ANDREWS SERVES WINNER
AT 7TH ANNUAL COOKOUT

You could say that AARA Champion Ed Andrews was head chef and bottle washer at the 7th Annual Western Cookout and Racquetball Shootout in California held September 11-15 at the Irvine Clubhouse. The only problem was, most of the players who came to dine in Andrews court could digest what Andrews was serving, and for the second consecutive year, the #2 ranked amateur and defending Amateur Champion barbecued the tough field of high-ranked players to take the tournament.

Andrews squared up against current Canadian National Champion, Roger Harripersad, in the final. It was a grudge match. Harripersad had decimated Ed at the World Games in London and, more recently, Roger had fallen to Andrews in the round of 16 at the West Lane Pro Am in August. When the two stepped out on the court to face each other, it was serious Cookout time. Somebody was going to get roasted.

Roger, who is now on the Sacramento State University racquetball team, found he had a raging bull on his hands as Andrews tended to Harripersad with a steaming 15-10, 15-4 victory over the Canadian.

"I really felt good," declared a jubilant Andrews, "I was moving very well and hitting my backhand down-the-line passes like I have to do to beat Roger.

The doubles action also featured Andrews with Mike Gustaveson on his side to do a little Team Cooking against Harripersad and Shawn Moskwa in the semifinal. Harripersad and Moskwa threw the tough match-up into a tiebreaker, but Andrews and Gustaveson survived with a 15-7, 14-16, 11-2 win.

Scott Writers and Guy Tuxera fell to Andrews and Gustaveson in the doubles final, 15-7, 15-5.

The Women's Open division was won by Karin Walton for the second year, mimicking Andrews' performance. Walton's finals opponent this year was Canadian Crystal Fried who also plays on the Sacramento State Racquetball Team. Both games of the final match had the crowds cheering down to the last point, but Walton managed to hold off Fried with 15-13, 15-14 winners.

Walton received $100 and a Pioneer car stereo and speaker package. Mike Gustaveson was also awarded $100 and a Pioneer dual tape deck. Andrews took home $500 and a Pioneer compact disk player and stereo receiver for winning the two events.

All tournament players were treated to a complimentary Straw Hat Pizza/Labatts Beer party and a Saturday night Western Steak Barbeque. A special player raffle drawing was also held at the Saturday night cookout. Prizes which were raffled away included a trip to the wine country for two including airfare and lodging via West States Airlines, a black and white TV set, a DP flyboat, 300 rowing machine, DP dart boards, dinners for two, Catalina Island Holiday Cruises, Star Tool Equipment Champion gloves and many other prizes.

The tournament's main sponsor was Pioneer Electronics, and co-sponsors included DP Industries, Penn Athletic Products, The Budget Gourmet, Straw Hat Pizza Restaurants, Labatts' beer, Mike's Power Grips, West States Airlines, Mobile Scaffolding and Sir Speedy.

A special thanks goes to The Irvine Clubhouse support crew of Ron Statham, Bernie Muhennia, Mary Ann Seitz, Jill Roberston, Mike Powell, Mickey Bellah, Sandy Lauer, Bob Williamson, Julie Kern and others who referred extra matches and manned the CARA registration desk.

Racquetball Heads Into Winning Fourth Phase

By Jason Hailman, Editor

I realize I have a biased audience. All of you out there already play racquetball, but I thought you might want to know what other people in and out of racquetball are saying about our sport.

An article entitled "Inside Racquet Sports" was plucked off my desk from two different people on the same day. I guess they wanted me to look at it. I did. It had some interesting stuff in it, I would like to pass on to you, plus a few observations of my own.

First of all, some interesting figures:

• Between seven to nine million people play racquetball, or about 1 out of 26 people in the U.S. play racquetball.
• 1,300,000 racquets were sold in 1984. That's between 60 to 70 million dollars in retail sales.
• There are 20,000 to 26,000 courts in 3,500 racquetball facilities.
• Racquetball is played in 44 countries.
• Out of the 30 most popular participant sports, racquetball is 23rd.

