

It's As Easy As One, Two, Three! Racquetball Awards Its First "Triple Crown"

RACQUETBALL

RACQUETBALL

ILLUSTRATED

September 1983
K48651

\$2.00

10
Terrific
Tournament Tips

For Women Only

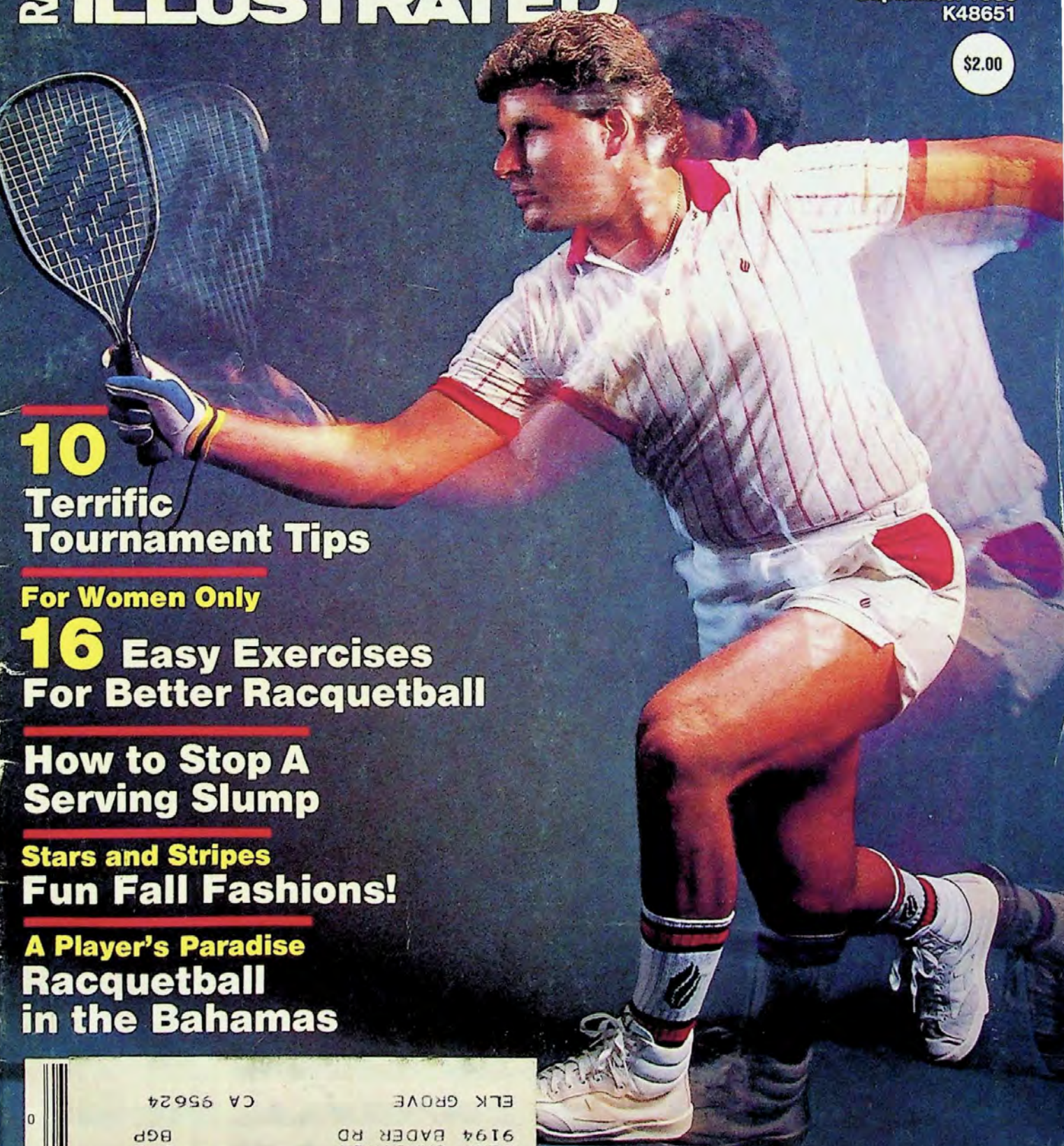
16 Easy Exercises
For Better Racquetball

How to Stop A
Serving Slump

Stars and Stripes
Fun Fall Fashions!

A Player's Paradise
Racquetball
in the Bahamas

0 7
C322435303 JUL84 RACQ
JEAN CHASTAIN
9194 BADER RD
BGP
CA 95624
ELK GROVE





**nothing
but
Tough!**

Go for it . . . be the Best . . .
The strong will excel on the field of athletic
competition. Nautilus has developed the
conditioning equipment and training regi-
men to help you realize your goal of excel-
lence in the competitive world of sport.

Top ranked Racquetball professionals Dave and Gregg Peck

For information write:

Nautilus SPORTS/MEDICAL
INDUSTRIES

P.O.Box 1783 ■ Dept. RI ■ DeLand, Florida 32720 ■ (904) 228-2884

RACQUETBALL

ILLUSTRATED

September Vol. 6, No. 4

Features

- 8 **THE THIRD TIME IS A CHARM** Mike Yellen triumphs to become racquetball's first "triple crown" winner.
By Earnest Reese
- 11 **PLAYING IN PARADISE** In the land of endless summer, racquetball is a hit in the Bahamas. *By Heather Kirkwood*
- 14 **SHOWDOWN OF THE SEASON** Title number two is icing on the cake for Lynn Adams. *By Dennis A. Dorner*
- 29 **STARS AND STRIPES** Racquetball stars model the latest in striped racquetball fall fashions.
- 32 **FICTION: THAT LAST POINT** Two brothers square off in a racquetball match that may forever end their sibling rivalry.
By Howard Banner

Instruction

- 18 **The Serve: The Beginning of the End?** *By Dave Peck*
- 21 **How to Break Your Bad Habits From Tennis**
By Larry Abrams
- 22 **Tournament Tips** *By Jim Cascio, Dan Ferris and Larry Fox*
- 24 **Toning Up For Women's Racquetball**
By Debby and Bobby Hensley

Departments

- 4 **Side Out**
- 6 **Short Shots**
- 36 **Rx For Winning** The Four Most Common Racquetball Injuries
By Steve Barcham
- 38 **Tournaments** Ektelon, DP Leach/Catalina and the AARA National Singles Championship
- 44 **Service Box**
- 46 **Off the Wall**
- 46 **The Next Shot**



14



18



29

For Your Eyes Only

I have a real bone to pick! I wear safety glasses and your magazine recommends everyone wear them. But look at your influence! In the recent June 1983 issue which featured a special section on eye protection, you showed 18 photos of action court shots. Of the 18 photos throughout the magazine, there were only three photos where both players were wearing eye protectors. In four of the photos, only one player was wearing glasses and in 11, no one had them on.

Now I ask you, if the "champs" can't wear them, how can you "talk" of recommending all of us to wear them.

I think you should have an editorial policy (no photos of racquetball action without goggles or eye protection worn) and the clubs shouldn't let anyone play without eye protection worn.

Richard Esteb
Seattle, Washington

Editor's note: Racquetball Illustrated can only warn of the hazards of playing on a racquetball court without the protection of safety goggles. The magazine cannot dictate to anyone what they should wear once inside the court. However, we are hoping that just as it is illegal to drive a motorcycle without the protection of a helmet in most states, club owners will soon make it mandatory to wear eye protection on the courts.

A Word on Wallyball

In your April 1983 issue in the "Side Out" section, we discovered an error that we would like to bring to your attention. The error was in the dollar amount for the cost of purchasing a wallyball package. Our kits sell for \$125 and \$150.

Betty Dearmin
General Manager
Wallyball, Inc.
Costa Mesa, California

I'm a columnist for *Referee Magazine* and a freelance writer with a specialty in sports. As such I've always been interested in new and unusual sports from around the world. Recently, I was introduced to wallyball (volleyball played on a racquetball court). Do you have the rules or any other information you could send me on this game?

Name and Address Illegible

Editor's note: An official wallyball rules book is available through Wallyball Inc. To send for a free copy contact: Wallyball Inc., 1515 W. MacArthur Blvd. Suite 18, Costa Mesa, Calif. 92626. You may send the letter to the attention of Mr. Wallyball himself, Joe Garcia, inventor of the game.

Subscription Inquiry

I bought your April issue of *Racquetball Illustrated* and was very pleased with it.

Unfortunately, there was no card to order a subscription. Would it be possible for you to either send me a year subscription and bill me for it later or could you send me an order card?

As I said before, I was very pleased with your magazine. Maybe, though—in an upcoming issue—you could discuss how to buy the correct racquet according to your ability and how much you play. I read in one of your back issues how the pros look for their racquets and found that very interesting, but I am not a pro. Hopefully though, someday I will be.

Susan M. Boxer
Woodland Hills, California

Editor's note: Beginning with this issue, the magazine will be offering subscriptions for a six-month period at a cost of \$10. This price includes six issues.

This month Racquetball Illustrated is proud to announce the magazine has resumed publication to a monthly format (nine issues per year), taking a three-month hiatus during the summer months. Subscription inquiries should be sent to CFW Enterprises, 7011 Sunset Blvd., Hollywood, California 90028-7597.

You will also be pleased to see our 1983 Racquet Guide next month. The guide offers a selection of the latest in racquetball racquets along with a feature on what racquets the pros use and what they recommend for the beginning, intermediate and advanced player.

The Next Generation

After reading your article "The Next Generation," I was surprised no mention was made of fourteen-year-old David Simonette. I recently saw him play in a tournament at the Roanoke Athletic Club in Virginia. Even though he lost in the \$500 round-robin event, he has still won about \$1,000 since January. He is physically unassuming, but possesses superb reflexes and has all the shots. By the time Dave graduates from high school he will be a professional racquetball player.

Keep up the good reporting and informative articles on racquetball.

Warren N. Tetley
Staunton, Virginia

I have been part of your reading public for about a year and a half and I really enjoy your magazine. I have just received my June 1983 issue and enjoyed your article, "The Next Generation."

After reading the article I was a little disappointed not to see the name of a person I feel should have been mentioned in the article. His name is James Cascio and he is twenty years old.

Jim has been playing approximately four to five years and has come to the point where, in the next few years, I think he will be

CURTIS F. WONG	Publisher
ROBERT MATHENEY	Associate Publisher
RHONDA WILSON	Editor
MARK KOMURO	Art Director
SANDRA SEGAL	Assistant Editor
KARIN PRYJMAK	Graphic Art
JEFF DUNGFELDER	
ED IKUTA	Photo Editor
MAX TRINIDAD	Staff Photographer
DAVID CHOW	Fashion Director
ROSIE ALAIMO	Contributing Writers
DENNIS A. DORNER	
HEATHER KIRKWOOD	
BRAD KRUGER	
EARNEST REESE	Contributing Writers
MARIE VEIGUE	
SARA WELZEN	Editorial Assistants
MING WANG	Merchandising
BING WONG	
FRANK WONG	Merchandising
CARRIE OGAWA-WONG	
MARGARET TAJIRI	Sales Manager

Editorial Offices: 7011 Sunset Boulevard, Hollywood, California 90028-7597 (213) 467-1300. Return postage must accompany all manuscripts, drawings and photographs submitted if they are to be returned, and no responsibility can be assumed for unsolicited materials. All rights in letters sent to *RACQUETBALL ILLUSTRATED* will be treated as unconditionally assigned for publication and copyright purposes and as subject to *RACQUETBALL ILLUSTRATED's* right to edit and to comment editorially. Contents Copyright ©1983 by CFW Enterprises. Nothing may be reprinted in whole or in part without written permission from the publishers.

ADVERTISING OFFICE:

LOS ANGELES: 7011 Sunset Boulevard, Hollywood, California 90028-7597 (213) 467-1300

ROBERT MATHENEY, Advertising Director.

BARBARA SPONSLER, Advertising Sales.

RACQUETBALL ILLUSTRATED is published monthly (nine times a year) by CFW Enterprises, 7011 Sunset Blvd., Hollywood, California 90028-7597. Second class postage is paid in Los Angeles, California and at additional mailing offices.

(ISSN 0161-4312)

Postmaster send form 3579 to: CFW Enterprises, 7011 Sunset Boulevard, Hollywood, California 90028-7597.



SIDE OUT

one of the ranked pros. Some of Jim's accomplishments include winning the Ektelon Northeast regional championships which qualified him to go to the Ektelon Nationals in California. He was also one of the qualifiers for the DP Leach/Catalina pro stop in New Haven, Conn. and has placed first and won many tournaments in the Northeast area. I was also lucky enough to see him play an exhibition match with Mike Yellen in Edison, New Jersey where he almost won the match against Mike. I feel these and many other accomplishments should have been enough to have Jim mentioned in the article.

Having enjoyed reading your magazine for the time I have, I felt it my duty to inform you of this talented player. Keep up the good work and thanks.

Kenneth Henriques, Jr.
Bricktown, New Jersey

Editor's note: David and Jim will be pleased to know that they have their own private fan clubs in Virginia and New Jersey, respectively.

Racquetball Illustrated recognizes there are many amateur racquetball players across the country who are playing up to pro caliber. In fact, we were pleased to see Jim advance all the way to the finals of the AARA National Singles Championships in Houston, Texas last May.

Although many talented racquetball players were included in the article, many unfortunately had to be excluded. The article was by no means intended to be a complete survey.

Reading, Writing and Rollouts

I am currently planning to attend college for the fall and wonder if you have a list of colleges along the East Coast which would have recently built, modern racquetball courts (possibly including air conditioning, paneled side walls and full size courts). I am interested in college facilities anywhere from Rhode Island to South Carolina.

Your help with this matter would be greatly appreciated.

A. Lepore
Monroe, New York

Editor's note: There are a few colleges along the East Coast which offer excellent racquetball facilities. Although squash, handball and tennis tend to be the most popular racket sports of the Ivy League colleges, racquetball has recently attracted an impressive following at many eastern universities.

For example, the Tar Heels at the University of North Carolina in Chapel Hill just installed racquetball courts including an exhibition court with seating for 100 spectators. The exhibition court is used for tournaments and clinics. Plus, more than a dozen racquetball courts are available for credit through the physical education department.

In addition to the 26 squash courts available at Yale University in New Haven, Connecticut, the university also offers eight non-regulation racquetball courts.

And at Georgetown University in Washington, D.C. four racquetball courts are available. Beginning and intermediate racquetball classes are also offered.

Certification Tests?

I'm a student at Utah State University. I came from Japan to study in the United States. I like to play racquetball and I have played it for two years. Recently, I heard there is a U.S. organization that offers an instructor's license or certificate for racquetball.

I'm going to go back to Japan soon. I would like to teach racquetball to the players in Japan (I know there are a few racquetball clubs in Japan now). I would like to get the license or certificate for racquetball before I go back, but I don't know how I can get it.

Could you send me some information? For example, where can I get this license? How much does it cost? What should I do to study for it? And so on.

Hideaki Suzuki
Logan, Utah

Editor's note: Special certificates for racquetball instructors are available through an organization called APRO (American Professional Racquetball Organization).

To qualify for a certificate, potential racquetball instructors must pass a certification test. The test includes a written and on-court demonstration section plus an actual teaching portion (a student comes in and the applicant must teach a specific skill to the student). A one-day clinic is offered to prepare potential instructors for the test.

Depending on how high someone scores on the test, three levels of certification are available. "Recognized Teacher" is the first level, "Racquetball Instructor" is the second level and "Racquetball Professional" is the highest level someone can obtain.

The cost to obtain an instructor's certificate from APRO is \$125. This includes the cost of the one-day clinic, the test itself and a one year's membership to the organization. If one chooses to pass up the clinic, the cost of the examination is reduced to \$50.

Through an organization in Japan, APRO is currently in the process of negotiating affiliate memberships. The Japanese organization is tentatively named JPRO (Japanese Professional Racquetball Organization). Ken Ueyama, one of the leaders of racquetball promotion in Japan, is being considered to head the project in Tokyo.

For further information you may write to APRO at 307 S. Milwaukee Suite 126, Wheeling, Illinois, 60090 or phone (312) 541-5556.

Send letters to:
RACQUETBALL ILLUSTRATED
7011 Sunset Boulevard
Hollywood, CA 90028-7597

SPORTS AMERICA

CALL TOLL FREE

1-800-327-6460

★ Ektelon ★	
CBK	139.99
250G	79.99
New CR200	31.99
New Citori	57.99
New Interceptor	35.99
Marathon Graphite	41.99
Blue Lite	29.99
Magnum 2	51.99
Jennifer Harding	29.99

★ Leach ★	
Hogan Graphite USA	109.99
Hogan Steel	63.99
Hogan 7100 Alum	44.99
Hogan AC 250	41.99
Hogan Graphite 240	43.99
Graphite Competitor	69.99
Graphite Bandido	33.99

★ Wilson ★	
New Comp. Plus	69.99
New Epic/PWS	39.99
Tempest	21.99

★ Head ★	
Head Graphite Express	69.99
Head Professional	45.99
Head Master	37.99
Head Standard	29.99

★ Volt ★	
Pacer	79.99
Impact I	39.99
Impact XC	36.99
Impact L	34.99
Impact II	41.99
Impact M	33.99

★ Bags ★	
Ektelon All Pro Bag	12.99
Ektelon Racquetballer	16.99
Ektelon Racquet Tote	24.99
Head Racquetball Bag	21.99

★ Shoes ★	
Head Ballistic M/L	25.99
Nike Killshot M/L	25.99
Nike Allcourt	19.99
Nike Wimbledon	29.99
Asahi Leather M/L	29.99
Asahi Canvas M/L	19.99
K-Swiss	29.99
Adidas ATP	44.99
Adidas R. Laver	33.99
Adidas Stan Smith	33.99

★ Gloves ★	
Champion Tiger Grip M/L	9.99
Saranac R-200 M/L	9.99

★ Balls ★	
Penn. Ultra Blue, Volt Rollout, Seamco 600, Ektelon Speedflite 3 cans for \$10.00	
Gexco Racquetball Saver	7.99
Foster Grant Eye Guard	13.99
Court Specs	6.99
Court Goggles	12.99
Eye Sentry	24.99
Tournagrip (Enough for 3 racquets)	3.99
Shoe Goo	2.99

ALL EQUIPMENT IS FIRST QUALITY
All racquets come w/ covers, as supplied in mfg.
Add \$2.50 for shipping & hdlg. in the 48 states.
FL residents add 5%. Prices subject to change.
APO-FPO - \$2.50 extra

SPORTS AMERICA

P.O. Box 26148, Tamarac, FL 33320
Customer Service: (305) 741-4707
WE SHIP WORLDWIDE TELEX NO. 441120

CALL TOLL FREE

MasterCard

VISA

PRO ARP

Promoting the Pros

Make room for—not one but—two professional player's associations. Catalina's withdrawal from sponsorship of the pro tour has cleared the way for two ambitious associations to do what Catalina couldn't—establish a lucrative pro racquetball tour that can provide visibility for all those concerned: sponsors, players and fans.

