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SEPTEMBER / OCTOBER 1978

VOL. 1 NO. 3

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EDITOR'S LETTER

One of the most fascinating things we can do is watch the development and the progress of an individual through a career period. This applies equally to horse races, business ventures, sports events, or a lifetime of human involvement.

Certainly, the recent Nationals held in Michigan proved one of the most intriguing periods of this entire sport.

Here we saw individuals come from lesser rankings to take positions far above their former places. Here we found those persons who had made little or no showing find a spot which should indicate a future much richer than one would have believed by their prior performances. We also found others who were not at a point in their personal evolution which would enable them to retain positions which they had achieved in previous meets. But, that's the very reason for the playoffs, isn't it? Why else would we have horse races? Why should we have an Olympics every four years? Why should there be any contest, if we don't have that desire to find out by trial just which individual is the best at that moment in time?

'That moment in time' is the key phrase. The fact that this or that random moment is chosen for the contest must have a great bearing on the outcome. The fact that the individual has chosen to prepare and present himself in this or that manner weighs equally in the balance. And yet, how many champions have been made or defeated by a simple toss of the coin. What role does fate play in the conclusion? Noman creates his own destiny. None of us is strong enough or wise enough to even pretend that we really are the masters of our fate...our souls perhaps...but not our fate. There are too many factors in this complex world for us to manage...too many variables and unknowns. There is always the 'X' factor which must be allowed for. This unknown quantity can be relied upon in only one manner...to remain the unexpected and the unknown.

But, that's part of the fun of it all, too. If we could prepare a failproof scheme...if we could devise an absolutely predictable tomorrow...there would be no challenge remaining. There would be little use of staying around for tomorrow...we would already know what it has to hold.

• • •

Fact: Bledsoe was the defending champion.

Fact: Hogan was the strongest contender for that position.

Fact: Bledsoe prepared himself to meet Hogan's style and playing techniques.

Fact: Enter the "X" factor...the NRC Junior champion Bledsoe drew in the round of 32's.

Fact: The Junior champion defeated Bledsoe, knocking him out of the contest at that point.

Fact: Bledsoe never got to meet Hogan at the nationals.

Fact: We will never know whether Bledsoe's preparation was so intensely tuned to the one man he knew would be the main challenger that it precluded the possibility that another style might prove equally formidable, or whether Bledsoe was simply off his game that day, or, if he was just not up to it.

Fact: We will never know whether Bledsoe's preparation could have defeated Hogan at that point in time.

Fact: We do know that Bledsoe came back a few days later at a three-walled court in Costa Mesa, California, to defeat Hogan there.

So, what do we know? We know that we do not know and that is a positive position in itself. We know that the people who make it to the nationals are the finest players this country can produce. We know that these are some of the most exciting and fascinating games held anywhere. We know there is no sport more demanding and unpredictable than racquetball.

We especially wish to congratulate the two youthful new champions: Marty Hogan and Shannon Wright. To have achieved such positions at their early ages certainly presages long and successful careers. It also serves to denote the vigorous and dedicated lifestyles they maintain. The long hours of difficult and strenuous practice and the rigors of intensive training show through their champion form and abilities. A toast to Marty and Shannon: May your successes always reflect your desires.



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LETTERS

Dear Mr. Shultz,

I would like to say your magazine is very good and enjoyable.

I want to thank you very much for the nice story you had on me. I truly want to thank you for the bold print of "P.S. We Love You", because that is truly the way I feel about racquetball and the people involved in it. I can't really put into words how great the people are that I've met and played with in racquetball. It has enriched my life.

Thanks again, and Best Wishes Always,

Peg Steding

Dear Doctor Scott:

I enjoyed reading your article on eye injuries. I practice ophthalmology and plastic and reconstructive surgery of the eye, so I'm particularly aware of cuts and bruises around the head and eyes, the most common racquetball injuries I see. Here in California where everybody seems to be playing Racquetball, I recently saw a physician who was hit in the eye with a racquetball, but fortunately it was not a serious injury. He is now converted to wearing good eye guards. I recommend them highly; damage to the eyes can be devastating and is totally avoidable.

Sincerely,

David F. Kamin, M.D.
Encino, California

Dear Doctor Scott:

What do you think about Dr. Costill's idea about drinking a cup of coffee before competing in sports? Will it give me more energy and improve my performance?

Tom Matsumoto
Tokyo, Japan

Dear Tom:

Dr. David Costill is the director of the Human Performance Laboratory at Ball State University in Muncie, Indiana. His work in exercise physiology is considered to be outstanding and very reliable. Writing in the *Journal of Applied Physiology* in 1977, he said that his research has shown that drinking one cup of strong coffee one hour before exercising leads to a marked improvement in per-

formance and stamina through the use of high energy fat in the body and sparing glycogen. I commented on this in my article on nutrition in the June issue of *Racquetball Illustrated*. Dr. Costill says that the caffeine stimulates the sympathetic nervous system and presents the muscles with elevated levels of free fatty acids at the start of exercise, allowing them to burn high energy fat and spare glycogen. But, he cautions that this is just to be done once, an hour before starting. If you have any further questions, I'll be happy to try to answer them. Write to me at this address:

Robert S. Scott, M.D.
So. Calif. Women's Medical Group
11600 Wilshire Boulevard
West Los Angeles, California 90025

Gentlemen:

While on a recent business trip I picked up a copy of your publication at O'Hare airport in Chicago, I'm impressed! Being an avid tennis player for the past three years I must admit that I was reluctant to play a lot of Racquetball due to all of the talk about it ruining one's tennis game. I was most interested in the John Newcombe story, which incidentally was the reason I bought the magazine in the first place, the legend really did ace the myth. I don't normally take the time to write letters to magazines, but recently I've become such a fan of racquetball, thanks to *Racquetball Illustrated*, that I wanted to share my excitement with you.

Jean Fontaine
New Orleans, Louisiana

Sirs:

While going through your last issue I was intrigued with your fashion layout. I hate to use the old cliché "Haven't I seen her someplace before?" but Brianne Leary looks very familiar to me and I don't know where I've seen her. Please enlighten me???

William O'Brien
York, PA

Brianne Leary should look familiar if you have ever watched "Baa Baa Black Sheep." She was one of the pretty ladies who joined Bob Conrad's cast near the end of the season. By the way, there's some strong talk around NBC that the show may come back on after the 1st of

the year—it could be announced by the time you read this.

Ed.

Dear Editor:

I've been playing tennis for eleven years and racquetball for three years. I have to agree with Mr. Newcombe. Being a better than average tennis player and fast becoming a better than average racquetball player, I can assure you that it isn't too difficult to learn two sets of reflexes. It is possible to chew gum and walk at the same time...

Peter Prei
Delevan, WI

You're right!

OOOPS!

In our last issue we neglected to say some important thank you's. We really meant to include them...but whether the gremlins came in the night and carried them away or whether they were simply lost in the shuffle...we'll never know.

In any event, we do wish to extend our thanks to the Century West Club in Century City for all the help and time they have given us. No one could have been nicer or made a greater effort to lend a hand in moments of need. For instance, the fashion layout and the Davey Bledsoe articles were both done at their facilities. So, we really were grateful and appreciative even though it didn't say so in print. They provided both court time and personnel to help with those needs.

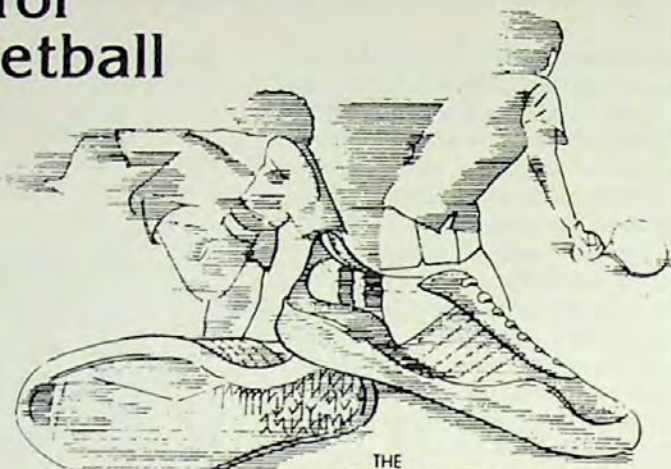
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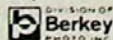
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Jennifer Harding... Class Under Glass

Story by Matthew Tekulsky

The scene: a racquetball court. A player prepares to serve as the receiver stands ready. Suddenly, the server strikes the ball and it crashes into the front wall. The point is on.

Scrambling, scurrying and swinging their way around the court, the players struggle furiously as the ball bounces in every direction. While the sound of squeaking sneakers and the boom of the ball echoes forth, the vibration of bodies banging into walls can be felt.

Finally, the server slams the ball with such force that it seems to hit the front wall instantly, about an inch above the floor. As the ball rolls out, the receiver dives for it in vain. The point is over, and the players resume their original positions.

To most women, this would seem strenuous, and it is. But that's just why they love racquetball. In fact, about 40% of all racquetball players are women.

One of them is Jennifer Harding, the number two female player in the country.

"Women are always told to stay home and that it's masculine to go out and perspire and exercise," says Harding. "But there's got to be a change of thought in people's minds."

"It's been my fight since I've been a little kid. I've always wanted to be outside and yet, I was defined as a tomboy when I was little. Probably by men."

Well, she's anything but a tomboy now. She's an attractive 26 year-old who's been married for five years. Does she feel a woman can be feminine and play racquetball?

"I hope so," she jokes. "Looking feminine has always been important to me in sports. My hair used to be very long, and it's a hassle to have long hair and be in competitive sports. But I did it to prove to people that you could be a woman and still want to be physically fit."

"That's why I'm so big on Ektelon, because they keep pushing and pushing to get women out there who look like women. If you wear a dress, the ball's going to catch on it half the time and there'll be hinders constantly. But the shorts and shirt don't have to look like a man's. And girls don't fit into stuff that's



cut for guys. It just doesn't work."

One thing that does work is Harding's racquetball game and for her that has made all the difference. When she began playing racquetball back in 1970, she was a dental hygienist and a tax preparer in Milwaukie, Oregon.

"Now," she explains, "racquetball has become so much more important and exciting that those two things have been put aside. Even though it took a lot of schooling and that kind of thing, it's all gone."

Indeed, racquetball means a lot to her.

"It's invigorating," she says, "and I love to come out feeling exhausted after running all over the court. Also, you have to think racquetball. Every time you play you have to figure out how you're going to beat that person. Could my backhand drive beat them? Are they weak on this serve? And in doubles, you have to figure out how to beat two people by looking at what's working and what isn't."

Another aspect of racquetball that Harding enjoys is being around people who like to stay in shape and be healthy. Furthermore, by being on the racquetball tour she's had an opportunity to travel, make friends all over the country and earn prize money.

Although first place for some of the

women's events this year is running toward \$1,000, Harding would like it higher, considering the fact that the men often get \$4,000.

"The men's first place gets as much as all the women together," she says, "but it costs us just as much to go to the tournaments and we work just as hard to play. We can't play at the level the men can, any more than women tennis players can, but I think the money could be closer to equal. I wouldn't call us four-to-one."

In addition to thinking and making money on the racquetball court, Harding is doing those very same things off the court, as one of the few female racquetball court club managers in the country.

"I feel like more of a pioneer in the court club business than as a player," she says, "and that is exciting to me."

Why are there so few women managers?

"Probably because they don't think women can do it," Harding replies.

But they obviously can. Right now, on top of managing two clubs, Harding has her own corporation that does court consulting, clinics and even interior design work. She makes a mental note of every facility she visits, and her goal is to be in an ownership position of a few clubs.

"Racquetball clubs make a lot of money," she says, "and I've had quite a few offers in the last year because I have experience in it."

"There are steps to building clubs; picking site locations and getting financing, which is the biggest problem. But that makes a neat goal for me, and this business is so new that no one can say, 'Don't try it.'"

Harding is as optimistic about the future of other women in racquetball as she is about her own.

"It's just a matter of getting more exposure," she says, "and as the women's tour becomes more important, more of the young girls will get involved."

"Since the women aren't as strong or as accurate as the men, a lot of people prefer watching us. It's like what happened in men's tennis with the serve—it got very boring because it was a serve



Equally well known for her teaching techniques and her professional prowess, Jennifer is respected by both her students and her opponents. The racquetball camps she conducts around the country turn out fine players. From the correct grip and stance to the game, she passes along excellent advice making her in constant demand.





and it was over. Well, most people can't see themselves hitting eight serves in a row, so they can relate more to the women."

Moreover, women are an important ingredient on a club level, as Harding explains:

"The court club owners found out very quickly that if they didn't get the women in during the non-prime time segment of the day, they didn't do as well. Also, there's a tremendous market in clothing and women are the ones who are really into fashion."

Considering her achievements and activities, is it possible for Jennifer Harding to lead a normal life?

"Yes, I think so," she says. "Being a woman, it's probably a little more abnormal to have the man accept the fact that you're the one who's traveling around, but I think you can."

"My husband's a high school vice-principal, and he's all for it. A lot of guys wouldn't be. They'd be jealous. But he has his things that he excels in and mine happens to be in a sport that happened to become a business involvement."

"I enjoy cooking, but I don't cook much. I'd rather work an extra hour and go out to dinner. Anyway, I certainly don't feel like I'm missing anything right now. I'm enjoying what I'm doing so much."



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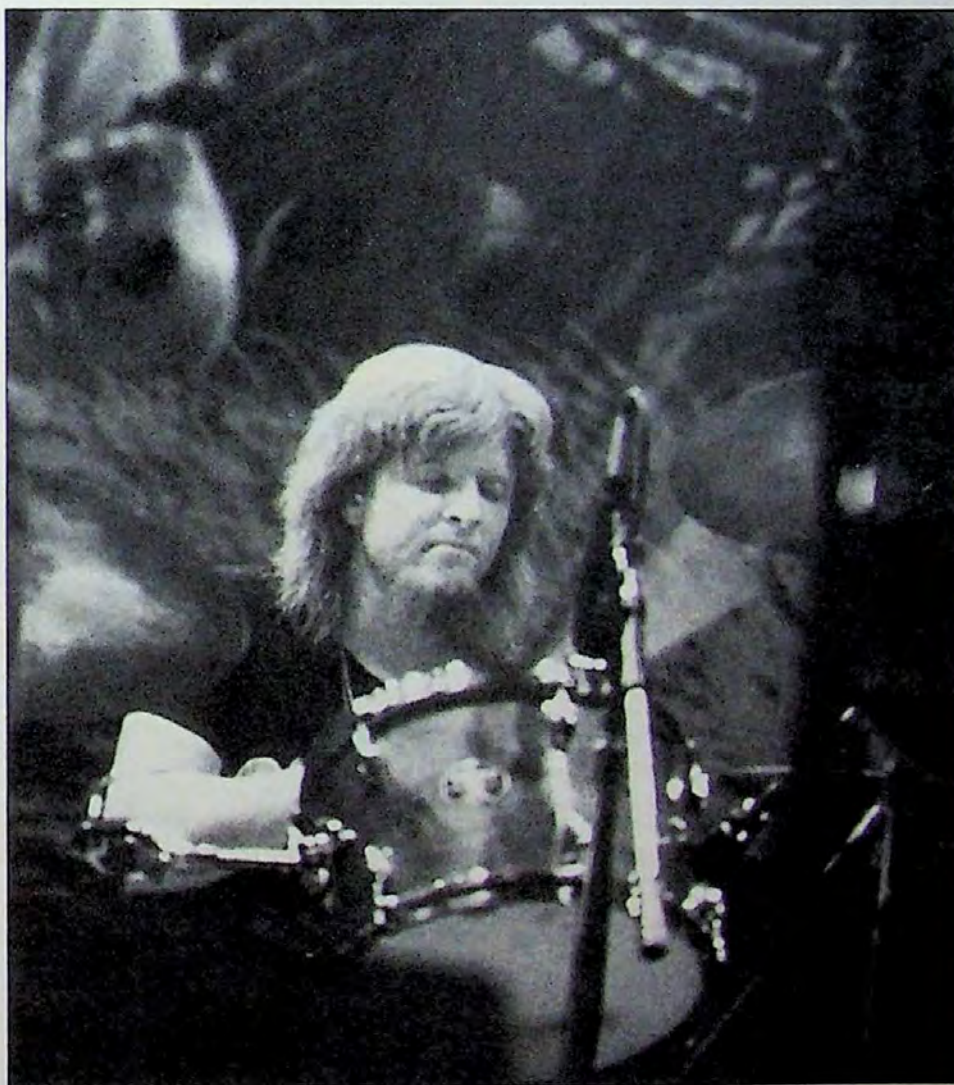
Story by Mark Pucci

"Five years ago," states Paul Riddle, drummer for The Marshall Tucker Band, "we'd play a 45 minute set, and I'd be dead. Now, we usually go about two hours, and I'm hardly even tired. You'd think that being older I'd have less stamina, but that's not the case."

