600 BATTLE FOR JUNIORS TITLES

All Eyes Turn To Watch Racquetball's Future Superstars

By Pat Gerity and Van Dubolsky

The game was at match point. The player adjusted his eyeguards, looked back at his opponent, then, lifting his racquet high, slammed a hard drive serve into the backhand corner. The serve was returned with equal ferocity and the rally began in earnest as both players lunged and thrust for center court position, shoes squeaking, racquets swinging. Suddenly it was over. The champion raised his hands in victory as the crowd cheered.

"The level of play here at the Juniors was incredible... Even the young kids had great court savvy!"

Sounds like any of racquetball final, doesn't it. The only difference is the champion was only eight years old! It was Wesley Miller, a future racquetball superstar from Tennessee. He was playing in the 1985 United States National Junior Championships held at the Newport Beach Sporting House in California this past June 24-29. Six hundred players from eight to 18 vied for the coveted titles offered in 22 divisions. Two of the winners, Jeff Conine and Dina Pritchett, earned positions with the U.S. National Team.

The Florida State Juniors at the 1985 Junior Nationals in Newport Beach.

"The level of play here at the Juniors was incredible... Even the young kids had great court savvy!"

CHEYENNE TO HOST 1985 U.S. NATIONAL DOUBLES

If you play doubles, then you know that this is it! This is the annual big one that all you doubles players have been waiting for - The 1985 U.S. National Doubles Championships presented by Lite Beer and sponsored by Diversified Products and Penn Athletic Products Company. This year's spectacle will be held at the Rocky Mountain Health Club in Cheyenne, Wyoming, from October 24th through the 27th.

Last year Dan Obremski and Kevin Vantrease toppled the doubles dynasty of Steve Trent and Stant Wright in a white-knuckle match-up that brought the glass court spectators to their feet and this year there is bound to be more fireworks. So, if you haven't sent in your application by now, fill in the one that appears in this issue.

Cheyenne is 90 miles north of Denver and excellent airfare rates have been worked out through United and Rocky Mountain Airways. In addition, special rates for rental cars have been obtained from Hertz for those who wish to drive from Denver through some of the most beautiful western countryside which

Northern California captured the title this year. New York State was a close second with Florida just behind in third. Southern California finished fourth and Pennsylvania rounded out the top five.

### Final Team Standings

<table>
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<tr>
<th>Team</th>
<th>Points</th>
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<td>Alabama</td>
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<td>New York (B Team)</td>
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### Results by Divisions

#### Boys 18 & Under Singles

The Boys 18 and Under competition was as intense from the first round of play as they were in the finals. This is the same age group that Cliff Swain graduated from last year where he placed third. If you haven't noticed, Cliff finished fifth on the men's RMA tour this year. So, Cliff, take down some names. There are some rookies headed your way.

Jeff Conine, affectionately known around the tournament as "Conine the Crusher", from Altus, CA, dominated the 1985 Juniors. Conine became a member of the U.S. National Racquetball Team as a result of his outstanding performance. He defeated Michael Bronfeld of Carmel Valley, CA, 15-9, 15-6 in the final. Conine, 18, has been playing racquetball for seven years, however, he has been absent from the racquetball circuit for the past two years because of his commitment to baseball. As a result of this, he was basically unseeded (actually seeded 91st) coming into the tournament. In his most recent competition prior to Newport Beach, Conine upset Ed Andrews in the final of an open division tournament in nearby Irvine. Andrews won the AARA National Singles Championship in June and was ranked seventh on the pro tour when Conine beat him.

The Boys 18 and Under division had 64 participants and in only one game out of the twelve that Jeff played did anyone manage to score ten points on him. Twelfth seeded Dan Rugel of Montana lost 15-6, 15-10 to Conine in the quarter-finals. In the semis, Bobby Rodriguez of Denver, CO, was Conine's victim. 15-6, 15-4. The day before, Rodriguez had knocked off number one seed Mike Locow of Vacaville, CA, in one of the tournament's most exciting matches, 9-15, 15-14, 15-5.

It was Rodriguez who had given Conine the chance to reach the finals by allowing him to play their semi-final match after Jeff had been delayed with transportation difficulties prior to the match. Rodriguez decided to wait and let Conine play.

On the other side of the draw, eleventh seeded Michael Bronfeld was making his way through some of the country's best players. Bronfeld defeated sixth seeded Charlie Nichols from Sarasota, FL, in the 15-9, 15-8, 15-6 finals. Bronfeld defeated the semifinalist, Haven Nichols from Carney Valley, CA, 15-6, 15-7, 3-15, 15-9, 15-7 in the finals.

Bronfeld's win was convincing, as he dominated his opponent throughout the match. Bronfeld's victory confirmed his status as one of the top racquetball players in the country.

Griffith went on to take third place by defeating Rodriguez 15-7, 15-7.

Although Bronfeld played spectacularly to advance his way to the finals, his face was not matched. Conine overpowered and overmatched together. Conine combined an awesome force with powerful serves and lightning quick reflexes. Bronfeld constantly over powered. Conine/Conine defeated the first seeded player on the women's pro tour to four close games at the DP Nationals in Boston.

Pritchett defeated first seeded Elaine Mardas of Columbus, OH, 15-7, 15-1, 15-8. Pritchett came back to win the title this year after finishing third last year when she lost to Toni Berse in the semifinals. On the way to the finals, she defeated the always tough Jackie Paraiso of El Cajon, CA, in the quarters, 13-15, 15-11, 15-8. That first game with Paraiso was the only one she lost during the entire tournament.


