

rollout

JOURNAL INC.

The Racquetball Journal for New York, New Jersey & Connecticut • May/June 1980 • 75¢

OUR PREMIER ISSUE!

Club Directory
Calendars
Ratings

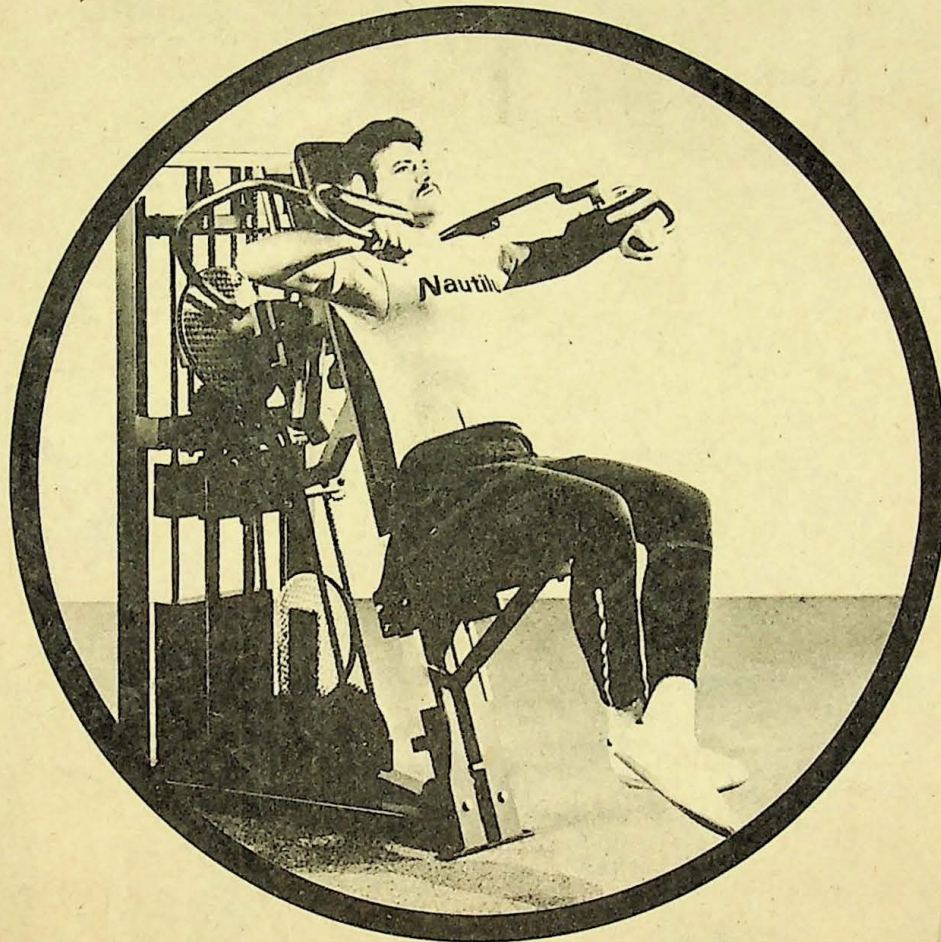
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RUBEN GONZALEZ
30 RDE ST
SI
NY 10310

Bulletin
Beverly, Massachusetts Pro Am—In his third year on the tour Mike Yellen finally did it. The 20-year-old from Southfield, Mich., shocked No. 1 seed Marty Hogan, 21-16, 21-11, to win the \$15,000 tournament championship.

Nautilus



Racquetball requires strength, flexibility, muscular endurance, and cardiovascular ability. Only Nautilus provides the means and scientifically based training concepts capable of meeting these demands.

the **Ultimate Equipment** for
Racquetball

Nautilus NORTHEAST

P.O.Box E ■ Cornwall, New York 12518 ■ (914) 534-2344

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The Racquetball Journal for New York, New Jersey & Connecticut

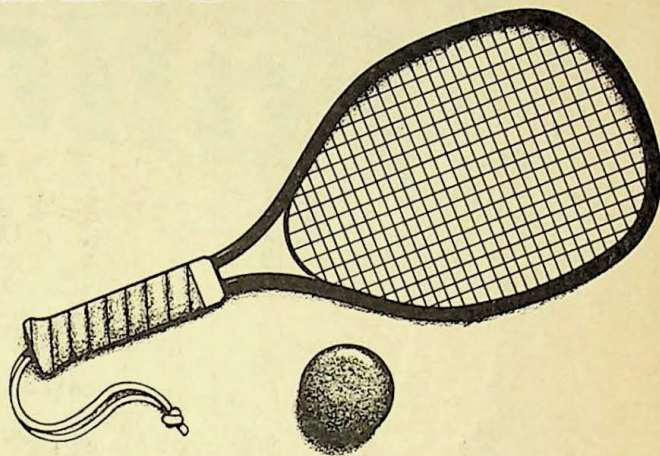
The object of this publication is to present articles and information that are of interest to the club level racquetball player in the Tri-State area. Towards that goal we will publish tournament results at the A, B, C and novice level results of inter and intra club competition (ladder play) and articles about the area clubs, their staffs and players. We certainly would appreciate any contributions of that nature as long as they are typewritten and we have permission to edit them according to our space requirements. Also please feel free to offer any suggestions for the improvement of our publication.

ALL SPORT PRO/AM CLASSIC

in conjunction with the Dutchess County Heart Fund

\$11,500
in prize money

\$10,000 in pro events 1,500 in amateur events



Dates: May 29, 30, 31 and June 1, 1980

Site: ALL SPORT Fitness and Racquetball Club; 17 Old Main Street; Fishkill, N.Y. 12524

Entry Fees: \$25.00 Amateur Events, \$35.00 Professional Event. Entry fees non-refundable. Draw will be limited to first come. Entry subject to approval by Tournament directors.

Entry Deadline: All entries must be postmarked no later than May 16, 1980. Checks for entry fees must accompany entry forms. Absolutely no phone entries.

Sanction: Pro Event Women's Profession Racquetball Associate.

Official Ball: Will be decided at time of draw.

Awards: \$10,000 prize money in Pro event. \$1,500 prizes awarded in Amateur events.

Hospitality: Hospitality and Tournament shirt will be provided to each entrant.

Tournament Directors: Wayne Schmidt; Tom Flannery

Tournament Headquarters: ALL SPORT Fitness and Racquetball Club Inc., 17 Old Main St., Fishkill, N.Y.

Starting Time: Starting times will be mailed on May 21, 1980 and/or be available at the club. Professional qualification will begin on Thursday, May 29th. All Amateurs be prepared to begin play on Friday, May 30th at noon. The Amateur Division winners will be required to referee or forfeit their match.

Housing: Camelot Motor Inn (914/462-4600); Bardos Motel, Fishkill (914/896-6767). We will do our best to accommodate the professional entries with housing in the Fishkill community. (Players who don't live within reasonable distance of the club.)

Pro Entries I will _____ will not _____ need housing in the Fishkill community.

Tournament Information: Pro matches will be played on our two courts that have side wall and back glass viewing. Reserved seating will be available. 4-days—\$30.00

Women's Pro \$35.00

Amateur Event \$25.00

- Men's Open
- Men's B
- Men's C
- Men's Novice
- Men's Senior (35-45)

Amateur Event \$25.00

- Women's Open
- Women's B
- Women's C to 13 Junior
- Women's Novice 14-17 Junior
- Women's Senior (30-up)

NAME _____ (Please print)

ADDRESS _____

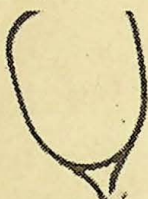
CITY _____ State _____ Zip _____

PHONE (home) _____ PHONE (work) _____



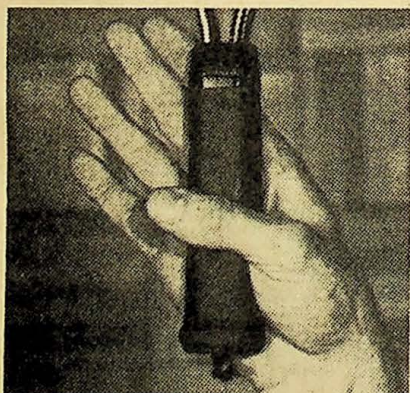
Steve Landry

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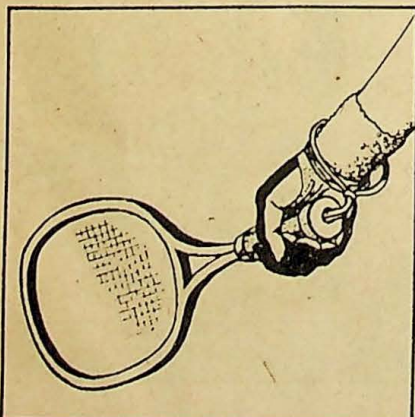
Dave Arnold

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Hold On (Correctly!)

page 12



How You Swing

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The Racquetball Journal for New York, New Jersey & Connecticut

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New Racquetball Club in Yonkers

Court Sports II opened in April of this year at One Odell Place in Yonkers, N.Y. The new club with 13 courts will bring the total number to 27 Racquetball/Handball courts between this facility and the well established club at 130 Clearbrook Road in Elmsford, N.Y.