Legendary Spanish explorer Ponce De Leon might have discovered his Fountain of Youth near a Florida spring, but Paul, member of one of rock's most commercially successful bands, found his magic potion at a somewhat less glamorous spot—the YMCA racquetball court located in his home town, Spartanburg, South Carolina. The city of 55,000 is base for the other five Tuckers as well.

Riddle credits his initial exposure and training in the sport to his father-in-law, Paul "Doc" Burrell. A former South Carolina state single masters handball champ, Burrell "had been playing his main sport for over thirty years and racquetball for five. Then, about five years ago, my wife got me a membership in the Y where I started racquetball lessons from my father-in-law. I couldn't really play handball because of my profession; a drummer is no good with broken fingers."

After a week or two of initial befuddlement ("learning all the correct angles and where to stand") Paul began to catch on. By his own admission though, he's never been a full time player, his musical aggregation's constant touring demands and recording schedule obviously take first priority. Yet despite the sheer volume of road work a group with six "gold" and two "platinum" albums must



Paul Riddle is the heartbeat of the band.

photos by Herb Kossover

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undertake, enough pauses are written into the tour sked to provide welcome down time for the busy sextet.

All other Tuckerites have ardent hobbies. Lead guitarist Toy Caldwell raises prize Arabian horses; his brother, bassist Tommy Caldwell, collects guns and is also an avid golfer; reedman Jerry Eubanks races dirt bikes; rhythm guitarist George McCorkle and vocalist Doug Gray drive hot rods at area speedways.

The leisure-time interests of the other Marshall Tucker members provide welcome mental relief from the creative and business pressures inevitable in their line of work, yet in Paul Riddle's case, his racquetball activity is directly related to the quality of his performance on drums.

"Racquetball keeps me physically in shape," reveals Riddle. "I use some of the same muscles both in drumming and in the game. Some drummers come off the road or finish a set all fallen apart, but I'm not muscle sore. I feel physically strong, and also this has made me a better drummer. The muscular stamina you develop in racquetball helps with my endurance on single stroke rolls, for example."

Paul readily admits that as of now, he hasn't acquired the degree of competitive skill that he aspires to, but "it's coming. If I'm home for at least ten days, I try to play three or four times. We have some good players here at the Y, and when you go against them, it's great training. One guy, Larry Gammons, is the best in this city, and this lady, Cheryl Jarrett, has been state women's champ for three years in a row. She's got great form on the court, and I've picked up a lot of tips from her."

Occasionally, when road itinerary permits, Paul will also seek out competition in distant locales. He specifically looks forward to Chicago visits, not only for their arena-cramming concerts, but for "a chance to play against John Jennings. John is an old friend of mine from Spartanburg who lives up there now, and has gotten so good at racquetball that he's ranked, and often competes against many of the very top players."

An intense performer both on stage and on court, Paul is nevertheless realistic enough to assess both his strengths and weaknesses in racquetball. "I need some work on my forehand. Sometimes I hit it real stiff-armed, like a tennis stroke. If you hit it stiff, you can't get any power. I know I should snap my wrist and cock it through, but all those things will come in time."

"If I do have a strong point though," says Paul, it's that I'm more of a power hitter. Now don't get me wrong, I'm no Marty Hogan. He serves at 140 miles per hour, and I doubt if I hit 90. Yet I feel



(above) Paul works on his backhand for hours.
 (right) THE BAND: Jerry Eubanks, Tommy Caldwell, Paul Riddle, Toy Caldwell, George McCorkle, and Doug Gray.
 (below) "One of the most important parts of the game is the pre-warm-up...especially if you have a sit-down job."

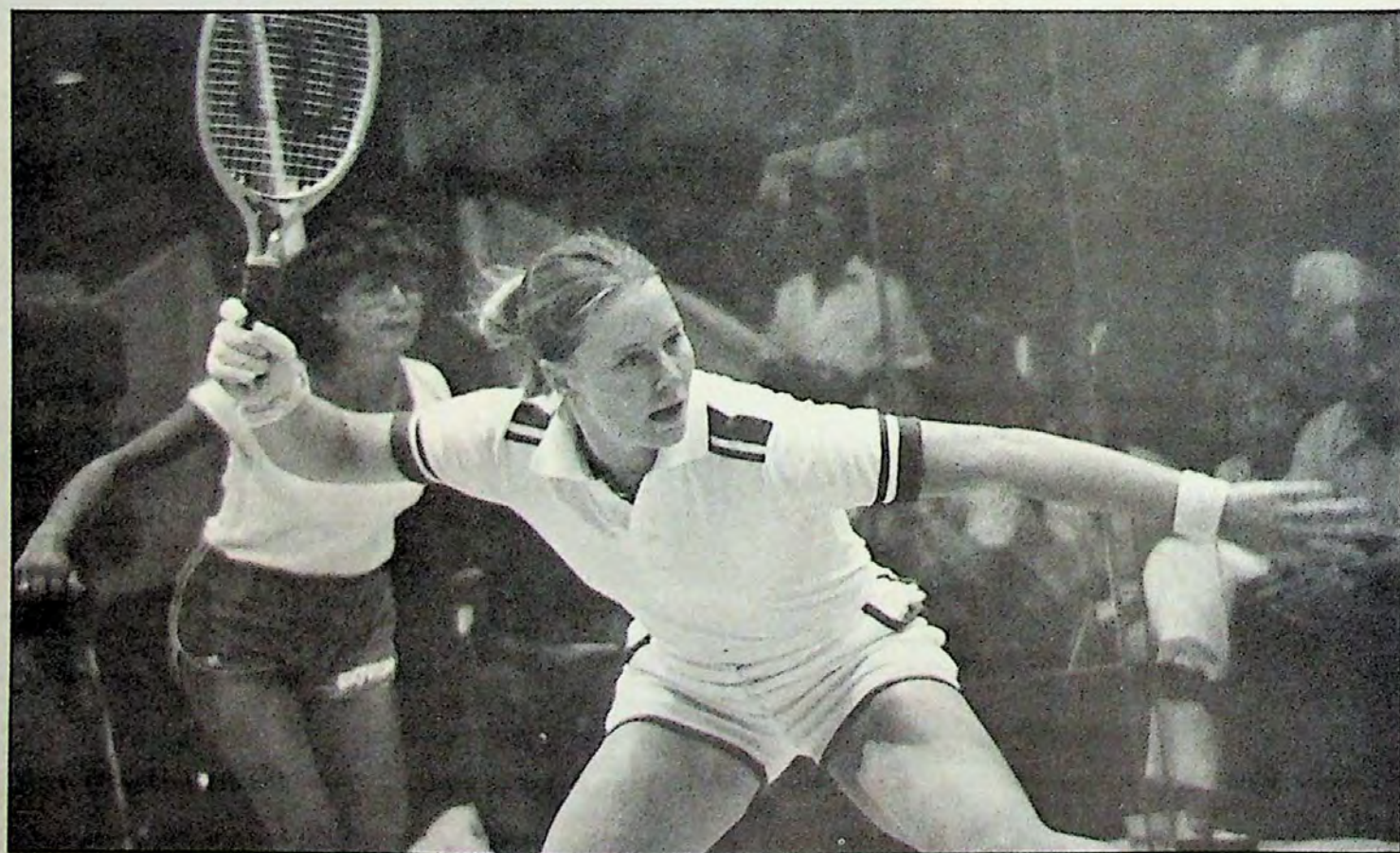


more comfortable playing a power game than one based on finesse."

For that reason, Paul uses an Ektelon Beaumark racquet, which in Riddle's judgement, "is more of a heavier racquet for a power hitter." He also favors Champion Model 610 gloves, "for their durability."

Combined with a running program which mandates seven miles of jogging every other day when at home, racquetball is a key factor in Riddle's excellent physical shape. Paul notes that "Elvin Jones, who is a great jazz player, once said that drummers were athletes. That's so true. Sometimes, you'll find pudgy, out of shape keyboard players, but hardly ever a drummer. Look at Buddy Rich. He's sixty-two years old, and still works out in karate."

For Paul, however, the bottom line represents a genuine love for the sport as "a release from tension. I like the simplicity of the game. That's why I always look forward to it when we're off the road."



NRC Nationals

The Bitter-Sweet Scene at Lemontree

Staff Report

More than 720 players convened in Detroit from June 17 through 24 for the NRC National Championships, and by the time the last ball had rolled out the biggest winners, as expected, were Marty Hogan and Shannon Wright. But a lot of young players also distinguished themselves, serving notice that their day is approaching.

Hogan charged through the men's professional division without really having to break into a sweat until he met Charlie Brumfield in the finals. He came back from 16-20 deficit to sweep the finals from Brumfield 21-16 and 21-20.

Brumfield himself was an interesting character at the 1978 championships, resorting to every device in his arsenal of weapons to make it to the Hogan match. And he needed them all to get by young Mike Yellen in the semis. It was a match that many will remember for a long time.

The 18-year-old Yellen, a recent graduate from Southfield High School outside of Detroit, was playing in the biggest tournament of his young (six-month) professional career and before a hometown crowd, he rose to the occasion, destroying his round of 32 opponents and scoring major upsets against Craig McCoy and Jerry Hilecher to get to Brumfield.

But, with double match point against him, Brumfield marshalled his considerable talents and capitalized on two controversial calls against Yellen to get past the youngster.

Despite the loss, Yellen was one of the tournament's biggest winners, going home with a newly won reputation as one of the pro tour's outstanding players and a solid threat for national honors in years to come.

Among the lady pros, the results were equally predictable. Shannon Wright defeated

Jennifer Harding 21-3, 21-8 in the finals, Janell Marriott 21-20, 21-3 in the semis and Rita Hoff 21-4, 21-10 in the quarters to steamroll to her second consecutive national championship.

But Hogan, Wright and Yellen weren't the only players to distinguish themselves among the pros. Karin Walton defeated perennial champ Peggy Steding and put up a gallant fight before falling to Harding in the semis. Rita Hoff demolished Sarah Green 21-3, and 21-8 before meeting Shannon and Martha Byrd McDonald took Janell Marriott to a three game tiebreaker before she too was eliminated in later rounds.

Ben Koltun was another young player who showed his talents and who will have to be reckoned with for several years to come. He advanced to the semis before losing to Hogan.

On the other hand, the biggest disappointment of the tournament was the showing of defending national champion Davey Bledsoe who went out in the round-of-32 to amateur Larry Meyers, last year's NRC Junior champion.

Possibly the most exciting division at this year's Nationals was the Men's Open where 82 players vied for the distinction of being called the best amateur racquetball player in the country. In another match that went to a three game tiebreaker, it was 23-year-old San Diego CPA Jeff Bowman, who fought off a challenge by Bobby Bolan during double match point to cop the national honors. Along the route, Bowman upset IRA National Open Champion Lindsey Myers, the pre-tournament favorite, who had hoped to duplicate the feat accomplished by Jerry Zuckerman who swept

Continued on page 23

NRC Nationals

1



1. Shannon Wright(l) has Jennifer Harding(r) on the run in this fast paced moment in the finals. Shannon blasted her way through the match to retain her title.

2. This is the type of power-house serve Shannon delivers to make points.....

3. Marty Hogan readies to pound another dynamite serve to Charlie Brumfield. In a hard fought contest Hogan kept his pace and power to defeat Brumfield and take the title.

4. In the semi-final round Shannon Wright(l) keeps Janell Marriot on the run to make it one step closer to the finals.

5. Rich Wagner moves in fast to the dismay of Hogan who found himself belly down on the floor. Wagner's attempts met with little success as Hogan took the round.

6. During the final round Brumfield goes high to return one to Hogan. This type of playing has earned Brumfield the fame he justly deserves.

7. In the Men's Amateur Open Bobby Bolan(l) drops it to Jeff Bowman whose power payed off.

8. Moving faster than the camera can record, Ben Koltun slams one in his semi-final with Hogan.

9. In the Men's quarter-finals Ric Dern(l) goes against Gary Berberet(r).

10. Airborne for an instant, Alicia Moore(l) drives one hard against an apparently dismayed Linda Prefontaine(r).



5



3



4



6



7



8

11. Sue Carow flies through the air to make her 'get' against Judy Thompson in the final round of the Women's Senior division.



9



10



11

NRC Nationals



1. Jeff Bowman's mother gives her son his due after he wins amateur champion title.
2. Sam Rizzio(60) and Jimmy DiVito(62) perennial doubles champions in the Golden Masters division.
3. Jay Krevsky, runner-up to Dr. Bud in the Master's single competition, and his son, Solly, admire dad's new trophy.
4. Marty Hogan receiving congratulations from Charles Drake of Leach Industries.
5. Janell Marriot inspects pendant award for "Sportsman of the Year" Sarah Green. Steve Serot was men's winner of this first time given honor.