So, that is the state of racquetball today. As my title suggests, racquetball is heading into a fourth phase. What were the other three? First, the sport was just a curiosity. It was fun and easy to learn, so a lot of people picked it up from playing at facilities like the YMCA.

By 1970, there were about 50,000 players. In the second phase, manufacturers of racquets and club builders got into the action. Suddenly, racquetball became the "in" game to play. Clubs, players and racquetball equipment sales rose incredibly. Pro players began to surface. Sponsorship money became available for high-level players and a lot of politics about who would control this booming new sport began to rear its ugly head. By 1980, in ten short years, there were an estimated 13 million players.

The third phase was a rough one and inevitable, too. What goes up, must come down. The clubs had overbuilt. As one club manager put it, "There were too many courts and clubs chasing too few players." Add to that the recession that started around 1980 and things got real bad very fast. Clubs (Continued on page 7)
DRESSED FOR SUCCESS.

For success both on and off the court, the serious competitor sports DP Actionwear. From sweats to court wear, DP actionwear is fit for anything.

For information about DP Actionwear send your name and address to DP Actionwear 300 Williamson Avenue Ooltewah, Alabama 37363.
THE PSYCHOLOGY OF COMPETITION

Part One: Stress & Performance

By Dr. Jerry May and Drew Stoddard

Dr. Jerry May, Ph. D., is a Clinical Psychologist for the United States Ski Team. He is Co­Chairman of the U.S. Olympic Sports Psychology Advisory Panel, and is Professor of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine, Reno, Nevada.

Drew Stoddard is the Commissioner for the RMA men's pro tour and an editor for National Racquetball Magazine.

It's tournament time! For six weeks you've been training every day to get your game in top form—in drilling forehands, doing sprints, suffering through Nautilus workouts, and destroying everyone you play in practice. A smile comes across your face as you check out the draw sheet and discover that your first round opponent is one of your favorite practice­match players. You've got four racquets in your bag—all new—some branded new gloves, and enough clothes to last you through the finals. All your friends are coming to watch. Everything is ready. "This," you say to yourself, "is going to be cake.

But, as match time gets closer, things start getting a little weird. Your pulse is pounding, your mind is racing, you're starting to sweat, and your lungs just can't seem to get enough air—so far all you've done is put on your socks.

Those nice little butterflies are now staging full­scale war games in your stomach. What's going on here? When you finally walk into the court (why are all those people staring at you?), your only hope is that everything will change after you start playing. It does. It gets worse. Your feet seem nailed to the floor, your arms and legs are numb, your heart is pounding, and your lungs just can't seem to get enough air.

"A highly-trained body can be rendered utterly useless in an instant when it is controlled by the unpredictable reactions of an untrained mind."
Head introduces the power to change your game forever. It's the extra power delivered by Head's revolutionary new mid-size racquets.

Adding power by making the racquet bigger is easy. But only Head knew how to develop a bigger racquet with a flawless balance between added power and control.

With a slightly larger head, Head's new mid-size racquets deliver a lot of extra power. And they do it without stripping your game of finesse or timing or control. So your shots just get faster, harder, and a whole lot tougher to return.

Ask top-ranked pro Jerry Hilecher. He'll tell you mid-size is helping him hit backhands like never before. That's why he's playing with his new mid-size Radial on the Pro Tour.

Or ask the International Amateur Racquetball Federation. They've declared Head's new mid-size the "official racquetball racquets" of the 1985 World Games in London.

Or better yet, ask yourself. Play-test a new Head mid-size racquet and you'll find out just how much muscle mid-size can add to your game.

INTRODUCING THE NEW MID-SIZE RACQUETS FROM HEAD.

Jerry Hilecher, top-ranked pro.
Arousal and Performance
There is a specific relationship between arousal (stress) and athletic performance. Table I depicts this relationship. It is vital for every athlete to understand this principle, and to learn how to apply it to his or her own situation.