The first player's association was announced last May by its newly elected president Jerry Hilecher. The Professional Racquetball Organization (PRO) will acknowledge the current satellite tournaments held across the country. PRO intends to use these tournaments as the basis for a ranking system while also stimulating interest to attract national sponsors.

However, in another similar bid to gain control of the destiny of pro racquetball, Marty Hogan has announced plans of his own to create a player's association. The Association of Racquetball Professionals (ARP) will allow the top four players to represent its board of directors. This Board will determine rules and standards for players to compete in pro tournaments. The members of the Board will vary from season to season as the top

four rankings fluctuate. Besides himself, the other three players to be included on the Board this year are Bret Harnett, Dave Peck and Mike Yellen, according to Hogan.

Hogan says the governing board representing this association will consist of three top sports wizards in their respective areas. The members of the governing board will be: Larry King, director of a series of current top tennis tournaments, Fred Miller, promotional director for many NCAA (National Collegiate Athletic Association) events and Scotty Deeds, who has followed the pro tour for more than five years.

The association's first order of business will be to establish a minimum total of \$25,000 in prize money at each pro stop. The association will require that winners receive \$7,500 and the second place runner-up to collect \$5,000.

Just what these two player's associations can accomplish independently of one another is not yet clear.

A feature on the progress of both player's associations will appear in the next issue of *Racquetball Illustrated*. Stay tuned!

A WPRA Lone Star

Yee Ha! Top ranked touring pro Laura Martino of Fountain Valley, California packed up her racquetball gear and mosied on down South to El Paso—territory of Texas racquetball pros Dave and Gregg Peck.

Her motive? To learn the tricks of the trade from the sibling superstars.

"Moving to El Paso allowed me to relax and get away from the competition on the West Coast like Lynn Adams and Terri Gilreath," says Martino. "By moving to Texas, I didn't know how the other players were playing and they didn't know how I was playing."

Employed by an El Paso CPA firm, Martino has learned to be more consistent with her shot selection strategy. "You can't afford to miss your shots when you work out with Dave," she says.

Her new racquetball regimen seems to be paying off. Last season Martino advanced all the way to the finals of the Quebec pro stop and the Ektelon National Championships in Anaheim, California.

It seems they really do make them bigger in Texas—racquetball stars that is!



SHORT SHOTS

Racquetball Insurance Coverage

A national association for racquetball and tennis players is offering insurance coverage (medical and dental) for injuries received on a racquetball or tennis court.

The International Racquet World Association (IRWA) is providing a policy with 100 percent coverage for up to \$5,000 sustained from injuries with a \$50 deductible. The policy also includes a dental expense coverage for accidental injuries to teeth up to \$500, \$500 accidental death or dismemberment coverage and members will be provided with a toll free number on the back of their membership cards for one step claim reporting from anywhere in the United States.

Membership into the IRWA also

includes discounts to IRWA sponsored racquetball and tennis tournaments across the country, 20 to 50 percent discounts on admission to all professional sporting events at the Los Angeles Forum and a monthly newsletter is sent to all members. This newsletter provides results of racquetball and tennis tournaments and features new products and fashions.

The cost for an annual membership into the IRWA is \$39 for any tennis or racquetball club member and \$51 for individuals without club affiliation.

For further information contact International Racquet World Association Inc., 15910 Ventura Blvd. Suite 800, Encino, California 91436 or phone (213) 906-7584.

Racquetball Sportathon



EQ Enterprises donated \$100 to Easter Seals from the profits of a 24-hour sportathon held at the Sportroom racquetball clubs in North Miami Beach, Florida.

Each of the five Sportroom clubs donated \$5 from every set of "Activewear" racquetball clothing manufactured by EQ Enterprises and sold during the sportathon.

HOLABIRD SPORTS DISCOUNTERS Beats Them All!

• LOWEST PRICES • FACTORY WARRANTIES
• 48-HR. SHIPPING OR MONEY BACK

AMF HEAD RACQUETS

STANDARD \$31.00
MASTER 36.95
PRO 44.95
GRAPHITE EXPRESS 67.95

AMF VOIT RACQUETS

IMPACT I OR IMPACT M 33.95
IMPACT I OR IMPACT II 39.95
PACER 59.00

EKTELON RACQUETS

250G 77.95
CBK 139.00
BLUE LITE 29.95
MARATHON GRAPHITE 42.95
MAGNUM II 50.98
CITORI 57.95
INTERCEPTOR 34.95
CR200 31.95
GRC 3000 (NEW) 105.95
ST 245 (NEW) 71.50

LEACH RACQUETS

HOGAN STEEL 60.95
HOGAN USA 100% GRAPHITE 89.95
GRAPHITE 8000 62.95
GRAPHITE BANDIDO 24.95

WILSON RACQUETS

COMPOSITE PLUS 68.50
NEW EPIC PWS 38.95

RACQUETBALL SHOES

FOOT JOY TUFFS M/L 22.95
FOOT JOY HI-TOPS M 25.95
FOOT JOY POWER STRAPS M 33.00
ADIDAS GRAND PRIX M 32.95
ADIDAS STAN SMITH M 33.95
ADIDAS ATP FUTURA M 42.95
NIKE CHALLENGE COURT M/L 29.95
NIKE ALCOURT CANVAS M/L 17.50
NIKE COURT FORCE M 21.95

BALLS/ACCESSORIES

PENN ULTRA BLUE BALLS 6 CANS 13.95
SEAMCO 600 BLUE BALLS 6 CANS 10.00
WILSON TRU BLUE BALLS 6 CANS 11.00
VOIT ROLLOUT BLEU BALLS 6 CANS 14.95
EKTELON BLUE BALLS (NEW) 6 CANS 14.95
EKTELON TOURNAMENT BAG 21.95
EKTELON CLASSIC COURT BAG 23.95
EKTELON INTERCEPTOR GLASSES 19.95
AMF VOIT BAG, REG. 35.95 24.00
RAINBOW EYEGUARDS, REG. 8.95 4.95
EKTELON, FOOT JOY, CHAMPION GLOVES ALL LOW PRICED

HOLABIRD SPORTS DISCOUNTERS

6400 BECKLEY ST. BALTO. MD. 21224
301-633-8200 OR 633-3333 MON.-FRI. 9 AM-5 PM

ONLY AT HOLABIRD — ONE LOW \$2.75 SHIPPING CHARGE FOR ANY QUANTITY

Mail or phone—ship anywhere. Pay by money order, Visa, MasterCard—include charge * & expiration date. Small additional shipping charge outside continental USA & APO's. NO service charge for credit cards. MD. residents add 5% sales tax.

Quotes for other racquets/catalog available

By Earnest Reese

The Third Time is A Charm

Mike Yellen Triumphs to Become Racquetball's
First Triple Crown Winner





Marty Hogan wanted to set the record straight at the DP Leach Nationals in Atlanta, Georgia. His lackluster season prompted critics to proclaim the king was dead. So in a personal vendetta of sorts, the defending champion set out to prove them wrong. He would do this by winning his sixth straight Nationals title.

But Mike Yellen also had a point to prove. Critics lambasted his game this season by saying the twenty-three-year-old control player was "washed up." There were even those who said his victories at the Ektelon and Catalina Nationals were lucky breaks. They said others had disposed of the top seeds which allowed Yellen to advance to the top.

And so it went. With the stage set for an upset, two of racquetball's finest players squared off in the finals of the most prestigious tournament of the season.

Hailed as the "grand slam" of the season, Yellen did the impossible. Yellen won an unprecedented third consecutive Nationals championship. He became the first player in the history of pro racquetball to win the "big three" of the season while at the same time rob Hogan of his sixth straight title.

"It's an unexplainable phenomena," says Hogan. "I couldn't maintain enough to make the edge. Mike played steady."

For four days leading up to the finals, Yellen talked about ascending to the very apex of the game he had learned while working as a towel boy in a racquetball club near his home in Southfield, Michigan eight years ago.

"I was on a roll and I felt confident I could win," says Yellen. Yellen put together a string of victories (Toronto pro stop, Ektelon championship and the Catalina championship)

Top, "I had his number," said Mike Yellen about five-time defending champion Marty Hogan. Yellen dethroned Hogan at the DP Leach Nationals in a dramatic "grand slam" victory.

Third Time is a Charm

before eventually taking the title that has eluded every player except one for half of a decade.

Ascending the Throne

First he had to get by Hogan, the game's premiere player for over a half dozen years. The twenty-five-year-old Hogan was finely tuned to capture an unprecedented sixth straight championship. However, Yellen, two years the junior of the self-proclaimed king of the game, was convinced that he would dethrone Hogan by the end of the season.

After more than three hours of fierce, intense competition, Yellen emerged the victor 1-11, 11-7, 9-11, 11-2, 11-6. Much to the chagrin of the entire Hogan family, who had made the trip from St. Louis, Missouri to egg

its most famous member on, a determined adversary resorted to an innate reservoir that allowed him to dethrone the reigning king.

Yellen's win extended his string of victories for the season to four straight. His \$20,000 check for the upset increased his earnings for the year to \$57,750. The amount places Yellen at the top of the earning's list.

"I had his number," says Yellen. "He was so aggressive and offensive-minded in that first game. I just had to reach down deep for something because I really wanted this one bad."

Service With A Smile

In the first game, it seemed no matter how bad Yellen wanted this one, he would not get it. Hogan, who had lost to Yellen four out of

five times during the season, appeared awesome. Hogan was hellbent on stopping the recently developing trend of Yellen's streak of victories. The defending champion literally overwhelmed Yellen with his serve to clinch an 11-1 victory. But it was this aggressiveness that would prove to be Hogan's undoing in the following games.

Leading 4-1 in the second game, Hogan began to play recklessly. A patient Yellen took advantage of Hogan's lack of discipline and won the second game 11-7. Yellen then lost the third game 11-9 but came back to win the fourth game 11-2 and eventually take the tiebreaker 11-6.

"I just made too many mistakes," says Hogan after collecting the \$7,000 for his runner-up placing. "I had the second game by a large margin and let it get away."

"I was overswinging," he says. "It's not that I wasn't ready because I've been preparing for this championship all year."

But Yellen was also ready. "Hogan put a lot of pressure on himself going into the finals to

In the first game it seemed no matter how bad Yellen wanted this one, he would not get it.

win," says Yellen. "He has always said that the other tournaments during the season didn't mean as much as the DP Leach Nationals. But you can bet they did and I beat him four out of five times in ranking tournaments during the year."

What the defending champion lacked, the player who is now number one had. Although the match was delayed for 15 minutes with Yellen leading 9-5 in the fifth game (fire marshalls came in to clear the jam-packed aisles), Yellen maintained his concentration to score the next two points. What followed was something Yellen has become accustomed to lately—game, match, championship.

"I'm glad I got that big of a lead in the fifth game because I've had big leads on Marty before and he has come back to win."

It wasn't meant to be this time.

RESULTS:

Quarterfinals

Marty Hogan def. Jerry Hilecher 11-5, 11-10, 10-11, 6-11, 11-0; Bret Harnett def. Gerry Price 11-1, 11-8, 11-4; Dave Peck def. Gregg Peck 11-3, 11-2, 6-11, 11-10; Mike Yellen def. Bill Sell 7-11, 11-5, 11-8, 4-11, 11-5.

Semifinals

Hogan def. Harnett 11-6, 11-9, 9-11, 11-8; Yellen def. Peck 11-6, 11-10, 11-8.

Finals

Yellen def. Hogan 1-11, 11-7, 9-11, 11-2, 11-6.



Hogan overwhelmed Yellen with his devastating serve in the first game to win 11-1. However, Yellen's hot streak overwhelmed Hogan as a disappointed Hogan ended his five-year reign.

Playing In Paradise

In the land of endless summer, racquetball is a hit in the Bahamas



The Bahamas is one of the world's most popular vacation spots. Nicknamed the "Isles of June" for its temperate climate, the Bahamas has seven hours of daily sunshine all year round.

Its shores are a Northerner's delight—warm turquoise waters wash over coral reefs. White sandy beaches stretch invitingly for miles and wildflowers blossom everywhere.

The islands' British past is reflected in its sports. Bahamians indulge in cricket, golf, tennis and squash—all introduced originally by British colonists. Recently a new American sports influence debuted on the islands—racquetball.

By Heather Kirkwood

Bahamians watch American televised baseball and basketball games, as well as cheering on "their" favorite football team—the Miami Dolphins. However, in early 1978, 20 Nassau businessmen—all good squash players—decided to build the Bahamas' first racquet sports center. Plans for the million-

dollar complex included squash, racquetball, badminton and outdoor tennis courts, hotel and restaurant, pool, exercise room, bar, saunas, whirlpools and showers.

Construction on the two-acre site began that same spring. However, higher-than-anticipated building costs combined with a

Playing in Paradise

general recession forced the owners to modify their project. When the Racquets Club in Nassau, capital city of the Bahamas, opened in 1979, only four squash and three tennis courts, bar and changing rooms were completed.

"Many of our 200 charter members, who had been promised all these facilities, lost faith," says Roger Taylor, club pro at the Racquets Club. "The situation reached rock bottom last year when membership dropped to about 70 people."

Feeling something had to be done, two of the owners (Dr. Anthony Davis and Dr. Ronald Knowles) bought out the remaining partners, assuming control of the club last July. After hiring Taylor as full-time manager, the new management chose its immediate priorities: increase membership and install some of the other facilities originally advertised—an exercise room with Nautilus equipment, restaurant, lounge, saunas, whirlpools and

two glass-wall exhibition courts (one squash and one racquetball), each with a viewing capacity for 250 spectators.

"Tony and Ronnie feel they owe it to the members to put in a racquetball court, having initially promised racquetball," says Taylor. "With our British background squash is the primary game here, but a number of Bahamians learned racquetball while at school in the United States. Now they're waiting to see if our court really will open."

Construction on the new racquetball court began last February and is scheduled to be completed this month.

Coaching Clinics

Once the court is finished, Taylor plans to introduce his members to racquetball through exhibition/coaching clinics. "Several times a year we invite squash pros here to give coaching clinics," he says. "We'd like to do the same with racquetball. Hopefully, with

the help of the Bahamian Ministry of Tourism, we can attract some racquetball pros."

Taylor would also like to advertise the Racquets Club at the major hotels in the Bahamas. While it's hard to entice tourists indoors in a land of endless summer, enough might be interested in the change-of-pace to make the idea profitable. Annual club memberships cost \$225 with hourly court fees of \$5 (non-prime time) or \$6 (prime time). However, visitors can buy day memberships for \$7 or monthly passes for \$25.

Over the past six months the Racquets Club's membership has grown to 270 people. Of these, a handful already play racquetball on one squash court. Anyone familiar with racquetball knows the smaller court sometimes makes the ball seem like the aggressor, while the beamed ceiling with its whirling fan is an obvious hindrance. Still, once adjusted to the faster pace, you get a tremendous feeling of Hogan-like power, smashing kill shots from the back wall.

"Racquetball hasn't really been tested out yet," says Taylor. "It's probably because of the colonial influence. But racquetball's time has come. A number of Bahamians already know how to play, and as soon as we get our exhibition court and a few clinics set up, I'm sure racquetball will become very popular here."