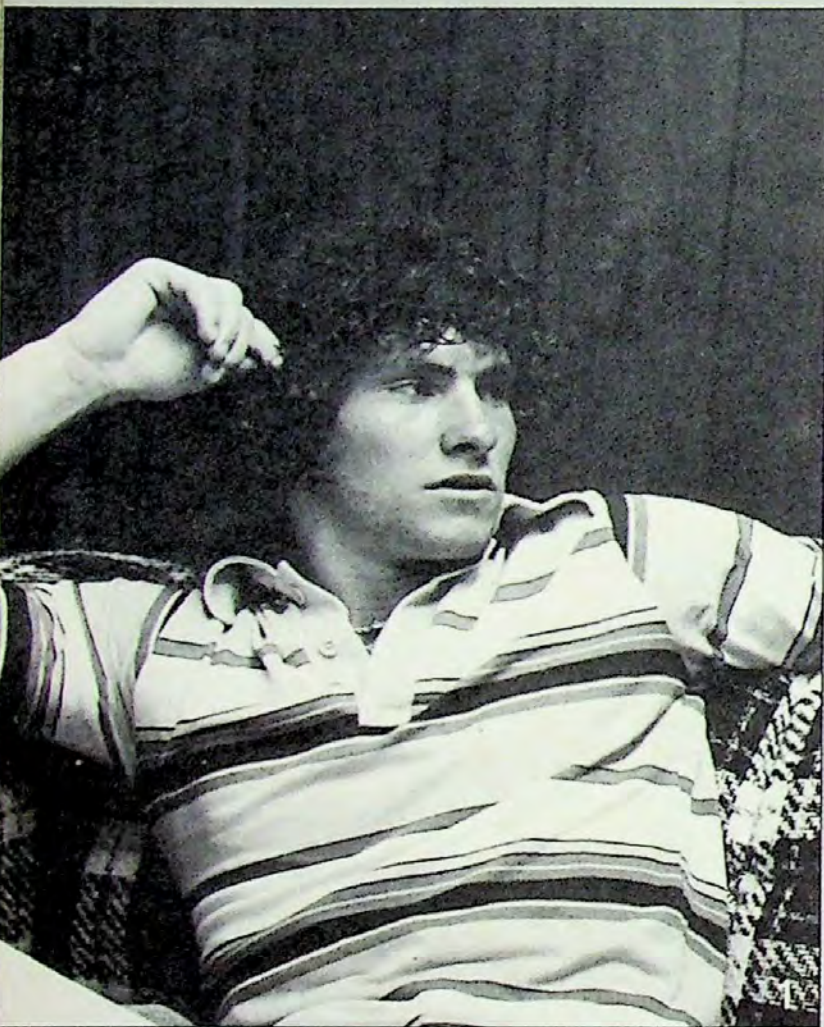


- 6. Surrounded by trophies are Bob Kendler, founder and president of USRA/NRC, and Charlie Brumfield, many times champ.
- 7. Chuck Leve, National Director USRA, Marty Hogan, and Bob Coate of Seamco take center court.
- 8. Peggy Steding(l) shows Marci Greer(r) (14th ranked women's player) cup given her symbolizing her two National Racquetball titles.
- 9. Mrs. Sweeney, Shannon Wright's grandmother, shares the champion's joy.
- 10. Tom Street, president of the Illinois Racquetball Association, serves as an intent linesman during one of the final round matches.

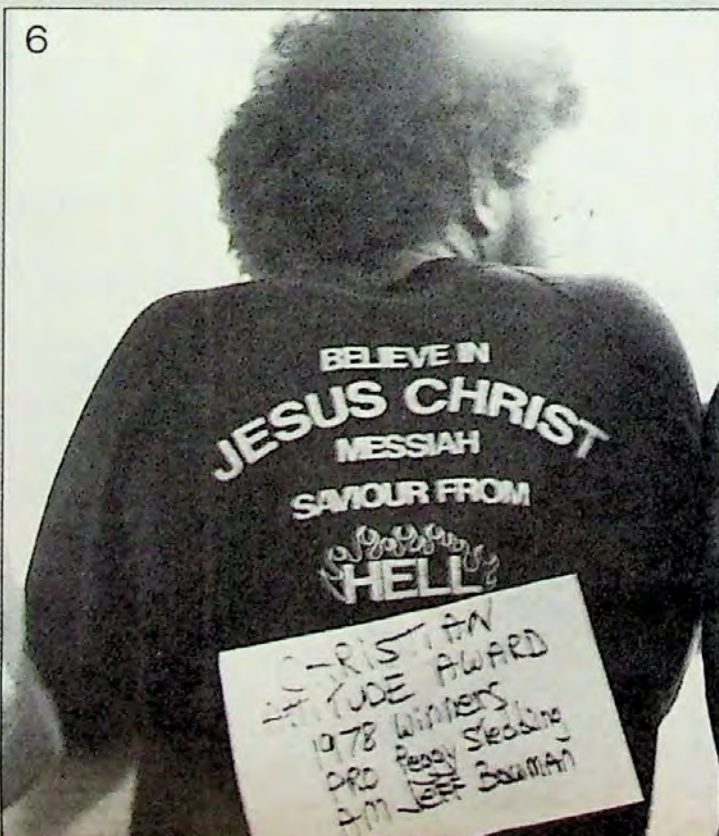


NRC Nationals

1. An almost pensive Hogan after the match.
2. Sue Carow and 12 year old son, Chris...mid-match.
3. Ben Koltun, demolished by Hogan in semi-final round gets his spirits lifted by Sheila Overcast, top ranked California amateur.



4. Frank Rodrigues and Dennis Lose far from the crowd.
5. A fatigued Charlie Brumfield after losing to Hogan.
6. And for some it was a little bit of Heaven.





Continued from page 17

both the IRA and NRC national amateur titles in 1977.

Strong showings in the Men's Open were also made by Donny Thomas, Eric Campbell and Gary Berberet.

Victory in the Ladies' Open Division went to San Francisco's Alicia Moore. Moore, manager of the San Francisco Bay Club squeaked by Linda Prefontaine 21-18, 18-21 and 11-6 to win her first national championship. Ironically, the Moore-Prefontaine match-up and score were a repeat of the USRA Western Regionals.

In the Men's Senior Division, two-time national champion Bill Schmidtke, making his debut with the older set, defeated Jim Austin of Houston, Texas to being yet another trophy home to Apple Valley, Minnesota.

In Men's Senior Doubles, it was Charlie "The Gar" Garfinkel, racquetball's Bobby Riggs, and Dr. Bill King, a Virginia urologist, who teamed up for a national championship. It was The Gar's first national championship after four Eastern Regional Singles titles and countless other major East Coast victories.

Jeff Knartler and Mark Malowitz won the Men's Open Doubles while Judy Thompson defeated Sue Carrow 21-20 and 21-12 in the Ladies' Seniors.

The National Championships were played at the new Sports Illustrated Court Club in Belleville, Michigan, the first major tournament at the SICC facility.

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From Beans to Bursa

By Robert Scott, M.D.



Vitamin C and the lowly Sprout

I promised you tips on selecting a nutritious diet high in energy potential and low in excess fat storage. Here is some information by our clinic nutritionist, Maxine Nathanson, on sprouting.

There are many types of sprouts and all taste different. Wheat and rice sprouts have a sweet, nut-like flavor. Alfalfa and rye sprouts are fresh and crispy. Most of the cabbage and family sprouts taste like their parents (broccoli, cauliflower, brus-

sell's sprouts, etc.) Peas, beans and lentil sprouts are unique. Alfalfa and rye are a little peppery.

In many parts of the world the main staple of people's diet is seeds in the form of grains or legumes, like the beans in Mexico. Sprouts are rich in Vitamin A, B complex, and C. One half cup of sprouted seed gives as much Vitamin C as six glasses of orange juice! Mineral content is also good and sprouts are easily digested. Where to get seeds that are edible and untreated with chemicals? In your local health food store. Here's how you grow them.

1. Rinse the seeds, place in a bowl or sprouter and cover with water overnight.
2. Pour off the water onto houseplants as it will be high in minerals. Place drained seeds in sprouting container.
3. Rinse seeds morning and evening in clear water. The object is for the seeds to remain damp, but not wet, and be stored in a dark place.
4. After three to five days they should be ready to eat. Do not let them grow over an inch at the most.
5. Sprouts should be stored in a refrigerator in tightly closed plastic bags for about four to six days.

Here are some meatless recipes: Sprouts are great in fresh garden salads! Try them also in 1) soup, 2) Chinese Sweet and Sour sprouts, and 3) Sprout Burgers.

Oriental Soup

2 cups soybean sprouts, wheat sprouts or rice sprouts
3 cups broth
salt and pepper
1 egg

Heat broth. Add sprouts and seasoning. Cook for 5 minutes. Add beaten egg and stir into broth.

Chinese Sweet and Sour Sprouts

1 1/2 cups mung bean sprouts
1/3 cup vinegar
1/3 cup water
1 tablespoon vegetable oil
1 finely chopped onion
2 tablespoons sugar or sugar substitute

Combine and marinate for a few hours. Drain and serve with a meal or as a slimming snack.

Sprout Burgers

1 cup barley sprouted wheat sprouts
1 cup adzuki bean sprouts
1/2 cup soybean sprouts
1/2 cup lentil sprouts
1 medium onion
1 beaten egg
1/2 cup milk
2 tablespoons wheat germ seasoning to taste

Grind sprouts and onion. Add egg, milk, wheat germ and seasoning. Mix

well. Form into patties and place on lightly greased baking sheet. Broil.

Let me know how your gardens work out and how you like the taste of the different types of sprouts. We'll be interested in hearing about any new ideas and recipes you develop. Sprouts are easy to grow and prepare in any climate. They mature in 3 to 5 days and one cup of seeds gives four cups of sprouts. So, just plant a small amount every week or two. They do not need light or soil, are inexpensive, and are free of waste in preparation. They are very nutritious and give a wide variety of flavors and textures to any meal.

Good growing and good eating!

Housemaid's knee, Tennis Elbow, and now Racquetball Shoulder.

Racquetball has arrived! It has a new injury, quite unique, and especially related to playing Racquetball. True, somewhat similar conditions have been observed occasionally in tennis, but with nowhere near the frequency with which we can expect this complaint to begin to be seen in the vigorous Racquetball player.

What is it? A big pain in the shoulder! There is a gradually growing awareness of pain starting on top of the shoulder of the playing arm. The pain then seems to

spread and involve most of the shoulder, becoming quite excruciating in intensity. It becomes quite painful just to lift your arm to brush your teeth.

The victim grasps the painful shoulder with the opposite hand on awakening in the morning, and as the day wears on, the pain increases. If nothing is done to relieve it, and if he continues to play the same type of game, the condition will continue to get worse.

What is happening? A delicate lining in the shoulder joint is becoming irritated by this new and unusual motion and inflammation begins. The irritation continues, and the process worsens, until the player is forced to stop playing and seek medical care.

If lucky, the doctor consulted will know

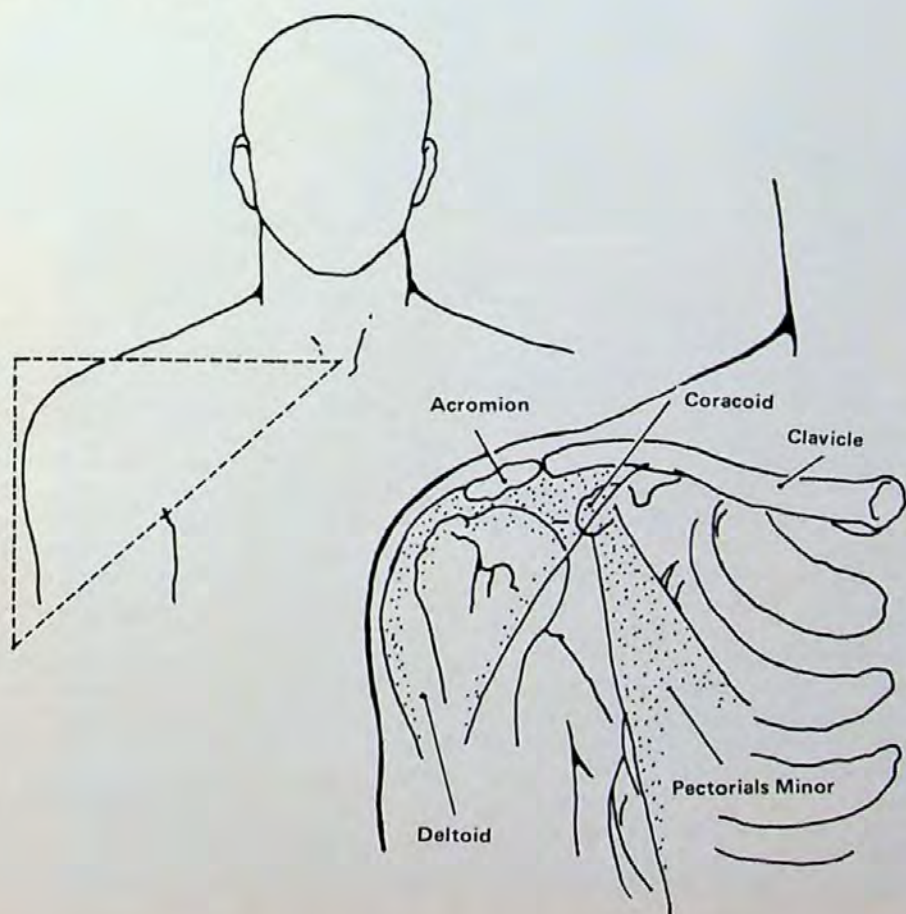
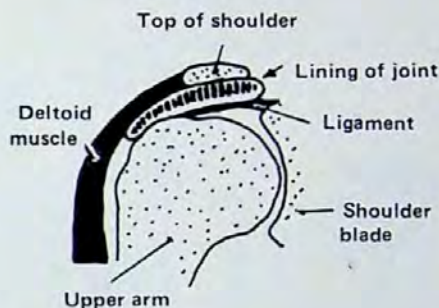
right away what has caused this condition. Ready for the answer? It's the overhead ceiling shot. This shot is really quite unique to Racquetball. How many other sports allow and require you to make ceiling shots to gain advantage? Not many, I think. The overhead in tennis is similar, but not the same, because the ball is hit forward and downward. The same is true for the serve and it is usually the elbow that suffers from the terrific torque generated by this shot. In Racquetball, the ball is hit forward and upward on the forehand and can be done from the backhand as well. I suspect that the old tennis elbow may also become a problem in the very vigorous player.

In both cases, this is an extremely unusual and unnatural movement for the arm and shoulder, and in many cases, it will lead to "Racquetball shoulder". If severe enough, it will be disabling and force the victim to stop playing. And that in itself, is a very undesirable condition, I'm sure all will agree.

What to do? Ah, that's the question. The injury is so new, especially to the player, that it can be confusing. If the doctor has not seen this before, you're really in trouble. In any event, he is likely to tell you that you must stop playing and rest the arm and shoulder. If this happens, you are likely to be extremely distressed, because there can be no one more upset than the regular racquetball player who is sidelined for any reason.

Actually, there is not a great deal that can be done to arrest the condition and to bring about quick recovery. The prescription is the same old one. Rest, heat, massage and possibly immobilization with tape or a sling. Newer methods suggest the frequent use of ice packs, active and passive manipulation of the arm and shoulder and acupuncture. Someone who has a painful shoulder can also lean forward and allow the arms to swing freely in a circle to keep the shoulder from stiffening up. Some therapists are using TNS, the name for trans-cutaneous electrical stimulation, with good results. Orthopedists generally favor injections of cortisone and novocaine, and usually prescribe something for pain; aspirin is still one of the best medications for this purpose.

Since the overhead shot is not essential to playing a good game of racquetball, I think that you can resume playing a limited game within a very short period of time. You can limit your activities to those that do not increase the pain. This type of injury is usually self limited and if you use good sense, it should clear up quite quickly. If there is any doubt in your mind about how you are doing, consult your doctor; he's still there to help you stay well.



At the Governor's Ball... Game

Story by John Mullin

The governor of Illinois is an addict! What's more, he wants his whole constituency to know it! And as if that weren't enough, he'd like to see the whole state and beyond become addicted!