#### Boys 18 & Under Doubles

Top seeded Annie Fitchett of Anderson, Ind., lived up to her pre-tournament billing by capturing the 18 & Under Singles title and with it, a berth on the U.S. National Racquetball Team. Like Conine, Pritchett has shown her ability to play with the best. One week prior to the Juniors, she extended Vicki Paraiso - the second-ranked player on the women's pro tour -- to four close games at the DP Nationals in Boston.

Pritchett won the title by defeating second seeded Elaine Mardas of Columbus, OH, 15-7, 15-1, 15-8. Pritchett came back to win the title this year after finishing third last year when she lost to Toni Berse in the semifinals. On the way to the finals, she defeated the always tough Jackie Paraiso of El Cajon, CA, in the quarters, 13-15, 15-11, 15-8. That first game with Paraiso was the only one she lost during the entire tournament.


#### Boys 18 & Under Doubles

Top seeded Charlie Nichols of Sarasota, FL, and Scott Reid of Wyoming, CA, lived up to their billing as top contenders by capturing the Boys 18 & Under Doubles crown as they defeated Mike Bronfeld and Dale Millholin of Carmel Valley, CA, 15-10, 15-7 in the finals. Nichols and Reid defeated Sergio Armendariz of El Paso, TX, and Bobby Rodriguez in the semis, 15-3, 15-2.

While Bronfeld and Millholin knocked
Girls 18 & Under Doubles
The teaming of Florida's Claudia McCarthy and Marla Friedman, both of Jacksonville, proved to be a match that couldn't be beat as they won the Girls 18 & Under Doubles title. Friedman and McCarthy defeated Carrie Healy of Stone Mountain, GA, and Shelly Lee of York, PA, in the finals, 15-5, 15-1.

Friedman and McCarthy faced their toughest match in the quarter-finals when the Sarasota sisters took them to a tie-breaker, 15-7, 5-7, 15-7. In the semi-finals, they defeated Elaine Murdas and Kerry Niggenmyer, 15-6, 15-2. Healy and Lee, a pick-up team paired at the time of the tournament, made it to the finals by defeating Janet Burke, MA, and Cheryl Godinas, IL, 15-3, 15-3, in the quarter-finals. Then they knocked off Michelle Gilman and Dot Vale of Arkansas, 15-11, 15-7. They never won a game in the semi-finals before losing to Friedman and McCarthy. For Claudia McCarthy, it was her second gold medal of the championships. Third place went to Mardas and Niggenmyer, over Gilman and Vale 15-10, 15-9, 15-8.

Boys 16 & Under Singles
Third seeded Scott Richardson of Orlando, FL, captured the Boys 16 & Under title by defeating Tim Doyle of Williamsville, NY, in an exciting two-hour final that ended in a 15-14 tie-breaker. The unseeded Doyle won the first game, 15-11, but Richardson came back to win the last two, 15-3, 15-14. This division had 87 entrants, the largest number of players in any one division. Third place went to Henry Martinez of Las Vegas, NV, when he defeated Richard Vazzano of Fairfield, NH. Doyle had knocked off Vazzano 15-0, 15-8, in one semi-final while Richardson beat Martinez 15-9, 15-7, in the other.

Girls 16 & Under Singles
Claudia McCarthy of Orange Park, FL, captured the title by defeating Robin Levine of Fishkill, NY, 15-2, 9-15, 15-7. The fourth seeded McCarthy knocked off top seed Kelly Pulls of Sacramento, CA, in one semi, 15-5, 15-5, while second seeded Levine was defeated third seeded Meg Anne Coutu from Wilmington, DE. Pulls defeated Coutu for the bronze medal 15-10, 15-2.

Boys 14 & Under Singles

Girls 14 & Under Singles
Michelle Gilman of Ontario, OR, won her second consecutive gold medal in the Girls 14 and Under division. Last year, Michelle defeated Robin Levine of Fishkill, NY, for the title, while this year, she defeated Cindy Doyle of Williamsville, NY, 15-2, 15-10, Tami Dodson of Modesto, CA, finished third, while Stephanie Fink of Bell, PA, took fourth.

Boys 12 & Under Singles
Tenth seeded John Ellis of Stockton, CA, defeated fourth seeded Craig O'Connell of Amado, CO, 15-2, 14-6. Ellis had defeated Ivan Labra of Bakersfield, CA, 15-3, 15-5 in the semi while O'Connell knocked off Derrick Locker of Duluth, MN, 15-10, 15-5 in the other. Locker lost the title for third place.

Girls 12 & Under Singles

Boys 10 & Under Singles
Skeeter Moncheck of Staten Island, NY, became the 10 & Under champion by defeating his doubles partner and fellow New Yorker Jason Mannino 15-10, 15-8. In the finals, the fourth seeded Moncheck defeated last year's 10 & Under championing champ Joaquim Murrieta of Woodland, CA, in the semi-final 15-12, 7-15, 15-6. Moncheck was knocking off sixth seed Craig Caz of Port Charlotte, FL, 15-14, 11-15, 15-1. Murrieta defeated Caz for third place, 15-0, 15-4.

Girls 10 & Under Singles

Boys 8 & Under No Bounce Singles
This year's 8 & Under division featured 23 entrants which shows a tremendous increase in participation in this level. This was the largest draw ever for this event. Second seeded Wesley Miller of Johnson City, TN. captured the title by defeating fourth seed Jonathan Boyette of Modesto, CA 11-8, 10-11. In the finals, Miller had defeated third seed Adrian Pellowski of Menomonee Falls, WI, 11-4, 11-8 in one semi while Boyette defeated Nick Belanger of Saginaw, MI, 11-4, 11-8 in the other. Zimmerman edged out Pellowski for third 11-6, 11-9.

