St. Louis High School League

by Brad Heger

When the Ladue High School boys' racquetball team won the 1986 St. Louis High School Racquetball League championship they were justly proud. After all, they had put together back-to-back championships, two undefeated seasons, and a 28-0 team record that carried the gigantic "St. Louis Cup" home to their school's display case for a year's glory. While winners of the St. Louis League, which is sponsored by Head Racquet Sports, have made a tradition of laying claim to being the best high school team in the state, they probably didn't realize they had just as much right to claim a national championship as well. Unfortunately, that claim comes from the fact that there do not seem to be any other high school nagues in the nation — at least, none that compete interscholastically. Fortunately, that situation may change.

This year the St. Louis league has joined ranks with the AARA, a move that could prove super important in the history of racquetball as an established sport in the U.S. The concept of racquetball as a high school sport has been an ideal of racquetballers for many years. Memphis State and others, most recently Cal State at Sacramento (See National Racquetball, March 1986) have brought team racquetball to the collegiate level, developing talent and providing the beginning of a feeder system for professional racquetball. But junior programs (as successful as DP and Penn's Junior League, and some others have been), have never seemed to be able to get established in the high schools. This is not so in St. Louis, where high school racquetball has been reality since 1978.

The answer in St. Louis was the establishment of racquetball as a recognized extracurricular activity in the high schools. For the past nine years, St. Louis high schools have been teaming up with local racquetball and fitness club owners to establish and coordinate play among as many as sixty teams (both girls' and boys'), representing St. Louis area high schools. Public as well as private schools participate.

One of the keys to the success of the league is the cooperation between the club managers and the high school "coaches," or sponsors. Early on, the establishment of an executive committee made up of high school teachers and parents helped to shape the league. This committee directs the league activities, setting formats, making changes and rulings when necessary. Their contact with the clubs is Rick Lukasek, the manager of a local club who has served as the league director for the past two years, and the one who makes things happen. With the league's affiliating with the AARA this year, Lukasek has been named the AARA's "United States High School Commissioner".

Originally, the competition took the familiar form of corporate leagues in which employees (students) formed teams of three to five players and competed within the corporation (school). It was basically an intramural sport.

Then the schools decided to "pool" their teams so that there was competition between the schools, though each school could enter as many three-man (or three-woman) teams as it wished. Some schools opted to continue to limit their competition to within their own student body, as an intramural sport.

One of the earliest and most important changes made was to switch away from the "corporate" league to a format more in tune with high school sports. In 1979, the executive committee established a team format not unlike team tennis.

Under the present arrangement, each school is allowed to enter one boys' and one girls' team at the varsity level, and any number of teams at the junior varsity level. Each team plays a ten game schedule, generally five at its "home" club and five "away". At each meet, the best of seven sets (five in girls' & junior varsity play) determines which team can claim a victory.

The league has not only grown in popularity, but has begun to recognize. There's a lot more interest because of this league. "It's certainly a team our high school has beginning to recognize," according to English, "who receives outstanding recognition for their championship season in 1986. "We really got some notice."

Most of the people involved in the league pick (continued on page 3).
NOW IT'S LEGAL TO KILL SOMEONE.

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HEAD
We want you to win.
the team format is essential to success at the high school level. Ken Luecke, a member of the League’s Executive Committee since its inception, likes the team format because, “it gives more kids the opportunity to represent their school, and that’s really important.” Luecke coordinates four teams representing DeSmet High School, a private Jesuit school in St. Louis County.

Chris Wright, a 1985 graduate of Lafayette High School, agrees. “I felt like I was doing something for the school.”

The level of play is not too shabby, either. Wright, for example, is currently the No. 1 Men’s Open player in St. Louis. In December he placed fourth in the Junior World Tournament in Miami for the 18-and-under Open Class. His only loss in three years of play in the high school league was to Andy Cross, currently in the top 25 in the RMA Pro rankings, who dominated the high school league during his tenure there (see National Racquetball, June 1984).

Ken Marks, a Ladue High senior who anchors the current champions by playing their number one position, accompanied teammates Warren Balich and Wright to Miami for the Jr. World Tournament. Marks and his partner, Leigh Ann Couto of Wilmingon, DE won first in the 18-and-under Mixed Doubles.