The courts feature championship hardwood floors, non-glare lighting, air-conditioning and humidity control for year round play.

You'll also find

- Beautifully furnished, comfortable and spacious social lounge, facing four glass-walled courts. Lounge area includes color TV and refreshment service.
- Fully equipped locker rooms, featuring such amenities as jet baths, steam baths, saunas, and full length lockers.
- An exercise room, with modern safety-designed exercise equipment.
- Free nursery and baby-sitting service, 9-12 am Monday to Friday.
- Completely equipped pro shop.
- Organized competition—ladders, intra-club. Mix'n Match Saturday and Sunday 7-10 pm.
- Party facilities. "Singles" parties every month. Also available for group rentals Saturday and Sunday nights.
- Group/Private instruction, special Women's Program.
- Playing time from 7 am - 11:30 pm Monday and Thursday, 9 am - 11:30 pm Tuesday, Wednesday and Friday, 8 am - 10 pm Saturday and Sunday.

Membership Information and Fees

Annual Membership at Court-Sports I and II

All memberships are honored at both Court-Sports I and II.

Individual Membership \$ 75.00
 Family Membership 175.00*
 Women's Program—
 3 mos. term, Mon. & Fri.
 non-members 50.00
 members 30.00

Guest Fee 5.00

*Includes all members of immediate family under 21 residing in same household.

13-Week Reserved Time Hourly Court Rate

Courts may be reserved on a pre-paid basis for a 13-week season,

starting January 1, April 1, July 1, or October 1. The rate is \$156 per court hour.

Open-Time Court Rate

Monday through Friday
 4:30 - 11:30 pm \$12 per hour
 7 am - 4:00 pm \$10 per hour

Saturday and Sunday

8 am - 3 pm \$12 per hour
 3:30 - 10 pm \$10 per hour

Ladies Day Special every Tuesday and Thursday, 9 am to 12 pm: \$5 per person for members, \$8 per person for non-members.

For further information please call 914-592-3005 or 914-963-2300.



Schweppes Classic

180 Entrants participated in the First Annual Schweppes Racquetball Classic at Court-Sports I in Elmsford, N.Y. February 8, 9, & 10th.

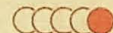
The results were as follows:

- Men's A** 1-Steve Shulman;
 2-Dennis Meyer, Jerry Saroken, Adam Santiago; Consol. Joe DeVito
- Men's B** 1-Howie Silverman;
 2-Mike Clifford, Fred Feit, Ed Shipp;
 Consol. Bart Skladamuk
- Men's C** 1-Bob Beck; 2-Ed

Kiernan, Steve Jacobs, Frank Chousa; Consol. Lenny Lieboff

Women's C 1-Rosanne Farano;
 2-Norma Kranitz, Barbara O'Meara, Matti Ordan; Consol. Patti Roloff

Doubles 1-Adam Santiago-Jim Schlicting; 2-Steve Shulman-Karen Kimerling, Frank Bosco-Stan Fidler, Jerry Saroken-Kathie Burns; Consol. Miguel Maseda-Sergio Llorian



Dennis Meyer
A - 2nd Place

Paul Wicha
Club Pro

Steve Shulman
A - 1st Place

Pro Shots

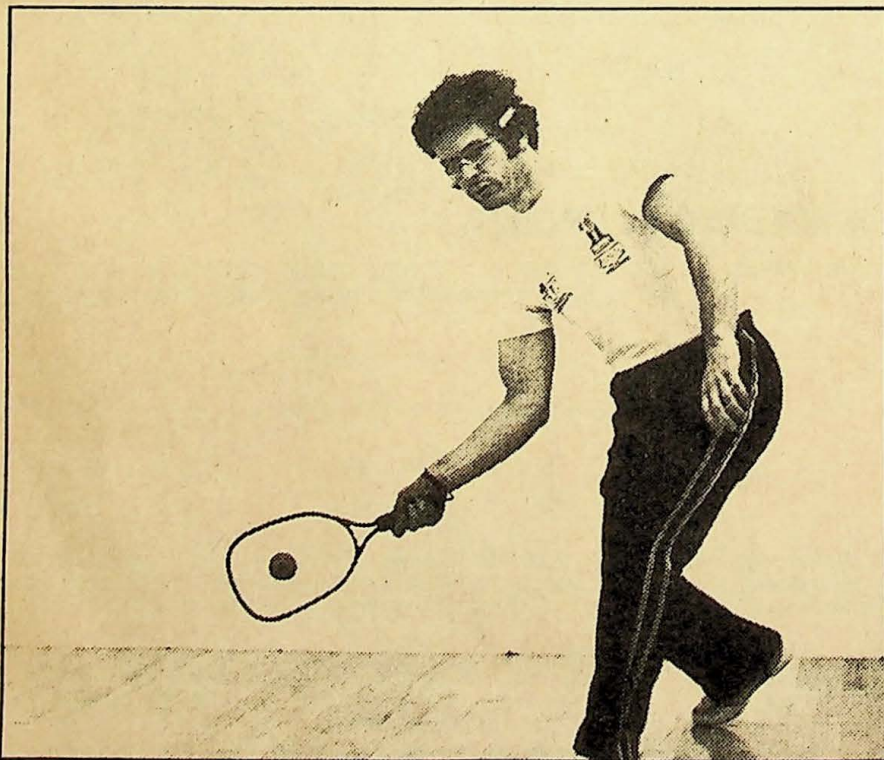
What's the route to becoming a Club Pro? Every pro has a story about discovering the game, mastering it and making the big decision to pursue it as a career. Rollout will bring you some of these stories as it regularly profiles Club Pros in the tri-state area.

Besides racquetball, Steve Landry and Dave Arnold have a common demoninator—they chose the Army to introduce them to a wider world beyond high school and their hometowns. Steve and Dave are the new pros at Allsport Fitness and Racquetball Club in Poughkeepsie, N.Y.

Steve is a 1973 graduate of the U.S. Military Academy. A native New Englander, he fulfilled an early goal by enrolling at West Point, where he finished in the top quarter of his class. While in college he was introduced to handball and by his senior year was the top singles player at West Point, making trips to the national collegiate tournament in 1972 and 1973.

Upon graduation, he was commissioned a 2nd lieutenant in the Army and was stationed for the better part of five years at Fort

Steve Landry

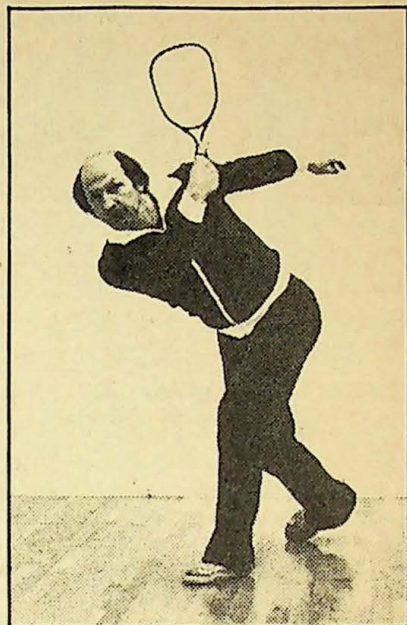


Carson, Colo. It was there he discovered racquetball. In 1976 he entered his first tournament and by 1978 had won two Fort Carson opens, a Colorado Springs YMCA Tourney and the Colorado Springs Racquet Tournament; he also finished in the top 16 in the Colorado State Open.

In 1978, Steve resigned from the Army and took a management position with Proctor and Gamble in Green Bay, Wisc. His involvement with racquetball persisted as he won two University of Wisconsin Green Bay tourneys and finished in the top 16 of the Wisconsin State Open.

By December 1979 a major career change was at hand. A consuming interest in racquetball, a solid competitive background and good teaching experience led Steve to the position at All Sport, where he currently coordinates lessons, clinics, leagues, tourneys and related functions.

Dave Arnold, 32, is an Army veteran with eight years of service. Born in Oklahoma, Dave spent most of his youth in California where he accumulated an impressive scholastic record - four-year letterman in wrestling and track and three-year letterman in football. The latter sport placed him on the All-



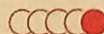
Dave Arnold

American High School Football Team as a first-string wide receiver.

He enlisted in the Army after graduation and had tours of duty in Vietnam and Germany as a helicopter aviator. In 1970, an Army program enabled him to enroll at the University of Maryland, where in time he received an invitation to the Olympic wrestling trials. He qualified as an alternate in the 180.5 lb. class and went to Munich with the 1972 Olympic team.

Upon his discharge in 1974, Dave returned to California to work with guided missiles at the Alameda Naval Air Station. March 1975 brought a special opportunity - a walk-on tryout with the Denver Broncos. Out of 106 guys, Dave and two others won a try-out with the Broncos' free agents and draft choices. From that group of 45, Dave and four others were asked to return. Spring training followed, but after the Broncos' fourth pre-season game, Dave was waived to New Orleans.

