U.S. Team To Tour Japan And Korea

America's 14 Top Players Have Been Invited To The Far East

By Jason Holloman

It will be a two week whirlwind trip to the Far East for America's finest amateur racquetball players. Leaving on January 27th and arriving in Japan on the 28th, the U.S. Team will spend the next two weeks putting on clinics and exhibition matches with the Japanese National Team. The Team will be under the direction of coach, Ed Martin.

"Racquetball participation in Japan is really heating up," explains Mr. Martin. "They're building court clubs at a rate of one a month over there and the players are hungry for good competition and instruction. That's one of the reasons the U.S. Team was invited." Another reason for the trip is a formal presentation of racquetball competition before the Olympic Organizing Committee in Seoul, Korea. Coach Ed Martin was excited about this opportunity and explained how it came about.

"Luke St. Onge and myself had been planning this trip with the Japanese Coach, Ken Ishiguro, for over a year," said Martin. "When we were finalizing the trip to Japan at the World Games in London, Dr. Kim, who is the Peter Uebelroth of the 1988 Summer Games for Korea, approached us. He had spent a lot of time at our competition there and was very interested in racquetball. It was then that he asked us to go over to Korea during our trip to Japan."

A THREE PRONGED TRIP

The purpose of the trip for the U.S. Team will be three pronged. The first goal of the trip is to play exhibition matches with the Japanese National Team in four Japanese cities, Toyko, Nagoya, Osaka and Yokohama. That's one of the reasons the Team will be under the direction of coach, Ed Martin. "Racquetball participation in Japan is really heating up," explains Mr. Martin. "They're building court clubs at a rate of one a month over there and the players are hungry for good competition and instruction. That's one of the reasons the U.S. Team was invited." Another reason for the trip is a formal presentation of racquetball competition before the Olympic Organizing Committee in Seoul, Korea. Coach Ed Martin was excited about this opportunity and explained how it came about.

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"Each member of the U.S. Team is providing his own transportation costs while the Japanese will pick up the cost of staying in Japan."

The players going to the Far East are not getting a free ride, however. In fact, each member of the U.S. Team is providing his own transportation costs while the Japanese will pick up the cost of staying in Japan. Some of the players have had their sponsors help to defray the expenses of going to the Far East, but others have come up with the money themselves. Such selfless devotion to racquetball was much appreciated by Executive Director, Luke St. Onge, and he expressed his appreciation to the players.

"The U.S. Team is the single most important marketing tool our sport has to spread and promote racquetball, not only in the United States, but worldwide. Saturday, the importance of the U.S. National Team will be recognized and our athletes will not have to pay their own way."

The players going on the trip have earned the distinction of becoming members of the U.S. Team by winning or placing high in the major AARA national tournaments. The chart below is a list of the players and where they qualified for the U.S. Team.

The U.S. Team will next compete in the 3rd World Championships at Sainte-Athelse-Comtesse in Montreal, Canada, where 22 countries will compete.

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOMETOWN</th>
<th>QUALIFIED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ed Andrews</td>
<td>Huntington Beach, CA</td>
<td>1st U.S. National Singles</td>
</tr>
<tr>
<td>Andy Roberts</td>
<td>Memphis, TN</td>
<td>1st U.S. Intercollegiates</td>
</tr>
<tr>
<td>Dan Obremski</td>
<td>Irwin, PA</td>
<td>1st U.S. National Doubles</td>
</tr>
<tr>
<td>Sergio Gonzales</td>
<td>St. Petersburg, FL</td>
<td>2nd U.S. National Singles</td>
</tr>
<tr>
<td>Jack Nolan</td>
<td>Tempe, AZ</td>
<td>2nd U.S. National Doubles</td>
</tr>
<tr>
<td>Gary Mazuroff</td>
<td>Albuquerque, NM</td>
<td>3rd U.S. National Singles</td>
</tr>
<tr>
<td>Tim Anthony</td>
<td>Gahanna, OH</td>
<td>3rd U.S. National Doubles</td>
</tr>
<tr>
<td>Cindy Baxter</td>
<td>Lewistown, PA</td>
<td>1st U.S. National Juniors</td>
</tr>
<tr>
<td>Dan Flechtl</td>
<td>Allentown, PA</td>
<td>1st U.S. National Doubles</td>
</tr>
<tr>
<td>Mona Mook</td>
<td>Sacramento, CA</td>
<td>2nd U.S. Intercollegiates</td>
</tr>
<tr>
<td>Dina Pritchett</td>
<td>Anderson, IN</td>
<td>3rd U.S. National Doubles</td>
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<tr>
<td>Toni Bevelock</td>
<td>Allentown, PA</td>
<td>1st U.S. National Juniors</td>
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<tr>
<td>Connie Peterson</td>
<td>Gresham, OR</td>
<td>2nd U.S. National Doubles</td>
</tr>
<tr>
<td>Michelle Glann</td>
<td>Ontario, OR</td>
<td>2nd U.S. National Doubles</td>
</tr>
<tr>
<td>Ed Martin</td>
<td>Sacramento, CA</td>
<td>HEAD COACH</td>
</tr>
</tbody>
</table>
TOMORROW'S RACQUET TECHNOLOGY IS TODAY'S REALITY.

