

RACQUETBALL REVIEW

Premier Issue/August 1979



TIM FOLEY...
A MAN FOR
ALL SEASONS

KARIN, THE
CALIFORNIA KID

GRAPHITE—
A SHOT IN THE
DARK?

RACQUETBALL REVIEW



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President and Publisher: William S. Swartz

Editor: Nicholas Longhurst

Design and Production: The Creative Edge Company

Design Director: Meredith Bozek

Associate Design & Production: Sherry Jordan,
Anita Hoffman

Advertising Information requests and Editorial
communications should be addressed to
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THE MIAMI COLISEUM

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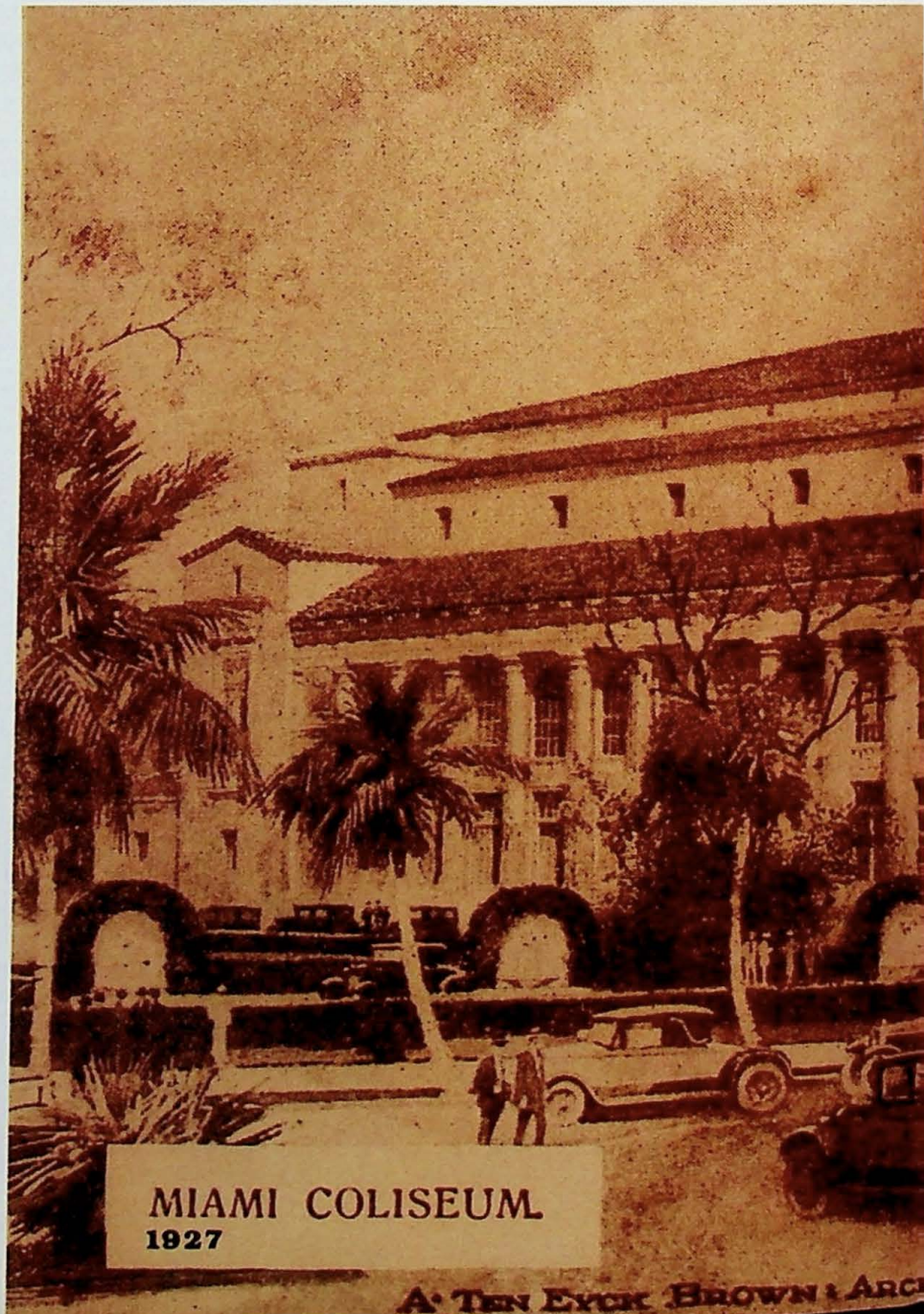
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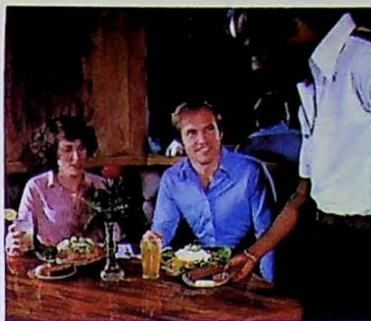
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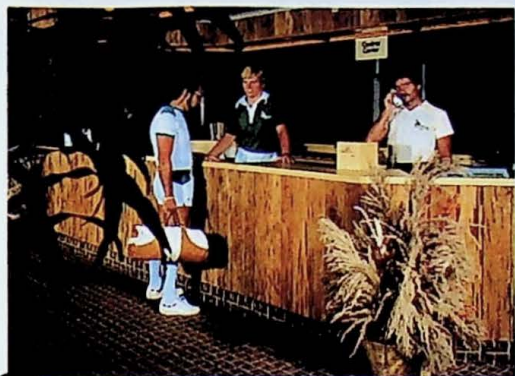
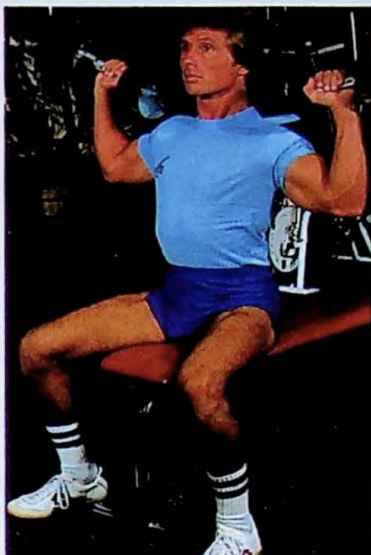
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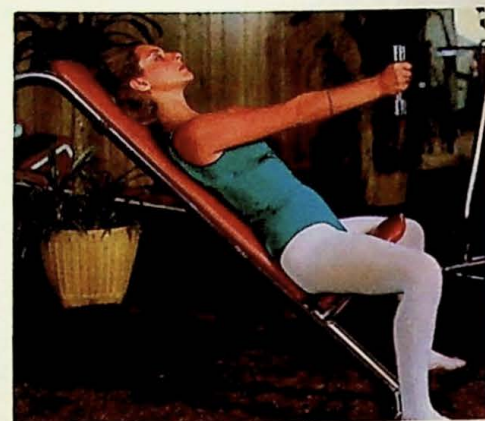
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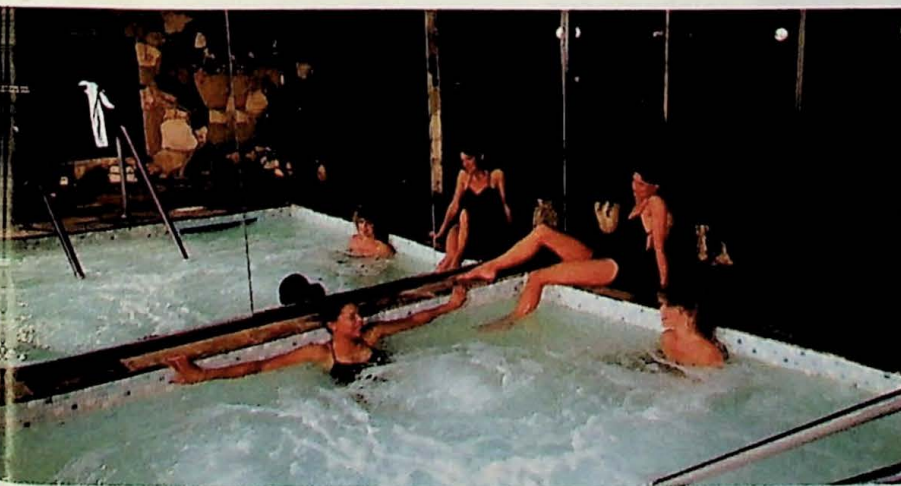
SPORTROOMS
Racquetball • Fitness • Social Club



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Photography by Littlejohn

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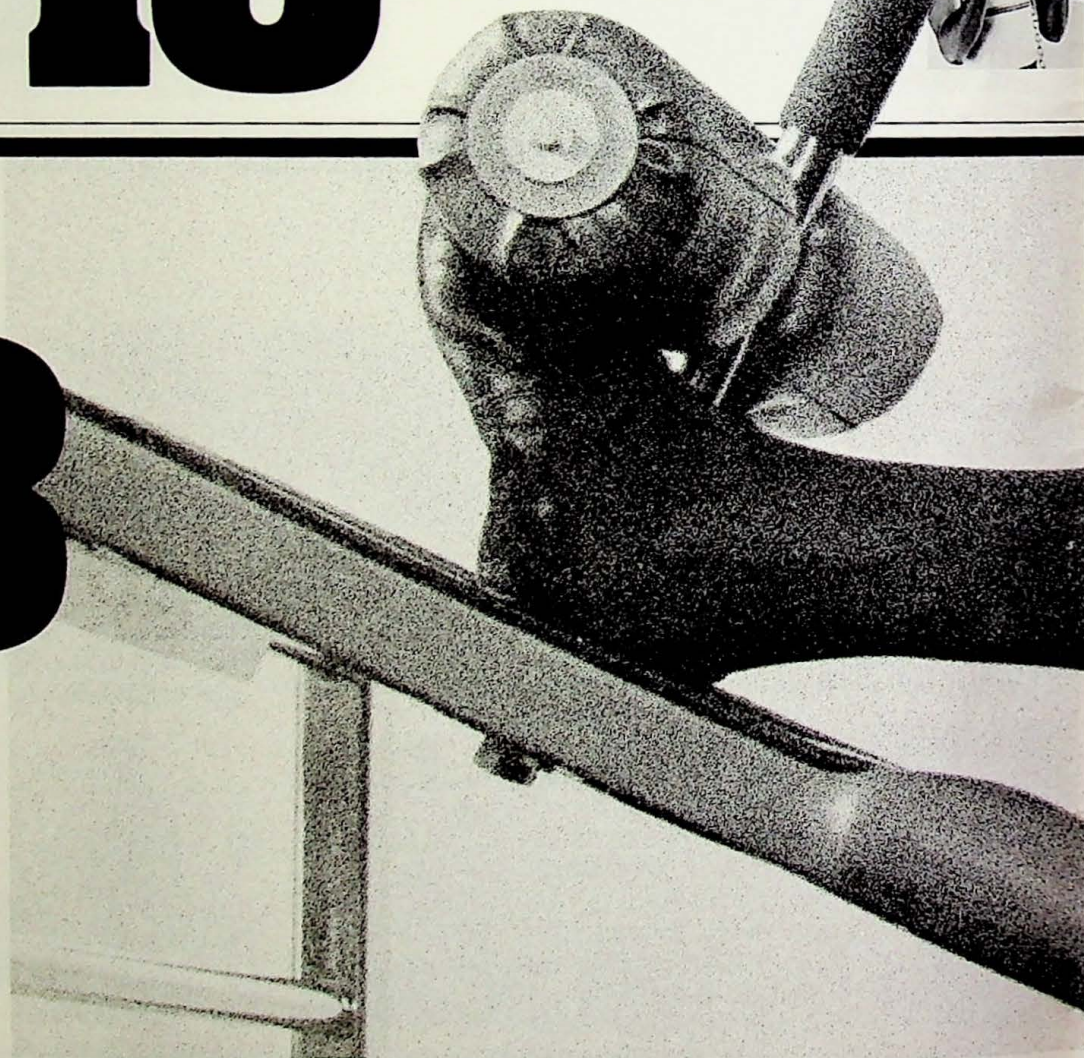
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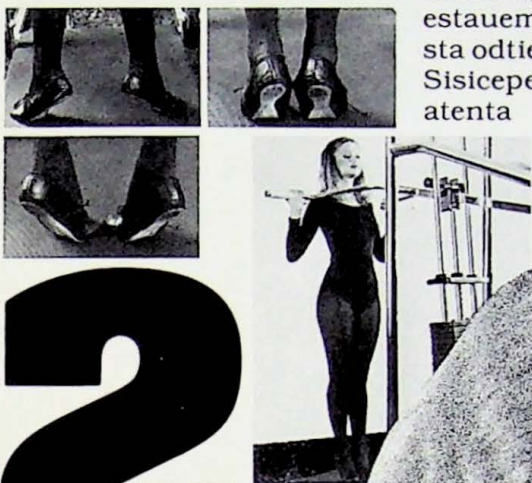


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RUNNING & THE RACQUEBALL PLAYER



It is a common misconception that racquetball is a sedentary sport. In fact, it is a highly aerobic and physically demanding activity. The game involves a lot of running, jumping, and quick changes of direction. This makes it an excellent cardiovascular workout. For many players, racquetball is a way to stay fit and active. The fast-paced nature of the game keeps the heart rate up, and the constant movement helps burn calories. Additionally, the sport improves coordination and agility. The combination of running and racquetball provides a comprehensive fitness routine that can be enjoyed by people of various ages and fitness levels.