Girls 8 & Under No Bounce Singles
Christine Venter of Kolowalu, British Columbia, Canada, won her second straight 8 & Under Title. Christine won all her games by keeping her opponents scoreless. Second place went to Ginger Gelbous of Riverside, CA. Third and fourth went to Benj Thompson and Christy Xynidis from Florida.

Boys 10 & Doubles
Richard Vazzano teamed up with David Simonette of Baltimore, MD, to win over Kirth White (SD) and Joey Paraiso 15-10, 15-5. The Boys 16 & Under Doubles had 36 teams entered. Tim Doyle (OH) and Doug Johnson (CA) took third by defeating Harry Martinez and Matt Rudick of Las Vegas, NV, 2-15, 15-2, 15-1.

Girls 16 & Under Doubles
Kelly Pulls (FL) and Delaney Commor (CA) defeated Leigh Anne Coutu (CT) and Christine Kamanak (CT) 15-4, 15-14 for first place. Christine won the title with Paula Russell (MT) defeating Jennifer...
Juniors (NJ) and Ann Prentiss (NY) and Mike Guidry (LA) 12-15, 15-6, 15-13, for third place.

Girls 14 & Under Doubles
Cindy Doyle (NY) and Sara Ali (NY) defeated Pam Afford (NJ) and Amber Leisure (IN) as they whipped Susan Cox (FL) and Alimee Molby (MN) 15-3, 15-2.

Boys 14 & Under Doubles
Nolan Giants and Mike Locker of Duluth, MN, edged out Charlie Garisto and Mike Gofridy from Texas 15-15, 15-8, 15-11 to take the title. Jim Smith and Robert Walden from Florida took out Michael Alman (FL) and John Gilley (MA) 12-15, 15-6, 15-13, for third place.

Girls 10 & Under Doubles
Teenage captured her second gold medal when she teamed up with Florida's Britt Engle to win the title by defeating Butler and May 15-7, 15-13, 15-12. Andrea Beugen (MN) and Lisa Brooks (NY) finished third.

Consolations
Shane Wood (MA) Boys 8 Britt Engel (FL) Girls 10 Wally Miller (TN) Girls 10 Monica Carmona (CA) Girls 10 Jim Ellenberger (WI) Boys 12 Dina Seibel (MN) Girls 14 Jim Smith (FL) Boys 14 Tanya Spangler (WA) Girls 16 Keith White (SD) Boys 16 Del Val (WI) Girls 18 Sergio Armendariz (TX) Boys 18

Boys 8 & Under Singles
Waiting for a call from the ref.

Boys 10 & Under Singles
Monchik and Mannino dominated this division by knocking of Gey and John Xynidis of Daytona Beach, FL, 15-9, 15-10, in the finals. Ryan Davis (IN) and Andy Thompson (WI) finished third over Chad Westwood and Kyle Holley of Oregon.

Girls 10 & Under Doubles
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A special thanks to Scott Winters and his outstanding organizing committee. Also, thank you Mrs. Lubra for your endless patience at the tournament desk.

JEFF CONINE: NOW WHAT?

What's a guy supposed to do when he's good at two things? Why do them both, of course! And that's just what this year's 18 & Under Junior Champion has done.

Last year as a senior at Eisenhower High School in Rialto, CA, Jeff was one of Southern California's best baseball pitchers who just happen to hit .403 at the batter's box. That earned him the Citrus Belt League MVP and a scholarship to UCLA to be the Bruins' top relief pitcher.

This year, Jeff walked on the racquetball court at the Junior Nationals and was immediately dubbed "Conine, the Crusher" by his opponents and spectators. He started playing in the U.S. Junior Nationals in Newport Beach, CA, as he demolished the competition and strode off with the national title.

Now he has a difficult decision to make: racquetball or baseball?

"I prefer racquetball," commented Conine. "It's a lot more fun. I like the individual aspect of it. It's too bad there's not as much money in racquetball as there is in baseball. If there is a better established tour by the time I get out of college, I'd like to play racquetball, but right now, it looks like baseball."

So, it looks like baseball. Maybe. The winner of the 18 & Under Juniors title gets a berth on the U.S. Team which competes internationally with 11 other countries. Could he take two weeks off from training to compete in Central America?

"I don't know," pondered Conine. "It depends what my (baseball) coach would say. I guess I'd like to go. I think it would be quite an experience."

TIME OUT

Without Diversified Products and Penn Athletic Products Company, the U.S. National Junior Championships would never have taken place. Their support from the State Junior Championships, Regionals, through the Nationals, continues to show their complete dedication to the future development of Junior racquetball.

A special thanks to Jerry Ede of Diversified Products and Bob Robertson of Penn Athletic Products Company for their help through the entire event. Another superb job of floor managing by the number one team of Pat Gentili and Van Dubolsky. They are the best in the country bar none.

A special thanks to Roy Cuddy, Owner/Manager, and Bob Wetzel, racquetball program director, at the Newport Beach Sporting House who treated all 1,000 of us as their personal house guests. Also, a special thanks to the entire staff of the Newport Beach Sporting House who worked unceasingly to make the Nationals a success.

To Paul Lopez of Seven/Eleven, who was the major sponsor of the hospitality. What a help he was! But not only was he involved in the sponsorship, but he worked day and night to be sure that everything came off just right.

Last, but not least, the local organizing committee of Julie Winters, Monic Pauperas, Willi Rodriguez, Ed Anderson, Jerome Carrasco, Sally Olin, Van Sletten, Lillian and Polo Labra, Peggy Ludwig, and Lou Letteri, who made it all happen by cooking eggs, hamburgers, pancakes and making the hospitality the most memorable of any U.S. Nationals.