357 MAG™

Unlike any racquetball racquet before it, DP introduces the 357 Mag™, a state-of-the-art magnesium racquet unmatched by today's aluminum racquets. With a superior strength to weight ratio, the 357 Mag™ delivers exceptional power, playability and control. Utilizing sophisticated racquet technology and quality craftsmanship the 357 Mag™ is truly the racquet of tomorrow...made available today. Ahead of its time...far ahead of the competition, the DP 357 Mag™ is fit for your game.
The Psychology Of Competition

Part Two: Frustration, Stress Management And Relaxation Techniques

In last month's article "Stress and Performance", we discussed the following points:

- Physical training is only part of the formula for athletic success.
- The most successful athletes are those who have trained themselves both physically and mentally, so that they are able to perform well under the stress of competition.
- Stress is defined as "the non-specific response of the body to any demand upon it". Stress cannot, and should not, be totally avoided. It is a vital, creative force that energizes the body. Yet, like all powerful forces, it can also throw the body off course.
- The mind's ability to re-implement a learned skill is altered, for better or worse, by the presence of stress.
- Hitting a forehand kill in the relaxed atmosphere of practice is quite different from hitting the same shot under the pressure of competition.

When it is confronted with stress, the mind becomes aroused, and there is a relationship between the level of arousal and performance efficiency. Your level of performance increases as you become more aroused until it reaches a point of maximum efficiency. Beyond that optimum point, any increase in your state of arousal will cause a deterioration in your performance.

Just as you can train your body to execute a particular skill, you can condition your mind to perform well under stress. Top competitors are not always the most physically gifted athletes, but they win because they have learned to control their own state of arousal.

Before we begin to explore the various ways of training the mind to perform better under stress, let's take a look at one more reaction that can have a detrimental effect on athletic performance.

FRUSTRATION

As we discussed last month, most of us view competition, such as tournament play, as stressful. Sometimes we're able to endure that exposure and perform quite well. However, when stress levels become high enough that we are no longer able to adapt, we often react by becoming frustrated. Frustration can have a profoundly detrimental effect on athletic performance because it triggers the basic human survival instinct, a response commonly known as "fight or flight".

The "fight or flight" response is an automatic, innate defense mechanism that is mobilized whenever we find ourselves threatened. To use an extreme example, if you find yourself standing in the path of a speeding car, what do you think about? Actually, you consciously think very little. As soon as your mind has detected the threat, it kicks into high alert and instantly decides whether to stand and fight the threat or get away from it—that is, you either fight or flee. (The correct answer in the case of the car, of course, is flee.)

Although tournament play is hardly a life-or-death situation (with the possible exception of B doubles), for a variety of reasons many of us view serious competition as highly threatening. When that happens, your mind will summon its defenses in much the same way as it did in the car example, and if you are unable to control your mental response, you can kiss your game goodbye.

In competition, the "fight or flight" response usually manifests itself in one of three specific reactions: anger, fleeing the situation or freezing.

Anger is a primitive emotion that usually indicates we are out of control. Occasionally you may hear an athlete say that anger is a good motivator, but this is almost never true. Anger is an emotional response which is unpredictable and extremely difficult to control. Since the key to athletic success is consistency, anger nearly always results in a deterioration of your performance level.

Fleeing occurs when you find yourself trying to avoid or escape a particular situation you find stressful. It can be a conscious refusal to train, but it can also be a constant unconscious attempt to avoid competition itself by rationalizing or the mental creation of a series of injuries. It is also possible to flee mentally by allowing your mind to wander and concentrate on things other than the task at hand.

Freezing is the failure or inability to move, and is a common problem for many athletes when involved in serious competition. It is characterized by feeling tense, stiff, inflexible, locked up, or caged. Again, freezing can occur mentally or emotionally as well as physically.

