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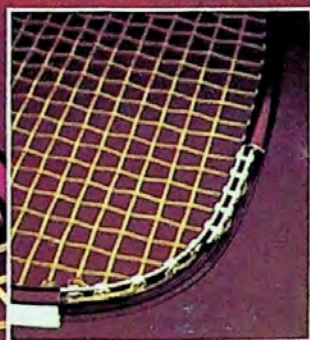
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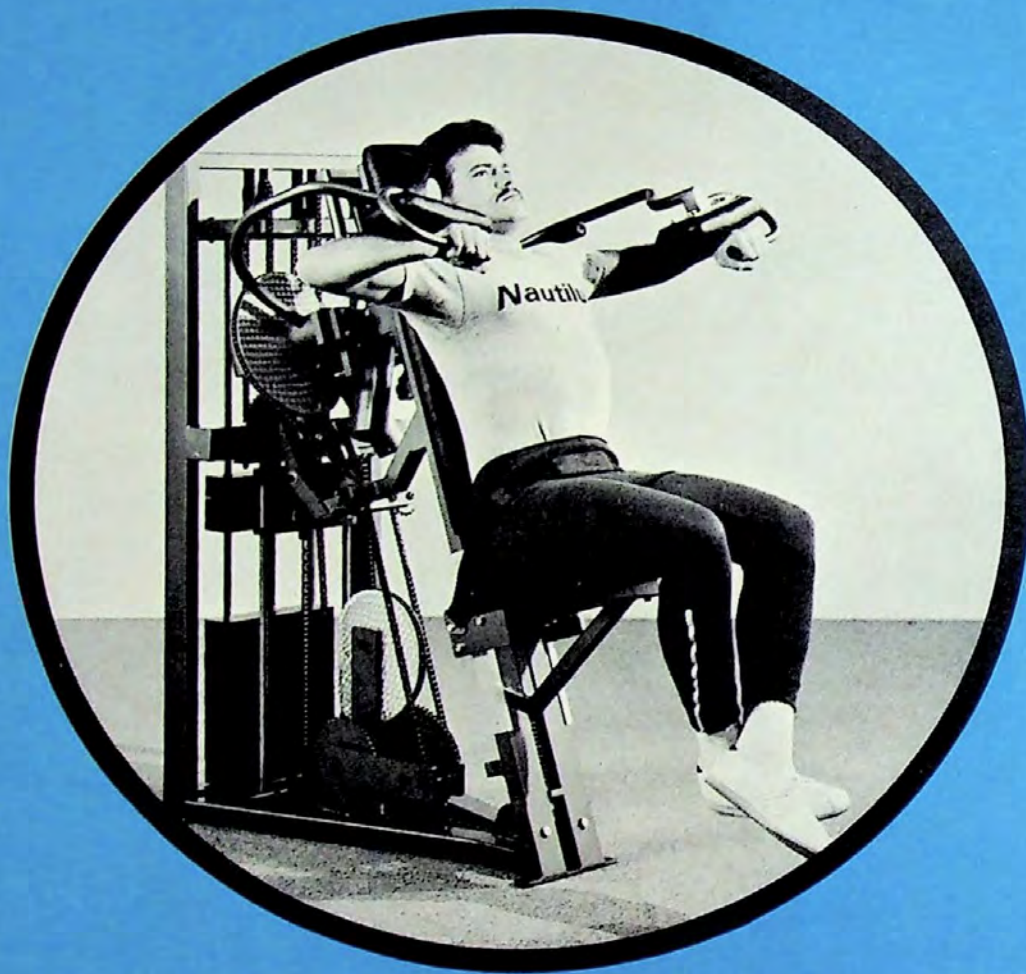
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Editor's Letter

JUNE 1978

It's customary to place this sort of letter to the reader at the very beginning of a new publication. It's supposed to acquaint the purchaser with the facts concerning the piece they are about to read.

However, I have the feeling that most of you who have purchased this magazine already know why you picked it out from all the others on the newsstand. First of all, you have an interest in racquetball. You may be a better-than-average player and want to improve your game. You have scanned through the pages and may have noticed that in addition to some very fine articles on the how-to-do-it aspect of racquetball there are some other features which make it much more than a throwaway piece. . .

We will bring the latest tournament news and up-to-date information regarding products and facilities along with the very best instructional information we can find, written by the best and most qualified players around. If you look through the line-up of writers and featured persons you'll notice many familiar names and faces. They didn't get here by accident. The editorial preparation was well thought out and planned. Publication is to be on a basis which allows complete preparation in each issue. We won't use 'filler' material merely to make up the requisite number of pages.

If there is information you believe other readers should be aware of, please let us know about it. We will make every effort to put between our covers what you, the reader, want to see in print. Our correspondents around the country manage to keep us pretty well informed . . . but, they too are human . . . it may be that something will slip past them. So, if you let us know, we'll have a sure fire system. You may also wish to share some tips about technique and playing special situations . . . let us pass these things along to others. We're counting on you, and promise to acknowledge every piece of mail which comes in.

We're glad you're part of our family of readers. We're hopeful that you will think of this as your platform to better playing and more enjoyment of the sport. If you have the same desires for the future of the game that we do, let us know about it. Cards, letters, even subscription forms . . . we like them all.

So, we are all together, looking forward into this new adventure; looking into a world of racquetball where we find so much fulfillment and enjoyment. There are some great tournaments coming up and if you're lucky enough to attend these in person you will be able to compare your notes to those of our experts and writers who report on them. If you can't make the meets, then you can go along with RBI and have a ringside seat for each and every match. They'll all be in here.

The personality pieces may present a side of the pros which you haven't had a chance to see for yourself. We'll try to skin them down as gently as possible and still find the truth. Our object is never to inflict pain, but rather to bring out what really lies below the outer surface of each subject. Somewhere in there are some fascinating personalities. We'll find them.

We know it's a good magazine and bound to get better. We hope you share our enthusiasm and will stick around.

Bob Shultz



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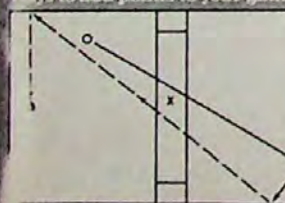


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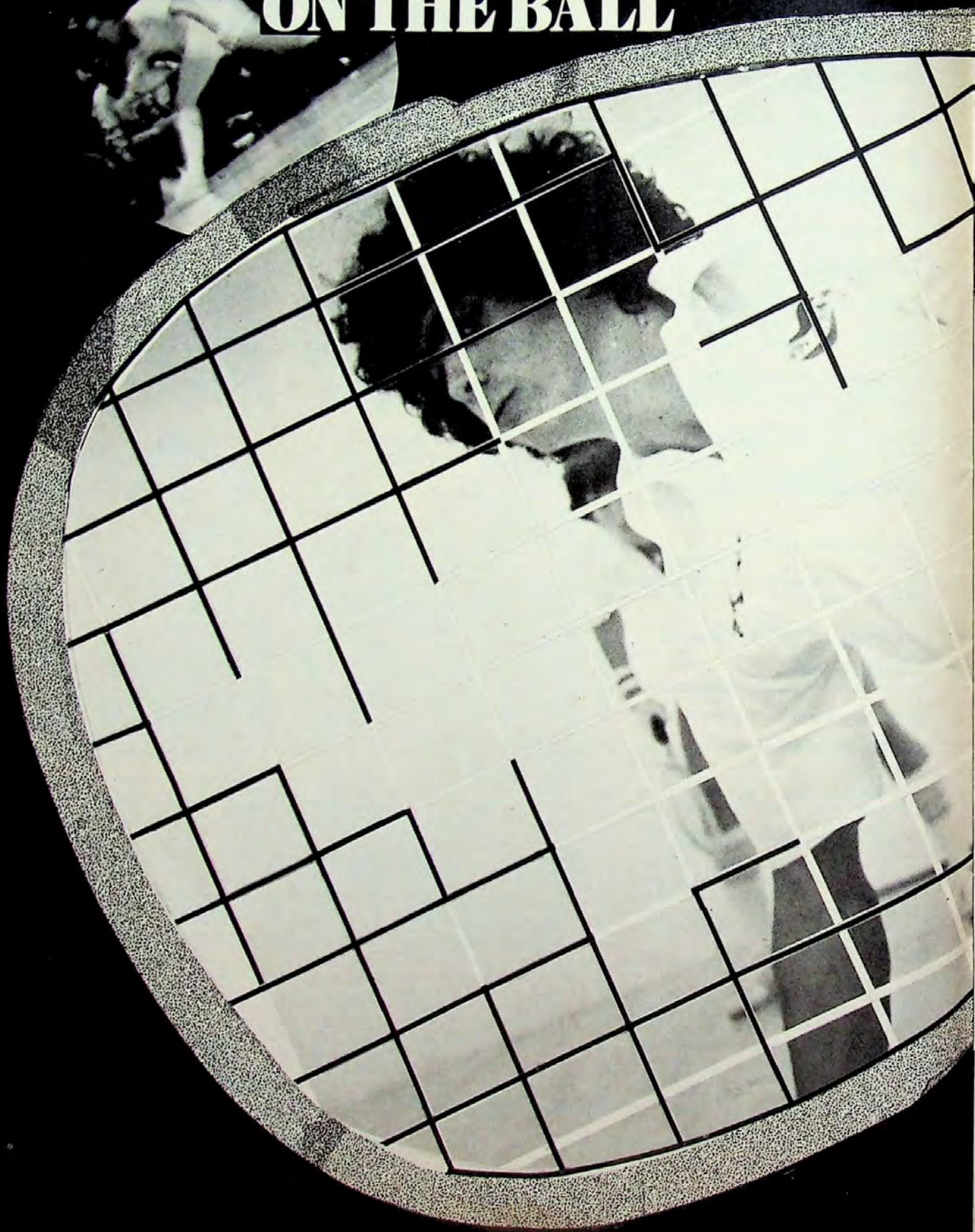


Konica



Who's Who is an on-going feature presenting top amateur and professional players from around the country. Watch for your favorites . . . They'll all be here.

ON THE BALL





WHO'S WHO IN RACQUETBALL

Termed as "the fastest growing sport in the country," racquetball is that and more — much, much more. It's almost a cosmic kaleidoscope of movement unreeling at unbelievable speeds. It's a gut-wrenching, muscle-straining, sweat-producing game awesome in its competitiveness. It's a monument to the far limits and speeds to which the human body can be pushed.

Some sport.

Unlike other games, racquetball demands the concentration of a Bobby Fischer 18 moves into a championship match, the cunning of a Muhammad Ali shuffling an opponent into the ropes, the grace of an O.J. Simpson breaking tacklers during a broken field run, the power of a Reggie Jackson at the bottom

of the ninth with two men on and three runs behind and the endurance of a marathon runner.

Like other competitive games where idols are soon erected, racquetball — although a relatively new addition to the wonderful world of sports — already boasts of a crop of athletes that, pound for pound, could easily hold their own when matched with the superstars of other sports.

Racquetball's champions are scattered throughout the land. But their names are as familiar to the sports' devotees as other athletic luminaries are to their respective fields.

Meet some of them:



Jennifer Harding

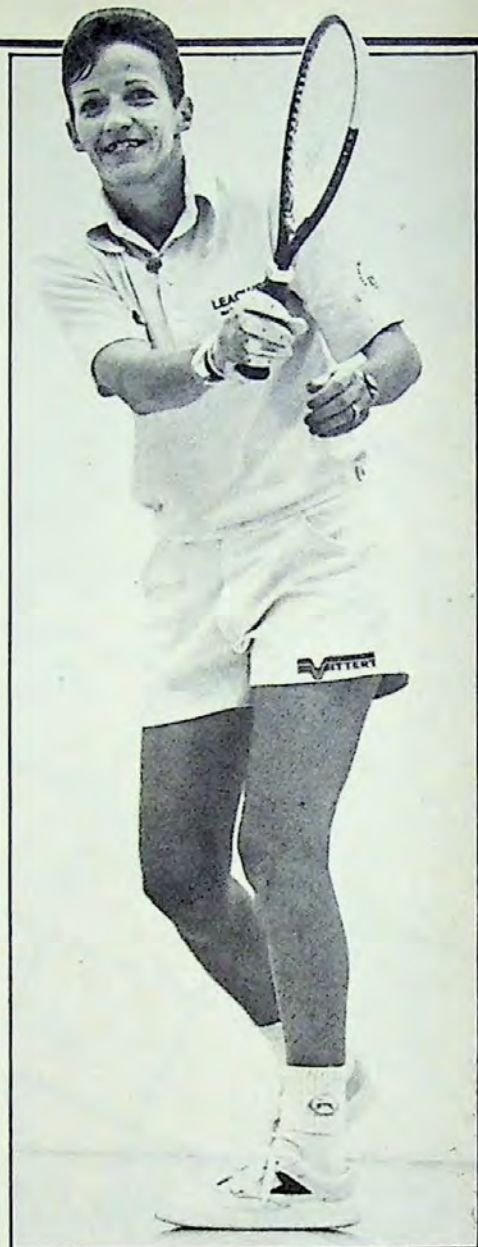
Unlike some other sports, racquetball has its share of comely ladies.

A prime example of this is JENNIFER HARDING, a 26-year-old registered dental hygienist and licensed income tax specialist before immersing herself in racquetball in 1975.

A native of Portland, Oregon, Ms. Harding is constantly competing on the pro circuit when she is not serving as full-time manager of the Milwaukie, Oregon Racquet Club.

Ms. Harding captured the limelight — literally — when she won her first professional tournament by defeating Janell Marriott in the finals of the Los Angeles Pro-Am — the first racquetball tournament ever to be televised nationally.

Her style is characterized by strong serves and good power. She has excellent speed and plays with great zest.



Peggy Steding

A native of Shreveport, Louisiana, PEGGY STEDING currently lives in Odessa, Texas. She is affectionately called the "Billie Jean King of Racquetball."

That is partly due to the fact that, at the age of 42, Ms. Steding gives away some 17 to 20 years to every competitor she faces.

A natural sportswoman, Ms. Steding took up racquetball at 35 after a brilliant career in basketball, tennis, bowling and softball. Her bowling average was 168. Her basketball team was undefeated during her second year as player/coach. In softball, she pitched 18 straight wins one season.

So far this season, Ms. Steding has won three out of four tournaments in Milwaukee, New York and Marietta, Georgia.

Since 1973, when she first started the tour, she has won 14 national titles.



Bill Schmidtke

If Hogan is the Jimmy Connors of racquetball, then BILL SCHMIDTKE is definitely the equivalent of Pancho Gonzalez.

At 36 Schmidtke has earned the nickname of "Racquetball's Grand Old Man." Those who have seen him at his best concur that his grandeur stretches beyond the limits of age and permeates his flawless court moves.

Despite the fact that he is a handful of years older than the next youngest player on the racquetball circuit, Schmidtke's trademarks in competition are fierceness and temerity. He is considered to be a threat in any tournament he enters. This two-time national champion has proven — time and time again — that his specialty is unbelievable plays when, especially when, the chips are falling.

He last won a national crown (1974's IRA Championships) in San Diego.

Schmidtke currently owns and operates his own complex of courts in Apple Valley, Minnesota, not far from his home town of Wayzata, in the Land of 10,000 Lakes.

A special, highly-precisioned racquet the "Bill Schmidtke XL is the longest racquet in Ektelon's line. It's a full three-quarters inch longer than other models and many pros consider its durability and strength to be a tribute to Schmidtke himself.

Mike Yellen

Rated at eleventh in the rankings, MIKE YELLEN is the youngest player on the professional tour. His top finish was at the Los Angeles Pro-Am where he qualified into the quarter finals.

A former Michigan State Amateur champion, Yellen was also a semi-finalist in both the IRA and NRC National Opens last year before joining the tour late in 1977.

Yellen is known strictly as a control player and the key to his game is his uncanny consistency.





Jerry Hilecher

Listing racquetball's most visible players, JERRY HILECHER has got to be among the top. He is a legend in the courts with his power and his sometimes unbeatable serves. Those factors, plus his thunderous kill shot, combine to make Hilecher one of the brightest stars in the circuit. He is currently ranked fourth in the professional tour.

He won his first major tournament last fall in the Sacramento Open by convincingly defeating some of the top names in the game.

He is also a former IRA National Singles Champion (1976).

Sarah Green

At 21, with a number 4 rating, it's not hard to see why the future appears very bright for SARAH GREEN.

A student at Memphis State University, in her hometown Memphis Tennessee. She is winner of the 1976 IRA and NRC National Open Championship. Sarah has also won the southern regional championship for the past three years.

Watching Sarah play racquetball is like watching a skilled surgeon ... the emphasis is on control. She likes to serve Z's to the backhand as well as soft drives. Sarah will shoot her forehand, but plays defense with the backhand and is an excellent retriever.

Sarah's rookie year on the professional tour was excellent. This year was even better. The future ... may bring Sarah Green superstar status.



Marty Hogan

Twelve years ago in the Jewish Community Center of St. Louis, eight-year old MARTY HOGAN picked up a racquet for the first time and immersed himself into the game with the awesome ease and natural talents of a young Jimmy Connors.

And Hogan has become the Connors of racquetball. The road to fame, for Hogan, was not well-paved, however.

He stopped playing racquetball for a few years and only took up the sport four years ago.

Once he started playing seriously, Hogan showed great verve in the game. He flashed through various tournaments displaying great form in hard-fought matches with fellow St. Louisians Steve Serot, Jerry Hilecher and Ken Wong.

After breezing through the local opposition, Hogan took to the national tournament scene. In 1974, at the Milwaukee Pro-Am, he lost the amateur singles bracket to Green Bay's seasoned veteran Galen Johnson. But the loss did not deter Hogan. A month later he was a quarter finalist at the Chicago Pro-Am Amateur Division and his prospects brightened.

After an arduous, working summer, he entered the professional tour, displaying brilliant promise until his progress was halted — or somewhat slowed — during a controversial loss to Vic Niederhoff in the 32nd round of the National Championships in Las Vegas.

Labeled by some as a "flash-in-the-pan," Hogan showed uncanny form through a summer of hard training. He easily beat Steve Keeley, but then he faced defeat during a hard-fought set of three games with Charlie Brumfield. Hogan thus placed in the first pro stop of the year. All those factors combined to make him the man to watch at the time.

Although his relatively short career has been scarred by controversy, his matches have been called everything from "a three-ring circus gone berserk" to "detrimental to the game." Hogan has not been deterred. Unlike his braggadocio, however, his game leaves little open to criticism. He is indeed the Jimmy Connors of racquetball.

Recently, like Connors, his conduct as well as his game have undergone signifi-

cant improvements. Gone are the pseudo-Connors and ersatz-Nastase attempts of "psyching out" his opponents.

What's left is a talented player who is the second leading money winner of the 1975-76 NRC Pro-Am tour sponsored by

Leach Industries and Seamco. In 1976, during the New England Pro-Am, Hogan awed his fans by beating Steve Serot, Steve Keeley and Charlie Brumfield.





Rich Wagner

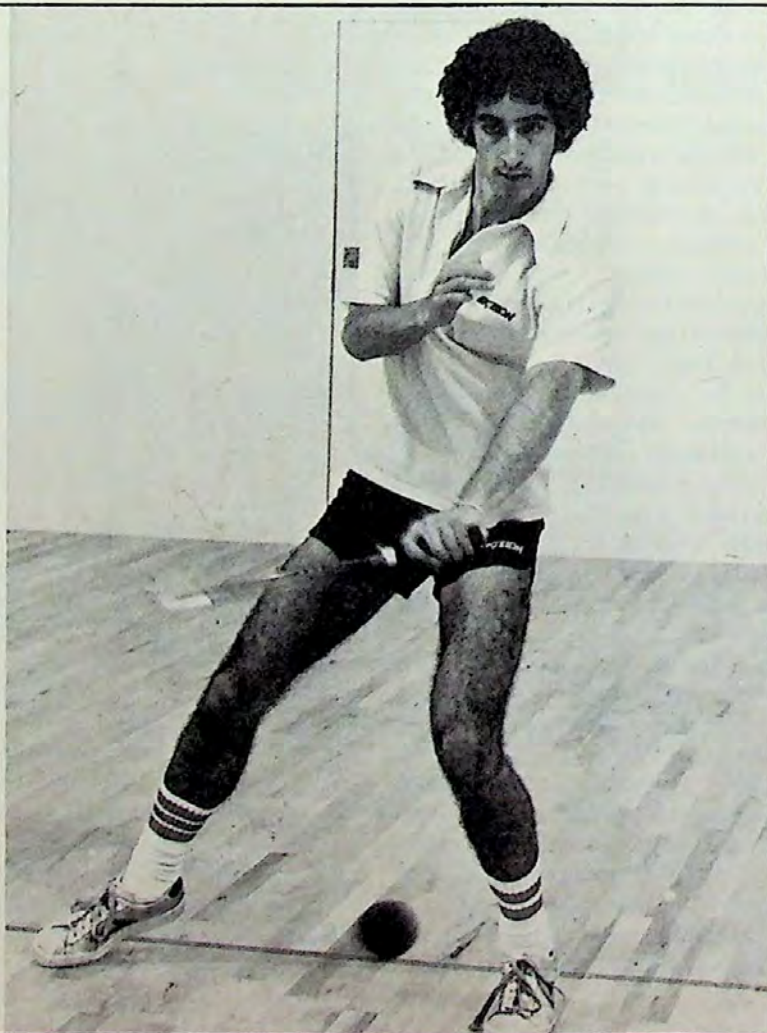
Born in Patterson, New Jersey, RICH WAGNER has emerged in a relatively short time into one of the most promising contenders in the sport. During the 1975-76 Pro-Am Tour, he consistently made the quarter-finals or better. Later, he defeated an impressive Bill Schmidtke to win the Buffalo Pro-Am tournament.