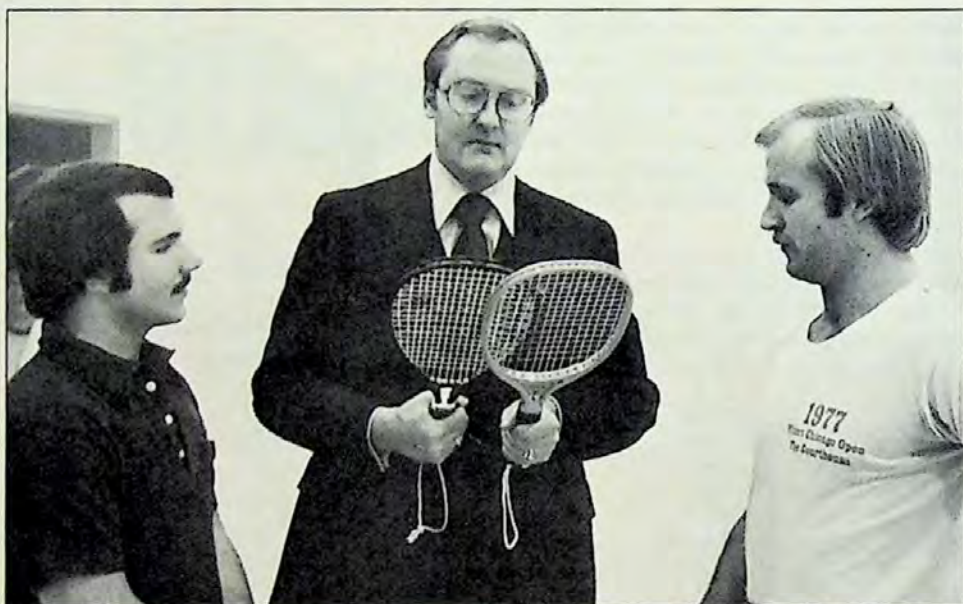
Illinois governor "Big Jim" Thompson enthusiastically confesses to his racquetball "habit" and manages to supply his habit as often as three times a week despite the demands of his office on his time. He squeezes in an hour or two a week while in Springfield for business in the state capital. When work summons him to Chicago on the average of twice a week he packs his racquet right along with legislative matters to be discussed in the Windy City.

"I find that getting in some time playing racquetball is a fantastic break between an afternoon meeting and, say, a dinner in the evening," Thompson says. "Usually I play with members of my staff but sometimes it's hard to find people who want to give up lunch for a game the way I do."

But the man who oversees the affairs of one of the nation's most vital states has discovered at least one problem on the racquetball court for which he has yet to find a solution. "Nobody seems to want to play 'Governor's racquetball,'" he complains with a laugh. "That's the kind where the boss always wins. Unfortunately I haven't come up with anyone who wants to cooperate yet."

Racquetball is much more than a fad with Jim Thompson. He took up the game in 1976 at the suggestion of a friend because he wanted to lose weight and get himself in good overall physical condition. He was entering the race for governor for the first time and knew being fit was important in standing up under the rigors of campaigning.

Thompson earned the nickname "Big



If you're 6 feet 6 inches it isn't all that easy finding a racquet which will hold up under the wear and tear. (right) At a press conference he appears to be thinking about some quieter times coming on the court where the opposition is a little more straightforward.

Jim" two ways. Prior to his election as governor (his first political race!) he was a hard-hitting United States Attorney and is a former Assistant Illinois Attorney General and Assistant Cook County State's Attorney. He compiled an impressive record wielding a big stick against crime in Illinois.

The 42-year old Thompson also is a big 6'6", 230 pounds now, more than 40 pounds lighter than when he began his program of racquetball and weightlifting in 1976. He told the United States Racquetball Association that he never felt better than he did during his campaign and gives racquetball part of the credit for his 1,500,000 vote margin in the 1976 election, the largest plurality ever achieved in an Illinois gubernatorial race.

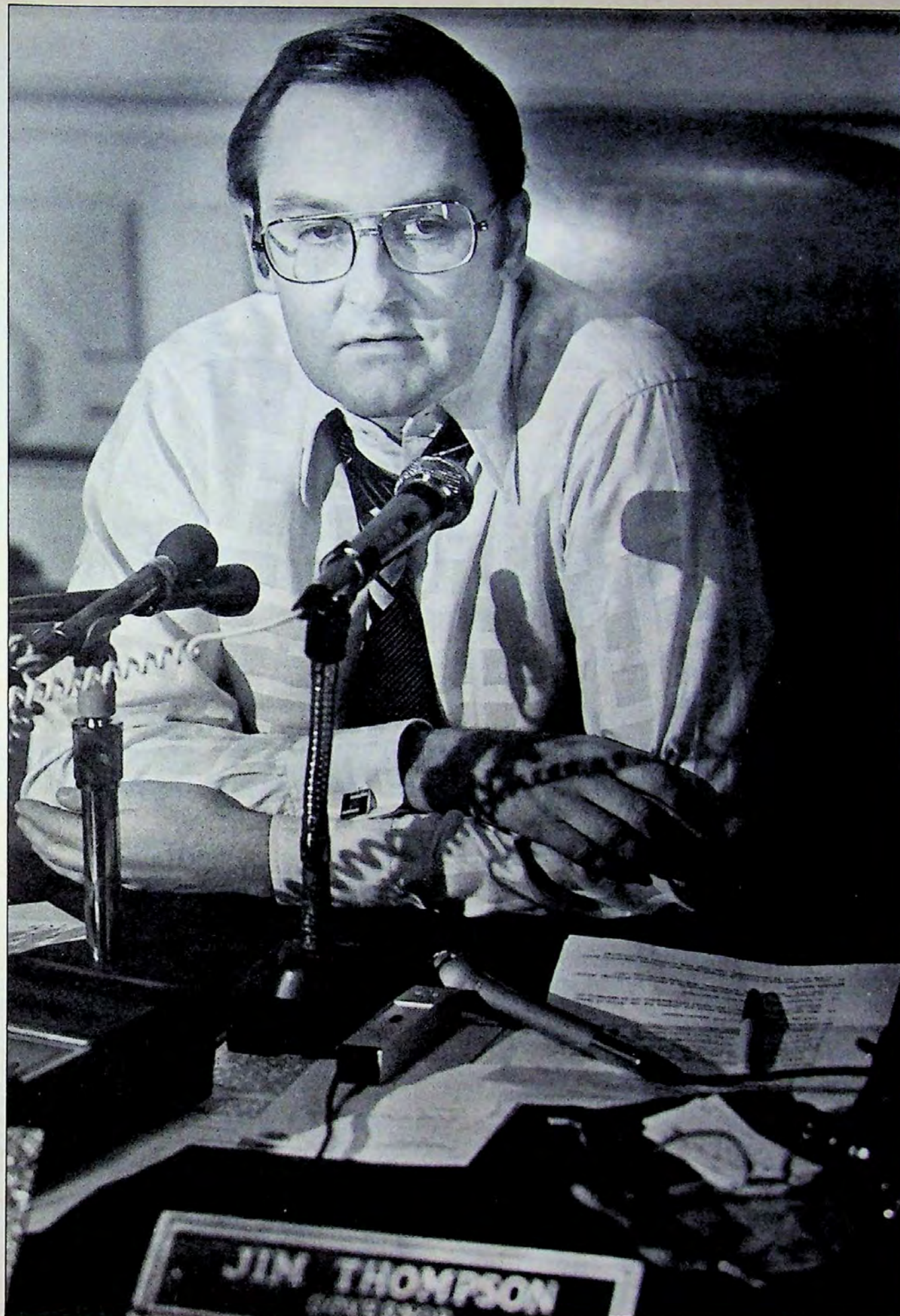
"There are just too many events in

campaigning with food," he says, "so the tendency is to put on weight. The kind of exercise racquetball offers is just the thing I need."

Since taking office he has proclaimed Racquetball Week in Illinois and has set up the Governor's Council on Physical Fitness with many programs including racquetball. He classes himself as a "C-minus" player but loves to play the game regardless of outcome.

His love affair with racquetball is a deep one. "I wanted to learn one sport where I could get a great workout and hold my own against another guy," Thompson explains. "I never really did anything in sports like this and the results have been tremendously satisfying."

"I have played golf but it just takes too long to play and you can't get much of a



workout either. I took a shot at tennis but when an instructor told me where to stand, how to swing, and then had me taking mechanical swings at a ball thrown at me by a machine I decided that wasn't my game either."

Governor Thompson's wife Jayne, whom he married in 1976, is also a racquetball player. Her play has been somewhat curtailed of late, however—the couple's first child is due in August. "The last time we played," says the Governor sheepishly, "I hit her right in the forehead with the ball so I'm not sure if we're going to be making it on the mixed doubles circuit."

"Big Jim" is currently campaigning for re-election in November, heading up the Republican Party ticket in Illinois. He begins most days with some jogging along the streets of Springfield with Gov and Little Mo, the two family dogs. Then it's off to the capital in a renovated Checker cab that he uses instead of the usual state limousine as a money-saving measure. Then follow the meetings, speeches, and other duties of his office—plus a little racquetball whenever the pace slackens enough for him to sneak away.

Much as his staff and reelection committee would like it kept quiet, there seems little doubt that Thompson is a



The Governor's wife, Jayne, also an avid Racquetball player, is expecting their third child.

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definite possibility for the Republican Party's presidential plans. *Newsweek* magazine profiled him immediately after his 1976 election as potential party leader because of his strong record in public service and his active personal image.

Is racquetball a political "asset" in the style of the Kennedy clan and touch football in the early 1960's? "Absolutely," Thompson declares with a smile. "Racquetball is twice as good!"

Jon Hay, Director of Sales and Marketing for Vittert Sports and a Thompson admirer for many years, also sees a boost for racquetball through leading public figures such as Thompson. "It is definitely excellent exposure for the game," Hay comments. "Racquetball can also be an asset to a political image because it is not a sport of prima donnas and has an active image that will appeal to many younger voters too."

Hay and several other leading racquetball figures were in Chicago in June for a Thompson campaign fundraiser held—where else?—at a racquetball club. The Downtown Court Club hosted an evening that featured an exhibition match between Charlie Brumfield and Marty Hogan, a mixed doubles event with the team of Brumfield and Kathy Williams opposing Hogan and Janell Marriott, and

"Big Jim" Thompson taking on Chicago Bears legend Gale Sayers in singles. (Despite his considerable size advantage, Thompson was unable to "persuade" Sayers to play "Governor's racquetball" and fell 21-10 to the former football star.)

"He's the first upper-level politician I know of who is a real racquetball player," Brumfield says, "but of course the game is still a new phenomenon in many areas. When Thompson makes President he'll do for racquetball what Ike did for golf."

Thompson, who is more concerned with his reelection battle for governor, did find time to make his first "If-I'm-elected-President" campaign "promise". "If I do get into the White House somehow, I think I'll replace Jerry Ford's swimming pool with a racquetball court," he told an obviously partisan crowd of racquetballers.

"I suspect that the only way I'll get to play there though is if Jim, Jr. invites his old man there as a guest," Thompson says.

'Jim Jr.'? Jayne Thompson was unavailable for comment about her husband's choice of name—or whether 'Jim, Jr.' might not turn out to be 'Jayne, Jr.'. She was too busy watching the mixed doubles exhibition.

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BUD HELD: *Pulls all the strings*

Story by Peter DuPre

In the few short years since racquetball's popularity with the masses has been on the rise, one name has leapt to the lead in equipment design innovation. That name is Ektelon, a word derived from two Greek words that mean "to draw out perfection." In fact, when it comes to quality and performance Ektelon leads the industry. Many of the top pros use Ektelon racquets and all of the better pro shops, department stores, and sporting goods stores carry the product.

All of history's good ideas are usually the brain storm of one person. Ektelon is no different. It is the development of Bud Held, a fortyish, soft spoken inventor, designer, athlete. In the world of sports equipment manufacturers, Bud is a little different. After all, it's not too many people that name their company "Excellence". For Bud Held, the word excellence has special meaning as it has been his life's pursuit.

He studied engineering in college and went all out in the track and field arena. "I really developed some renown in the track and field area, throwing the javelin," said Bud, "but I never quite got the collegiate record. Then I graduated and I really began to work on my performance. Eventually I got the American record." Held went to Helsinki in 1952 and competed, but it wasn't until the following year, 1953, that Bud managed to make his motto of excellence pay off with the world record. He was also the first American to hold the javelin record (with a throw of 262 feet 10 inches). Not satisfied with making a world record, but broke his own record shortly after with a throw of 268 feet 2-and-a-half inches. Then in 1956... "it seemed like everybody got into the act, says Bud, three Europeans broke it (the world record) in that year, I had a fairly long career of javelin throwing."

Aside from his engineering and javelin talents, Bud also took up the cloth and became a Presbyterian minister. He was minister of Westminster Presbyterian Church in Point Loma California for 11 years. "After that," relates Bud "I wanted to do something with the development and manufacturing of athletic equipment. So, in the mid-sixties I began working on a metal tennis racquet. I had to develop a way to string it because you can't very well string a metal racquet by hand using the old awl method. So I gradually began to develop a racquet stringing machine. It grew into something that looked pretty good so I patented it and sold it to Bancroft and began building them."

That was back in 1968. In '69, Bud Held finally managed to hire a couple of employees and started with a racquet ball racquet. "I got into racquetball because tennis was a big market and I had a very small company. Racquetball came along and a friend of mine, Dr. Bud Muehlisen, pointed out that there was a potential here (in racquetball) by getting into the market early so we made a couple of racquets. One for him and one for his doubles partner, Charlie Brumfield. They went back to the nationals in 1969 and WON. That stimulated a good deal of interest in the Ektelon racquetball racquet."

From there on, Ektelon began manufacturing racquets for the players. In the first year of production Ektelon didn't even sell any racquets in a retail outlet. There weren't enough. Says Bud, "We were kept busy making racquets for the top players. It seemed like everybody wanted our racquets. From there it just mushroomed." It blossomed so fast that Bud's company could not go into the other things they wanted to do. They didn't even have time to continue with their tennis racquet operation so they

stayed with the racquetball racquet, producing them at full tilt.

Ektelon has grown rapidly. They now have about 200 full-time employees, over 50 sales reps, and time to do a little research and development. "Just recently," says Bud, "we began making a racquetball which we are now test marketing. We probably will begin marketing it nationally within a few months." They're still experimenting, also, on composites and other forms of manufacturing racquets. (You can't stand still when your company's name means to draw out perfection.)

The significant thing about Ektelon racquets is the way they are developed and manufactured. "We put a lot of time and effort into making them really good racquets," says Bud. "Just on quality control alone we spend a third of our cost. We also continue to change, upgrade, and look at the product. We do a lot of little things to our racquets that other companies don't always do. We take our time and balance each one and take care that the handle foam is exactly the right weight. We even pay attention to the eyelets and put a big enough radius on them so that the strings won't cut."

Ektelon doesn't stop there either. They have a patent on the tubular section of the racquet. A piece of the tubular section is actually cut out from the racquet head and in its place is inserted a strip of space age plastic. This gives the racquet more flexibility, better ball response, a better balance point and reduced vibration. Their racquet frame is made from super light aluminum that's 32% stronger than the materials most other manufacturers use. String holes are drilled after the aluminum is bent to eliminate stress points and give longer string life. Bud points out that "...a lot of



Bud's stringing machine, which he invented, helped put Ektelon on the court. That's right...Bud Held circa 1953 photo of world record holder, javelin.

these things are done because of our day after day of testing. There's a constant looking, changing, experimenting over our entire product line. The Magnum that we came out with a little over a year ago was the result of experimenting and coming out with a shape that played better than the other racquets. It was developed by our player developer D.C. Charlson. He is a player and knows how a racquet should feel, that's important when you design equipment for professionals."

In a sport that is growing as fast as racquetball is, Ektelon's attitude toward their product is important. Last year the number of racquetballers doubled and they will probably double again by the end of '78. Right now there are about 5 million players and Bud Held predicts that within 5 years the sport will be as big as tennis is right now. "We have a good reputation right now," says Bud, "and we intend to keep it as our market grows. We (Ektelon) want a high class, high quality racquet. If it has our name on it, you know it's quality."