"Your level of performance increases as you become more aroused until it reaches a point of maximum efficiency. Beyond that optimum point, any increase in your state of arousal will cause a deterioration in your performance."

Continued on page 4
Psychology (Continued from page 3)

STRESS MANAGEMENT

We have now discussed the three common reactions most of us experience when we are confronted with high levels of stress – overreaction, or try to cope with the stressful condition by ignoring it; frustration, when we find ourselves unable to adapt to stress; and General Adaptation Syndrome that occurs when exposure to stress is sustained over a long period of time. These reactions, of course, occur in all phases of life, not just athletics, and they serve a useful purpose. They constitute the brain's front line of defense against the destructive forces of stress and are responsible for, among other things, keeping us alive.

What makes dealing with stress so tricky, especially for the athlete, is that is a situation that need not be truly threatening for the mind to perceive it as such. We all interpret threatening for the mind to perceive it as such. We all interpret forces of stress and are responsible for it. You may have noticed that until now our discussion has remained quite general. Although the basic concepts are universal, everyone experiences and reacts to stress in their own way. The first step in developing your own psychological training program is to identify, as best you can, the sources of stress in your own life. Once you have done that, you can then proceed to utilize one or more of the following stress management techniques. The aim is to either eliminate the stress at its source, or control your reaction to it.

If you are uncertain how much of a problem you are coping with stress, look at TABLE 1, which identifies some of the general stress symptoms. Again, these are only a few of the indicators, and everyone experiences one or more of these at times. It is the number, frequency, duration and intensity of these factors that indicates how serious the stress is.

The training programs that follow are designed to enhance performance. It is by teaching the mind how to appropriately control tension and deal with high levels of stress. These programs have been utilized by many top athletes, and each has proven effective when combined with stress management techniques. Any mental training program must be practiced regularly just as you would practice your physical skills. Psychological exercises, like physical exercise, does not work if it is not used on a continuous basis.

There are two primary ways to train your mind to cope with stress. The first is to learn how to override natural reactions to stress by Relaxation Training. The second is to eliminate the source of the stress itself. Cognitive Restructuring or Mental Imaging. It is best to start with one or two of these programs which best suit you personally.

RELAXATION TRAINING

Most of us react to the stress of competition by becoming tense, and tension is a primary cause of poor performance. Tension inhibits fluidity of movement, and shudders tighten muscles. But unfortunately, many athletes simply accept a decline in their performance level during tense situations as a fact of life because they assume that tension is an uncontrollable response. That is not true: In fact, once it has been conditioned to do so, the mind has a remarkable ability to control itself and relax the body on command. This ability is not unique to athletes. It is innate and is a natural reaction to stress. The trained state, may not know what a conditioned response is.

In athletic competition, however, you do not have that option. The mind can be trained to function well under difficult circumstances, and tension and deal with high levels of stress.

<table>
<thead>
<tr>
<th>TABLE 1</th>
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<tr>
<td>Physical Signs</td>
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<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Headache</td>
</tr>
<tr>
<td>Nausea</td>
</tr>
<tr>
<td>Lethargy</td>
</tr>
<tr>
<td>Restless</td>
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</tbody>
</table>

Each time you release tension for 20-30 seconds. The relaxation technique outlined below is based upon a method originally described by Bernstein and Borkovec in 1973. Its goal is to teach you how to reduce muscle tension in the body far below levels normally achieved. The procedure produces relaxation in sixteen specific muscle groups.

Here is the sequence you need to follow:
1. Focus your attention on the specific tension area of your body.
2. Tense that muscle group.
3. Maintain the tension for 5-7 seconds. (slightly shorter for the foot).
4. Release the tension.
5. Concentrate on the pleasant sensory state in the muscle group as it continues.

Remember, the purpose of the routine is to learn to recognize the sensation of the relaxed state. Each time you release tension from a muscle group, focus as sharply as you can on the contrast between the two, burning feeling of tension, and pleasant feeling of the relaxed state.

Always practice the relaxation technique in a quiet, comfortable place where you can concentrate. Also, concentrate on your breathing. Breathe normally while releasing, but during each exhale, think of pushing tension out of your body. The muscles of the body relax normally when you inhale and relax when you exhale.

Now, let's describe the sixteen specific steps of the relaxation technique. You may go through this routine either lying down or sitting in a comfortable chair.

STEP 1: Begin with your dominant hand and forearm (for most people this will be the right hand),
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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.