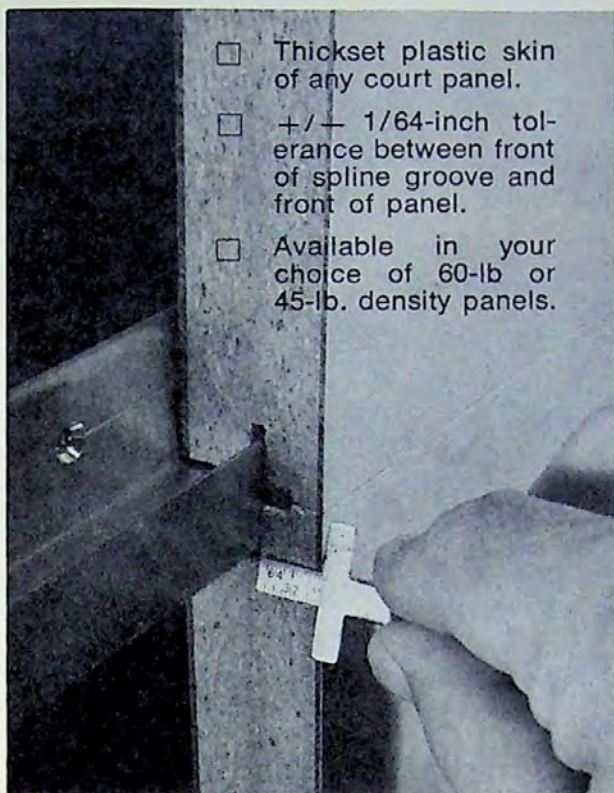
Although he has yet to prove his consistency, Wagner has defeated some of the top names in the game and is given excellent chances to be a future champion.

Jerry Zuckerman

In his first year on the professional tour, JERRY ZUCKERMAN has already made an impact, moving into a tie for the #14 spot. A native of St. Louis, Missouri, Zuckerman was the International Racquetball Association and National Racquetball Club National Open champion for 1977, which made him the top amateur racquetball player in the world.

A left with good powerful strokes, he has shown a consistent ability to beat the games' best players in his first year on the tour and a good bet to win his first professional tournament in the not too distant future.





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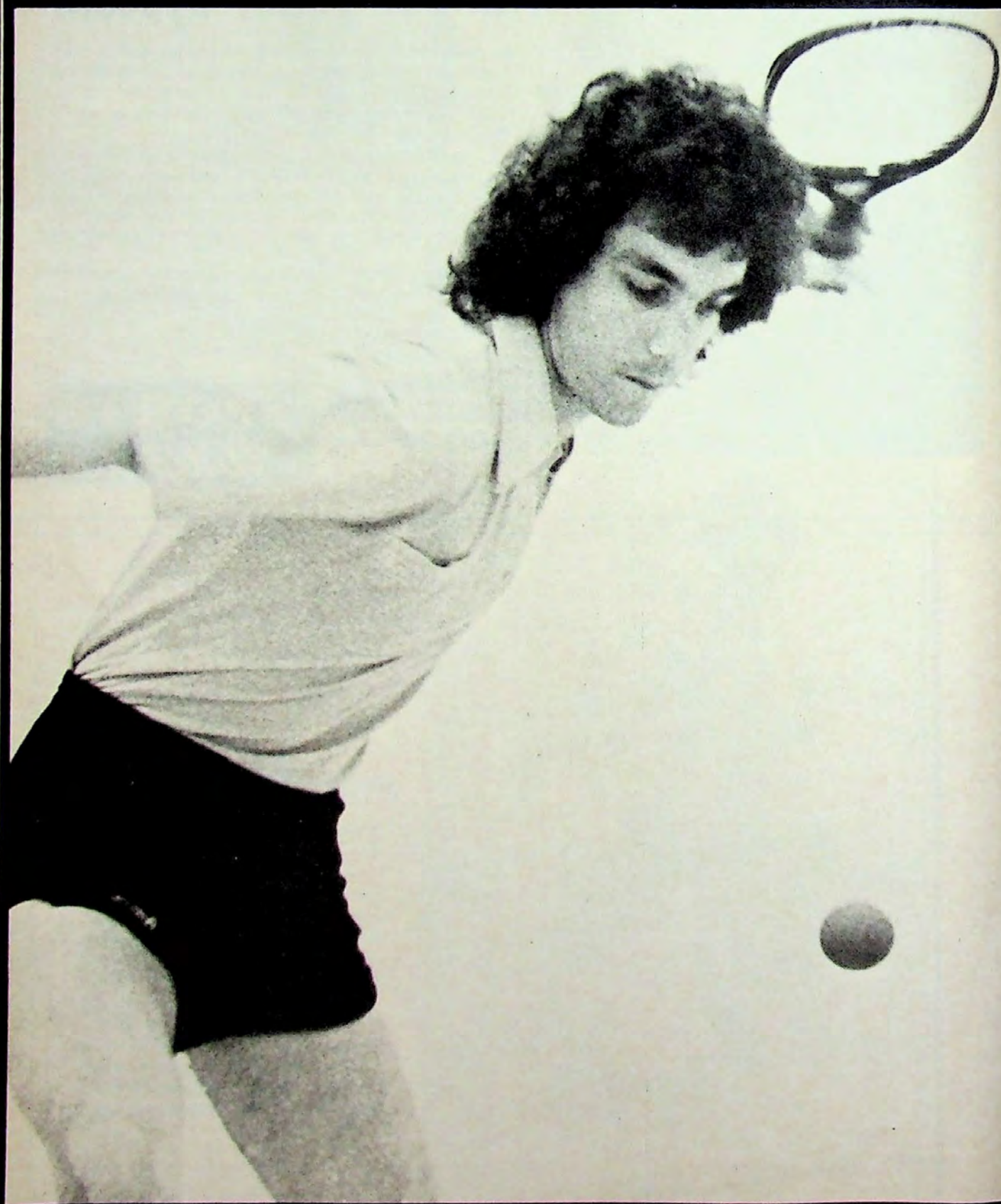
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Racquetwhat?

Folks who invested in racquetball-related enterprises a few years ago have come to look like so many Cheshire cats. All you can see is their smiles.

Whether craze or new cultural institution, the racquetball boom has turned out to be a very profitable one for club owners, ball makers, racquet producers and even clothing manufacturers. The sport seems to have an undeniable appeal.

Figures handed out by the National Racquetball Association are encouraging enough to attract many an investor. In 1970, according to the N.R.A., there were 50,000 racquetball players. In 1977, there were five and one half million. In 1970, there were no commercial racquetball clubs. In 1973, there were 15. In 1977, there were 750. In 1970, 228,000 balls were manufactured. In 1977, companies produced 14 million.

But, the clinchers are the words of the early investors.

—Charlie Drake, president of Leach Industries, the biggest manufacturer of racquetball racquets: "Our sales have doubled every year since 1975. We grew 110 per cent in 1977 over 1976. And our projected growth for this year is not 110 per cent, but we are looking at about 50 per cent growth."

—Al Mackie, president of Seamco, the largest manufacturer of racquetball balls: "The market is explosive, really explosive. When we started racquetball was something less than one per cent of our business. You'd have to take the one and put zeroes in front of it. Racquetball is now approximately 20 per cent of our business. Once you watch somebody play the sport, you get excited about it."

—Howard Greller, vice president of Catalina Sportswear which is putting out a new line of exclusively racquetball sport-clothes: "We already had an extensive line of golf, tennis and swim wear. We were wondering: What's the next step? We decided the hottest new sport is racquetball."

What's the reason?

Actor and investment counselor Wayne Rogers, a part-owner of three racquetball court clubs, offered the following explanation: "The learning curve is very short. Anyone can play this sport in a very short period of time. It is, therefore, a sport that can be played by women vs. men or children vs. parents. It's a quick exercise game. It's a simple game. There's nothing complicated about it, physically or mentally. Excitement and enjoyment take place at a lower level of skill."

Other games, said Rogers, provide some but not all of these factors. "Ping Pong has everything but the exercise. Tennis has a longer learning period. Stickball, squash and handball all require more skill. Racquetball is very close to the ancient custom of hitting a ball against a wall."

All these things have appeal in a health-conscious, exercise-conscious society. The net on racquetball seems to be that it is a quick, fascinating way to get a lot of exercise fast. Different people who take up the game seem to be drawn to each of those factors to different degrees.

The leading money winner on the fledgling pro tour, Marty Hogan, summed up his sport's attraction. Said Hogan: "We live in a fast-moving society and this is a fast-moving game."

The sport has yielded financial dividends to all sorts of concerns. Even though on the face of it, racquetball should require no more than a wall (free in many areas), a ball, a racquet and a partner, fans of the sport are buying a lot more than that as their love for the sport grows.

Balls and racquets have enjoyed good sales, but a more interesting area is the growth of related industries — particularly the court club.

The natural socialability of the sport has led quite naturally to people getting together and playing it. And the fact that men and women can compete against each other has further raised the social quo-

tient. Some racquetball clubs are more like singles bars than sweaty-smelling YMCA locker rooms and almost all manage to make getting exercise down right pleasant.

Pro shops offer the latest in T-shirts and togs. Health food bars or bar bars do a good pre- and post-game business.

"It's a social thing," said one court club owner. "People want to look and feel good. Racquetball is just part of what is going on. There's a trend in America for a person to be healthy."

"And this is a place where people can meet each other without a lot of pressure. You can get to know a person awful well on a racquetball court."

"At first I thought it was a fad," said Leach Industries' Drake. "But then I saw that the demographics were almost identical to tennis and racquetball is an easier game to play. People are looking for leisure time activities that are compatible with the life we lead."

Most manufacturers and investors seem to feel confident that their bet will continue to be as lucky as it has been for the past few years.

"Racquetball is a sport like tennis — only with a bigger market. It's easier to learn. It can be played in a smaller area. Courts are easy to get. It can be played year-round."

"Learning tennis can be frustrating for some people. Learning racquetball is fun for everyone. And, because of the confining aspect of the court, a big guy doesn't necessarily have an advantage over a little guy, a young guy doesn't necessarily have an advantage over an old guy and a male doesn't necessarily have an advantage over a female. Another advantage: it can be played by two, three or four people. I think it's just about a perfect game to give people what they want and need today."

Almost needless to add, he has plans to invest further in racquetball.

by
Elizabeth Wheeler



HOW TO PLAY YOUR BEST ALL THE TIME

by Steve Strandemo



What goes through Strandemo's head as he actually plays a tournament match, and what can the competitive club and amateur player learn from his experience? For example, how does Strandemo cope with the fluctuating momentum in a typical match? What is his mental approach when he's ahead — and when he's behind? How does he keep himself concentrating late in a tough match when his body is protesting? How does he use time outs to best advantage? In the following article, written especially for Racquetball Illustrated, Strandemo talks about these and other aspects of good, tough racquetball play.

Racquetball competition is becoming so intense, in every round of a tournament, that you've got to get yourself mentally prepared — and relaxed — at least 30 minutes to an hour before your match. I make sure I get away from all the hubbub around the tournament court by taking a walk or finding an empty court where I can stretch and hear myself think. I want to be ready to play hard on the very first point, because this is a game of momentum, and just a slight edge at the beginning can help give you a quick four or five point lead.

You can't be thinking, "Well, ho hum I'll go in here and when

the situation really dictates, I can psyche up and turn it on." There are very few players who can do that successfully. In fact, Marty Hogan might be the only pro who can afford to joke around for a few points and then suddenly turn it on. And he can do this only because he has the power and the ability to shoot from any angle, from any distance, and virtually from any height — from shoulder to floor — and hit a winner.

As I'm warming up, I'm not thinking about my opponent; I do that before I come over to the club. I've thought about my game plan, and I also have an alternate game plan worked out. (If both plans should fail, you may want to know in advance if there's a back entrance to the showers, and a secret exit out of the building). Hitting my strokes during the warm-up, my goal is to loosen up my muscles and feel that I'm hitting the ball crisp, on the heart of the racket. I'm not trying to blow everything out or hit perfect passes down the line. I just want to groove the ball down into the alleys and get my body ready, so that when the referee says, "Zero, zero," I'm prepared — physically and mentally — to dive and hit the floor or flail away on the first ball. Again, I don't want my opponent to get the early momentum, because it can be a hard thing to break.

If I serve first to open the match, I stay away from anything tricky, like a "Z". I just strive to put pressure on my opponent with a good low drive served into one of the corners. My thinking is, "I'm hitting my first shot and he's hitting his first shot and I want to gain the advantage of the first shot. I want to hit mine a little crisper than he hits his. I want to see if he's really ready to play, and I want him to know that I'm ready to blast away from point one."

If I get a good early lead, I've learned my lesson over the years — don't ease up. If I get ahead 8-2, I fight to make it 14-4; if my lead goes to 15-8, I work even harder to put away my opponent before he can climb back in the game. I know that once you lose momentum when you're ahead, you may not get it back again, because there are many games in which you only get that one hot run, and if you blow it you may blow the game. So ideally, you want a situation where you're progressing and your opponent is progressing — but there's an 8 or 10 point gap, and suddenly the game is over.

Whenever I give a clinic, I tell people, "When you get a good lead, don't forget how you got there. In most cases you did it by keeping the pressure on your opponent and not being content to simply keep the ball in play. Whenver you had a chance to go for a winner, you took it — you didn't pass up the first opportunity, or the second, by always hitting a 'safer' shot."

This tendency to shift in mid-game from aggressive to conservative tactics characterizes the play in many amateur tournaments, where there's generally a disparity of abilities within each bracket. For example, you may go into a match against a stranger and you're so damn scared of losing that you're thinking, "My God, if I get a kill shot opportunity, I'm going to shoot it before he does because I think he can roll everything and he's going to murder me." But it turns out *you're* the one rolling the ball out, and you suddenly find yourself ahead, maybe 15-8.

However, you were so unconfident about getting ahead that you lose track of how you got there. You start thinking, "Geez, I'm sitting pretty good here. It's 15-8, I only need six points, he needs 13. I can get six easy." And so you start to get too careful and a little cute. You want to show your opponent that you're an overall good player, and so you start trying different shots. Plus you get too selective. The ball will come in good but you'll think, "Aw, I'm not going to try to kill this one — I'll pass him." But the pass comes off the back wall and your opponent — who knows he has to be aggressive and take a few chances — goes for the kill and rolls it out. He gets the serve and he edges in a couple more points and pretty soon it's 15-13. Okay, you're even now.



"... I want him to know that I'm ready to blast away from Point One."

When your opponent gets to within two or three points, in a game as explosive as racquetball, then you're fighting it out right from the start again.

So my advice would be: Think through in advance how you're going to play when you get a good lead, and remind yourself, "Don't change a winning style of play."

When I get behind during a match, I try to remind myself of several things. First, that I can't be afraid to hit the shot I know I have to hit. In other words, have the guts and the inherent confidence to go for the kill shot whenever I have the opportunity, instead of going for a safer shot and hoping that my opponent makes an error. This is hard to do when you're behind and you don't have the momentum, for nearly everybody tends to get a little defensive. But I know that if I go for a kill, and I hit a winner, this can sometimes help change the momentum pretty fast.

Second, skill levels are so even in most pro matches that it's clear I have to beat my opponent with solid, fundamental shots such as down-the-line kills, cross-court kills, and pinches. Trick shots or surprise shots are not going to help me climb back in the game. For one thing, it's unbelievably hard to start changing pace on the ball — as you might do in tennis with lobs and the like — because racquetball is such a hard-pounding game. Very few players have the ability to hit the ball hard, boom-boom-boom, and then suddenly take something off the ball, without their game falling apart.

Third, if I've tried to halt my opponent's momentum with a time out — but it failed to work — and I've tried changing strategy — unsuccessfully — then all I can do is keep pounding the ball hard and hang tough; try to keep the rallies going and hopefully weather out the storm. Oftentimes if you can keep driving the ball into the front wall, dig and dive, force your opponent into prolonged rallies and make him work hard for each point, then he might start leaving the ball up or skip a couple. You might frustrate him enough with long rallies that you finally break up the smooth pattern of play he had going.

In the end, play your game and see if you can change the

momentum through good shots. And realize that many times you're going to have to reach way down deep inside you to get those shots.

An important element in maintaining — or regaining — momentum is the way you utilize time-outs (three per game are allowed for each player, and two in the tie-breaker). A common mistake made by amateurs and club players is that they wait too long to call a time out.

Sometimes, in fact, the outcome of the game has been virtually decided before the trailing player calls his first one. He may have been behind say 6-3, but instead of calling time then to just think about things and to hopefully cool off his opponent, he waits until the score is maybe 10-4. By then, it doesn't take so much a little change of strategy as it does a short miracle in order to save the game.

Early in the game, if my opponent wins two or three straight points after some long rallies, I won't call a time out. But if he gets three quick points, I'll stop him. He's gathering momentum on the court and I have to hope that when he has to stop and wipe off and cool down for a minute, he might lose the little edge he has.

Of course, a lot depends on how effectively we both use the time out period. Sometimes there are distractions, and the player with momentum might let his mind wander. Perhaps he sees somebody in the crowd, or he realizes, "Hey, I'm really playing great," and he gets away from that intense concentration where he should just be thinking, "Serve, get my shot, shoot it."

Meanwhile, maybe I wasn't in complete control during his hot streak and the action was so fast and furious that I'm using that 60 or 90 seconds to tell myself, "Okay, just relax. I'm going to have to beat him with good shots. Now dammit, go back out there and shoot those shots." I'll try to psyche myself up to go for those two or three winners that I need to break up his momentum.

As the match continues, you've got to learn to maintain sort of an overview eye of how you and your opponent are playing. You've got to be somewhat of a computer to keep calculating what's working, and where your opponent is positioning himself. For example, is he shading off to one area of the court? Is he edging to your cross-court instead of your down-the-line? Is he playing a little too far forward, or is he edging too far back? You've got to feel that because it is crucial to your shot selection. And whenever there's a break in the action — a time out, an equipment change, toweling off a wet spot on the floor — use those seconds not just to catch your breath, but to think through what is happening in the match, and what you're doing.

The greatest demands on your concentration and your skills will come in the second game, or the tie-breaker, when you're sweating a river and your body is fatigued. In my opinion, the worst thing that can happen to a player is body fatigue. When that happens, the mind is the first thing to go. You're less efficient when your mind is tired, and you often fail to hit the right shots. You don't stand there and pound, pound, pound because you're not sure your body can stay in there and do that. Instead, you start going for winners a little bit too early, by hitting low percentage trick shots and surprise shots rather than grinding it out and trying to win with good sound fundamental shots. Moreover, you're not able to cover both of the coverage lanes (cross-court and down-the-line) equally well; you have to favor one or the other, and hope that you anticipate correctly. Otherwise, you're left stumbling.

When you get to this point in a match, it often depends — like in any sport — how big your heart is. Everything else is pretty relative. Remember, a lot of matches have been won on heart.



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MARTY HOGAN

AGGRESSIVE. PROFESSIONAL. WINNER.

Article by Robert Stoltz



"He's got *loser* written all over his mouth!"

Marty Hogan passes out phrases like this about his opponents on the court, off the court, and while gently passing by.

But, such comments and his attitude on the courts have prompted critics to cry dismally 'lunatic,' 'damned arrogant,' 'juvenile,' and a rather broad assortment of less complimentary descriptives which needn't be printed here. He may well be any or all of the above. It's far more probable, however, that he is just one of the best practicing psychologists around. He's certainly the best one on the courts.

There's no doubt that part of winning any game has to do with getting one's self into the proper frame of mind to carry whatever load must be borne in order to win. That doesn't mean that we go out there and do whatever we must to take the game ... without regard for the moral issues at stake. What it does mean is that we must get our psyche pumped up to the extent that we can truly have our point of attention so focused as to be aware of every move and play our opponent makes and to be anticipating the ones he is most likely to come up with next.

Certainly this means that we must be constantly on our guard throughout the entire match. It requires a great deal of self control. It also means that we must try to control our adversary's intentions to whatever degree we can.

Perhaps the best illustration of this would be to assume that we could completely computer control his game. We would probably input such plays and responses from him that we would have to work very hard to counter each move ... so that we would look our best in front of the audience we might have, including ourselves. But, we would definitely program him to lose to us by some margin that would leave the match properly settled and us the distinct winner.

Let's take our assumption a step further. If we would so program our opponent that we could win in this manner, and if we lack the positive input to bring this about, ala wires and electrodes sticking out of his little head to which we could attach our computer, then, we must take advantage of the negative control we may have.

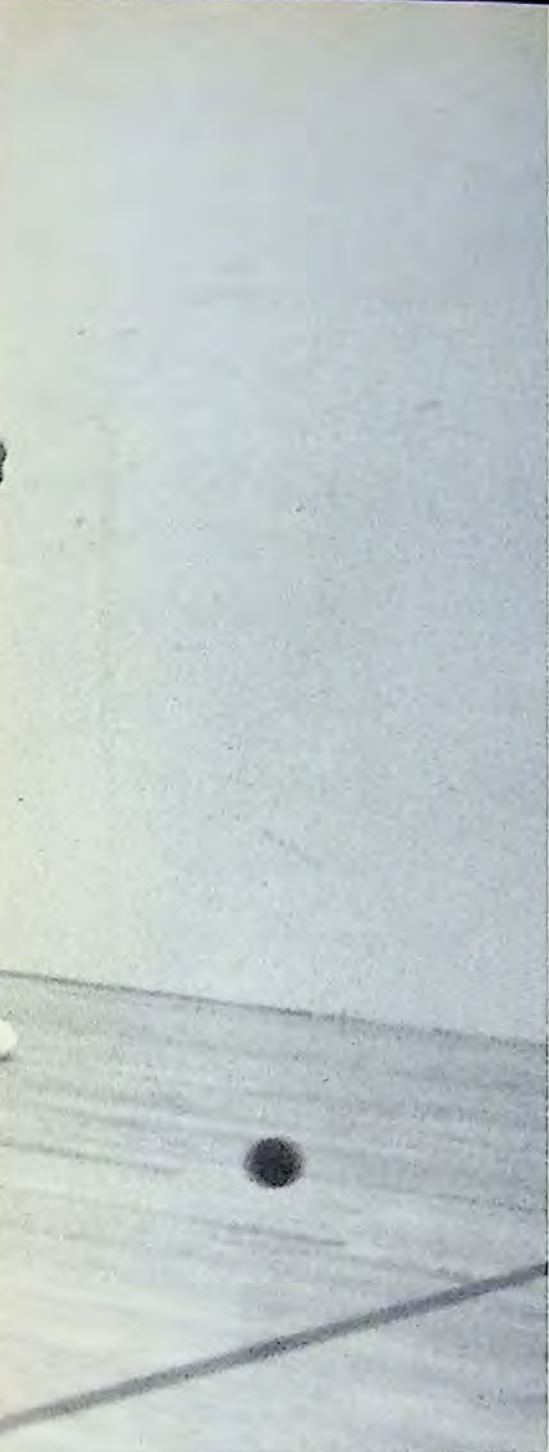
Does it begin to make some sense now? The light should start to shine at about this point.