“It’s amazing how the caliber of play has gone up,” notes Luecke, whose own teams consistently place in the “final four.”

“An awful lot of folks have put an awful lot of time and effort into this league over these past years,” adds Gary Hendren, Athletic Director at Parkway Central High School, and a coach whose varsity teams have won four championships. “There are plenty of individual tournaments the kids can enter. This league offers reduced rates to students participating in the league. The situation has been profitable both for students searching for practice time and for the clubs wanting to put their courts to full use. Each school chooses a club to provide courts for its “home” matches and for practices. The club is paid from league entry fees for interschool meets, and on a pay-as-you-play basis for practice sessions.

The high school racquetball “coaches” in St. Louis are usually faculty or parent volunteers with varying levels of expertise. What all of the volunteer offer is enthusiasm for their students and for a sport that can provide a lifetime of enjoyment. Whatever some of them can’t offer the players in terms of their own racquetball skills and experience, is available through the local clubs. Clinics and lessons are available through local pros and through Head, which is a new sponsor of the league this year.

The season ends with the top teams being invited to a playoff tournament weekend which draws hundreds of players from the leagues and their friends. All-Star teams are selected by a vote of the coaches at the end of the season and recognized with certificates from the league. The league receives daily newspaper coverage in reporting “box scores” as well as weekly standings, and has in the past received some attention from local television sportscasters.

The implications of widespread high school programs for the sport are tremendous. Many believe that a good junior feeder program is the key to the future of the racquetball industry and to clubs that have to put a profit to stay in business. With the league joining ranks with the AARA this year, racquetball has taken an important step (small as it may seem) forward. Similar programs established in other parts of the country would provide opportunities for interstate team competition, with the attendant publicity for the teams, the schools and the sport itself.

Marty Hogan graduated from Ladue High School before the St. Louis League was established (and was far beyond the level of play of that early league), but his alma mater is the current “national” champion. Perhaps ten or even six or five years from now, the high school team that wins the St. Louis High School League championship will have to go much farther than their hometown before they can claim a “national championship.” Even they hope so.

## Results

### 1987 St. Louis High School League Tournament

<table>
<thead>
<tr>
<th>Team</th>
<th>Girls A</th>
<th>Girls B</th>
<th>Boys A</th>
<th>Boys B</th>
</tr>
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<tbody>
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<tr>
<td>Park Central</td>
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<tr>
<td>Parkway Central</td>
<td>4</td>
<td>3</td>
<td>4</td>
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</tr>
</tbody>
</table>

### Girls A

1. Christi Deard (Nerinx Hall)
2. Jen Yokota (Hazelwood West)
3. Nikki Flowers (Eureka)

### Girls B

1. Mary Crowell (Ladue)
2. Nora Burkis (Webster Groves)
3. Mary Jo Mannion (Nerinx Hall)
4. Cons. - Lisa Whitehead (Neville)

### Girls C

1. Wendy Potts (Fort Zumwalt)
2. Julie Smith (Nerinx)
3. Donna Pantel (Fort Zumwalt)
4. Cons. - Lisa New (St. Joseph)

### Girls TEAM STANDINGS

1. Nerinx Hall
2. Fort Zumwalt
3. St. Joseph Academy
4. Parkway Central
5. Webster Groves
6. Parkway North

### Girls' TEAM STANDINGS

- **Girls' A Division**: Nerinx Hall, Ladue
- **Girls' B Division**: Ladue, St. Louis
- **Girls' C Division**: Parker Central, Parkway Central

### Boys' TEAM STANDINGS

1. Boys’ A
2. Boys’ B
3. Boys’ C

### Boys' TEAM STANDINGS

1. Boys’ A Division: Ladue, St. Louis
2. Boys’ B Division: Ladue, St. Louis
3. Boys’ C Division: Ladue, St. Louis

### Boys' TEAM STANDINGS

1. Boys’ A Division: Ladue, St. Louis
2. Boys’ B Division: Ladue, St. Louis
3. Boys’ C Division: Ladue, St. Louis

### Boys' TEAM STANDINGS

1. Boys’ A Division: Ladue, St. Louis
2. Boys’ B Division: Ladue, St. Louis
3. Boys’ C Division: Ladue, St. Louis
**What's My Ranking?**

Adopted Ranking System

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<th>Level</th>
<th>Club (in house) Tournament</th>
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**Level 6**

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<td>9th-18th</td>
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(minimum draw of 48)  (minimum draw of 48)

**Levels**

1. **National**
2. **Regional**
3. **State**
4. **Open**
5. **Regional**
6. **National**

**Points**

- **1st**: 150
- **2nd**: 100
- **3rd**: 75
- **4th**: 50
- **5th-8th**: 25

**Notes**

- **Points** are awarded based on the player's ranking.
- **Points** are cumulative and are kept current by deleting any that are over one year old.
- **Points** earned in October of 1985 will be deleted as of November 1, 1986.

