situation relating to the other 600 persons attending from other sports? We could not be more pleased. Men and women of all ages ranging from 13 to 74 conducted themselves in a manner in which we can all be proud.

Shortly, the U.S. National Doubles Championships presented by Lite Beer and to be held in Boise, ID, will be upon us. We encourage all of you to participate. The Doubles championships are special and unique in that this event lends itself to a "laid back" atmosphere with more socializing than is prevalent in other Nationals.

The Referee Certification Program has been mailed to each of the state organizations and those interested in increasing the level of refereeing in their state should contact their state association. This extremely important development will have a tremendous impact on the future of racquetball.

A special thanks goes to Mike Arnett, National Rules Commissioner and Jim Hiner, Regional director for Region #9, for the many hours devoted to putting this program together.

Our appreciation is extended to diversified Products and Penn Athletic Products Company for underwriting the cost of printing the Referee Certification Program materials.
Dear Luke,

I'm sure I can't even realize all the effort put out; I was very proud to be a part of the camp.

Dear Luke:

Just a quick note to say how much I enjoyed the week at the Olympic Training Center. I think the staff did an excellent job in organizing the camp and in executing the plans! The individual attention was great. I don't think any of us will feel an excuse for poor performance! Thank you for all the leadership you've given racquetball. All of us owe you a great "thank you."

Susan Kraft
Wichita, KS

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Susan Kraft
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Racquetball In Review

Dear Luke St. Onge:

I'm sorry it took so long for me to get back to you but I have been very busy. I really liked the camp a lot. I got my pictures back and they are neat. Enclosed is a picture of us at camp. My overall view of the camp was good, but I think it would have been better to train in the evening rather than the morning. I feel that the positive movement that the sport of racquetball is experiencing toward Wife and Men competition. As a personal note, I really enjoyed meeting you and completing the 7% mile run at Walden Canyon. I was very excited about the upcoming season and am looking forward to returning to the USOTC this fall. Cordially,

Mary A. Hargrave
Upper Montclair, NJ

"I'm sure I can't even realize all the effort put out; I was very proud to be a part of the camp."

Dear Mr. St. Onge:

Thank you very much for giving me the opportunity to attend the first National Elite Racquetball Training Camp at the United States Olympic Training Center in Colorado Springs.

I was very impressed with the lectures regarding stretching, eye injuries and prevention, and foot injuries and prevention. In addition, Terri Galebreath's experience with motivational techniques, stroke mechanics, shot selection, charting, and game analysis that she shared with us was very helpful.

The most important information I learned from the program was how to train properly for serious racquetball competition. I know that by employing these various training techniques, my game will reflect a consistent level of high caliber play. In addition, I feel that this program will serve as a basis for me and the positive movement that the sport of racquetball is experiencing toward Wife and Men competition.

As a personal note, I really enjoyed meeting you and completing the 7% mile run at Walden Canyon. I was very excited about the upcoming season and am looking forward to returning to the USOTC this fall. Cordially,

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"Every aspect of the training was high level and the instruction well programmed - something that is hard to come by or virtually non-existent at your local club level."

Dear Luke,

First off, I would like to commend you and the Elite Racquetball Training Camp was carried out. It was super in every way and no one could ask for anything better. To request; I would like to request that A.A.T.A. have a 75% Division in the National Training next year. That way I will be included.

Thanks again for everything. See you at the Nationals.
Yours sincerely,
J. Frank Douglas
San Angelo, TX

Lake HI just a note to thank you for all you have done for the great sport of racquetball. It was truly an honor to attend the first Elite National Racquetball Training Camp at the Olympic Training Center (O.T.C.). It was a privilege to be a part of this camp.

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Mike Figueroa
Huntington Beach, CA

Part of the training camp experience included tests to determine fat content and lactose acid build-up during competition.

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Mike Figueroa
Huntington Beach, CA

"Every aspect of the training was high level and the instruction well programmed - something that is hard to come by or virtually non-existent at your local club level."
Dear Luke,

My week at the training center gave me a desire to become that champion we talked about. I believe the ideas I brought home from Lou, Ed, and Keith were beneficial for more than just the game of racquetball. For me, it was a week to share with others, their thoughts and methods of training. It was difficult at first to criticize or be criticized by your peers. As the week went on, we developed an incredible learning unity. We were all there to become better athletes.

For the members of our sport to see the周

week was the run at Waldo Canyon. I very inspiring. He was so knowledgeable and as long as they

The Olympics profit of $150 million will not affect racquetball. At least not yet. Last spring and as late as August 13, the Los Angeles Olympic Organizing Committee cautiously projected that they might enjoy a $15 million surplus from the games.