When asked why he felt that the sport had taken hold so fast and strong Bud replied that is was because racquetball is a very easy game to learn. "It's easier to play than tennis," says Held, "you don't have to hit the ball over a net. All you do is hit the wall and the ball comes back to you. You also get a very good workout in a short amount of time. That's important if you can only spare an hour or so to play. I'd say that one really good, fast game of racquetball is equivalent to running a mile."

Bud also points out that since racquetball is basically an urban game that is played indoors, weather and other factors usually a problem with seasonal sports don't affect it. The sport is enjoyed all year around. Men play it and so do women. In fact, more and more women are picking it up all the time. This will help stabilize the growth of the sport and open up a new market for equipment, a fact that Ektelon is already well aware of. They are currently building a new facility in San Diego that will house their racquet operations, research and development, new products, and warehouse. "Our new plant will also allow us to keep being innovative in our products, whether it's in racquets, racquetballs, stringing machines or whatever, we'll have the room."

Ektelon. The name means quality. They produce a product much in demand on racquetball courts these days and because of the single minded purpose of Bud Held, producing a high class, excellent racquet, they will continue to produce equipment that will be the hallmark of the industry in the years to come.

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For a free 1978 Jokari products and accessories catalogue, current price list and merchandising ideas, write: Jokari/US, Inc. Four Lemmon Park East, Dallas, Texas, 75204. Or call: (214) 522-9420.



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Racquetball's a Knockout

Story and photos by Bob Shultz

Robert Conrad is not given to great outbursts of emotion. He's sort of a quiet guy who goes along with the plan and finds his solace or joy somewhere within himself. He's just as cool off the screen as he is on. You have to work at it to ruffle his feathers or to get him to jump up and down with glee. But, there's a strange twinkle in his eye these days. That's a pretty good indicator that he's really happy about something.

It turns out to be two things. First; he's more than excited about his role in "Centennial"...NBC's fall mini-series based on James Michener's great historical novel. Second; Bobby's getting deeper and deeper into a sport which seems to grab just about everyone who tastes it. Would you have guessed...racquetball? Actually, he discovered a similar game in the Philippines a few years ago when he was filming there.

We caught up with Bob at the "Y" in beautiful downtown Burbank. He goes there once in a while to play racquetball...mostly he plays at the Racquet Centre near Universal City. Right now he's considering building a court at his home...that's how much he enjoys the game. This is a very physical guy and it gives him a good way to burn off the frustrations of the day and a physically constructive way of enjoying himself. In addition to the five or six miles he runs every day, he also works out with a heavy punching bag and continues to keep himself in shape as though he were again looking toward a career in boxing. That was a few years ago. But, you'd never believe it to look at his tough and ready body.

Bob was his usual enthusiastic self, full of the energy and vitality his audience has come to expect from him. This is such a part of this man that it must have played an important part in the development of his career.

So, during a break we sat together and he poured out his excitement. With some

actors it becomes a difficult chore to bring their interview words back into some sort of cohesive train of thought. Not so with Bobby. It's always a delight to find his words flowing back from the little tape recorder in a one-two-three manner.

But, more than for the ease of interview, I cherish the friendship offered me by this man whom I have come to know and admire for what he has made of himself. With less than an auspicious beginning in life he turned around what might have been just another lost kid from the wrong side of town story and created his own new person. This takes a lot of hard work and more than a little doing. Without accepting the easy excuses of "bad environment" and "peer pressure", he took the material he found in himself and made something of life. His life.

The stockyard side of Chicago has never been the most desirable environment for anything...except the stockyards. And as for the peer structure at the youthful point in his life when he was forming there...well. Someday when it can all come together between the covers of a book it will surely stand as a real inspiration to any number of youngsters who are faced with the same problem...getting out of a grim and unpromising position into a more meaningful and desirable manner of living.

When he talks about his beginnings his hands come together as though he can still feel the hides he carried in the tannery he worked in across from the stockyards. His hands are still tough and strong like that leather.

"My grandfather, my father, and my uncle all worked at the stockyards...the famous Chicago Stockyards. This was the very center of the meat industry for the entire U.S. All my family worked there. It was a good, hard-working, high paying job.

"But, I worked across from there. I'll never forget it...especially the summer-

times. We used to pray for the wind to be blowing away from there because that was the only way we could breathe."

But, he's a real person. He comes from working people and has never forgotten his roots there. He still identifies with the blue-collar worker although his income certainly has put him in a position to think differently.

"I just saw a film called F.I.S.T. I really enjoyed it. I saw Stallone a couple of weeks ago. I really like him as an actor." Then the former boxer in Bobby comes out... "But, I think he carries his left a little bit too low. I liked him in "Rocky" and I liked him in F.I.S.T. Norman Jewison did such a great job. I'm sorry the film is not doing the box office it should. I guess that's because it's such a unique story. I don't think all the Teamsters are aware that it's Jimmy (Hoffa) in the story. And maybe some feel he's not depicted in the proper light...although he is, surprisingly enough, in this film. I was a union steward and I knew Mr. Hoffa. James Riddle Hoffa...who was responsible for the growth of the world's largest union...and some Vegas hotels...and a few other things."

So from the tannery to the stockyards to dock-walloping...and a lot of hard work later to the position of highly respected professional actor, who has more than proven himself in the hundreds of TV episodes of numerous series. Going back a while in time it's easy to remember "Assignment Vienna", "The D.A.", "Hawaiian Eye", and another one of his which is still setting marks for popularity and longevity which will be hard to beat... "Wild Wild West."

"You know," Bobby says, "I'm really looking forward to the new Wild Wild West two hour special. I'm a little sad now thinking that it's just a special and will have to end. I dread finishing shooting it because I love all those guys so much. But, I'm looking forward to the nostalgia of all the old clothes from the series...and Ross Martin. I just wouldn't do this again without him. Ross is such a darned good actor. You'd have to be stupid not to take all the good people along with you. If O.J. didn't have some good people in that line he wouldn't be running all that distance."

Many people feel that one of the greatest performances Bob ever gave was in a guest shot he did on "Columbo." In this one he was a likeable but murderous owner of a health spa. But, Robert feels that performance may be topped by the one coming in "Centennial."

"That's the biggest role of my career." There wouldn't be more excitement in his voice if he had just taken the Golden gloves...which he nearly did some years ago. "I was the star of five hours...with Sally Kellerman, Raymond Burr,



As "Pasquinel" in James Michener's CENTENNIAL Bob Conrad proves his abilities as an accomplished actor. On the courts with Red West Sr. and Jr., Conrad proves his abilities as a racquetballer. Starring in the mini-series with him are Barbara Carrera, Richard Chamberlain, and Michael Ansara.

Richard Chamberlain, Barbara Carrera, Michael Ansara, and Stephen McHattie...he plays my son. It's a great cast."

But, one of the things Bob's happiest about is the way the Michener classic was treated in scripting. "All John Wilder did was adapt it...he didn't embellish it at all. So, we still have a Michener play. It was just condensed. It was the first time Mr. Michener had ever been on a movie set. He wasn't happy with the adaptation of "Hawaii". He hasn't really liked the adaptation of anything of his that has ever been put on film." There's a great deal of admiration when Bob speaks of Mr. Michener. "But, he was so impressed with this particular version by

Wilder that he came by to see it. That was really impressive to me. I didn't realize how revered Mr. Michener is. I knew he was a great writer...but. He's a professor at the college near where we made "Centennial." He's at the college in Platte River there. That's where he got the idea for "Centennial".

It wasn't just the thrill of the best role of his career which peaked Bob's excitement. There was also a definite physical challenge. "I got into the best physical shape of my life for this film. I knew we would be at some high altitudes...and it's hard working up there. At one time we were at 13,000 feet. That's getting up there. There's just no air...and in



photos courtesy NBC



"I really loathed the make-up. The only redeeming aspect was that I got to know Jerry Sousie (the head make-up man)...I got to know a great man...and a loyal one, too."

this role I had to do a number of really physical things."

Bob gives some background on the part. "I played the role of Pasquinel. In the story he's the first white trapper into this Indian territory in 1795. A French-Canadian, he's described by Michener as a short, muscular, definite man. I thought they must have been talking about Robert Blake, because I'm so tall. So, even though they wanted a shorter fellow, I took the role. The part was so good I succumbed to it. So, I had to stoop a lot." Bob jokes about his height although he's about the same as Marty Hogan and somewhat more muscular.

"It was a great opportunity," he continues. "But, there was one part of it all which I really loathed. The make-up. I never wear make-up. The only redeeming aspect to this was the fact that I got to really know Jerry Sousie. Everyone had told me how great he was. Even his colleagues and competitors praised him...and I guess that's one way to measure a man. But, although I have known him for years and he was head make-up man on *Black Sheep*...I had never really known him. We'd just never spent a lot of time together because I don't wear make-up. But, in *Centennial*, there was this beard I wore. You can't sit with a man for an hour and fifteen minutes a day, six days a week without finding out something about him. I'm grateful for that one thing. I got to know a great man... a loyal one, too."

Loyalty is one of the characteristics which members of his present and

former casts attribute to Mr. Conrad, so it's only natural that he would notice this trait in others.

"This was a great opportunity for me to work with some outstanding actors," Bob notes. "I've worked with most of them in town...Academy Award winners. And I've worked with a lot of the major actors in this country. I have to say that in many ways Richard Chamberlain is equally, and in some ways, more talented than most. One of the most charming and distinguished men in our cast was Raymond Burr. And Barbara Carrera is, I think, one of the best looking women in the world. There was really a lot of excellent talent in the entire cast. Sally Kellerman and Maria Potts, they did outstanding jobs."

It seems that racquetball should take another bow of sorts. "I mentioned that I got into the best shape of my life for this role. Well, I did and before I went on location I played a lot of racquetball. I think it helped my legs and my wind. There's no tougher game around and nothing's going to make you shape up as fast as it does."

Conrad continues about the game he is coming to love. "There's so much more to this game than you would believe. I'm probably a good strong player. I'm not a great player...but, I'm good. I admit that what I have now is a power game. I lack some of the little finesses that some of the pros do so well. But, I'm getting to where I can put that ball pretty much where I want it with some style. I'm not worried about getting some power

behind it because I already have that. One of the things about this game which has fascinated me the most is how close some of the movements relate to boxing. The hand-eye coordination and the footwork...very close. As a matter of fact, if a boxer wanted another sport he could look a long time to find something better than this one. Watching some of the pro-racquetballers I get the feeling that the side-to-side movements are very closely related to the ring. Of course, we don't have to talk about the endurance it builds...that speaks for itself."

This fall will see Bob back at another job he has taken on...that of coach for a junior high school football team. "I was the line coach at Montclair last year and it was my line that got those boys into the finals. I'm not going to work from September 15 until we win the championships."

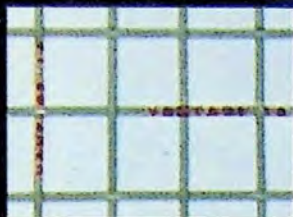
"Of all the things in my life," Bob declares, "The most meaningful was last season coaching football. I got some things from those kids that were more than rewarding. One boy was crying after we lost the championship 14-1. I thought he was crying because of the loss. But, it wasn't that at all. He said 'Coach, I'll never get to see you again.' That was really heart-warming. A lot of my boys are Jewish and this one kid came up to me and said 'Coach, there's just one thing wrong with you...you're not Jewish.' I told him that if we could win a game, I'd convert...but, we didn't win a game. Then there was the mother of one of my boys. She kept coming up to me and saying 'What's with you? You're so physical. The games are no fun anymore it's so physical. What's with this physical thing here? The hurt? The hitting?' But," Bob continues, "her son was a really big guy, a good competitor. He became a great player. She became my best parent. She was the one who came to all the games...hollering... 'My son, the guard. He's so beautiful out there knocking those boys down.'"

But, it isn't easy coaching a tough team especially when your own son is involved. "My thirteen year old son was tackle and he was the toughest to coach because he thought I didn't treat him as fairly as I did the other boys. I only asked a little more of him...just a little more. But, I have to say he played an outstanding season."

After one of the young men became deeply saddened because of a loss Conrad gave some advice which he must have reminded himself of a number of times in his own lifetime..."You win...you lose. You just keep getting your butt up off the canvas...that's what life is all about. I've tasted defeat and I've tasted victory. But, it's only when you lose that you know you're really human."

PLAY THE GAME OF THE CENTURY

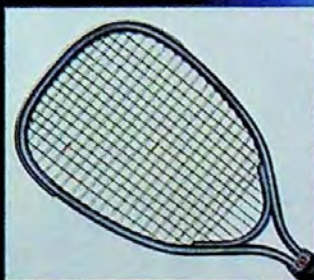
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Associating with Success

Story by Ben Kalb



(above left) Tim and Maggie go over the curriculum for the weekend seminar.

From the time it took Tim Schliebe to get from one end of the room to the other, two racquetball players could have finished one game and been halfway through the second. His dress for the day was coat, tie and crutch. The coat and tie may have been Pierre Cardin or Givenchy, but the crutch was unmistakably that of a medical designer, who earlier that week had performed sixth knee operation.

But not even a bum knee could have kept Schliebe away from what he had to do that weekend, and what he plans on doing about two weekends every month.

Schliebe, the 29-year-old president and 70 per cent owner of Tim Schliebe and Associates, is what one might call a racquetball management consultant expert. This particular weekend his high-class barnstorming tour took him to the Marina Del Rey (Calif.) Marriott Inn where about 65 people listened, looked, questioned and absorbed all the things Schliebe and his associates discussed concerning the racquetball industry.

Naturally, most of the people at this seminar were from California, but Schliebe's reputation has become so

solid, prospective racquetball facility owners also flew in from Washington, Idaho and Arizona for the weekend.

"We get everybody at this seminar from the person just interested—'looky loos' as I call 'em—to the person who has a club and wants to learn how to manage it better," says Schliebe.

His seminars are, indeed, impressive. Not only does he cover the important basics such as market analysis, financing and programming, but he details everything down to staff salaries, pre-opening expenses and even which traffic flow pattern is best for a full-facility club (a club loaded with amenities).

"I was skeptical. I expected this to be just a big sales pitch for racquetball," said one prospective club owner from Seattle. "but they are legitimate. They can really help people get off the ground. They do a good job at answering questions."

"Their seminar is good for someone like myself without expertise," said a prospective club owner from Orange County. "They solve the little problems, which I would never even think of."

Despite the fact the seminar fee is \$250 per person (\$350 for two members

of the same group), Schliebe says he only breaks even on them. With a staff of up to nine speakers, Schliebe spends \$40,000 on speaking fees alone, not counting hotel costs and eating expenses. The money is to be made on management contracts.

"I'll be honest with you. The main reason we do these seminars is to meet people building clubs and to get management contracts," says Schliebe. "But you have to admit we put on one hell of a seminar."

Whatever the motives behind the seminars, they are needed. Because the racquetball industry is relatively new, there is an educational void to be filled. "The industry needs somebody right now to solve problems," says Schliebe. "These people have nobody to go to. This industry is so viable, there is a great deal of money to be made if done right."

Schliebe is a seminar veteran. After graduating from Northern State College in South Dakota where he suffered his first knee injury on the football field, he was hired as a physical education instructor in the South Dakota public school system.

In 1972 he accepted a position as director of the Storm Meadows Athletic club in Steamboat Springs, Colo.

Schliebe turned Storm Meadows into a profitable, nationally recognized club. Out of a population of 4,500 in Steamboat Springs, over 700 were club members. "At Storm Meadows I had a chance to learn the entire industry from the ground up," says Schliebe. "I did everything from folding towels to bookkeeping to teaching some of the classes."