**Up until 1984**

The national office attempted to handle the tournament load by itself. For the past two years, the American Racquetball Handicapping System (ARHS) in Minnesota had been the official ranking organization for the AARA. ARHS served us well but very recently they closed their doors and once again the national office will be processing these results in house. By the time you read this, the transition of records (no small task) should be complete and the rankings should be up to date.

With regard to these rankings, there will always be arguments as to their validity. Some players accumulate lots of points as their states offer a greater number of sanctioned events over a year's time. This produces an obvious quantity vs. quality debate. But one thing is for certain; just about everyone checks the rankings published in Racquetball in Review and in the Tournament Programs searching for their own name.

We are always looking for a better, but still cost effective and practical, way to rank our players nationally and we are open to your suggestions. In the meantime, if you feel your points are not correct there are probably reasonable answers as to why: misspelled names, misplaced results, unreported tournaments, etc.

If you have any questions, please call at (303) 635-5396 and we will do our best to straighten it out so that your ranking is a correct one.

**New Directions**

by Luke St. Onge, Executive Director

One of the highlights of my involvement with racquetball and the AARA took place in early January. Forty-four of the most highly dedicated leaders of our sport convened at the Olympic Training Center in Colorado Springs for three days of intensive training, planning and interaction for the future of racquetball.

Twenty-seven inches of snow fell the day they arrived. It was the largest snowfall in Colorado Springs' history, lending an atmosphere of winter wonderland to the setting. The agenda was extensive dealing with membership services, programming, rules, membership expansion, club services, manufacturers supporting services, rules and virtually every area that affects our organizations and future. Secretary General George Miller of the United States Olympic Committee opened the seminar, followed by an orientation by Dr. Maryall of the Miller Brewing Company which sponsors the Olympic Training Center.

The group was broken into four sections which met as problem solving action groups. There was plenty of time for open forum in which every aspect of the AARA and racquetball was examined.

Words fail to convey the professionalism, sincerity and excitement of the state and regional leaders. We can all be truly proud of our elected leaders. They are a rare, dedicated group and the future of the AARA is in good hands.

---

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Regional News

Region 1

1987 New England Regionals

The New England Regional Championships have been scheduled for April 10-12, 1987 at the Cambridge Racquetball Club. This year sponsors are Penn Athletic Products and Michelle Light. Winners of championship divisions will receive free entry into the AARA National Championships held Memorial Day weekend in Houston, TX.

Last year’s Regional Championships had over 600 entries and many players had to be turned away due to large entries. Players are strongly urged to mail their application prior to entry deadline. If the draw exceeds 400 players, play may begin as early as 9:00 pm on Friday.

We are pleased this year to have the first time, Michelle Light as co-sponsor. Unfortunately, because of Massachusetts’ laws regulating the sale of alcohol, we cannot give away free beer as we had in past years.

The Cambridge Racquetball Club, host of this year’s event, is an established tournament facility having hosted both state and regional tournaments in the past.

State directors in each state will also be asked to vote for candidates for the 1987-88 AARA Board of Directors. The Board of Directors will be elected at the Annual Meeting of the Board of Directors to be held Saturday, April 11, 1987.

Many of last year’s champions are expected to return and defend their titles. Each of the six New England states is expected to be well-represented in the Regionals, the premier tournament of the season.

Bay State Games

In a recent announcement, Douglas Arrol, commissioner of the Bay State Games, stated that the sport of racquetball will be included in the 1987 Bay State Games.

The inclusion in the Bay State Games is another step forward for our sport, eventually becoming an Olympic sport.

Qualification tournaments will be held in six regional sites throughout the state in June, with the top four teams in each division advancing to the finals in July.