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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.

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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.

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

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Overland Park, KS 66214
Use Discretion with your Splat Shot

by Steve Strandemo

Over the last few years the splat has established itself in the repertoire of good scoring shots. Use discretion, for, despite the fact that the splat makes an excellent addition to your game, but use it too often and it will become a liability.

THE MECHANICS

The splat is most effective when hit from a position near the side wall with a sharp glancing blow (see photograph). The ball picks up spin from the side wall, similar to a pinch shot off of the front wall. Ideally, the ball then bounces twice before the front line of the court right at the defensive player. Obviously this isn’t the goal of the splat, but because of the rapid spin of the ball as it enters center court it can easily handcuff your opponent and force him to error on his rescoring attempt.

PRACTICING THE SPLAT

There are a couple of ways to practice the splat. To learn the correct angle, take a position similar to the player in the photograph. Bounce the ball and learn to make contact at waist level, also a little above and below that height. Then use a forceful swing to drive the ball into the side wall at a sharp angle so that it picks up english.

An excellent way to practice for rallies is to hit short ceiling balls up and down the left wall to yourself so that the ball comes in shy of the back wall and relatively close to the side wall. Then, bring the ball down into the low scoring area by driving the splat hard into the side wall.

The splat is an integral part of an advanced player’s game, but remember, it should never be used to replace the down-the-line and cross-court kill passes. It simply cannot take on that much of a role in the game.

PSYCHE

Imagine a baseball player with a .400 average. Do you think he has a number of mental tricks that he uses? One of the best is visualizing the ball after he hits it. He already knows where the ball is going to go, because he ‘saw’ it in his mind before he hit it. That’s what you need to do with the splat shot.

To practice the splat, or any other shot for that matter, you need to visualize the action before you actually perform it. Only then can you control it.

Imagine the ball with spin from the side wall and reacting like a pinch shot off of the front wall. You have just hit the ball. Now, visualize it coming back to you. Imagine the position you are in – your body ready to hit the ball back. This is the mental image you need to start with before you hit the ball.

At the point you want to remember to synchronize your breathing with the relaxation to let the relaxation go further and further. Each time you breathe out, release more and more tension from your body.

After you have gone through the sixteen steps, remain relaxed and try to recall the feeling of relaxation in each of the muscle groups. The more vivid your impression of that feeling, the easier it will be to recall when you find yourself in a tense situation.

This routine should be practiced ten to fifteen minutes each day. Playing calming meditative music before, during and after the routine

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PSYCHE from page 7

can make the relaxation experience more pleasant.
While learning speed varies between individuals, you should start seeing results from the Relaxation Training within about three weeks, if you practice every day. Within five to six weeks you should have the ability to relax yourself at will.
Whenever you find yourself getting tense, trigger the relaxation response by simply closing your eyes and mentally going through each muscle group, recalling the pleasant sensation of warmth and heaviness. If you have practiced on a daily basis, you will be able to do this in just a few moments.

You can use your relaxation training either prior to, or during competition. On the morning of an important event, or just prior to the start of competition, take a few moments and release the tension from your body. Some sports give you the opportunity to utilize this procedure during play when tension levels become too great. Racquetball is particularly suited, because you have numerous breaks between games and time outs which can be used at your discretion.

Learning to release tension, of course, will not in itself make you a great athlete. You still have to learn how to play the game. But, training your mind to relax on command will give you the ability to perform physically at your highest possible level, even when things start getting a little tense.

New Directions
By Luke St. Onge, Executive Director

An historic meeting was held in early December involving representatives from the Racquetball Manufacturer's Association, Men's Professional Tour, Women's Professional Tour, Court Club owners association, and the AARA. The meeting was the brain child of Jim Hizer, Vice-President of the AARA and Regional Director for Region 9. The overall objective of the gathering was the establishing of mutual goals for the promotion of the sport. Many important items were discussed and will be covered in other periodicals, but I would like to share with you a very important matter that was brought up.

You have all heard much about the pro versus amateur problem that has plagued our sport since its inception. After much discussion concerning the Olympics and the future of the sport, the following resolution was passed unanimously urging the AARA to accept the following interpretation of our eligibility rule.

All AARA sanctioned events that offer money or prizes (merchandise) in any division will be open to all players in good standing with the AARA but subject to all other rules.