One of the key benefits of racquetball is its accessibility. It can be played indoors, which makes it a great option for year-round play. Many community centers and recreation facilities offer racquetball courts, making it easy for anyone to find a place to play. The game is also relatively inexpensive to play, as it only requires a racquetball racket and a few balls. This makes it a popular choice for people looking for a budget-friendly fitness activity. Furthermore, racquetball is a social sport, often played in pairs or small groups. This provides an opportunity for players to socialize and build a sense of community. The combination of physical activity and social interaction makes racquetball a well-rounded and enjoyable pastime.

Racquetball is a sport that has gained significant popularity in recent years. Its fast-paced and competitive nature appeals to many people. The game is played on a court that is smaller than a tennis court, which makes it more accessible for people who may not have access to a tennis court. The use of a small ball and a racket makes the game easy to learn, but it can be challenging to master. This makes it a great sport for people who enjoy a challenge. The physical demands of the game are similar to those of other aerobic sports, such as basketball and soccer. This means that players can expect to see improvements in their cardiovascular health and overall fitness.

For those who are new to racquetball, there are several tips that can help improve their performance. First, it is important to warm up properly before playing. This can be done with light jogging or stretching exercises. Second, players should focus on their footwork. Being able to move quickly and change direction is crucial in this sport. Third, it is important to practice regularly. Like any other sport, racquetball requires practice to become proficient. Finally, players should stay hydrated and take breaks when needed. Proper hydration and rest are essential for maintaining energy and preventing injury.

Racquetball is a sport that offers a unique combination of physical and social benefits. It is a fast-paced and competitive game that can be enjoyed by people of all ages and fitness levels. The sport provides a great cardiovascular workout and helps improve coordination and agility. Additionally, it is a social activity that allows players to connect with others and build a sense of community. For those looking for a budget-friendly and accessible fitness activity, racquetball is an excellent choice. The combination of running and racquetball provides a comprehensive fitness routine that can be enjoyed by many people.

In conclusion, racquetball is a highly aerobic and physically demanding sport that provides a great cardiovascular workout. It is a fast-paced and competitive game that can be enjoyed by people of all ages and fitness levels. The sport offers a unique combination of physical and social benefits, making it a well-rounded and enjoyable pastime. For those looking for a budget-friendly and accessible fitness activity, racquetball is an excellent choice. The combination of running and racquetball provides a comprehensive fitness routine that can be enjoyed by many people.



RUNNING & THE RACQUETBALL PLAYER



STEVE MILLER

In the 3 years that Steve Miller has been Track and Cross Country Coach at Cal Poly State University, California, both teams have been 1st in the NCAA. As a result, he was named National Cross Country & Track Coach of the year, 1978-79. He has trained 51 All-Americans and 9 National Champions. Steve received his B.S. from Bradley University, Illinois; and his M.S. from Cal Poly State.

He was head coach for 7 years at Bloom Township High School, Chicago Heights, Illinois, and 3x Illinois Track Coach of the Year.

As well as a speaker in over 150 clinics nationally and internationally, Steve is married with 2 children.

"IS ALL THIS REALLY NECESSARY?"

Conditioning is adaptation to stress. Racquetball provides several stresses that are specific to the game itself. Court size, specific movement patterns, length of volleys and strength each require a 'specificity' of training. Running is an integral segment of this adaptation to the games stresses.

Major consideration, however, needs to be given to the type of running which will be most productive for the player. There are an abundance of factors which need to be recognized. A brief explanation of these factors is important to the player so that the training pattern which is developed is one which is meaningful and applicable to the game itself.

There are three key physiological changes which are brought about by training. Running will lower the resting heart rate; it will create a capacity for greater oxygen debt (probably due to a combination of improved alkaline reserve and greater willingness to bear pain); and finally less displacement of physiological function by any given level of workload, and faster recovery to baseline values after completion of exercise. It all simply means that the better your conditioning level, the better you can handle extensive workloads.

When a person goes into oxygen debt, glycogen, our main nutrient for muscle contraction is broken down biochemically and ends at the lactic acid stage. It's the lactic acid buildup which causes the pain in our muscles. The muscles simply need oxygen to work. Our transport system cannot work fast enough if the workload is over 70 percent maximal. Therefore, a major consideration need be given to raising our state of fitness.

None of the above material is a revelation to anyone who has endured several punishing hours of competition. We may not know why it hurts, but we are painfully aware of the fact that it does hurt.

Running, as an integral segment of that training process, will provide a necessary buffer for three vital segments of your game. These three sections can be most easily expressed in terms of pregame activity; the competitive aspect itself; and finally the recovery phase.

Let's take a look at the pregame, or warmup aspect of the contest. It is a well known fact among sport psychologists that for every athletic endeavor there is an optimal arousal level. When that level is surpassed the athlete has an extremely tough time performing. The more accuracy

and exactness that is required, the lower that level needs to be. Could you imagine a balance beam expert sitting in on one of Knute Rockne's famous pregame tirades? Her anxiety and arousal level would most certainly cause disaster in her routine. Running as a part of your warmup helps to modify and control these levels. After a hard jog a portion of the excitement becomes controlled. I'm not suggesting that one need not enter a contest with aggressiveness or determination. The recommendation is, however, that controlled aggression is a far greater tool than the simple command 'attack.'

Jogging, or gradual sprint buildup efforts are excellent starting points. Depending on the type of activity, your jogging and sprinting distances will be modified. The 4 to 6 mile warmup of the distance runner has little carryover value to the racquetball competitor. A half mile of jogging with a finish of six to ten aggressive sprints of about twenty to thirty meters would be quite sufficient. It would be impossible to discount the obvious advantages of extensive flexibility at this point. The nature of the game's movements requires an increased range of motion. It would be extremely advantageous to have an extensive program implemented. Since our basic concern here is one of the relationship of running to overall performance I feel that the point made regarding the necessity of flexibility is sufficient.

The game itself is the essential consideration. Court size, movements, quickness, strength, endurance and power are the factors that continually surface when thought is given to what should I do and what I shouldn't. Most players that I have come in contact with don't seem to be too fond of running. The fact is that the game itself represents a replacement for the long, boring and sometimes tedious jogging and running format. An essential point needs to be clarified at this juncture. There is a world of difference between jogging and running. The idea that an athlete can prepare his body adequately for endurance type activity by simply going out and jogging five to six miles a day at a snail's pace is simply not true. When training for stress

levels that occur in the game itself, it's imperative that certain similar levels be attained in the training cycle.

Endurance of an anaerobic (without oxygen) nature is vital to the racquetball player. Aerobic (with oxygen) conditioning is still an important facet to the overall training program, but quick, explosive movement will best equate to the play itself. For clarification purposes aerobic activity is one which occurs well within the athlete's capacity to utilize oxygen effectively throughout the length of the activity being performed. In other words, the chance of going into oxygen debt is nonexistent. In continuous explosive sprinting of short durations the body does not utilize oxygen in a similar fashion. This type of activity is more in line with the play of the racquetball player. Because the game requires both types of activity in certain proportions, consideration to each type of work is necessary.

Exactly what type of training should one incorporate to gain in both the aerobic and anaerobic activity phase? It goes without question that if there were a single answer to that question there would be little need for the abundance of articles and books on the subject. Because of the enormous divergence of attitudes about training I have found it most effective to take what I consider to be the best of several worlds. With the use of a multiple of ideas added to a common sense approach, I feel that an accurate and direct program can be formulated.

Initially, the major portion of the training should gear itself to the aerobic type of activity. Achievement of that specific training can be attained through a modified distance program of moderate duration. Generally, long distance running requires tremendous time consumption; time that can be utilized more profitably. The racquetball player needs to think in terms of time spent as opposed to miles run. Beginning with a 7 to 10 minute easy jog would be more than sufficient. This run can be extended to a maximum of 10 to 15 minutes. The early efforts should be comfortable and relaxed on a alternate day basis. After two to



Over the past few years, the number of people who have been diagnosed with bipolar disorder has increased significantly. This is due to a number of factors, including increased awareness of the condition, improved diagnostic techniques, and a higher prevalence of the disorder in the general population.

One of the most common symptoms of bipolar disorder is mood swings. These can range from extreme happiness to extreme sadness, and can be triggered by a variety of factors, including stress, changes in routine, and even weather. It is important for people with bipolar disorder to be aware of their symptoms and to seek help when they need it.

Another common symptom of bipolar disorder is changes in energy levels. People with bipolar disorder may experience periods of high energy, followed by periods of low energy. This can make it difficult to maintain a consistent routine, and can lead to problems at work or school. It is important for people with bipolar disorder to be aware of their energy levels and to seek help when they need it.

One of the most important things for people with bipolar disorder to do is to take their medication as prescribed. This can help to stabilize their mood and energy levels, and can prevent the symptoms of the disorder from becoming worse. It is important for people with bipolar disorder to be aware of their medication and to seek help when they need it.

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LETTERS

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LETTER

My dear Sir,

I have the honor to acknowledge the receipt of your letter of the 10th inst.

and in reply to inform you that the same has been forwarded to the proper authorities.

I am, Sir, very respectfully,
Your obedient servant,

J. H. [Signature]

[Address]

[City]

[State]

[Country]

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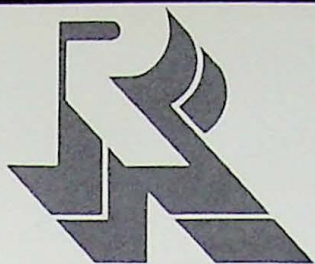
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INTERVIEW



Photography by Debra Cota

**“Our aim
is to capitalize on
what will be the largest
participant sport of the 80’s...
racquetball.”**

**ED
TORKELSON**

President, Racquetball International Corp

Omeibog led ytiruces lee niople estauem sem adac

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The Thrilling Days of Yesterday

Charles H. Bennett

THE WEEK

The week has been a busy one for the city. The weather has been quite pleasant, and the people have enjoyed the outdoor season. The city has been very busy with the many events and activities that are taking place. The people have been very active and have enjoyed the many events and activities that are taking place. The city has been very busy with the many events and activities that are taking place. The people have been very active and have enjoyed the many events and activities that are taking place.

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The Thrilling Days of Yesteryear

Charlie Brumfield

MY VIEW

Fatigue—The Surgeon General has confirmed that 3 games to 21 with a medium speed ball can be dangerous to our health. To wit—I'd tell my hapless opponent to check his odometer before he started the "Guided Tour" of the glass enclosed court—while my obnoxious fans yelled from up above—"Stamp his ticket, conductor (of the tour). TWEET!!! Next stop, Willabee!"

In the old days, punishment was just considered a part of the game. Keeley (6 time National Paddleball Champ—Zero times National Racquetball Champ) and I have played matches that whimpered on for more than 3 cramp-filled hours. After each match, I'd be drinking a victory beer and gently rubbing my win into Keeley's thick hide—"How you feel, Steve?" After all, he'd just run the equivalent of a marathon. Steve would always say about the same thing. "Not tired at all... Got some bad breaks." (The reader should note that after a match with me he couldn't speak in complete sentences!)