Region 4

Florida Racquetball

Association News

Working with an entirely volunteer staff, FRA News must rely heavily upon the information network of the membership. Reporters are not assigned to cover each tournament, and the results must be submitted by the club. We will not be held responsible for any errors.

We can offer you the satisfaction of seeing your name in print, and together we can produce a newsletter that the entire state can be proud of.

To submit articles, tournament reports, ideas or suggestions, please include the name, address and telephone number of a person who can be contacted for details. Then, simply provide the titles of all articles, the date(s) on which they were submitted, and the number of pages.

We are seeking six to twelve articles per month covering topics such as tournament results, club activities, new members, and player profiles. Articles should be written in a clear, concise style and submitted in writing or electronically. For more information, contact Linda Morey, FRA News Editor, 915 North Kentucky Avenue, Winter Park, FL 32789.

Over a year ago, the FRA Board of Directors began discussing the possibility of producing a state newsletter. Perhaps more so than other states, this particular decision was one that required a great deal of research, planning and commitment by board members. Sure, we were undaunted to establish sanctioning and playing rules, but everyone supports improved quality at the tournaments they attend. We had heard our share of grumblings at various events around the state, making rules by committee and thrashing out the results for months afterward. We have now upgraded the caliber of referee services by testing people's knowledge (and patience) with clinic/examination requirements.

We have started a brand new series of clinics throughout the state, to be followed by examination of participants. These clinics and examinations will be held in conjunction with the state and regional tournaments. Details will be published in the Florida Racquetball Association Newsletter, which will be distributed to all members.

Florida Intercollegiates by Len Dashiell

Galahs! Eagles! Hurricanes! It's time once again for the Florida State Intercollegiates. The event will be held at the Orlando Tennis & Racquet Club on March 13-15.

This tournament is one of the most competitive and prestigious events in the state. Florida teams are well known for their excellence and have been successful in the past. Florida teams have won the title in each of the past five years.

Qualification tournaments will be held in six regional sites throughout the state in June, with the top four teams in each division advancing to the finals in July.

Region 15

Region 15 Singles Championships

The New England Regionals are scheduled for April 10-12, 1987 at the Cambridge Racquetball Club in Cambridge, MA.

In the 1986 New England Regionals, the event was held at the Wall Racquet Club in South Portland, ME. The tournament was a great success, with over 300 players participating.

Regional News

AARA 1987

ADULT REGIONALS

Region 1 — April 10-12

Cambridge Racquetball Club

Region 2 — March 27-29

Allentown Racquetball Club

Region 3 — April 10-12

Albany Racquetball Club

Region 4 — April 24-26

Atlanta Health & Racquet Club

Region 5 — March 26-28

Lima Fitness Center

Region 6 — April 10-12

The Department of Health and Human Services has announced regional championships in AARA sponsored events, which has become necessary to make proper work assignment of volunteers and determine if future AARA sponsored events will be held.

Eyejewels

Due to the liability factor for providing a safe environment for players competing in AARA sponsored events, it has become necessary to make proper work assignment of volunteers. AARA will consider eyejewels as an alternative to the traditional safety goggles. AARA will consider eyejewels as an alternative to the traditional safety goggles. AARA will consider eyejewels as an alternative to the traditional safety goggles. AARA will consider eyejewels as an alternative to the traditional safety goggles. AARA will consider eyejewels as an alternative to the traditional safety goggles. AARA will consider eyejewels as an alternative to the traditional safety goggles.
Candidates for AARA Board of Directors

MICHAEL ARNOLT - INDIANA

I am 42 years old and live in Indianapolis, Indiana. I hold a B.A. in Journalism from Indiana University and am a club owner and freelance writer. I am currently on the AARA Board of Directors serving as AARA National Rules Commissioner, and President of the Indiana State Racquetball Association.

The thrust of my direction on the Board is and will be: improving and maintaining services to individual members and state organizations. One area which deserves solid attention is the accuracy, timeliness, and quality of Racquetball in Review. Racquetball in Review will become a higher caliber newsletter, or you will know why. There is no forgetting the rules. I am intent on adopting or changing only those rules which make the game easier for all players - casual and tournament - to understand and play. Other areas of special interest which I will push for are: development of junior racquetball, women's programs and the inclusion of all men's and women's age groups in all tournaments. I believe strongly that our failure to make a continued effort in those territories will stop what should be a steady growth in racquetball. Most important to me when I convinced Indiana to join the AARA four years ago, was the assurance of a voice in the orderly growth of the sport. Be you a player or manufacturer, the AARA will be a forum which you can address and receive a reply. That's a promise I will keep.