If you look at the curve line that represents performance, you'll see that when you're not aroused, your performance level is low. (Since competition is usually viewed as stressful, low arousal levels are seldom a problem for the athlete.) As arousal increases, performance increases until an optimal level is reached. Beyond that point, however, further increases in arousal begin to have a detrimental effect, and performance diminishes.

This, of course, explains what happened in the scenario at the beginning of the article. Most of us would like to perform at our best, but in fact, we often become too anxious during competition that we are unable to play at all.

The balance between arousal and performance is very delicate. And, it is possible to move from low to high arousal levels in seconds. For example, during competition you might think about a feared opponent, a past failure, a crowd of spectators, or a bad reference call and immediately find yourself in an over-aroused state. If you are unable to detect that change and bring your arousal level back to an optimum level, your performance will quickly deteriorate.

Since we all react to stress differently, each of us must learn to recognize the signs of our own optimum performance level. Most top athletes agree that when you're performing well, everything you do is automatic. There is very little conscious thought. For some, there is a feeling of confidence, calm or peacefulness. For others, there may be a feeling of pleasurable excitement. Although you are alert, your body may feel relaxed and your movements fluid. Many athletes report that their minds become almost blank, with total concentration on the moment and the task at hand.

It is also crucial to learn to detect when your own state of arousal has gone beyond the optimum level. Some of the more common signals of over-arousal are rapid breathing, tense muscles, anger towards yourself and others, and rambling thoughts that distract and diminish concentration.

One of the most common mistakes made by athletes is to fight the symptoms of over-arousal by trying harder. Remember, over-arousal causes a decrease in performance level, so striving harder may actually produce worse results. Once your performance has started down the curve on the performance efficiency graph, the only solution is to reduce your level of arousal. There is no such thing as a quick fix.

It is often observed, with some degree of amazement, that the top competitors in most sports are seldom the most physically gifted, and this is true. Most highly successful athletes have learned to control their own state of arousal, often using the pressure of competition as a motivator. In fact, some top athletes, like national racquetball champion Mike Yellen, seem to only play their game best under great pressure. The principle behind mental preparation is really quite simple: you can give up a lot of physical talent if, under the pressure of competition, you are able to perform at 100% while your opponent is at 50%.

Learning to control arousal and to reduce stress takes time, effort, and practice. You must train your mind to adjust in the same way your once trained your body to hit a forehand kill.

You must train your mind to adjust in the same way you once trained your body to hit a forehand kill.

TABLE I  Relationship of Stress and Performance Efficiency

<table>
<thead>
<tr>
<th>Performance</th>
<th>Low</th>
<th>Optimal Level</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arousal</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

"One of the most common mistakes made by athletes is to fight the symptoms of over-arousal by trying harder."
WHAT RACQUET DO YOU PLAY WITH?

Fill In This Survey About Your Favorite Racquet

This is going to be very interesting. Fill in the form below about your favorite racquet and send it in. The staff at Racquetball in Review will then tabulate the results of the survey and publish it in an upcoming issue.