After his football stint, Dave turned to racquetball to keep active. He had picked up the game during his wrestling days, and his re-discovery soon led to a love of the sport. Tournaments and teaching were a natural sequence. Dave's played nationwide and served as a club pro and Ektelon rep in Sante Fe, N.M. before arriving at All Sport, to begin his new pro tenure there.



Westchester Open Tournament

Dates: May 2nd, 3rd, 4th

Site: Pelham Racquetball & Health Club, 6 Pelham Parkway, Pelham Manor, New York 10803 (914) 738-1800. 14 Regulation courts for racquetball, men's & women's locker room & modern lounge, sauna, steam room, massage room, private showers, whirlpool, indoor jogging track, restaurant, free child care center.

Entry Fees: \$25 First Event—\$12.50 per player second event. Entry fees are non-refundable, except in case of injury prior to tournaments. Physician's letter will be required. Limit two events per player. The second event doubles.

Entry Deadline: All entries must be postmarked no later than Wednesday, April 23, 1980. Checks for entry fees must accompany entry form.

Checks Payable To: Pelham Racquetball & Health Club Tournament.

Tournament Director: Bob Anderson, (914) 738-1800 **Co-Ordinator:** Carmela Marzovilla, (914) 738-1800 **Sanction:** United States Racquetball Association (USRA) **Official Ball:** Seamco 600

Rules And Eligibility: U.S.R.A. Rules will prevail. U.S.R.A. Membership is required for participation. Memberships may be purchased when registering at tournament.

Accommodations: Ample hotel & motel accommodations within 5 minutes of the Pelham Racquetball & Health Club.

Awards: Awards will be presented to the first four places and first place consolation. Hospitality and tournament shirt will be provided to each entrant.

Awards For All Divisions Of Play: 1st Prize weekend for two at the fabulous Playboy's Great Gorge Resort Hotel—2nd Prize Helbros Gold Watches—3rd Prize dinner for two at N.Y.'s Proof Of The Pudding Restaurant—4th Prize dinner at a selected fine restaurant. Plus a super drawing for one fantastic prize.

Note: Scheduled starting time will be available beginning Tuesday, April 29th, at 12 noon. Play will begin Friday, May 2nd at 9:00 A.M. for all divisions. Winners will be required to referee or find suitable replacement. Failure to do so will result in forfeiting your next match. Any player failing to show for his or her match within five minutes of the scheduled starting time shall default the match.

PLEASE ENTER ME IN:

* **MEN'S DIVISION** () Men's Open () Men's B () Men's C () Men's Novice
() Men's Senior (35) () Men's Open Doubles () Men's C Doubles.

* **WOMEN'S DIVISION** () Women's Open () Women's B () Women's C
() Women's Novice () Women's Open Doubles () Women's C Doubles;

*Tournament Director Reserves The Right To Move Players Up In Class.

A MAXIMUM OF 64 ENTRIES PER CLASS.

SHIRT SIZE: Men _____ Women _____ Small _____ Medium _____ Large _____ X-Large _____

NAME _____ PARTNER _____
Please Print

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (home) _____ PHONE (work) _____

FOR SEEDING PURPOSES

List the names of past tournaments you have placed.

List the names of any major opponent you have defeated in those tournaments within the past year.

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

I hereby, for myself and my agents, waive and release any and all rights / claims for damages I might have against the Pelham Raquetball & Health Club, The USRA, any participating advertisers and / or any of their agents, representatives or employees shall not be responsible for any injury or disability which I may incur as a result of my participation in the Racquetball Tournament.

Signature _____ Date _____

Parent's Signature (if under 18) _____ Date _____

**EYEGLASSES ARE
RECOMMENDED**

Conditioning: The Winning Edge in Racquetball

Dr. James A. Peterson Associate Professor
Dept. of Physical Education USMA

Racquetball is a fast moving, high intensity, physically demanding activity. Speed of movement, explosive power, hand-eye coordination and the ability to maintain these attributes at a high level during the course of a match are essential skills of the successful racquetballer. Conditioning for racquetball, therefore, encompasses sharpening (improving) the following factors: endurance, strength, speed and agility, flexibility, and coordination. While playing the game itself is probably the best "overall" conditioner for the racquetballer, a properly planned conditioning program should augment the time spent in the court playing.

Running should be included in any conditioning program for racquetball. Depending on the athlete's devotion to the game, the conditioning regimen will vary from a few long distance runs of 2-3 miles to a demanding program combining distance runs, interval work and sprint workouts. The long runs are included to develop the aerobic capacity required to play those extended 3-game matches, while the sprint training helps develop the quickness needed for explosive movements about the court. The interval work benefits both speed and endurance. Skipping rope and self-developed circuit drills, should also be included in the running program in order to improve quickness and agility.

All conditioning routines should include some form of stretching or flexibility exercises. Racquetball is no exception. Increased flexibility will not only improve the athlete's on-the-court performance, but will also improve his/her chances of avoiding injuries. Before and after both workouts and games are the best times to stretch or loosen up. Of particular concern to the racquetballer are the muscles of the legs, lower back, and dominant racquet arm. Flexibility exercises need be no more elaborate than toe or straddle stretches and leg pullovers from the supine position, but they should be of the static stretch variety in which the muscles and

Table 1. Racquetball overview

Basic Skills	Muscles Involved
1. Running, cutting movements	Buttocks, lower back, quadriceps, hamstrings
2. Hitting the ball	Pectorals, triceps, biceps, latissimus dorsi
3. Wrist control	Hand and forearm flexors
Problem Areas:	
Stamina	
Muscular fatigue	
Grip strength	
Elbow and shoulder injuries	
Areas to Emphasize:	
<ul style="list-style-type: none"> • Implement an aerobic program for stamina • Develop the musculature involved in racquetball to prevent muscular fatigue • Emphasize joint stability and flexibility exercises in order to reduce the possibility of injuries • Develop grip strength to improve racquet control • Warm-up properly 	

Table 2. Racquetball Nautilus Workout* Program

Exercise (in order)	Primary Muscles Developed	Specific Skills Involved
1. Leg Extension	Quadriceps	Running
2. Leg Press	Buttocks, quadriceps	Running
3. Hip and Back	Buttocks	Running, hitting the ball
4. Leg Curl	Hamstring	Running
5. Double Shoulder (lateral raise)	Deltoids	Hitting the ball, prevent shoulder injuries
6. Double Shoulder (seated press)	Deltoids, triceps	Hitting the ball, prevent shoulder injuries
7. Pullover	Latissimus dorsi	Hitting the ball
8. Biceps Curls	Biceps	Pronating the forearm when hitting the ball, prevent hyperextension of the elbow
9. Triceps Extension	Triceps	Hitting the ball, follow thru, prevent elbow injuries
10. Wrist Curl	Forearm Flexors	Gripping the racquet, wrist control
11. Squeeze a Rubber Ball	Hand flexors	Gripping the racquet, wrist control

- Perform 1 set of 8 to 12 reps of each exercise
- Take no more than 60 seconds to perform each set
- Rest no more than 30 seconds between each set
- To determine total workout time: multiply # of workouts by 1½ minutes, then subtract 30 seconds from total

*Since for most individuals racquetball is a year-around activity, the frequency of this program should be adjusted to meet the individual situation.

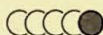
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Racquetball at BQE Racquetball for benefit of NYC Police

Wednesday April 30, is the date of the first racquetball at BQE -what is it? you ask; well, our friends on the staff there say it's similar to a telethon or walkathon which raises money for various causes. Their very important cause is to help secure bullet-proof vests for New York City's finest. BQE is donating their courts and the entry fee to the P.B.A. to purchase these vests.

So come to BQE any time April

30th, pay the \$5.00 entry fee and take this opportunity to play racquetball for as long as you like, sharing courts with celebrities and other New Yorkers and at the same time help your friends and neighbors who are policemen. You don't have to be a member of BQE to participate. For more information call the club at 212-726-4343.



2nd Annual Allsport Championship Tournament

Approximately 130 club members from the two Allsport facilities in Fishkill and Poughkeepsie competed for trophies and other prizes at the Allsport I in Poughkeepsie on March 28, 29, 30.

Steve Guernsey defeated Don Alvarez Jr. in the Men's open to retain his title. Alvarez who recently took the Men's B crown at the Ektelon-Perrier tournament in Waldwich N.J. seemed to have difficulties with his own temperament and Guernsey's squash-oriented style of play and succumbed in two games.

Vince Gabriele, the 50 year old

area handball champion also retained his title in the senior competition easily defeating Fred Schoeffer in two games.

Other titlists included Tom Hoehensee (Men's B), Brian Sherwood (Men's C), Mario Vilardi (Men's Novice), George Stuts (Men's Masters), Jean Ende (Women's B), Pat McGuirk (Women's C), Mitch McGovern (Juniors, 13-15), Jim Biersack (Juniors, 9-12), Jerre Martin and Steve Volk (Open Doubles) along with Ginger Sottile and Don Alvarez in (Mixed Doubles).