P.S. Don't look for miracles unless you are willing to supply a little of the work.

IVAN BRUNER - WISCONSIN

I am married to Virginia Bruner and live in Madison, Wisconsin. I have been in the land development and building business for 31 years, building residential and commercial buildings. I have built four racquetball clubs and participated in them as partial owner and managing partner. I still have ownership in one club in Madison.

I served on the Metropolitan YMCA Board of Directors for Madison for six years, being the chairman of the Property Committee and vice president of the Board.

I served on the AARA Board for a three year period and during that time I served as commissioner for one year and vice president for one year.

For the past 11 years, I have assumed the responsibility of maintaining a list of Masters and Golden Masters players and in conjunction therewith, I have arranged dates, times and clubs to host a National Masters and Golden Masters Singles Invitational Tournament to be played in a warm climate each February, a National Masters and Golden Masters Doubles Tournament each August and a Golden Masters Singles and Doubles each April. These tournaments are very well attended. We have approximately 550 who receive invitations to the tournaments. The reports of the competition, camaraderie and fun are extremely positive.

We as a group are willing to cooperate with the AARA in any way possible that might assist all concerned. I have been asked to head this group on behalf of the AARA and I have accepted.

VAN DUBOLSKY - FLORIDA

I have spent a large part of the last twenty

(continued on page 8)

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**1987 SUMMER SCHEDULE**

**WESTERN USA**

SACRAMENTO, CA
- June 3-7
- June 10-14
- June 17-21

DENVER, CO
- June 24-28
- July 1-5

ALBUQUERQUE, NM
- July 8-12
- July 15-19

**EASTERN USA**

GRAND RAPIDS, MI
- July 22-26
- July 29-August 2

MANCHESTER, NH
- August 5-9
- August 12-16

PHILADELPHIA, PA
- August 19-23
- August 26-30

**SPECIAL OFFER**

* Enroll before June 1, 1987 and receive HEAD mid size racquet free

**INSTRUCTIONAL CAMPS**

Direct all inquiries to:

AMERICAN RACQUETBALL INSTRUCTIONAL CAMPS
P. O. Box 50581
Phoenix, Arizona 85076-0581
(602) 893-3221

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**RACQUETBALL IN REVIEW**

February/March 1987 - AARA in any way possible that might assist all concerned. I have been asked to head this group on behalf of the AARA and I have accepted.
CANDIDATES (continued from page 7)

years of my life involved in racquetball. I joined the AARA in 1973 and since that time I have stayed active within the association at all levels. I acquired the Florida State Director’s job in 1979 at a time when no one else wanted the position. We now have one of the strongest and most active state associations in the country. In November of 1982 I received a special nomination to the National Board of Directors. I was especially proud to be voted into a permanent position in the National organization during the 1983 general membership election. I served as the National Commissioner until this past year when I was elected to the office of President of your Association. The Presidential appointment is for the length of two years but my Board appointment is up this year. I am seeking re-election to the Board because I feel there is much to accomplish and I would like the opportunity to serve out a complete term of the office as President. I truly believe in the philosophy, ideals and objectives of the AARA and I would like nothing better than to continue to serve all association members. Thank you for your support!

JOHN FOUST - COLORADO

Having been involved with racquetball in Colorado now for almost 13 years, starting in 1974, I believe I have shown more than just a flash in the pan commitment to the development of racquetball. During this time I have seen numerous changes evolve not only on a state level but a national level as well. Through it all, I’ve tried to remain consistent and work toward a steady growth of racquetball for those who count — the players.

During this period, I’ve held various positions with the Colorado Racquetball Association starting as a board member and eventually serving as President in 1981-82. Since that time, I have continued to support the CRA/AARA as a board member and editor of our state association newsletter. I just recently resigned from the state board to devote more time to my position as Regional Director (Colorado, Arizona, Utah and New Mexico) and allow the opportunity for new leadership to step forward. I will continue to work with the CRA board when needed. On a national level, I have served as racquetball coordinator for the National Explorers Olympics.