A very special thanks to Scott Winters, teaching Pro for the Irvine Club House, whose vision, idea, and tenaciousness brought the Junior Nationals to Southern California and made it all happen. We couldn't have done it without you, Scott.

-Luke St. Onge

Corrections from our last issue

In the article about the U.S. Singles Championships, it was stated incorrectly that Bud Life was a sponsor of the tournament. The proper and much appreciated sponsor for that event was Lite Beer from Miller-Ed.

In that same article, the winner of the Women's 65+ division was Mary Lou Arut of Blacksburg, Virginia, instead of Eleanor Quackenbush. Our heartfelt congratulations, Mary Lou-Ed.
Demolish your opponent's game with the newest, most advanced racquet in the game—the DP Boron Graphite.

The unique combination of light but powerful boron and durable graphite results in a supremely efficient frame with little vibration. Boron fibers provide increased strength in the areas of greatest stress, and the sunburst string pattern maximizes racquet performance.

The DP Boron Graphite. To demolish, to crush, to kill...To win.
AARA OFFICERS AND BOARD MEMBERS


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UNITED STATES NATIONAL DOUBLES CHAMPIONSHIPS PRESENTED BY LITE BEER OCT. 24-27, 1985

SITE: Rocky Mountain Health Club 1880 Westland Drive Cheyenne, Wyoming 82001 307-634-8884

ENTRY FEE: $37.50 first event per person $22.50 second event per person

Players may enter two events.

NO REFUNDS — Non AARA members add $6.00 for 1 year's membership.

ENTRY DEADLINE: Postmarked Monday, October 11
ALL ENTRIES ARE FINAL

MAIL ALL ENTRIES TO: AARA Nationals Suite 203 815 N. Weber Colorado Springs, CO 80903

HOUSING: Holiday Inn of Cheyenne 307-636-4466

TRANSPORTATION: Provided by Holiday Inn to Airport and Club

Room rates — $45.00 double occupancy.

Mention National Doubles.

Be sure to mention that you have this AARA Racquetball Tournament to receive special room rate. In order to assure you of a reservation, please make your plans before October 11, 1985.

HERTZ — The AARA has arranged for special Hertz rentals during the Nationals. You may rent at either Denver or Cheyenne — mid size rate $19.80 per day, unlimited mileage. Call 1-800-664-2240, mention National Doubles Championships.


REFERENCE: $2.50 of each entry fee, $5.00 per match, will be paid back to you for every match you referee. Example: you referee two matches, you receive $10.00 in return.
RULES:
AARA Official rules will apply. Only amateurs may participate. AARA rules state the definition of an amateur racquetball player is any player (male, female or junior) who has not accepted prize money, regardless of the amount, in any PRO SANCTIONED tournament. Pro, WRPA, RMA, or any other association so deemed by the AARA Board of Directors. ALL PARTICIPANTS MUST SHOW CURRENT AARA MEMBERSHIP CARD or purchase membership at time of registration.

TOURNAMENT BALL:
Penn Ultra Blue

HOSPITALITY:
Hospitality will be provided throughout the entire tournament. Saturday evening Awards Banquet. Free

AWARDS:
Given for first, second, third, fourth, and consolation. For seeding purposes, please send record of past accomplishments. B-Non-championship will receive plaques. Finalists men’s and women’s open divisions will qualify for the U.S. National Team.

NOTE: Men’s and women’s B divisions may be limited to 64 players per event. Due to the anticipated large turnout B’s will be accepted on a first come, first serve basis.

PLEASE TYPE OR PRINT CLEARLY
Mr./Mrs. City State Zip
Address
Business Phone (Area Code)
Home Phone (Area Code)
Age
1st Event
Partner
2nd Event
Partner

Previous Tournament Accomplishments:
Waiver: I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims I might have against the American Amateur Racquetball Association, Rocky Mountain Health Club, Lite Bees, Penn Athletics, D.P., Miller Brewing Co., or their representative agents, for any and all injuries.

DATE

The present racquet is new and unused.

MAKE CHECKS TO:
AARA NATIONAL DOUBLES
MAIL TO:
AARA NATIONAL DOUBLES
1514 N. Weber
Colorado Springs, Colorado 80903

FORM IS NOT COMPLETE NOR IS ENTRY ACCEPTED UNLESS CHECK FOR CORRECT AMOUNT IS ENCLOSED AND ALL INFORMATION IS FILLED OUT.

ENTRY FEE:

U.S. DOUBLES PICK PENN BALL
The Penn Ultra Blue Racquetball has been named the official racquetball for the 1985 U.S. National Doubles Championships presented by Lite Beer slated for October 24-27, at the Rocky Mountain Health Club in Cheyenne, Wyoming.

The award was made at the May AARA Board of Directors Meeting held in Houston, Texas.

Please enter me in the event(s) checked below. Players may enter two events.

WOMEN’S DIVISION

MEN’S DIVISION

PLEAS TYPE OR PRINT CLEARLY
Mr./Mrs. City State Zip
Address
Business Phone (Area Code)
Home Phone (Area Code)
Age
1st Event
Partner
2nd Event
Partner

Previous Tournament Accomplishments:
Waiver: I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims I might have against the American Amateur Racquetball Association, Rocky Mountain Health Club, Lite Bees, Penn Athletics, D.P., Miller Brewing Co., or their representative agents, for any and all injuries.

DATE

The present racquet is new and unused.

MAKE CHECKS TO:
AARA NATIONAL DOUBLES
MAIL TO:
AARA NATIONAL DOUBLES
1514 N. Weber
Colorado Springs, Colorado 80903

FORM IS NOT COMPLETE NOR IS ENTRY ACCEPTED UNLESS CHECK FOR CORRECT AMOUNT IS ENCLOSED AND ALL INFORMATION IS FILLED OUT.