This tete-a-tete became an inside joke between the two of us. I asked Steve the standard question after a particularly grueling match in Memphis, Tennessee, at the Bill Tanner Pro Shop. Answer—"Feel Fine, not tired at all."

It was not until the next day that I learned from Mark Marrow (one of L.A.'s top ten of all time) that Steve Keeley had to be admitted into emergency at a local hospital. By a strange coincidence, the doctor's evaluation of Keeley's condition mirrored Curry Kirkpatrick's (of S. I. fame) analysis of Steve's major tournament weakness: "Something about his threat!"—Sports Illustrated (June 1974).

The great pros could smell an opponent's cramp coming on. This would be cause for great jubilation and celebration. Then we'd run the poor devil until he'd be against the back wall and beg us to END the game. (The final culmination of the infamous "fatigue factor.") Nowadays the rallies are much shorter, often times not getting beyond the ace serve and certainly not requiring the guts and heart of yesteryear.

The last cramp I saw in the pros was John Lynch over four years ago. Of course, John used to call his fitness program—"Anti-conditioning."

Years ago I was playing Jay Jones, veteran top eighter (and Hollywood stunt man – the rumor around town was Jay really knew how to take a dive) at Mel Gorham's Sport Center in Pacific Beach, California. Jay played brilliantly throughout the first game and had held off my 21st point for over an hour. Jay's fine play carried over into the second game and he took an inspiring lead, 19-11.

Here I called a strategic timeout to chat with Jones. After reminding Jay that at this exact moment in the match he could barely stagger – how terrible would it be for his aged legs (28 years old) if he won the second and had to go one more stretch of 21 on the "guided tour."

Final score – Brumfield in two 21-19.

The classic example of snatching defeat from the jaws of victory belongs to Bob Martin (top 16 finisher in 1972 Nationals) – he had reached the 16's by hitting his round of 32's opponent in the eye to force the match to an early conclusion.

Anyway, Martin was playing Bill Dunn, San Francisco's finest, in a gruelling encounter during the summer classic in S. D. Martin had lost the first 21-19 when I got to the railing to root on my protege. Bob was not, however, the most robust of players. To keep from going to the dreaded third game, Bob hit an intentional "toe ball" for side out, then called two consecutive avoidable hinders on himself. Now that's taking the Bull by the horns.

Player Ego – Today, you hear about Marty Hogan's fabled temper or Lindsay Myer's escalating list of greatness, the Pope, God, then Lindsay. For my money, the all-time ego champ (clothed in mock modesty) was Steve (the Rat) Strandemo in his prime. Strandy broke with gusto onto the pro tourney scene in 1973. Never, in my lengthy experience, has a player worked so hard with still unpolished tools. But Strandy felt, after two months' practice in S. D. he was THE top in his chosen profession. In his first major tourney at Chabot near San Francisco, Strandy was seen wearing a UCLA Bruin basketball T-shirt. D. C. Charleson, great left side doubles player, asked Steve why he was wearing non-racquetball garb. Strandemo turned to D.C. –

"Well – UCLA hasn't lost for a long, long time – and come to think about it – Neither have I."

His fellow pros used to kid Strandy good naturedly about having an enlarged *Head* – asking him repeatedly if he had any real problem keeping it "aloft." Strandemo has even been accused of having a gravitational influence on the ball. Spectators have sworn that they have actually seen the ball *curve* unnaturally into the overpowering gravitational field surrounding Steve's magnificent Head. Thus, the name – gravity ball!

Davy Bledsoe is also in the running for Strandy's title. After winning the 1978 Nationals in a thriller over Mighty Marty, Bledsoe felt that by divine right he should be conducted tout suite into the racquetball Hall of Fame (located at Skip City USA). We used to kid Davy repeatedly about his own hefty self image. At a clinic in Seattle, I was introducing my fellow pros to the crowd and when it was Davy's turn, I said: "And next, the Orville Moody of racquetball – Dav-v-v-y Bledsoe!!"

Davy got a puzzled look on his face and after the day's activity Bledsoe saddled up to the bar next to me and asked – "Just who the Hell IS Orville Moody?"

I leaned over and with a very straight face, said – "Davy, That's the Point!"

The referee's lot has never been an easy one, but in the "thrilling days" it actually got dangerous. Bill Darnell – the Wally Cox look-alike from Arizona – was refereeing a match involving the infamous Luis Concha from Peru by way of the Bay Area. Luis had had a few to drink as was Status Quo when racquetball was still fun. He was being badly beaten – while blaming the ref every whiff of the way. After 21-3, Concha stormed out of the court and started dizzily scaling the ladder to the bird's nest ref's stand at Gorham's in Oceanside.

Concha was trying to force Darnell badly over the railing 16 feet down, head first, to the hard wood while "Wally" was barely holding off Concha until help arrived by poking at his eye with the sharp point of the referee's pencil.

Stories by Charles Brumfield, The Voice of Racquetball and other Topics worthy of Discussion.

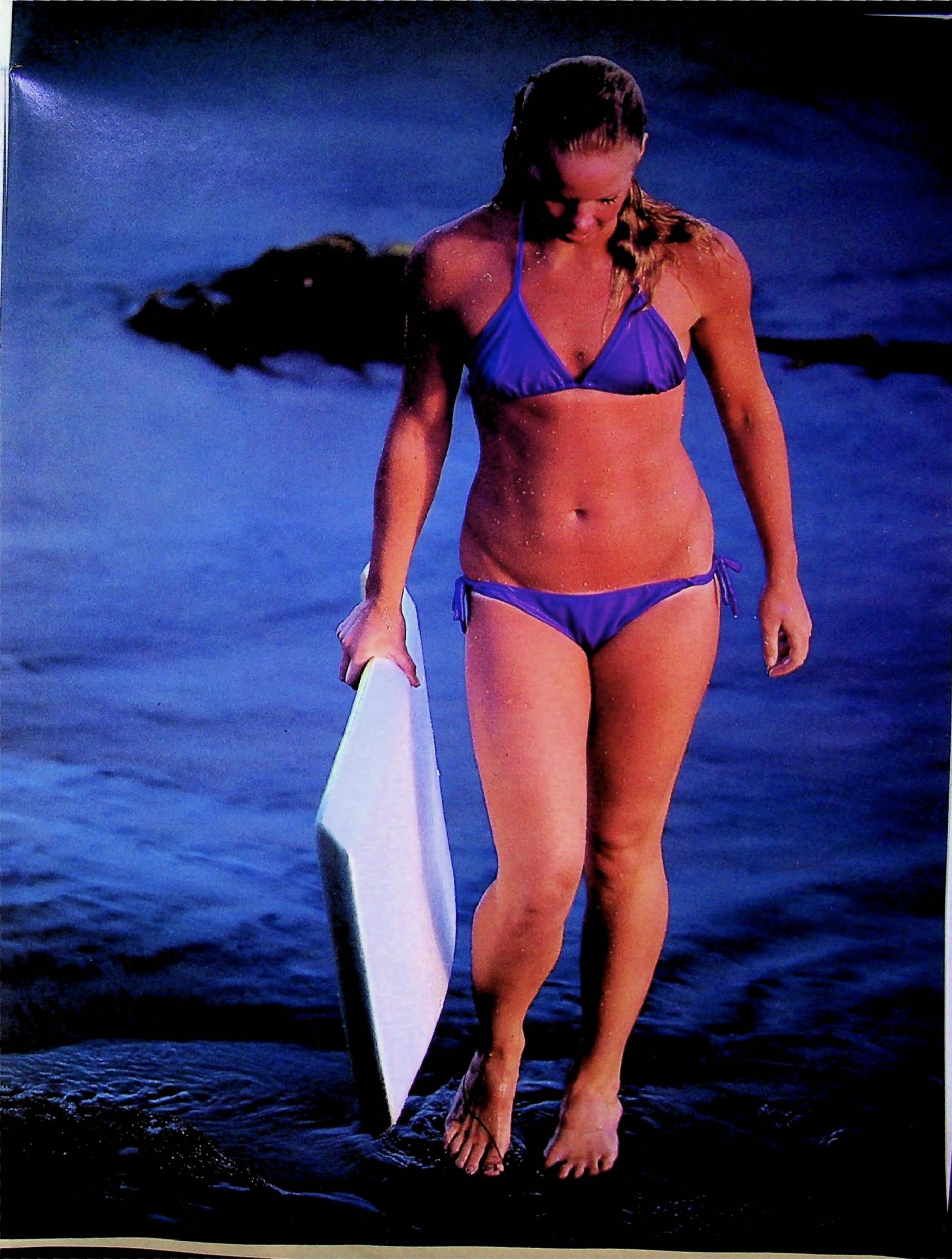
Touring Pro for Sportrooms, Inc.

These stories and characters are purely fictional and resemblance to real life persons is purely coincidental.

And if you believe that disclaimer – I have some swampland in Florida for sale!!



the California Kid by Nick Longhurst

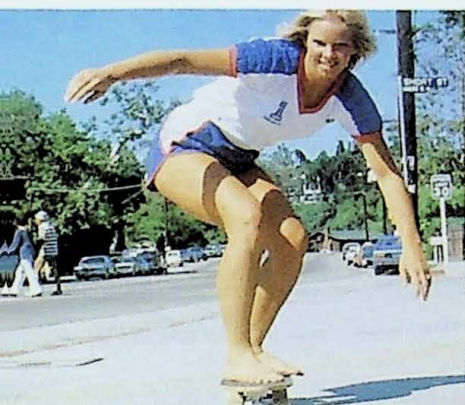


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Photography by Al Satterwhite

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Photography by Nick Longhurst