As a prospective national board member, I believe my biggest contribution may be as a person whose views have remained consistent through the years and who has made an honest commitment to seeing the development of racquetball continue to grow. Should this growth arise through referee certification, our new teaching program, high school program or development of creative programming for clubs, I will be there to do what I can.

I would appreciate your support this spring.

JIM HISER - MICHIGAN

I am 39 years old and live in Flint, Michigan. I hold a Ph.D. from Michigan State and am head of the Men’s Pro Tour. I am currently on the AARA Board of Directors serving as AARA Vice President. I was the tournament director for the 1985 U.S. National Championships.

As a member of the Board of Directors for the last three years I have attempted to contribute to the development of various grass roots programs, with a vision of improved junior and recreational player participation.

My reward of contributing to the growth and establishment of the AARA speaks for itself. The first three years have provided an avenue for the implementation of numerous programs, but unfortunately, one only begins to learn the system and initiate new ideas when suddenly the term expires.

Hopefully, I will have the opportunity to continue my efforts for the next three years.

OTTO DIETRICH - COLORADO

I played racquetball since 1973 and have been an active member of the AARA (and its predecessor - the IRA) since 1975. I moved to Korea in the summer of 1975 and in the following year organized and directed the Korea Racquetball Association until 1980.

Upon returning to United States in 1980, I became active in the Georgia State Racquetball Association, serving as a director since 1983. Although I have been very active at the organizational level, I am best known for my involvement in the area of rules and refereeing.

Appointed to the National Rules Committee in 1982, I was instrumental in refining the AARA Rulebook and the National Referee Certification Exam. I also serve as the Director for the National Referee Certification Exam. I also serve as the Rules and Referee Commissioner for Region IV which includes Florida, Georgia, North Carolina and South Carolina.

My real expertise (and true love) is refereeing matches — especially the difficult ones. At last year’s U.S. National Singles Championships, I refereed 37 matches. I have refereed numerous finals matches at the national level during the past four years, including the AARA Nationals as well as both men and women professional tournaments including the DP Nationals.

Often mistakenly thought to be on the AARA Board of Directors, I hope to make that honor a reality this year.

OFFICIAL AARA BALLOT

Listed below is the slate of candidates. The slate consists of six (6) candidates of whom only three (3) may be selected. The ballot should be filled out by checking three (3) selections only and then clipping and mailing the ballot to: AARA, 815 North Weber, Suite 203, Colorado Springs, CO 80903. Note: All ballots must be received by midnight, May 8, 1987 in order to be eligible. Those selected will serve a three (3) year term commencing in May.

☐ MICHAEL ARNOLD  ☐ JOHN FOUST  ☐ OTTO DIETRICH
☐ IVAN BRUNER  ☐ JIM HISER  ☐ VAN DUBOLSKY

Signature ____________________________

Affix mailing label here to validate the ballot:

Ballot must be received in the AARA office no later than May 8, 1987.

Schedule of Events

April 5-7
Harvey Championships
Lyman Athletic Club
2660 Volunteer Drive
Colorado Springs, CO 80918
Bernie Nunnery (303) 586-4069

April 5-6
Rhino Racquetball Association
State Singles
Dan Grisko (619) 365-9065

April 5-7
Cardiac Classic
Regency Court
2404 Wooton Boulevard
Wilson, NC 27893
Mike D'Alberto (919) 279-7675

April 5-7
Delaware Clinical Doubles
Lynne Court
1905 Meredith Boulevard
Wilmington, DE 19808
Cliff Dilley (512) 344-8596

April 5-6
State Singles
Tuk Peterson
2000 Garden Road
National Juniors
Diane Naugle (815) 469-9065

April 7
Coliseum Racquet Club
3328 West Genesee Street
Highland, IN 46322
Monroe, MI 48181

April 10-12
Adult Regional 3 Championships
Racquetball & Fitness Club of San Antonio
San Antonio, TX 78225
Bob Parker (210) 742-4599

April 12-14
City Singles
Rufus Patrick
3385 North Main Street
Salt Lake City, UT 84108
Roy White (206) 362-3679

April 14-17
Golden Masters Singles & Doubles
Invitational Falcon Complex
2495 Lake Court
Belmont, CA 96018
Tom Rode (408) 963-6434