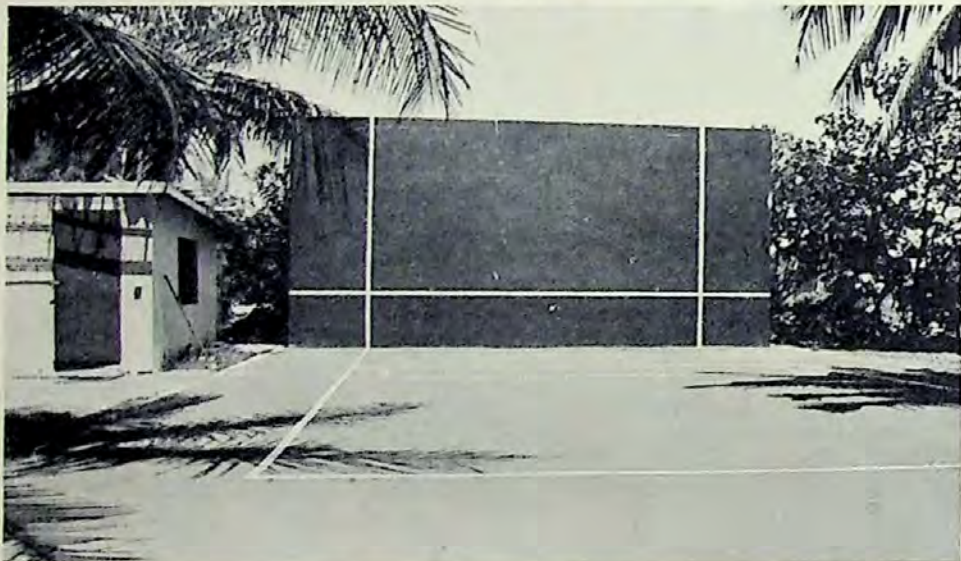
Some Setbacks

Loews Harbour Cove, one of the large hotels on Paradise Island, also offers racquetball. Their one-wall court is situated in the hotel's garden—a beautiful setting, but less than ideal for racquetball since there's no protective fencing to keep the ball in bounds. So, although Loews advertises racquetball for \$6 an hour, including equipment for two, club pro Vince Pennerman is reluctant to rent the court.

While Pennerman now considers putting tennis fencing around the racquetball court—or possibly even adding two more walls—the area is virtually unused at the moment. Only an occasional racquetball-playing tourist who wants to practice during his vacation, rents the court. However, it's inhibiting even to hit alone there, because directly behind the court is a well-used walkway and one of Loew's huge lobby windows.

Racquetball has only attained a tentative foothold in the Bahamas. But island sports professionals like Taylor and Pennerman are convinced the game has a future. Many American-educated Bahamians, who learned to play racquetball in the United States, are now requesting facilities. Then there's also the tourist market. Nearly 2 million people visit the Bahamas annually (a large percentage are Americans, thoroughly familiar with racquetball).

No indoor sport will ever become the favorite activity of a country whose climate is as nice as the Bahamas'. But there is a definite place in the islands for racquetball. After all, as Taylor wryly points out, "It does rain sometimes—even in paradise!"



A one-wall racquetball court (top) is located in the hotel garden of Loews Harbour Cove, one of the largest hotels on Paradise Island. Above, large palm trees provide a paradise setting for players who prefer tennis, another popular racquet sport on the Bahama Islands.



Two famous tourist attractions on the Bahama Islands are the Straw Market (top) in the capital city of Nassau and downtown Nassau for its British influenced architecture (above).

We Honor Our Prices! **Frontier**

PRO SHOPS

LEACH

Hogan Graphite USA	\$ 99.95
Hogan Graphite 8000	62.95
Hogan Graphite 260	43.95
Hogan Graphite 240	41.95
Graphite Bandido	26.95
Little Bandido	19.95
New Junior Hawk	15.95

EKTELON

Graphite CBK	\$139.95
GRC 3000	106.95
Composite 250G	79.95
ST 245	73.95
Citori	59.95
Magnum 2	51.95
Marathon Graphite	43.95
Interceptor	36.95
CR 200	31.95
Blue Lite	29.95
Rogue	27.95
Comp Jr.	22.95

WILSON

Composite Plus	\$ 69.95
Epic/PWS	38.95
Graphite Boss	27.95

VOIT

Pacer	\$ 64.95
Impact Two	43.95
Impact One	36.95
Impact M	32.95
Impact L	32.95

HEAD

Graphite Express	\$ 69.95
Professional	46.95
Master	36.95

GLOVES

Saranac R-200	\$ 9.95
Saranac R-150	8.95
Champion Tiger Grip	8.95
Footjoy	11.95
Ektelon Marathon	12.95
Ektelon Cabretta	9.95
Ektelon Synthetic	7.95
Penn Cabretta	9.95

EYEGUARDS

Ektelon Eye Sentry	\$ 24.95
Ektelon Interceptor	22.95
Ektelon Court Goggles	15.95
Ektelon Court Specs	6.95
Ektelon Junior Size	6.95
Foster Grant Anti-Fog	12.95
Bausch & Lomb Action Eyes	22.95
Pro-Tec for Glasses	12.95
Pro-Tec	6.95

ACCESSORIES

Tourna Grip	\$ 2.95
Ektelon Racquet Tour. Bag	21.95
Ektelon Classic Ct. Bag	23.95
Gexco Racquetball Saver	7.95
Ektelon Wrist Tether	5.95

Call TOLL FREE and use your VISA or MASTER CARD. By mail, send MONEY ORDER—no personal checks, please. Add \$2.50 for Shipping & Insurance. Alaska, Hawaii, APO, FPO—ADD \$5.00 Calif. Residents add 6% sales tax. Prices subject to change without notice.

CALL TOLL FREE!

Outside California:

1-800-854-2644

In California: **1-800-532-3949**

Frontier

PRO SHOPS

2750 Midway Drive

San Diego, CA 92110

714/225-9521

Hours: Mon-Sat 10 AM-6 PM (PST)





Showdown of the Season

Title number two is icing on the cake for Lynn Adams

By Dennis A. Dorner

"We bring out the best in each other," says Lynn Adams about her win over two-time national champion Heather McKay. "Neither of us would be as good if we didn't play against each other. Heather inspires me."

The inspiration lead Adams to her victory over McKay as she showed the world she is the best racquetball player on the WPRA tour. She defeated McKay 21-17, 16-21, 21-18, 21-11 to become a two-time winner herself at the WPRA Nationals in Lombard, Illinois.

In the first game, McKay seized a 5-2 lead, but Adams eventually took control with a 19-11 lead. Adams used a more defensive game style while waiting for McKay to make a mistake.

This non-aggressive strategy almost gave the game away to McKay. Adams scored her next point with a forehand kill while McKay was back court left. But Adams didn't see point 21 until McKay had narrowed Adams' lead to 17-20.

McKay served at 17-20 and a long rally followed. Both exchanged ceiling shots to

the backhand side until one of McKay's ceiling balls came up short and caught the side wall. Adams then powered a backhand cross court kill to win the game 21-17.

The strategies were clear. Adams used her power and speed while McKay played a patient, waiting style—not shooting unless she had the shot. Both strategies seemed to work in favor of each player.

Tempers Flaring

One other factor entered into the game—one that surprised the fans at court-side.

Left, Heather McKay looks ahead in anticipation of Lynn Adams' forehand passing shot, but her sharp surveillance couldn't stop the defending champion from taking her second title.

Photo by Art Shay

Showdown of the Season



"I just seemed to know where all of Heather's shots were going and I got there," said Adams after the match. Above, Adams demonstrates the scrambling skills that gave her the edge.

Photos by Nick Schmitz

McKay lost her cool several times in the first game by kicking the ball after Adams scored a point and later smashing her racquet against the side wall. But McKay's temper decreased when she made a comeback against Adams. She used her adrenalin for a more positive means, dropping Adams in the second game 21-16.

"I thought I had a good chance to win the match after that second game," says McKay. "Lynn seemed a little confused."

But game three did not see McKay make use of the momentum she had gained in the second game. Instead, Adams became more aggressive and tougher than anyone had ever seen her play before. She not only

powered the ball from all areas of the court but continually made one great save after another. In one sequence she dived four times for what seemed like sure McKay points. On the last dive, Adams passed McKay down the left side for a point to win 21-18.

McKay showed signs of weariness in the third game. She continued to show annoyance at her own game and the referee's calls. She also lost patience in setting up when she had time. This made it possible for Adams to make the great "gets" and frustrate McKay even more.

In the fourth game Adams unleashed everything she had. She built up a strong

15-3 lead and then opened it up to 18-5. McKay, the veteran superstar of the game, valiantly fought back and managed to close in on Adams' lead 20-11. But Adams put the match and the championship away with a final pinch-kill to win 21-11.

For McKay the match was one of total frustration. Fans actually booed her behavior on the court at times. "When I came into racquetball I didn't yell because I came from squash where you don't verbally express yourself," says McKay. "I was upset at the calls. I can yell and scream at myself and it doesn't hurt me. It is better to do that than to keep it bottled up inside."

"Emotion is good for my game," she says. "It makes me more determined when there

In one sequence, Adams dived four times for what seemed like sure McKay points.

are a few bad calls. But I shouldn't have wasted my emotion toward the referee because when you do, your emotion is out of control."

McKay says it wasn't the emotional outbursts that cost her the game. Instead McKay felt she had given Adams too much time to set up and she didn't take advantage of the side wall glass.

Flaws In Forehand

"Heather was having forehand problems so I kept hitting the ball to her forehand," says Adams. "I don't know if she was hurt, but she really wasn't moving well to the right."

"I kept up the pace," she says. "I wanted to keep the ball coming and going hard. I wasn't going to worry about a skipped shot here or there. I was really confident during the match. I just seemed to know where all of Heather's shots were going to go and I got there."

To reach the finals, Adams defeated Vicki Panzeri in three straight games 21-10, 21-14, 21-10 and McKay beat former champion Shannon Wright in three straight 21-7, 21-13, 21-18.

In the quarterfinals McKay topped Janell Marriott in three straight, Wright won over Jennifer Harding in three, Panzeri defeated Laura Martino in three and Adams beat Marci Greer in three.

RESULTS:

Round of 32

Heather McKay def. Gail Woods 21-15, 21-14, 21-18; Diane Bullard def. Francine Davis 22-20, 17-21, 21-11, 21-15; Peggy Gardner def. Bonnie Stoll 16-21, 21-16,

12-21, 21-18, 15-12; Janell Marriott def. Caryn McKinney 22-20, 22-20, 21-13; Shannon Wright def. Leslie Clifford 21-15, 21-6, 21-11; Kay Kuhfeld def. Marci Lynch 21-11, 21-23, 15-21, 21-16, 15-4; Jennifer Harding def. Pam Clark 19-21, 21-18, 21-15, 21-9; Vicki Panzeri def. Martha McDonald 12-21, 21-16, 21-15, 21-17; Joyce Jackson def. Carol Pranka 21-16, 21-12, 21-8; Brenda Poe-Barrett def. Karen Powers 21-8, 21-14, 21-13; Laura Martino def. Sandy Robson 21-16, 21-16, 14-21, 21-13; Marci Greer def. Chris Evon 21-15, 21-12, 21-18; Dina Pritchett def. Val Pease 21-19, 22-20, 21-7; Stacey Fletcher def. Molly O'Brien 19-21, 21-17, 21-17, 23-21 and Lynn Adams def. Lynn Farmer 21-11, 21-9, 21-11. Terri Gilreath def. Peggy Steding 21-15, 21-14, 21-18.

Round of 16

McKay def. Bullard 21-10, 21-12, 21-12;

Marriott def. Gardner 14-21, 21-15, 21-13, 21-13; Wright def. Kuhfeld 21-10, 21-10, 21-14; Harding def. Gilreath 15-21, 21-16, 20-22, 21-18, 15-9; Panzeri def. Jackson 12-21, 20-22, 21-18, 21-9, 15-8; Martino def. Barrett 21-14, 24-26, 21-10, 11-21, 15-11; Greer def. Pritchett 21-15, 21-9, 21-16 and Adams def. Fletcher 21-12, 21-10, 21-15.

Quarterfinals

McKay def. Marriott 21-12, 21-16, 21-16; Wright def. Harding 21-16, 22-20, 21-19; Panzeri def. Martino 21-7, 21-15, 21-17 and Adams def. Greer 21-10, 21-14, 21-10.

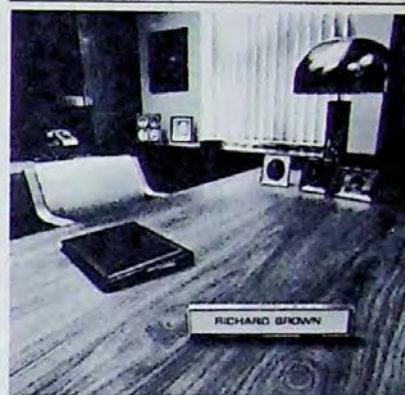
Semifinals

McKay def. Wright 21-17, 21-13, 21-18 and Adams def. Panzeri 21-10, 21-14, 21-10.

Finals

Adams def. McKay 21-17, 16-21, 21-18, 21-11.

**Richard Brown
thought he
was too young
to have a
heart attack.
He wasn't.**



Because having a family, a good job and a bright future doesn't protect anyone from heart attack. In fact, nearly one million Americans — many with those assets — die of heart disease and stroke each year. And 200,000 of them die "too young."

The American Heart Association is fighting to reduce early death and disability from heart disease and stroke with research, professional and public education, and community service programs.

But more needs to be done.

You can help us support research and education by sending your dollars today to your local Heart Association, listed in your telephone directory.

 **American Heart Association**
WE'RE FIGHTING FOR YOUR LIFE



Above, a tired but content Adams proudly displays her trophy for winning title number two.

The Serve: The Beginning of the End?

By Dave Peck



Before you go inside the court and start hitting the ball around from the service box, you need to be aware of the basic philosophy of the serve. Quite simply, you want to hit a serve that sets up a weak return for your opponent.

If you think about it, it's the only time in a game situation where you are in total control. In short, the receiver is at your mercy. So if you take that knowledge to heart, you don't ever want to walk into the service area and just put the ball in play. You decide what you're going to serve, why you want to use that serve, and then concentrate on executing it properly.

Since you know you're in total control, how

can you use that to your optimum advantage? The best way is your service motion. The only way the receiver can tell which direction your serve is going to go is by watching your body.

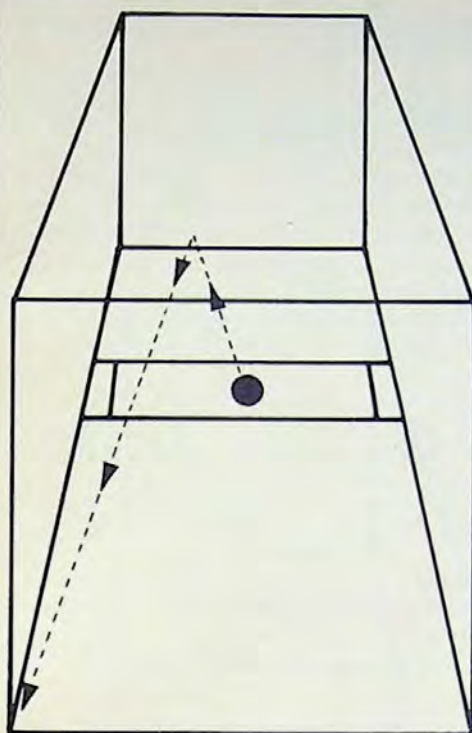
Almost everyone telegraphs their serves by their service motions. Cheat them of that knowledge by making every serve look similar. Start with your beginning position. Everyone's is different and you need to do whatever is most comfortable for you. But, whatever position you choose, always remember to start your serves that way. Make sure you drop the ball in the same place and that your step into the ball is in the same position each time.

Remember to concentrate on developing one consistent motion. It will help develop deceptive serves.

There are three basic types of serves: the drive, the Z and the lob. The drive is probably the easiest serve to attempt, yet the most difficult to properly execute. Most players hit drive serves, but very few know how to hit them properly. So, let's get into the mechanics of a drive serve.

The Drive Serve

The objective of a drive serve is to be hit low and hard. This serve is hit at an angle where it just passes over the short line and goes straight for the back corner. It either



Above, the motion for a drive serve is the same technique used to hit a forehand.

dies in the corner or bounces twice before it reaches the back corner. This serve should never come off the back wall.

The body motion used to hit a drive serve is exactly like hitting a forehand. You want to move into the ball hitting it flat and parallel by snapping your wrist. The best advice for hitting a good serve is to find your spot on the wall. There is a specific area on the front wall that, if hit, will deliver an accurate serve. The only way to find your spot for drive serves is to get on a court and experiment.

It helps to have someone with you so you can see where the ball goes. Go ahead and put a big "X" with tape on the wall when you've found your spot. Move around the service box and try different angles. The more variety of serves you have, the more control you will have as a server.

The Z Serve

The object of the Z serve is to hit the ball hard enough so your opponent can't cut it off before it hits the third wall. The spin created from hitting three different walls causes the ball to travel parallel with the back wall and die. It takes more strength and wrist snap to hit an accurate Z serve off the same motion as a drive serve. But that's one of the differences between a good racquetball player and an excellent player.

You can adjust your serve by using the corner as a gauge. The closer you hit the ball to the corner, the tighter the serve will be.

STOP SHOCK HERE



The shock of the ball hitting the racquet. Vibrations traveling up the arm. Any player of racquetball, tennis or squash knows the damage this can cause. The pain. The lost court time. The lost points.

Now, players are finding a way to decrease this shock, of preventing arm fatigue, tennis elbow and racquetball shoulder.

It's called... The Shock Watch



Worn like a watch, the patented Shock Watch contains a special dense liquid that **fractures**, absorbing shock, every time the racquet smashes the ball. Even players who have suffered for years from tendonitis and related traumatic injuries can find relief by wearing the Shock Watch.

Wear the Shock Watch and **improve your game** by preventing...

- RACQUETBALL SHOULDER • TENNIS ELBOW
- ARM FATIGUE

30 Day Guarantee
If you are not completely satisfied, return for full refund



Order today a Shock Watch and feel the difference.