In Layman's language, this further interpretation does the following:

1. Opens up all money divisions to all players who are members of the AARA. A pro by our definition can be a member of the AARA.
2. This pertains to only money or prize divisions and does not affect the current rule when applied to non-money, non-prize divisions.
3. If a player wants to preserve his or her right to compete on the U.S. National Team, they must continue to follow the current rule.
4. This resolution corrects the tremendous ambiguity surrounding our current rule and separates the AARA from the accusation that we are a competing organization.
5. It will alleviate the contradiction of certain tournaments holding non-sanctioned open events to circumvent the current rule or holding sanctioned tournaments

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The New Spalding Intermediate Racquet is no less a performer. Formed from an advanced aluminum alloy, its streamlined tubular configuration allows lightning quick racquet control. And the intimidation's throatless wishbone design produces increased power and control that you will be able to feel on your first kill.

Whether for the novice or 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!
3. May influence those competitors that have tried to keep the pros from entering.

4. May receive some hesitancy concerning the merchandise provision.

If this resolution is adopted by the AARA, it will go far in opening up our sport in the same way that tennis did in the late '60s.

For several years now, you have heard many reports concerning racquetball and the Olympics. It is my pleasure to inform you that at the November meeting of the International Racquetball Commission, they voted to allow the International Racquetball Federation's application for I.O.C. recognition. The adoption of our application is the single most important step forward for our sport since the AARA became a member of the United States Olympic Committee in 1982. The result of this decision is not known yet, but it is a giant step towards the inclusion of racquetball in the Olympics.

Many thanks to those who made this happen and especially to the U.S. National Team, that is the most important setting tool our industry has worldwide.

Information About The Junior Nationals

I am interested in obtaining information pertaining to the Junior Nationals Racquetball Championship. Is there any special reduction in entry fees for players or their family? Tom Leonard

LYNCHBURG, VA

Here is some general information about the Junior Nationals:

June 28-July 2

Chicago, IL

Lyke St. Onge

303-635-6296

As for reduced air fares, yes, there will be a special rate, but the deal is not quite finalized yet. I will have this information in a special piece of correspondence. The Junior Nationals goes out 20 day before date.

Tragic Tribute to Susan Kraft

I thought you might want to put a small note in the next AARA Review in Concerning

Susan Kraft. Susan died on November 1985, after a courageous battle with cancer. She was 41. Susan was the AARA Review's Managing Editor. Her tremendous support for racquetball will be sorely missed. Gordon Rogers

Kansas State Director
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.
THE NEW MID-SIZE RADIAL.  
Ultra-light and extra-firm, its unique blend of graphite, boron, and kevlar delivers the control, accuracy and “feel” tournament players demand.

THE NEW MID-SIZE SPECTRUM.  
Powerful kevlar, graphite, and fiberglass composite is exceptionally light, yet forgiving for the intermediate player.

THE NEW MID-SIZE LASER.  
Strong sleek tubular aluminum construction with a graphite-reinforced throatpiece. Designed to deliver big power and pinpoint precision for the advanced player’s power game.

THE NEW MID-SIZE SPRINT.  
Designed with forgiving flex, the lightweight aluminum construction combines power and playability for the advancing player.

Schedule of Events

February 15-17  
Valentine’s Classic  
Park Center Athletic Club  
335 West San Fernando  
San Jose, CA 95133  
Jim Carlson, 408-898-1340

February 19-22  
Eagle Athletic Club  
4394 N. Foothill  
Pero, UT 84404  
Scott Krippel, 520-496-6969

February 20-23  
Florida State Championships  
The Club  
850 Courtland St.  
Orlando, FL 32804  
Van Dushak

February 20-23  
Racquetworld  
2090 South Monaco  
Denver, CO 80234  
Bruce McKay, 303-758-7099

February 21-23  
Court Light Open  
Kangaroo Kourt IV  
198 Park Marino Drive  
Bedford, CA 90001  
Lori Curtis, 910-241-7711

February 21-23  Masters Gold Masters Invitational  
La Morita Athletic Club  
100 West Clarendon  
Phoenix, AZ 85007  
Paul Bonalde, 602-819-6288

February 21-23  
MCRA Challenge Series  
7-13 C&O Rancheria  
43129 Van Dyke  
Sterling Hgts., MI 48314  
Michael Winterpoo, 313-758-7834

February 21-23  
Women’s Day  
29th Street Fitness Center  
2501 25th Street  
Grand Rapids, MI 49508  
Cable Frederickson, 616-942-3190

February 26-March 1  
Desert Gym  
161 N. Main  
Salt Lake City, UT 84103  
Marty Frusciti, 330-391-3006