1. How often do you play racquetball during the year?
   - 3 or more times per week
   - 2 times per week
   - 1 time per week
   - 1 time per month or less
2. What is your playing level?
   - Beginner
   - Intermediate
   - Advanced
   - Open
   - Professional
3. How many racquets do you personally own?
   - One
   - Two
   - Three
   - Four or more
4. What kind of a racquet do you usually play with?
   - Aluminum
   - Fiberglass
   - Steel
   - Graphite
   - Wood
   - Other
5. What is the name of the firm that manufactures your racquet?
   - AMF Head
   - AMF Voli
   - DP
   - Ektelon
   - ProKreneX
   - Omega
   - Wilson
   - Richcraft
   - Other
6. Have you had your racquet restrung in the past 12 months?
   - Yes
   - No
7. How many racquetball racquets did you buy in the last 12 months?
   - One
   - Two
   - Three or more
   - None
8. What was the cost of the last racquet you bought?
   - $20 or less
   - $21 - $40
   - $41 - $60
   - $61 - $100
   - $101 - $150
   - $151 or more
9. What will most likely influence your next racquet buying decision?
   - Price
   - Appearance
   - Local instructor's advice
   - Another player's advice
10. What do you like most about your racquet you're now using?
    - Price
    - Appearance
    - "Sweet Spot"
    - Power
    - Control
    - Weight
    - Balance
    - Other
11. Where did you purchase your last racquet?
    - Local club pro shop
    - YMCA/JCC
    - Sporting Goods Store
    - Discount Store
    - Mail Order
    - Other
12. What do you dislike most about the racquet you're now using?
    - Price
    - Appearance
    - "Sweet Spot"
13. Are you male or female?
    - Male
    - Female
14. What is your age?
    - Under 18
    - 18-24
    - 25-34
    - 35-44
    - 45-54
    - 55-64
    - 65 or over
15. Please make any comments you'd like about your racquet:

Enters Fourth Phase  
(Continued from page 1)

went out of business. The open tours went to private institutions. Racquetball declined so many manufacturers bit the dust.

Only the smart manufacturers, clubs and the real racquetball enthusiasts remained after about 3 1/2 years of a rollercoaster ride whose only direction looked like down. Clubs diversified into multi-use fitness centers and welcomed the new blood of the fitness boom. Manufacturers also diversified into other activities. 

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Also, in this fourth phase, the Racquetball Manufacturers Association has taken an important step in mirroring the pro tours. This year, under the guidance of Commissioner Drew Stoddard, the men's pro tour will have 14 stops and $250,000.00 worth of prize money.

The WPRF, which is the governing force behind the women's pro tour, has also selected a new Commissioner. Jim Carson. Mr. Carson has organized 10 stops for the women pros.

"Sports analysts say that Squash will be the next big boom sport, but I think not."

The pro game is important to our sport because it is traditionally where the manufacturers test and introduce new and improved products for everyone in the sport.

Add all of these developments to the efforts of our own organization, the A.A.R.A., and the sport is looking quite strong. A strong, growing sport.

Some sports analysts say that Squash will be the next big boom sport and that racquetball will have to give way to this new-found popularity. Maybe. But I think not. Squash is fun, but it is more difficult to play than racquetball. It requires more mental discipline and greater eye-hand coordination to play just as well. It's a bit like tennis in that respect.

No, racquetball can be played after just a few minutes of instruction from friends, but, upon mastering the basic skills, there is still a lot of room to grow and improve. The environment of the health club, it is easy to see why racquetball is now being called, "The Fun Sport Of Fitness".
Omega superiority explained.


Mad Raq™ is the only stringing arrangement in the world unique enough to have a patent. And only Omega has it.

Omega knows racquetball is played on the strings, not the frame. So we concentrated on a revolutionary breakthrough in stringing. We succeeded.

The patented Mad Raq™ six-string pattern looks different than the conventional four-string pattern. But it's not just for looks. Tests conducted by an independent research lab prove it can help give players the edge they've never had.

Up to 23% greater ball bite.
Up to 33% greater bite time.

Larger "holes" in the Mad Raq stringing pattern, six gripping edges rather than four, and a rougher surface pattern, give up to 23% greater surface ball bite and up to 33% greater bite time for greater control, finesse, top-spin and slice than conventional stringing.

Six-string pattern dampens vibration up to an extra 11%.

The Mad Raq stringing pattern deflects vibration six directions instead of just four. This means up to 11% less shock to your wrist, arm and shoulder. And you work less hard, because the strings do more of the work.

Up to 16% larger "sweet spot.:"
Up to 8% larger "power zone:"

The Mad Raq stringing pattern gives you up to a 16% larger "sweet spot" than conventional stringing for more controlled hits. And a 8% larger "power zone" than conventional stringing for more power hits.

The Omega promise: Mad Raq stringing gives a player the 20% edge they've never had.