FUTURE SPORTS USA Dept. R-6 (Please Print)
P.O. Box 5118, RIDGEWOOD, N.J. 07450
Please rush Shock Watches, at \$19.95 (+ \$1.50 postage/handling).
Enclosed, find my check, money order or credit card number for \$_____.
N.J. residents add 6% sales tax.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

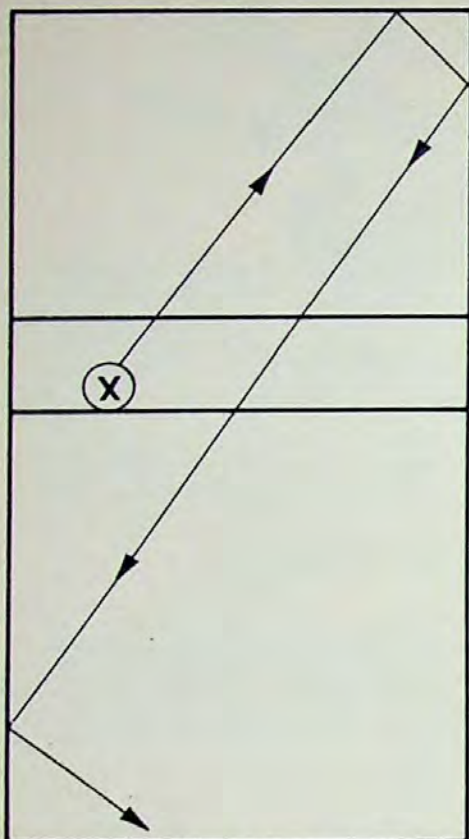
☐ Visa ☐ MasterCard Card No. _____
☐ American Express Exp. Date _____ Signature _____

Fighting heart disease and stroke is a life or death matter.

Your gift can make a difference.

American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

INSTRUCTION



Above, the object of the Z serve is to hit the ball hard enough so your opponent can't cut the ball off before it hits the third sidewall.

the third wall. Instead of coming out parallel, it will angle back toward the back wall.

The Lob Serve

The lob serve can be hit from anywhere on the court to create different angles. The lob is more of a push stroke than a normal racquetball stroke. You don't snap your wrist and your arm motion is fairly straight. You want to feel as if you are cradling the ball on your strings for as long as possible.

For a high lob serve, you want to get the ball as high on the front wall as possible. The objective is to have it bounce inside the five-foot mark and then die in the back corner. The reason these serves are so effective is one, the hardest ball to hit is the one coming straight down. Second, if you get the serve into the back corner, not only is the receiver hitting a ball coming straight down, but they're also fighting the walls.

These serves are effective against some-

The lob is more of a push stroke than a normal racquetball stroke.

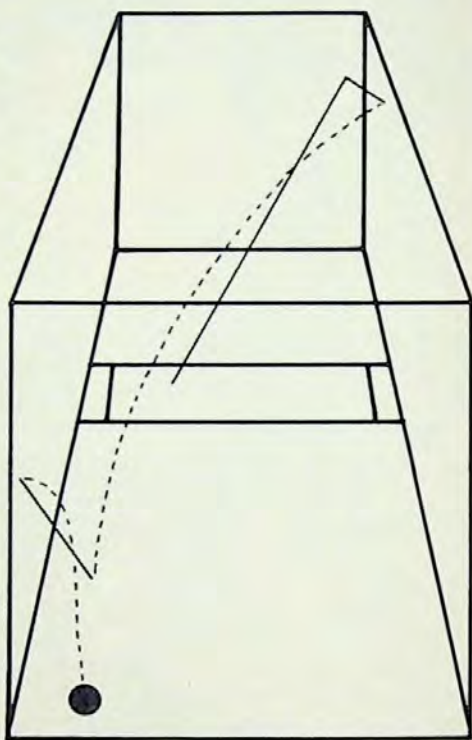
one with weak ceiling balls, or against a serve and shoot player. These types of players get frustrated because they have to play a ceiling game or they try to shoot impossible shots.

The High Z Lob

Another kind of lob is the high Z. It follows the same theory as the hard Z except it's hit high on the wall with a soft lob touch. But spin is still created by hitting three different walls and after it hits the third wall, it drops

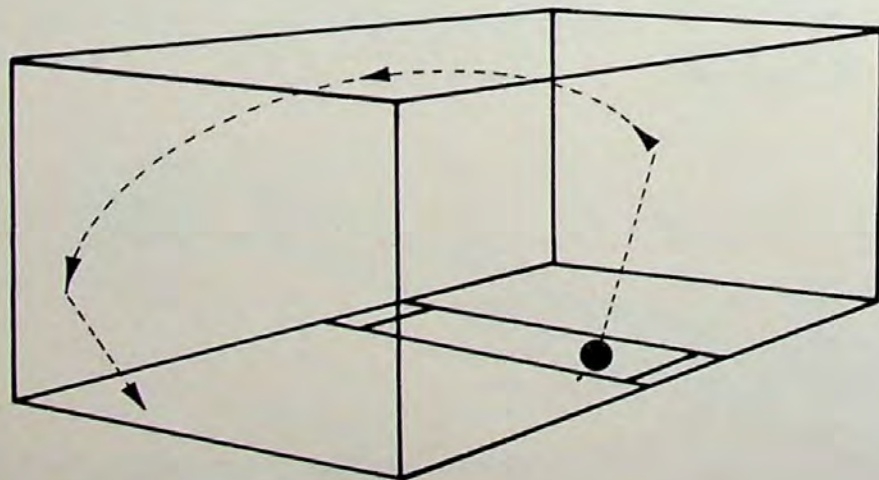
very fast, making it difficult to dig out of the back corner area.

There are also the half lob. The object of these serves is to hit them a tad harder and lower on the wall so they hit the receiver around their chest. Don't hit it so hard that it comes off the back wall. This is a relatively simple serve and insures the server the return shot will not be low and hard. It's extreme-



The high Z lob is hit high with a soft lob touch making it difficult for your opponent to dig the ball out of the back side corner.

When it hits the third wall it will catch the wall hard and shoot out parallel to the back wall. The farther away from the corner you hit the wall, the less spin you get when the ball hits



Above, the high lob serve is effective against a serve and shoot player.

ly difficult to hit anywhere but the ceiling off this serve.

You should work and concentrate just as much on lob and second serves as any other serve. A properly executed lob serve will get you a weak return just as quickly as a drive will.

To maximize your serves, practice them as often as possible—every day if you can. If you don't have drill time, you can utilize your play time to work for you. For example, in one 21 point game, pick a spot (say the right wall area) and work only on drives, cross court and down the line shots. The next game, stay in the same spot and do cross courts and Z's to the right. It doesn't matter if the receiver is getting to the serves easily. That will make you more aware of making your service motion consistent.

Good serves are the key to improving your game and making the points easier to accumulate.

How to Break Your Bad Habits From Tennis

By Larry Abrams

Contrary to popular belief, there are many similarities between tennis and racquetball. In fact, with the proper training, the transition from tennis to racquetball can be relatively easy.

To start, the tennis player has already developed good footwork, racquet grip, forehands, backhands and hand-to-eye coordination—the basics of racquetball. Plus, tennis players also know the value of shot selection strategy, the importance of the serve and playing offense.

In racquetball the emphasis should be placed on learning the game as quickly as possible. This approach will lend itself to players eventually turning to mechanics to improve.

Controlling Center Court

For the tennis player making the transition to racquetball, court positioning is the most important lesson. The tendency for the tennis



Above, since the ideal shot hits the front wall low in racquetball, the waist high point of contact in tennis to clear the net (left) should be adjusted to below the knee in racquetball.



Top, the tendency for a tennis player is to play side by side as in tennis doubles. Above, the tennis player should keep his opponent behind him in racquetball.

player is to play side by side or slightly behind an opponent as in doubles on the tennis court. For the tennis player, the immediate response to having another player

By waiting for a rebound off the side wall, the tennis player is asking for trouble.

in the same area is to treat him as a partner rather than an opponent. To control center court you should instead keep your opponent behind you.

The key points to remember in center court positioning are:

1. Maximize your control and keep your opponent off balance.
2. Minimize your opponent's chances to hit passing shots.
3. Force your opponent to make errors by keeping him behind you.

Learning the Walls

The next problem for the tennis player is learning the racquetball walls. The instincts of the tennis player will not allow him to let a ball pass. However, by waiting for a rebound

off the side wall, the tennis player is asking for trouble.

Whenever possible, let the ball rebound toward you. Beginners tend to forget how lively the ball is in racquetball. In racquetball, one step to either side of the court will result in an easy passing shot for your opponent. Most tennis players are afraid if they are too far from the wall they will not be able to complete the shot.

The eagerness to hit the ball may result in complete misses or weak returns. Patience should prevail. By letting the ball come back into the court the tennis convert will not only increase his shot options but he is also in a position to complete his final goal—lowering the point of contact.

Point of Contact

In racquetball, the ideal shot travels low to the front wall and comes as close to the floor as possible. The waist-high point of contact to clear the net in tennis should be adjusted to below the knee in racquetball. Let the ball fall enough to be hit just prior to its second bounce.

The quickest way for the tennis player to master the game of racquetball is to think defensively. See how long you can stay in the rally and try not to end the point prematurely. You'll develop a keener sense of the room and walls.

Editor's note: Larry Abrams is the club pro and director of racquet sports at the Sugarbush Valley Sports Center in Vermont.

R

Tournament Tips

By Jim Cascio, Dan Ferris and Larry Fox

Tournament champions comprise a rare breed of players who have mastered the art of competition.

But what is it that separates a good racquetball player from a tournament champion? Some say strategy. Others say it's a sixth sense—the ability to perfect the fundamentals of racquetball until they become second nature.

Racquetball Illustrated asked Jim Cascio, Dan Ferris and Larry Fox—the top three amateur tournament competitors in the country—to reveal their favorite game plans. See how many you can use to turn your game around.

Dan Ferris

1983 AARA National Open Singles Champion

Serve and Shoot

Use a serve and shoot strategy when you are playing defense. Try to get a big streak going so your opponent won't get the serve back. Play it safe with the shots that work for you. Force your opponent to earn every point.

If your opponent is serving, don't go for a low percentage shot. Play conservative. Take a pass shot before you take a pinch just so you won't skip a point away. Force your opponent to earn the point and roll the ball out. If your opponent doesn't hit a perfect winner then you should try to score on the next shot.

Keep Drilling Your Opponent

Remember. Don't let up. Always keep the pressure on. You have to try to win 21-0, if you can. I played pro Doug Cohen in a tournament once and he had me down the first game 10-0. He let up and I wound up winning the game 11-10.

You have to keep drilling your opponent. If you are ahead 10-0 and start letting up you may lose the game. Even if you are winning by a large margin, you should still bear down on your opponent.

Mix Up Your Serves

I have four serves I use. In the beginning of the match, I'll hit each serve so my opponent will know I have four different serves. My serves consist of a drive to the left, a drive to

the right, a Z serve to the right and then I'll hit what I call a jam serve—the ball comes off the side wall right at your opponent and then spins out.

Larry Fox

1981 National Intercollegiate Champion

Improve Your Racquet Control

When you aim for the side wall, you should hit the side wall first. When you aim for the ceiling, you should hit the ceiling. When you aim for a down the line shot, you should hit down the line.

During practice, stand in one position. Hit the ball straight and learn to hit the ball straight nine out of ten times or hit the ceiling nine out of ten times. You have to develop racquet control in practice if you want to use it against an opponent in a match.

Don't Skip the Ball

Don't concentrate on killing or passing the ball. Just concentrate on hitting the front wall.

If you concentrate on hitting the front wall and not skipping the ball, the rallies are going to be longer, you will wear out your opponent and you won't give away any points. Your opponent has to earn all those points himself. Even if you set your opponent up he still has to hit a kill or a good shot to get the point. But if you give him the set up and he skips the ball then you don't give him any points. You may have given him the set up but at least he had to put it away.

Limit Cross Court Shots

The most basic mistake tournament play-



Dan Ferris



Larry Fox



Jim Cascio

ers make is hitting cross court shots too often. The reason players use this shot is because it appears to be an easier shot, but it's not.

Most players play on one side of the court. They don't stand directly in the middle of the court. If you hit a cross court shot your opponent is usually already standing in a position to return the ball before the shot is hit. Your opponent is already one step to that side of the court.

Intermediate and advanced players should not rely on this shot to win rallies.

Control Center Court

Your first objective should be to get your opponent out of center court. You do this by either hitting a passing shot or a defensive shot. A good defensive shot is a ceiling or an around-the-world. After you establish center court position, wait for your opponent to make a mistake.

Jim Cascio

1982 and 1983 Ektelon Regional Champion
(New York)

Perfect Your Pinch Shot

When the ball is coming at you, the tendency is to blast the ball back. But if you see a player hit the ball real hard at his opponent and he returns the shot with a pinch shot—most of the time it's all over. He's going to win the rally because he had the time to hit the proper shot that breaks up the rally—it's sort of like an off speed pitch. Eighty percent of the time when someone goes for a pinch shot it's a rally ender. The one exception to the pinch shot theory is returning a shot off the back wall. You might want to use a passing shot.

Save Energy with Your Second Serve

The lob is probably the most effective serve. A lob serve is a shot hit high and soft off the front wall and forces your opponent to hit a weak return like a high backhand or forehand.

With a drive serve you have to work for the points a little harder. You tend to get tired in a tough match when you use the drive serve. Use your drive serve first and try to get it right to the line. If it falls short then go with your lob serve. You will save energy by going with the lob on your second serve.

Leave Room For Error

If you have a set up, you don't want to go for a rollout. You don't want to hit the shot an inch from the ground and just roll it out. That's too risky. So hit a passing shot. With a passing shot, you can hit the ball about six inches off the floor. If you miscalculate a little bit, the ball still won't skip. Hitting the ball a little higher leaves you some room for error.



THE HOLLMAN COURT SYSTEM

The Most Advanced Engineering
Concepts in Court Technology & Design

Nationwide supply & installation of complete racquetball, handball and squash courts.

In-house manufacturing / **direct** marketing assure top quality, low costs & long-term services.

Ultra-precision, tongue-and-groove panels form a solid matrix for each wall and ceiling.

Professional sales engineering staff assists you with selection of framing, panels, doors, floors, glass and court lights. **Leasing** available.

Reference list of prominent clients from all parts of USA and Canada, for testimony on HCS product quality, services and integrity.

Please Call Free or Write...



THE HOLLMAN COURT SYSTEM
11200 S.W. ALLEN BLVD
BEAVERTON, OREGON 97005
1-800-547-4450

At Last

**A super tacky spray that
absolutely, positively
ends grip-slip!**

Easily applied, long-lasting tackiness for positive racquet control shot after shot. Super traction wet or dry on all grips. In fact, the more you perspire the tackier it gets!

Never gummy, never gooey, super-tacky GRIP LOCK® washes off with ordinary soap and water, but not with water or perspiration alone.

It's economical, too. GRIP LOCK cans are not pressurized and contain no propellants. Each can delivers 350 or more sprays!

GRIP LOCK is sold through pro shops and professional sporting goods stores throughout the United States and Canada. It is distributed by: Rocky Mountain Sports, Boulder, Colorado; First Service Sports, San Rafael, California; Vanco Recreation, Kent, Washington; Intermarket Industries, Richmond, B.C. Canada.



Toning Up for Women's Racquetball

By Bobby and Debby Hensley

"How can I hit the ball harder?"

This is a common question asked by a lot of racquetball players—especially women. However, many women are beginning to credit a big part of their increased power in racquetball to weight training machines.

Many women tend to have weak upper bodies. Their athletic background is often in dance, cheerleading, track or basketball. These activities develop muscle tone in the

legs but do little for the arms, shoulders or wrists.

One way to strengthen the upper body for women is by developing a weight training program. A weight training program may be done two to three times a week after a game of racquetball at a racquetball club. Plus, weight training exercises only take about 15 to 30 minutes.

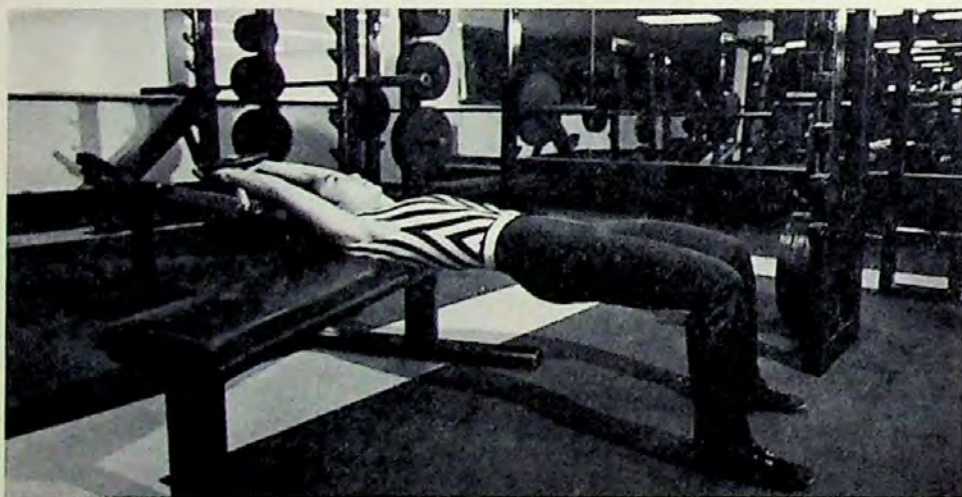
To begin, go through the weight training

machines at your club one time. Do one set of 12 to 15 repetitions. In other words, do each exercise one time using 12 to 15 repetitions. Rest no more than 30 seconds between each exercise. Work toward 15-second intervals between exercises. This will build strength and endurance—both important factors in hitting the ball hard.

Pull Overs

Pull overs are designed to strengthen the chest, arms, shoulders and abdominal muscles. This exercise also enhances your breathing capacity by firming and toning the rib-cage muscles. Lean back and brace your

upper body and shoulders against a padded bench. Extend your arms behind your head holding a dumbbell. Bring the dumbbell across your stomach as you exhale and inhale as you return the dumbbell to its starting position.