ENTRY FEE:

ENTRY FEE:

Your Entry and Referee Fees Must Accompany Your Entry Blank:
1st Event
2nd Event
TOTAL DUE

PICK PENN BALL

U.S. DOUBLES

Penn has made a total sweep of all major racquetball events during the 1985 season, sponsoring the juniors, adults, and senior championships. In addition to Penn Athletic Products Company and Lite Beer, Diversified Insurance Corporation are the major sponsors of Lite Beer, Diversified Insurance Corporation are the major sponsors of Lite Beer.

HIGHLIGHTS OF THE SPRING BOARD OF DIRECTORS MEETING

The financial position of the AARA is in the best in its history. Exact figures will be available after the audit this summer and the report will be made to the Board in September.

The Board has taken a position to re-evaluate some of the current regional alignments. A Code of Ethics was adopted for all members of the AARA and will be included in the Rule Book. Also adopted is an increase in membership dues from $6.00 to $10.00 and will be effective January 1, 1986. The dues will be split, 85% for the state associations and 15% for the national association.

Staggered memberships were adopted in principle and will be acted upon at the Fall board meeting.

A Recreational Player Membership program was adopted in principle and will have a full committee report at the Fall board meeting.

Athletes of the Year Announced
The Male Athlete of the Year Award goes to Jay Swartz.
The Female Athlete of the Year Award goes to Mary Dee.
The John Holmes Award, the most prestigious racquetball award given yearly, goes to Ed Martin.

The Teaching Certification Program was adopted and will go into effect by this fall.

The Coaching Certification Program was adopted and will be in effect by January 1, 1986.

It was moved to establish a Procedure and Operating Manual for the AARA National Headquarters.

Penn Athletic Products Company was awarded the “Official Ball for the 1986 National Doubles.”

Rule changes in the Official AARA Rule Book were adopted. See article in this issue.

It was moved to re-evaluate Board election procedures to make it more receptive to all members of the AARA. A full committee report will be made at the Fall board meeting.

It was moved that the runner-up in the Board election be awarded a vacant seat on the Board if one becomes vacant.

IARF Makes Eye-guards Mandatory

Eye protection is now required in all IARF sanctioned events throughout the world. This landmark rule, passed unanimously at a special meeting of the International Amateur Racquetball Federation Executive Meeting held in conjunction with the World Games in London. The motion was presented by Mr. Dan Stone, North American Vice President of the IARF and current President of the Canadian Racquetball Association. Canada is currently the only country of the 44 Member-States to adopt the IARF which requires mandatory eye protection in all sanctioned events.
A Tip From A Top Pro

THE PRE-MATCH WARM-UP

By Mike Yellen

Editor's note: Mike is currently the #1 ranked pro player in the world and the reigning National Champion of the professional tour. Mike is also a valued member of the Ektelon Pro Advisory Staff.

A few months back in an article entitled "Exercise for the Un-thin," I described how any racquetball player could improve his game and condition prior to a match. For those that missed it, my philosophy is simply summed up by using stretching exercises to warm-up, jumping rope for quickness and Star and Carleca drills to increase your reflexes and conditioning.

Now, let's pretend you've stretched, your heart is racing from exercises and you're ready to play a match. What's next on the agenda? Probably one of the most important, yet overlooked aspects of the sport: The Pre-Match Warmup.

Generally, most racquetball players figure the five-to-ten minute pre-match warmup period is one for casual conversation with your opponent, a chance to really blast the ball around the court, or basically kill time before the bell rings.

The good players have a different idea.

When I walk onto a court before any match, I have a set plan on how I want to use that warmup period. I just don't aimlessly ball away. Depending on my opponent, I'll work on skills and shots that will benefit me in the minutes to come.

"Most racquetball players figure the pre-match warmup is one for casual conversation with your opponent, a chance to really blast the ball around the court... The good players have a different idea."

How do I gear up both myself and my game? Easy. I break the time into easily divided periods. Say the warmup time is 10 minutes, I may use one minute of the 10 for different shots and angles I want to cover. Or, perhaps I'll use two minutes on five important areas. Either way, as that imaginary hand moves around the clock face, I slowly but surely get ready to play. My intensity increases, as does my concentration and speed of my shots.

The best method I've found, after watching the likes of Dave Peck, is to start at the back of the court with ceiling balls, and basic ground strokes, move back and forth with pinches and passes, then finish up with serves.

I usually hit the ceiling to get a feel for the type of ball and consistency of the court. In five or ten swings, my right arm is loose and I know what I can and cannot do.

I start with the forehand ceiling ball. Sometimes, when the ball comes off the back wall, I'll go for a kill, but usually, you have another person warming up next to you, so you don't want to distract them (at least not too much!).

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Mike Yellen

minutes left, I start practicing lobs and serves. Lobs I take anywhere I can get them. By that I mean I'll drop the ball in various spots, simulating a game condition, then shoot for the bottom board. After two minutes of this, I move into the server's box.

Depending on my opponent, I'll start with lobs, or Z's or drives. Since I'm a drive server, I like to set up, concentrate on my footwork and form, then really work over the service line. After I feel comfortable moving the ball around the court that way, I switch to my "off" serves, usually lobs and Z's and take a couple of each just to make sure I have confidence in them when the time comes.

In my warmup, I've covered the court mentally and physically. My game face is starting to show through and all I need is a change of glove, perhaps a toweling off and a short match so that you have the opportunity to play well.

Hopefully if you follow these hints you will be, too.