If we can't put into his subconscious those factors we would have there to enable us to win and look our best, then we



ABOVE: Marty Hogan and Rich Wagner — leach team-mate pros during daily workouts which go on for hours.

LEFT: The modified grip as used by Hogan & Wagner.



must put into his conscious those factors which will accomplish the same, or nearly the same results. We must 'psyche' him out.

All part of the game ... almost any game which is taken seriously. The more serious the player about winning, the more he looks for the elusive edge ... that extra reach into the psyche of the man he must beat.

Even in some of the more advanced analyses of racquetball there is great emphasis given to the strategy of using the 'time-out'. When and how to use this simple and valuable tool is a matter of great importance to any player who really wants to win.

So, what does all this have to do with the St. Louis Flash?

A lot.

There aren't too many games wherein we may actually haul off and smash something as hard as we can without finding a certain penalty for overplaying. In football there's a penalty for unnecessary roughness. In boxing, there are only certain areas where you may strike your opponent. In ping-pong and tiddly-winks ... too much oomph and you have pinged and tiddled yourself right out of the game.

Aaah. But, racquetball ... that's something different. It is an all-out game. Is it really such a surprise that we should find some all-out players in it? And all-out may mean just that. All out. Total attack. So, when Marty Hogan mounts an all-out assault on one of his opponents, it shouldn't come as too great a surprise that he might also attack the emotions or sensibilities of the other player. Whether it's a pre-game assault via the printed page carrying some of his thoughts concerning the coming meet or an on-the-court barrage ... it's really all the same.

And, how about that term 'professional'? It merely means a person who makes his livelihood doing a particular thing. It also means that if he does not win, he does not get paid. Losers' purses are considerably smaller than the winners' share. A professional is someone who gets paid to win.

Now, let's get to Hogan ... Aggressive. Professional. Winner.

Hogan's words in a recent interview with *RBI* reveal more about the man than all the guessing we could do. When he talks about racquetball he becomes very serious and the dedicated and determined side of the man shows through every word. There are no negative thoughts. Every part of his being is aimed at winning.

Even when he speaks about physical conditioning, it is all aimed at playing winning racquetball. Make no mistake, he keeps himself in great shape. "I've played a long time, about ten years. Just recently everything came together. I do a lot of sit-ups and push-ups ... but, I don't need those for racquetball. And I run. I jog. About 3 to 4 miles a day. I think a lot of people don't train for racquetball. That's another reason my position won't be challenged for a long time. A lot of people are long distance runners. I just think long distance running kills your game, kills your court speed and agility, because you get into the long jog for conditioning. The only way to improve your racquetball is to play racquetball. Just like Jimmy Roberts said 'The only way to improve in ice-hockey is to play ice-hockey and not to run.' Running is a side thing to keep you in

shape. But, you shouldn't overdo it. Everybody overdoes their off-the-court exercise training."

But, those great legs Hogan sports around have to come from something and the speed and endurance he has don't just happen to be there. He gives a lot of thought and many long, hard hours to training. "Racquetball is a stop-start game, similar to basketball. That's the main thing racquetball players concentrate on ... stop-start games like squash, badminton, soccer ... but, we're getting off the main thing. To train for racquetball, play racquetball!"

The distinctly aggressive attitude Hogan takes with him onto the courts sparked some of the caustic comments which have been made. It's not a loser's attitude. It can't be assumed by someone who has proven to himself that he can't win. "Everybody has gotten the idea that I'm a bad boy! which I'm not. I don't cheat and I play fair. Sometimes I get ticked off. But, I think I'm a fair player." Almost humbly he continues, "I'm not intending to be cocky. It's just the way I am. I know I'm going to win before I play." Not many elk would lock antlers if they thought they were going to lose.

Hogan is beginning to think very seriously about beating Brumfield. He is not only thinking about it, he has begun his 'psyche attack.' Listen to these words about Brumfield's age and condition ... "Brumfield began the sport. He was around when I first started. He was picking up free titles at the time. What I call 'free titles' ... the sport didn't have any true athletes. Anybody who could take a look at that guy in street clothes or gym clothes and tell me he's an athlete..."

About Brumfield's physical abilities, "His legs are sausages. Sausages. As a matter of fact, Der Wienerschnitzel (a hot-dog handout chain) could advertise him as the world's biggest sausages." So, here's the frontal attack, that assault on the psyche of the opponent. Won't it be fascinating to watch the next time they meet?

The sport is growing and the purses are getting larger in the professional meets. It's possible now to make a very good living in this field. It's bound to attract more and more determined young players. Some of them will be just as determined as Marty Hogan. And talent is forever coming on. Sooner or later the role reversal will set in. Hogan will find himself the older man defending his position in the herd. How long will he choose to play? "As long as I'm having a good time ... which will be for a while. I'm really going to overmark everyone in this sport. Before I retire I'm going to hold more titles than anyone. That's my goal."

SUSANNE REED: PROFILE OF A NEW PLAYER

Article by Bob Shultz

There's a certain air about the woman who has real self confidence. It's hard to discern just where this invaluable commodity begins. It's also damned difficult to say just how it manifests itself. Perhaps it's in the manner she places her feet when walking. Maybe that's where you first notice it. Maybe you don't notice it at all. It may be something which radiates from her entire being . . . radiates as an essence of woman which, invisible, except to our subtler senses, comes wafting toward you like some primal harbinger of basic being, basic life.

That's where it begins. It's a cerebral thing, being a woman. It probably is only physical as a physical evidencing of this basic fact. But, in the mind and the soul . . . that's where it starts. This is the area which marks the real line of differentiation between the sexes. All the rest must be just trimmings . . . and there's certainly nothing wrong with those. But, it takes this confident woman to be able to shoulder these differences and still retain her in-



HARPER'S
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dividuality in a world which seems, at times, to be concerned only with those 'trimmings'.

Well, for all that, Susanne Reed has all the trimmings and she has something more ... she has that confidence and self-knowledge. There's something in the way she walks, something in the manner in which she sits, and the way she goes about her mode of being which proves all that and a lot more about this woman.

She lives and works in a town which has almost established the criteria for womanhood, as we think of it. Tinsel Town, Glitter City ... pseudonyms for Hollywood, mecca for the hopeful and the talented ... burying ground for those without stamina and real ability. What does it take for a young, beautiful, sensitive woman to make it here? What must she have that many others don't? What must she bring to her day that persons in less competitive fields do not?

Regardless of the answers to those and

many other equally pertinent questions, Susanne Reed has what it takes. And, the operative word in all those areas is 'competitive'.

"Most people think of Hollywood as some big, soft and easy town where jobs and money fall from the trees," Susanne says. "This just isn't true. Thank goodness I was born and grew up on the East Coast. I believe this can be a real advantage because you learn an entirely different set of work habits." Susanne was born the daughter of a professor of art history at a large eastern university. Her childhood was spent as a bookworm, trying to learn how to learn. She obviously learned. After graduation from Penn State she was off to New York where she continued studying acting and was in a number of successful plays and shows there. Throughout all this there were and still are ongoing modeling assignments which take her all over the world. You've seen her as the bouncy and ebullient beauty in beer ads, and as the





The end of a long day's work finds Susanne fatigued and admittedly "a bit uptight" — Later, after a multi-exercise session she exits the luxurious Century West Club vibrant and carrying alot less of the tensions of the day.



lovely and seductive creature using body lotion on certain tv commercials.

Not only have her modeling assignments taken her to strange and exotic places, but her many motion picture and tv jobs have also moved her around quite a bit. "But, I like the adventure of traveling and the fascination of being in new places."

If you've missed her tv commercials you must have seen her on some of the tv dramas she has done. A partial listing of her credits reads like a compilation of the best on the air... "Movie of the Week with Fred MacMurray," "The Rookies," "Police Story," "Six-Million Dollar Man," "Police Woman," "Gibbsville," "Code R," ... It goes on and on.

What you haven't seen is the preparation and conditioning behind all this work. "I really take very good care of my entire self. There's a great deal of mental and physical priming which is necessary before those jobs 'fall at your feet'." Susanne's days may begin as early as 5 A.M. when she's making a film. "These days can also turn into some long evenings too." Susanne talks of some of the tight shooting schedules and endless retakes which can beset and plague any production in town. "When this sort of thing happens, you'd better be ready to make some tremendous physical efforts just to hang in there take after take."

"I got into long distance running when I was in college. And, I've never given it up. It's got to be one of the very finest things you can do to keep your entire body toned and feeling ready." California isn't known for inclement weather... "But, once in a while it rains." Susanne recalls the heavy rains of last winter. "The club (Century West Club) has an indoor track... so, I just run around that thing until I rack up the number of miles I need."

But, there's a new love forming in her life. "It's incredible how fast you can get a really good workout in racquetball." Susanne is one of the people who are turning to racquetball because of the tremendous exercise potential and the speed and ease of working out. "It's great because, when I can't run because I just can't put in the time necessary to do the job, I can get onto a court and in no time achieve the same results. I like to work until I bring the body to a point of heavy perspiration. This is really very good for the entire system. It cleans the pores of the skin and helps get rid of all sorts of wastes you don't need. It isn't easy for the body to maintain itself in the sort of civilization we have developed. We were designed for much harder work than most of us do. So, we substitute fun games for the hard labor we don't do. At least, we should do the games if we want to stay healthy," Susanne speaks not only of





physical health but, of mental well being also.

"There's no other game I know of where you can get rid of the tensions and frustrations of the day like you can with racquetball. And we all get those." Susanne tells of some of the additional side benefits of this fast-moving sport. "I know I can go onto that court with some really tight muscles . . . from nervous strain, and within five minutes it's all straightened out again. I just pound that ball right through the wall."

Self-knowledge is, no doubt, a large part of that self-confidence we spoke of at the beginning of all this. For Susanne Reed there have to be areas of expression for all feelings. She has them pretty well sorted out. "Everybody has something we might call 'basic life'. But, some people get more out of it than others. It's what we do with it that counts. And, I suppose, some people are more aware than others. I just want to be happy and for me, that means a lot of cliché things. It also includes pursuing my creative work . . . and equally important having some way of turning what might become destructive energies into actions which can only benefit my well being. That's where all sports, racquetball especially, play a big role."

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Available in private membership clubs, public courts, sporting goods stores, and specialty shops, the shirts and shorts retail at \$11.50 each. They may appear at slightly lower prices in some private membership clubs.

For more information on availability in your area contact: DARLYN DESIGNS, 8025 Roper Street, Long Beach, California 90808 (213) 596-4740).



ON THE COURT

Have a better looking game this season with stylish shirts and shorts from Ektelon of San Diego.

For women, Ektelon has introduced scoop-necked t-shirts and matching shorts of machine washable cotton/polyester fabric. The shirts feature extended cap sleeves. The shorts are tailored for a trim fit, but are slightly flared for the action movement racquetball demands.

Ladies shirts and shorts are available in pastel yellow or light blue — with blue logo designs — and may be mixed or matched.

Suggested retail list price for either the ladies shirts or shorts is \$12.00 each.

Both men and women can enjoy Ektelon's other action shirts and shorts.

The collared shirt is smartly tailored from La Coste-style cotton fabric for body



and durability. It features two buttons at the v-neck opening, is fully machine washable, and is available in yellow with blue logo design in sizes XS, S, M, L, and XL. Suggested retail list price for the collared shirt is \$15.00 each.

The famous Ektelon t-shirt has a crew neck design and is woven from sturdy yellow cotton fabric. The shirt carries the blue Ektelon logo design front and back and has a suggested retail price of \$3.95 each.

Ektelon action shorts are lightweight. They're made from 100 percent nylon fabric for durability and comfort and are available in royal blue with yellow logo design or white with blue logo design. Fully machine washable, these shorts feature a non-curl waistband and are XS, S, M, L and XL. Suggested retail price for the Ektelon shorts is \$5.95 each.

Ektelon clothing items are available at fine sporting goods stores and racquetball court pro shops.

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Ektelon's traditional warm-up comes in lightweight, navy blue polyester/acrylic fabric. It's smooth and sleek outside and has a soft, velour-like interior. This warm-up combines style with soft absorbency and features extra-big pockets and a crew-style collar.

Alternating stripes of blue and yellow highlight the traditional warm-up, available in both men's and women's sizes XS, S, M, L and XL.

This racquetballer warm-up is made of cotton-backed polyester woven expressly for Ektelon, giving it absorbency inside and body and style outside. It features a zippered pocket and is available in either Ektelon blue with yellow piping or red with blue piping in men's and women's sizes XS, S, M, L and XL.

Suggested retail price for the traditional warm-up is \$60.00 each and for the racquetballer warm-up, \$50.00 each.

Ektelon warm-ups are available at fine sporting goods stores and racquetball court pro shops.

CELEBRITY CHALLENGE OF THE SEXES: RACQUETBALL'S NETWORK TELEVISION DEBUT

Action, suspense, celebrities and comedy. Who could ask for anything more? All four of these key ingredients were present when Racquetball made its dynamite debut on network television!

The event was the *Celebrity Challenge of the Sexes* on the CBS television network. The hosts were McLean Stevenson and Barbara Rhoades, and the "Racqueteers" were the lovely Adrienne Barbeau of the "MAUDE" television series, and Donny Most of "HAPPY DAYS." Also on hand to act as judges were top-ranked Racquetball pros Davy Bledsoe and Jerry Hilecher. Quite an impressive line-up for the prime-time television audience's first look at America's fastest growing sport!

"I just love it. It has captured me completely, and I've turned into a real 'Racquetball Bum!'" says Adrienne Barbeau excitedly. In fact there've been several times my producer couldn't locate me to go to work because I'm out on the court!"

"I think Racquetball is a tremendous outlet," agrees Donny Most. People who suffer a lot of stress at their jobs really love the game. It's just a matter of time before it will really take off and become as big as tennis."

Apparently the brass at CBS agrees, because no time was lost signing Adrienne and Donny for a Racquetball match on *Celebrity Challenge of the Sexes*. Not only was this their chance for a lively action segment, but I suspect it was also a "test run" to see if the viewing public was ready to ac-

cept Racquetball as a regular part of network sports. And judging from the mail there is little doubt that the public is ready — and ready *today!*

"The response was tremendous," states Steve Spelman of King's Racquetball Court in Westminster, California — the court on which the *Celebrity Challenge* was held. "After the show we received hundreds of letters of praise, and if we received that kind of response here, you can well imagine the mail the network must have received. I think the question now is not *whether* Racquetball will go on television regularly, but *when!*"

How did *Celebrity Challenge of the Sexes* happen to be fortunate enough to get to introduce Racquetball to a hungry audience?

"They talked to my agent when they were looking for people to be on the program," explains Donny Most. "He told them I had really been getting into Racquetball lately, and it kindled their interest."

A few days later the producers were exploring the idea further with Donny, and he told them about the rapidly growing interest in the game, and explained that Racquetball hadn't been "overdone" the way other sports like tennis have been. Then when Adrienne Barbeau was signed for the show and expressed *her* interest in Racquetball, the deal was set.

Producing a segment on Racquetball might have been a problem if it hadn't been





**By
Bob Grant**

Coach McLean Stevenson congratulates Donny Most on his victory against lovely Adrienne Barbeau and her coach Barbara Rhodes.

(At far right) Steve Spelman and Al Durkovic of Kings discuss camera angles with CBS cameraman in preparing for televised celebrity match. (Center) Racquetball Professional Jerry Hilecher gives Donny Most some pointers on his forehand as Frank Pace of the Philipps organization looks on.



for the fact that King's Racquetball Court was engineered with just such a project in mind.

"When we designed the court," explained Steve Spelman, "we wanted to help bring Racquetball sort of 'out of the YMCA'. We were interested in getting the sport on television, and were aware of the problems of lighting and of camera placement that a four-walled court presents. So we tried to 'design' around all the problems.

The court itself is constructed with three glass walls, permitting unlimited camera access from nearly any angle. And additionally, a large glass window was

engineered into the front wall with an outside platform large enough for two or three cameras. Hook-ups were built right into the outside wall so that a TV truck can drive up right next to the building and hook up directly. This is the only court in the country to date that has been constructed with so many built-in features to facilitate the "Big Eye."

"We put on two televised tournaments prior to Celebrity Challenge of the Sexes," said Spelman. "Both were over PBS (Public Broadcasting), and one was televised nationally to more than 250 stations. This gave us a chance to work some of the

bugs out of our system, and we were ready when CBS wanted to utilize our facilities."

The advent of the three glass-walled courts has aided considerably in raising the status of Racquetball to that of a spectator sport. The speed of the game, the skill of the players, and the beauty of the rhythm all add to the game's intrigue. It is not only serious competition, but it is great entertainment as well.

"Realizing the direction Racquetball is taking," says Spelman, "the pros are now coming down here quite often to play on our glass court. They realize that playing on glass takes some getting used to, due to



(Bottom) With Kings Racquetball Court's unique glass court, television cameras are able to provide extensive tournament coverage.

the reflections and things like that. But they realize that they're going to have to overcome these problems to be ready when the sport goes on national TV regularly."

"I think the fact that most people can have some degree of skill — can enjoy the game the first time they play — has a lot to do with it," muses Adrienne Barbeau. "And another thing is, You're not hampered by your size, weight, or strength. For this reason a woman can play a man without any need for a 'handicap' or anything like that. Overpowering the front wall, if it is not done correctly, can result in a shot that will just go against the back

wall. This makes a nice 'finesse' shot that is very easy for the lady to take advantage of."

Donny Most is an experienced athlete. And while he had only been playing Racquetball a few months when *Celebrity Challenge* aired, he had been playing a game called "Paddleball" for a number of years in New York City. His experience was obvious, for when he played Adrienne on *Celebrity Challenge*, he really kept her on the run.

"I was completely psyched out when I played Donny," admits Adrienne. "I had never experienced anything like it before.

He was playing right handed, and left handed, and it was the fastest game I ever played. Donny won easily. I was so nervous that I couldn't begin to tell you what happened during the game. But I've been practicing two or three hours every day since then, and I've improved my game considerably."

Donny feels that in addition to being a great body conditioner, Racquetball permits you to let out a lot of your frustrations.

"You can take everything out on the ball because you're in a little room and you're not going to lose the ball," he explains.

“... most people can have some degree of skill and enjoy the game the first time they play ...”

“That doesn’t necessarily mean that you are going to win the game by hitting it that hard, but it sure can relieve a lot of tension!” Donny likes to compare the fast pace of Racquetball to a sprint as opposed to pacing a long distance run. “You play 45 minutes and you get a good workout. And regular practice has greatly improved my stamina.”

Increased stamina is one of the pluses that Adrienne Barbeau has noticed also. And, although she considers that she has always been in pretty good physical shape, she experienced some trouble at first. Now she can play as much as three hours continuously with only a five or six-minute break.

“I work from the ‘inside out’ to keep in shape,” Adrienne says. “I’m very involved with nutrition. I like to swim. I’m an ‘on and off’ Yoga person. And when I lived in New York I rode a bicycle from the Village up to 45th Street. But beyond that I wasn’t doing any physical exercise until I latched on to Racquetball. If anyone had told me a year ago that I’d be this enamored with an athletic event, I’d have laughed, to say the least!”

Another of the things that fascinates Adrienne about the game is what she terms the combination of “predictability and non-predictability.”

“There is both a certain amount of skill, and a certain amount of chance involved,” she explains. “It’s a lot different from tennis where once the ball is hit you have a fairly good idea what it’s going to do. In a four-wall court, with the junctions where the walls join the floor and ceiling, the ball can do just about anything. There’s always the likelihood of surprise, so there’s a real need for developing quick reflexes.”

Adrienne usually seems to wind up playing people who are better than she is — a lot of power players. So for that reason she works heavily on strategy plays.

“I’m trying to master a serve that is difficult to return,” she says. I play the center court as much as I can, because I know that I’m not going to be able to do it on power. And I’m working on my own type of ‘kill’ shot, and on my backhand and my follow-through.”

Adrienne feels that her biggest problem with Racquetball was the fact that she began without anyone explaining anything about the game to her — and therefore she picked up bad habits. It’s been a problem breaking these habits — taking the ball too high and not letting it fall as close to the

floor as possible before striking it, and returning the ball right back to center rather than playing it off the side walls and ceiling.

“After I’d been playing a month or two I took a lesson, and then I’ve taken several more lessons since that time,” Adrienne states. “I’ve been watching other players, and reading a lot. I understand everything that should be done to win a game, but whether or not I can execute the maneuvers is another story.”

Since Adrienne had never been active in sports before, one of the things she found fascinating about Racquetball was that she learned a great deal about herself that she was unaware of previously. She learned what a “defeatist” attitude amounted to, and how to overcome it. She also discovered what happens to her mentally after an extended period of concentration, and developed a method to enable her to extend her own limits of concentration.

“While I’ve always played a very hard and aggressive game in the past,” she says, “I’ve watched a number of really good players who are extremely relaxed and just sort of bounce around the court, hitting the ball back at the last moment. I’m learning that I don’t have to exert all this extra energy trying to make up for the fact that I don’t have as much power as a man. So now I’m working on relaxing, and playing a more skillful game rather than such an energetic one.”

The mathematics of Racquetball also intrigues Adrienne. “If you connect with the ball a certain way, it will do a certain thing,” she explains. “In some ways it is almost as predictable as chess. Doubles, for example, reminds me a great deal of a chess game. It is interesting trying to understand who is going to do what next, and why. But for myself,” she concludes, “I’d just like to be as good at Racquetball as I possibly can!”

Sponsored tournaments are one of the big things that is going to help Racquetball quickly gain national popularity. A few years ago a \$10,000 or \$15,000 purse was considered huge. Today many tournament purses range around the \$50,000 bracket, and with large sports sponsors like Colgate Palmolive becoming interested in sponsoring major big-money tournaments, Racquetball popularity should rise astronomically. And that will insure national television coverage.