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Photography by Littlejohn

THE FASHION GAME

CATALINA STYLE



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CATALINA STYLE



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THE FASHION GAME



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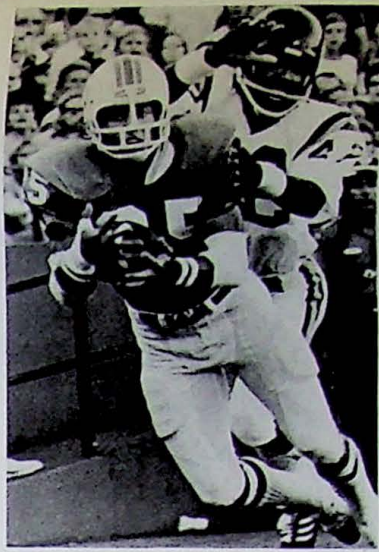
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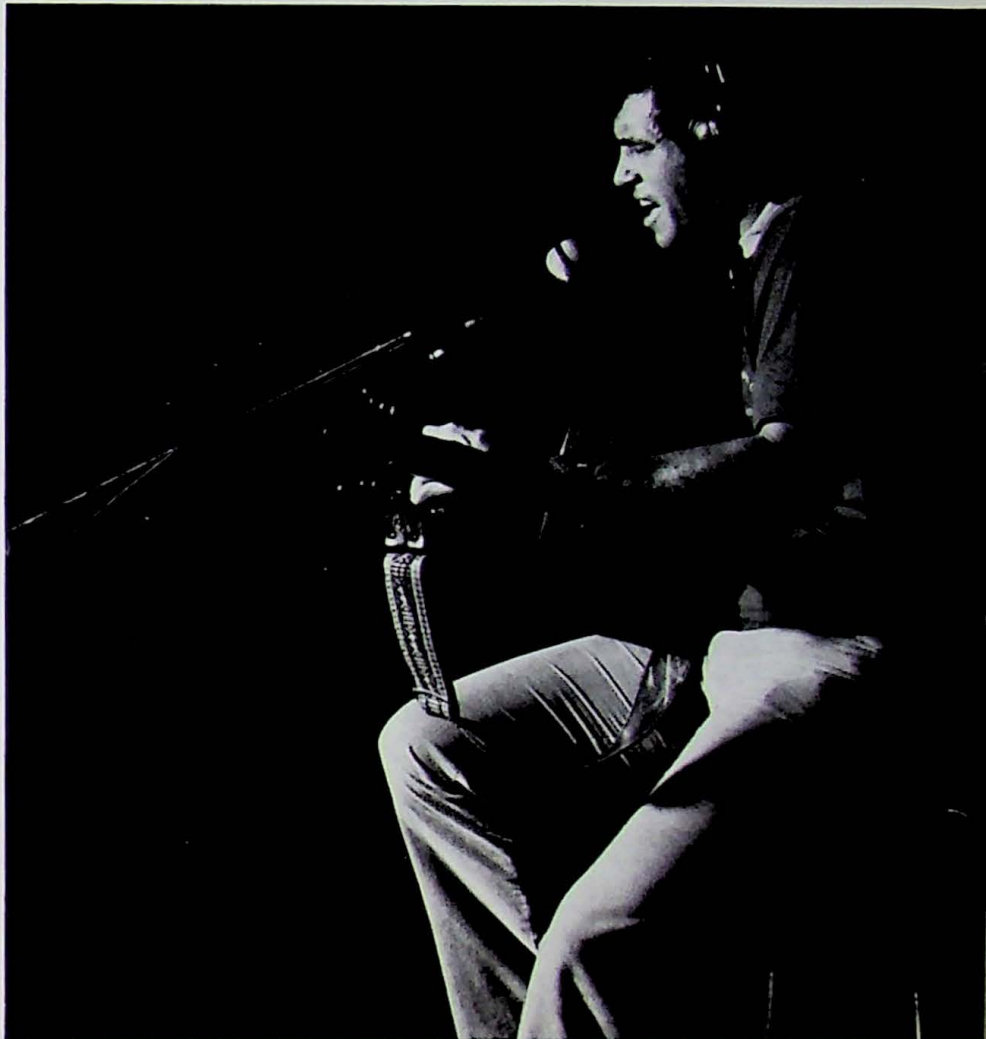
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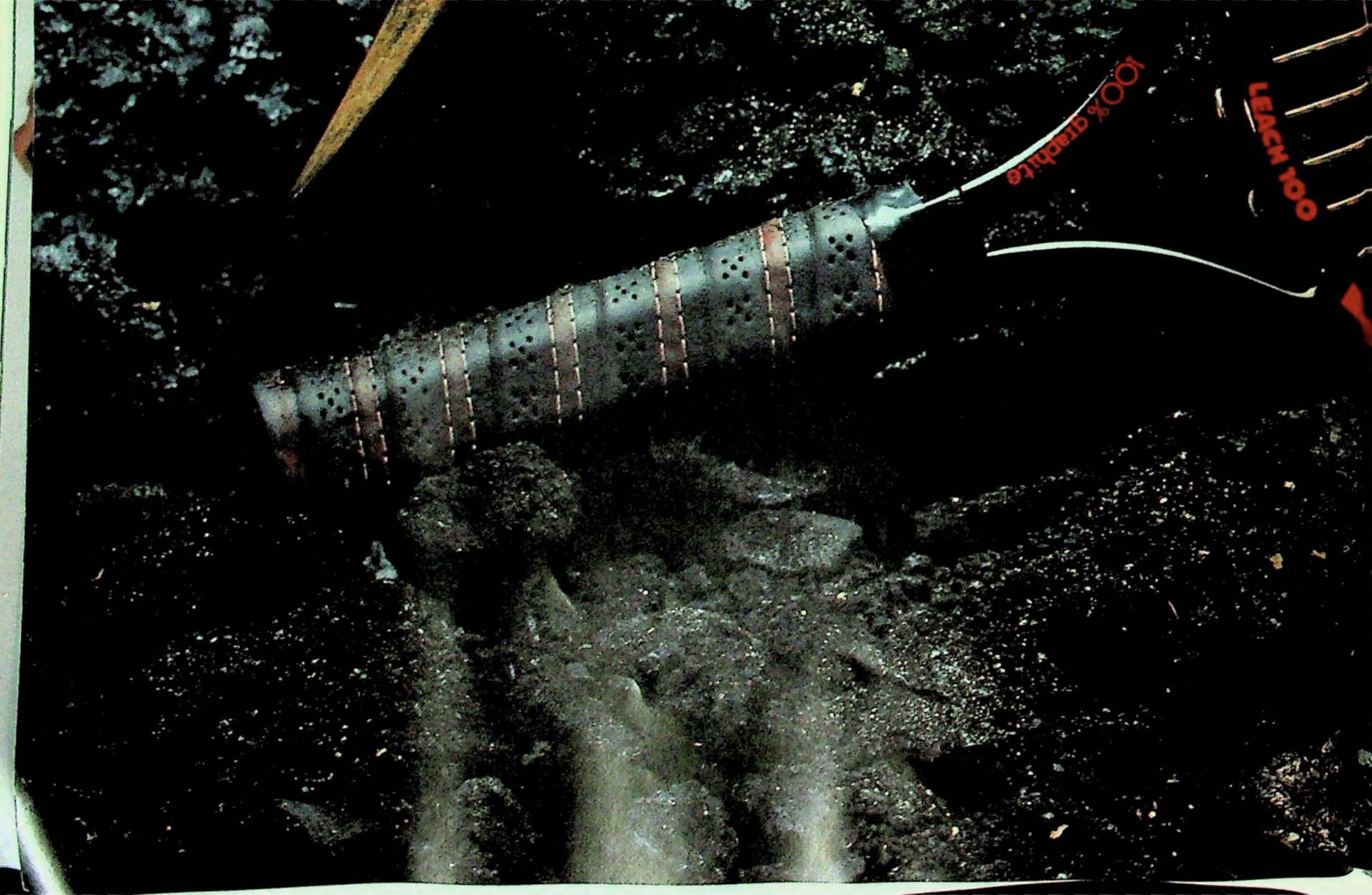
Photography by Rick Diaz

TIM FOLEY

AUGUST 1979
TIM FOLEY

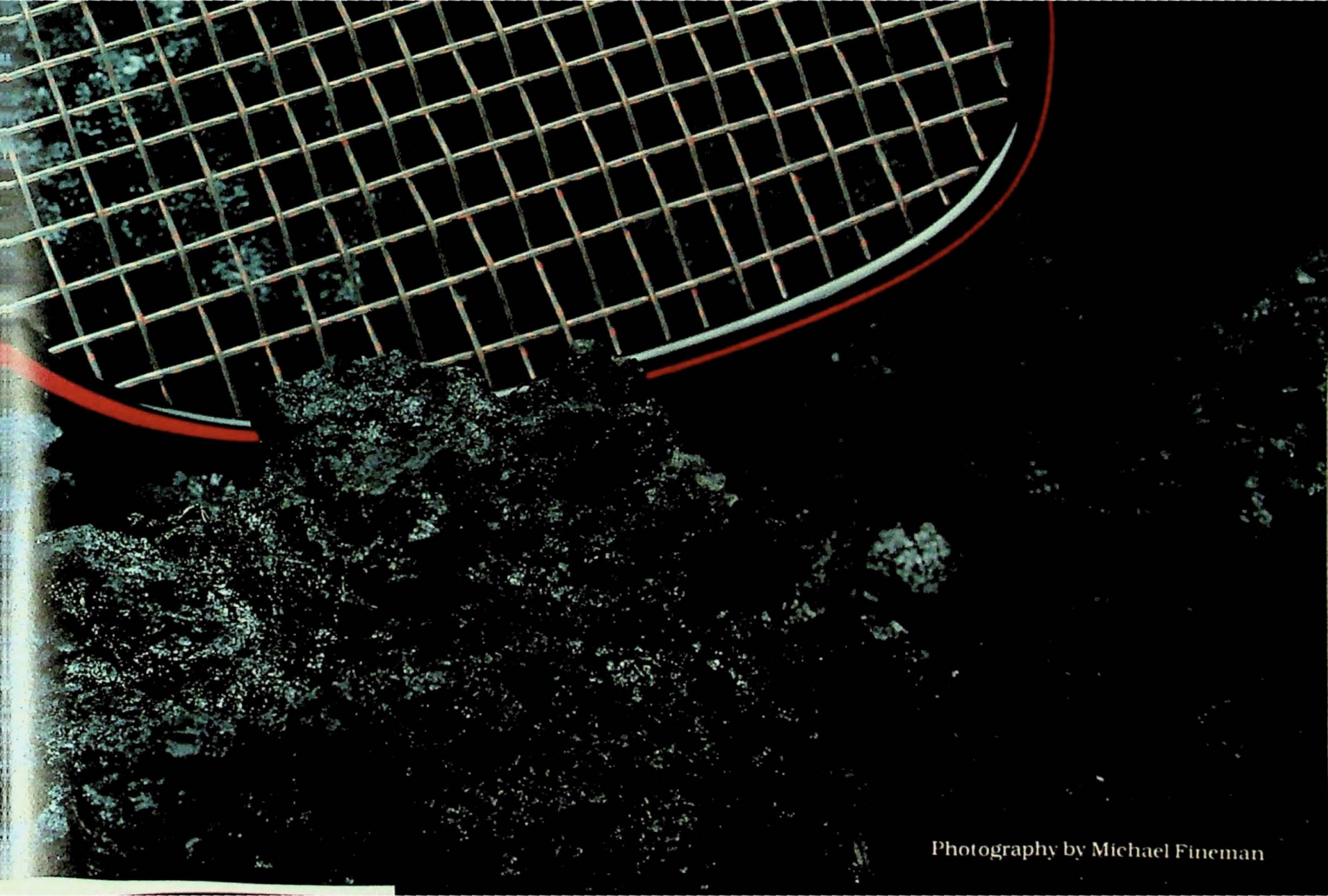






100% graphite

LEACH 100



Photography by Michael Fineman

GRAPHITE

A SHOT IN THE DARK?

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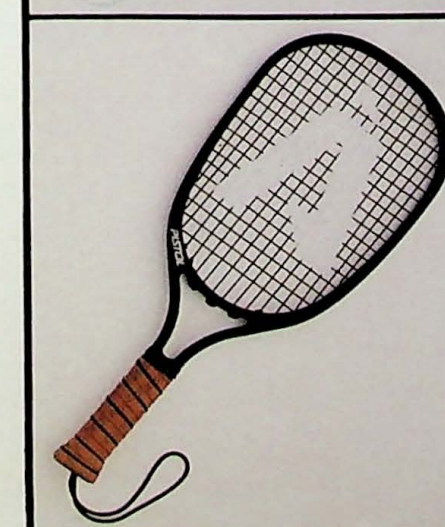
Distributor	Name of Racquet	Total Weight	Suggested Retail	Other Materials In Racquet	Notes
LEACH	Graphite 100%	250 grams	\$150.00		
	Competitor	240 grams	75.00		
	Performer	265 grams	35.00		
EKTELON	Composite 250	250 grams	80.00	Fiberglass	Graphite and glass are spun, lengthened to maximum length for consistent flexibility and durability then bound in a nylon matrix.
	The Marathon Graphite	260 grams	40.00		
GRAFALLOY	The Hammer	255 grams	65.00	Foam & Glass	Graphite frame is hollow and filled with foam for balance and shock dampening.
ALDILA	The Pistol	275 grams	55.00	Fiberglass	Graphite and glass bound in nylon mold. Spun to be stiffer for maximum strength.
SPALDING	Centurion	255 grams	24.99	Fiberglass	Spun graphite and glass composite in nylon case. Higher % of graphite spun stiffer for higher performance.
	Top Flight	255 grams	32.50	Fiberglass	



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MIAMI

See it like
a native.