Over 40? How About A Racquetball Weekend

Come join us for a National Racquetball Weekend in Albuquerque, New Mexico, September 26-29. It's a weekend especially designed for racquetball players over the age of 40.

This great event will provide the rigors of tournament competition with the relaxation of a weekend away from it all. Starting Thursday, September 26th, there will be lots of racquetball and lots of hospitality through Sunday the 29th.

Specifically, the playing format will be a round robin within age groups (divided into flights as necessary), with short matches so that you have the opportunity to play many other opponents. The hospitality will include a get-acquainted party on Thursday, a banquet on Saturday with food and drinks throughout the tournament and a souvenir jacket.

There will be many awards and nice prizes available to those players who demonstrate their savvy on the court.

Sound like fun? The event will be held at the Academy Court Club, SSSS McLeod N.E., in Albuquerque. (The zip is 87109.) You could call them today if your interest is at 505-883-0500.

Make a vacation of it. Albuquerque has many interesting attractions. For more information, you can also call Ralph Waddington, New Mexico State director at 505-622-0636.

If your foot had a brain, the new Asahi NU-TEK is by far the most intelligent purchase it could ever make. It wouldn't be taken in by the short-lived "try on" comforts some brands offer. Or shoes obviously designed to lose their support after just a few games. Your feet would, on the other hand, appreciate the thinking that has gone into the new Asahi not only exceptionally comfortable, but the most exotic court shoe on the market today.

Like our patented Tri-Phased shock absorbing system, which cushions feet and legs from the most punishing jumps. A triple density polyurethane inside that provides 50% better shock absorption at half the weight of other insoles. Or the durable heel collar with heel and metatarsal shock absorbing inserts.

All of which make the new Asahi incredibly kind to feet. So kind, in fact, that running impact shocks are reduced to an unprecedented 1.5 times body weight—as opposed to 2 times for a good running shoe, or 3 times for bare feet.

Other advantages for your feet to ponder include a triple density outsole, variable lacing, wrapped-stitched heel and toe, plus a "Neutron Mesh" foam tongue.

Of course, you and your feet will like NU-TEK's soft glove leather styles and comfortable brushed jersey lining. The new Asahi NU-TEK from Yamaha. Your feet will love it (and buy it, if it had a brain). Available at fine sporting goods stores and pro shops near you.

ASAHI by
YAMAHA
ARHS/AARA NATIONAL RANKINGS

As of July 25, 1985

1. John Allen, FL
2. Argus Batt, NC
3. Steve Blank, CA
4. Mike Capoferri, CA
5. Mike Capone, CT
6. Mike Capone, CT
7. Steve Capone, CA
8. Steve Capone, CA
9. Steve Capone, CA
10. Steve Capone, CA
11. Steve Capone, CA
12. Steve Capone, CA
13. Steve Capone, CA
14. Steve Capone, CA
15. Steve Capone, CA
16. Steve Capone, CA
17. Steve Capone, CA
18. Steve Capone, CA
19. Steve Capone, CA
20. Steve Capone, CA

OFFICIAL TOP TEN OF THE WOMEN'S RANK

1. Chris Allen, CA
2. Amy Allison, CA
3. Angela Anderson, CA
4. Sue Anderson, CA
5. Julie Anderson, CA
6. Mary Anderson, CA
7. Diana Anderson, CA
8. Karen Anderson, CA
9. Lisa Anderson, CA
10. Lisa Anderson, CA

OFFICIAL TOP TEN OF THE MEN'S RANK

1. Mike Capoferri, CA
2. Mike Capone, CT
3. Mike Capone, CT
4. Mike Capone, CT
5. Mike Capone, CT
6. Mike Capone, CT
7. Mike Capone, CT
8. Mike Capone, CT
9. Mike Capone, CT
10. Mike Capone, CT
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EXPLORER OLYMPICS DRAWS 1200

Every four years the Boy Scouts of America sponsor the Explorer Olympics which is open for competition to both boys and girls. This year on June 30-July 5, a record attendance of 1200 athletes came to Colorado State University in Ft. Collins, CO, to try their skills at such sports as basketball, swimming, volleyball and racquetball.

"Racquetball was far and away the most popular single participant sport at the Explorer Olympics." stated John Foust, Executive Director for racquetball. "We far surpassed tennis in the number of players that participated."

Because of the great interest in racquetball, a clinic was provided and many of the enthusiastic boys and girls experienced racquetball for the first time.

"I made it mandatory that everyone wear eyeguards," John Foust told Racquetball in Review. "I got a little flak from one guy who battled me against using them, but, after the first round he came back to me and said, 'You know, I've never worn eyeguards before, but today I slipped up front when I hit the ball and fell down and my opponent returned the shot right square into my eye. I'm so glad that I was wearing them!'" Foust told the boy later that not wearing eye protection is a mistake you only make once. Penn Athletic Products donated the balls for the tournament and Leader Eyeguards donated 16 sets of eyeguards.

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John would like to extend his thanks to Tom King, who was his Youth Assistant, Clinton Robide who helped in the draw and donated racquets for the players to use, Bret Rabe who helped put on an exhibition match and refereed, Heather Kellemann, who helped with attached Transfers and Diane Adams who also helped us referee the Explorer Olympics.

"Racquetball was far and away the most popular single participant sport at the Explorer Olympics." stated John Foust, Executive Director for racquetball. "We far surpassed tennis in the number of players that participated."

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We only have two eyes and, unfortunately, they can’t be replaced. That’s why protecting them is so important. And that’s why the top professionals, like five-time National Racquetball Champion Marty Hogan, rely on Leader eyeguards.