The King’s Court “Amphitheatre-style”

structure has a spectator seating capacity of 450, and on the day of the Celebrity Challenge of the Sexes match there were over 500 people waiting in line more than two hours before the doors were opened.

As often happens, the cast and crew were late for the show, due to the fact that they hit a three-hour delay in the segment being done directly before the Racquetball match. Finally Steve opened the doors to the public without the television company being present.

“Top-ranked Racquetball pros Davy Bledsoe and Jerry Hilecher happened to be in the area, and when they learned of our plight, they graciously offered to put on an exhibition match for the spectators,” Steve Spelman explains. “they also stayed to act as officials for the television match later.”

When the crew finally showed up, Spelman had to ask all the spectators to leave while they set up.

This meant another 1-1/2 hour wait for the spectators, and we figured by the time the match was to begin we would have lost about half of our audience,” Spelman said. That wasn’t the case, however. The spectators were so enthused that not only did we not lose any, but still more had gathered, and once again when we reopened the doors, we had to turn some away. That’s how excited people are about seeing Racquetball on television!”

One of the concerns about putting Racquetball regularly on television is the same concern that was once expressed about hockey — the fact that the ball moves so fast it is difficult to follow.

“They said a camera could never follow the fast-moving puck across the ice,” Spelman explained. Similarly, they also felt that the Racquetball moved so fast it would be impossible to follow. They were wrong in both cases.”

One of the things they have done at King’s Court to improve the visibility of the ball is to bleach out the hardwood floors to a very light color. This improved the contrast, and made the ball a lot easier to follow.

“Sure, there will be problems,” Steve Spelman concludes about Racquetball’s coming to television, “but like anything else, you take them one by one, and tackle each dilemma as it arises. This is a pioneering stage, an adventure in our time, and I guarantee that soon you’ll be able to watch Racquetball regularly on national television!”



Denny Hoyle, a well-known southern California instructor, believes in teaching a complete game right from the start. Dealing with three basics in his first article for RBI, he takes the beginner from the first serve to competent return...

Many teachers make the game more complicated than it should be by trying to cover either too much material in a short time, or covering trivial things strung out over an hour's period. My experience and success has been to teach the basics, and then to play-teach the student.

Important things to remember are the grip (which will be covered later in the beginner's section) the position of the body to the front wall, the transfer of body weight, eye-ball contact, keeping the wrist cocked and finally and very important is to bend your knees.

INSTRUCTION

The Serve

Adjust your grip so that at the point of contact your racquet head is parallel with the front wall.

The Serve is a basic forehand stroke except that you should line your feet up just inside the back line (shortline) and this time really get down on the ball adding more velocity on the first serve.

Remember, these are stroke techniques and do not include all facets. Each should be handled separately. There are many types of serves and shots in racquetball, but, with a good forehand and backhand the ball can be hit the same just about anywhere on the court.

Remember, don't spend a lot of time worrying about how much money to spend on a racquet or if you need 30 lessons to be a good player. Have fun with the game. Take it one step at a time and when something isn't working correctly revert back to the fundamentals.



"MY INSTRUCTOR SAID I NEEDED TO
IMPROVE MY REACH."



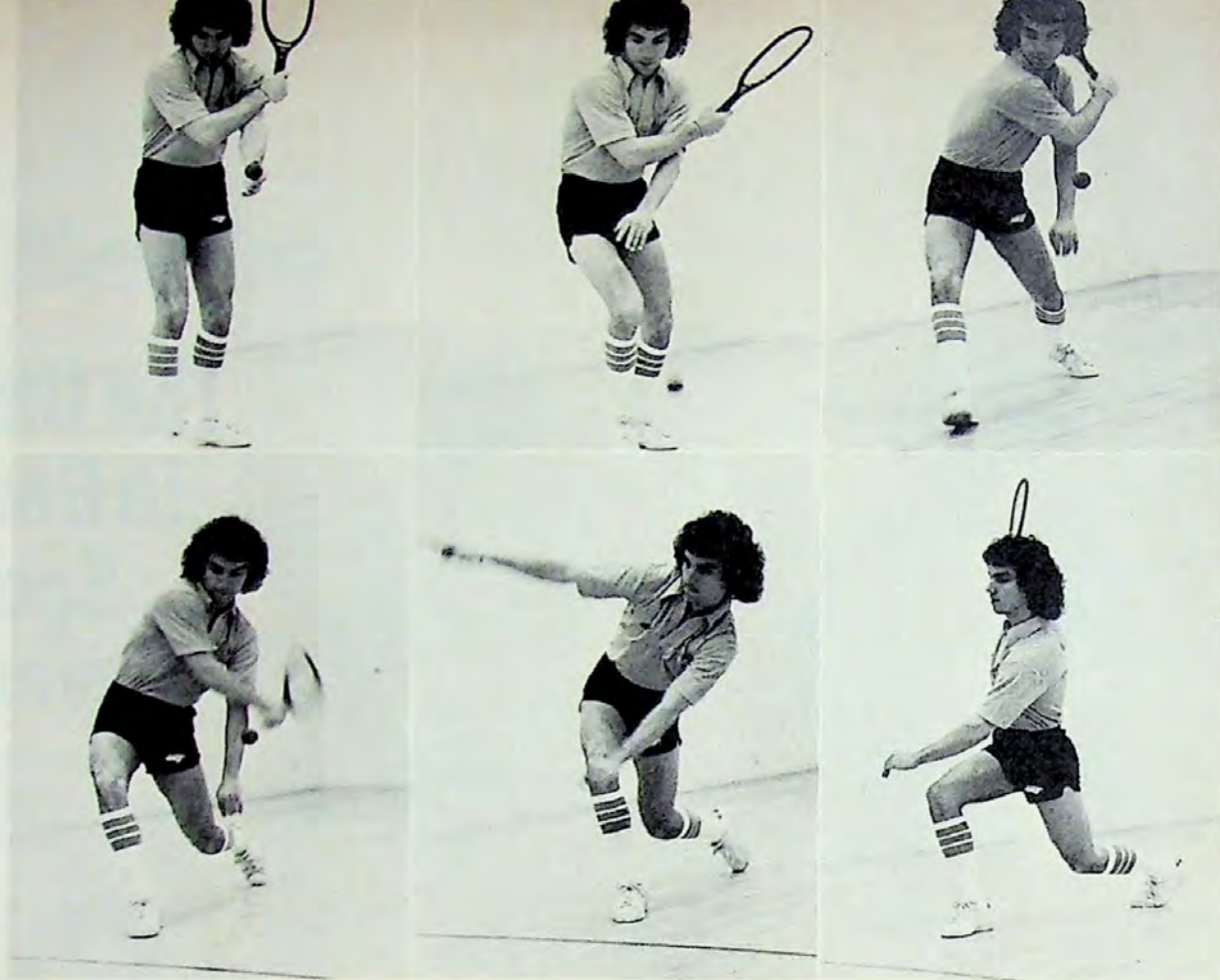


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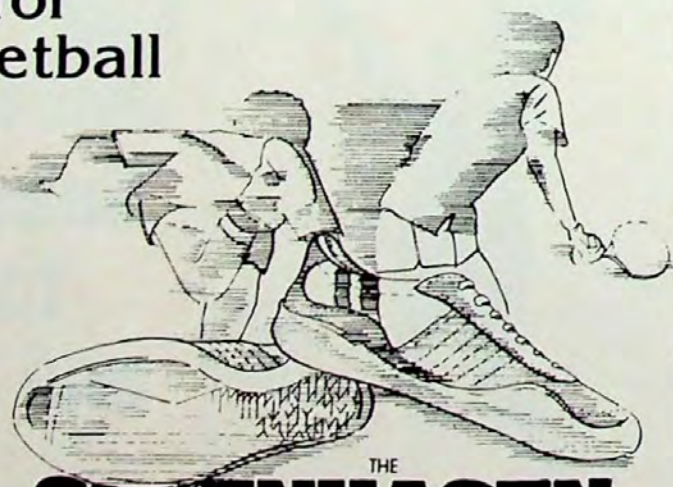


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THE BACKHAND

Bodyweight should be on the back leg with legs about shoulder width apart. The body should be facing the side wall appropriate for your being either left or right handed. Your bodyweight is transferred as you step into the ball and bending at the knees (not the waist) to get down on the ball. Remember to have your wrist cocked at the outset of the stroke and that ultimately it will be the snap of the wrist that gives you the power you desire.

Keep your eyes on the ball at all times and remember, if you miss a shot, it's probably because you took your eyes off the ball.

Do not strike the ball on the upflight, but rather the downflight. (Again the importance of bending the knees), snap the wrist and follow through.

The backhand is a mirror image of your forehand with a minor adjustment in the grip and remember that now you are hitting off of the front shoulder rather than the back shoulder.

GOOD HEALTH AND NUTRITION

by Robert Scott, M.D.

Does it surprise you to know that fats are the single most concentrated source of energy in our diets? Well, it is true.

Fats are present in nature in both plant and animal sources and are synthesized by our bodies quite easily, as most of us already know. It is estimated that 40-50% of our total caloric intake is in the form of fats. We have been told endlessly to avoid the saturated fats because of a possible connection to heart and blood diseases. This is good advice and should be remembered, but fats have many positive uses as well.

As fats are metabolized, assimilated into the body, they produce twice the number of calories obtained from equal amounts of proteins or carbohydrates. And calories are where we get fuel to produce our body's energy. Fats are also the vehicles for the fat-soluble vitamins A and D which are essential for good vision and healthy bones. Finally, fats are useful in conserving body heat.

Some specific sources of unsaturated fats are seeds and nuts. The current recommended daily intake of fat is between 25 and 30% of the total number of calories consumed.

In racquetball where energy is expended in rapid, fairly short bursts of activity, the primary source of that energy is probably glycogen stored in the muscles being used. After about an hour, 90% of the energy you will use will come from the body's fat stores. This is good news, since many of us are carrying around excess baggage for which we are paying a heavy toll.

Fat is an extremely concentrated source of energy and it is just waiting to be used in



"We have been told endlessly to avoid the saturated fats because of a possible connection to heart and blood disease . . . But, fats have many positive uses as well . . ."

racquetball. So go on and start slimming down.

In future articles the roles of protein, carbohydrates, vitamins, minerals, food supplements, natural and organic foods, fluid intake, energy values of food, energy released from food, metabolism, and energy expenditures for racquetball as compared to other sports will be discussed in detail. And each issue we will give you tips on selecting a nutritious diet high in energy potential and low in excess fat storage.

You will be burning up lots of calories and sweating profusely while playing racquetball. You may feel hungry and dehydrated. If you choose to replace fluids with soft drinks and get energy from candy bars, think again. If fitness and a lean, strong body are your aims, stick with energy replacements like fruit juices and fruit, and drinks like Gatorade. The drink replenishes fluids and important ions lost through sweating. The fruit gives you slowly released natural sugars and does not bounce you up and down like candy and soft drinks do. Don't forget vitamin supplements from your health food store. Don't overdo them, but don't overlook them either.

With so many new people flocking to the racquetball courts, one type of injury stands out; not in severity, but in frequency. It is caused by the fast-swinging racquet coming into sudden and unexpected contact with the head of another player. This is an unintentional, surprising, embarrassing and frequently painful occurrence, and is often marked by the ap-

pearance of blood. Our heads, particularly the scalp and the area around the nose and eyes, are well endowed with blood vessels and give way with seemingly little provocation. Even a "light" tap on the head may cause a substantial flow of blood onto clothes, partner, floor, etc.

This is a good place to remind everyone that the use of eye protectors is recommended by most authorities in close-quarter racquet sports. But usually this warning goes unheeded, much like advice to wear seat belts. Fortunately, studies have shown that eye injuries from getting hit with a racquet are relatively infrequent; but the potential is there for serious injury. Besides the racquet, the ball is small enough to penetrate the eye's orbit.

Here is what to do if you happen to hit your partner in the head with your racquet. It is not necessary to panic, ring bells or sound whistles in alarm. The injured player should first be removed from the court while applying pressure to the cut area with a thick towel which is often found in close proximity. He can sit or lie down, preferably in a spot where his blood is not going to permanently stain everything in sight. Pressure should be kept up for at least five minutes before examining the injury. If ice is available, put some into a baggie (baggies

should be kept in a first aid kit) and apply it to the cut through the towel. As soon as the bleeding slows down, make a careful examination of the injured area, but don't fool around with it. If the injury does not

"... Leave it to the paramedics; they are superbly trained and usually readily available in most communities."

involve the nose or eyes, and the bleeding seems to be stopped, and if it is small, everything is under control. You may then apply a bandaid if you can get it to stick.

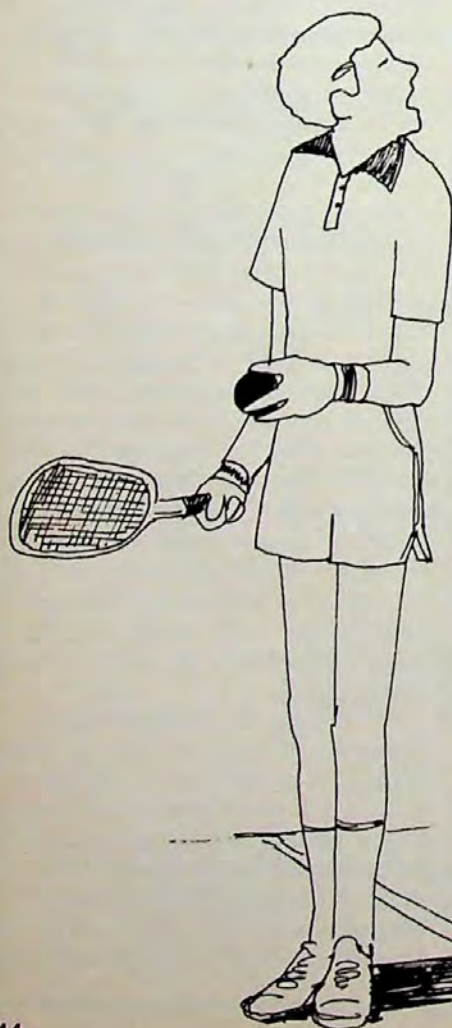
If it is one-half inch or more in length and more than one-quarter inch in depth, make arrangements for the person to be seen immediately by his personal physician in the nearest emergency room. It is likely that a few stitches will be necessary to repair the damage, even though the wound may appear to be superficial. Don't attempt to clean, shave, or in any other way administer aid. Leave it to the professionals.

If the eyes or nose are involved, or if you

think the person is groggy, unable to talk or think clearly, or seems to be poorly oriented and unsteady, call the paramedics and keep the injured person down, quiet and unmolested by the crowd of well-wishers. It is *extremely* unlikely that you are going to be confronted with this kind of situation, but it is good to know what to do if it ever does happen on or off the racquet-ball courts. If the injured player is down, try to keep him warm. There should be an extra blanket in the club office. If the injury is to the lips, teeth or jaw, be gentle; let the injured person apply pressure with a towel himself. A possible jaw or facial fracture should not be touched either. Again, leave it to the paramedics; they are superbly trained, and usually readily available in most communities.

If someone at the courts is trained in first aid, all the better. A well-equipped first-aid kit should always be kept on the premises. There are excellent kits on the market, but if you have difficulty in locating one, drop me a line and I'll send you a list of manufacturers.

I hope these remarks have been helpful. Please forgive me if it has seemed a little too bloody, but head wounds tend to be that way. They are very messy, and usually very minor and free of complications. ●



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SUPERSTAR WITH A NEW RACQUET

by David Hill

Saturday night fever. A great proportion of the 1,400 members of the California Way Health and Racquetball Club, Pasadena, Calif., and their companions were enjoying the facility's second anniversary party.

The free cocktails and wine flowed like the torrential rains outside. The sumptuous buffet lay in ruins, ravaged by a horde of soldier ants dressed in leisure suits, jeans and peasant blouses. In the exercise room, disco music pounded on the eardrums of dozens of its disciples as they contorted, rolled and jerked with the rhythm.

Then suddenly, everybody "knew." There was no announcement, no musical fanfare, no coronation. The small talk died on lips, the dancers broke step, drinks were suspended halfway to the mouth, as if Pavlov had whispered to each reveler, "Look, look at the entrance."

O.J. Simpson, one of the owners of the club, had come to the party.

"Would you like to meet him?" a member standing at the bar asked his date, a petite blonde in buttocks-strangling hiphuggers. "I just want to look at him," she smiled. "He's so handsome."

He didn't appear to be large, perhaps because of his compact frame, maybe because he was surrounded by other black giants — Sherman White of the Buffalo Bills, Isaac Curtis of the Cincinnati Bengals and Ricky Bell of the Tampa Bay Buccaneers. He didn't look like a man who, in just one season, escorted a football 2,003 yards past the man-eating defensive linemen and backs of the National Football League.

Orenthal James Simpson — "O.J.," "Juice" — USC All-American, All-Pro, All-Universe, track star, baseball star, movie actor, television star, sports commentator, rent-a-car and frozen juice huckster, and racquetball player and club owner.

With his seven-year-old son, Jason, at his side, he patiently signed autographs, joked with the members and discussed football for nearly two hours before he could extract himself from the crowd to talk about racquetball. Admittedly, he was bushed as he relaxed in a small office.

"I've been playing racquetball regularly since 1973," he responded to RACQUETBALL ILLUSTRATED's question. "I hit the ball a few times before that in San Francisco, but I was never really into the game."

"We (the Buffalo Bills, for whom he carries footballs) built our new stadium going into the 1973 season, and we built three racquetball courts in the facility, right down near our locker rooms."

"In Buffalo, it's pretty cold and it's hard to work up a sweat late in the season, so the guys play a lot of racquetball. Having the courts in the stadium gives the guys the opportunity to come in from practice. They hustle on that court and they can get a workout, work up a sweat, get those pores open, which is something you can't do outside in Buffalo in the winter."

Unfortunately, O.J. said, he didn't get much chance to dazzle his teammates with his footwork on the Buffalo courts. "We played King of the Hill. You know, whoever wins stays on the court, so I didn't have much time on the court. I'd go in and

they'd whip me out."

Nor has his racquetball game improved greatly, because of the pressures of his many occupations. "I don't consider myself a good racquetball player because I don't play enough. Like my tennis game."

"I think a few years ago I was a B tennis player, but I consider myself lucky to be a C player today because of the limited time I have to spend. The same thing with my racquetball game. When I'm playing a lot, I can ease into the B category, but in the last year or so I haven't had time to play it."

"If I had the time, getting into the game, my ego tells me I could be good at it even though I could never have been a professional. Anything on the professional level, you have to start early. Like in football, I started playing when I was a kid. I think I can play racquetball as well as any amateur if I can get the time."

The records show that O.J. Simpson is a fierce competitor with a burning desire to excel at anything he attempts. But, he is realistic about the value of racquetball to him, the benefits he derives from it other than trophies.

"I think racquetball helps me in football, conditioning-wise. That's why I like the game. It's a matter of conditioning. My whole game is my legs and reaction, and the game of racquetball is about as fast a game as you can play. I play a lot of tennis, but I can get the same workout in one set of racquetball as I can in three sets of tennis."

"I think my athletic ability helps me in both football and racquetball. Obviously, the competitive training you have in football helps you in your racquetball game. I can say my racquetball game has helped me



O.J.



TOP CENTER: Wayne Hughes, business partner to O. J., discusses his involvement with racquetball and California Way.

LOWER CENTER: O. J. enjoys an occasional game of ping pong at the Pasadena racquetball facility.

LEFT: When he has a little free time O. J. gets a good workout playing a match or two of racquetball.

LOWER RIGHT: At the recent second anniversary party of California Way Health and Racquetball Club the gym was turned into a disco for the evening. With sounds of Saturday Night Fever in the air, O. J. took the opportunity to try out his new dancing shoes with sensuous Denise Dupuy.



*O. J. congratulates
Publisher Curtis Wong
on Racquetball Il-
lustrated, latest
addition to his long
established line of covers.*



O.J.

in my football game, also.

"I've always been in very good condition. I find I need it even more now than I did as a youth. As a youth, I stayed forever active. As a grownup, I find myself in the off-season doing movies, or on the road for Hertz or Treesweet, or some other involvement, so I don't get the time to work out like I used to.

"I think the most tedious thing to do is come home and just go work out. You can play racquetball and work out and have a good time."

O. J. was asked, considering his enthusiasm for racquetball, whether he thought the sport might prove a valuable, more enjoyable alternative to calisthenics, prancing through tires or running laps that professional teams use to keep in shape.

"I think in Buffalo and around the league they feel this is a positive thing," he replied. "That's why they put three racquetball courts right in our stadium. I think other stadiums around the league may have the same type of situation. Obviously, the people who run the teams feel it is a positive thing for the players."

O. J. and his partners own two racquetball clubs in the Los Angeles area. The club in downtown Pasadena offers eight championship courts and two practice courts, completely equipped exercise facility, large club room and snack bar, jacuzzi, steam room, showers and private dressing rooms, ample lockers, pro shop, sun lamps, TV-backgammon-card room, and instructions for beginners.

Tournaments are conducted regularly, with the club providing free drinks and food to members. The initiation fee is \$349, with monthly dues of \$19. The Pasadena club is a former bowling alley. The California Way club in nearby Artesia, Calif., is a remodeled health club and hosts 700 members. O.J.'s organization is planning more clubs.

"After not lasting on the court very long in Buffalo," O. J. said, "when I came west I said, 'Well, I'll be ready for the guys next year. I'm going to play a little racquetball.' It turned out I couldn't get on a court. There weren't many courts at the time.

"Wayne Hughes, my partner whom I had been in a few businesses with, had been looking into the possibilities of getting into a health facility-type situation. So we kind of combined the two."

Simpson said he and his partners are happy with their clubs and the future of racquetball. "As you know, racquetball is the fastest growing sport in America. We

do have a lot of competition, but we feel we have a pretty good concept here. We feel we have an edge over most of the clubs here.

"Our club is geared to the social part, where I think most clubs are geared to the racquetball part only. Some clubs are purely racquetball clubs — you go in, you rent court time. Many of our members don't even play racquetball. They are more concerned with the health facilities.