Instead of having string tension adjusted either for power playing or soft-touch playing, as you would have to do with a conventionally stringed racquet, Mad Raq stringing gives the player the capability of playing both styles with one racquet.

Mad Raq. It looks different. It plays with a difference.

Write for easy stringing instructions.
Omega Sports, 5220 Cody
Overland Park, KS 66214
AMATEUR STAR SHINES FOR ARHS

Remember Dan Ferris? Sure do. Dan was the National Open Singles Champion in 1983 and 1984. A good man and a great racquetball player. Well, ARHS thought so, too, and have welcomed him aboard as part of their staff to work with the many racquetball clubs in the country that use the services of this racquetball rating system.

According to Pat McGlone, president of ARHS, "Ferris will be working with the many racquetball clubs throughout the country that participate in the ARHS program. He will also be contacting the clubs that are not presently enrolled in the program to introduce them to the many benefits the ARHS system provides to the sport of racquetball and the clubs."

We know Dan will do a good job for ARHS. In addition to his successful play at the national level, Ferris has spent a great deal of time and effort promoting grass-roots participation in the sport. While earning his degree in business at St. Cloud State University, he was instrumental in organizing, and playing on, the schools first racquetball team which finished second in 1980 and third in the 1981 AARA National Intercollegiate Championships.

"For the past four years I have spent a great deal of time putting on racquetball clinics throughout the country to help build more enthusiasm for our sport and to develop junior players," Dan commented. That kind of experience will be invaluable for ARHS.

Ferris continued, "One of the problems that has always existed in racquetball is the method used to define player performance levels. With the old system, players never earned a permanent rating. They simply picked the level they were comfortable with, like A, B, C, D, E. Now, however, and in the ARHS program, each player has a three-digit performance rating which he carries through the actual results of the games he has played.

What all that boils down to is a way racquetball players can handicap themselves much like golfers and bowlers do. And what's great about it is that it's standard throughout the sport! No more guess-work from club to club about where you stand in relation to other players. It's all down there in white on a rating sheet that is provided every month by ARHS.

"It's a great way to help clubs establish truly meaningful leagues and tournaments," Mr. McGlone indicated.

Another thing about the rating system is that you don't have to win for your rating to go up. You just have to improve and the rating system even says how you can do that. A very welcome organization indeed!"

It's good to see that Dan can continue to help all of us in an area he is well-versed in—racquetball. Congratulations, Dan!

For more information about the ARHS rating system, call Pat McGlone at 612-933-8400.
Racquetball Elbow

Dear Editor,

I am an avid racquetball player and have recently developed tennis elbow. I play about four to five times a week and also play in tournaments. Most of the doctors I have been to don’t really have much experience with tennis elbow in racquetball players. Would you please give me any helpful information about getting rid of tennis elbow and suggestions in how to avoid it in the future?

As you state, there are few doctors who are familiar with injuries peculiar to racquetball, and we need to know of none in your area. Hopefully our readers will respond if they are aware of any.—Ed.

Racquetball Christmas Cards

An original idea for an ideal Christmas gift for every racquetball player available only from Serendipity—Racquetball Christmas Cards. Your name and address can be printed inside for club or business use at little extra cost. Only $1.00 per dozen or $5.50 per dozen for postcards. Please call 201-723-6517 for details, or write: Serendipity, P.O. Box 480, Sparta, N.J. 07871.

Letters to the Editor

Racquetball in Review

November 1988

By Luke St. Ongé, Executive Director

The following is a report of the highlights of the Board of Directors Meetings held in Colorado Springs, Colorado, October 4th and 5th:

1. Accepted the partial audit of the A.R.A. done by Wambaugh & Associates, CPA in Colorado Springs.
2. Accepted membership program that will include: 1 year, 2 years, family, and lifetime memberships effective January 1, 1986.
3. Accepted proposal splitting North Dakota and South Dakota down the middle into both Region 13 and Region 11.
10. Adopted scoring for all junior competition as 15, 15, 11.