All Leader eyeguards are made of impact and shatter resistant polycarbonate. To ensure the clearest vision possible, even during competition, Leader eyeguards feature our exclusive anti-fog impregnated lenses with scratch resistant Silatec® hardcoat.

These optically-correct, one-piece eyeguards are available in five styles to fit any face. Each model has a cushioned silicone, hypo-allergenic nose pad for comfort and a new adjustable strap for better fit.

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Leader Sport Products • 60 Lakeshore Road • Essex, NY 12936
A NEW LOOK FOR THE RACQUETBALL COURT

By Mike Arnold
National Rules Commissioner

The racquetball court will take on a slightly different look this fall as a result of a new rule adopted recently by the American Amateur Racquetball Association. The hash marks on the side walls used to designate the receiving line will be replaced by a broken line that will extend the length of the court.

Cutting off the lob serve in the air and short-hopping the lob serve have become such an oft-used offensive tactic of the game that it is important to identify clearly the safety zone. The line forms a point of reference for the receiver, server, and referee.

Hash marks of three to six inches long on the side walls made it virtually impossible for the players or referee to judge just where the imaginary line was. Enroachment, or entering the safety zone too quickly will more easily be enforced with the advent of the broken line on the court.

The rule, amended in 1984, covering enroachment, basically states: 1) The receiver may not enter the safety zone until the ball bounces. 2) On the fly return attempt, the receiver may not strike the ball until it breaks the plane of the receiving five-foot line. The receiver or racquet can cross the five-foot line on the follow-through. Neither the receiver nor the racquet may break the plane of the short line on the return of the ball. Cutting off the lob serve in the air and short-hopping the lob serve have become such an off-used offensive tactic of the game that it is important to identify clearly the safety zone.

Several clubs around the nation have utilized the line in various forms. The Indiana State Racquetball Association and the Racquetball Association of Michigan used the broken line in sanctioned tournaments the past year. In adopting the rule, which goes into effect September 1, 1986, the AARA granted a one-year grace period for permanent affixing the lines. The lines can easily be painted on top of the present court surface. However, for those who prefer to paint the lines when the courts are being resurfaced, tape can be used to designate the line. Tape was used on the 25 court floors at the Houston Downtown YMCA for the 1985 U.S. National Singles Championships in May. Inch to inch-and-one-half wide plastic tape, available at most stationery stores, stays on the floor very well. There is little expense for the project.

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Overwhelming Support

The broken line to designate the receiving line received overwhelming support when presented to the general membership in January. Eighty-six percent of members replying to a poll in the AARA "Racquetball In Review" voted for the adoption. The rule, found under "Courts and Equipment" in the Official Rules Book reads: Receiving Line. A broken line parallel to and one-and-one-half inches wide. The line, found under "Courts and Equipment" in the Official Rules Book, begins at the rear of the short line and extends to the front wall of the court. The line will be five feet from the back edge of the short line. The line will be one inch long that extends from each side wall. The two lines will be connected by an alternate series of six-inch spaces and six-inch lines (11 six-inch spaces and 10 six-inch lines).

IMPORTANT NOTE: Sites of all state, regional, and national championships taking place after September 1, 1985 must have the receiving line painted on the floor. Until September 1, 1986, all other sanctioned tournaments may use tape to designate the receiving line. Official court specifications must be complied with by September 1, 1986.

MARTIN SCHWARTZ AND DEE WIN AWARDS

The most prestigious AARA awards of the year were given to three AARA members. The John Halverson Award for outstanding service was given to Jay Schwartz, Region 14 commissioner. The 1985 Male Athlete of the Year award was given to Martin, Region 14 commissioner. The 1985 Male Athlete of the Year award was given to Mary Dee for her superb performance that has also made her a part of the U.S. Team. Congratulations!
New Directions

In Praise Of Juniors

Dear Editor,

I am enclosing a picture of our region's Juniors (Arizona, Colorado, New Mexico and Utah) which took place at the Rallysport Health and Racquet Club in Boulder Colorado. It was a great success judging from these smiling faces.

I hope you have room for it.

John Post Region 12 Director

by Luke St. Onge	Executive Director of the AARA

A new racquetball season is upon us or is it? It now seems that there is some drop off during the summer months, but not as much as in past years. In fact, the most prestigious events of the season take place during this time. The National Singles, National Juniors, World Games, Explorers (National Elite Training Camps, World Masters Games, National Seniors Invitational, National Masters Doubles Invitational), and numerous pro stops have all taken place during this time.

"This area of Orange County is so elite, that one got tired of counting the Porsches, Mercedes, and Rolls.

I would like to single out the National Juniors recently held in Newport Beach, California, as an example of the sport maturing and coming of age. There was a certain amount of apprehension as the Juniors grew closer. The Juniors were to be held at one of the most elite and prestigious, adult, all-purpose facilities in the United States. In fact, this area of Orange County is so elite, that one got tired of counting the Porsches, Mercedes, and Rolls Royces in the parking lot. How were the members and the management going to react to 600 kids suddenly invading their home away from home? After six days of this invasion, we received the ultimate compliment from Bay Cudd, Owner/Manager of the Spinning House. He said, "You can come back anytime you want to." This says a lot for the Junior development and our sport.

We would like to welcome AMF, Head as 'Official Racquet Sponsor of the Racquetball Competition of the World Games.' This is Head's first entry into sponsorship in the international arena and we welcome them.

I would like to once again appeal to you, the most concerned and involved players in our sport. For our sport to continue to grow, we must support those sponsors who support you and your association. It is very frustrating for all of us, both inside the industry and outside the industry, to see a lack of loyalty towards our sponsors.

Just think of the future the next time you're in the market place.