"We like people to come in and socialize. We have a TV room, a sandwich room, snack bar, and you can go in and get a beer. We try to place the whole social aspect, not just the game. We like to think we put a little bit more into ours. We spend more time hiring nicer people."

With two clubs operating successfully, O.J. said he and his group are scouting for two locations in West Los Angeles. "We are playing it by ear, but we are looking at

"... I'll be 31 next season. Running backs don't play that long in their thirties."

two other locations. Hopefully, the skies are unlimited on things like this, but we learned a lot in our first location here. It made it easier in our second location, and hopefully, it will make it easier as we expand.

"Our competition is getting pretty strong. I think a lot of people have jumped on the racquetball bandwagon. As the time goes on, some of the clubs will fall by the wayside and the fitter ones like ours will make it."

In a separate interview with RACQUETBALL ILLUSTRATED, O.J.'s partner, Wayne Hughes, said: "We have a unique philosophy in our business that we might share with you. We have investors in the clubs with us, and they put up 100 percent of the money and we take a share of the cash flow and the management fee.

"We are in a position where we can build ten or twenty million dollars' worth of clubs without any difficulty at all. It's just finding the right sites and being admitted to the program."

Hughes said he sees racquetball as becoming one of the major sports — "I think they are talking about eight million players by the latter part of the Seventies" — but doesn't know of anyone who is making a "home run" in the racquetball business.

"In my opinion, I don't see racquetball as some fantastic investment," Hughes

continued. "It takes a lot of money to stay in the business. The \$125 million spent by Time-Life (Sports Illustrated) will give them a lot of problems, things they may be surprised about.

"We are in with two clubs and we are making money. This club in Pasadena is successful and the other club is reaching the successful level. But I've talked to club owners who are breaking even, although they have a very low yield. I don't know how they can operate successfully."

O.J. thinks television will be a major factor in the growth of racquetball and the success of the clubs. "I think our main objective now is to get more exposure for racquetball," he said. "We feel we may have an inside track because I work for NBC and they are looking for something to compete with ABC.

"We are trying to get more exposure and trying to get it on TV because more and more people are playing it, and more and more will start by watching it.

"The biggest problem is it's a confined court and it's hard to get a camera in to see all the shots. I think once we get racquetball on TV — the key now is to convince the television people that it is something that will attract a good number of viewers — I think that it will take care of itself."

An interview with O.J. Simpson would not be complete without touching on his football future, which has been a prime topic in the newspapers' sports pages for months. The star running back was told that new Buffalo coach Chuck Knox was quoted as saying he thought he could get O.J. to play two or three more years.

"I don't feel he thought he could talk me into it. We had a long talk and he came from our meeting with the feeling that my enthusiasm has never diminished.

"I was a little disillusioned about some of the decisions and moves the Buffalo Bills made. I think that was quite obvious to everyone who follows football that there were some bonehead moves made there. Obviously, getting older in my career and never having played on a championship team is a bit disillusioning for me, but I think the Bills made the right move by bringing Knox in there.

"I think he will turn the situation around. I just don't know if, physically, I'll be able to be around when maybe the benefits of Chuck Knox will show on the Buffalo Bills. I'll be 31 next season. Running backs don't play that long in their thirties.

"So I just don't know if I have the physical time. I'm in good shape. I can go out and play as well as I've ever played. But it takes a while to turn an organization around and it may take more years than I have."



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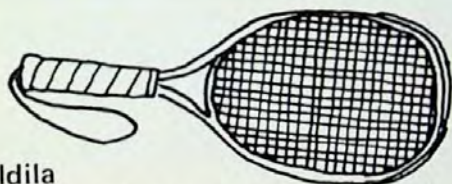
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GLASS WALLS, CONCRETE HALLS, AND 30 MILLION FLYING BALLS...

FIVE YEARS FROM NOW

By Igal Silverman

CRIBAG HALL may well have pulled off the racquetball coup of the century by tying his real estate corporation to Henry Luce III's Time-Life corporation, owners of the well circulated 'Sports Illustrated'.

If all their plans go well, and there's no reason at this point to think they might not, the one million dollars invested by Luce for 18 per cent of the new corporation should tick out dividends like Seamco spits out balls. Apparently all parties are jubilant about the marriage of these two institutions. They have good reason to be . . . there's not a projection to be found which shows racquetball to be less than a real winner for some time to come.

While smaller cities are just now beginning to find persons and businessmen with enough foresight and vision to make the plunge into what was less than a well-known sport a few years ago, major cities around the country are watching (while players are lining up to make court reservations) as the new-fangled fun-arenas are erected by the score. Even some high-

school and college architects are beginning to get the idea . . . this sport is here to stay.

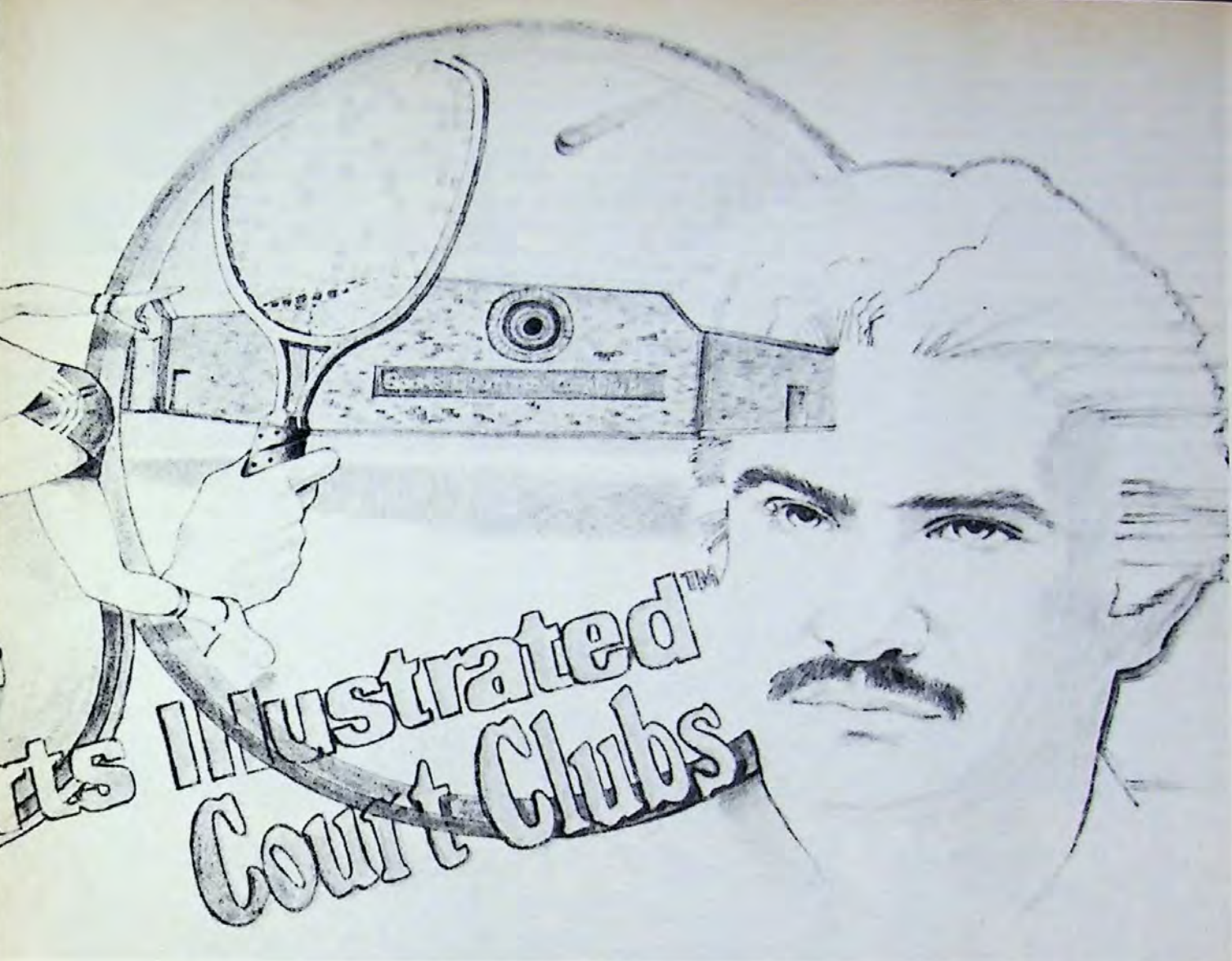
There haven't been too many books written about the sport as yet. No one has come out in print to break down the basic needs and psychology of the 'average player'. But, there's one thing certain, it appeals. APPEALS. Whether it's a matter of releasing repressed hostilities or just getting out there and whacking that old ball around, it works. After all, it isn't really necessary to know exactly how a bumble bee flies. He does. Racquetball does. And that would seem to answer that.

But, this union between two very substantial organizations didn't come about by accident. It didn't just happen. There was a lot of hard work done by both parties before the finalization could take place. It's a lot more than 'consenting adults' at play.

Racquetball Illustrated was given the opportunity to sit down with Craig Hall and in an exclusive interview he answered honestly some pointed and discerning questions.

Hall's entry into the business world was





rather unique. He discovered that he had a definite talent for taking bankrupt properties and turning them into profit making affairs. "I found that while this was enjoyable, it wasn't the sort of thing which could be done on a nationwide scale of operation ... like McDonalds. I was looking for a business which offered the most timely market opportunity, the formula for which could be utilized over and over, place after place, and improved as the learning continued."

It wasn't long before his researchers turned up some very interesting data. "After exploring many avenues and industries, we determined that racquetball was, indeed, a very timely opportunity and offered a lot of potential." Despite the fact that no one had been able to take tennis to the sort of national scale he envisioned, Hall had faith that the service and management challenge offered by racquetball, together with the facilities attendant to such a club, made it not only a good business risk, but a tremendous outlet for

managerial expertise.

By October, 1976, they had their first club in Ann Arbor, Michigan, open and running. This was followed by another club in Kalamazoo, Michigan, in March, 1977. It was slow going. This was the time of testing and learning. Every step forward became a sure one and a sound one. But, they had the capital behind them to afford the luxury of this necessary learning period. "I owned ten different corporations," Hall states, "which commonly went under the names of 'The Hall Group' or 'Standard Realty Group'. Most of them were involved in some form of real estate operation."

About the time of the opening of the second club, Hall became convinced that the concept of the 'complete facility' could be worked out on a nationwide basis. Together with Martin Robb he developed the plans for involving a larger, more heavily capitalized organization, one which would also offer an already public accepted name

to the structure. Their choice fell to 'Sports Illustrated'. And with little further ado, Robb approached this publishing giant.

It was soon found that the basic trends of thought of both Henry Luce III and the Hall group were similar and that there was firm ground for a union of forces. There was the usual Board of Directors approval to be obtained, this entailed an exhibition of racquetball in Detroit, which so impressed the board that approval was immediately forthcoming. From there on it was simply a matter of coming to terms. The final decision was that Time-Life, Inc. would invest one million dollars in return for 18 per cent of the new corporation. They would also allow the use of the name 'Sports Illustrated.' That was a plum Hall had wanted all along.

That one million will grow to represent a proportional share of 125 million over the next four years. "We have our plans rather firmly drawn," Hall states. "During the next four years we will have about 125 clubs

across the nation and the total capitalization at that time will be 125 million dollars. This is what we planned from the beginning. They (Time-Life, Inc.) have given us a free hand in the operation . . . at the same time they have been very supportive. It's been a nice marriage between the resources of a billion dollar corporation and the aggressive management of a small, growing invention."

If you're wondering how they will fill the many courts which those 125 clubs will have, their research shows, "... racquetball will continue to grow at a very aggressive pace. It's very likely we will see 30 million players, 5 years from now."

What sort of general interest is there in going into racquetball and its associated businesses? "We've had to add another

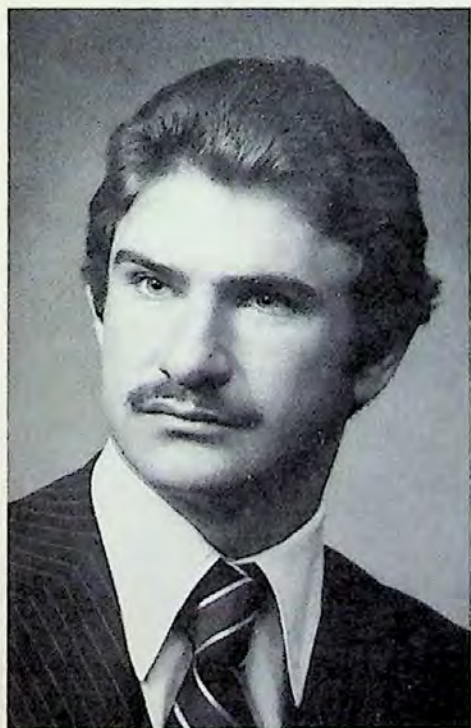
switchboard girl and have a tremendous problem keeping up with the mail. There are a lot of people interested in franchises. At this point we don't have a franchise program . . . but, we're considering one."

All these new clubs and burgeoning businesses posed a particular problem for the parent group. Hall found there simply wasn't trained and experienced personnel available to run the new clubs. The answer . . . train them yourself. So, they opened what is probably the first school to teach racquetball club management. "We're looking for aggressive young people." Creating and turning loose such an obvious giant in any field might make the smaller operators feel a little like Billy Barty going against King Kong. But, Hall's position is that there will be such an

overwhelming number of players that there will be an equally large demand for courts to play on. Also, "It's in everybody's interest to have a broader basis. For any sport to grow there simply have to be sufficient facilities for numbers of people to play . . . they have to be able to experience this sport." His thoughts seem to concur with a number of persons who have concluded that baseball became the American game because all you need is an empty lot, some kids, a stick, and a ball. But, you must have that place to play. "I think the 'little guy', who has maybe 5 or 6 clubs, has a big role to play in the future of this sport."

Sports Illustrated Court Clubs has even planned something for the player who has come up from these 'sand-lot' clubs into the majors. In their new Lemon Tree Club





LEFT: Bar and lounge at Sports Illustrated Court Club — Lemontree, in suburban Detroit, site of the 1978 USRA/NRC, National Tournament.

UPPER: Typical 15-court Sports Illustrated Court Club.

ABOVE: Craig Hall, far-visioned Racquetball Club magnate.

near Detroit, there will be clinics to improve the game of the serious player. The new club there also offers some rather luxurious touches which may not be duplicated for some time. "There will be a 7200 square foot lounge-bar-restaurant and a much more elaborate spectator area." This should be an ideal spot for the extensive television coverage which is expected for the Nationals this month.

Each of the SI Court Clubs will offer something along the same lines. They are all planned for 15 courts, deluxe lounge, pro-shop, sauna, whirlpool, and an extensive exercise program, including a broad assortment of equipment with separate rooms for men and women. "We believe we will be setting an industry standard with our clubs. Each club will include an exhibition glass court with spectator seating because we are placing a large emphasis on tournaments and exhibitions. We are also planning a series of tournaments just for SI Court Clubs with substantial prizes for all levels of players. We feel the amateur should become really involved. Some of the prizes are aimed at the improved game ... not just the professional. We want an active program. A lot of manufacturers are helping with the prizes in these areas."

Hall adds that while they have no exclusive agreement with any association,

they have made themselves available to both the National Racquetball Club and the International Racquetball Association. "We're hoping to get involved with them hosting some of the Junior Programs of the International Racquetball group, although at this point we don't have anything scheduled."

Naturally, with plans like these there must be a look toward membership. Hall feels that they want to provide the most services for the least dollar from the member. Their presently published membership fees would indicate they have achieved this goal. "Our current rates work out very well to make it the type of timing which will have the broadest appeal ... without lowering the quality. We could probably make much more profit on a short term by giving the public less for their money ... but, we want to give the most we can and we think that will pay off more in the long run."

The year 1978 will see SI Court Clubs in Michigan, Indiana, Ohio, Pennsylvania, Georgia, Alabama, North and South Carolina, New York, Connecticut, Dallas, and Fort Worth, Texas. From there the growth pattern will follow the demand and the ultimate goal of 125 clubs across the nation is just a matter of following the blueprint for success.

The NEGLECTED FACTOR in Racquetball

By Ellington Darden, Ph.D.
Guest Editor

(Many racquetball players spend a great deal of time looking for an "edge" over their competition ... a previously untapped advantage. The advantage has been there all the time: proper strength training.)

—by Ellington Darden, Ph.D.

The development of skill in racquetball serves on basic purpose, it enables you to use the strength of your muscles with greater efficiency. Thus, skill is certainly important, but in the end it's the muscles that perform the work.

If a racquetball player is blessed with good bodily proportions he has a distinct advantage because his muscles are given the assistance of favorable leverage. Everything else being equal, the racquetball can be hit harder and with greater efficiency. But, it is the muscles that perform the work.

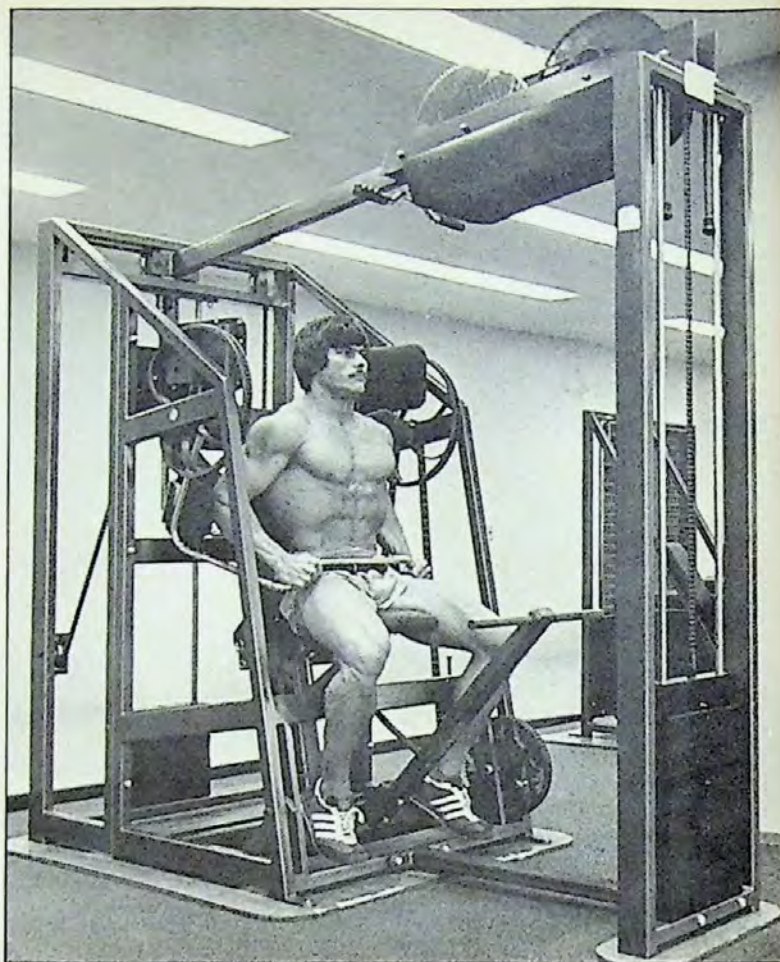
All really outstanding racquetball players have superior neurological (brain-nervous system) efficiency. In a max-

imum effort, they are able to make use of a far higher-than-average percentage of their muscular mass. Their muscles are no better (nor worse) than the muscles of other athletes. They simply have the ability to use a muscle more efficiently. But still, it's their muscles that perform the work.

All three factors are important to a serious racquetball player: (1) skill, (2) favorable bodily proportions, and (3) superior neurological efficiency. If you lack any of those factors, you will never be really successful in racquetball.

Yet, even if you have excellent skill, favorable bodily proportions, and superior neurological efficiency, you will not reach the level of performance of which you are potentially capable without *proper development of the muscles themselves*. Why? Simply because, while all those factors aid the muscles, it's the muscles that perform the work.

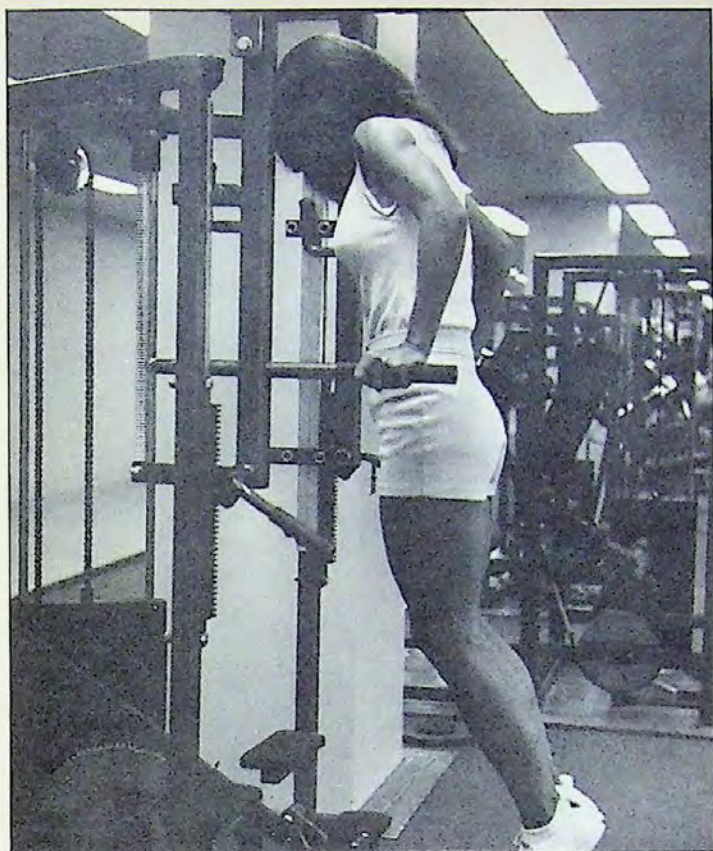
If the three other factors are favorable, a racquetball player with only normal muscular



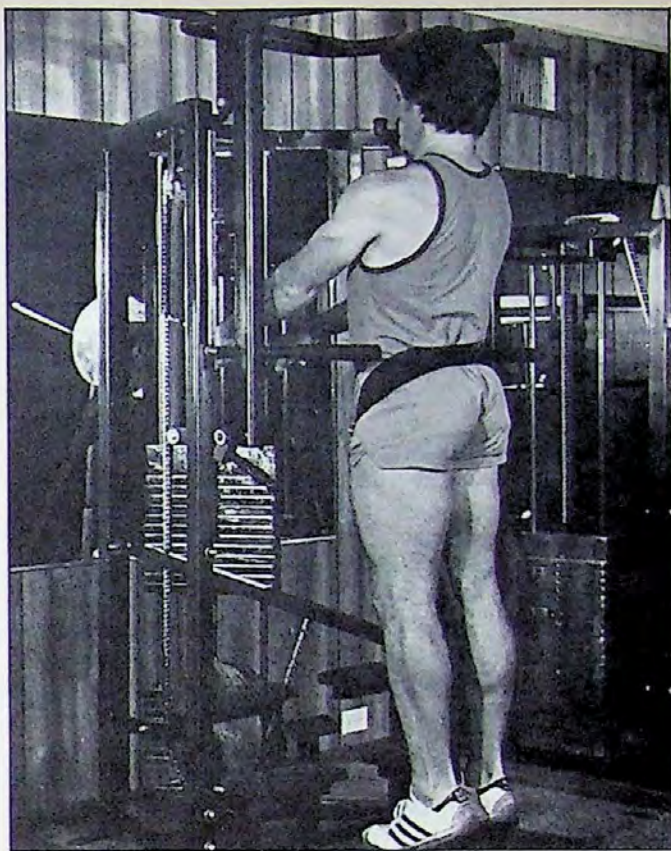
Pullover machine, contracted position.