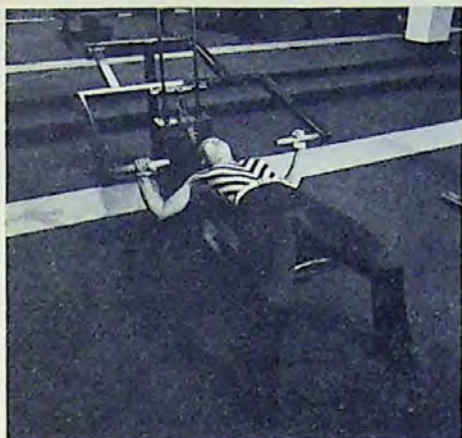
Pull Downs

This exercise will improve your body posture using the muscles in the upper part of the back (latissimus dorsi). Sit on a stool facing the machine for pull downs. Hold bar with both hands from the ends. Keep back straight and feet apart. Pull bar behind your neck to the upper part of your shoulders exhaling as you do so and inhaling as you let it go back up to its starting position.



Location courtesy Rocky's Racquetball World in North Hollywood. Model: Carrie Wong.

INSTRUCTION



Butterflies

Butterflies strengthen and develop your chest muscles. Sit at the butterfly machine with your back firmly pressed against the padded back board. Place elbows on side

pads with hands clasped behind neck or with forearms along the pads. Close arms as if hugging somebody as you exhale. Inhale as you return to a starting position.



Bench Press

To strengthen the pectoralis muscles in your chest, lie on your back on the bench press. Hold bar in both hands with a fairly wide grip. Keep your feet on the floor. Let the bar come down across the chest as you inhale and exhale and as you push the bar back up to its starting position.



Incline Bench Press

This exercise will develop the large chest and back muscles. Sit on the incline bench machines at a 45-degree angle and grip both bars. Keep your feet on the floor. Let the bar come down across the chest as you inhale and exhale and as you push the bar back up to its starting position.



Lateral Raises

Lateral raises will strengthen shoulders and underarm areas. The seat on the machine should be adjusted so the axis of the gears are parallel to the shoulders. Grip

handles and lift up with the back of the hands against the pads. Lift up to full extension. Pause and then lower to starting position and repeat.

INSTRUCTION

Upright rows

Upright rows develop the upper back and shoulder muscles. Stand and grip bar in the center with hands close together. Pull bar to chin and resist weight to extending arms position. Exhale on pull and inhale on resistance.



Behind the Head Press

This exercise strengthens your upper back muscles. From a sitting position facing away



from the machine, apply a wide grip on the bar. Push bar above your head and exhale. Inhale as you return to its starting position.



Bicep Curls

Bicep curls develop the large muscle in the front of the upper arm. Sit down and straddle the bicep curl bench. With a wide grip or with your hands together, hold the bar with both hands. Place your elbows on the inclined padded board with your arms extended and palms up. Curl arms as you exhale and inhale as you return to its starting position.



Tricep Extension

This exercise strengthens the back of the upper section of your arms. Stand up and face the tricep extension machine with your feet shoulder-width apart. Hold bar with both hands keeping them about eight inches apart and keep your elbows to your side slightly above your waistline. Bar should be at chest height when motion starts. With body rigid, except for the forearms, press the bar down until your arms are fully extended. Exhale as you do so and inhale as you let the bar go back to its starting position.



INSTRUCTION

Forearm Curls

Designed to develop forearm and wrist muscles. Sit on the bench. Hold dumbbell with one hand and rotate wrist up.



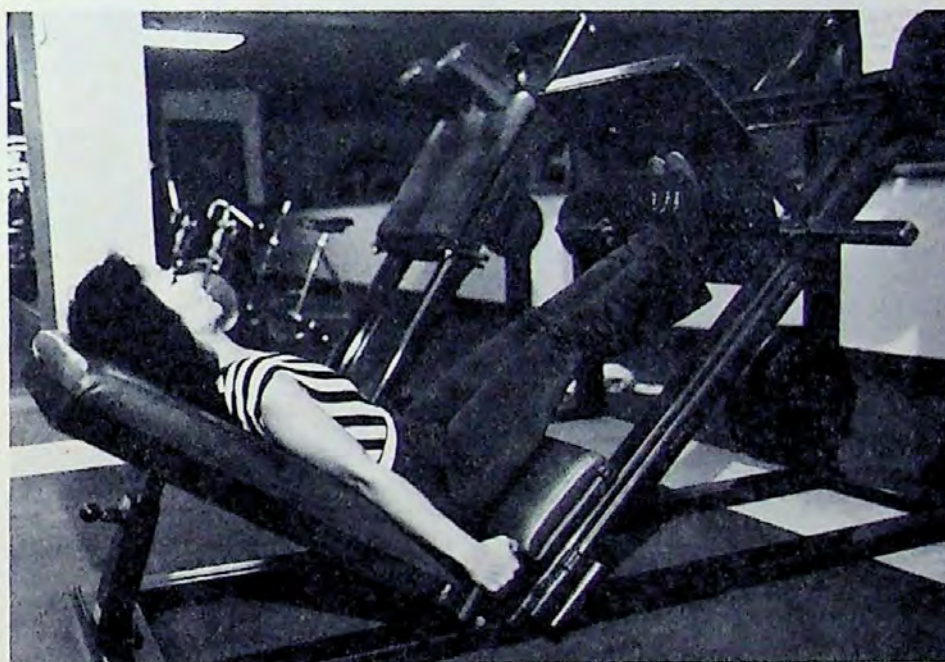
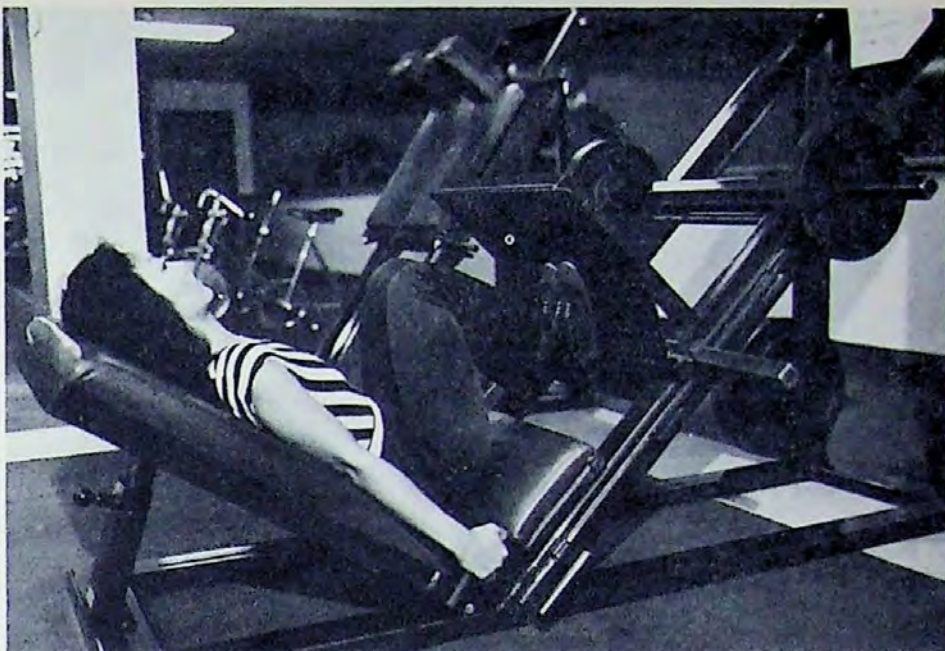
Reverse Forearm Curls

Same exercise as above, but rotate wrists down.



Leg Curls

Leg curls exercise your thigh biceps and strengthen the hamstrings. Lie on stomach and hook both heels under pads of leg curl machine. Curl legs up making a 90-degree angle between calves and hamstrings, exhaling as you do so and inhaling as you return to its starting position.



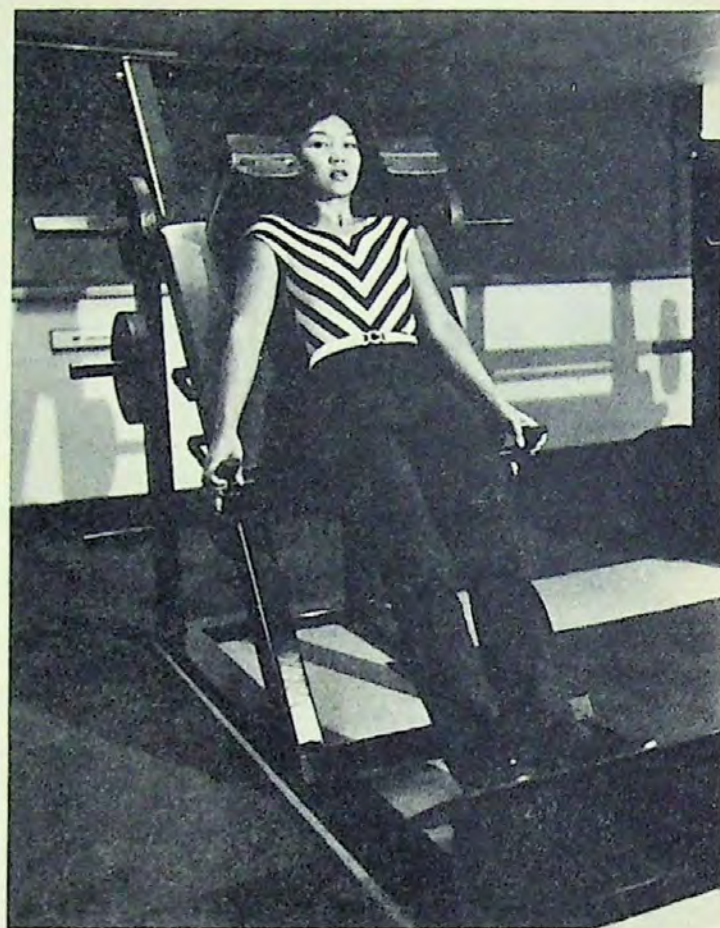
Leg Press

Leg press exercises strengthen and condition legs. Lie back on the padded bench at the leg press machine. Place your feet on the metal plate above you. Hold the handles on

the side of the bench with both hands. Keep your back straight. Push the plate up with your legs until they are straight. Exhale as you push and inhale as you return the plate to its starting position.

Many women credit their increased power in racquetball to weight training machines.

INSTRUCTION



Hack Squats

Lean against a small inclined board in front of the hack squat machine. Half squat down placing your back on inclined padded

board. Hold the small bars sticking out on sides of same padded board with your hands. Pushing with legs, slide board up-

ward to a standing position. Exhale as you do so and inhale as you go back to a starting position.

Leg Extension

This exercise develops the front sections of your thighs. Sit at the leg extension machine and hook both feet under the pad. At

medium speed, extend legs all the way up, exhaling as you do so. Inhale as you bring them down to their starting position.



Summary

This weight program is designed to improve your strength, muscle tone, cardiovascular system and flexibility. It is important to remember to warm-up before this work out by stretching and to warm-down after the work out by again, doing more stretches.

After being able to reach 15 repetitions on

This weight program is designed to improve your flexibility.

an exercise in good form, increase the weight by one weight. After one month on this program, you should be able to work toward two full circuits of the machines.

Be sure to get proper instruction from your weight room director. Proper form, concentration and breath control are the keys to improvement in this program. It's not how much weight you are using but the form and number of repetitions you can do. **R**

STARS & STRIPES!

Right, racquetball superstars Lynn Adams (defending WPRA champion) and Bret Hammett get set to play on the courts with the latest in striped sportswear. Lynn models Ektelon's pink and white short sleeve top with striped collar and cuffs, **\$30**. Matching pink and white shorts with zippered front, **\$22**. Bret wears Levi's cotton/poly jade and navy pinstripe shirt with contrast fashion collar. Matching navy racquet shorts with elastic waist and front side pockets.

Photography by Ed Ikuta
Fashion coordinated by Wilmar International
Fashion props courtesy Ming Wang
Outfits: Ektelon (San Diego, Ca), Levi's
(San Francisco, Ca) and Sasson Inc.
(New York, N.Y.)

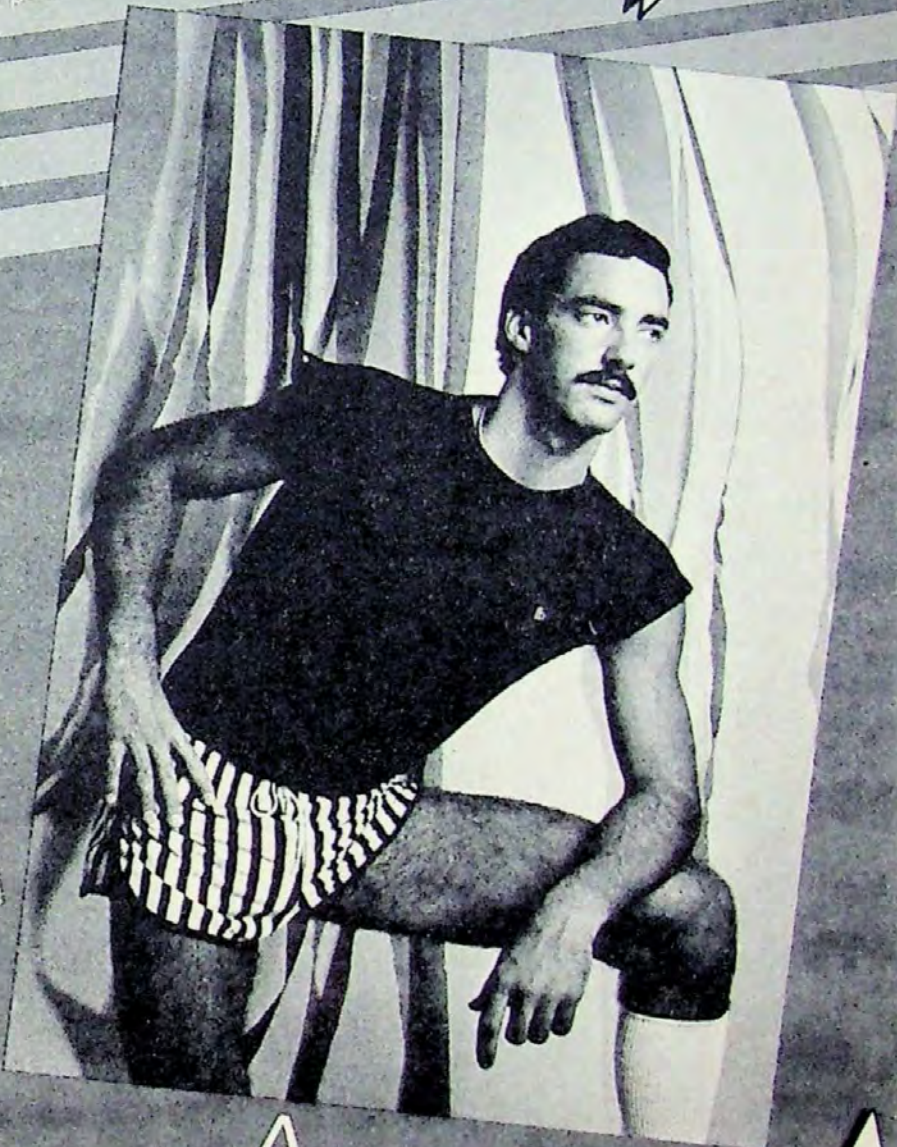


STARS & STRIPES!



Left, Rich Wagner is ready to go out after his match in Levi's black/petrol/red reverse stripe long sleeve shirt. Matching cotton/poly sport pants with elastic waist and front side pockets.

Left, Rich models Sasson's gold and blue cotton/poly striped shirt, \$15. Matching blue shorts with elastic waist, \$16. Lynn shows off Ektelon's white and turquoise short sleeve top with striped collar and cuffs, \$30. Matching turquoise shorts with elastic waist, \$22. Terri Gilreath wears Ektelon's white/turquoise/gold striped top with turquoise collar and cuffs, \$24. Matching white and turquoise shorts with zippered front, \$22. Bret models Levi's blackberry/taupe/jade long sleeve reverse stripe shirt. Matching taupe shorts with front side pockets.



Above, Bret wears Sasson's stylish black cotton/poly muscle shirt with contrast Sasson logo, \$10. Matching black and white poly/nylon shorts with elastic waist, \$16.

That Last Point

By Howard Banner

It's hard for most people to believe that Edgar and I are brothers. We're really not much alike. I'm 5'6", 127 pounds, dark haired and plain. Edgar is 6'6½", 198 pounds, fair haired and attractive. He never lets me forget that half inch and always refers to himself as "over a foot taller."

When people question that we are brothers—and they almost always do—Edgar tells them that I'm adopted (his early favorite) or that Mom made it with the shrimp delivery man (his current favorite). He's only joking, of course, or at least I've decided to think so. When I can get in an answer first, I say it's because I was breast fed by my mother and Edgar was breast fed by my father. Edgar hates that.

I've always looked up to Edgar (he'd make some crack about my height here) and tagged after him as a child. My parents made him sort of put up with me until he went to high school and then basketball took over his life. Sometimes I think basketball is his life—that his blood doesn't flow—but dribbles across his heartwall and slam-dunks into the right aorta. I instead took up racquetball.

We both go to the same state university now. Edgar is on a basketball scholarship and I'm on the routine grant. Although Edgar is two years older than me, he is only one grade ahead of me—he failed the ninth grade. I don't think Edgar is dumb or anything mind you, but he never studies or works much. He just plays basketball. If he found a magic lamp that offered him any one wish he wanted, I know he'd ask to be at least four inches taller. I don't know what I'd ask for, maybe to be compared less to Edgar.