Schliebe had turned Storm Meadows into a "full facility" operation before the term had even been invented. In 1976 he and a partner, Jim Asher of Chicago, bought the club and expanded it. And because of its success, Schliebe was often asked by another management consultant, Mort Leve, to give a seminar on his programming methods.

Schliebe sold out last year and went full time into Tim Schliebe and Associates with his brother, Rick. When the operation quickly boomed, the two divided duties. Tim heads TS&A, which has a subdivision (Athletic Clubs International) headed by Rick. Tim's expertise is management. Rick focuses on development.

"With development you go out and raise money from scratch. You start from ground one, but the whole operation is yours," says Tim. "It takes a great deal of time. I'd say it takes five times as long to develop something as it does to manage something."

Rick's organization is independently operated from Tim's, but it remains a part of TS&A because of the contacts Tim can lead Rick to. "Hopefully three or four years down the road, we'll merge," says Tim.

At present, Tim is part-owner of six racquetball facilities in areas such as New Jersey, Virginia, California and the soon-to-be-completed TS&A showcase in Denver. On this particular day he was offered two management contracts, which he turned down. Over the next year he will be offered dozens more. He says he will only accept 12.

"We only accept the best. We can afford to," says Schliebe. "We can make the people sometimes twice as much with our concepts. We're that good."

Schliebe says he might offer consultation to several facilities, but he will only "lock-in" with a dozen clubs over the next year. There are two ways to lock-in with Schliebe's organization. Either way it will not be cheap.

A club owner can hire Schliebe for \$25,000 plus six per cent of the gross over the ensuing three years. Or it can be an equity position in which Schliebe is locked-in forever for \$50,000 a year and 15-25 per cent of the gross. "Would you believe I get more equity offers than the other way around?" says Schliebe. "The smart ones are locking me in for longer periods because they know we will be on top of the industry—and this is an industry—as the years go on."

When buying Schliebe's services, one is in effect putting the whole show in his hands. This is not just a consultant's fee. He sets up the whole operation.

For 10 months prior to the projected opening, Schliebe's organization handles everything from site selection to pre-sales to staff training. After the opening, Schliebe is around for three years (or whatever the contract agreement is for) to help in any way he can. "The first three

years are the hardest," says Schliebe. "After that I'll want to move on to another facility."

To be one of the 12 accepted by Schliebe, there are four basic criteria. Tops on the list, of course, is potential for gross income. "We only want top of the line clubs," he says. "We won't even touch a club unless it has at least 10 courts except maybe a resort-area facility."

Another of his standards is the concept known as "full facility." A full facility club has more than just courts and showers. It has other amenities such as jogging track, exercise room, restaurant, saunas and even a child care center. A full facility club plans programs for its members. It's not a "fast-food operation," as Schliebe likes to call a pure-court facility, "where they want to get you in and out as fast as they can." The full facility operation is like a country club. It "locks-in" the members. It's a social gathering place.

"I hope I don't offend some people, but a full facility operation is where the industry is at," says Schliebe. "There is a spot for the pure court operation now, but we are concerned with stability."

A third criterion goes hand in hand with the full facility operation. "Our clubs must have the ability to expand," says Schliebe. "Racquetball is a game of the 80s, not 70s. We have just surfaced. When the shakedown (the inevitable closing of some clubs) hits the guys who are in it for the fast buck are going to be gone."

The guy with the full-court club will be the one standing."

The fourth criterion to "lock-in" Schliebe is rapport. "It's fourth on the list, but really it's first," he says. "I'll only deal with people I feel comfortable with."

Schliebe has more offers now than he can handle. Eventually he hopes to open clubs in Hawaii, Canada, Japan and Europe. And eventually he hopes to conduct seminars specifically for architects, bankers, developers, builders, etc.

"A facility should make \$120,000 before it opens its doors if managed properly," says Schliebe. "We're very proud of the fact that we have the expertise to do that."

But even when his organization gets its 12 clubs, and makes plans to add more in the ensuing years, Schliebe says he will still hold the seminars.

"Everybody has something they get off on," says Schliebe. "It might be music for some people or it might be surfing. My thing is teaching. I really love to teach. This is the closest thing I can relate to teaching. I think of everybody out there as being a student who doesn't know. I want to excite people with what I have to day. The bottom line is I love to have the answer. That will be my epitaph."



(above) Guest speakers abound as an attentive audience of prospective owners, investors, and operators listen and take notes on ways and means of becoming club owners.

Part II

INSTRUCTIONAL

Davey Bledsoe shares his service techniques



In our last issue Davey Bledsoe gave us an excellent piece on the serve. He covered the ready position, how to drop the ball, the back swing, and the proper position for making contact with the ball. In addition he demonstrated the correct racquet positions for several serves: the low-drive, lob, and the 'Z'.

He gave some in-depth pointers about many of the common mistakes we all make in the early stages of our game. The many letters we have had praising the article attest to the value of his good advice. In this second and concluding part Davey covers the second most important period of the game...returning the serve. Again, he gives the basics and gets down to some of the less productive attitudes beginning players can get into. We feel it's an excellent follow-up to the first part and is well worth the reading by both beginners and others who may have made their way a little farther into the game.

If sharing is the proof of caring, Davey Bledsoe has certainly proven that he cares about both the game and those who play it. As both an outstanding professional and a gentleman, he has given his time and effort to share his knowledge with others. RBI wishes to thank him for this.

In our last article for Racquetball Illustrated we spoke of the service being the most important shot in racquetball. We mentioned that it's the one opportunity the player has to put the ball into play and actually dictate the ensuing rally. It is

the time in the game when you can put your opponent right where you want him on the court.

So, if the service is that important, the service return must be the second most important shot in the game.

The objective of the service return is to neutralize that tremendous advantage given the person serving. You must not forget that you are at a complete disadvantage when you're trying to return the serve.

After your opponent has made the serve, he will simply back out of the service box into center court and dominate that vital area of the court. Therefore, I do not advocate that you return service with an attempt at a kill shot. I think the most important return of the service will be a ceiling shot. This is a very good shot which can be used to manipulate your opponent out of center court, and in so doing, neutralize that natural, advantage we spoke of earlier.

Your second best choice is a good pass shot...either a cross-court pass or a down-the-line pass. As I said, I don't believe a kill shot would be the wisest thing to try for, however, if you're set up for one, it might help to keep your opponent more honest, if you do shoot the ball once in a while.

If we were to try to put some sort of figures on the types of returns to make against a good, strong serve I would say that 75% of all returns should go to the ceiling, 15 or 20% could go to cross-court or down-the-line pass, and maybe 5% to kill shots.

Probably the most undertaught and overlooked fundamental in the game is that of footwork. The footwork necessary to return the service is very crucial, as you can see in the photos.

Notice that the receiver should begin in his ready position with a stance approximately an arm and a racquet length from the back wall. Directly in center court. This position is very important because when you favor one side or the other, you give the server another advantage. He can merely serve to the opposite side and force you to take an extra step to return the ball. So, take up the ready position an arm and a racquet's length away from the back wall exactly in center court.

To initiate the motion necessary to return service the first body move is a pivot. That is, you turn your feet anticipating the first step toward the side wall to retrieve the ball. After the pivot there is a simple cross-over step. This is one long stride in order to get your body over into the area of the court where the server has placed the ball. Immediately following the cross-over step it will be necessary to use some short, choppy steps to set-up and maintain your weight on the back foot to be ready for your motion into the ball.

Remember. Don't plant your feet. Always keep on your toes and keep your feet moving. After you have set your weight on your back foot, and are set-up to move into the ball, stride comfortably into the ball and return it either to the ceiling, the pass shot, or the oc-

casional kill. There's an interesting thing to remember about foot work: there is probably no time when foot-work is the same. Therefore, it is necessary to always be ready. Stay up on your toes, so that you can move with short steps in order to accommodate the ball's play off the back corner.

Probably the most difficult shot is from the back left corner, or the back-

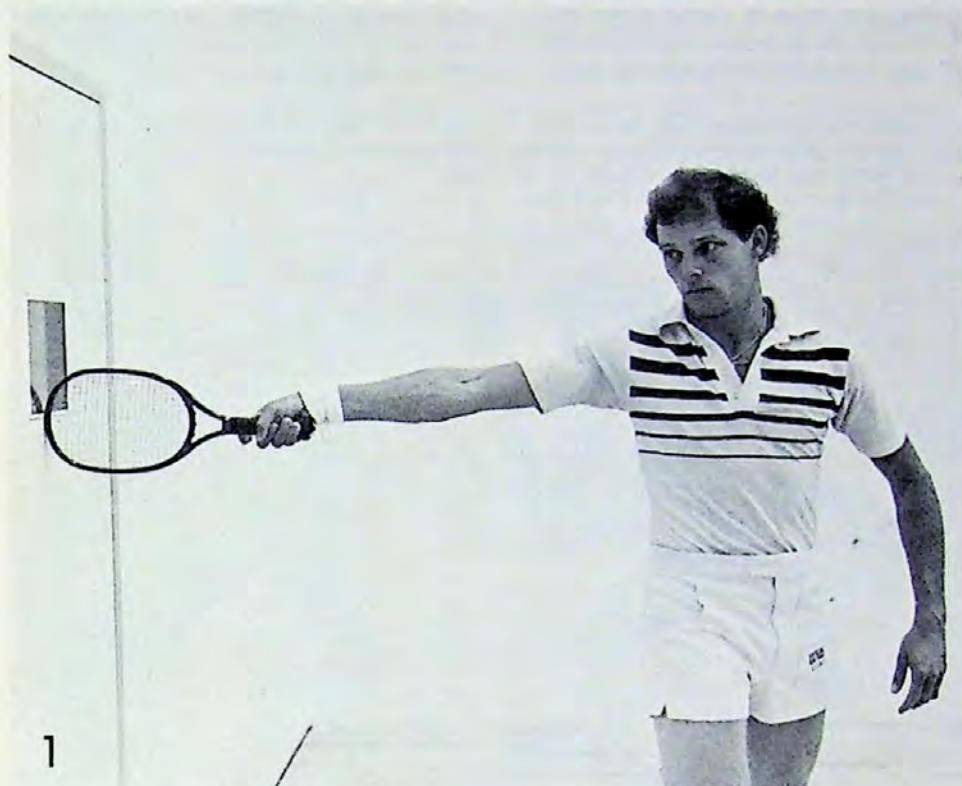
hand side. People, particularly beginners, tend to have problems in this area, simply because as they move to return the ball, they plant both feet solidly behind them and reach to return the ball. Doing this they are not able to utilize the step into the ball to generate the power in the lower muscles of the body. These are the power muscles. So, always stay up on your toes and

always move your feet at the last minute so that you can keep the ball in the proper relationship to your body. This is very important and most beginners should pay particular attention to the relationship of the ball to their body.

Another important aspect of the service return is our basic philosophy in terms of offensive and defensive strategy. We must remember at all times that when we're receiving the serve an error on our part constitutes a point for our opponent. However, when you're in the service box and you commit an error, the worst thing that can happen is a side out. So, you have to think in terms of percentages in both situations.

Always remind yourself to play defensive ball when you're returning serves. This is why a ceiling ball is such a common and effective return of serve. There are two good reasons for going for the ceiling ball. Number one: it helps to neutralize the server's advantage. Number two: it's a safe shot with the least amount of risk toward making an error.

Other than retrieving service from the backhand corner, the second most difficult situation in return of service for the beginner is cutting off the slow lob or 'Z' serve. It's difficult because it is immediately necessary to determine, once the serve is made, whether or not you should let it bounce and move into the back corner or the side wall. If the serve is executed properly, it may be that you have no choice but to step up and cut the ball off on the fly. If this is



1. Bledsoe notes that the proper distance from the back wall when receiving the serve should be an arm and a racquets length from the wall at center court. This places the receiver in the best possible position for moving out to whatever position may be required to return the serve.

2. To return the serve from the righthand corner of the court, the procedure is quite similar. There is a strong step across which will put you into position to get most of the balls which come down that side of the court.

Be sure that you observe the follow through. A lot of power is lost and accuracy diminished by improper follow through. (See the text for complete instructions)

the case, the sequence in the photos will show you how to move into the ball effectively and cut it off on the fly.

Number 1. THE PIVOT: A side turn, pivoting, brings your entire body around to a 45 degree angle. Your feet have come from the ready position (facing the front wall) to this angle facing the direction you are about to move into.

Number 2. STRIDE FORWARD at that 45 degree angle into the ball as you bring the racquet back into

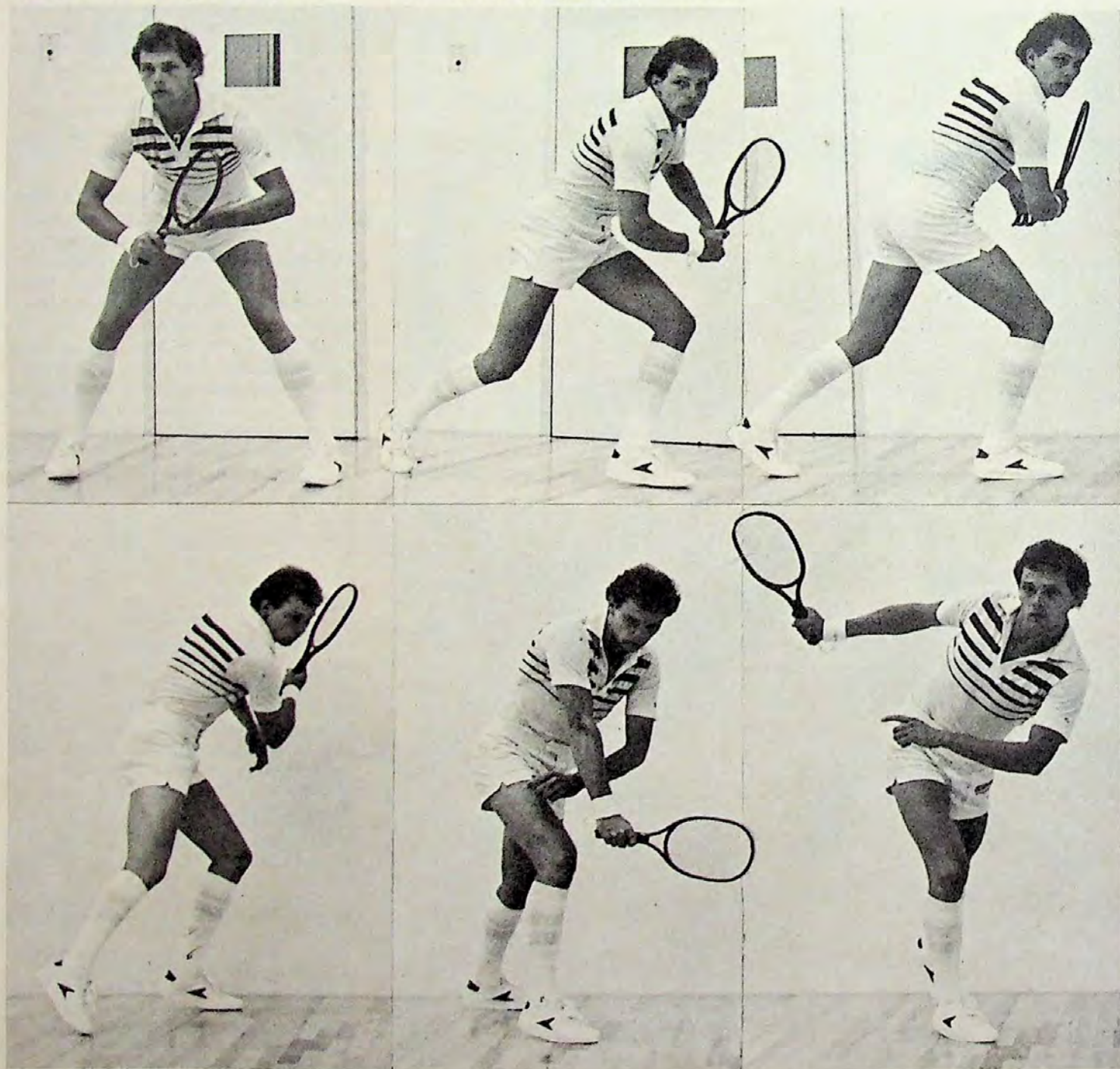
the proper position for the back swing if you are going toward the left hand wall. It may be necessary to shorten the backhand swing when trying to make this shot because there is often a time factor involved. You won't always be able to take a long backswing especially when you have to rush into the ball and cut it right off. But, you should be prepared to step into the ball and drive it either down the line or hard cross-court to force your opponent out in front of you.