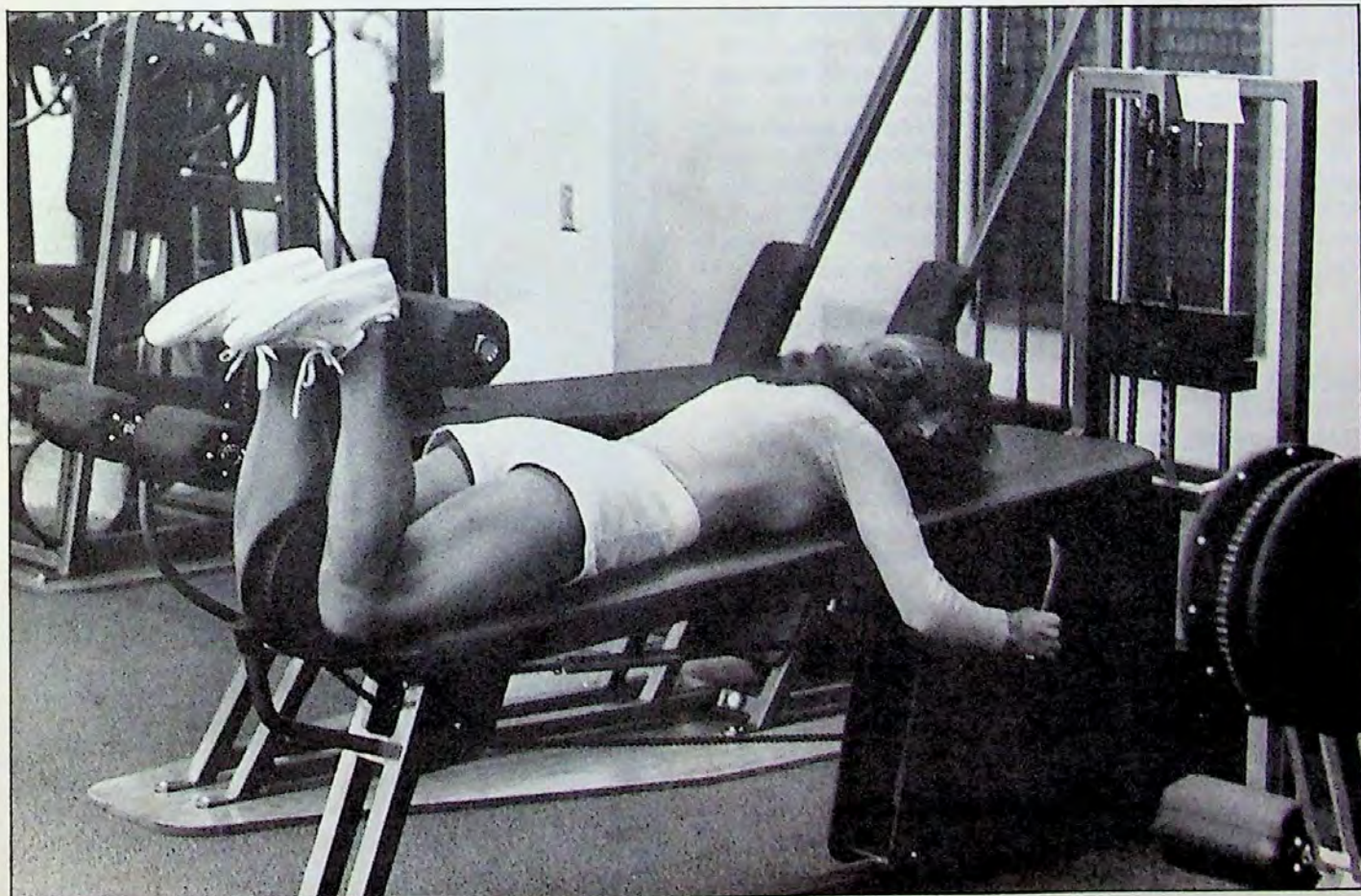
Double shoulder machine, primary movement.



Dips on parallel bars.



Calf raise on multi-exercise machine, contracted position.



Leg curl machine, contracted position.

strength may still perform above average, but he will fall far short of his potential.

Some factors can be improved by proper training, and some cannot. You can improve your racquetball skill. You can do absolutely nothing, however, to improve your bodily proportions or neurological efficiency. These two factors are determined by heredity and are not subject to improvement.

Most outstanding male and female racquetball players are superior "in spite of their relatively weak muscles." Which is to say, that given stronger muscles, their performance would be maximized.

One hour a week (three 20-minute workouts) of proper strength training will double the strength of almost anyone in less than six months. And doing so will make you a better racquetball player . . . not to mention: provide you better protection against injury. But supplemental exercise is not enough. It must be *proper exercise*, full-range exercise, properly planned and properly performed.

Contrary to popular belief, developing larger and stronger muscles will not make you slower, less flexible, or "muscle bound." Research has definitely shown that a stronger muscle is faster, more flexible, more efficient, and less prone to injury.

Muscle physiologists have established that the best way to build strength is a program of progressive resistance exercise. For our purposes, an exercise is progressive only if it involves constantly increasing the workloads each session. Such exercise can be performed using a wide variety of equipment, such as barbells, dumbbells, or weight machines. And good results by both men and women can and should be obtained from any type of equipment, if proper training rules are followed. The most important rules to be remembered are:

The building of strength is related to intensity of exercise. Maximum intensity is involved only when a muscle is pulling as hard as momentarily possible. For practical purposes this means that each exercise should

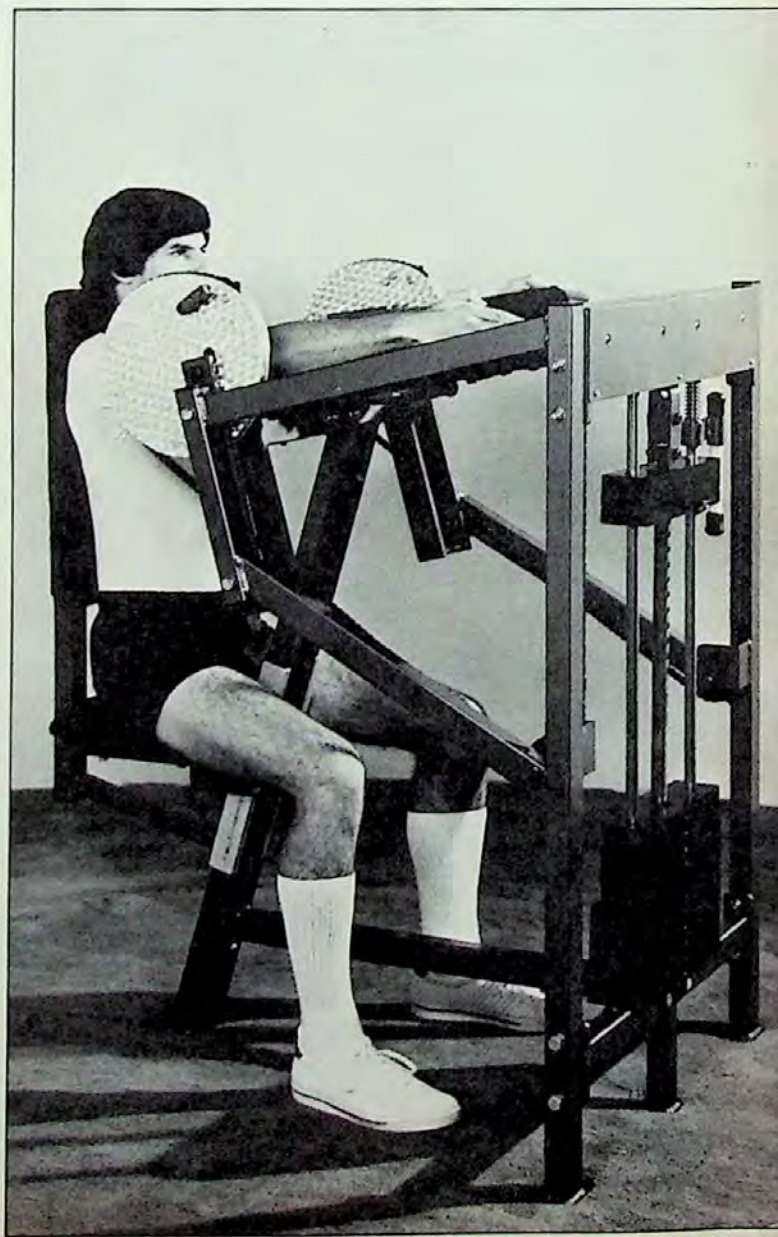
be performed in strict style for approximately 8-12 repetitions. At least 8 repetitions should be performed and not more than 12. If you can't make 8, then the resistance is too heavy and if you can perform more than 12 it is too light. But the real key to the technique is "pushing" yourself, or being pushed by someone else, to always perform as many repetitions as possible. Those last few repetitions are by far the most important. You should never stop any exercise until no additional movement is possible.

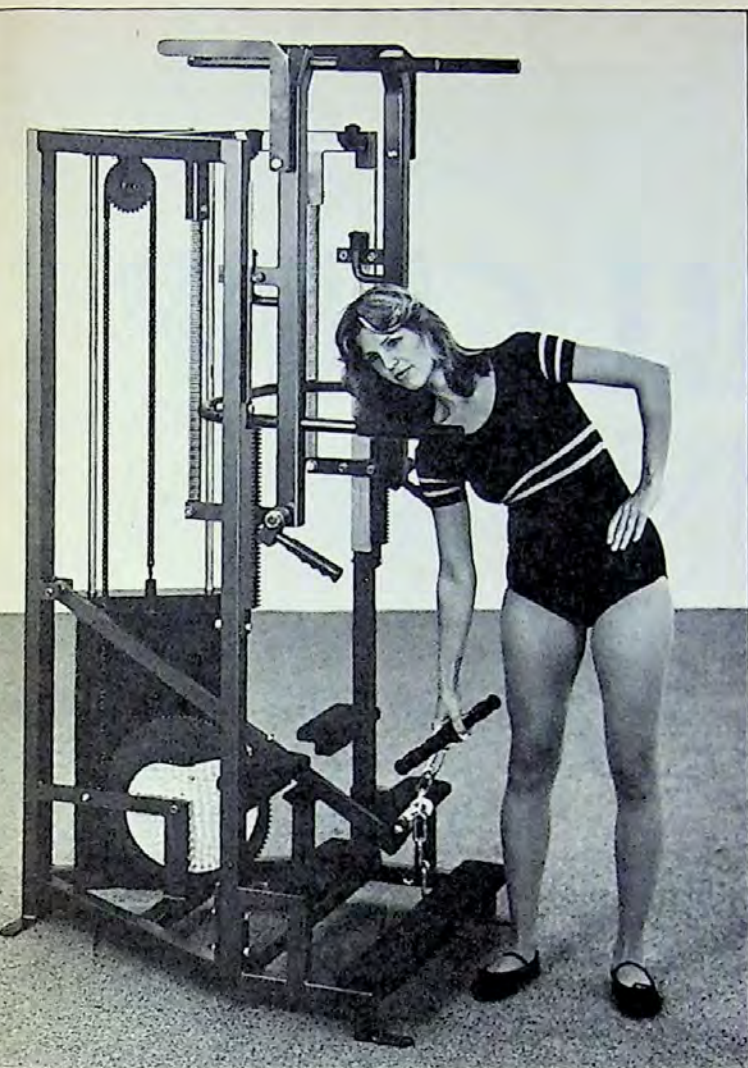
Increases in strength are best produced by very brief and infrequent training. If each exercise is performed using the high-intensity principle, the workouts themselves must be brief. A full routine for the major muscles of the body used in racquetball can be completed in less than 20 minutes. And this brief routine should be performed not more than three times per week. Only one set of each exercise should be performed, but it should be carried to a point where no further repetitions are possible. Don't make the mistake of equating *more* exercise with *better* exercise. Increasing the amount of training will only overtax your recovery ability leaving nothing as a reserve for strength gains. Remember, brief workouts three times per week are best.

Lowering the resistance (eccentric contraction) is one of the most important factors involved in building strength. Thus, lowering of a weight should be emphasized more than its raising. In other words, the lowering portion of an exercise should be slow, steady, controlled, never fast or jerky. The lifting of the resistance should be faster, but still performed smoothly. For example, if it takes two seconds to lift the resistance, it should take four seconds (or twice as long) to lower the same weight.

All workouts should begin with the largest muscle groups and proceed down to the smallest. This means that the order of the exercises should be hip, legs, back, chest, shoulders, and arms.

"A full routine for the major muscles of the body used on racquetball can be completed in less than 20 minutes. This brief routine should be performed not more than three times per week."





While conventional forms of exercise equipment such as barbells or Universal-type Weight Machines, can produce some results, I find that Nautilus strength-training equipment produces superior results. Nautilus machines differ from conventional equipment in a number of important ways. Among other things, they provide rotary movement, direct resistance, variable resistance, and muscular stretching and pre-stretching. Nautilus machines provide all of the requirements for a full-range exercise. As a result, maximum increases in strength can be produced in much less training time than heretofore thought possible. Nautilus equipment is accessible in numerous training centers throughout the United States.

What are the best exercises for building muscular strength? Racquetball requires greater-than-average strength in the hips, legs, lower back, torso, shoulders, and arms. Therefore, if you have access to Nautilus equipment, I recommend using the following machines three times per week:

1. Hip & Back
2. Leg Extension
3. Leg Curl
4. Calf raise on Multi Exercise
5. Pullover
6. Double Chest
7. Neck and Shoulder
8. Double Shoulder
9. Biceps Curl
10. Triceps Extension

Each exercise should be performed in a smooth, steady manner adhering to the previously described strength-building principles. If Nautilus equipment is not available, barbell exercises may be substituted.

1. Squat
2. Calf raise
3. Stiff-legged deadlift
4. Pullover
5. Press
6. Chin-up on horizontal bar (palms-up grip)
7. Bench press
8. Shoulder shrug
9. Curl
10. Dip on parallel bars

When you first begin your program, be sure to allow at least one week's time for a gradual "break-in" process to take place. Use medium resistance in all movements and practice correct form — two seconds in the lifting phase and four seconds in the lowering phase — on each repetition. After a week, you should alter the program by first increasing the resistance (in the high-intensity fashion) and then by gradually increasing the pace of the workout (time between exercises is decreased).

Over a six-month period of time, most athletes should see strength increases of from 50 to 100 percent in all the recommended exercises. And just how much will this added strength improve your racquetball? Obviously the answer will vary from individual to individual depending on your age, sex, prior ability, overall potential, motivation, and many other factors. But in all cases, there will be a measurable degree of improvement and this improvement will produce a level of performance that would not have been reached without proper strength training.

In summary, the following points should be remembered in organizing and starting a strength-training program:

1. Perform no more than 12 different exercises in any one session.
2. Stress correct form. Avoid fast, jerky movements.
3. Emphasize the lowering portion of each repetition.
4. Perform only one set of 8-12 repetitions in all exercises.
5. Attempt to increase repetitions or weight whenever possible.
6. Work the largest muscles first.
7. Train no more than three times a week.

Finally, get it out of your head that muscle development is something to be feared and thus neglected. Training your muscles properly can only improve your racquetball. Neglecting them can only hurt your performance and greatly increase your chances of injury.

WILSON'S RACQUETBALL CAMP

IT'S FUN LEARNING BOTH SIDES OF THE GAME

by Nancy Martin

As well as being mother to Nathan Martin, Nancy is a first class amateur racquetball player in her own right. As a matter of fact, she has become more than proficient in several racquet sports. For the past number of years she has concentrated her efforts toward learning the game and becoming a top amateur player. Her observations are based on an extended period of learning experiences. She writes as a very knowledgeable amateur.



Shannon Wright displays her racquetball expertise as she demonstrates some of the finer points of the game.

It seems that over the years, anyone who could talk about Racquetball for more than five minutes passed out flyers influencing people to come to a clinic. Certainly, the term "clinic" sounds very imposing. There's a medicinal ring to it. Something that important must be worthwhile. Thus, many would-be Racquetball professors jumped on the clinic bandwagon, charged \$2 to \$200 a head and made a ton of money in an afternoon for demonstrating Racquetball basics.

I've viewed many a clinic in my day by amateurs as well as professionals. None of them remain emblazoned on my memory except my first and my last encounters — these were quite special.

My initiation into the world of clinics was in 1973 when Steve Keeley, in the middle of an amateur Tournament in Tacoma, Washington, announced that anyone who was interested could meet in Court 3 after the match and hear him discuss various



elements of the game. Mingling with the tournament crowd, a handful of people at that time, someone asked me if I was going to attend the clinic. "No", I answered, "I'm not ill." He looked at me kind of funny and walked on. But, somehow, I found myself following the group and ended up sitting on a wood court floor, watching Keeley demonstrate serves. He spent a good hour or two between matches discussing court strategy, executing kill shots to his two favorite corners, and demonstrating the various types of serves. His words were like uranium — priceless — for he really knew what he was talking about.

I had the same sort of enlightening experience this weekend, five years later, while participating in the Wilson Racquetball Camp held at the Atlas Health Club in sunny (when it doesn't rain) San Diego. Like everything else in this era of speedy technological change, the 'clinic' has evolved into a highly sophisticated social as well as instructional arrangement. In fact, the term "camp" has been substituted for the term "clinic," (a change that I wholeheartedly endorse because I still feel as if I'm going to a hospital that cures balls and racquets every time I hear it.) That change alone has added another dimension to the learning experience for the racquetball player-student — it encourages an attitude of sociability, of participation rather than cold, calculating medical observation!

But basics are basics, and like its ancestor, this instructional package, created by the Wilson Sporting Goods Company utilizes professors like Davey Bledsoe and Shannon Wright, along with David Fleetwood and Bill Torres.

Once again in my life, I viewed a camp that was working very well because the teachers really knew what they were talking about. The individual involvement of each instructor with his student was the feature that made the camp a success. Certainly, video tapes, lectures, books, exhibition matches, an awards banquet were added attractions to the clinic concept.

But when it all comes down to the bottom line, it's the total of quality instruction that counts, and the Wilson Camp

In dealing with advanced groups and intense one-to-one teaching Davey Bledsoe instructs proper footing and stance.



(L-R): Shannon Wright, David Fleetwood, Davey Bledsoe comprise a terrific trio — on the courts and teaching at Wilson's Racquetball Camps.

provided that exciting opportunity for its students.

Bledsoe dealt with an advanced group as well as an intense one-to-one basis with novice players.

Fleetwood worked tirelessly with each student until they understood how to perform his suggestion correctly.

Torres, a natural-born teacher, used analogies in his explanations, so that when he showed his students how to execute a perfect backhand, he said, "Pretend that you're throwing out a load of wash." It worked every time!

And Wright, the woman player of the team, was down right excellent. With her enthusiasm alone she convinced her group that the better procedure was the correct procedure; working on an intimate basis with her students, encouraging them, in her noncommittal but firm manner, to execute a better shot. Demonstrating the proper serve, she told her group to look at a spot on the wall, shift focus to the ball, then look back at that spot on the wall before hitting the ball. Sounds like a minimal observation, right? Wrong! That

little bit of information changed a person's serve instantly. Thus, the students constantly walked away from their sessions with Shannon better racquetball players.

The underlying tone of the whole camp was one of quiet concern . . . taking people that had come from all over the United States — New York, Chicago, Utah, California — and helping them become better racquetball players or just racquetball players, for anyone could participate in the camp. Player ability level was inconsequential because groups were set up according to individual differences — beginner to advanced. Each group had a chance to work with each instructor, an arrangement which gave the participant a chance to benefit from all the teachers in the clinic.

The camp format provided an exciting social as well as instructional bonus to the players. Staying over-night, meeting as a group after breakfast, watching the Nationals on video tape and eating pizza and drinking beer in front of the set, playing in their own tournament the last day of camp and attending an awards banquet that

night set up the kind of quality environment that encouraged attentive participation on the part of everyone involved in the camp. People got to know each other — in and out of court situations — teachers as well as students. This type of student-teacher interaction is where you get your best teaching. Students may glean bits of information in 50-minute class meetings. But over a weekend of hours and hours spent with teacher and student, formally and informally, real learning takes place because you get to know each other as people. That's what happened here. Those people left for home better, as well as more understanding, racquetball players.

This was just the beginning of Wilson's involvement in the racquetball world. It was more than successful. Any impact made in the racquetball climate that can bring the level of play up, as well as allow players to work with and communicate with professionals, is a boon to the Industry. My compliments to the Wilson chef for creating such a savory dish.