Proposal rule changes will appear in December issue of Racquetball in Review.

11. Nominated the following candidates for the 1986 Board of Directors: Openings—
   a. Allan Selimian—New York
   b. Aud Schmidt—Florida
   c. John Denley—New Jersey
   d. Geoff Peters—Illinois
   e. Clint Robie—Nebraska
   f. Jerry Gray—Michigan
   g. Gay Ann Bloom—New Hampshire
   h. Lee Bateman—Pennsylvania

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Although there are various causes of elbow soreness in racquetball, two are extremely common. One cause is excesses and overuse, the type usually found in inexpensive aluminum racquets, and should disappear whenever a racquet of good quality is used. Racquet vibration is far less common now than it was 5 or 10 years ago.

The more likely explanation is improper grip size. If the grip you are using is too small, then it may feel good to you—the muscles of the arm are forced to strain on every shot to hold the racquet securely, causing elbow soreness. This is a very common problem, and it is an easy one to detect. The soreness will disappear immediately when you switch to a slightly larger grip size.

As you state, there are few doctors who are familiar with injuries peculiar to racquetball, and we need to know of none in your area. Hopefully our readers will respond if they are aware of any.—Ed.

Disappointed in CTAARA

Dear Editor,

I am writing this letter to inform you how disappointed I am in the way the current chapter of the CTAARA is run.

First of all, many of us are disappointed that no tournaments are reported to the National Headquarters. Connecticut runs about 20 tournaments a year under AARA rules, but ONLY TWO are reported. This hurts in having Connecticut players ranked nationally.

Secondly, we have the oldest paper in the country and is largest in Connecticut. The Hartford Courant prints local sports, such as bowling league results, softball, races, etc. I am sure that if our director took the time and sent them upcoming racquetball tournament dates and results to tournaments that were played we would see more interest and more people taking part in these tournaments. This could only benefit all of us.

I also would like to see the National held on the East Coast. Joseph A. Shiel, Jr.

Kensington, CT

Write a Letter To the Editor

It's easy and it is very hard to answer and all questions you send in to Racquetball in Review. If you have any questions or comments to Letters to the Editor, Racquetball in Review, 4350 Kebler Road, Boulder, CO. 80301. 303-433-7050. NEW MEXICO—Ray Wiegmann, Rt. 811, N. 802-822-0625. ARIZONA—Jack Holan, Box 2435, Phoenix, 85035. 253-3532, 602-892-2211. UT LOW Tom Dever, Box 57. Salton City 92272. 760-768-3341.


Region 15 Commissioner and Kansas State Director: Dave Bowersock, 695 3rd Street, Wichita, KS 67214. 312-673-7300. IOWA—Don Miller, 1820 East 2nd Avenue, Des Moines, IA 50311. 515-285-4899. MINNESOTA—Steve Dray, 915 4th Street, Minneapolis, MN 55404. 612-340-4960.


AARA SCHEDULED TOURNAMENTS REPORT

October 31—November 3
Belmont Shore Racket Tournament
The Belmon		n 4916 East Second Street
Long Beach, CA 90804
Willie Rodriguez 213-438-1176

October 31—November 3
Palisade Classic
Woodfield Racquet Club
Schaumburg, IL
Don Dorrak 312-884-0678

October 31—November 3
Bdmont/Shore RB Tournament
The Belmont
4918 East Second Street
Long Beach, CA 90804
Willie Rodriguez 213-438-1176

October 31—November 3
Halloween Classic
Woodfield Racquet Club
Schaumburg, IL
Don Dvorak 312-884-0678

November 1—3
Manchester Court Club
1 Lecker Circle
Manchester, NH

November 1—3
Nautilus Fitness Center
PO. Box 219
Jacksonville, NC
Ann Balloch

November 1—3
Octoberfest
Old Auburn Court House
11558 F Ave
Auburn, CA 95603
Helen May 916-665-1964