April 17-20
Catching Nepture Classic
Chase & Racquetclub
Sarasota, FL 33577
Judi Schmidt

April 20-26
V.M.C.A.
271E West 300 S
Salt Lake City, UT 84101
Ruth McGovern (801) 533-9622

April 23-29
Adult Regional 1 Championships
Paci West
3277 South Puget Sound
Tacoma, WA 98440
Sid Williams (206) 473-2266

April 23-30
Indiana State Singles Jr. & Adult Court Club
Indianapolis, IN 46203
Bert Nelson/Mike Ambo (317) 776-0222

April 23-28
Ohio State Singles
Salem/Westerville
Columbus, OH
Jim Horsford (614) 875-8899

April 24-26
Signature Classic #5
4 North Dubois Avenue
Elgin, IL 60120
Dave Negrete (312) 382-4656

May 3-9
Tri City
551 East State Street
American Fork, UT 84003
Ron Peck (801) 296-5224

May 7-9
Adult Regional 14 Championships
Garden Racquetball & Athletic Club
2000 Garden Road
Monterey, CA 93940
Jim Horsford

May 10-14
Invitational
Denver Sporting Club
5151 E. Colfax Avenue
Englewood, CO 80113
Don Keese (303) 779-0700

May 10-13
State Doubles Championship
Three Days in April
Blue Point, NY 11715
Pioneer Days
May 15-17
Tri-City Racquet Club
4304 North Foothill Drive
Salt Lake City, UT 84108

May 16-17
Signature Finals
4 North Dubois Avenue
Elgin, IL 60120
Dave Negrete (312) 982-4060

May 17-21
Junior Regional 7 Championships
Racquetball & Health Clubs of Houston
5800 Point West Drive
Houston, TX 77026

May 22-26
Columbus State University
1981 West 10th Street
Columbus, OH 43210

May 23-27
Golden Masters Singles & Doubles
Invitational Falcon Complex
2495 Lake Court
Belmont, CA 96018
Tom Rode (408) 963-6434

May 27-29
King Neptune Classic
Chase & Racquetclub
Sarasota, FL 33577
Judi Schmidt

May 28-30
V.M.C.A.
271E West 300 E
Salt Lake City, UT 84101
Ruth McGovern (801) 533-9622

June 10-12
Adult Regional 15 Doubles
Paci West
5227 South Puget Sound
Tacoma, WA 98440
Sid Williams (206) 473-0226

June 10-24
National Juniors
Columbus, OH

June 26-28
White River Park State Games
4 Sites TBA
White River, IN
Mike Ambo (517) 776-0222

July 10-12
White River Park State Games
Finals - Governance
1275 West 66th Street
Indianapolis, IN 46206
Mike Ambo (517) 776-0222

July 14-17
Steel Days
Tri-City
551 East State Street
American Fork, UT 84003
Ron Peck (801) 533-9622

July 17-21
Tri-City
551 East State Street
American Fork, UT 84003
Ron Peck (801) 533-9622

August 10-12
Florida State Doubles Championship
Sarasota Bath & Racquet Club
2170 Rosecrans
Sarasota, FL 35377

August 10-13
Masters & Golden Masters
Invitational Doubles
Greenbriar, NJ 08171
Pete Talbot (201) 287-4441

August 10-13
Masters & Golden Masters
Invitational Doubles
Greenbriar, NJ 08171
Pete Talbot (201) 287-4441

September 17-20
Adult Regional 15 Doubles
Paci West
5227 South Puget Sound
Tacoma, WA 98440
Sid Williams (206) 473-2266

September 17-19
Pan American Games Tourney
Point AC
Colorado Springs, CO 80904

September 24-26
North American 40+ Tournament
Albuquerque, NM

October 2-4
Tournament
Point AC
Colorado Springs, CO 80904

October 2-4
Holiday Open
Paci West
5227 South Puget Sound
Tacoma, WA 98440
Sid Williams (206) 473-2266

October 25-24
National Doubles
Arizona Athletic Club
Tempe, AZ
## Rankings

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*Note: This list continues with subsequent ranks and categories.*

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### 1987 AARA Regional Schedule

(continued from page 5)