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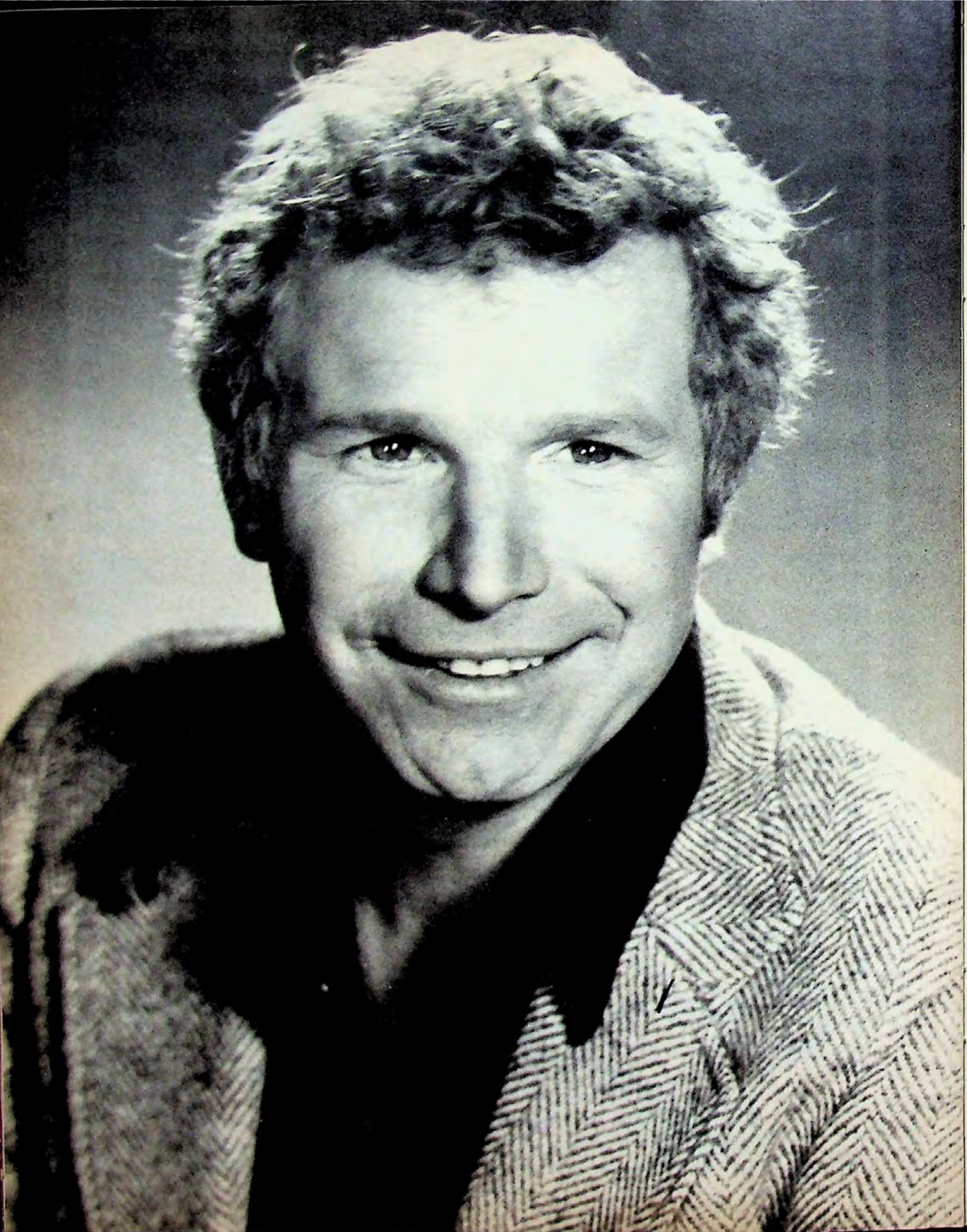
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Racquetball Goes to the Supreme Court

by Charles Parker

After several small but telling roles in motion pictures, Wayne Rogers became a weekly visitor in most of America's living rooms as Trapper John in the hit CBS-TV series, "M*A*S*H." Subsequently, he went on to star in "City of Angels" for NBC-TV and in movies for television, such as "Attack on Terror" and "It Happened One Christmas."

Somewhere along the line, Rogers dis-

covered he had a special talent for making more money through investments than his screen roles paid him. With a group of friends that included James Caan, Peter Falk, Jack Webb and other less recognizable persons, he began putting his earnings from his acting career into income property.

Today, Rogers and associates own a vineyard in central California which also

makes wine under contract, apartment buildings, office building complexes, single-family dwellings, condominiums, and commercial developments.

They also own the Supreme Court racquetball clubs in Van Nuys and San Jose, Calif.

"Our basic function is finance," said Rogers in his Beverly Hills office. "You might say my hobby is making money, just

Wayne Rogers and Alan Alda in *M*A*S*H* (RIGHT)

(BELOW) with his two 'Monopoly' partners Phil Di Napoli and Lew Wolff — They just play the game with real dollars.



like Monopoly, except we play it with real dollars." Asked where he acquired his talent for differentiating between shrewd and bad investments, Rogers said with a grin, "I think I learned it playing poker in the Navy."

Because he is a hard-nosed investor who expects every dollar laid out to be returning a profit for him, RACQUETBALL ILLUSTRATED sent this writer to find out why the curly-haired actor and his group decided to make racquetball their first athletic involvement. Here are our questions and his answers:

Do you play racquetball?

I play the game, but not well. I got beat by a lady the other day. (Enthusiastically). That is one of the things that is good about the game.

Who are your partners in Supreme Courts?

Lew Wolff, former head of real estate at Twentieth Century-Fox, is my real estate partner in a number of deals and is managing partner of our racquetball facilities. Peter Falk has a little piece; Stuffy Singer, who is the former world handball champion, is in it, and Phil DiNapoli, an investing partner of ours from San Jose.

When did you become involved in the clubs?

We got into racquetball about two years ago. Racquetball appears to be a growth area in the athletic field. Lew, whom I have great respect for, had a prior interest in it and suggested this was an area we should explore for investment activities.

We had three clubs but we sold one in Ft. Lauderdale. Our first venture into rac-

quetball, in a pure risk position, was the Van Nuys club. we got into the San Jose club by being a tenant, a lessor. We just rented the facilities and somebody else operated it for us. That proved profitable. We found the operating numbers in racquetball were terrific.

How do you operate your clubs?

The way we do it — there are variations — some people just have public play for so much per hour. We have membership clubs and we try to schedule it so our membership runs approximately between sixty and sixty-five members per court. So, if we have a twelve court facility we'll have between seven hundred and eight hundred members.

We have found that to be about the average playing time that is comfortable. If you do more than that, you're going to overcrowd your courts. If you do less than that, you're going to underuse your facilities. With that schedule, people don't have much waiting time to get on the court, and at the same time you get the full use of the facilities, and people seem to be happy with their memberships.

Now, the membership is going to rotate to a certain extent. You're going to have five to seven or eight percent of the people drop out over a three-month period and new people come in, just by virtue of the fact that the community may be changing. But, in a relatively stable community, you have a lot of family memberships and people just stay with you for a long time.

Do you have outside play on your courts?

We do have outside play, but not in prime time. The membership pretty well fills up the prime-time play, but we do have outside time. We consider prime time after four-thirty in the afternoon, before nine o'clock in the morning, and on weekends.

Were your clubs constructed as racquetball facilities?

Yes, they were built from the ground up. Basically, it is a 'warehouse' facility, so what you're building is four walls and a roof that is high enough to accommodate the game, that you can divide up into racquetball courts. We built all three clubs.

What, other than courts, do your clubs offer?

We have complete facilities. There are women and men's locker rooms with steam, sauna, showers and jacuzzi pool. There is a pro shop that carries a full line of merchandise, both for racquetball and street clothes, and we have a little lounge area for people to relax both before and after play.

By the way, here's an interesting sidelight — apparently there are some extremely luxury facilities that are going in

that are racquetball courts in conjunction with a high caliber-type of athletic club. We have tended not to do that on the theory that we are appealing purely and solely to the racquetball player, as opposed to the athlete who might want to go in and lift weights and do all the other things. We have no tennis courts. We do have a small gymnasium, a work-out room, but we do not appeal to the tennis player, the golfer, that kind of stuff.

There isn't much you can do with a racquetball club. You've got 20x40x20, and that's it. You can jazz up the lounge areas, but the lounge areas, in our experience, do

“... There are a lot of people getting into this business who don't know what the hell they're doing. . .”

not give you a good return on the money. What you really want to do is provide the best possible environment for the racquetball player. The racquetball player wants to play racquetball, so what he basically wants is a really good court.

Meaning, we put our dough into the floor that's on the court, in the way we design the court to be sure it's level, to be sure the walls are put in right, that everything is right, so the pure racquetball player is going to have the best possible facilities. We do have very nice lounge areas and very nice locker rooms. We don't shirk those, but it's not a case of somebody who wants to come over and take a steam bath and lie around and snooze. That we don't have.

What are the fees at Supreme Court?

In Van Nuys, we charge \$100 initiation. Our monthly fees are \$30 a month for a full membership for men. \$25 for a lady membership, \$20 a month for an off-time membership. We have variations depending on how often you want to use the club, which is a good idea because there are some people who will use the club only at certain times.

Then we have a time-card membership where you might come along and say, “I only play on Wednesday from ten to twelve and I want to buy that time every Wednesday for a year.” So we'll sell you a card that gives you that time. We can do that if the time is not already reserved, or if a member doesn't have it, or if it's not in prime time. Same arrangement in Fresno.

Did you sell the Ft. Lauderdale club because it was losing money?

It was very profitable, but the people paid a very nice price for it. Not only that, but it is three thousand miles away and that creates a management problem. If we had fifteen or twenty of these things

spread around the country, I think we would have been more interested in keeping it. Even Time Inc., through Sports Illustrated, has gone into the business, but they are only staying in certain territories, which is very smart, I think.

Are you considering expanding Supreme Courts?

Yes, we are. All this is very dependent on management. The management factor in the racquetball business is a key factor. Right now, for example, it is going through a period of very expansive growth, similar to what bowling alleys, pool halls, tennis clubs have done.

We have seen this phenomenon in the past in various sports enterprises. So, one has to have a very careful eye toward the management personnel that are running the clubs. That is the key to the club. We are very careful about that and we develop our own in-house management. We have had some experience in it and there are a lot of people, I think, who are getting into this business who don't know what the hell they're doing. We are searching for management material and we have our eye on other locations.

As a professional investor, do you think racquetball has legs?

Do you mean, do I think it's going to stay? You bet, and there are very specific reasons. One, the learning curve is very short. If you've never played before, in approximately an hour's time you can have a lot of fun playing the game. It's not like tennis where you have to spend umpteen hours on the court and X dollars for tennis lessons with a professional to learn how to hit the ball. You do not have to do that in racquetball in order to have fun. You can have fun without a lot of time invested.

Second, it is a very social game. That is to say, women and men can play it almost equally. It is a game of finesse and not necessarily power, so a man and a woman can have a lot of fun playing together.

Third, it is a game that you get an enormous amount of exercise from in a short period of time. Therefore, it is extremely appealing to a modern businessman where time is at a premium. People have to allocate time, particularly to their exercise schedule, and they get a terrific amount of exercise from racquetball in a very short time.

Fourth, it is a game the entire family can play — kids, wives and husbands, and families together. Finally, and we tend to forget that in Southern California, because it is an indoor game, it can be played all-year round. In San Diego, which has a lot of outdoor sports all year, racquetball is becoming the number one sport.

Racquetball has all those aspects. ●





Nathan Martin... There May Be Something Good About 1984 After All...

By JAY T. WILL

It's hard to believe this is a 12 year old. There is such maturity of thought and application of effort in this young man that he seems several years older than he really is. Nathan Martin is not only an outstanding student at the San Diego Hebrew Day School, but, he is well along the road to becoming one of the future champs in racquetball.

When Nathan was still an even younger man his family moved from Chicago to Seattle. There in the land of rainbows they made their home for nine years. During this time Nathan grew into an outstanding gymnast and took the State of Washington Championship for his age just two years ago. While preparing for all that he was developing quite nicely in another area . . . racquetball.

After moving to La Jolla, California, a beautiful suburb of San Diego, he became even more polished and finally came to the attention of the Ektelon group. They have

been picking up his sponsorship in matches ever since. It doesn't appear that he'll be dropped any time soon.

Altogether too often there develops about the young star in any field a certain air which convinces one that children should neither be seen nor heard. This hasn't happened in the case of Nathan Martin. He is a genuine person. There is none of the 'look at me, I'm a big shot' attitude which sometimes afflicts even more 'mature' personalities. Consequently he draws crowds faster than a thermal underwear salesman in Nome. Older people enjoy watching this young man because they would probably like to see their own kids involved in something as wholesome as this sport and they can only hope that their offspring would take the cheers and adulation as calmly and unaffectedly as Nathan.

Have you ever wondered what championship material looks like when it is very



Along with racquetball young Nathan Martin takes his schooling very seriously.

young and in the formative stages? What do the Jack Nicklauses and the Leon Spinkses look like when they are maybe 12 or 14 years old? Do they appear to be just another kid on the block? Are they just as clumsy and uncoordinated as are most kids about that time? Some of us can remember being at the limits of our physical abilities just making it across the street and into the schoolyard without tripping over our size twelves which were stretching out faster than almost everything else. It wasn't easy to keep them separated and going pretty much in the same direction ... all feet and no forehead.

It would be great if there were some way to anticipate just which ones of those clods tossing the basketball around were going to be on the Lakers and which ones of those fumblefingered brutes would wind up with the Greenbay Packers.

But, Nathan doesn't seem to have any of these problems of coordination and dexterity which plague many early teenagers. He moves around the court as though he owned and planted it. It's almost disgusting that a person of his years should have movement and timing that more mature people have to work so hard to achieve. The least he could do is trip or fall down once in a while just to make the olders feel better. Perhaps part of this

extraordinary agility comes from all that gymnastic work a while back. It shows in his footwork and reach. When he stretches out for a hard cross-court ... he generally makes it ... and doesn't look like an ape mired in quicksand.

Nathan's game reflects all the good home and court training he has had. Pros like Hilecher have spent a lot of hours with this talented young gent putting into his head and body-reflexes what they know about the game ... and that's plenty. As he matures and these bits and pieces of priceless know-how come back to the surface of his being, he will improve even more. That's the beautiful part about knowledge and education of all sorts. Whether we are aware of it or not, everything we have been exposed to will be absorbed by this wonderful mechanism of ours and eventually become part of our entire being.

On the court he has some good lower body movements and places his body into the ball where it counts. He doesn't have 150 pounds to work with, so it's important that he gets the proper stance to put what he needs into that swing. During his workouts he does just that and during his matches he repeats this performance to the dismay of many of his junior opponents.

There seems to be very little wasted or

misplaced motion in his game. Most of the time he gets low on the ball and slams it into the front wall with more than a little expertise. His placement is good and fairly consistent. He plays a straightforward game with little deception or attempts at 'psyching' the opposition. He just goes out there and plays it ball by ball, trying to achieve the aggressive stance and retain it. This is a very admirable type of game and if he holds this position into maturity he will be one of the toughest guys on the courts and a real credit to the sport throughout his playing career.

Nathan has a number of good things going for himself on the courts. His forehand looks good with hip rotation and wrist snap working about right. It would be easy to credit all this merely to good teaching. But, the fact is, that without the ability to replay that teaching into performance, it would all be a waste of time. There are certain latent traits which can be improved with good instructions. But, it's nice to start out with as much talent as possible.

Take the little business of being able to read the ball on its return. Experience will help anyone learn just about where and how it's going to move. But, to make the most out of that play, there must be added to that experience a sense of timing and the ability to anticipate its actions and positions.

Nathan seems to play the center court position in preference to most other spots out there. Naturally, like everyone else, he finds himself forced into positions where he would rather not be. But, that's part of the game, and how you regain control of that vital area marks the difference in players.

All in all this is a formidable young man well on his way toward becoming a very strong, competitive, and aggressive mature player. This is a fascinating time to watch the unfolding of a professional career. All he needs is more and more professional rank matches and he will develop into one of the strongest contenders in the field. He has the dedication to the sport and that is a big part of the battle.

He has another asset which he, bright young man that he is, seems to be aware of. He has an equally bright mother. She has stood behind him and his talents right from the start. It can't be an easy task to divide the parental touch equally among four children. But, Nancy Martin has a philosophy which has, no doubt, been one of the formative factors in her son's life ... "Adults get to be the people they are because of the opportunities offered them as children."

Nathan Martin has the talent and the opportunity ... let's watch and see how it all comes together.

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"I want to be a pioneer in the sport"

BLEDSOE'S WORLD: GOALS AND IDEALS

by NANCY BERMAN

It's a long way from medical school in Tennessee to the locker rooms of several scores of racquetball clubs around the country. It may be even farther from the country-gentleman lifestyle he was headed for to the combative arena-like courts of the professional circuit. But, for Davey Bledsoe, that's the way it has gone. At one point he gave up an opportunity to play with the Kansas City Royals in order to finish medical school. Then there was a constant and continuing pull from both the academic and athletic areas of his life. In the end the operating room lost a surgeon and the racquetball courts gained a champ.

But, it's a lonely life at best. This moving from hotel room to hotel room along the circuit leaves something to be desired, namely, companionship. And there are some other drawbacks. It isn't all glamour and high living as one might believe. "Of course, there's a certain flair to it," Bledsoe explains. "and a lot of excitement. There are times that are very enjoyable. But, there's no real companionship. Sure, I meet girls — here, there, everywhere — but, how involved can you get when you know you're going to be there for a day or two and then you're gone?" And he doesn't believe it would be fair to ask someone to share his life because there wouldn't be time enough together. "I didn't enjoy winning the Nationals because there was no one there to share it with, other than my brother and sister-in-law. I would rather have had one single person that I could have shared that moment with."

If it's lonely and unfulfilling in such personally important ways what drives a young man forward in this career? What are the motivating factors which make him pursue that which is so personally unrewarding? There have to be other compensations.

At 27 years of age Davey gives a lot of

thought to his future and has a number of options regarding the rest of his life. . .

"With Wilson, I can do anything I really want to with myself . . . teach any camp or work with any group I want. They have signed me on as a member of their advisory staff for racquetball. And I look forward to the relationship of Wilson and I being similar to the relationship that Jack Kramer has with Wilson. He was the first tennis player that they signed and I'm the first professional racquetball player that they have signed."

Davey sees this as carrying with it a certain responsibility to himself, his employer, and the public. Image is very important to him and he sees his present day image as a strong part of his tomorrow. . .

"Jack maintained a fine reputation," he speaks again of Jack Kramer, a man he apparently admires deeply. "He was good with people. He worked hard and got involved in the teaching part of it and did a good job to build the sport and promote it. I'm trying to do the same thing. One day, when I can no longer play competitively, I can still be a big factor in the industry — in the name, and in the fact that I have books, films, racquets, shoes, clothing lines working for me and introducing me to the customer."

That's just part of a tomorrow Davey looks forward to. There are other areas to be dealt with. . .

"I think I'll go one of two ways: I'll either stay within the industry — in fact, I know I'll stay within the industry — whether it will be in a promotional sense with Wilson, or whether I go back and bring in my interest in medicine. Combine racquetball with a cardio-vascular clinic like they did at the Sporting House racquetball facility."

At present the free hand offered by his employer is a great motivating force in Bledsoe's life. This may be one of those

rewards which help alleviate the loneliness he at times feels. . .

"I'm not the kind of person that's going to be happy working for somebody. I've got to work for myself." He feels there is a certain leeway for creativity in his present position. "And, that's what I want! Plus, I want to be a pioneer in the sport. Let's face it, I'm not going to enjoy or reap the benefits that a tennis player like Connors has, the \$880,000 prize money they annually win. Jack Kramer never enjoyed it. I'm not going to enjoy it in racquetball, but, people like Fleetwood and the younger people coming up may enjoy it. So, I've got to lend myself to promotion and help the game grow for their sake. I can be satisfied with the fact that I will go down as one of the original promoters of the game, like a Babe Ruth, so to speak."

This must be part of that lure and appeal . . . the offer to live in tomorrow's history of today . . . to be able to live beyond one's self. He now realizes that he may have the choice to fulfill any or all of several alternative life choices. He will probably make them in his own quiet manner. . .

"It will either be based on another interest or the pursuing of another challenge. And, believe me, the only thing in life that really makes it exciting or really helps you to become self-actualized is a challenge and meeting that challenge. And in that process, reaching goals. I'm sure that I will become satisfied with goals that I have set in racquetball and reach out for something new. I have a great interest in the production and creative end of television, and that's something I'd like to try and pursue. Maybe creating series, maybe working on motion pictures. I'm not sure. I'd like to do a lot of things in my life and I would hate to ever be tied down to something for 50 or 60 years."

Bledsoe has paid the fare to get to this



Bledsoe in action, an exhibition of graceful, deadly precision.

point. He bought these options with all those lonely nights in strange motel rooms and in the heavy schedule around the country in exhibition and tournament games. He has paid his dues. At least he's been spared some of the ordeals and rituals of physical conditioning that so many athletes have to endure to keep themselves ready...

"I think I can play as long as I want, physically, because I'm naturally in good shape. I never train. I stay in good shape naturally. There may be a time when I have to add training to my program. I'll do so if I want to stay competitive. There's no problem for me to compete for 3 more years."

And he is a competitor. A tough competitor. But, he insists on playing by a set of rules which allow him to maintain the self-image he desires...

"This is another factor which really affects my play. When they broadcast the National PBS thing at Kings in Los Angeles, it was very difficult for me to do the things I knew I had to do to win; consequently, I finished second. Now, it would have been very easy for me to fight fire with fire, that day with Marty

(Hogan). But, Marty came off on tv in a very poor light. I didn't want to do it because the image that I present, in regards to the pioneer spirit and the Jack Kramer input, the image that I telecast to the nation will be what people will think of racquetball. Therefore, I tried to present myself as a gentleman, and I tried to present the sport as a socially accepted game with certain standards and ethics to it, so that it would appeal to people."