When we arrived and everyone at the camp. His motivational tapes were spectacular opening ceremonies and full payment of the ABC television contract, the games netted $150 million.

The LAOOC had promised that any surplus would be donated to assist amateur sports. On Tuesday, September 11, the committee announced that the breakdown of the surplus would be:

Dealing with the financing of the Olympic Games and pay Third World athletics' that came in defiance of the Soviet boycott.

The $150 million is in addition to the $10 million raised by the torch relay which is to benefit the Boys' Club of America, The Girls' Club of America, and the Special Olympics and YMCAs.

Dear Luke,

As a participant in the Junior Elite Racquetball Training Camp, held at the Olympic Training Center in Colorado Springs, I wanted to write and let you know what my feelings about the week were.

I arrived on Sunday not really knowing anybody well, and not knowing what to expect, or what the coaches were going to expect from me. Getting up at 5:30 wasn't my idea of fun, but after Monday and each day after that I didn't mind. I was learning more and more, not only about improving my game, but I learned how to improve my mental game as well. I also learned more about myself, and where I wanted to go as far as racquetball is concerned.

I want to thank everybody who made it possible for me and everyone else to attend this camp and learn so much and to have a chance to have such a wonderful experience.

Sincerely,

Elaine Mardas
Columbus, OH

Canadian Racquetball Association

Dear Luke,

I attended the Olympic Training Center (the Junior week) and wanted to extend my thanks for all the work you put into the camp. I'm sure I can't even realize all the effort put forth and I was very proud to be a part of the camp.

When we arrived and everyone attended the first meeting you told us how we would all become very close — more than we could ever imagine. I must admit I was skeptical about that. As the week went on and without a doubt we became closer, a feeling of pride and togetherness fell on me and many others.

Racquetball has definitely taken another large step, and once again without you we would be nowhere.

Thanks again,

Ken Neumann
Columbus, OH

American Amateur Racquetball Association

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Commissioner: Bernie Howard
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516-476-5080

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Commissioner: Van Dubisky
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STATE DIRECTORS

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Mr. Milton Radmilovich, Japan, recently passed away in Japan. The driving force behind the wildfire growth of racquetball in the Far East, Milt's energy, enthusiasm, and love for the sport made him not only a pioneer but a legend that will be sorely missed. Racquetball has lost a very dear friend.

IN MEMORIAM

---

You know the problem. Racquetball players have self-declared rankings, like A, B, C or novice. Then, in a tournament, an A plays a C because they thought they were B's. As a result, there are complaints. ARHS can solve these problems.

ARHS is a computerized rating system that provides players with performance ratings based on actual game results over a period of time. So players don’t declare their rating— they earn it. Then, in leagues and tournaments, you know that players of similar skill are competing. That means fewer complaints and a more enjoyable event for everyone.

ARHS isn’t just for leagues and tournaments. It provides all racquetball players additional incentives that go beyond just winning. They can improve their performance rating, beat the handicap, or arrange new compatible matches. And generally become more active. More active players are happier players and that is good for the players and the sport.

So put an end to sandbagging. Increase your enjoyment of racquetball by encouraging your club to join ARHS. Club Managers or Activity Directors can contact ARHS at (612) 933-8400. Or write to:

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10237 Yellow Circle Drive, Minneapolis, MN 55343

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Put an end to sandbagging.
You know what really separates somebody who plays racquetball from somebody who wins? Power plus control, that's what. And now Head has designed this new racquet to help you put it all together. It's got built-in power. And it's engineered to give you that all-important control.

It's called the Impulse, and it's a high-performance racquet that'll help you give somebody like me a run for my money.

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As you move into the big league you're going to find that the really good players are full of surprises. But Head's Impulse has an enlarged hitting surface so you get a bigger sweet spot. That means you can get a piece of even the meanest shots. And once your opponent knows you're committed to getting your racquet on absolutely everything, he's gonna start to sweat. Believe me, I know.

**HEAD'S IMPULSE HAS A SLIM PROFILE THAT'LL HELP YOU CUT THE BALL OFF AGGRESSIVELY.**

In the competitive world of advanced racquetball, you have to be aggressive to win.
And the Impulse is designed to help with the most aggressive shot of all—the cut-off. The Impulse’s aerodynamically slick profile gives you really quick response and great maneuverability. So as soon as you see a chance to cut off a shot, your racquet is in position to get the job done.