Regards,
Luke St. Onge

Dear Carol,

Looks like you've got a solid bunch of racquetballers there. I'm sure that all of them are first class kids and all of us are proud that we can help them enjoy racquetball. If we can help you in any way drop us a note. - Ed.

Leatherman Not #1

Dear Editor,

I read your interview about Jim Leatherman in your last issue and I think that I should bring to your attention a wheelchair player by the name of Chip Parmoly. In April of 1984 we held a National Invitational Wheelchair tournament in which Jim Leatherman and Chip were participants. In 1984, Mr. Leatherman was the reigning wheelchair racquetball champion. Chip won the tournament without losing a game and beat Mr. Leatherman three straight times.

Chip has no idea I am writing this letter, but I just felt that it should be brought out. Chip, in my opinion and the opinion of many others, is the #1 wheelchair racquetball player in the nation. He is ranked #1 in the world in adaptive basketball, tennis, and racquetball.

I would like to single out the National Juniors recently held in Newport Beach, California at the Junior Nationals.

Carol Manning
The Village Racquet Club
Chariton, MA

Dear Editor,

Enclosed is a picture of our 1985 Junior Racquetball Team. It has grown quickly over the past 6 months and we are very proud of our Junior Program. We would like to thank you for the inspiration that the AARA has given us in junior racquetball and also for the increase in play and fun and family it has brought to the club.

Although this is only the real beginners from our team, our team involves kids from ages 6 to 16, any bounce play to Men's Open play.

Our instructors are some of our staff members that play in the upper divisions. They teach the basics to the little ones and drill with the better players. It is a real group effort.

Since all of our players are members of the AARA and receive our newsletter every issue, please try to mention our success in your publication. I'm sure it would be an inspiration to all involved.

You will be seeing some of our kids at the National's in Houston and in California at the Junior Nationals.

Caroline Manning
The Village Racquet Club
Chariton, MA

Mr. Parmoly definitely is a very skilled sportsman and a true athlete. I have no doubt give Mr. Leatherman a run for his money to be the #1 wheelchair racquetball champion. I have for the #1 spot in the nation, however, is decided every year at the National Singles Championships and Mr. Parmoly will not be there to compete therefore he can not claim the title. I'm sure I speak for Mr. Leatherman as well as myself when I say that any and all challengers are welcome and I hope Mr. Parmoly will indeed be there next year to take a shot at winning this prestigious title.

- Ed.
## AARA Scheduled Tournaments Report

<table>
<thead>
<tr>
<th>Date</th>
<th>Tournament</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>August 30 - September 1</td>
<td>WRAC Stop Racquetball Club</td>
<td>St. Petersburg, FL</td>
<td>Farnell Stain 412-362-4806</td>
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<tr>
<td>September 6-8</td>
<td>State Warm-up</td>
<td>Pittsburgh, PA</td>
<td>Ronnie Stain 412-362-4806</td>
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<tr>
<td>September 13-15</td>
<td>Michigan Champ Series</td>
<td>Divine Elevating</td>
<td>900 Long Blvd #423</td>
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<tr>
<td>September 24-26</td>
<td>Region 15 Doubles</td>
<td>Pacific West Club</td>
<td>Judi Stadler 412-242-8636</td>
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<tr>
<td>September 27-29</td>
<td>Women's National Invitational</td>
<td>Tampa Bay Classic</td>
<td>7312 N Dale Mabry</td>
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<tr>
<td>October 4-6</td>
<td>Olympic</td>
<td>Boca Raton, FL</td>
<td>Ann Block 412-242-8636</td>
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<tr>
<td>October 10-12</td>
<td>Charlotte YMCA</td>
<td>400 E Morehead St</td>
<td>Jack Jackson 704-593-0121</td>
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<tr>
<td>October 15-17</td>
<td>Sportcenter Classic</td>
<td>Fayetteville, NC</td>
<td>Wayne Barron 919-755-9175</td>
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<tr>
<td>October 20-22</td>
<td>Down East Classic</td>
<td>Greenville Athletic Club</td>
<td>Diane Easterling 900 Long Blvd #423</td>
</tr>
<tr>
<td>October 24-27</td>
<td>Olympic</td>
<td>State Warm-up</td>
<td>Judi Stadler 412-242-8636</td>
</tr>
<tr>
<td>October 31-November 1</td>
<td>Region 15 Doubles</td>
<td>Pacific West Club</td>
<td>Judi Stadler 412-242-8636</td>
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<tr>
<td>November 1-3</td>
<td>Fall Final BB Tournament</td>
<td>Monroeville Racquet Club</td>
<td>Ann Block 412-242-8636</td>
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<td>November 8-10</td>
<td>National Doubles</td>
<td>Pike Creek Court Club</td>
<td>Gary Cook 302-764-4940</td>
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<td>November 15-17</td>
<td>Olympic</td>
<td>Belize Court Club</td>
<td>John Martin 518-459-4444</td>
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<td>Charlotte Classic</td>
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<td>Charlotte Classic</td>
<td>John Martin 518-459-4444</td>
</tr>
<tr>
<td>November 25-27</td>
<td>Olympic</td>
<td>Charlotte Classic</td>
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<td>November 26-27</td>
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<td>November 30-December 1</td>
<td>Olympic</td>
<td>Charlotte Classic</td>
<td>John Martin 518-459-4444</td>
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### Penn Ultra-Blue

- **For winners.**
- **By winners.**

Penn Ultra-Blue racquetball is the first and best-backed, 42mm ball in the sport. Worldwide hands down.

Durable, consistent and perfectly round, Penn Ultra-Blue racquetball is the choice of champions.

Penn. The quality leader — The choice of champions.