Seamco Sponsors Benefit for Multiple Sclerosis

The First Annual MS/Seamco Open, directed by Valerie Liberator, was held at the Wallingford Clubhouse, Wallingford, Conn. for the benefit of Multiple Sclerosis Society on March 28-30, sponsored by Seamco Sporting Goods.

Ron Mirek of Manchester battled Phil Panerella, winner of the Western New England Open, in the finals of the Men's Open.

RESULTS

Men's Open

Quarters:

Phil Panerella, John Cassesse-
21-8, 21-10

Howie Packer, Nick Caruso-
14-21, 21-11, 11-6

Dave Maturah, Soc Verses-
18-21, 21-9, 11-5

Ron Mirek, Marshall Naimo-
21-16, 21-3

Semis:

Panerella, Packer-
21-10, 21-12

Mirek, Maturah-
21-16, 18-21, 11-3

Finals:

Mirek, Panerella-
21-18, 21-12

Club Directory

Connecticut

Bristol Clubhouse
842 Clark Avenue
Bristol, Ct. 06010

Cedar Hill Racquetball Club
375 East Cedar Street
Newington, Ct. 06111

Center Court & Health Club
234 Route 83
Vernon, Ct. 06066

Cheshire Racquet & Swim Club
Milldale Road, Route 10
Cheshire, Ct. 06410

Court Club of North Haven
100 Elm Street
North Haven, Ct. 06473

Court House I - Avon
Route 10
Avon, Ct. 06001

Court House I - Manchester
47 Hart Tpk.
Vernon, Ct. 06066

Court House I - Simsbury
526 Hopmeadow Street
Simsbury, Ct. 06070

Courtside-at-Cromwell
10 Hillside Avenue
Cromwell, Ct. 06416

Danbury Racquet Club
Route 6, Stoney Hill Road
Bethel, Ct. 06801

Downtown Racquet Club
230 George Street
New Haven, Ct.

Fighting Creek Club
P.O. Box G, Route 7
Redding, Conn. 06875

The Great Racquet
170 Spring Street
Southington, Ct. 06489

Hammonasset Racquetball Club
38 Pound Ridge Road
Madison, Ct. 06443

Lakewood Racquetball Club
Lakewood Road
Waterbury, Ct. 06704

Mon-Tar Builders
168 Crosshill Road
Monroe, Ct. 06468

Racquetball Spa
500 Kings Highway
Fairfield, Ct. 06430

Roll-Out
Silas Deane Highway
Rocky Hill, Ct. 06067

Southport Racquet Club
266 Old Post Road
Southport, Ct. 06490

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Spok Racquetball Club
145 State Pier Road
New London, Ct. 06320

Stamford Racquetball Club
49 Brownhouse Road
Stamford, Ct. 06902

Stratford Racquetball Club
140 Watson Boulevard
Stratford, Ct. 06487

Tri-Bury Racquet Club
P.O. Box 365, Route 188
Middlebury, Ct. 06762

Wallingford Clubhouse
Neal Road
Wallingford, Ct. 06492

New Jersey

Kangaroo Courts
193 Chambersbridge Rd.
Bricktown, NJ 08723

YM YWHA North Jersey
One Pike Drive
Wayne, NJ 07470

**Courttime-Meadowlands
Racquetball Club**
205 Chubb Ave.
Lyndhurst, NJ 07071

**Wyndmoor Tennis & Racquetball
Club**
8 Cornwall Court
East Brunswick, NJ 08816

Chatham Squash Club
484 Southern Blvd.
Chatham, NJ 07928

**Yogi Berra's Hall of Fame
Racquetball Club**
333 Gothic Plaza Route 46 W
Fairfield, NJ 07006

Ocean Racquetball Club
1602 Highway 35
Ocean, NJ 07712

Eagle Rock Court Club
426 Eagle Rock Road
West Orange, NJ 07052

Racquettime
168 Franklin Turnpike
Waldwick, NJ 07463

The Courthouse
10 Leighton Place
Mahwah, NJ 07430

What's Your Racquet
Atlantic Ave.
P.O. Box 1402
Wall, NJ 07719
(1603 Martin Rd., Neptune)

Murray Hill Racquet Club
593 Central Ave.
Murray Hill, NJ 07974

Racquetball of Toms River
671 Bachelor St.
Toms River, NJ 08753

Livingston Racquetball Club
39 W. Northfield
Livingston, NJ 07039

Court Jester
1166 Highway 9
Lakewood, NJ 08701

Ricochet Racquet Club
219 St. Nicholas St.
South Plainfield, NJ

Essex Racquet Club
200 Pleasant Valley Way
West Orange, NJ 07052

Racquettime Racquetball Club
1710 River Road
Fairlawn, NJ 07410

Sportsman's Club
Gierney Rd. & Route 15 S
Lake Hopatcong, NJ 07849

**The Racquetball Club at
Cedar Nolls (Swat Spot)**
19 East Frederick Place
Cedar Nolls, NJ 07927

Off The Wall Sports Center
141 New Road
Parsippany, NJ

**Flemington Racquet & Health
Center**
River Road Extension
Flemington, NJ 08822

**Olympic Racquetball & Health
Club**
Randolph Park West
(Off Route 10)
Randolph, NJ 07801

Racquetball Plus
83 River Drive
Garfield, NJ 07027

Westwood Racquetball
346 Kinderkamack Road
Westwood, NJ 07675

Racquetball at Raritan Center
Parkway Pl.
Raritan Center
Edison, NJ 08817

Racquet World
U.S. Hwy. 9
Lakewood, NJ 08701

The Courtrooms
Deptford Mall
Deptford, NJ 08096

Mercer Racquetball Club
Youngs Rd.
Mercerville, NJ 08619

YMCA
25 Park St.
Montclair, NJ 08028

Summit Area YMCA
67 Maple Street
Summit, NJ 07901

Monmough Racquetball Club
19 Sweet Briar Lane
Holmdel, NJ 07733

Shore Area YMCA
600 Main St.
Asbury Park, NJ 07712

Central Bergen Branch YMCA
360 Main Street
Hackensack, NJ 07601

YMCA
128 Ward Street
Paterson, NJ 07510

The Court House
10 Leighton Pl.
Mahwah, NJ 07430

Raritan Valley YMCA
9 Livingston Avenue
New Brunswick, NJ 08901

Perth Amboy YMCA
182 Jefferson Street
Perth Amboy, NJ 08861

Trenton Central YMCA
2 South Clinton Avenue
Trenton, NJ 08609

Princeton YMCA
Avalon Place
Princeton, NJ 08540

Jersey City YMCA
654 Bergen Ave.
Jersey City, NJ 07304

Eastern Union County YMCA
135 Madison Avenue
Elizabeth, NJ 07201

Newark YM-YWCA
60 Broad Street
Newark, NJ 07102

Westfield YMCA
138 Ferris Place
Westfield, NJ 07090

Plainfield YMCA
518 Watchung Avenue
Plainfield, NJ 07060

YMCA
25 Park St.
Montclair, NJ 07042

West Essex Branch
321 S. Livingston Ave.
Livingston, NJ 07039

King Arthur's Courts
1355 15th St.
Fort Lee, NJ 07024

Racquettime CB
17-10 River Rd.
Farr Lawn, NJ 07410

Somers Point Racquetball Club
90 Mays Landing Rd.
Somers Point, NJ 08244

Courthouse
20 Milburn Ave.
Springfield, NJ 07081

Century Fitness Club
15 Essex Road
Paramus, NJ 07652

con't. on pg. 11

Ektelon/Perrier Championships

After four days competition in the largest tournament in racquetball history - a total of 810 participants - 12 local players have emerged winners in the Ektelon/Perrier Racquetball Championships. The Tournament was held on March 17, 1980 at Racquetime, Waldwick, N.J. a 20 court facility as a part of a series of 19 amateur racquetball tournaments throughout the United States. Six of the winners will represent the New York Metro area at the Ektelon/Perrier National Finals in Los Angeles in May. They are:

Men's Open - Victor Neidorhoffer, New York, NY. **Men's Senior** - Ed Castillo, Brookfield, CT. **Open Doubles** - Art Deimar, Bronx, NY; Dave Luft, Oceanside, NY.

Women's Open - Francine Davis, Montclair, NJ. **Women's Senior** - Karen Coburn, Peekskill, NY

Other tournament division winners are:

Men's B - Don Alvarez Jr., Wappingers Falls, NY. **Men's C** - Ray O'Hara, Hicksville, NY. **Men's Novice** - Bruce Buchalew, Woodcliff, NY. **Men's Masters** - Tom Waltz, Newtown, CT.

Women's B - Annie Nestor, Fair Haven, NY. **Women's C** - Karen Miller, Lake Hiawatha, NY.



Women's Novice - Lynn Molina, White Plains, NY.

Neidorhoffer defeated Ruben Gonzales of Staten Island in the Men's open finals 21-13, 21-20. In the open doubles the team of Diemar-Luft edged Ray Capitanelli and Nick Elia in a tie breaker 21-5, 11-21, 11-9.

Following are the top 3 in each of the divisions.