HEAD’S NEW BORON/GRAPHITE IMPULSE HAS A STIFF FRAME TO HELP YOU RUN ME ALL OVER THE COURT.

The tougher the opponent, the more important it is to keep him on the move, off-balance, and out of center court. And the Impulse is designed to help. You see, Head uses a unique combination of boron, graphite and fiberglass to make Impulse’s frame stiff. And that stiffness gives you the control you need to put the ball exactly where you want it—down the line, across the court, or right into the corner.

When you’ve scrambled to get a piece of a tough cross-court pass, the last thing you need is a racquet that twists on impact.

That’s why the Impulse gives you built-in reinforcement against twisting with its special integrated throat design. So even when you catch the ball off-center, you have the control and the power to keep it alive. (And that gives you one more chance to go for a winner.)

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We want you to win.

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U.S. NATIONAL WOMEN’S INVITATIONAL

Nov. 30, Dec. 1, 2
1984

TAMPA BAY COURTHOUSE

7815 North Dale Mabry
Tampa, Florida 33614

The U.S. Women’s National Invitational Racquetball Tournament will be held at the Tampa Bay Courthouse in Tampa, Florida on November 30, Dec. 1, 2, 1984.

All women participants in the U.S. National Singles Championships, the Junior Championships and Regional Qualifiers are eligible and encouraged to participate. This event has been designated to have a level 5 tournament rating.

For further information, please contact:
Mr. Carl Nicks
Tampa Bay Courthouse
7815 North Dale Mabry
Tampa, Florida 33614
813-932-5214

November 8-11
Turkey Shoot (3)
Sundown Oasis
Whitehall, NY 12175

John 22:11-12
2nd Annual Court House Open

November 9-11
WRA IT (2)
Tyrone Racquetball Club
1560 Crosswinds Dr.
St. Petersburg, FL 33710

November 15-18
Academy Awards
Academy Court Club
5350 McConnell
Albuquerque, NM 87109

November 16-18
4th Annual State (4)
Recreation Center
200 W. Park St.
Casper, WY 82601

November 23-25
Turkey Shift (3)
Rockville Racquetball Club
1717 SW 59th St.
Ft. Lauderdale, FL 33312

November 29-30
Mr. & Mrs. Doubles (5)
Sheridan, WY

December 3-4
Sundown East Tournament

December 7-9
Holiday Classic (3)
Burger King (Adult & Jr.)

December 9-11
New Mexico Invitational

December 14-16
Grand Rapids Patron Tour 4

December 16-18
Grand Slam Racquetball Club

December 26-28
National Doubles Championships (4)
The Courthouse

December 29-30
Southern Brazil Racquetball Tournament (5)
7717 SW 59th St.
Ft. Lauderdale, FL 33312

January 1-3
Mr. & Mrs. Doubles

January 2-4
1985

January 4-6
Sundown East Tournament

January 10-12
Michigan State Doubles (4)

January 11-13
Michigan State Doubles Open

January 14-16
Grand Rapids Patron Tour 4

January 17-19
Grand Slam Racquetball Club

January 20-22
National Doubles Championships (4)
The Courthouse

January 23-25
Southern Brazil Racquetball Tournament (5)
7717 SW 59th St.
Ft. Lauderdale, FL 33312

January 26-28
2nd Annual Juniors Only Open

January 29-31
Mr. & Mrs. Doubles

February 2-4
1985

February 5-7
Washington Court West

February 12-14
Boca Raton Racquet Club

February 15-17
New Mexico Invitational

February 18-20
Michigan State Doubles (4)

February 21-23
Michigan State Doubles Open

February 24-26
Washington Court West

February 27-29
New Mexico Invitational
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**JUNIOR ORANGE BOWL RACQUETBALL TOURNAMENT**

The Orange Bowl Committee has selected racquetball to be included as part of the Orange Bowl Classic scheduled during the Christmas holidays in Miami, Florida. All ranked Juniors, Junior Regional qualifiers and 1984 National Junior participants are eligible to participate. This has been designated as a National Invitational Junior Event with a level 5 tournament rating.

Exceptional housing rates have been negotiated at the Coral Gables Marriott and competition will be held at the Sports Room in Coral Gables. For further information, please contact:

Mr. Jack Sorenson
Montgomery Athletic Club
5675 Carmichael Pkwy.
Montgomery, AL 46177
205-277-1700
Demolish your opponent’s game with the newest, most advanced racquet in the game — the DP Boron Graphite.

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