Edgar hates being called Edgar and I try to call him Ed as everyone else at school does. But since my family's been calling him Edgar all his life, it's hard to stop. We had a younger sister, but she died many years ago, so there's just the two of us. My mom tells me I'm brighter than Edgar and I must beat him at a different game—academics.

Edgar teases me all the time about my height and my not being on any team. Now at my height and weight, I can hardly go out for football. Swimming and cross-country were my only hopes, but I'm a lousy swimmer. So I went out for the cross-country try-outs in high school. The coach talked about Edgar a lot and soon let me know I'd be better off sticking to my books.

In college I discovered racquet sports where size didn't matter. I tried tennis (too trendy for me) and handball (bruised up my hands too much). Soon I really fell for racquetball. It seemed the perfect sport so I took all of my gym credits in racquetball. There is something sublimely rewarding about smashing a harmless little ball around a small court with a racquet. I love the enclosed calmness of the court and ricocheting action. I still jog a bit, although I find it boring.

I'm getting much better at racquetball with practice. I have friends I play with regularly, usually two or three times a week. I can't say that I really care all that much about winning. Instead, I feel that the only way to play anything is to better yourself. So I enjoy a difficult shot I make or a close try, curse the ones I should have gotten and try not

to slam into the walls too much. Very few shots are worth slamming hard into walls as far as I'm concerned.

Edgar is the star player on the school's basketball team and I try to go to all of the home games and cheer him on. I tried going with him to the out-of-town games, but Edgar asked me not to come, accusing me of tagging along after him too much. I think I embarrass him, although I'm not sure of it.

Edgar challenges me to play basketball with him often, but I always politely refuse. I think if he knew it bothered me, he'd ask me much more often. I learned my lesson in high school when he and I played a little one on one. I simply could not score a single point off of him, not with him a foot (and one-half inch) taller than me. There was no way I could get over or through him. I may be small and fast, but he's just too big. He's virtually a pro now.

Sounds like a typical case of sibling rivalry? It's more like a "sible" war. But, to make it complete, he stole Rachael from me. I guess that's going too far. I had only gone out with Rachael a few times and was very fond of her. We met Edgar one night and the next thing I knew he had asked her out. Three dates later and she was living with him. I guess she was never mine to begin with. She and I remained friends, though, and grew to really know and enjoy each other. But she's Edgar's girl. She and I go to all the basketball games and cheer for Edgar. I have tried not to fall in love with her again, but I have failed at this too.

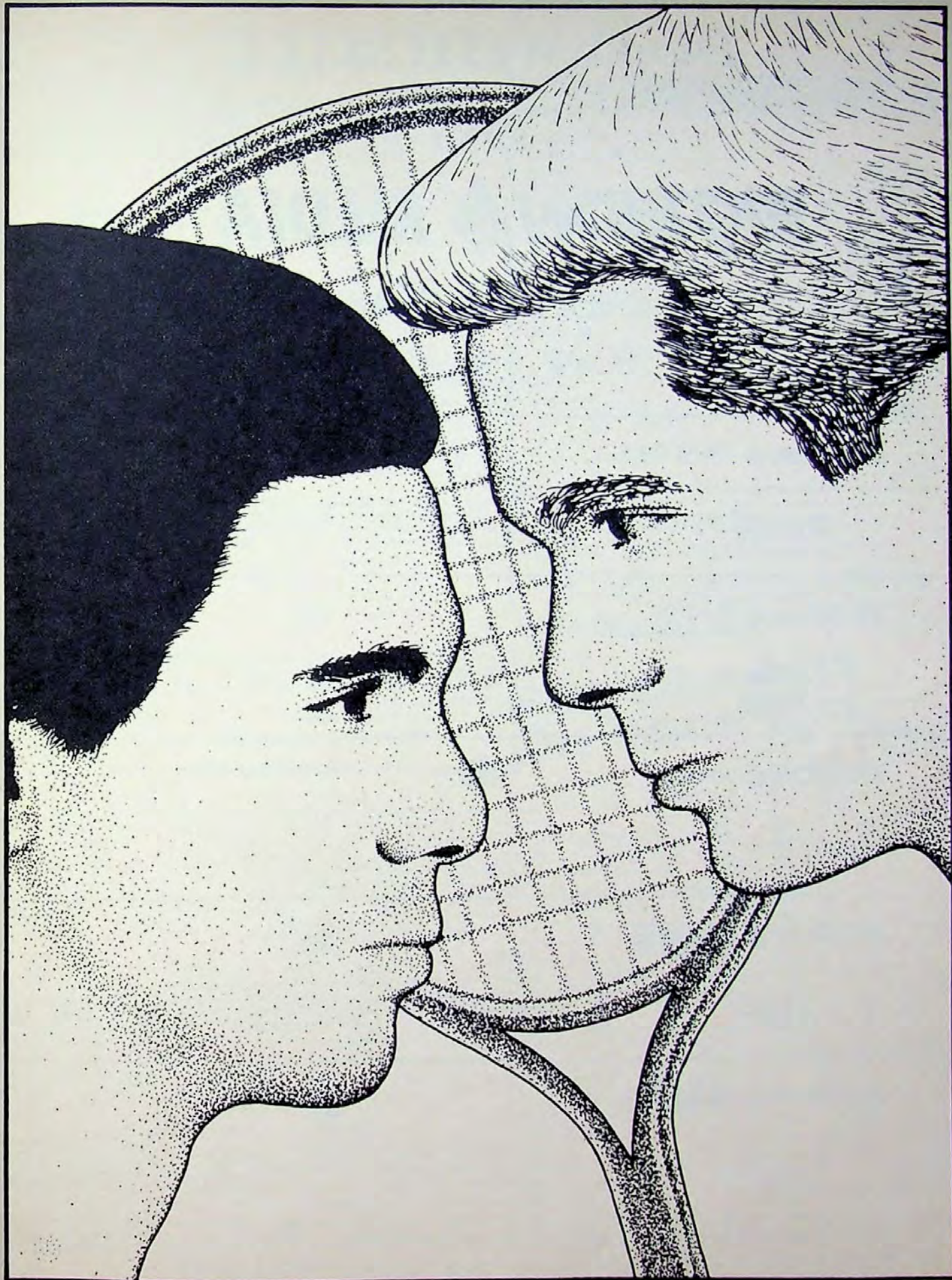
Somewhere about this time I got the idea to play Edgar in racquetball. I waited until I started getting good, then I asked him as casually as possible. "Forget it, shrimp," he'd say, but I'd bring it up every once in awhile. After insinuating that he was afraid to lose to me, he finally agreed to play, but he put me off for weeks.

Finally he agreed to meet me at the racquetball courts in the gym at 4 o'clock. He was late, but that gave me more time to warm up. The game was to be 21 points. "Okay," he said, "the first one to reach 21 wins and that means me."

We warmed up a bit and he won the first serve. He got a few quick shots past me, but then he carelessly lost his serve and the score was 3-5, my favor. I scored two quick points and then had to work very hard for the next two. Edgar suddenly seemed to shift gears, played twice as hard and quickly got the serve back. The score was 3-9. He won the next five points, but I made him work for them. My backhand was weak, but I could still move quickly.

I began slamming into the back wall in order to get shots. Soon we were tied, but it was my serve. Once in awhile he could place the ball so close to the edge of the front wall that it was impossible to catch a rebound of two inches. But I was able to get two of them off him. One time he hit one really low, confident that I couldn't get it, but I did. He wasn't prepared for the rebound and lost his serve.

And so we went, pretty much neck and neck all the way. Sometimes I'd be just one point ahead and sometimes he would. When the score was tied 19-all, I was about ready to drop from exhaustion. But I was determined to win this one. I was breathing fast and hard. I slammed into the wall and just about winded myself completely. I lost the serve and he quickly got a point off



DO IT WITH STYLE

PRODUCTIONS

AT THE

1983

EKTELON MEDIA

RACQUETBALL CLASSICS

PRIZES FOR THE TOP 16 QUALIFIERS
IN EACH DIVISION

(National Director: Randy Russell)



SAN JOSE	EKTELON  KWSS 94.5 FM RODÉO RESTAURANT/BAR  Royal Courts Valley's most spectacular sunken glass side wall and back wall "feature play" court, 13 professional racquetball courts, 2 exercise gyms featuring Nautilus equipment and Olympic free weights, separate men's, women's spa facilities: steam, sauna, jacuzzi, aerobic exercise classes daily, lifecycles, and lounge area.	S E P T 23 24 25
HOUSTON	EKTELON  KRBE FM 104 KRBE HOUSTON 104.1 FM todd's  A beautiful club featuring 12 professional racquetball courts, an exercise gym for both men and women including Olympic free weights and Nautilus equipment, separate spa facilities for men and women (sauna and jacuzzi), aerobic classes daily and juice bar. Tournament Director: Simon Wiederman	O C T 1 2
DENVER	EKTELON  KPeople KPPL 107.5 <i>thrills</i> NON MEMBERS ONLY IAC The International Athletic Club Downtown Denver's most complete athletic facility featuring 16 racquetball courts, 4 with glass-backwall, 5 glass-backwall squash courts, complete Nautilus equipment, Hydrgym, free weights, exercise bicycles, 2 running tracks, and 65 exercise classes weekly! Men's and women's spa facilities: steam room, sauna, jacuzzi and T.V. lounge area. Tournament Director: Stephen Krum	O C T 6 7 8 9
ATLANTA	EKTELON  WKHX continuous country music stereo country 101fm <i>Confetti</i> Southlake Racquetball Club, Inc. Atlanta's largest racquetball club featuring 2 glass wall exhibition courts, 16 professional racquetball courts, Nautilus exercise facility, men and women spa facilities, saunas, steam baths, whirlpools, qualified teaching staff, 6-lane AAU swimming pool, 4 outdoor tennis courts, fully equipped pro shop and juice bar.	O C T 13 14 15 16
ST LOUIS	EKTELON  KADI <i>Cadillac</i> BAR & GRILLE  Racquetball at its best is Town and Country Racquet Club: featuring a 3-sided glass wall exhibition court, 13 professional racquetball courts, complete men and women spa facilities, sauna, whirlpool, weight room, restaurant and bar. Tournament Director: Kathy Symons	O C T 20 21 22 23

For more information see your local club for an entry blank, or write to Style Productions, 501 Forest Ave., Suite 1009, Palo Alto, California 94301 and we'll send you one.

That Last Point

me, 20-19. He'd lose the serve, then I would. Then he'd lose the serve again and then I would.

Finally he slipped and just missed the ball and the serve was mine again. I dropped one down low in front. He ran on those long legs of his and got the shot. But I was ready for the rebound and hit it hard to his backhand. He missed and the score was 20-up. I lost the serve and we rallied back and forth for a long time.

He was unable to score. Although I was dead tired, I ran on pure adrenalin and determination not to let him win. Finally he missed and it was my serve. I don't think I had ever played so well. Even though I collided with the back wall again, I finally scored my last point.

I promptly collapsed in the corner and panted to catch my breath. My headband was soaked and my body was drenched with sweat. A dull throbbing pain centered in my right arm and shoulder and pulsed through my body. I think it took me five minutes to get my breath. Edgar just sat there, watching me occasionally. I finally said, "Let's go," and we went to the showers. I spent a long time under the cool water and slowly dressed, savoring my victory. Edgar didn't say a thing to me. It was just like him not to ever give me credit. On our way back I talked about my courses and miscellaneous topics.

Rachael was home when I walked into his apartment. She kissed him as he entered, said hello to me and asked, "Well, who won?"

"No one," Edgar said. "He quit before the game ended."

"What?" I said. "I won that game. I didn't give up. Why would I have dropped it right at the end?"

"Because you couldn't take anymore," he said quietly.

"I stopped after I got my 21st point."

"But in racquetball you have to win by at least two points."

I was stunned for just a moment. "But you said, 'the first one who gets 21 points wins.' I got 21, so I win."

"Sorry, shrimp," he said. "But you can't win with a score of 20-21."

I felt like the room had caved in on me. I was near tears by now, but I thought that he probably would have enjoyed making fun of that so I held my breath. "Why?" I finally said.

"Because you have to win by more than one point when your opponent has 20 points."

"No, not that. Why can't you accept me? You know I've always idolized you."

He stared at me for a long beat, then said, "Well, little brother, I don't want to be idolized by you."

"But why do you have to treat me like this? I just wanted to win for once, to beat you at something you might respect. You really don't give me a chance."

"So you didn't beat me, but you didn't lose," he said. "Look, you played well. I was surprised. Let's all go eat now." He had never asked me to go out with him and Rachael before; she always did the asking.

"No thanks," I said. I had never turned down a chance to go anywhere with him before. He held out his hand to me. I shook his hand and for once he didn't squeeze my hand so hard that I'd have to cringe or ask to be released.

When I saw Edgar a few weeks later we were very awkward with each other. "Look," he finally said. "I guess I sort of do see your point. And I was behind." I nodded. "Well, then you'll have to give me a chance to get even. Best two out of three games?" He paused.

"By the way, there is something I'd like to ask you, if you don't mind. Would you like to be best man at my wedding?"

I reached out to shake his hand, but he pulled me toward him and embraced me.

"And now," he said to me. "I'm going to beat you at racquetball, twice."

"No way," I said. "This is one game I'll always beat you at."

★ SHOE SPECIAL ★

FOOT-JOY Tuffs #62265 or #62208 **\$21⁹⁵**

Tourna Grip

\$2⁹⁹
EACH

WILSON

Composite Plus	\$ 69.95
Arrow	\$ 32.95
Epic Plus	\$ 38.95
Force 250	\$ 19.95

EKTELON RACQUETS

CBK	\$137.95
250G	\$ 73.95
Citori	\$ 56.95
Magnum 2	\$ 47.95
Marathon Graphite	\$ 38.95
Interceptor	\$ 33.95
Blue Lite	\$ 25.95

HEAD RACQUETS

Professional	\$ 42.95
Master	\$ 33.50
Graphite Express	\$ 66.95

VOIT RACQUETS

Pacer	\$ 79.95
Impact One	\$ 36.95
Impact Two	\$ 43.95

All U.S. Orders Add \$2.50 for Handling and Freight, Nevada Residents Add Sales Tax



NEVADA BOB'S

DISCOUNT Golf & Tennis

4702 Maryland Parkway (R) Las Vegas, Nevada 89109

Send for FREE Catalog

Call Toll Free

1-800-634-6202

Local (702) 736-3686

OPEN 7-6 PM Mon-Fri
8-6 PM Sat
7 DAYS 10-5 PM Sun P.D.T.
5 minutes from airport



Mail order prices only
Prices subject to change
1 week delay on personal checks

Put Our List On Your List

Our list can help you do the other things you have on your list. Such as fix the car... check on social security... start the diet... find out about the loan...

Our list is the Consumer Information Catalog. And it's free. So are many of the more than 200 government booklets in the Catalog. Booklets on employment, health, safety, nutrition, housing, government programs, and lots of ways you can save money.

The Consumer Information Center of the U.S. General Services Administration publishes the Catalog quarterly to bring you the most up-to-date word.

So to shorten your list, send for the free Consumer Information Catalog. It's the thing to do.

Just send us a postcard or letter with your name and address. Write:

**Consumer
Information Center
Dept. PA
Pueblo, Colorado 81009**

THINGS
TO DO

SEND
FOR

Consumer
Information
Catalog



The Four Most Common Racquetball Injuries

Special exercises can prevent court casualties before they occur

By Steve Barcham

You're in a tough match with your playing partner. Halfway through the match you lunge to the right to hit a passing shot. Your right foot stops but your body doesn't. Your foot rolls over causing pain in the ankle.

When compared to other sports like football or skiing, racquetball ranks low on the list of injury-prone sports. However, there are four major areas of the body which are prone to injury while playing racquetball. They are the foot/ankle, knee, lower back and elbow.

Ankle Injuries

The most common racquetball injury is the sprained ankle, according to Dr. Kenneth D. Forsythe, medical director of the Los Angeles Alta Fitness Institute. Ankle sprains fall into three categories: mild, moderate and severe.

A mild sprain is when you twist your ankle while playing, walk it off and then continue your game. A few hours later you may exper-

ience some swelling. This occurs when the anterior talofibular ligament (located toward the front on the outside of the ankle) has been stretched to some degree.

"Some of the fibers can even be torn, so

Ankle sprains can be avoided by strengthening the ankle muscles.

you get a little bleeding in there and occasionally some swelling," says Dr. Forsythe.

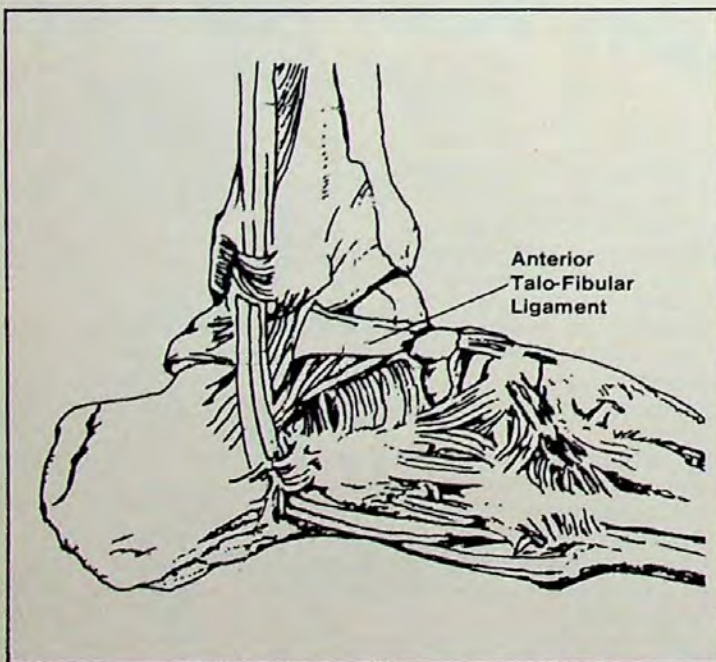
The severe sprain—more common in foot-

ball—is the most serious sprain. All three ligaments on the outside of the ankle can be destroyed. Or if plantar flexion (extension of the foot) occurs, ligaments and tendons in the foot may become severely irritated.