Again, the important thing is to determine whether you need to do this. Once you make that decision, don't change your mind. The most frequent mistake, and one of the biggest, is where people decide to let the ball travel to the back corner on a lob or 'Z' serve and then redecide at the last minute to try to cut it off. The point is: go for one or the other and do it 100 per cent. Don't change your mind in the middle of it. Be very determined and set in what you want to do. Right or wrong...go with it.

There are two important moves involved in moving to left court to return the serve from there. **THE PIVOT:** swing the body toward the left at 45 degrees and get ready

to make the **STRIDE** across toward the left corner. It's merely a matter of making a full backswing from there to make the return. Be sure to stay up on your toes after

the **PIVOT** and **STRIDE** so that you may move quickly and comfortably into the ball.



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A Different Kind of Night-Court

Story by Beth Ogle

7:30 a.m. start work. 8:30, 9:30, 10:30..., ringing phones, filing reports, investigating robberies, car thefts, homicides. On and on, exciting, monotonous, never ending. The kind of work that you take home with you, the kind of work that builds up inside of you. It leads some men to drink. It leads Lou Estrella to the racquetball court.

4:00 p.m. finds Investigator Estrella, Hollywood Division, Los Angeles Police Department (LAPD), on the court taking out his aggressions and frustrations.

Estrella is Hollywood Division's resident racquetball expert. And the whole office knows about it. "Hey Lou, *Sports Illustrated* is on the line, they want you on the cover." "Estrella, *Life* is here to do a photo series on you." The whole division is in on the act. "Any mail that comes in regarding racquetball or tournaments or clubs is directed to me. Since my name in Spanish means star, they call me their 'Hollywood Star,'" says Estrella.

A boyish-looking 42, Estrella holds the Inter-Department Senior Championship for 1978; third place Open in 1977; 1976 Singles and Doubles Championship as well as Los Angeles County Police Officers Championship (1978), Southern California and Cal State Peace Officers and LAPD Masters Singles Championships.

The International Police Olympics are held in late July, and Lou Estrella stays in shape. "I go in early every morning so that I can be off in time to play a couple of games before I go to my teaching job at night. Estrella and his regular doubles partner, Ed Ross, hold titles in both inter-department and olympic matches. Recently, they were knocked out of the

number one senior doubles position by officers Ken Dionne and Wayne Treloggen. "I don't mind losing to those guys," said Estrella, and one can understand why. The opposing team looked like the Hulk: One before and the other AFTER the transformation. "When Kenny hits the wall, we have to run over and look for holes!"

Watching the tournament, you would think a lot more was at stake. There's a gallery full of hooting off-duty cops, who double as score-keepers. They take the tournament seriously. Just as the officers in training for the annual olympics, take their respective sports seriously.

Any civilian would find the athletic network in the Los Angeles Police Department, or any other police organization be it sheriff's or highway patrol, extensive.

Beside the inter-department competition in racquetball, there are regular department softball, basketball and touch-football teams. Each year there is a state police olympics that is a stepping stone to the International Police Olympics, held this year in Humboldt, California. According to Estrella, "The Police Olympics have every sport that is regularly included in the olympics, plus racquetball, golf, tennis and other popular sports. Estrella and Ross are trying to qualify for the racquetball section, in both the singles and doubles categories. "We hope to meet in the top-seed position in the two brackets for the singles championship. Estrella holds the Police Olympic Championship Singles title for 1976.

Their regular practice site is the Los Angeles Police Academy (Revolver and Athletic Club) overlooking Dodger Sta-

dium in Los Angeles. The Academy is a converted facility that houses some sixty-member classes of police cadettes on their way to qualify for rookie positions on the LAPD.

Two, three and four o'clock in the morning will find the racquetball schedule for the Academy's two courts full. "Some officers work the late shift, and get off at those hours. Instead of going home and being too worked up to sleep, they go to the courts and work out their day," says Estrella.

The Academy, which is a private facility on public-owned land, has tried many ways to reserve and schedule the ever-popular and full racquetball courts. Everything from off-duties just showing up and taking over an empty court to the present system of calling in to reserve a specific time slot.

Any officer who has gone through academy training (and in the LAPD that is every officer on the force according to Estrella), has access to the Academy's facilities. An olympic-size swimming pool, running tracks in the surrounding hills, as well as the shooting range, make up the bulk of the estate. A restaurant and coffee shop as well as a bar are open to police as well as civilians.

With health taking up so many column inches and being of a national concern, does the image of the rowdy-drunk off-duty cop still abound as it does in Joseph Wambaugh's recent book, the *Choir-boys*?

"Well sure, there are guys who drink too much and take too many chances in their off duty time. They're macho, they think they can handle just about anything. The bar at the Academy used to do a

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Robert Scott, Publisher



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terrific business at night as a meeting place for guys having affairs on the side, and even some questionable "ladies" taking up residence on the bar stools.

"When the ruling passed that a bartender or host could be held responsible for the actions of a guest after he left the premises, the club really tightened up it's rules. And with the development of the athletic program, more and more officers are beginning to take part in sports.

"I used to go out or just home after work and have a few beers, which lead to a FEW beers, you know how that goes, and I started to feel lousy. That's when I started to take up something. I played golf for many years. We were in a police league and played on Thursdays.

"I started to teach high school in a special program, and couldn't get off to play. In 1974, I took up racquetball. Me and my \$5.95 Spalding racquet. I started to really get into it, and got better and better. It was an outlet the way golf had been. I started entering tournaments and then the Police Olympics. Now, I belong to a private club in Pasadena where I play on weekends and when I don't have a match at the Academy."

The two cement courts on the third

floor of the Academy's administration building, are not regulation size, with about two extra feet in length and width, not to mention height. There has been talk about remodeling them to regulation size, "because it can really affect your game when you have to move to a smaller court. I find myself hitting too high and having to adjust from one size to another." But, remodeling will cost money, and in light of upcoming budget cuts because of Proposition 13, the money may not be readily available."

According to Estrella, "They have kicked around some ideas of taking a small amount out of everyone's paycheck to pay for these facilities and possibly some new ones, but there are snags in every plan. There are guys who live in the valley and play at satellite courts and never make it here, so it's still a matter of discussion."

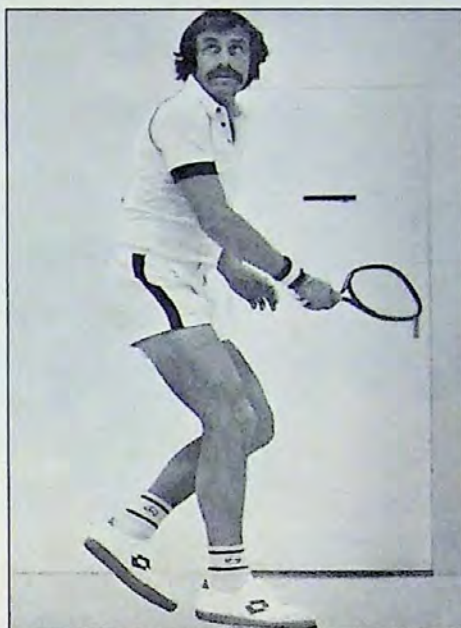
Even with additional courts, which may or may not be feasible, the reservation lines will still be long and competition fierce for court space and we'll still see late-night lights burning, as two men getting off a rough and often frustrating shift of arrests and citations, will be beating the hell out of a little rubber ball. ●

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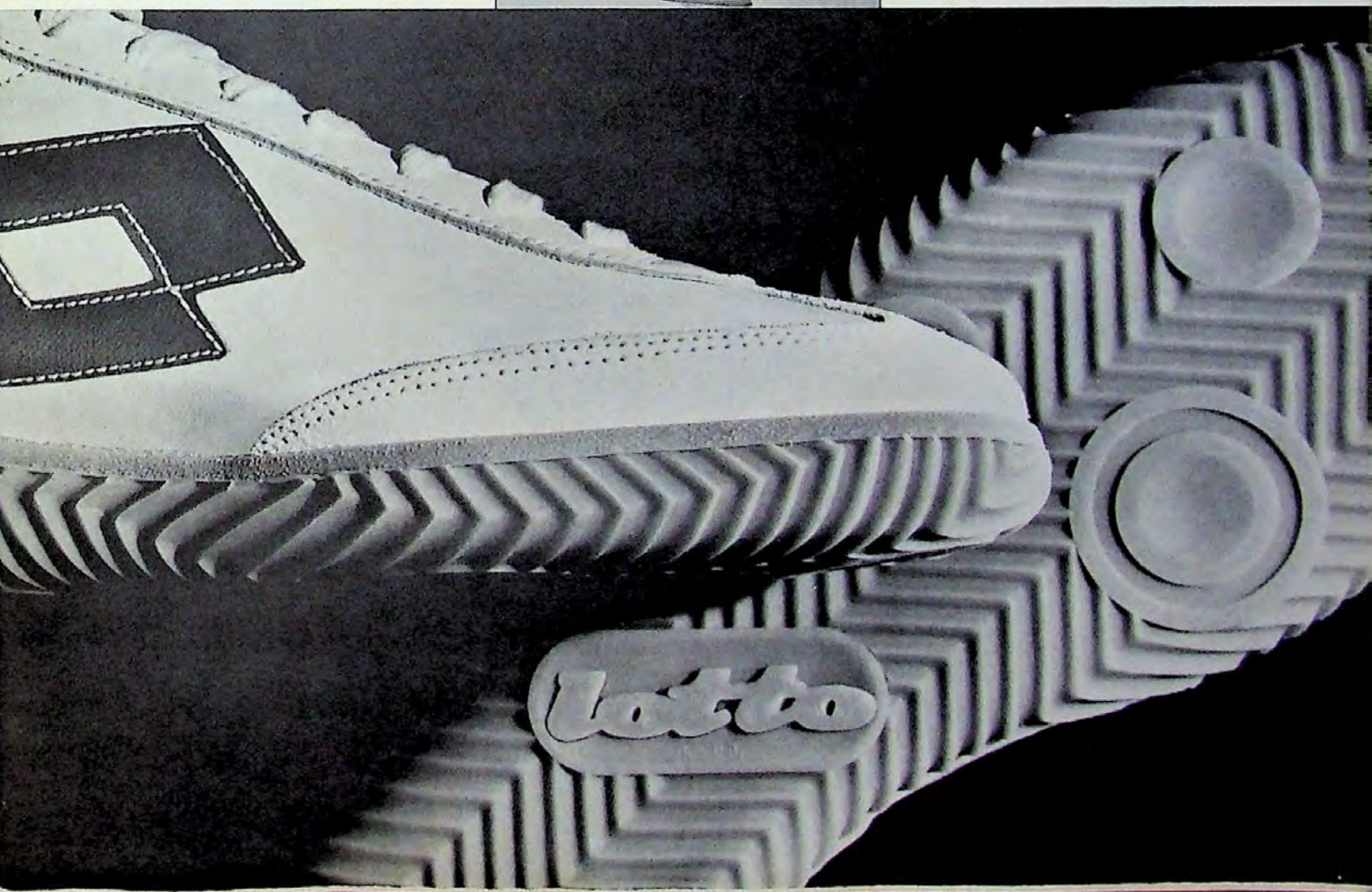
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PAX QUIGLEY

Close-up of a Nifty Lady

Story by Herkos Grafos

It was the way she stood there, looking over her shoulder. That was part of it.

"Pax Quigley. Don't forget me. You won't forget me will you?"

No, I won't. Not for a long time.

* * *

Small, waifish. Long, strawberry blond hair falling down over her shoulders. Those large eyes which seem to reach parts of a person they have long since put far away, tucked inside themselves where they can't be reached by just everyone, or maybe, anyone.

No. She won't be forgotten for a long time.

Then, there's that funny little business with her thumb. She has this habit of sawing her right forefinger back and forth across her thumb as though it had offended her or was the source of some embarrassment. But, she only does this when she's preoccupied in some deep and always mysterious thought. "I started doing this when I quit smoking." She says this and you're supposed to believe it. She says it just that honestly. You're not supposed to connect anything about Freudian thought and deed. Just accept the words she offers. O.K. It's a nervous habit acquired as a result of giving up smoking. Lord knows what habits I'd get into if I gave up smoking.

* * *

At the lunch which followed her 'don't forget me', she somehow spilled a little water down the front of her dress. Some of the new plastic materials are sure interesting. They have the property of becoming almost transparent when they're wet. The blouse did. She blushed. And after doing some drying with a napkin,

hung it around her neck like a bib. She didn't come from behind that thing until the meal was almost finished.

Early parts of a first conversation are always fun. Each person reaching into the other, like kids poking into a drawer with their eyes closed, trying to discern what each object is without having a total look at it. So, we thought-poked away at one another. A smorgasbord of trials and responses. We finally get to food and diets and things like that.

"My fat cells have shrunk." It's one of those totally honest and therefore disarming statements. Talking about her giving up meat some three years ago and how much better she looks as a result of it. "Besides working for Playboy Enterprises, I also have a company with five other people. We own natural food stores in northern California. After reading about how bad meat is for you ... I went off meat. I don't know if I feel better, but I look better." She has interesting skin. It's beautiful, with a good tan, which is unusual for a redhead.

"I've never been fat, by the way. But, what has happened is that because I don't eat meat, I have literally become more compact. I went to the doctor and he said because my intake of fat has gone down so much, my fat cells have shrunk. I weigh exactly the same as I did about three years ago, but I wear smaller size clothes. So, I'm a big fanatic about that."

There aren't too many people out there who say things with such candor and honesty. It's a great relief from the usual brand of baloney which seems to come from most of the people charged with the responsibility of creating images

for large corporations. But, this is a very bright lady and she is completely aware of and in control of what she presents.

"I wouldn't say I'm overeducated, but I went to school for eighteen years. I have a bachelor's from Northwestern in English and Speech, and a master's from Chicago in Anthropology. I was going for my Ph.D. when I decided that I didn't want to be an anthropologist."

That's a fascinating step from anthropology to corporate PR. "It works out very well, though. Because of anthropology you really get to understand people. I've been in the jungles of Ecuador researching Indians, and into Mexico interviewing Indians. What happens is, because of the anthropology I can be with all sorts of people and be with them for what they are rather than for who they are. I'm non-judgemental."