Men's Open - Victor Neiderhoffer, Ruben Gonzalez, Steve Elia. **Men's B** - Don Alvarez, Jr., Al Petri, Hank Grassi. **Men's C** - Ray O'Hara, Carmine DeGennaro, Jim Conforth. **Men's Novice** - Bruce Buchalew, Ed Gartner, Chuck Nardone. **Men's Seniors** - Ed Castillo, Pat Columbo, Pete Talbot. **Men's Masters** - Tom Waltz, Harold Pudding, Joe Rizzo. **Men's Doubles** - Deimar-Luft, Capitanelli-N. Elia, Castillo-Waltz. **Women's Open** - Francine Davis, Janet Simon, Karen Borgia. **Women's B** - Anne Nestor, Karen Van Campen, Maureen Kane. **Women's C** - Karen Miller, Joyce Kuhn, Lynne Withers. **Women's Novice** - Lynn Molina, Madelyn Badillo, Colleen Powell. **Women's Seniors** - Karen Coburn, Liz Steiner, Elizabeth Williams.



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The Racquetball Journal for New York, New Jersey & Connecticut

New York

Racquetball Land
395 Pearsall Ave.
Cedarhurst, NY 11516

Health n Sports Club & Spa
1020 Old Country Road
Westbury, NY 11590

Blue Point Racquetball Club
Box 148 (9A Montauk Hgy)
Blue Point, NY 11715

Olympic Court Club, Inc.
3 Harbor Park Dr.
Port Washington, NY 11050

Manhattan Plaza Racquet Club
450 West 43rd St.
New York, NY 10036

Crescent Hill Athletic Club
87th St. & 5th Ave.
Brooklyn, NY 11209

Universal Racquetball Club
6000 Sunrise Hgy.
Massapequa, NY 11758

Universal Racquetball Club
40 Maple Ave.
Rockville Centre, NY 11570

Richmond Racquetball
1915 Forest Ave.
Staten Island, NY 10303

Point Set Tennis & Racquetball Club
225 Howells Rd.
Bay Shore, NY 11706

Off The Wall Racquetball
230 Oser Ave.
Hauppauge, NY 11787

Royal Racquetball
607 Middle County Rd.
Selden, NY

Unique Racquetball Clubs
55 Jericho Turnpike
Jericho, NY

Rainbow Racquetball Club
Sunrise Highway
Bay Shore, NY 11706

Racquetball 5th Ave.
25 West 39th St.
New York, NY

BQE Racquetball
26-50 Brooklyn Queens
Expressway West
Woodside, N.Y. 11377

Winning Walls Racquetball Club
300 Boston Post Rd.
Port Chester, NY 10573

Jefferson Valley Racquetball Club
Bark Rd.
Jefferson Valley, NY 10535

West Side YMCA
5 West 63rd St.
New York, NY 10023

Allsport Fitness & Racquetball Club
240A North Rd.
Poughkeepsie, NY 12603

Pelham Racquetball & Health Club
6 Pelham Parkway
Pelham Manor, NY 10803

Tiger Racquet Club at Kingston
RR6 Route 9W Bypass
Kingston, NY 12401

Clubs who wish to be listed in this Directory should send the information to Rollout, Box 538, Hughsonville, N.Y. 12537. This listing is FREE.



con't. from pg. 7

joints are loosened by the individual's body weight, not by bouncing movements.

Muscular development is essential both to a racquetballer's overall performance in a court and to help prevent injuries. The player deficient in muscular fitness will normally observe a gradual reduction in his/her performance level during the course of a prolonged match or tournament. Development of strength in the muscles used to run and to hit the ball helps to prevent or minimize injury to such areas as the knees, shoulders, and the elbow of the dominant arm. In addition, greater strength increases the individual's ability to move quickly and to hit with power.

No two racquetball players are alike. A conditioning program that aids one individual may not necessarily affect another athlete as much. In order to "personalize" his/her conditioning program, the individual player should use the program planning principles articulated in **Conditioning for a Purpose—The West Point Way**. Such a program will enable the racquetballer to achieve a level of fitness which will permit the best possible level of performance.



Table 3. Racquetball Universal Workout Program*

Exercise (In order)	Primary Muscles Developed	Specific Skills Involved
1. Leg Press	Buttocks, quadriceps	Running
2. Leg Extension	Quadriceps	Running
3. Leg Curl	Hamstrings	Running
4. Bench Press	Pectorals, deltoids, triceps	Hitting the ball, prevent shoulder and elbow injuries
5. Lat Pulldown	Latissimus dorsi, biceps	Hitting the ball
6. Seated Press	Deltoids, triceps	Hitting the ball, minimize shoulder and elbow injuries
7. Upright Rowing	Deltoids, biceps	Hitting the ball
8. Triceps Extension	Triceps	Hitting the ball and follow thru, prevent elbow injuries
9. Biceps Curls	Biceps	Hitting the ball
10. Wrist Curls	Forearm Flexors	Wrist control, gripping the racquet
11. Squeeze a Rubber Ball	Hand flexors	Wrist control, gripping the racquet

- Perform 1 set of 8 to 12 reps of each exercise
- Take no more than 60 seconds to perform each set
- Rest no more than 30 seconds between each set
- To determine total workout time: multiply # of workouts by 1½ minutes, then subtract 30 seconds from total

*Since for most individuals racquetball is a year-around activity, the frequency of this program should be adjusted to meet the individual situation.

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Hold

by Jim Burnes

Racquetball Pro
All Sport II
Fitness & Racquetball Club
Fishkill, N.Y.

For most people, racquetball begins with two things: a desire to have fun and an incorrect grip.

Novices put on a pair of shorts, sneakers (or court shoes, as they say on the West coast) and head for the courts. It is at this point that they make their first mistake - they grab their racquets.

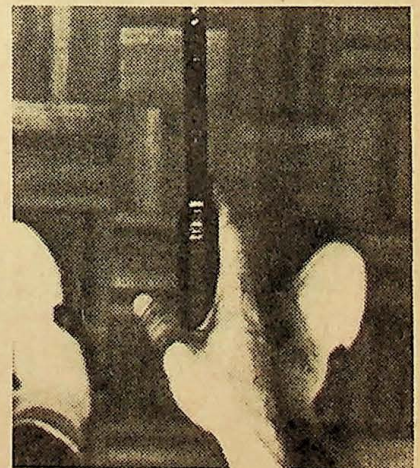
Some people grab the handle straight across, like a baseball bat; others choke up so far that they really don't need a handle; and a few hold on so far down that their only contact with the racquet is through telepathy.

Because of their grips, all of these players will needlessly experience problems, ranging

from lack of power to a backhand that always goes up. In a sport where the ball speed can exceed 100 mph, there is no time to worry about your grip. It must be correct and reflexive, and this is the result of practice.

The grip should be firm and cause the racquet face to square to the intended line of flight of the ball upon contact, at the same time allowing the wrist to snap freely. Racquetball traditionally has two grips - one forehand and one backhand; each is easy to learn and mastery is very important to your game. (There has been some progress made in the area of a one-grip system, but most of the pros still use two.)

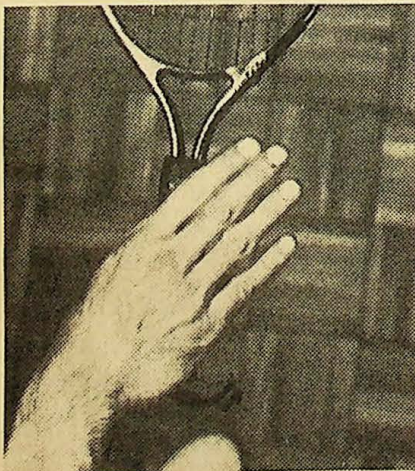
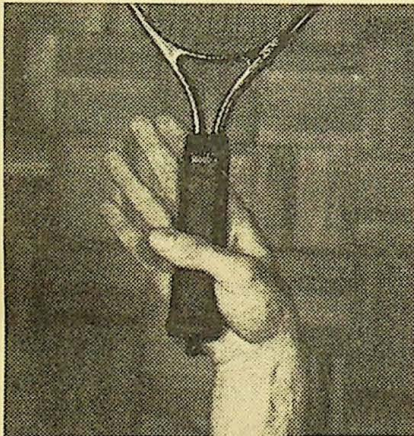
- To assume the proper forehand grip, follow the steps outlined and practice, practice, practice.
(1) Hold the racquet by the throat with your free hand so that the face is parallel to the front wall. Place the "V" formed between the thumb and the index finger of your racquet hand in the center of the top of the racquet handle.



On (Correctly!!)

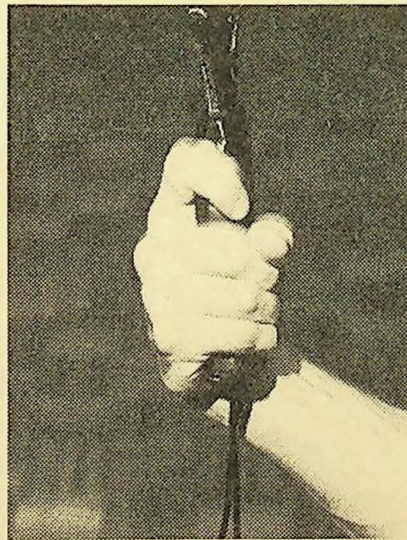
This will cause the face to square to the intended line of flight if you contact the ball around your front heel.