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<th>Region</th>
<th>Date</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Region 2</td>
<td>February 27- March 1</td>
<td>Omaha Racquetball &amp; Health Club, 4711 S 88th Street, Omaha, NE N2101</td>
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<tr>
<td>Region 3</td>
<td>February 28</td>
<td>88th Street Racquetball, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<td>Region 4</td>
<td>March 6-8</td>
<td>Greensboro, NC 27405</td>
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<td>Region 5</td>
<td>March 24-26</td>
<td>1295 West Ridge Road, Indianapolis, IN 46260</td>
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<td>Region 6</td>
<td>April 1-24</td>
<td>Kings Crossing, 701 Winding Road, Edinburg, TX 78539</td>
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<td>Region 7</td>
<td>April 24-25</td>
<td>4500 Tangerine Circle, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<td>Region 8</td>
<td>April 1-3</td>
<td>325 S 4th Street, 88th Street Racquetball, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<td>Region 9</td>
<td>April 7-9</td>
<td>3654 S 88th Street, Indianapolk, IN 46260</td>
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<td>Region 10</td>
<td>April 7</td>
<td>4500 Tangerine Circle, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<td>Region 11</td>
<td>April 1-3</td>
<td>325 S 4th Street, 88th Street Racquetball, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<tr>
<td>Region 12</td>
<td>April 1-3</td>
<td>325 S 4th Street, 88th Street Racquetball, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<tr>
<td>Region 13</td>
<td>April 1-3</td>
<td>325 S 4th Street, 88th Street Racquetball, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<td>Region 14</td>
<td>April 1-3</td>
<td>325 S 4th Street, 88th Street Racquetball, 3654 S 88th Street, Indianapolk, IN 46260</td>
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<td>Region 15</td>
<td>April 1-3</td>
<td>325 S 4th Street, 88th Street Racquetball, 3654 S 88th Street, Indianapolk, IN 46260</td>
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*For complete list, please refer to the original document.*
Your Overall Goal: Power With Control
by Steve Strandemo

Your ability to hit with power is crucial in today's game — and can help move you many pegs up the ladder — but aimless, uncontrolled power will get you in as much trouble as the good that it brings and will sabotage your efforts to develop a sound game. Conversely, you can't expect to win big matches with a totally defensive game, where you simply keep the ball in play by hitting ceiling balls, passing shots, and lob serves while waiting for your opponent to make all the errors.

Ideally, the goal to strive for is what we might call "controlled maximum velocity", where you blend power and control in your strokes, your shot selection, and your overall approach to the game. The realists in good racquetball are learning that to become complete players who can adjust to every type of opponent, they must develop confidence in their ability to play with both power and control.

The great virtue of controllable power is that it enables you to play tough against any type of player. When you can pound the ball accurately, low enough to keep it from coming off the back wall as a setup, you generate more mistakes by your opponent (such as left-up shots and balls that carom unintended off a side wall) because you cut down on his reaction time and put him on the defensive — either jamming him or forcing him to move quickly and to hit while on the move or stretched out. This lowers his scoring efficiency while increasing your offensive opportunities.

For example, power with control will nearly always beat the adept player. Power is without question the key to your game and getting setups from your opponent, you'll bully him. But when you're out of the groove and wild, your opponent doesn't have to be awed or intimidated by your power — he must simply hang in there until you skip the ball or wait for his chance to kill your shots in center-court, off a side wall, or off the back wall.

The AARA Olympic Elite Training Camp

The AARA Olympic Elite Training Center in Marquette, MI from July 19-August 8. The different levels of student participation and designated weeks of attendance are:

- Open week — July 19-25
- Age week — August 2
- Junior week — July 26-August 1
- Age week — August 2-8

Each week approximately six instructors are required to instruct forty or more students. Students must qualify by playing and reaching the semifinals in any championship division at any of the 15 regional competitions. Instructors are selected by a combination of resume review, personal recommendations, and previous experience. Various levels of instruction are available from Touring Pro (professional players interested in instruction) to apprentice instructor (club pros and teachers interested in learning new techniques as well as assisting in instruction).

Anyone interested in participating as an instructor in this year's camp should send their resume with appropriate cover letter to:

Jim Hiser
AARA Elite Camp
G-2140 Fairway Drive
Davison, MI 48423
phone: 313-653-5999.

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