"When you're used to playing a couple of times a week and all of a sudden you start playing five times a week and much harder, you may develop an overusage injury," says Dr. Forsythe.

Foot and ankle injuries increase when inadequate footwear is worn on a racquetball court. For example, due to the lack of lateral support in running shoes, it's easy to twist or sprain an ankle. Proper shoes with strong arch support prevent pressure on the metatarsals (the five bones supporting the foot between the ankle and toes). Pressure on these small bones can lead to fractures.

Ankle sprains can be avoided by strengthening the ankle muscles, says Dr. Forsythe.



Left, a diagram of the anterior talofibular ligament shows the location where one of the most common ankle injuries occurs. Right, the "penguin walk" strengthens ankle muscles to prevent injury. With your knees together, lift your feet up and out as far as you can and walk.

He says one way to prevent ankle injuries is by doing the "penguin walk." Standing with your knees close together, lift your feet up and out as far as you can keeping your heels on the ground. Now walk.

A variation of this exercise can be done while sitting. Simply lift your feet up and out and hold.

"Jumper's Knee"

The most common racquetball-related knee injury is "jumper's knee," a term first associated with basketball. Jumper's knee is a strain in the patellar ligament which connects the knee-cap to the tibia (lower leg-bone). This injury occurs during sudden push-offs, according to Dr. Forsythe.

A severe twist to the knee can produce a knee injury involving the cartilage (located between the upper and lower leg bones, on either side of the knee). The cartilage acts as a cushion for movement between the two leg bones and can be torn.

Lower Back Injuries

Continuing up the body, the lower back is another injury-prone area, according to Dr. Forsythe. The best shots are made from a low position in racquetball. Many times you have to bend over much more often than you would in other sports.

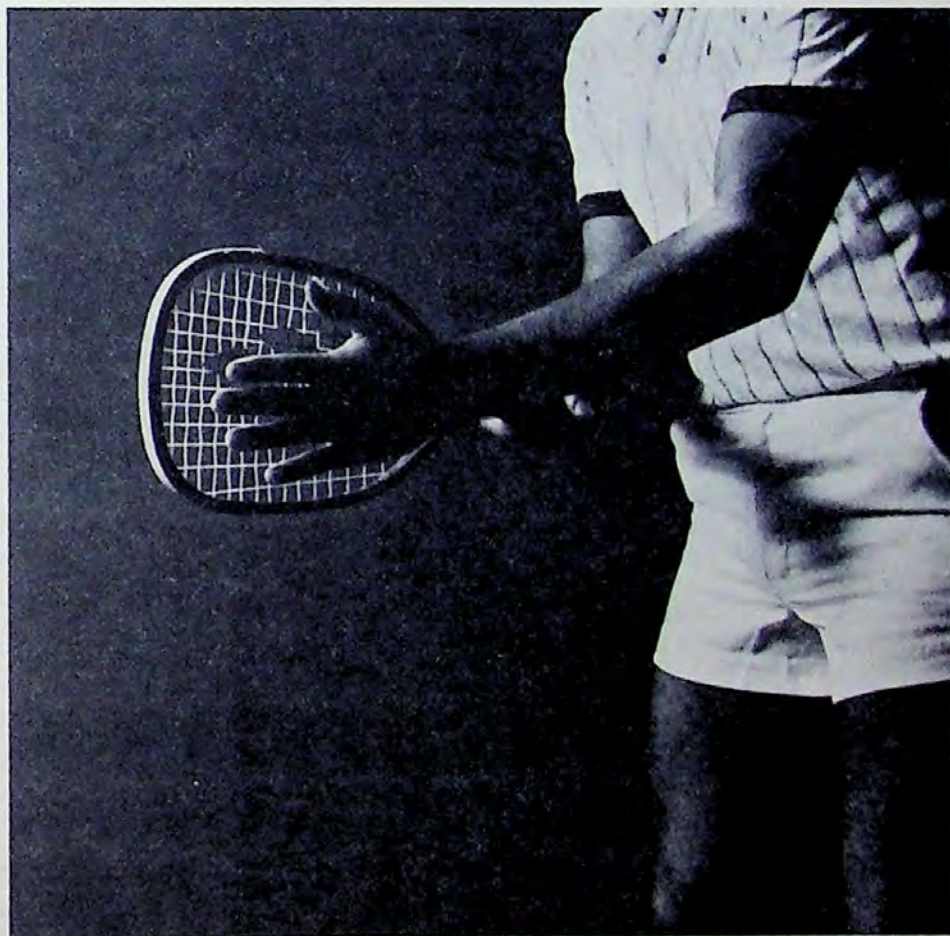
"Those muscles are often strained and

another simple exercise using your racquet. Imagine you are going to hit a backhand. Swing your racquet firmly against a door or table in the exact position you're going to hit the ball. With a firm grip, push the racquet as hard as you can against the door or table.

Hold for 30 seconds.

"Usually what's involved in elbow injuries is improper technique," says Dr. Forsythe. "That's where a good club pro can help to make sure you're hitting the ball correctly."

R



Tennis elbow occurs when the tendons surrounding the elbow become inflamed.

some of the ligament attachments can also be strained," says Dr. Forsythe.

Back extension exercises are necessary to help prevent back injuries, says Dr. Forsythe. The "swan dive" can be done at home. Lay face down on the floor with your arms away from your body. Now, arch your back with your legs and arms off the ground and hold for ten seconds. Repetition of this exercise will strengthen the lower back muscles and reduce the likelihood of injury.

"Tennis Elbow"

Tennis elbow is another common injury in racquetball, according to Dr. Forsythe. Tennis elbow occurs when the tendons surrounding the elbow become inflamed. Shock is transmitted into a rigid joint and the tendons become inflamed.

"Tennis elbow occurs when you lock your elbow into full extension and then come through and hit the ball," says Dr. Forsythe.

The proper way to hit the ball is with a slight degree of bend in the elbow.

Elbow injuries can be reduced by doing

Top, the "swan dive" exercise helps prevent lower back injuries. Lay face down on the ground with your arms away from your body. Now, arch your back with your legs and arms off the ground and hold for ten seconds. Above, elbow injuries can be reduced by pushing your racquet firmly against a solid object.

TOURNAMENTS

Ektelon Championships

Photos by Frank Wong



Rich Wagner (right) gained enough momentum in the semifinals of the \$40,000 Ektelon Championships to beat five-time defending champion Marty Hogan. Above, however, his hot streak didn't last very long in the finals against Mike Yellen as Wagner fell to Yellen.

Nicknamed the "comeback kid" of pro racquetball, Rich Wagner lived up to his name at the \$40,000 Ektelon Racquetball Championships in Anaheim, California. The injury-prone Wagner upset five-time defending champion Marty Hogan in the semifinals and Hogan's protege Bret Harnett early in the round of 16 to face Mike Yellen in the finals. However, it was Yellen who went on to triumph 11-10, 11-6, 9-11, 11-8.

Having suffered his share of racquetball injuries (twisted knee and broken thumb) and personal problems, the worst of which came from alcohol a couple of years ago, Wagner is once again becoming a force to be reckoned with on the pro tour. "I trained

very hard for this tournament," says Wagner. "I watched my social activities a little more. I went to bed at 9 or 9:30 p.m. every night and got up the next morning at about 6 a.m. to begin an early racquetball workout."

But Yellen was also on top of his game. After settling for second best the better part of his career (runner-up in both the 1979 and 1980 DP Leach/Catalina Nationals and runner-up in last year's Ektelon Nationals), Yellen pulled out a dramatic victory to collect \$10,000 while Wagner picked up \$3,100.

Hitting devastating splat shots and powerful backhand passing shots, Yellen scored in critical points of the match. "Each point was a dog fight on both parts," says Yellen.

"We both played well. We basically played a similar game and were on top of our shots."

Although Wagner refused to let up during the match, Yellen showed few signs of pressure. Wagner, on the other hand, often admonished calls by the referee as "abysmal" and frequently complained Yellen was stalling.

In the first game, Wagner scored three aces pulling his lead to 10-5 over Yellen. However, Yellen was able to turn the game around to tie the score 10 all and then go on to score the decisive game point.

"Winning the first game was the turning point in the game for me," says Yellen. "I was able to knock him out when I was down 10-5

TOURNAMENTS

and get back the serve. Then, by winning the second game, I was able to put more pressure on him because he would have to come back and win three straight."

Another turning point in the match for Yellen was in the fourth game. When the score was tied 7 all, Yellen changed his strategy with the drive serve. "I was able to hit three shots in a row that he wasn't looking for at a key point in the match," says Yellen. Yellen went on to win the game 11-8.

To reach the finals, Yellen defeated defending Ektelon champion Dave Peck 2-11, 11-6, 11-10, 5-11, 11-10. The battle was almost a repeat of last year's match in the finals. Only this year Yellen would not be intimidated by the stocky right-handed power player. "We both played our hearts out," says Yellen. "There was a break here and there to my advantage. I was moving him around real well. He was missing shots he doesn't normally miss. I tried to prevent him from setting up and getting in his shots."

In other semi-final action, Wagner capitalized in key situations to defeat Marty Hogan 11-9, 11-1, 6-11, 6-11, 11-4. "I played really well and Hogan was only playing about 95 percent," says Wagner. "His serve was terrible. And his ceiling game was off. I was able to kill the ball very well against Hogan."

In the quarterfinals, Yellen defeated Gregg Peck in the tiebreaker 11-6, Wagner topped Ruben Gonzalez in a tiebreaker 11-6, Dave Peck beat Jack Newman in three games and Hogan won over John Egerman in four.

In the women's finals, another longshot advanced to the finals to meet defending Ektelon champion Heather McKay.

Playing in front of her home town crowd, Laura Martino credited the improvement in her game to pros Dave and Gregg Peck. "I learned to be more consistent by working out with Dave," says Martino. "He forced me



Nicknamed the "comeback kid" of pro racquetball, Wagner plays with his leg in a brace after he twisted his knee last season. Above, Wagner miscalculates as Yellen goes low for a pinch.



"I was able to score a lot of aces and get a lot of set-ups that allowed me to control the rallies," said defending champion Heather McKay (right) after her victory over Laura Martino. Above, the twenty-three-year-old Martino proved to be no match for McKay who, at a fit forty-two, took the match in three straight. Left, Yellen savors his championship against Wagner.



TOURNAMENTS

to concentrate on making more of my shots."

But it was the veteran McKay who dominated the match and defeated Martino in three straight games 21-14, 21-17, 21-7. At a fit forty-two, McKay refused to let up or take any timeouts against her younger nemesis—who, at twenty-three, is almost half the age of McKay.

"I was able to score a lot of aces and get a lot of set-ups that allowed me to control the rallies," says McKay.

To reach the finals, McKay defeated Janell Marriott 21-10, 21-9, 21-17. Martino beat Brenda Poe-Barrett 15-21, 21-15, 22-20, 21-9.

In the quarterfinals, McKay defeated Marci Greer in three games, Martino topped Stacey Fletcher in three, Janell Marriott beat Shannon Wright in four and Poe-Barrett won over defending Ektelon Champion Lynn Adams in the tiebreaker 15-13.

Catalina Classic

By Dennis A. Dörner

Unseeded Ruben Gonzalez made an impressive debut in his first finals match since turning pro. The rookie racquetball player picked one of the biggest tournaments of the season to showcase his skills against Mike Yellen.

Gonzalez, a former one-wall handball champion, emerged in the lower half of the draw at the Catalina Classic in Palatine, Illinois when Dave Peck was disqualified. Earlier in the tournament, the referee forfeited Peck's match for "behavior that wasn't conducive to the game."

Gonzalez had all the moves to meet Yellen in the finals. With his lightning quick responses, he used the finesse of his handball days to keep each opponent off stride.

Gonzalez played good court position strategy. However, his inexperience showed

against the veteran Yellen. In the first game, the score was tied three all but Yellen was able to pull out the win 11-6. Still, something wasn't quite perfect in Yellen's game. His passing shots seemed to come off the back wall too many times and Gonzalez had not taken advantage of them.

In the second game, the score was tied four all. Yellen then ran off four straight points, finishing with two backhand pinch shots to bring the score to 8-4. With the help of his cheering wife in the audience, Gonzalez got back on track with a pass, a kill off the back wall (off a long Yellen pass) into the left corner and a right side pass (after Yellen again tried a pass shot that came off the back wall).

After Yellen scored another point, Gonzalez got two successive points when Yellen's service returns skipped, tying the score 9-9. As Yellen tried to pass down the left side wall

Photo by Art Shay



"After my semifinal win over Marty Hogan, I knew I would be ready for anything," said Mike Yellen at the DP Leach/Catalina Classic in Palatine, Illinois. And he was right. Above, unseeded Ruben Gonzalez (left) made his debut in the finals of a championship tournament with his powerful backhand, but it wasn't any match for Yellen as he defeated Gonzalez in three straight. Yellen's second Nationals victory cleared the way for him to have a shot at becoming racquetball's first "triple crown" winner at the DP Leach Nationals in Atlanta, Georgia.

TOURNAMENTS

again, Gonzalez shot off the back wall and pinched in the left corner to take a 10-9 lead.

Yellen got the serve back and made it 10 all on a skip by Gonzalez. Gonzalez appealed for a hinder call and many fans thought it should have been an avoidable hinder with Gonzalez given the serve. The referee declined to award a hinder. Yellen served again and with a forehand pass won 11-10.

When Yellen was down 1-0 in the third game, he started changing his strategy. He began serving soft, high, lob serves to Gonzalez' backhand. He also gave up on his passing game. "My passing shots were just too long and they kept Ruben in game two," says Yellen. "I figured soft serves and pinches were more to my advantage."

They were. Yellen ran off seven points to take a 7-1 lead. Of those seven points, five were pinch shots, four of them were set up off a soft lob serve.

Gonzalez scored two more points with two forehand kills, but Yellen kept up the soft serve that led him to a forehand pinch, a left side pass, a right side pass, a short pinch skipped by Gonzalez and finally the winner: a soft lob serve and a backhand pass while Gonzalez raced toward the forehand corner anticipating Yellen's pinch. The final score: 11-3.

"He found my weakness," admitted a tired Gonzalez after the match. "I have a real problem on those soft lobs to the backhand side. I tried running around to my forehand to do something different since my backhand wasn't working."

Yellen collected \$10,000 for the win, while Gonzalez picked up \$5,000.

For Yellen, it was another win in a string of recent victories. And a satisfied look on his face said it all. "After the semifinal with Marty (Hogan) I knew I would be ready for anything," he says. "Ruben played well, but some of his inexperience showed. But you have to admire his performance. He has had a limited amount of action on the tour and yet he got to the finals of the Nationals."

To reach the finals, Yellen defeated Hogan 11-0, 6-11, 11-9, 4-11, 11-8.

"That match had to be the toughest pro match I ever played," says Yellen. "The court was hot and humid, the rallies lasted longer than usual and both Marty and I were beat at the end."

The match lasted more than three hours. Hogan was completely drenched in perspiration from top to bottom and the towel boy used dozens of towels in keeping the floor dry.

Yellen took the first game rather easily and quickly. But after that game, the match went on forever, with several side outs. It was tough to score a point. Hogan snared game two 6-11 and Yellen took game three 11-9.

Game four began with both players looking exhausted. Hogan won 11-4, but the score doesn't tell the story of the continuous side

outs and long periods of no scoring.

In the fifth game, Yellen scored with a pass to win 11-8.

In other semifinal action, Gonzalez beat Gregg Peck 11-8, 6-11, 5-11, 11-7, 11-8. Gonzalez took the first match by storm, only to be turned back, rather easily, by the more experienced Peck in games two and three. But Gonzalez started playing more consistently in the fourth game and then went on to win the fifth game 11-8.

In the quarterfinals, Hogan beat Don Thomas in three straight games, Yellen topped Jerry Hilecher in four, Gonzalez defeated Steve Lerner in the tiebreaker 11-3 and Gregg Peck was victorious over Bret Harnett in four.

A Star is Born in Houston

They had all come to dive, drive and defeat. The setting was an aspiring champion's dream. The talented hopefuls were present for the "open" audition at the AARA U.S. National Singles Championship in Houston, Texas. Close to 100 players tried out for the

part—1983 National Open Amateur Champion.

With the top seed in amateur racquetball abandoning his throne, a new star would soon be born. Taking advantage of the absence of defending champion Jack Newman and Corey Brysman, another favorite to take the title, unseeded Dan Ferris defeated Jim Cascio to capture center court and win the coveted title. The event was sponsored by Lite Beer from Miller, DP Leach and Penn Athletic Products Co.

Newman—along with Brysman—opted to compete in the Catalina Nationals in Illinois that same week. Their participation in the pro event forfeited their amateur status.

Ferris, who breezed through the draw to meet Cascio in the finals, suddenly appeared to show signs of overconfidence. In the first game, he suffered a 4-12 deficit but fought back with powerful backhand kills and pinches to win 21-14.

"I took a timeout when I was down and came back to score 12 points in a row," says Ferris. "I was playing too conservatively. I had to relax. I started pumping myself up and got my momentum going."