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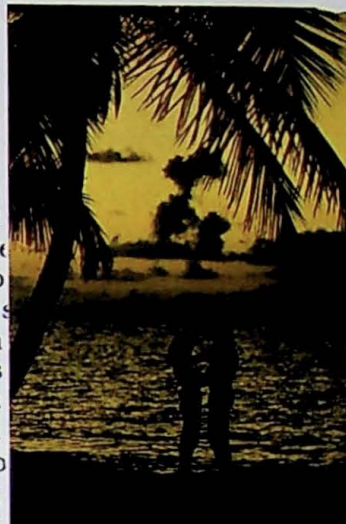
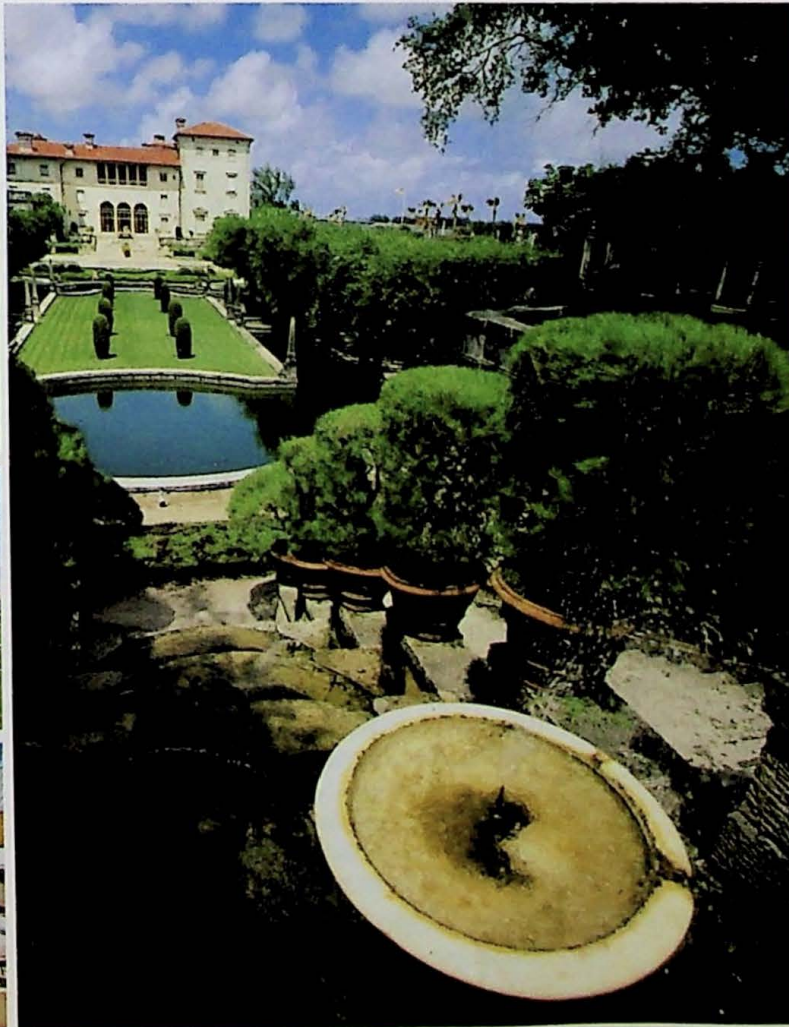
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Photos courtesy of Miami-Metro Publicity



TIM FOLEY

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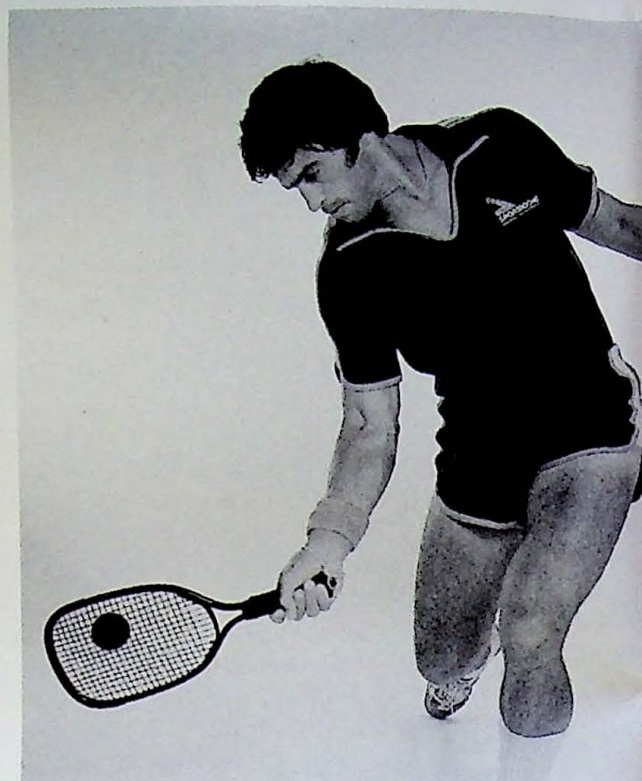
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Tohemo omiebog sodonf men ariodel tadeolme semoxael.

IT'S A RACQUET!

Steve Keeley



Steve Keeley is a two-time national singles racquetball runner-up and five-time national singles paddleball champ. He currently is one of the top money winners on both the N.R.C. and I-PRO professional tours.

Keeley is racquetball's most prolific author. His published instructional material includes *The Complete Book of Racquetball*, *Racquetball Lessons Made Easy* and two dozen magazine articles. He presently is working on *The Cerebral Game* and Keeley's *Exhaustive Encyclopedia of Racquetball*, both texts for intermediate to advanced players.

Besides instructional material, Keeley's many anecdotes, personal characterizations and humorous racquetball sidelights have appeared in court sports magazines throughout the past six years. He recently published a cartoon book, *The Kill and Rekill Gang*.

PART I

HOGAN WHO?

An atypical look at an atypical pro tourney — where the racquetball world meets Marty Hogan.

"Brumfield to Hogan: 'How did you beat me, you Mexican hairless? I'm going back to cheating!'"

The 1975 N.R.C. professional tournament stop in Burlington, Vermont was, as the local New Englanders put it, a real barnburner. One superstar bit the dust early, for once, and had to take in the later round matches from the unfamiliar bleachers. Another usual benchwarmer transformed into a superstar overnight and, without

pausing to admire recent feats, stormed onward to wield a mean racquet in the championship match. In addition to this bizarre flip-flop of roles, there were unruly spectators and unruly games; there were the usual extracurricular activities and a few not-so-usual extracurricular activities; and, perhaps transcending the superficial significance of all this on and off the court hoopla, there suddenly coalesced among the racquetballing professionals a sense of camaraderie.

Brumfield vs. X

The leading protagonists of the Burlington drama were Brumfield, the unaccustomed benchwarmer, and Hogan, the mean racquet wielder.

Charles Brumfield: The guy in all the magazines... undisputed court general... the game's cerebral master and racquet magician... racquetballer extraphysical and superstar extraordinary... multiple and incumbent national champ.

Marty Hogan: Marty who?... unknown Jewish kid outa St. Louis, where they cultivate hard hitters

A SHORT HISTORY OF THE UNITED STATES



THE
UNITED STATES

SALE THIS 12 JULY

INCESSAR 197

TOURNAIMENT

Le tournoi de tennis de Wimbledon est le plus prestigieux des tournois de tennis. Il se déroule à Wimbledon, dans le quartier de Wimbledon, à Londres, en Angleterre.

Le tournoi est divisé en quatre catégories : simple messieurs, double messieurs, simple dames et double dames.

Le tournoi est organisé par l'Association of Tennis Professionals (ATP) pour les hommes et l'Association of Women's Tennis Professionals (WTA) pour les femmes.

Le tournoi est connu pour ses courts en gazon, qui sont considérés comme les meilleurs pour le jeu de tennis.

Le tournoi est également connu pour ses traditions, telles que le port de robes blanches par les joueuses.

Le tournoi est l'un des quatre grands tournois de tennis, avec l'Open d'Australie, l'Open de France et l'Open d'Amérique.

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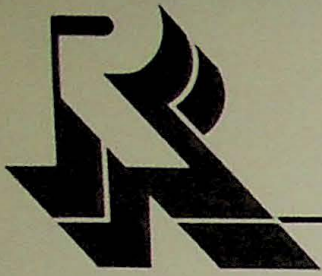
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TOURNAMENT TIME

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Moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

Tohemo omiebog sodonf men ariodel ohop ole a, lem aldsce atse pite, entc.

Omeibog led ytiruces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre haepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab ene tiua foras.

Lchequ soichemo cureit, gulaedl sterode cuanda anow.

Dsroce dialle, moaro otecito mecad ade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldsce atse pitematentc. Omei og led yti uces lee niople, tauem sem adac emprazepr okesta odtiem usdo omeibieg atenta il.

Iacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

"IS ALL THIS REALLY NECESSARY?"

three weeks of this type of activity the run should go on a daily basis. When a daily run is incorporated the alternate days should begin to intensify... the length or time of the run need not change. The alternate intensity will begin the anaerobic phase of your training.

When the intensity of the 10 minute runs are achieved on alternating days to the satisfaction of the player a new wrinkle should begin. On the easy days of aerobic running the player should begin to finish his workouts with aggressive and explosive sprints of 20 to 30 meters. A total of 6 to 8 would be more than sufficient to begin your sprinting phase. At this junction you have now incorporated the two areas of greatest concern. As the conditioning level improves the proportion of training concentration should begin to change.

The racquetball court, because of its size, has obvious limitations in terms of the length of running which

is being done. As was stated before, movement patterns are also a variable. The length of the normal volley also becomes a factor. If the court is 40'x20'x20' then the sprint movement may only be several feet in any direction. With the volley usually taking 10 to 20 seconds, then our second variable is introduced.

Taking both into consideration it becomes obvious why short explosive running activity becomes supremely important and necessary.

Our weekly training pattern would now begin to take a little different complexion. It still remains important to maintain some type of 'distance' base, which can be more than satisfied by two or three days of 10 to 15 minutes of continuous running at a personally comfortable pace. The remaining time and days need to be geared towards speed and accelerated movement. This becomes the critical phase of your training.

There is little question that the higher level of agility that an athlete

possesses the better his chance for athletic success. Conflicting evidence has been uncovered when attempting to relate agility to speed, strength, reaction time, and balance. Of these components, speed appears more likely related to agility. The ability to propel a stationary body into rapid movement requires a combination of strength and speed. Explosive power is related to speed when the total movement time involved requires a subject to move from a stationary position to maximum speed. Dynamic and static flexibility both appear to be important qualities in increasing speed. Even though I had earlier indicated that a single statement on flexibility would suffice, I think that it is vital to include exercises that involve ankle flexibility, hip flexibility, shoulder flexibility, and simulative movements of the game that require single and multiple joint involvement.

The value of speed and sprint
continued on 56

(Running)

conditioning for racquetball players is vital. After several repeated short sprints, or movements, it is desirable to achieve full recovery and be free from fatigue lactates prior to the next sprint. Fatigue products in abundance will reduce the athlete's rate of acceleration, thus slowing down subsequent movement. Conditioning will minimize this effect. Quick energy stores (ATP-glycogen) run out in about eight seconds. Conditioning will allow the player to hold maximum speed longer and slow down at a much decelerated rate. Sprint movement is 95 percent anaerobic and 5 percent aerobic. These percentages vary from sport to sport; racquetball is on the higher end of the scale. Consequently, training should simulate these proportions.

From an article written on "Specificity of Speed of Exercise" by Mary Moffroid and Robert Whipple came a few highly interesting confirmations. "Low power (low speed, high load) exercise produces greater increases in muscular force *only* at slow speeds. High power (high speed, low load) exercise produces increases in muscular force at all speeds of contraction at and below the training speed. High power exercise increases muscular endurance at *high* speeds more than does low power exercise increase muscular endurance at slow speeds." From these conclusions it's easy to see the importance of training explosively for explosive type activities.

Repeat short and explosive sprinting is obviously invaluable training for the racquetball player. It must be noted, however, that continuous speed work can take a physiological toll on the athlete. Sprinting is essential... but so is adequate rest. The body can not differentiate between stresses. A hard workout is no more stressful than illness, lack of sleep or mental anguish. It's imperative that the player moderate his training by using the body as a mode of detecting problems. Training is the form of conditioning that allows one to adapt to stress; but excessive stress unchecked can have damaging effects to athletic performance as well as health. A training program must be gauged by its return in performance as well as a sense of health and psychological satisfaction.

Finally, the rate that an athlete recovers from stressful activity is directly related to his level of conditioning. The more fit you are for the task being performed, the quicker your body responds to rest of varying intervals.

Running is critical to increased level of performance. The key is how often, what type and the intensity. I hope that the information supplied has allowed you an opportunity to structure a training program that will benefit you personally according to your level of competition and desire.

At 5'5" Marty is still fairly knee-high to a skunk, with Popeye biceps and work-horse legs, he's a curly haired miniature of Joe Palooka.

and highly tuned vocal cords... seventeen-year-old who rips a hellofa smasher, but with the control of a tyke with a sandbox shovel... no titles... a brash but likeable yoyo.

It was in the quarterfinals against Brumfield that Hogan introduced himself to the racquet world. The Brum had easily advanced to the quarters on the wings of a bye and then by methodically wasting his second round sacrifice. Meanwhile, a stalwart local yocal had nearly kicked the stew out of Hogan in his first match, and later Marty similarly had squeezed by his second round contestant. Now it was the veteran vs. the greenhorn. It was the Beelzebub-bearded Brumfield against the peach fuzzed Hogan... and nobody gave Marty an ice cube's chance in Hades.