February 27-March 2  
Alaska State Championships  
The Athletic Club  
100 Eagle Street  
Fairbanks, AK 99701  
Dennis Kaufman, 907-456-1914

February 27-March 2  
PPRA Juniors Tournament  
The Point Athletic Club  
2333 Academy Place  
Colorado Springs, CO 80909  
Mike Benedict

February 28-March 2  
B.A.C. Grand Opening  
Brogham Athletic Club  
3129 Budshaw Avenue  
Sacramento, CA 95827  
Charlie Calvert/Chip Skinner  
916-363-4838

February 28-March 2  
Captain Crunch Classic  
Montgomery Athletic Club  
5765 Carmichael Parkway  
Montgomery, AL 36117  
Jack Sorenson, 205-277-7130

February 28-March 2  
NC State Championships  
Charlotte R/C Club  
5501 77 Center Drive  
Charlotte, NC 28210  
Mike Dimoff

February 28-March 2  
Vita Raquet Club  
902 North Dimasave Road  
Visalia, CA 93277  
Randy Scott, 209-750-1041

March 3-8  
Cottonwood Heights  
7500 South 2700 East  
Salt Lake City, UT 84115  
Carla Victi, 801-219-3190

March 7-9  
Adult Regional, Region 10  
Court Club  
3455 Harper Rd.  
Indianapolis, IN 46203  
Michael Arnold, 317-246-1111

March 7-9  
American Bank Championship  
Family Action Center  
P.O. Box 77  
Wheeland, WA 98201

March 7-9  
Racquetball Winter Open  
Amador Valley Athletic Club  
750 Johnson Industrial Drive  
Pleasanton, CA 94566  
415-848-5347

March 9-12  
Super Seven  
Clinton Racquet Club  
38700 Greenbush  
Mt. Clemens, MI 48043  
Jon Hise, 313-633-9602

March 9-12  
Vermont State Singles  
Chick Bigelow  
Box 1973, Cedar Ridge Drive  
Sheffield, VT 05482  
Chick Bigelow

March 13-16  
Adult Regionals, Region 9  
The Sportplex  
500 Gadsden Highway  
Birmingham, AL 35235  
Gerald Cleveland, 205-838-1213

March 13-16  
Patrons Tour  
Paula Spagnuolo  
7888 Apple Hill Ct. S.E.  
Ada, MI 49310  
Paula Spagnuolo, 616-576-1313

March 13-16  
Pomona Valley Open  
Claremont Club  
1777 Parka Drive  
Claremont, CA 91711  
Greg Sheffield, 714-635-6701

March 14-16  
Adult Regionals-Region 5  
The Sportplex  
500 Gadsden Highway  
Birmingham, AL 35235  
Bob Hickey

March 14-17  
Irish Fun Fest  
Raquet Club of Mead ville  
French & Poplar Streets  
Meadville, PA 16335  
Nancy Manning & Jan Peterson  
814-724-3524

March 14-16  
Lucky Love Tournaments  
Sundown  
7545 Morgan Road  
Liverpool, NY 13088  
Jim Winterton, 315-451-5050

March 14-16  
Masters Star Open  
Royal Racquetball Club  
607 Middle County Road  
Coram, NY 11727  
Mike Jones, 516-732-5500

March 14-16  
National Senior Invitational  
The Racquet Club/Walnut Creek  
1009 Olympic Blvd.  
Walnut Creek, CA 94596  
Bonn Ceil, 415-924-6400

March 14-16  
South Dakota State Championship  
Family Y/RAC/Club Center  
420 South Lincoln  
Aberdeen, SD 57401  
Sherri Miller, 605-229-4721

AARA STATE RANKING REPORT

RANKING / STATE
1 California
2 Florida
3 New York
4 Massachusetts
5 Colorado
6 Pennsylvania
7 Illinois
8 Michigan
9 Texas
10 New Jersey
11 North Carolina
12 Ohio
13 Minnesota
14 New Hampshire
15 Indiana
16 New Mexico
17 Washington
18 Georgia
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24 Montana
25 Oklahoma
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27 Connecticut
28 Rhode Island
29 Kansas
30 Alabama
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34 Delaware
35 South Carolina
36 Wisconsin
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46 Iowa
47 Kentucky
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49 Hawaii
50 District of Columbia
51 North Dakota
52 American Samoa
53 Guam
54 Northern Mariana Islands
55 Puerto Rico
56 US Virgin Islands
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