November 1—3
Oklahoma State Doubles
Stillwater, OK
Susan McMasler

November 6—10
1st Federal Savings Tournament
Lyman Racquet Club
3600 Westview Drive
Colorado Springs, Co 80918
Kris Myers

November 7—10
Pine Range Classic
2605 West 6th Ave
Greenfield, CA 90818
Julie Seid 303-469-0650

November 7—10
Naper Olympic Open
Olympic Health & Fitness
Naperville, IL
Bob Good 312-357-7200

November 8—10
Light Rebound RB Tournament
Rime Fitness Center
89 Rolflges Road
Birmingham, AL 35209
Mark Sandlin 205-942-2119

November 8—10
Riva Open
Royal Racquet Club for
1738 Rolling Road
Burlington, CA 94010
Dina Williams 415-699-3000

November 11—15
7th Annual Columbus Day Classic
Santa Maria Racquetball Club
330 West Caron Lane
Santa Maria, CA 93454
805-925-2305

November 14—17
Turkey Shoot
Roxy Report
3727 29th Street
Boulder, CO 80304
303-449-8000

November 19—17
Stue 4-wall Championships
Auburndale Rec Center
Keith Johnson
262 West Park St
Auburndale, FL 33828

November 15—17
Michigan Champs Series
Diene Easterling
400 Long Blvd #423
Lansing, MI 48910

November 15—17
Michels Light Open
Cross Court Athletic Club
432 West Cross St
Woodland, CA 95695
Steve Harris 916-665-1319

November 22—24
WPA Open
Tynor Racquetball Club
St. Petersburg, FL

November 22—24
Tennessee Turkey Shoot
Nashville Supremacy Court
4623 Trnnsdale
Jerry Dixon 615-832-7529

November 22—24
Front Range Classic
209 W 6th Ave
Broomfield, CO 80918
Julie Seed 303-469-6653

November 26—December 1
Thanksgiving Classic
Modesto Courntroom
2015 McHenry Avenue
Modesto, CA 95350

November 30—December 1
Thanksgiving Classic
Mode 5 Courtroom
2012 McHenry Avenue
Modesto, CA 95350
209-577-1000

December 5—8
Swingers
International Athletic Club
1630 Wetton
Denver, CO
Howard Chinnl 303-621-2100

December 5—8
BSBA State Doubles
The Charlie Club
Mount Prospect, IL
Art Michaelis 312-647-8222

November 1985
RACQUETBALL IN REVIEW

HIGH TECH PERFORMANCE WITHOUT THE SKY HIGH PRICES.

To some, performance outweighs the price. To that no-nonsense breed of players, Spalding offers a selection of innovative racquets that are unsurpassed in playability.

The New Comp 218° racquet is a prime example. Its state-of-the-art composite construction features a fully legal oversized head for a dramatically larger sweet spot and an exceptionally maneuverable weight of only 235 grams!

The New Spalding Intemational racquet is no less a performer. Formed from an advanced aluminum alloy, its streamlined tubular configuration allows lightening quick racquet control. And the interruptionless, breakthrough wishes-won design produces increased power and control that you will be able to feel on your first hit.

Whether it be for the novice or the pro, only Spalding offers a full line of high quality racquets with the looks, the feel and all the performance features you are looking for.

Ask to try a Spalding Demo today!
INTRODUCING HEAD EXPRESS.
THE SHOE THAT PLAYS AS HARD AS YOU.

Highest-quality leather reinforces the toe, and it gives the instep extra support. In fact, with more leather than the leading indoor court shoe, the Express is extremely durable throughout.

The Express is an incredibly light 12 ounces of cool comfort. A contoured sole and breathable nylon mesh are the reasons why.

Molded heel counter prevents twisting. Forward cant cups your heel. Molded innersole cushions your foot. It all adds up to incredible comfort, game after game after game.

High-traction gum rubber sole is designed to take the stress with reinforced pivot points.

Nothing eliminates shock like this EVA midsole. It absorbs the punishing impact of play so your heel doesn't have to.