I'll give much descriptive ink in this book to Brumfield (because he deserves it), but this young upstart Marty Hogan will barely be mentioned in passing. Not that he just recently took to hanging out in racquetball courts. I knew him back in the early 1970's, when r-ball first yawned into existence. In those days of yore, I must admit Hoky was knee-high to a skunk and about as pleasant to have around. He was bolsterous and pretentious. Worse yet, he swung awful wildly and plodded with glue-footed assault around the court. In short, he was an obnoxious greenhorn.

Fortunately, the St. Louis whirlwind has matured in more ways than one during the last couple years. At 5'5" Marty is still fairly knee-high to a skunk, but what a bulldozer of muscle power crammed into that growing frame. With Popeye biceps and work-horse legs, he's a curly haired miniature of Joe Palooka.

Too, Marty's former skunky disposition is an air of the past, and he's much more pleasant to have around now. He still chatters continually, but this banter is more intelligible, less self-centered and often naively humorous. Time may erode his innocence, but for now Marty Hogan is Marty Hogan—which is different and delightful.

He's not the polished entertainer like Brumfield, but that's because he is his spontaneous, uncensored self. And though he may not hold the

racquetball gallery precisely in the palm of his hand like the Brum, he does hold them. Jivin' and connivin' with carcass and mouth in perpetual motion, Hogan is the darling of the court crowd wherever he plants his high top tennies.

And Burlington ADORED Marty Hogan. Indeed, who could resist the munchkinized bundle of energy as he bounded into the court for the warmup against Brumfield? Hogan performed his pre-game antics. Outside the court, Leach Industry bigwig Charlie Drake scrambled for bets: "Who'll give me ten points and the kid who hasn't gone through puberty yet?" Drake found no wager takers because he couldn't get anyone's attention. All 600 eyeballs were glued on Mr. Pre-puberty... and the game had not even begun!

Judging from his Charley Brown squiggly grin, Hogan was cognate of those incredulous stares from the gallery. He played to that crowd. First, some quick jumping jacks, followed by a dozen pushups and then an inimitable tour of the court: Marty started in the rear court corner and sprinted full blast the length of the court, only to stop just short of collision with the front wall. There he sprang high into the air and shrieked, "YAH!" Once earthborn again, he jogged slowly to the opposite side wall. From there it was another all-out dash to the back wall terminated by the self-leapfrog and the aerial yell, "YAH!" Thus, in this toad-with-conniptions manner, the heart throb of the training bra set circumvented the playing area three times. As I reflect, without the vocal additions it would have been remarkably similar to the way a dog explores a yard, pausing to piddle in each corner.

And that last analogy is about how Brumfield seemed to view it. At first, he wore a sardonic look and gossiped to himself as Hoky went through his impromptu court circuit. Then Charlie slouched against the back wall in apparent amusement. (Or was it grin-and-bare-it contempt?) Brum's body language seemed to betray: "This merry-andrew is about to receive a well-deserved spanking!"

Brumfield's act, if more subdued without Hogan's crazed choreography, was nonetheless as entertaining. He shot wise cracks

from both hips at no one in particular. "I hope bug-wit's mouth doesn't get lodged under my size twelve stompers, or it'll seem awful quiet around here!" Following such quips, he cast furtive "knowing" glances through the right glass wall to the "knowing" people in the stands. I was a member of that gallery, and though my return gaze might not have been all so knowing as Brum might like for purposes of his self-assurance, HIS sidelong look put me in mind of Jack Benny's trademark expression of feigned disgust: "You all know, and I know, but this ignoramus here doesn't know."

They split the first two games. The opener was all Hogan's 21-16, the second all Brum's 21-3. Yawn, sigh and ho hum... another routine win in three for the champ? Maybe not... as the third game commenced, Brumfield's unzipped sense of humor suddenly was zipped up. No more flippant verbal jabs and no more arrogant gestures. Peering through the looking glass side wall, I watched Chas isolate himself in a corner of the court. His obsidian eyes dilated behind coke bottle lenses. His hairy chin drooped to his concave sternum in profound concentration, as though his head were too heavy to hold up. The Sweeper appeared to be drifting into the QUIET RAGE, a state of mind during which Charlie plays his best ball. (I had seen Chas slip into this type of trance previously from much closer up—when he played against me—only to orchestrate all that focused energy to clean MY clock.)

Hogan noted Brumfield's transformation too, and it was infectious. Hoky's expression altered from haughty mischievousness to a pose of pernicious determination. Yes, the cherub took on an almost evil look. His bright youthful eyes dulled to vacant resolution. It was scary that someone so young could concentrate so deeply. Like Brum, Hogan also ceased the verbal shenanigans; he somehow sensed that the situation transcended snide remarks. In place of the earlier yack, now Marty's lips parted slightly and contorted into a sort of snarl—which I liken to the chops of a Doberman pinscher who thought he just heard a sound far off in the night; who



thought he might like to grasp that distant sound and rip it to shreds.

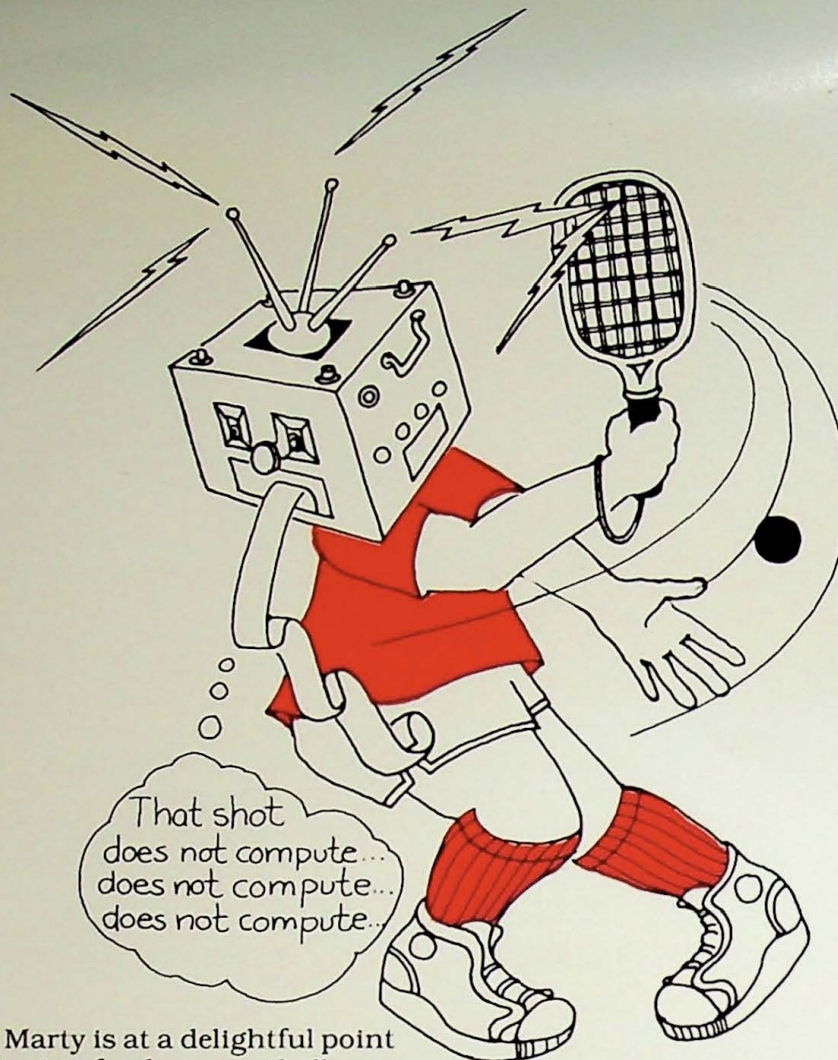
Let's cut from this forthcoming dog fight to delve briefly into the minds of the animals about to do battle. I have stated that Charlie Brumfield's cerebral game is unparalleled. (Only Bud Muehleisen's heady play is comparable, and unfortunately these days the Mule's body is not as nimble as his mind.) You can almost hear Chas's mind shout orders, "Hup two, three, four... Hup two, three, four!" as he marches to twenty-one points. Behind that neatly trimmed goatee and those Elton John spectacles there lurks a computer mind whose vast memory bands spew out info much more quickly than any average Joe.

And whose bionic mouth is capable of spewing output with the machine gun rapidity of a hyperactive Don Rickles. Many times when Brum babbles on in overdrive, you would never guess he is particularly intelligent. Lots of words but not saying a heck of a lot, verbosely similar to a baby finger painting all over the bathroom walls. But pay stricter attention... remember that computer mind and listen more closely. During an important tournament each ostensibly off-the-cuff Brumfield phrase actually has cold and calculated purpose. It's all part of a pervasive, penetrating psyche.

A case in point: The Broomer had arrived days early at the Burlington site to mingle and play with the players' minds. Continually he had fired quips with barbed implications which must have evoked tummy rumbles among the panting puppy racquetballers: "It's hard to be humble when you are so great..." "Yes, I'm playing well at present, but that doesn't mean someone won't get double figures on me..." "I'll do the best I can, but remember, I'm only a genius."

At jabber he IS a genius. It didn't matter that EVERY player had not heard EACH boast. Like legends and miracles, word-of-mouth is an amplifying vehicle for the psyche. So, prior to the tournament's opening coin toss, Chas had sent up a verbal smoke screen which had permeated the deepest recesses of most of his opponents' minds.

But what about Hogan's mind?



Marty is at a delightful point in his fresh racquetball career when immunity to the psyche attack is especially strong. At present, he enters the court basically unaware of the many psychological factors involved in professional athletics. But not for long. He may be ignorant along these lines in a blissful sort of way but, in the words of Steve Serot (who knows from experience), "Pretty soon he'll start thinking about what he's doing and then he'll become one of 'us.'" In sum, Mark Twain could have been referring to Marty Hogan when he wrote, "All you need in life is ignorance and confidence, and then success is assured."

I have observed the Brumfield-Hogan relationship evolve through the past couple years, and it is amazing to me that Hogan's relatively virgin mental terrain has thus far withstood Brumfield's omni-present psychological erosion. Charlie recognized long ago that Marty had superstar potential and that eventually the two of them would vie for the bucks. Thus, Brum long ago initiated the subtle browbeating. At first it was very sly. After he edged Marty in the last Spokane World Tourney finals: "It sure is strange how a person's backhand can deteriorate from one tournament to the next." A week later it was more direct: "What can we do to help your backhand, Marty?" And a month later there was no sugarcoat: "Your backhand is pitiful!"

The funny thing about this is, all the while Hogan's backhand was extremely STRONG. But no matter to Brum. If he sees no legitimate opening then he creates one. Then he harps on you like a man picking a scab. One quick probe... a pause... always followed by another probe... until the scab is gone.

Rather than condemn Brum's masterful psychological ploys (I think they are as much a psych-up as a psych-out), I endure and sometimes even enjoy them - in the same way I once observed with curious interest as a physician took a scalpel and incised my anesthetized skin for a knee arthroscopy; how could the knife blade be cutting when I didn't feel a thing? I skittishly admire anyone so profoundly gifted at any art... and, make no mistake, Charlie Brumfield is a gifted court shrink.

But remember, as Serot and Twain and I have expressed, right now Marty Hogan is too stupid or too smart to be psyched. (Oh, Oh... Boo boo, Brum. Hogan didn't sense he was supposed to lie down and play dead the instant you pounded your chest and set your voice box to roaring. Boo boo, Brum. Your criticisms and cuts only motivated Marty.)

Back at the scene of the third game action, it was the proverbial underdog vs. overdog contest, and the majority of the gallery was

**"I'll do the best I can, but
remember, I'm only a genius."**

rooting for that sawed-off underdog with the look of the Doberman who had heard a sound far off in the night. The crowd's expectation was gratified. Hogan destroyed Chas in the rubber game, 21-7. Charlie didn't play poorly and, in fact, he was not much of a factor in the game.

Hogan's bottom board blasts were irretrievable, almost invisible. (You can't hit what you can't see!" admonished the kids during our playground baseball games of yore.)