(2) Angle your fingers down about 45° from the handle and place the butt of the racquet in the heel of the hand.



Angling the grip allows the fingers to cover more of the handle, adding control while making the racquet a more natural extension of the wrist and making the snap much smoother.

Placing the butt of the racquet in the heel of the hand moves the hand down far enough to give good leverage for power, but not so far as to cause a loss of control. (3) Lock your bottom three fingers around the racquet, then bring down the thumb.



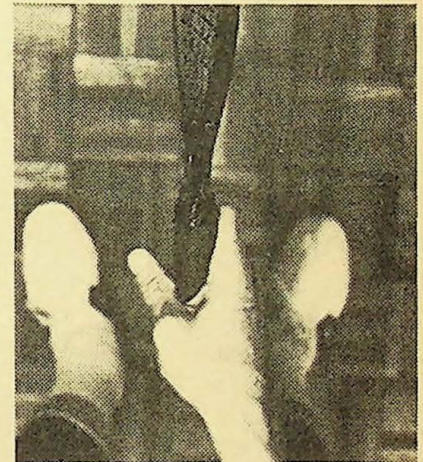
The fingers and side of the thumb provide the support for a firm grip. The tips of the fingers should almost touch the base of the thumb. If the space between the thumb and fingertips is much more than $\frac{1}{8}$ " , your grip is probably too large. Have your club pro check it.

(4) Bring in your index finger like a trigger finger, leaving a space between it and the middle finger.

The index finger provides control by exerting pressure on the back of the handle.

• To assume the proper backhand grip, follow the steps for a forehand and add these last steps.

(5) Move the "V" and knuckle of the index finger about $\frac{1}{16}$ " to $\frac{1}{8}$ " toward the left; for left handers move the "V" to the right.



This will cause the face to square to the intended line of flight if you contact the ball around your front toe.

(6) Add pressure with the side of the thumb to add support on the backhand.

Upon assuming the grip you may find it a bit uncomfortable, but this should pass. Longer-lasting problems are slippage and blisters, which can be overcome with a racquetball glove (preferably a very thin one).

The last question on the grip is "How tight?" This is difficult to answer precisely, but figure about 80% of your full grip. If you hold the racquet as tight as you can, the muscles in your forearm stiffen and the wrist doesn't snap freely -so loosen up.

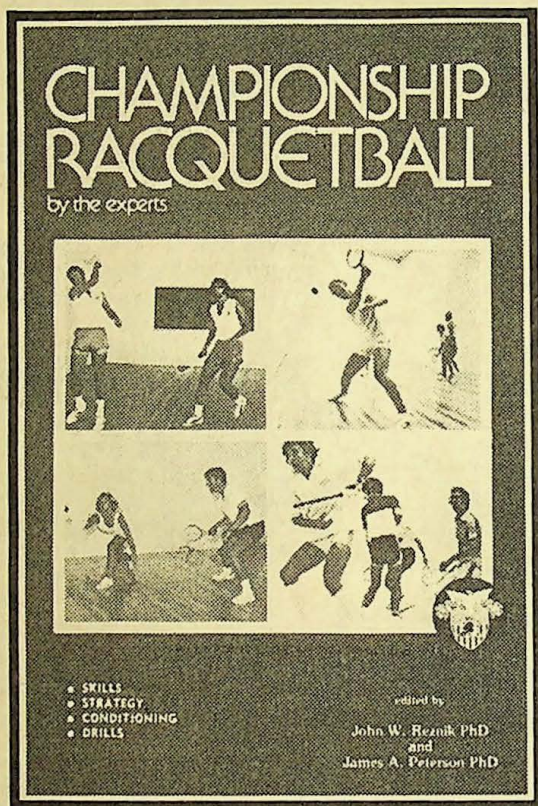
Once you feel your grip is OK, check with your club pro to make sure. Then play away!



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U.S.R.A. Tournament at New Paltz, N.Y.

Doug Sheppard, the Men's Athletic Director hosted the 3rd annual New Paltz State Racquetball Tourney on March 21, 22, 23.

The U.S.R.A. sanctioned event sponsored by Pepsi Cola attracted about 80 participants to the Elting Gymnasium on the S.U.N.Y. Campus at New Paltz.

The Men's C competition which had the largest draw saw Mike Daniel's of Albany capture the title with little difficulty defeating a surprising senior Dave Weinberg of Loudonville, N.Y. 21-2, 21-4.

Weinberg, on his way to the finals, bested Ed Grams of Levittown, N.Y., Robbie Kanter, New Paltz, Stu Brown of Middletown and Jim Longo. Give credit to the durable Weinberg who also played two matches in the Senior's division.

Daniels in capturing the title was never really tested in earlier round victories over Marv Erlichman, Rochester, N.Y., Jeff Kahn, New Paltz, Dave Eckwall, New Paltz or Dave Baron, Troy, N.Y.



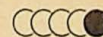
In the Men's B, hard hitting Rich Castaldo from Middletown, N.Y. handled Ray Gianotti of N.Y.C. more easily than was expected 21-8, 21-10 to capture that title. To reach the finals Castaldo had overcome Bill Austin of Fishkill and Dave Berard of Albany while Gianotti had defeated Pete DiCicco of Monroe, N.Y. and Jerry Martin of Fishkill.

Herman Neumeier of Rochester, N.Y. added another title to his long list by handily defeating Bob Lake of Middletown, N.Y. in the finals of the Senior's competition 21-2, 21-10. To reach the finals Neumeier had ousted Nat Finkel of Lynbrook, N.Y. and George Pressley of Hempstead, N.Y. while Lake had easy victories over Dwight Smith of Thompson Ridge, N.Y., Ray Primack of Poughkeepsie and a tough struggle with Tom Flannery of Wappingers Falls.



The Women's C saw a battle between Deena Cohen, a finalist in last year's tournament and Julie Unrath of Kingston, N.Y. result in a victory for Unrath 21-11, 16-21, 11-5. Cohen, a New Paltz student had previously gotten by Bonnie May, Poughkeepsie, Pat DiCicco, Monroe and Gail Uellendahl of Hempstead, N.Y. while Unrath survived matches with Monica Pauwels, and Lauren Shecket both of New Paltz.

The Doubles title was the most closely contested with both teams winding up with the same number of points in the final match. The team of Rich Castaldo and Ed Ruben of Middletown fought back to win the second game and had two opportunities to win the match in the tie-breaker but finally lost 11-10 to the strong lefty, righty combination of Mike Daniels and Dave Berard of Albany.



Your Chance

Send us your news, tournament dates, results, pictures. Any information or ideas you think we should print.

Rollout Box 538
Hughsonville, N.Y. 12537

con't. from pg. 11

Table 4. A sample conditioning schedule for racquetball*

A. Off-Season

M, W, F	T, Th, S	S
Stretch	Strength Dev.	Rest
Run 2-6 miles depending on individual)		

Play racquetball whenever desired. Building the conditioning base is most important during this phase. When playing, work on new shots and have fun in the court—do not get "stale" or bored with the game.

B. Pre-Season (6 weeks before tournament play)

M, F	T, Th	W, S	Sun
Stretch/Warm-up	Same as M, F except substitute	Stretch	Rest
*Drills in court	Str Dev for Run	Games (60 min.)	
Games (30-60 min)	Skip rope 5 min	Jog 1 mile, 2-3 on Sat	
Run-jog ¼ mile run 10/50 yd sprints 15-30 sec between sprints jog ¼ mile			

*including 2 Star Drills

C. In-Season (Tournaments, usually on the weekends)

M, W	T	Th
Stretch/Warm-up	Stretch, Warm-up	Rest
Drills (60 min)	Easy games (30-60 min)	
Run-jog ¼ mile	Easy 2 mile jog	
10/50 yd sprints (5 on Wed)	Strength Workout	
jog ¼ mile		
Skip rope 5 min		

* These workouts may be too ambitious for the player whose time is limited. On the other hand, a serious devotee of the game may spend more time and effort in conditioning.



Reprinted from Championship Racquetball: by the experts (Dr. Jack Reznik and Dr. James A. Peterson, editors) with permission of the publisher, Leisure Press, P.O. Box 3, West Point, N.Y. 10996

The Most Important Thing Is How You Swing

Dr. Bud Muehleisen

Have you ever wondered where the power in a shot comes from? Or maybe why your arm gets sore? Or even how to gain better control and deception in your game? For the most part, the swing governs the answers to these questions. Let's review some of the fundamentals of a "grooved swing".

The Backswing: Due to the speed of the game of racquetball, it is not always possible to swing the racquet backwards. This is not important. However, the important thing is to reach the top of the backswing as soon as possible. (Tip) Practicing turning and taking the racquet to the top of the backswing by the time the returning ball is just leaving the front wall. This will also aid your body relationship in stepping towards the ball in order to make better contact.