In the second game, the score was tied 11



Photos courtesy Lite Beer from Miller

With the top seed abdicating his throne, the stage was set for an "unknown" to make his debut in amateur competition. Above, unseeded Dan Ferris (right) did just that by defeating Jim Cascio with crisp kills and passing shots in the finals of the 1983 AARA National Singles.

TOURNAMENTS



Above, Cindy Baxter (right) chooses a forehand pinch game to recapture her 1981 AARA National Singles title by defeating Malia Kamahoahoa in a dramatic tiebreaker.

all. Cascio applied pressure and forced Ferris to skip and miss almost a half dozen points away. An avoidable hinder aided in the 12-21 defeat Ferris suffered.

In the tiebreaker, Ferris refused to let Cascio score and gained a 9-3 lead. However, the final points in the tiebreaker weren't going to be easy for Ferris to earn. Cascio matched the powerful backhand skill Ferris displayed earlier in the match with devastating backhand kills and passing shots of his own to narrow Ferris' lead to 9-7. In the end, it was Ferris who went on to win 11-7.

"He's a good defensive player," says Ferris. "He covers the court a little better than I thought he would."

"I kept my stamina and poise and went for it," he says. "I put a lot of hours into the preparation for this tournament in the last two months. I was able to keep my concentration and had very few mental lapses during the match."

To reach the finals Ferris beat Gary Mazaroff 21-8, 21-3 and Cascio defeated Evan Terry 21-15, 21-16.

In the quarterfinals, Ferris topped number one seeded Larry Fox in two games, Cascio won over Jack Nolan in two, Mazaroff beat Cliff Swain in three and Terry topped Scott St. Onge (no relation to Luke) in two.

In the women's finals, Cindy Baxter recaptured her 1981 National Open title by defeating Malia Kamahoahoa in the tiebreaker 11-1.

With the crowd on her side, Kamahoahoa caught Baxter by surprise in the first game. Using lob serves to conserve her energy, Kamahoahoa's powerful backhand and forehand kill shots controlled the rallies. Baxter relied on several time-outs to break Kamahoahoa's momentum but failed as Kamahoahoa went on to win 21-17.

But in the second game, it was Baxter who applied the pressure to win 21-10. In the tiebreaker Kamahoahoa began to tire. Her crisp kill shots that she hit for winners in the first game were now dying before they reached the front wall. Baxter went on to take advantage of Kamahoahoa's poor shot judgments and win the tiebreaker 11-1.

To reach the finals, Baxter defeated Marcy Lynch 21-2, 21-5. Kamahoahoa beat Marci Drexler 21-16, 21-19.

In the quarterfinals, Baxter won over Molly O'Brien in three games, Lynch topped Val Pease in two, Drexler defeated Carole George in three and Kamahoahoa topped Kathy Glovna in two.

In the men's B division, Mitch Nathanson won over Peter Wong 8-21, 21-17, 11-7. Mark Morrison defeated Dennis Aceto 21-12, 21-5 in the men's 25+ division. In the men's 30+ Joe Wirkus topped Gregg Maloley 16-21, 21-17, 11-8. John Hennen beat Ed Remen 21-17, 21-11 in the men's 35+ division. In the men's 40+ Jim Austin defeated Charlie Garfinkel 21-11, 21-10. Al Ferrari won over Steve Silverman 21-12,

21-17 in the men's 45+ division. In the men's 50+ division Bud Muehleisen defeated Jay Krevsky 21-17, 21-17, 21-9. Floyd Svensson topped Bud Held 21-14, 21-15 in the men's 55+ division. In the men's 60+ division, Svensson beat Earl Acuff 21-9, 20-21, 11-9. Luzell Wilde won over Ike Gumer 21-8, 21-8 in the men's 65+ division. In the wheelchair division Jim Leatherman topped Tony Dean 21-9, 21-11.

In the women's B division, Paula McDermott defeated Karen O'Neill 21-17, 21-2. Cindy Baxter topped Molly O'Brien 21-17, 21-14 in the women's 25+ division. In the women's 30+ division Brenda Loube defeated Helene Burden 20-21, 21-13, 11-9. Barb Tennesen won over Mildred Gwinn 21-3, 21-7 in the women's 35+ division. And in the women's 40+ division Renee Hebert beat Barb Smith 21-18, 21-8.

Etc.

- John Britos defeated Peter Britos and Traci Phillips topped Shizu Takayasu in the open finals of the 1983 Ektelon Hawaii Singles Championships in Oahu, Hawaii.

- Gerry Price beat Rich Wagner in the pro finals of the 4th Annual Crack Shooter Open in Cheyenne, Wyoming. Mario Ibarra topped Rick Keefer and Kay Wall defeated Mindy Cohen in the open finals.

- M. Smith defeated R. Green and R. Pascua topped L. Anderson in the open finals of the 3rd Annual McDonald's/Rock 92 Racquetball Classic in Escondido, California.

- John Lynch and Steve Mondry beat Jim Babbitt and Tom Golueke in the finals of the Illinois State Doubles Championships in Palatine.

- Norman Akau defeated Randy Lau and Traci Phillips topped Jane Wetzel in the open finals of the 1983 Hawaii State Racquetball Championships in Oahu, Hawaii.

- Mike Romo defeated Bobby Cocorran and Deb Swenson topped Lori Walsh in the open finals of the 2nd Annual Miller Lite Pro/Am.

- Peter Britos beat Jon Woodward and Claudia Mapes won over Cathy Mapes at the Ektelon-Pernod 1983 Championships in Van Nuys, Calif.

- Doug Ganim topped Dave Eagle and Laurie Thomas beat Judy McCullough at the Racquetball South Spring Open Tournament in Poland, Ohio.

- Gerry Price beat John Egerman and Darcy Lenz topped Barbara Gee at the DP Leach/Catalina Pro Am Northwest Series in Beaverton, Oregon.

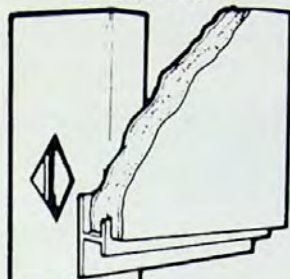
- Gerry Price topped Scott Oliver and Ms. Hauke defeated Ms. Dexter in the pro division finals of the Continental Racquetball Hawaiian Holidays Pro/Am in Oakland, California. Men's and women's pro division winners each received two round trip tickets plus accommodations for six days and five nights at the Hilton Hawaiian Village on the island of Oahu.



SPORTS

UNLIMITED

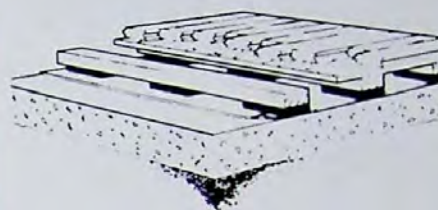
PRE-FINISHED PANEL SYSTEMS



MODUCOURT BUILDING SYSTEMS



HARDWOOD FLOOR SYSTEMS



Largest contractor of
racquetball courts in the U.S.A.

★ Commercial Buildings
★ Racquetball Courts

★ Racquetball ★ Floor Refinishing
★ Gymnasium Floor

FOR MORE INFORMATION CALL 1-800-654-6810

(OKLAHOMA CALL (405) 624-1252)

SPORTS UNLIMITED

P. O. Box 1207

Stillwater, OK 74076

IN CANADA:

**Canadian Racquet
Sports Equipment Ltd.**

10021 - 169 Street
Edmonton, Alberta, Canada
T5P 4M9

Phone: (403) 483-5149
Telex: 03742560

FOR PEOPLE OF EXTRAORDINARY LIFESTYLES..



A. Sleeveless T-Shirt. Hottest style in powder blue/red logo or khaki/red logo. S.M.L. **\$7.95**

Beverly Hills
RACQUET CLUB®

Join the Beverly Hills Racquet Club. Combine prestige and comfort with this "beautiful people" action wear. Racquet not required for membership.



B. Long Sleeve Sweat Suit. This popular style in pink/red logo or khaki/red logo. S.M.L. **\$12.95.** Matching pants S.M.L. **\$14.95**

C. Sleeveless Vest Sweat Suit. Latest style in white/red logo. Features zippered front with pouch pockets. Complete outfit **\$27.95** Top only **\$16.95** Pants only **\$14.95.**



D. Classic Sports Shirt. Top quality shirt in navy/red logo or khaki/red logo S.M.L.XL **\$15.95**

Beverly Hills Racquet Club, 1480 Monterey Pass Rd., Monterey Park, CA 91754

Quantity	Description (color/size)	Unit Price	Total
		Calif. add 6½% sales tax	
		Add \$1.50 for shipping plus 50¢ for each additional item	
		TOTAL AMOUNT	

Name _____

Address _____

City _____

State _____

Zip _____

Court Cocktails?



Hundreds of racquet sport enthusiasts got their first taste of Midori Melonball (both the new game and the cocktail, Midori Melon Liqueur) during a recent convention of the International Racquet Sports Association in Las Vegas.

The makers of Midori Melon Liqueur are introducing this spirited new game at racquet and tennis clubs throughout the northeast. Midori Melonball is described by its creators as a madcap mix of tennis, dodgeball and volleyball. Players must dodge the green Melonball in order to let it bounce before returning.

Midori is offering a Melonball kit to participating clubs for \$89.99. The kit includes 24 Midori T-shirts, two official Midori Melonballs, rules of play, posters, two Midori drink-mixing jugs and recipes for mixed drinks made with Midori Melon Liqueur (equal parts of Midori Liqueur, Suntory Vodka and orange juice).

Price of the kit will be refunded to any club that sends a photo of its Midori Melonball party to Midori Melonball, P.O. Box 1669, Grand Central Station, New York, N.Y. 10163.

Shorts and Shirt Set

EQ Enterprises has expanded its sportswear line. "Attackwear" shorts are available to match grey EQ T-shirts with the futuristic racquetball player design. These 100 percent nylon shorts feature full brief liner plus an inside key pocket.

Attackwear T-shirts and shorts are unisex. The T-shirts are grey and the logo is



coordinated with shorts in the following colors: black, navy blue, royal blue, kelly green, red, yellow, white and burgundy.

Suggested retail price for T-shirts is **\$6.95** and shorts are priced at **\$9.95**. T-shirt and short sets are **\$15.95** plus \$1.50 for postage and handling. Wholesale inquiries invited.

To order, send check or money order to EQ Enterprises, 17871 N.E. 19th Ave., North Miami Beach, Florida 33162. Allow two to three weeks delivery. Suggest second or third color choice.

Aerobic Album

The "Diet Pepsi Aerobic Program" album is designed to help players shape up for racquetball. The album was created to provide players with a medically supervised workout program. The program was developed under the guidance of a team of doctors and exercise physiologists.

The 30-minute exercise program includes ten award-winning songs, voice-over commands and an illustrated 22 x 40 inch wall poster with more than 50 different exercise movements. Songs on the album include: "Theme From Dallas," "Superman II," "Eye of the Tiger" and "Chariots of Fire."

Suggested retail price is **\$7.98** plus \$1 per album ordered for postage and handling. For further information contact The Monkey Business Group, P.O. Box 21288, Nashville, Tenn. or phone (615) 646-3335.



Penn Catalog

The new Penn Athletic Products Company catalog is available from the nation's largest manufacturer of racquetball and tennis balls.

The 12-page, full-color booklet describes Penn's racquetball and tennis products, accessories and tournament materials.

Free copies of the catalog may be obtained by writing to Penn Athletic Products Company, World Headquarters, Parkvale Building Suite 400, 4220 William Penn Highway, Monroeville, Pennsylvania 15146.

Toning Up for Tournaments



The Family Gym is the first stationary exercise equipment designed for all members of the family, from pre-teen to elderly.

The gym is targeted for the more than 83 million families who want the convenience of toning up their bodies at home without making trips to the health spa.

More than 100 exercises can be completed on the Family Gym. Each model is adjustable and features chrome or zinc plated steel construction and textured, padded vinyl seats. The units are lightweight and require no attachments to walls or floors and are easy to assemble.

The lower incline levels on the Family Gym are ideal for body toning. Each

higher setting on the gym increases resistance by about ten percent. Each up and down movement on the Family Gym takes about four seconds, meaning some 30 repetitions of an individual exercise can be completed in about two minutes—enough for any person beginning an exercise program.

The Family Gym comes in three models: Model 1265 ("The Conditioner"), Model 960 ("The Challenger") and Model 340 ("The Trimmer"), the smallest of the three.

Suggested retail price for the top-of-the-line model is **\$249**. Other models are priced between **\$139** and **\$189**. For further information contact Arkla Industries Inc., P.O. Box 534, Evansville, Indiana 47704 or phone (812) 424-3331.

Fashionable Footwear

Etonic has added a new shoe to its series of racquetball footwear—a leather Reactor.

The new Reactor features supple Nu Buk leather uppers, stitched and cemented outsole with specially-designed tread for traction and suede toe reinforcements.

The rear foot lacing system insures a snug fit and the leather heel counter allows for sound performance. A thickly padded tongue and collar, together with a terry insole and arch support, cushion the foot from jarring impact.

The Reactor's brushed leather features a smooth, buttery feel. The men's style, available in sizes 6 to 12 and 13, is



accented with a navy Z-bar and heel tab. The women's shoe features white accents and is available in sizes 5 to 10.

The Reactor is available for a suggested retail price of **\$34.95**. For further information contact Etonic Inc. in Brockton, Massachusetts.



Run...For the BEST Of Your Life!

Get together with someone you love and celebrate Running & Fitness Day, October 8, 1983! There will be fun runs, races, fitness festivals, and lots of other things to keep your whole family busy!

For more information contact the American Running and Fitness Association, 2420 K Street, N.W., Washington, D.C. 20037, (202) 965-3430.

Running & Fitness Day
October 8, 1983

How To Talk To Women!

Now On Cassette!



Do you get tongue-tied around attractive women...worry you're not good-looking enough?

Well, world famous author Eric Weber is here to help with an amazing 90 minute cassette of his highly acclaimed New York City course, "HOW TO MEET NEW WOMEN." You will learn • How to "break the ice" with women. • How to make a woman feel warm

and loving toward you. • Why the most Beautiful Women are often the easiest to meet • How to get women to approach you • Conversation openers that don't sound corny or foolish • The unexpected meeting places where women always outnumber men • And so much more!

Thousands of men have already paid \$25 to attend Eric Weber's seminars. Now for only \$12.95, you can have the best of his teachings on cassette for use in the privacy of your own home, to build that extra bit of confidence. So order right now. Within days you'll be the kind of guy who can charm any woman he wants without even trying.

To order "HOW TO MEET NEW WOMEN," send just \$12.95 plus \$2.00 shipping to:

SYMPHONY PRESS, INC.

Dept. RC-5 P.O. Box 515, Tenafly, NJ 07670.

MC and VISA accepted. Cardholders may also order by phone. Call toll-free anytime 800-631-2560. Books arrive in 1-3 weeks. Canadians add 20%.

Name _____
Street _____
City _____
State, Zip _____

While you're at it, send me Eric Weber's classic bestselling book, HOW TO PICK UP GIRLS. I've enclosed an additional \$12.95 plus \$2.00 shipping.



**"SOMEHOW I GET THE FEELING THIS
ISN'T YOUR GAME SID!"**

The Next Shot

Take a Swing At It

Our annual racquet guide features a preview of the 1984 racquets available in graphite, aluminum and fiberglass.

A Tale of Two Tours

An in-depth feature looks at the Association of Racquetball Professionals (ARP) and the Professional Racquetball Organization (PRO), two new players' associations.

The \$2 Million Man

Find out how Marty Hogan combined business with pleasure to become racquetball's only millionaire.

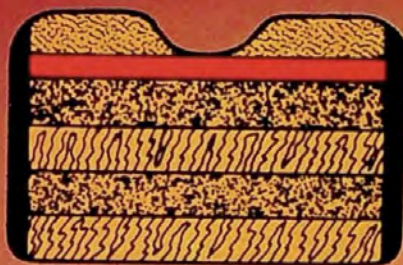
Southpaw Service Strategies

Famous pro southpaws Bret Harnett and Craig McCoy offer serving tips on how to improve a lefty's game.

The New Control Game

See how well-known control players like Mike Yellen, Rich Wagner and Gregg Peck can improve your control game.

The Answer.



The Graphite 260, cross section:
A unique lamination of
maple, ash, bamboo
and graphite.



Racquet
weight 245 grams.

If you've been looking for a racquet that will complement your game, look no further ... The new Graphite 260 from DP Leach is the answer to your needs.

The Graphite 260 features an ingenious combination of maple, ash, bamboo and graphite laminates, resulting in a light yet powerful racquet. This handsomely designed racquet is shipped with an attractive cover that matches the brilliant three-color racquet frame. In addition to all of these outstanding features, the Graphite 260 also has a contour-molded bumper guard for added racquet protection.

The Graphite 260. The answer you've been looking for.

DP[®] LEACH
Fit for Life 



Playing with an erratic racquetball is like shooting pool during an earthquake. Either way, you're holding yourself back. And guessing a lot.

Since 1979, there's been a lot less guessing. That's the year the Penn® Ultra-blue first appeared. The year players discovered consistent performance—from their ball, and from their own game.

Since then, Penn has quickly become America's number one racquetball—going from nowhere to everywhere at courts and in major tournaments around the country. Virtually overnight.

It wasn't done with inflated claims or false promises. It was earned. With liveliness, durability, and Penn's now-famous consistency. With quality that made Penn the performance standard.

So invest in a can. You might discover you're a better player than you think.

NO OTHER BALL CAN TELL YOU HOW GOOD YOU ARE.