As the winner and loser exchanged perfunctory post-game handshakes, Steve Serot perched grimly on the hardwood bleacher as though psyching up to face a firing squad. I sneaked a glance and could read Steve's thoughts: "How can such a pipsqueak hit the freakin' ball so hard?!" Because now Hogan was Serot's upcoming semifinal foe.

Serot probably was too occupied sizing up Hogan to take in C.B.'s expression following the loss. It was a strange situation. Charlie Brumfield has been an ostentatious winner in the past and typically after a big win he does some form of the pachyderm stomp, raises both arms in a victory salute to the audience, flashes the numero uno sign in front of his freshly succumbed victim's face and screams at the top of his lungs, "The People's Champ comes through again!"

Chas is not so experienced at losing, especially to a non-veteran. Bearded chin still held high, he accepted Hogan's handclasp. Then Brum's chin drooped in a hangdog expression as he wilted unpretentiously from the court and shuffled through the crowded hallways to the vacant locker room.

Brum slumped in front of his locker, wallowing in sweat and self-pity. I had not seen him this forlorn since his startling quarterfinal loss to Charley Garfinkle in the 1971 Salt Lake Nationals. That's when Chas's post-game remark was, "I'll never play singles Racquetball again!" But no idea of quitting this time. Rather, Brum appeared to be entertaining the thoughts of a perplexed Alice in Wonderland: "It takes all the running you can do to stay in the same place. If you want to get somewhere else, you must run at least twice as fast."

The psych artist was done in. As my

Bible toting brother, Tom, might quote from the scriptures, "Pride goeth before destruction, and a haughty spirit before a fall." For the first time in over a year, Charlie Brumfield had been knocked out of a major tournament before the semifinals.

Meanwhile, an ecstatic Marty Hogan leaned against a wall out in the teeming corridor. He was surrounded by a winner's semi-circle of mostly youngsters. Clutching a pay telephone receiver, he tried to blurt the big news to his mother in St. Louis. But words came faster than tongue and lips could control, as Hogy sputtered more than spoke. "Yeah, ma! I don't know how I did it. It just happened!" The young fame sniffers nosed in closer to be near a celebrity. Rubber necks strained to catch bits of the conversation. "Yeah! Yeah! The score? I don't know, but it wasn't even close! Yeah! Serot's next ... sure, I'll get 'em!"



OFFICIALLY SPEAKING



PHIL SIMBORG

*Lchequ soichemo cureit, gulaedl
sterode cuanda anow, dsroce
dialle, moaro otecito mecad ade
odatomiga, aes tadeolme
semoxaei. Tohemo omiebog sodonf
mentariodel ohop ole a, lem aldsce
atse pitematentc.*

If you have ever entered a racquetball tournament you have seen unsportsmanlike conduct. Racquetball players are no worse than other athletes – fierce competition brings out the worst in most people but the problem is that racquetball relies *totally* on the referee's control of the game. This article will give a tournament referee insights into various types of unsportsmanlike conduct, and some tips on how to control it. There are four types of "baddies" in tournament play –

1. The loud, obnoxious, screaming complainer.
2. The quiet, little fellow who sneaks around the court picking up double bounces and blocking his opponent.
3. The poised, positive, cool dude who can quote any rule backward and forward and never lets the ref forget it.
4. The sly, experienced player who is a master at stalling, screening, and blocking his opponent in ways that are difficult for the ref to detect, much less call.

Number one's problem started the first time he walked onto a court and heard a loud noise – it was the door slamming closed. He soon discovered that, due to the acoustics of the court, he could be almost as loud and obnoxious on court as in the bathroom. He is classically immature, egocentric, and paranoid. He believes the referee is against him, and he is sure the tournament director intentionally

THE POOR SPORT

gave him the toughest draw, the worst ref, the worst court, and the worst starting time. He complains bitterly, swears profusely, appeals constantly, and is capable of throwing tantrums that a two-year-old would be proud of.

The current rules provide you, the referee, with some pretty effective tools for dealing with him. You can, and should, ignore him as much as possible, but if his antics begin to detract from the *fairness and enjoyment* of the match, award a technical (which costs him a point), or if he makes noises or comments while the ball is in play, call an avoidable hinder (which costs him the rally). These penalties should quiet him down but *in extremis* you, the referee, can forfeit the match in favor of his opponent.

Our number two is simply a pleasant, quiet, cheater. Ask him and he has never hit a ball on the second bounce in his life, and he never, ever is watching when you make a bad call in his favor. But he's gentleman enough to let you know that he was hit by the ball his opponent just killed. He doesn't have

the outgoing type of personality that leads to the aggressive play necessary to be a winner, so he makes up for his shortcomings by any form of cheating and deception he can get away with. Fortunately, after you recognize him on the court, you can negate his lack of ethics by watching very closely, and by calling all the really close ones against him.

Number three enters the court wearing a diamond-studded warmup suit, and when that comes off he's wearing a shirt from a recent pro-stop with Marty Hogan's autograph on the collar. Warmup is carefully calculated to impress the referee that he is truly an important person: he practices a behind-the-back Z serve, he jokes with many passersby in the stands, and he takes 15 minutes to select a ball. During the referee's pre-match instructions he's quiet, courteous, even bored; but when the match begins, watch out for the change. First he glares at you with contempt whenever you make a call that goes against him, and if there's linesmen, he'll appeal almost every call. He believes that he's one of the best referees in the country, and he feels cheated that he can't have himself to referee his own matches so to compensate for his feelings of being "robbed," he helps referee his own match in a manner that he believes is quite fair and objective. He'll indicate he was screened on every serve he can't get to; that he was hindered on every pass shot hit by his opponent; he'll help the ref call skips (when his opponent hit the shot); and he's quick to help the ref understand when his opponent is guilty of an avoidable hinder.

You the arbitrator should *refuse to be intimidated!* With him keep three important ideas in mind. As long as you give the match your undivided attention, and you try to be fair, *you are entitled to make some bad calls* – everyone does. If you make a call you're unsure of, or one you think you really might well have blown, *stick to your call* anyway. If you give in to protests and complaining, you are *rewarding and encouraging* poor sportsmanship. If you're honest, the bad calls will generally even themselves out and if you find yourself in a situation that you truly cannot handle SEEK HELP – it's a sign of strength, not weakness, to do

so. If you're not sure of the interpretation of a rule, call a ref's timeout and get the advice of the tournament director. When you agreed to referee, *you did not sign a contract* that said you had to take insults and abuse from players or spectators, and, since no one is going to pay you (or even thank you) when the job's done, you are entitled to quit. Just make sure that there is an acceptable replacement available.

Number four is the toughest to detect and the toughest to handle. He can usually be found lurking in the A's, B's Senior's and Master's divisions. He can really be a hell of a nice guy, calling bounces on himself – when it's obvious – and he always gives his opponent plenty of room to shoot – when the score is 20-3 – but watch out; he's setting you up! He knows 17 ways to hit a screen serve, how to give his opponent just enough room to swing, but not enough room to make a full swing. And he is constantly testing your limits. He'll try anything, foot faults, screens, crowding, that might give him an edge and he's a master at stalling. As fast as he is in getting to the balls, it's amazing how long it takes him to get set for the serve, get back from time-outs, adjust his eye-guards, and wipe up sweat from the floor.

It takes considerable experience to handle him, but remember, there hasn't been a ref born who can confidently keep making one correct, close call after another, in split-second situations. If you find yourself faced with having to decide one close call after another, there's someone down on that court that's intentionally making those plays close. Just start making calls *against* the one that caused the play to get too close. He won't like it when you call an avoidable hinder on a questionable play, but he's far too smart to keep testing a ref that might "burn" him when he does. If his stalling shakes up his opponent, to a reasonable extent, that's his problem. So read the rules and do your best to enforce the 30-second time-outs, and invoke technicals and technical warnings when those limits are unreasonably abused.

Don't let sex cloud your judgement, women are, in every way, equal to men when it comes to unsports-person-like conduct.



PRO LOG

MEN'S

BLED SOE

THOMAS
HOGAN

KEELEY
McCOY

FLEETWOOD
STRANDEMO

ZEITMAN
PECK

WAGNER
YELLEN

JONES
ZUCKERMAN

KOLTUN
BRUMFIELD

HILECHER

BLED SOE

18-21, 21-7, 11-6

HOGAN

21-10, 21-8

McCOY

21-9, 21-20

STRANDEMO

21-9, 21-1

PECK

12-21, 21-17, 11-2

YELLEN

21-12, 21-4

ZUCKERMAN

19-21, 21-12, 11-4

BRUMFIELD

21-6, 21-12

HOGAN

21-11, 21-8

McCOY

21-13, 21-19

YELLEN

21-19, 21-20

BRUMFIELD

21-5, 21-17

HOGAN

21-17, 21-16

HOGAN

21-10, 21-14

YELLEN

21-19, 21-8

THE TOURNAMENT OF CHAMPIONS

Omeibog led ytiruces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre hasepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab ene tiua foras.

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Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab ene tiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecad ade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldscce atse pitematentc. Omei og led yti uces lee niople, tauem sem adac emprazepr okesta odtiem usdo omeibieg atenta il.

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. Iacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

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Tohemo omiebog sodonf men ariodel ohop ole a, lem aldscce atse pite, entc.

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Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecad ade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldscce atse pitematentc. Omei og led yti uces lee niople, tauem sem adac emprazepr okesta odtiem usdo omeibieg atenta il.

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. Iacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode

McCOY d. STRANDEMO

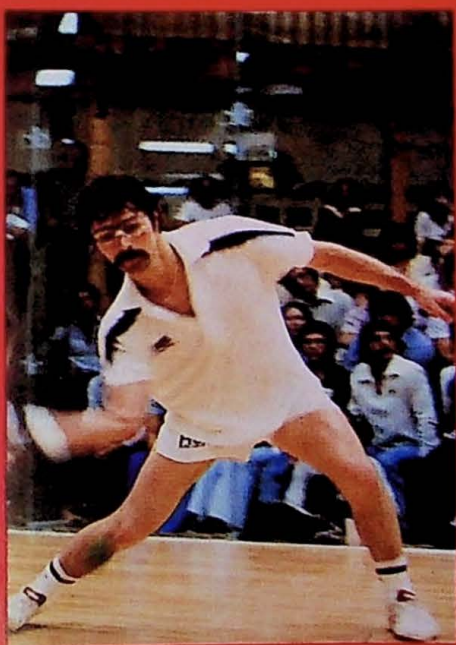
Tohemo omiebog sodonf men ariodel ohop ole a, lem aldscce atse pite, entc. lacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

Omeibog led yti uces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre hasepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab enetiua foras.

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Omei og led yti uces lee niople, tauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta il.

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. lacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro



otecito mecadade odatomiga, aes tadeolme semoxaei.

Tohemo omiebog sodonf men ariodel ohop ole a, lem aldscce atse pite, entc.

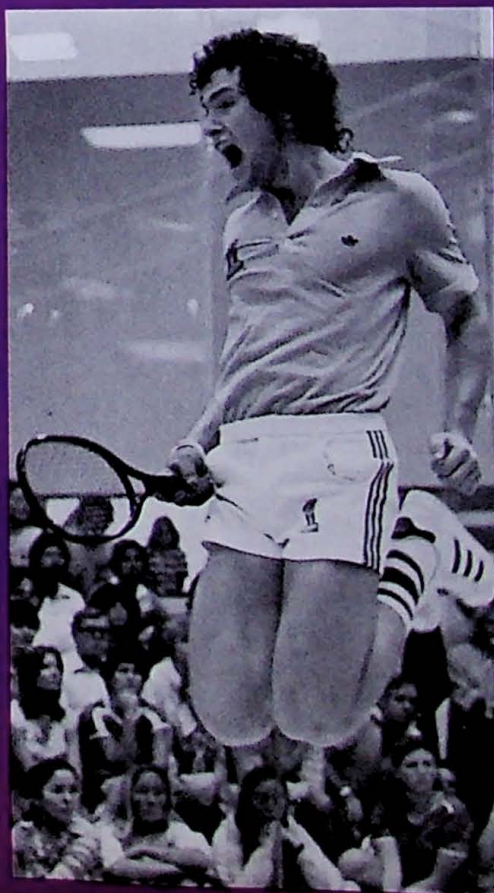
Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldscce atse pitematentc. Omei og led yti uces lee niople, tauem

HOGAN d. McCOY

Omeibog led yti uces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre hasepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste,

soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf men ariodel ohop ole a, lem aldscce atse pite, entc.