And, there's another aspect of responsibility which Bledsoe feels is equally important...

"When a young kid walks up to his father and says 'Gee, Dad. I saw Bledsoe on tv and I want to be a professional racquetball player someday', you know that I would like his father to respond in this manner 'Sure, Son, what can I do to help you?' I don't want his dad to say 'Come on, Son. Racquetball is for bums, a lot of bums playing that out in California. You don't want to do that. You can't make money at it.' I just don't want that to happen. If I can add another scope to the profession, then I feel I'm giving posterity a broader choice. And if they have a broader

choice, they can reach out for higher goals."

It's a hard and a tough road to follow, this business of getting one's moral ethics above seemingly more important goals. In a period when moral values are under heavy and continuing re-evaluation and fire from all sides, in a time of non-durable endurables, Bledsoe has chosen a difficult, if not untenable, position to maintain as champion...

"But, how important is winning? Win at all costs is a theory that belongs to the Barbarian. It belongs to the prima donnas of the courts. They're the people who are very insecure in other areas of their life. And, I don't feel insecure in other areas. For that reason, if I finish second for the rest of my career, and I know in my heart that I'm acting like a gentleman out there and presenting a good image, and I feel good about it... fine. Believe me, if I reach out and do the things that I want, then my ranking is insignificant. Because, my goals had to be met by me, nobody else. And that's the only area that you get your self-satisfaction in. I don't care if people say that I'm not the best."

NRC TOURNAMENT

ARIZONA MENS'S FINAL

Although he didn't ask for the 'heavy' role to start with, flashy Marty Hogan has done nothing to mute his aggressive image during a three-year climb to the top of professional racquetball's heap.

The curly-haired 20-year-old from St. Louis is the brash youngster everyone loves to hate. Hogan hits harder and wins more money than anyone else on the National Racquetball Club tour. He's the automatic favorite in every tournament. The machine-like repetition of a serve officially clocked at 142 miles per hour has been Hogan's main weapon on the way to 12 career tourney wins.

His latest came February 19 in the seventh stop on this season's nine-city men's NRC tour. Displaying the awesome power game that's made him number one among male pros, Hogan crushed surprise finalist Richard Wagner 21-11, 21-6 at the Arizona Athletic Club in Tempe. The victory was his fifth in as many tries this season. And it earned Hogan a \$4,000 first-prize check.

Hogan's four-match tournament performance in the Phoenix suburb was typical of his play this season. He blasted his way through first, quarter, and semifinal rounds — winning each in two games. Hogan started the blitz with a 21-13, 21-9 triumph over unranked Steve Mondry of San Diego. In round two, Hogan showed little love toward fellow St. Louis native Steve Serot. He put away the fifth-ranked lefthander 21-15, 21-11.

Hogan reached the final round by stopping Ben Koltun 21-16, 21-14. Koltun, a 20-year-old righthander from St. Louis who won the National Junior Championships in 1975, upset defending U.S. pro champ Davey Bledsoe 21-18, 21-11 in a quarterfinal match. Koltun, ranked eighth, has yet to post a tournament victory since joining the tour in 1976.

Wagner's trip through early-round play was much tougher than Hogan's. He showed up in Arizona with a single tour victory to his credit. And that came two seasons ago in Buffalo. The righthander from San Diego totaled \$4,975 in prize money for 1976-77, compared to Hogan's \$22,000. But Wagner, ranked number 12 among the men, got his control game going in Tempe.

He decisioned fourth-ranked Jerry Hilecher 21-2, 11-21, 11-6 in the first

round. But Wagner hurt an ankle in the process. That didn't slow him in the quarterfinal. Wagner won another tiebreaker, this time by 11-5 over Jerry Zuckerman. Wagner forced the extra period by winning the second game just 21-19 after dropping the first 16-21. Wagner got something of a breather his next time out, beating veteran pro and second-ranked Charlie Brumfield 21-18, 21-16 in a tight semifinal.

That set the stage for a David vs. Goliath final, matching Wagner's court coverage against Hogan's raw power. The situation was a familiar one for Hogan — his muscle and reputation against an underdog crowd favorite. After the first few points of the opening game, it was no contest.

Before the match even started, a confident Hogan assessed the situation — and proved himself correct later. "I'm going to drive to his backhand and keep him retrieving." Similar strategy had worked for Hogan in 15 of 17 previous meetings between the two.

Wagner's only real chance rested in forcing Hogan into long rallies and chasing in on resulting mistakes. And he took a 4-0 lead in the opening game by keeping Hogan off balance and out of his power rhythm. But Hogan finally broke through on a forehand sidewall-to-front pinch shot and from there surged to a 15-7 advantage. Wagner battled back briefly and closed the gap to 15-10, but gave Hogan too many opportunities for service returns.

Wagner scored half his early points on forehands off the back wall. Hogan closed out the game on a pinch, then passing shot. The second contest was a rout. Hogan hit bullets and raced to a 17-2 advantage. The last of that point string came on a roll-out off the back wall. Wagner scored four times before Hogan reclaimed served with a forehand down the line. Then he served aces for the final three points.

Hogan, who studies business and psychology at San Diego State University when he's not dominating the NRC tour, had no technical explanations for his success this season. "I just play my game and cruise it," he said in Tempe.

"I've been playing since I was eight," Hogan added. "About the time that I turned 17, my (body) bulk really increased and I got more power."

He's been throwing that extra weight around ever since.

ARIZONA WOMEN'S FINAL

Jennifer Harding gave racquetball some good looking national exposure when the sport made its television debut during November's National Racquetball club pro stop in Westminster, Calif.

The pretty brunette took advantage of the tour's first televised matches to win her initial tournament, beating Janell Marriott 21-14, 21-14. But the second-ranked women's player lost favor with the camera during the NRC's Tempe, Arizona stop in February. Although she was playing in front of Public Broadcast Service film crews for the second time this year, Harding dropped 21-16 and 21-13 games to Shannon Wright.

The local PBS station at Arizona State University videotaped both men's and women's finals at the Arizona Athletic Club for area viewing a week later.

Wright's victory was her ninth since turning pro three years ago. Wright, currently ranked sixth on the tour, defeated top-ranked Peggy Steding 21-8, 17-21, 11-2 in the quarterfinals. She went on to earn a spot in the championship round with a 21-6, 21-8 semifinal victory over number-four Sarah Green. Wright earned a 21-11, 21-8 decision against ninth-ranked Martha McDonald in the first round.

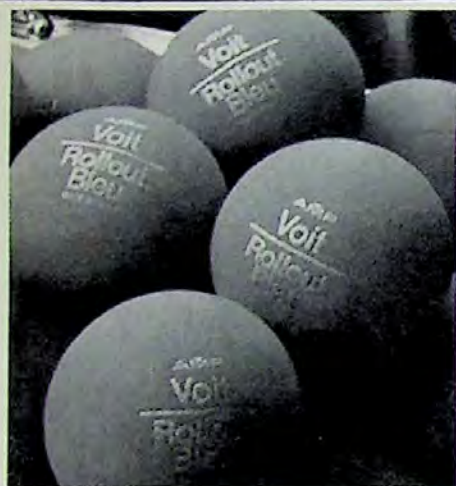
Meanwhile, Harding swept through her first two matches — beating Marcy Greer 21-6, 21-8 and eighth-ranked Rita Hoff 21-12, 21-6. Her semifinal, however, was a tougher proposition. She had to win a sticky 11-7 tiebreaker against old friend Marriott to make the finals. Harding and Marriott split games, with Harding winning the first 21-16 and Marriott the second 21-17.

The final was an equally tough struggle. Harding, the only lefthander among the leading woman players, used good serving combinations and a strong backhand to take an early lead in the first game. But Wright hit bottom board enough for a 9-5 edge before Harding came back on three straight service aces and four rally points for a 12-9 lead. Wright took command from there, and built a 19-16 edge. She reached game point with a passing shot. But Harding reclaimed service twice before Wright finally made 21 with a kill shot.

In the second game the two stayed within a point of each other until Wright built a 17-12 advantage. After that, her lead was never less than four.

Wright, who was second on the women's career earning list going in with \$10,750, received another \$2,000 for her victory.

'LOOK FOR IT..



Voit introduces something new to serve up on the courts. The new rollout bleu. Thicker walls add 33% more area for seam-binding and less chance of splitting. Voit quality control insures a consistent ball inside every can.



Designed for people on the go . . . backpackers, golfers, bikers, joggers, swimmers, . . . racquetballers . . . Quench Gum is a specific for thirst and fatigue.

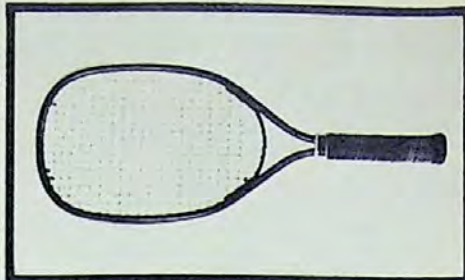
Containing citric acid for the tart lemony flavor and potassium salts and dextrose to help replace essential salts lost through perspiration and restore quick energy. This is something the athlete, both pro and amateur can get his (her) teeth into.

Available at candy counters, sporting goods shops, pro shops, and drug stores. For more information write Mueller Chemical Co., Inc. P. O. Box 99 Highway PF, Prairie du Sac, Wisconsin 53578.

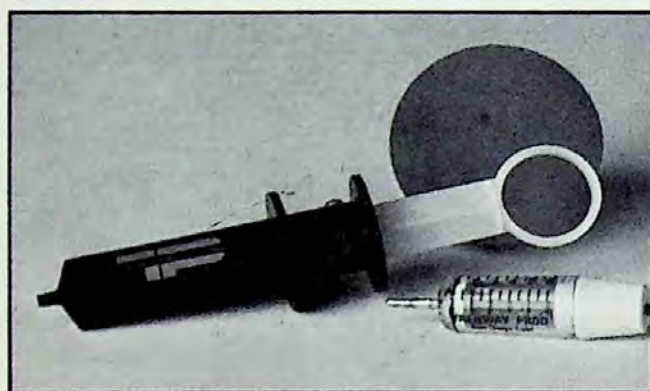
A new lighter, longer racquetball racquet with superb balance has been developed by Ektelon. At 18½" and 270 grams, "The Magnum" is designed with a unique quadriform head shape that provides a larger hitting surface with excellent control characteristics.

The rich metallic brown anodized aluminum frame features patented milled extrusion and handsome neutral heat-welded nylon strings with a suggested string tension of 22-26 pounds.

"The Magnum" is the second lightest racquet of Ektelon's six styles and offers four grip sizes, including an extra small 3-15/16", making it a good choice for any player.



"The Magnum" comes with a tough vinyl bumper, attractive vinyl head cover and choice of raised brown leather or textured brown rubber grip and a full year racquet frame warranty with string warranty for 90 days. Available at pro shops and sporting goods shops.



SUPER Z BALL . . . inflatable to accommodate to altitude and other perplexing variables promises to last longer and give completely adjustable speed and bounce. Available with Tremway pump and gauge at fine pro shops everywhere.



For the fashion conscious racquetballer, Ektelon of San Diego is offering a new hand-made equipment bag designed by Oleg Cassini.

The bag combines style and luxury in heavy cotton duck canvas and natural belt leather. Its spacious interior holds racquets, racquetballs and clothing with room

left over, and the end-to-end wing-swept zipper opens the bag completely for easy access.

Ektelon's Cassini bag measures 18 inches long, 12 inches wide and 8 inches high, and features a zippered outside pocket for additional carrying space.

Suggested retail list price for the bag — available from fine sporting goods stores and racquetball court pro shops — is \$67.50.

RACQUETBALL CLUB DIRECTORY

Listed below are some of the finest racquetball clubs in the country for the new player or the more seasoned ones who may be traveling this summer and need a place to play away from home.

If you would like to have your club listed in our directory, please contact Racquetball Illustrated at 7011 Sunset Blvd., Hollywood, Calif. 90028

ARIZONA

Mesa
Golden's Health Spa
& Racquet Club
107 South MacDonald Street
(602) 834-9347

ARKANSAS

Fort Smith
Olympic Health Club
8701 Hwy. 59 T
(501) 452-9597

CALIFORNIA

Chula Vista
Chula Vista Racquetball Club
1550 Broadway
(714) 426-2590

Culver City
Racquetball West
6666 Green Valley Circle
(213) 670-0244

Escondido
North County Racquetball
Centre
474 W. Vermont Ave.
(714) 743-4311

Fountain Valley
Racquetball World
& Health Club
10115 Talbert Avenue
(714) 962-1374

Irvine
Rancho San Joaquin
Athletic Club
3652 Michelson Drive
(714) 551-4421

Mountainview
The Court
2535 Showers Drive
(415) 948-4400

Port Hueneme
Marina Courts
2597 Bolker Drive
(805) 487-5118

Redding
Sun Oaks Racquet Club
3452 Argyle Road
241 2613

Riverside
Riverside Racquetball Club
11060 Magnolia
(714) 687-5440

San Diego
Racquet Time, San Diego
1764 San Diego Avenue
294-9933

San Francisco
San Francisco Bay Club
150 Greenwich Street
(415) 433-2200

Simi Valley
Coast and Valley Spa
1293 E. Los Angeles Street

South San Francisco
Schoeber's Handball Racquet-
ball Health Spas, Inc.
425 Eccles Avenue
(415) 873-8500

Spring Valley
Spring Valley Racquetball Club
589 Sweetwater Road
(714) 462-4260

Stockton
Quail Lakes Athletic Club
2303 West March Lane
(209) 951-3795

Van Nuys
The Center Courts
8141 Orion
(213) 786-6216

Van Nuys
Coast and Valley Spa
8638 Woodman

Ventura
Ventura Courthouse
3760 Telegraph Road
(805) 642-2131

Visalia
Visalia Racquet Club
909 N. Demaree
733-1041

West Los Angeles
The Center Courts
11866 La Grange
(213) 826-6648

Westlake
Coast & Valley Spa
& Racquetball
717 Suite A, Lakeland Rd.
(213) 889-3784

COLORADO

Aspen
Aspen Athletic Club
720 E. Hyman Street
(303) 925-2531

Englewood
Denver Sporting Hous
5151 DTC Parkway
(303) 779-0700

CONNECTICUT

Avon
Courthouse One
P.O. Box 498
(21 Waterville Rd.)
(203) 673-1401

FLORIDA

Ft. Lauderdale
The Courtrooms
940 N.W. 7th Terrace
(305) 764-8700

Ft. Lauderdale
Supreme Court Sports Center
5065 N.E. 13th Avenue
(305) 491-2255

Miami
The Sportrooms
10680 S.W. 113 Street
(305) 596-2677

GEORGIA

Marietta
Courthouse I
1990 Delk Ind. Blvd.
955-2120

ILLINOIS

Belleville
Belleville Racquetball Club
1001 S. 74th Street
(618) 398-2778

Calumet City
The Court Club Ltd. II
1580 Huntington Avenue
(312) 862-1890

Chicago
Courts of The Phoenix
2525 N. Sheffield Avenue
(312) 248-4477

Fairview Heights
Fairview Racquetball Club
5925 N. Illinois Street
(618) 277-0200

Godfrey
Alton Court Club
4425 Industrial Drive
(618) 466-6711

Olympia Fields
The Olympian Court Club
Governors Office Park
(312) 748-6223

Palos Heights
Wimbledon U.S.A. Racquet Club
12221 S. Ridgeland
(312) 389-9100

Richton Park
The Court Club Ltd.
5111 Sauk Trail
(312) 481-7055

INDIANA

Evansville
Tri-State Racquet Club
555 Tennis Lane
479-3111

Indianapolis
Racquetball West
6355 Westhaven Drive
(317) 299-4206

Muncie
Full Court Club
3501 N. Chadam Lane
286-0676

Fort Wayne
Court Rooms of America
1404 Kerrway Court
(219) 422-1564

IOWA

Bettendorf
Wildwood Racquetball-
Swim Club
1423 18th Street
(319) 359-9141

KANSAS

Overland Park
Dales Courts
11301 West 88th
(913) 888-9247

KENTUCKY

Lexington
Racquet Time of Lexington
151 West Zandale
276-3587

LOUISIANA

Baton Rouge
Baton Rouge Athletic Club Inc.
7639 Airline Hwy.
(504) 923-0100

Baton Rouge
Wallbanger Court Club
10473 Olo Hammond Hwy.
(504) 923-2793

MARYLAND

Towson
Towson Court Club
8757 Mylander Lane
(301) 821-0160

MASSACHUSETTS

Braintree
Playoff Racquetball/
Handball Club
288 Wood Road
(617) 848-8080

MICHIGAN

Grand Rapids
Racquetball Plus
2701 29th St. S.E.
(616) 942-5190

Rochester
The Rochester Courts
950 W. University Drive
(313) 652-1510

Roseville
Rose Shores East
Racquetball, Inc.
31950 Little Mack
(313) 296-2200

Sterling Heights
Parkside Racquet Club
42140 Van Dyke
254-1012

Troy
The Troy Courts
3863 Rochester Road
(313) 689-5415

Utica
Courtland Racquetball
45100 Mound Rd.
(313) 254-1056

MISSOURI

Creve Coeur
The Racket Man, Inc.
11048 Olive Blvd.
(314) 567-0873

NEVADA

Carson City
Capitol Courts Inc.
3448 Bernese Court
Carson City, Nevada
(702) 882-9566

Las Vegas
Las Vegas Sporting House
3025 Industrial Road
(303) 779-0700

NEW MEXICO

Albuquerque
Supreme Courts
4100 Prospect NE
(505) 266-7781

NORTH CAROLINA

Greensboro
Sportime Racquet Club
P.O. Box 21687
(919) 275-2521

CLUB DIRECTORY

Winston Salem
Racquetball & Handball Club
of Winston Salem
301 Executive Park Blvd.
(919) 765-0691

NEW JERSEY

Bricktown
Kangaroo Courts
193 Chambers Bridge Road
(201) 477-8500

NEW YORK

Cedarhurst
Executive Courts West
395 Pearsall Avenue
(516) 239-3500

New York City
Manhattan Squash Club
1114 Avenue of Americas
(212) 869-8969

Rochester
Winton Racquetball Club
3120 South Winton Road
(716) 271-3700

Westbury, L.I.
Health n' Sports
1020 Old Country Road
(516) 997-885

OHIO

Columbus
Arlington Court Club
5005 Arlington Center Blvd.
(614) 451-1930

Columbus
Countryside Racquetball &
Handball
1635 E. Dublin-Grandville
(614) 885-BALL

Columbus
Harvey's Wallbanger
6555 Kings Mill Court
(614) 436-1261

Columbus
Racqueteer Club
2400 Park Crescent Drive
(614) 864-7676

Holland
Spring Meadows Court Club
6834 Spring Valley Road
(419) 866-1101

Madiera
Court House East Ltd.
8229 Camargo Road
271-3388

Massillon
Glove & Racquet
3885 Wales Road, N.W.
(216) 837-9602

West Carrollton
Dayton Court House
P.O. Box 130
(513) 294-5830

OKLAHOMA

Stonewater
Montclair Racquet Time
Box 809
(405) 372-8655

OREGON

Eugene
Court Sports I
2510 Oakmont Way
687-2811

Medford
Medford Superior Courts
727 Cardley Avenue
772-3194

PENNSYLVANIA

Harrisburg
Bentley Club and Courts
2301 Grimes Drive
(717) 545-4231

Lower Burrell
Hilicrest Racquet Club
No. One High School Drive
(412) 339-7100

Southampton
Fox Racquetball Club
Second Street Pike & Jaymor
Rd.
(215) 322-8080

TENNESSEE

Memphis
Center Courts, Inc.
2611 S. Mendenhall Road
(901) 794-6000

Memphis
Don Kessinger Court Club
1010 June Road
(901) 682-6661

TEXAS

Corpus Christi
Corpus Christi
Racquetball Club
1017 Barry Street
(512) 855-4175

Dallas
Racquetball @ Northpark
8878 N. Central Expwy.
(214) 692-6000

San Antonio
Racquetball & Handball
Clubs of San Antonio
121 N. W. Loop 410
(512) 349-2781

San Antonio
Racquetball & Handball
Clubs of San Antonio
7700 Torino Drive
(512) 349-8596

WASHINGTON

Spokane
The Spokane Club
West 1002 Riverside Ave.
838-8511

Tumwater
Tumwater Valley
Racquet Club
4833 Tumwater Valley Drive
(206) 352-3400

WISCONSIN

Menomonee Falls
Falls Racquetball Club
1485 W. 15960 Appleton Avenue
(414) 251-1420

Milwaukee
North Shore Racquet Club
5750 N. Glen Park Road
(414) 351-2900

Milwaukee
South Shore Racquet Club
4801 S. 2nd Street
(414) 482-3410

WYOMING

Laramie
Slim & Swim Health Club
411 S. 20th Street
(303) 742-4760

BRITISH COLUMBIA

Vancouver
Supreme Court
Racquetball Club
1114 Alberni Street
(604) 669-3636

ONTARIO, CANADA

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Aidenlea Racquetball
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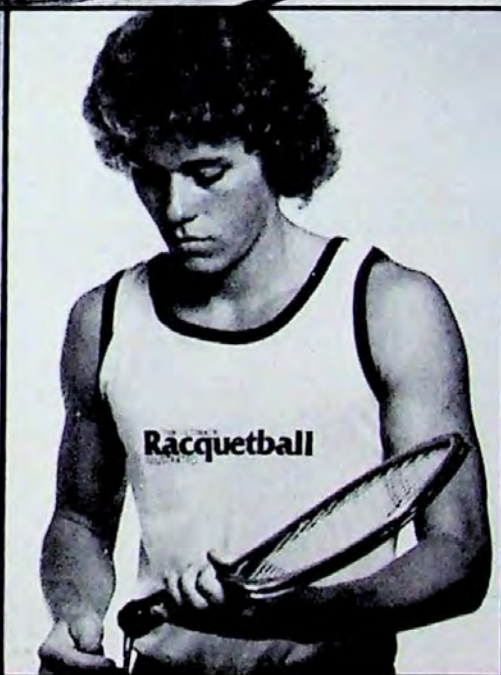
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