Top Of The Backswing: The important thing is to make this your set starting position with a full wrist cock. (Tip) Getting to that position fast will curtail waving the racquet around and looping the backswing just prior to the downswing. You might also try utilizing the opposite hand on the racquet for balance at the top of the backhand backswing. This will also aid you in stabilizing the racquet while you make the minor backhand grip adjustment, as well as setting the racquet while you make the minor backhand grip adjustment, as well as setting the racquet to start the downswing.

Full Wrist Cock: The best way to illustrate what is meant by the proper wrist cock is for you to assimilate a baseball or golf swing at the top. This puts the wrist in the proper position. Do this for

both the forehand and backhand. The wrist is fully cocked during the downswing until the head of the racquet reaches a point about twelve inches in back of the ball.

To illustrate this point further, drop a ball and hit it from this point using only a full wrist cock and a follow through. (Do not take a backswing or a downswing). There is the POWER! After that, it is merely a matter of timing in putting together the rest of the swing.

Also try taking a slow motion baseball and/or golf swing and note where your wrist breaks. It is the same principle in the racquetball swing. Utilizing the wrist also eliminates hitting with the arm.

The Downswing: This is merely a pendulum movement. Just swing the arm, feeling for a smooth groove. Do not jerk or lead with the elbow. (Tip) increase as you time the wrist break. Above all, when playing—DO NOT OVER-SWING, as this only sacrifices control.

The Follow Through: This is only a result of a good swing. But keep in mind these important things: Do not pull the follow through across the body. Do not stop the swing at contact. Do not roll the wrist. Do not finish high or towards the ceiling. INSTEAD, "throw" the racquet through the ball and right towards the spot on the wall that you wish to hit with the ball.

Tie this type of swing in with the proper footwork, balance, and ball-to-body relationship and you are on your way to finer racquetball. Remember though, that there is no short cut, so practice! Utilize time alone on the court where it is so much easier to analyze your game and immediately make the proper adjustment.

Trifles make up perfection, but perfection is no trifle!

Wrist Cock

The wrist cock is an essential element in producing a powerful swing. To prove this point, try hitting the ball with your arm alone, not cocking or breaking the wrist. Pfft!

Many times during a fast exchange, you will not have time to fully cock the wrist. In that situation, the wrist situation, the wrist should be firmed up and rotated through as contact is made with the ball.

Whenever possible, however, you should use a full wrist cock.

To illustrate the proper wrist cock, assume the forehand grip and take the racquet to the top of the backswing on the forehand side. The arm should be bent about 90 degrees at the elbow.

When the wrist is fully cocked in the proper direction, the top—or leading—edge of the racquet should be pointing down the arm and to the same shoulder. At this point, without moving your arm, wrist or racquet, turn your body to the backhand side. You will have assumed the proper full wrist cock for the backhand, except for the minor grip change which is made for the backhand grip.

In other words, the full wrist cock is the same for both the forehand and backhand, except for the minor grip adjustment.

If you have ever played golf or baseball, it should help to learn the proper full wrist cock for racquetball. All are the same at the top of the swing.



An Open Letter to the Back-up Artist

To the player who serves the ball and backs his back-side into my set-up shot; To those of you who plant your feet in center court and glue your eyes to the front wall; To the statues who remain posed to admire their own shots and fail to move so that I can take mine:

Quite frankly, you make a better door than a window. I can't see through you. I'm tired of running around you. And mostly, I'd rather roll the ball out than slam it into your rear end. So move it!

I have some advice that might improve your game. And mine. And OURS.

Next time you walk on the court, take a good, hard look at the front wall. Now look away and look again. Is it still there? You bet it is! That twenty-by-twenty foot square

NEVER MOVES whether you look at it or not. Barring earthquakes, that wall will be right there every time you hit the ball. Your friends should be so reliable! But unlike your friends, will the front wall ever tell you if your opponent is hitting a pass to your forehand or a pinch to the left corner? No. Will that wall tell you to expect a killshot or a ceiling ball? No. That wall isn't about to tell you ANYTHING, no matter how much you watch it. SO WHY WATCH IT? Why not—watch me! I'm not behind you doing a soft shoe. I may not announce my intentions like a pool player, but my actions should certainly tell you more than the front wall. You can move up sooner if I'm shooting low. You can stay back if I'm putting the ball up. You might even be able to determine which direction the ball is going BEFORE it passes you. AND, like a good sport, you can give me a clear view and get out of my way! For your sake and mine, watch me.

When you're not watching me, you can direct your attention to

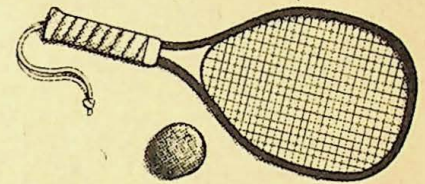
the ball. In the first place, as a target, it's small. Secondly, it's moving. To hit it, you have to be looking at it. The front wall is a target the size of which roughly approximates the broad side of a barn. You can hit THAT without looking, can't you? THE BALL is another story. For your sake, watch the ball.

I'll tell you what. Next time we play, I'll keep my eyes on the ball and you, and you can watch the ball and me. We'll ignore the front wall.

After all, that wall never says a word to me anyway.

D. Gabrisko

Reprinted from RACQUETBALL TODAY



Westchester League opened January 27

The Interclub Racquetball League of Westchester opened its inaugural season on Sunday, January 27, when four clubs begin a home-and-home schedule of weekly matches through May.

The four Westchester clubs will field teams of five men's singles, five women's singles and three men's doubles.

"Creation of this new league involving so many players is evidence that racquetball has really 'arrived' in Westchester," said Chairman Paul Wicha. "While the sport actually was born nearby, in Greenwich, its growth has been a west-to-east movement, with California a prime mover. Now that we can field teams playing regular weekly schedules throughout the Fall and Winter, we can all be pleased that the sport has really come back in style to where it all began."

Results of the first matches were:
Winning Walls 10, Pelham 3

Mens singles - Pat Colombo (WW) def. Rich Devito 21-10, 21-10; Steve Freifeld (P) def. Archie Rupp 21-15, 15-21, 11-7; Steve Present (P) def. Scott Rogers 21-18, 21-20; Frank Bellocchio (WW) def. Steve

con't. on pg. 20

Tournament Calendar

April 25, 26, 27 - A.A.R.A. Eastern Regionals at Winning Walls Racquetball Club, Port Chester, N.Y. 914-939-5000

Connecticut Court Club Championships at all Connecticut Clubs on first 3 weekends in May

May 2, 3, 4 - Westchester Open (USRA Sanction) at Pelham Racquetball & Health Club, Pelham Manor, N.Y. 914-738-1800

May 9, 10, 11 - 1980 Spring Open Racquetball Tournament at The Sporting House at Endfield, Endfield, Ct. 203-745-2408

May 16, 17, 18 - Bergen County Heart Racquetball Championships at King Arthur's Courts, Fort Lee, N.J.

May 16, 17, 18 - Court Sports II Club Championships (House) at Court Sports II, Yonkers, N.Y. 914-963-2300

May 30, 31, June 1 - ALL SPORT Women's Pro Classic Women & Men's Open Amateur for Dutchess County Heart Fund at ALL SPORT II, Fishkill, N.Y. 914-896-5678

May 30, 31, June 1 at Eastern Hills, Williamsville, N.Y. 716-631-3800

June 1 thru 7 - U.S.R.A. Nationals at Las Vegas Sporting House, Las Vegas, Nevada 702-733-8999

June 20, 21, 22 - A.A.R.A. Jersey State Championships at King George Racquetball & Health Club, Greenbrook, N.J. 201-356-6900

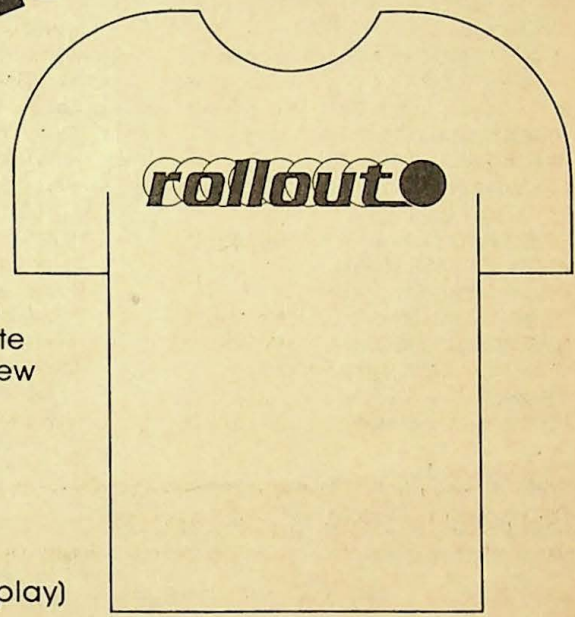
July 17th thru 20th - U.S.R.A. Junior Regionals at ALL SPORT II Fitness & Racquetball Club, Fishkill, N.Y. 914-896-5678

August 11 thru 16 - U.S.R.A. Junior Nationals at Court Club of Indianapolis, Indianapolis, Ind.