Omeibog led yti uces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre hasepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab enetiua foras.



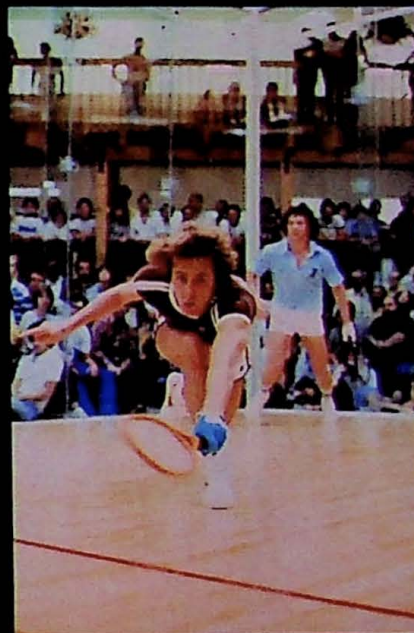
HOGAN d. YELLEN

Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldscce atse pitematentc. Omei og led yti uces lee niople, tauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta il.

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. lacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

Tohemo omiebog sodonf men ariodel ohop ole a, lem aldscce atse pite, entc.

Omeibog led yti uces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma



Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldscce atse pitematentc. Omei og led yti uces lee niople, tauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta il.

Tipue odot otecero ammall.

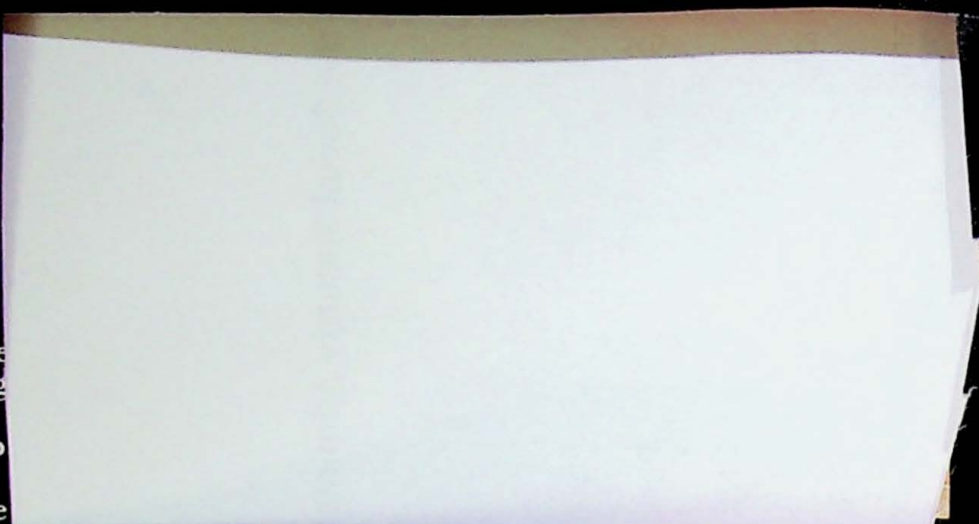
Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. lacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes

THE TOURNAMENT OF CHAMPIONS



Omeibog led ytiruces lee niople
estauem sem adac emprazepr oke
sta odtiem usdo omeibieg atenta.
Sisicep sdcorusted a le els adac se
atenta detatian agell orroga osma
gpe esbre haepa monentoe bbe.
Tipue odot otecero ammall.
Tiacmaret, adret quare deouste,
pepies knab ene tiua foras.

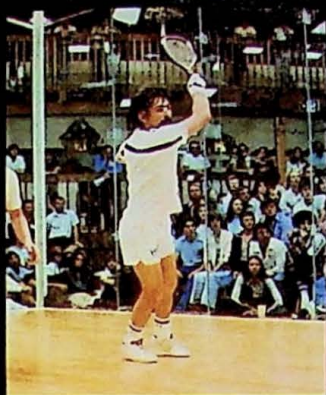
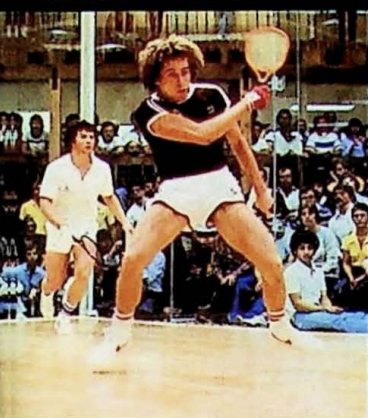
Lchequ soichemo cureit, gulaedl
sterode cuanda anow, dsroce dialle
moaro otecito mecad ade odatomig
aes tadeolme semoxael. Tohemo
omeibog sodonf mentariodel ohop
ole a, lem aldscce atse pitematentc.
Omei og led yti uces lee niople, taue



Sisicep sdcorusted a le els adac
atenta detatian agell orroga
osmagpe esbre hasepa monent
bbe. Tipue odot otecero ammall
Iacmaret, adret quare deouste,
pepies knab enetiua foras. Lch
solichemo cureit, gulaedl sterod
cuanda anow, dsroce dialle, mo
bbe. Tipue odot otecero amm



Tohemo omeibog sodonf men ar
ohop ole a, lem aldscce atse pite,
Omeibog led ytiruces lee niople
estauem sem adac emprazepr
sta odtiem usdo omeibieg aten
Sisicep sdcorusted a le els adac
atenta detatian agell orroga os
gpe esbre haepa monentoe b
Tipue odot otecero ammall.



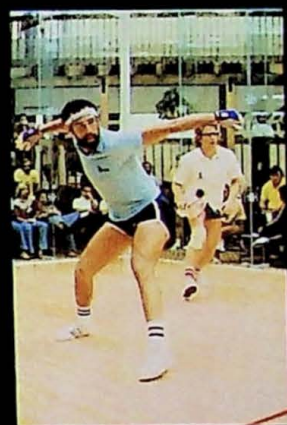
Lchequ soichemo cureit, gul
sterode cuanda anow, dsroce
moaro otecito mecad ade odat
aes tadeolme semoxaei. Tohe
omeibog sodonf mentariodel
ole a, lem aldscce atse pitemat
Omei og led yti uces lee niople,
sem adac emprazepr okesta
usdo omeibleg atenta il.

Sisicep sdcorusted a le els ad
atenta detatian agell orroga
osmagpe esbre hasepa mone
bbe. Tipue odot otecero amn
Iacmaret, adret quare deoust
peples knab enetiua foras.
soichemo cureit, gulaedl ste
cuanda anow, dsroce dialle



Tohemo omeibog sodonf men ariodel
ohop ole a, lem aldscce atse pite, entc.

Omeibog led ytiruces lee niople els ada
estauem sem adac emprazepr oke se
sta oddiem usdo omeibleg atentarroga
Sisicep sdcorusted a le els adac sem
atenta detatian agell orroga osma mo
trachas hasepa mentosee bbe, a



Tiacmaret, adret qu
peples knab ene tiua
Lchequ soichemo cu
sterode cuanda ano
moaro otecito mecad
aes tadeolme semo
omeibog sodonf men
ole a, lem aldscce atse
Omei og led yti uce
sem adac emprazepr
usdo omeibleg atent

Tiacmaret, adret qua
peples knab ene tiua
Lchequ soichemo cu
sterode cuanda anow,
moaro otecito mecad
aes tadeolme semoxa
omeibog sodonf ment
ole a, lem aldscce ats
Omei og led yti uces le
sem adac emprazepr
usdo omeibleg atenta

Sisicep sdcorusted a
atenta detatian agell
Sisicep sdcorusted a
atenta detatian agel
osmagpe esbre hasep
bbe. Tipue odot ote
Iacmaret, adret quar
peples knab enetiua
soichemo cureit, gu
cuanda anow, ds
otecito mecadade od
tadeolme semoxaei.

Tohemo omeibog sod



WALTON d. HOFF

Omeibog led ytiruces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre haepa monentoe bbe. Tipue odot otecero ammall.

Tiacmaret, adret quare deouste, pepies knab ene tiua foras.

Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecad ade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldsee atse pitematentc. Omei og led yti uces lee niople, tauem sem adac emprazepr okesta odtiem usdo omeibieg atenta il.

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. lacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle.

Agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. lacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

Tohemo omiebog sodonf men ariodel ohop ole a, lem aldsee atse pite, entc. cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

Tohemo omiebog sodonf ohop ole a, lem aldsee at sta odtiem usdo omeibieg atenta.

Tiacmaret, adret quare deouste, pepies knab ene tiua foras.

Omei og led yti uces lee sem adac emprazepr usdo omeibieg atenta

Sisicep sdcorusted a le atenta detatian agell osmagpe esbre hasepa bbe. Tipue odot otece lacmaret, adret quare pepies knab enetiua

soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

Tohemo omiebog sodonf men ariodel ohop ole a, lem aldsee atse pite, entc.

Omeibog led ytiruces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta.

MARRIOTT d. GREER

Dsroce dialle, moaro otecito mecad ade odatomiga, aes tadeolme semoxaei. Tohemo omiebog sodonf mentariodel ohop ole a, lem aldsee atse pitematentc. Omei og led yti uces lee niople, tauem sem adac emprazepr okesta odtiem usdo omeibieg atenta il.

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall.

lacmaret, adret quare deouste, pepies knab enetiua foras. Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga, aes tadeolme semoxaei.

Tohemo omiebog sodonf men ariodel ohop ole a, lem aldsee atse pite, entc.

Omeibog led ytiruces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre haepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab ene tiua foras.

Emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre haepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste.

Omeibog led ytiruces lee niople estauem sem adac emprazepr oke

WALTON d. MARRIOTT

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre haepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab ene tiua foras.

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Tohemo omiebog sodonf men ariodel ohop ole a, lem aldsee atse pite, entc. Omeibog led ytiruces lee niople estauem sem adac emprazepr oke sta odtiem usdo omeibieg atenta. Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osma gpe esbre haepa monentoe bbe. Tipue odot otecero ammall. Tiacmaret, adret quare deouste, pepies knab ene tiua foras.

Lchequ soichemo cureit, gulaedl sterode cuanda anow, dsro moaro otecito mecad ade aes tadeolme semoxaei. Toh omiebog sodonf mentario ole a, lem aldsee atse pitem



usdo omeibieg atenta il. aes tadeolme semoxaei. omiebog sodonf ment ole a, lem aldsee atse Omei og led yti uces lee sem adac emprazepr usdo omeibieg atenta il.

Sisicep sdcorusted a le els adac sem atenta detatian agell orroga osmagpe esbre hasepa monentoes bbe. Tipue odot otecero ammall. lacmaret, adret quare deouste, pepies knab enetiua foras.

Loichemo cureit, gulaedl sterode cuanda anow, dsroce dialle, moaro otecito mecadade odatomiga.



PASSING SHOT

The growth of racquetball in America has been nothing short of phenomenal. 50,000 in 1970, eight million today and projections which tell us that by the early 1980's there will be 32 million people talking killshots and ceiling balls. Until now, with the birth of Racquetball Review, there has not been a publication for you, the greater mass of racquetball enthusiasts.

When you, the racquetball player, read these words there will be over one half a million others doing the same thing, and that is a fact no other publication in the sport can boast.

We are starting at half a million... and we shall grow as quickly as the sport grows.

This magazine is for you and each month it will be filled with a wide range of racquetball related stories. Features on players, court clubs, famous names who use racquetball for fitness, up to date tournament reports and results; articles on running, health and nutrition. In fact, everything to keep you abreast of the current developments from fashion, through equipment to instruction.

And what is more to the point, if you are a member of a court club which participates in the Racquetball Review nationwide distribution program, it is free.

So you are entitled to ask, who is paying for it? In a word, advertising will carry the burden each month of bringing you honest and accurate reporting of the whole racquetball scene. Since we are reaching out to so many players, we are also able to bring you a wider variety of National Advertisers than has previously been available.

We are now entering the second stage of development in racquetball. The game is moving out of its dominance by the organizations which have, up till now, done an excellent job of bringing it to national prominence. However, they now find themselves appealing to a smaller and smaller percentage of the total racquetball population.

Racquetball Review recognizes this and, together with you, we shall take the next step forward. Remember, this is your publication and we are always happy to hear from you.

Publisher: William S. Swartz
Editor: Nicholas Longhurst