Sept. 12, 13, 14 - New York City Open at BQE Racquetball Club, Woodside, N.Y. 212-726-4343

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- Results of inter- and intra club competition (ladder play)
- Profiles of staff and players at area clubs
- Tips on improving your game
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con't. from pg. 8

Men's B

Quarters:

Will Verhoeff, Harvey Adler
16-21, 21-17, 11-10

Tony Rodolaki, John Haslett
21-5, 21-13

Stan Borowski, Bob Siemiatowski
16-21, 21-11, 11-8

Semis:

Rodolaki, Verhoeff
21-12, 21-3

Borowski, Barbino
17-21, 21-8, 11-5

Finals:

Rodolaki, Borowski
21-17, 21-18

Men's C

Quarters:

Wayne Bruno, John Mendella
21-17, 21-13

Paul Konopaske, Jack Olcott
21-12, 17-21, 11-9

Adam Santiago, Michael
Madigan 21-10, 21-9

Ira Kroopneck, Stan Nadjunch
21-7, 11-21, 11-10

Semis:

Bruno, Konopaske
21-11, 21-9

Santiago, Kroopneck
21-11, 21-13

Finals:

Bruno, Santiago
17-21, 21-19, 11-9

Open Doubles

Quarters:

Howie Packer/Jack Nocera,
Nick Caruso/Allen Hornstein
21-10, 21-7

Soc Verses/Peter Perimenis,
Will Verhoeff/Vinnie Abate
21-13, 21-15

Jack Fruin/Dick Wells,
Marshall Naimo/Barry McDermott
21-10, 21-18

John Cassesse/Dave Maturah,
Paul Konopaske/Jim Wartonick
21-2, 21-5

Semis:

Packer/Nocera, Verses/Perimenis
21-13, 21-15

Cassess/Maturah, Fruin/Wells
19-21, 21-4, 11-4

Finals:

Packer/Nocera, Cassesse/Maturah
21-18, 21-13

Women's Open

Semis:

Terry Beers, Jackie Adler
21-7, 21-9

Laurie Vander Woude, Lynn
Petrowski 21-2, 21-10

Finals:

Vander Woude, Beers
21-2, 21-5

Women's C

Quarters:

Lori Wartonick, Terry Beers
21-3, 21-12

Susan Martucci, Judy Domian
21-6, 21-5

Fiona MacKay, Trudi Heinemann
21-2, 21-8

Neonila Martynirick, Barbara
Ginguich 21-13, 13-21, 11-3

Semis:

Wartonick, Martucci
21-18, 21-16

MacKay, Martynirick
21-10, 21-9

Finals:

MacKay, Wartonick
21-4, 21-5

Women's Novice

Quarters:

Frances Trainer, Lori Cunningham
21-4, 21-6

Amy Nassen, Vicky Lanz
21-8, 21-12

Paula Brown, Carol Lee Ferrucci
21-1, 21-10

Rita Andreoli, Sandy Collins
21-18, 15-21, 11-8

Semis:

Trainer, Nassen
21-8, 21-12

Andreoli, Brown
21-17, 21-13

Finals:

Trainer, Andreoli
21-20, 21-15



con't. from pg. 18

Gifford 21-15, 15-21, 11-8; John
Grieco (WW) def. Ed Shipp 21-17,
21-17.

Womens singles - Lisa Hoffman
(WW) def. Linda Carbone 21-18,
15-21, 11-8; Toni Zaccagnino (WW)
def. Paula Scarborough 21-19,
21-20; Pam Herbert (WW) def.
Laura Hanna 21-8, 21-14; Gail
Rogers (WW) def. Phyllis Million
17-21, 21-18, 11-9; Debbie
Kliebhan (WW) def. Maureen
Luciano 21-13, 21-13.

Doubles - Fox/Freinlich (P) def.
Ruffolo/Horton 21-16, 15-21, 11-9;
Koski/Frumin (WW) def.
Alberti/Bellafloris 21-18, 21-19;
Cicco/Cassio (WW) def.
Ferreria/Parise 21-5, 21-18.

Court Sports 7, New Rochelle 6

Mens singles - Art Diemar (NR)
def. Conrad Schmidt 21-10, 21-15;
Sam Borrero (NR) def. Steve
Shulman 16-21, 21-19, 11-7; Dennis
Meyer (CS) def. Bob Albee 21-8,
21-19; Mike Clifford (CS) def. Mike
Hausler 21-11, 21-2.

Womens singles - Debbie Pallas
(NR) def. Karen Kimerling 21-13,
21-20; Laurie Vanderwoude (CS)
def. Jill Mendelson 21-8, 21-16;
Lynn Molina (CS) def. Laurie Hirsch
21-8, 21-14; Cathie Burns (CS) def.
Pat Streets 21-8, 21-1; Barbara
Ginerich (CS) won by forfeit.

Doubles - Cioffi/Anzisi (NR) def.
Santiago/Feit 21-13, 19-21, 11-6;
Pionini/Russo (NR) def.
Meneses/Skalaonok 21-13, 21-16;
Ogman/Malacci (NR) def.
Ercole/Conway 21-17, 21-17.

Standings as of March 30

Winning Walls, Portchester-34
Court Sports I, Elmsford-26
New Rochelle Racquetball Club-24
Pelham Racquetball Club-20



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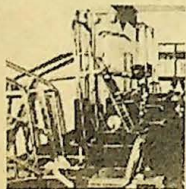
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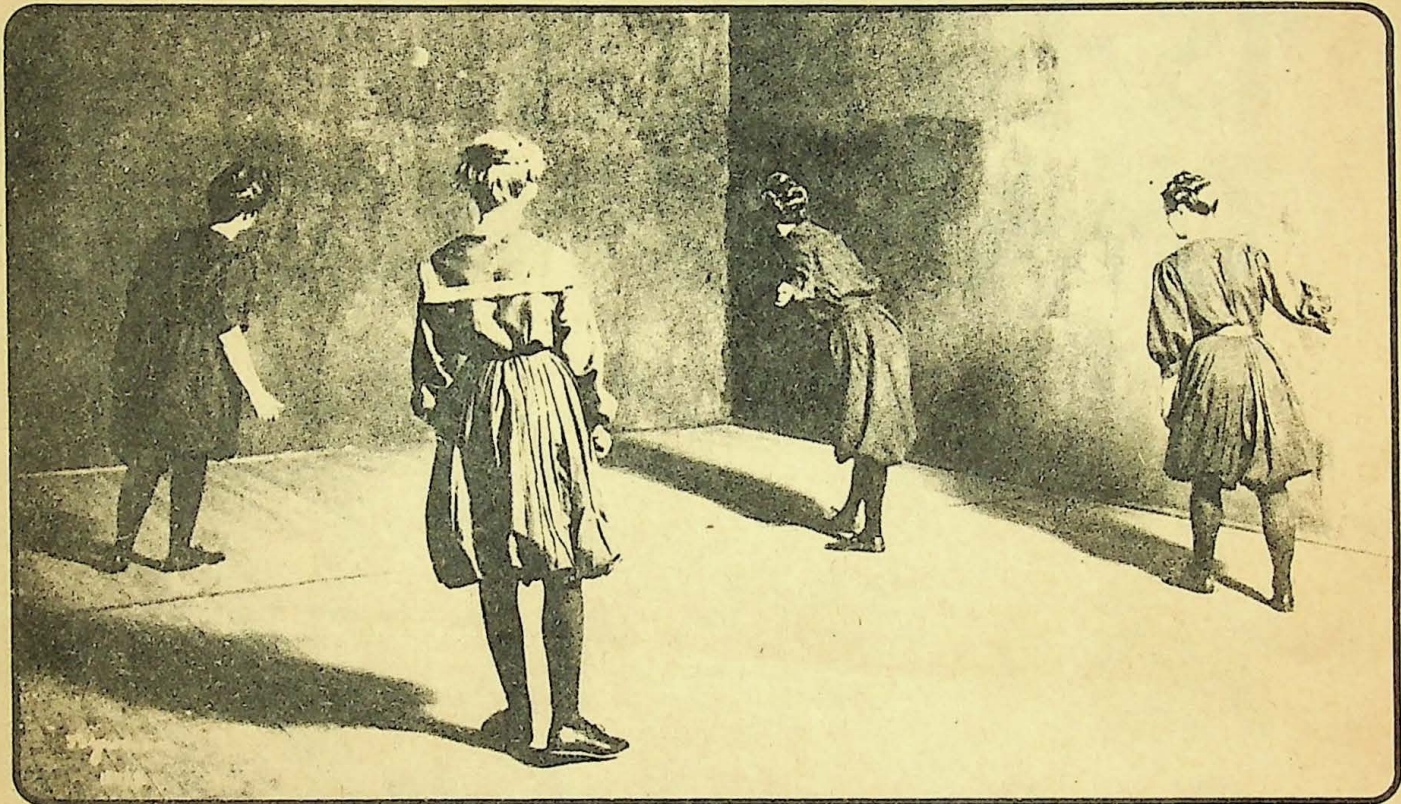
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