She has that look again. The waif. The lost child. Then it comes... "Can I take just a little of your rice?" The food she has ordered is all pretty and green. It doesn't look at all substantial. Mine is all beef and rice and things which will lie about the stomach for some time. I find myself answering, "You may have anything your heart desires." I'm glad she's non-judgemental... that line sounds pretty ridiculous. Who was it said that the world is just a complex series of interpersonal reactions? Maybe I said it... I've forgotten.

I finally remember this interview is supposed to be about racquetball and ask about her involvement with the sport.

"I've been playing for about seven months. But, I'm good... not excellent, but, very good. I guess the biggest problem for me is that I play in the morning,

and sometimes I bring in what I'm going to do in the day. It usually takes me until the second game to forget about what I'm going to be doing the rest of the day. I took up racquetball because I instinctively knew that I'd be good at it. I think it's a really good sport for an athletic woman."

There's an interesting note...a person trained as a scientist...following her instincts.

"I can see it in my head...playing the sport...before even picking up the racquet...I saw myself dressed and playing."

I wonder what other areas of instinct she follows?

"Oh, a lot. A house...I just bought a house."

She says 'she' just bought a house. Is she not married.

"Not anymore. But, I've had a lot of magical things happen to me. The house. And, I always knew that I'd have an executive position in a large corporation. I saw myself sitting at a desk, and the total picture hasn't come true yet, because I always think very big. But, I do have..." Her voice drifts away and for a moment I, too have some image or vision...then it's interrupted as she continues. "I've been told that I'm a psychic and a healer. I do help a lot of people."

She goes on to narrate some of the

strange and intriguing incidents which have occurred to and around her. She tells about attending the first World Congress of Sorcery down in Bogata, Columbia, some three years ago. Here she was involved in some almost unbelievable things. Automatic writing. Clairvoyance. Hypnosis. People with needles through their hands and cheeks...no blood. All kinds of things like that. Her final line was, "It's been three summers now, and I think about that man (who hypnotized her) and the experience maybe once every two weeks. He told me it was powerful."

This lady with the lovely red hair sort of pokes at all that greenery on her plate and you can almost hear the thoughts crackling, surging softly inside her. This is all some sort of delightful blend of early Tennessee Williams and Brad Steiger. The dialogue and the pace spin out like a soft waltz moving through a mist of unrealities. She talks about the control we have over our lives and how we can improve our lives by listening to the voice within. I ask what she means by 'control'.

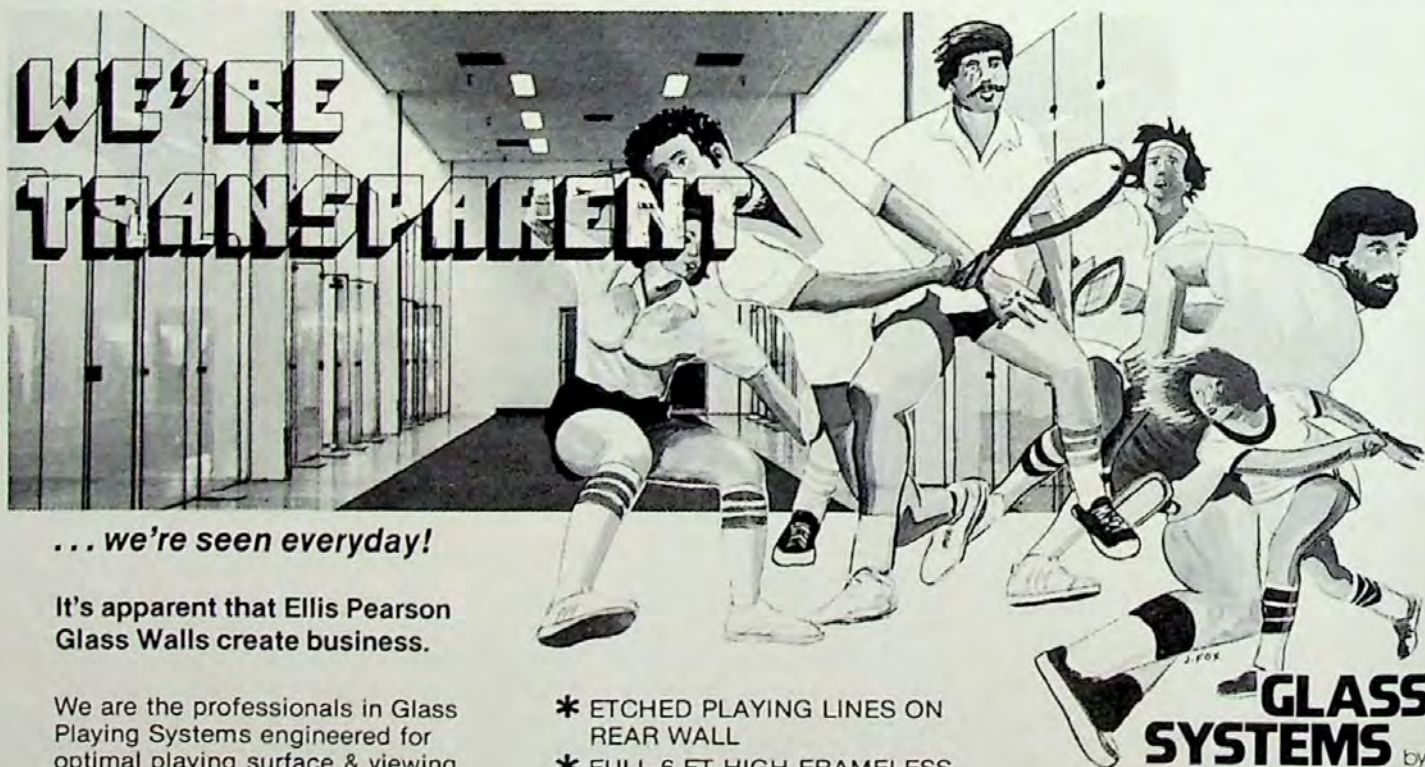
"When we're relaxed we can let that voice, that inner voice, come through."

When she says the voice is now 'with' her...the way she says 'with' makes me want to know more about that voice.

"It's now with me. It came to me and I



Whether at home, in her office, or visiting one of the Playboy Clubs, Pax demonstrates the same aplomb. Not one to be easily ruffled she relieves the tensions of the day with physical exercise and fantasies.



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accepted the voice. A voice of an older woman, a knowledgeable woman who knows a great deal. And when I let that voice think and talk, it serves me very well. The quality of my life has gotten so much better...and the types of relationships I have with people..."

So, I ask about the next most obvious point...witchcraft, especially the aspects of dark witchcraft, the Kabala and all that.

"I don't like that at all. I'm a good witch." She pauses and sort of feels the surprise in herself at hearing these words. Maybe she has never identified herself as this before. Almost hesitantly she adds, "I've been told that."

But, there are few degrees of witchery. Either she is or she ain't.

"Yeah. I think I am. You know," and she really slows down now, "it's really hard to say, to admit to something like that."

This is obviously a very sensitive as well as beautiful and charming person. I change the subject and try to move it all away from the realm of the very personal. Feeling that I may have looked too deeply into this woman I ask her to tell me some more about her involvement in racquetball. Her whole attitude changes. She becomes bright and pert.

"See, I like the game," she begins. "I like a very sensual game. I like to play racquetball with a man. I like the idea of being all white. I like the man and myself dressed in white, and to work up that sweat. I have one friend that I play with who works up such a sweat that there are droplets of his sweat on the floor. And after the game is over, we kind of hug each other...and feel." She does another one of those pauses which makes my curiosity take a leap straight up into the air. "I guess there are women who don't like the sweat. I've talked to some of them and they say 'Oh, it's hard

and you perspire so much and I can't stand that'...but, I like that aspect of it." Here she takes a long breath and something must have shown on my face...the disbelief and the delight. She deliberately comes back with a sort of sighing, "Oh, I really do."

Somehow I begin to get the feeling that this young lady has crawled inside my brain and is saying lines that have been locked in there for a long while. I mean, where do you find a lady who really wants to get out there and share the same things you enjoy? There just aren't too many of those floating around. Then she caps the entire thing.

"I mean, I have this great fantasy of sometime having a torrid love affair inside a racquetball court." This time my jaw falls right down into the plate in front of me. She doesn't even notice. She just smiles and says, "It's for real."

"First, we play racquetball. Of course, I'll win. I must win in racquetball...in my fantasy." She's giving me a step-by-step description of the main events of the day. "After this we have the torrid affair right in the middle of the show-white court. That comes out even...there's no winning there...it's not a game."

While I sit there trying to put all these things into some sort of logic, (I always fall back onto pure logic and reason when I start losing my mind) she goes on about her game. "I'm a left-handed player. And I've been told that's to my advantage." There's a question mark hanging on the end of her sentence...she's waiting for me to verify or deny the statement. I can only smile. "And, I serve back-handed." I think to myself 'that must be a bear to return.' She reads it, nods, and answers, "If it's good."

So, the whole lunch goes like this. I learn that she has written 3 books, 27

magazine articles on all sorts of subjects, she was involved in the anti-war movement, was a lecturer in anthropology, traveled in Mexico for about six months, hitchhiked from Tunisia to Palermo, and from Palermo to Greece and all around Europe. "Sometimes I wonder what's next. When I bought my house I thought, now I want a new car. Then I said I don't want all these good things all at once. Let's take it slowly. I keep saying to myself, you're going to be on this earth for at least another 60 years. I'm enjoying life."

"Oh, I do have another fantasy," My heart. My heart. I may not survive another one. I put down my fork and give close attention...I don't want to miss a word. As a matter of fact, I break out in a sweat just imagining what it could be. I think she appreciated it...the sweat, I mean.

"I have a fantasy of becoming a racquetball champion...but, that won't happen because I can't spend enough time on it."

* * *

More conversation. Mostly about her job at Playboy Enterprises, Inc. She's involved in corporate Public Relations. And she loves it. "It's a place where you can really be yourself. They allow me to develop and create my own stories or whatever I'm doing. They hire a person essentially because they feel that's the best person for the job and that the person will be really loyal to the company."

So, this 107 pounds of beautiful red-head is in the business of fulfilling some of her fantasies. She fantasized herself hitchhiking around the world...then did it. She built a fantasy of becoming more than knowledgeable in anthropology...and did it. Then, she had this fantasy of becoming PR for a very large corporation...there aren't too many larger than Playboy...she did it. Now, she has this fantasy of playing racquetball with some guy who really sweats a lot...she beats him...and then comes the best part. But, I didn't hear her say anything about the guy she plays with having sense enough to let her win a really hard game. He must not have too much imagination. He doesn't fantasize. He could let her win just one game so that she could actualize the last part of her fantasy. That shouldn't be such a tremendous blow to his ego...considering the reward.

Maybe I'll practice up on my game. I would have to get good enough so that I could let her win without her knowing it was a set-up. Make her really work for it. Then, let her beat me by just one point. I mean, a guy ought to try to fulfill his fantasies too, shouldn't he? Wasn't it Giancarlo Giannini who said, "A man without a fantasy isn't a man...he's nothing." ●

The Ultimate in "NUTRITION for ATHLETES"

Excerpts from
Dr. Ellington Darden's
New Book

Daily Food Guide



OTHER FOODS

To add variety and additional calories, other foods not specified in the Basic Four Food Groups may be used. Such foods include butter, margarine, oil, salad dressing, gravies, sauces, sugars, jams, jellies, candies, syrups, sweet desserts, sweetened and alcoholic beverages.

Myths are created from ignorance... total or partial. The dictionary defines a myth as "a traditional story of unknown authorship...serving to explain some phenomenon." It usually represents a falsified description, or at best, an incomplete one.

In the case of nutrition, it's easy to understand why ignorance has been perpetuated. Historically, nutrition is a youngster in the scientific community, having been recognized as a distinct discipline only in 1934. As a result, we find many self-proclaimed experts in nutrition, who are "experts" simply because they've eaten food all their lives! Now, combine this with the sports world, where it's common knowledge that coaches and athletes are some of the world's worst faddists, and it isn't surprising that we've got quite a list of food-related myths.

Truth, on the other hand, has been pursued by philosophers and scientists since days of ancient Greece. Turning to the dictionary, we find that truth is "the quality of being in accordance with experience, facts, or reality." The truth conforms with fact.

Tremendous progress in obtaining nutritional facts has been made within the past 50 years. The composition of most foods is now well known. The major changes that food components undergo in the body are fairly well understood. Although the total picture will probably never be clear, ample facts exist about how fats and carbohydrates are converted to energy, how protein is incorporated into body tissue, and how vitamins and minerals function. In addition, ample facts exist on why many nutritional practices and beliefs *don't* contribute to winning. All of these facts or truths have direct application to improving athletic performance.

In this book, evidence to combat myths will be presented from research undertaken not only in sports situations but from other areas as well. This information represents what we know at the present time, based on fact.

Myth: Most athletes should not be concerned about calories.

Truth: Calories do count, every one of them. Consume more calories than your body expends, and you'll gain fat; less calories, and you'll lose fat (there's approximately 3,500 calories in a pound of fat). This is in accordance with the law of conservation of energy which states that energy may be converted or transferred, but cannot be created or destroyed. In other words, the energy value of food eaten (minus the energy lost in the excreta) must equal the sum of the heat given off and the physical work done by the body. The unit measure of heat

energy is the calorie, but surprisingly, few people actually know what a calorie really is.

A calorie (kilocalorie is actually the more appropriate term) is the amount of heat you would need to raise the temperature of one liter (a little more than a quart) of water one degree centigrade. To help you visualize that, 100 calories would raise the temperature of one liter of water from freezing level to boiling.

Myth: Steak is the "Breakfast of Champions."

Truth: Thick, juicy steaks have been a training table staple for many years. This was especially prevalent when I was growing up in Texas during the 1950s and 1960s. Even today, many coaches and trainers believe that there's a corollary between red meat and strength and endurance.

Scientific research has repeatedly shown that steak, which contains protein and fat, is not as efficient in supplying energy for athletic performance as food rich in carbohydrates. The ideal diet for athletes should be composed of 59 percent carbohydrate, 28 percent fat, and 13 percent protein.

Myth: Honey is a good food for quick energy.

Truth: There are no quick-energy foods, and there's nothing magic about eating honey. Honey contains two sugars, glucose and fructose. These are the same simple sugars that are present in table sugar. Honey is not significantly superior to other common sweets, although it does contain a greater percentage of fructose. Unfortunately dietary quacks have falsely promoted honey as a sweet that is better tolerated than other sugars. This is not true.

Taken in large quantities, honey can produce several detrimental effects. Excess amounts of honey (or other similar sweets), tend to draw fluid from other parts of the body into the gastrointestinal tract. This shift in fluids may add to the problem of dehydration in long distance events, where sweat loss can affect performance. The body also may rebel if the sugar intake is too high. A concentrated sugar solution may cause extra distention in the stomach, and the evacuation mechanism may be impaired. Problems such as cramps, nausea, and diarrhea can occur. Therefore, no more than 50 grams of sugar (3 rounded table-spoons) in a liquid should be taken in any one-hour period. Even then, these foods do not seem to improve performance in short-term events.

Myth: Pre-competition meals for athletes should consist of carbohydrate rich foods.

Truth: What you eat on the day of competition has very little to do with the production of energy for that day. (The exception to this rule is athletes that compete in non-stop, marathon-type events. They can benefit from pre-event meals composed of carbohydrate-rich foods, as well as several days of carbohydrate loading). Nutritional scientists have found that it ordinarily takes from two to fourteen days for the food you eat to actually be utilized in the form of energy. Nevertheless, the following guidelines should be considered in planning precompetition meals:

1. Energy intakes should be adequate to ward off any feelings of hunger or weakness during competition. Although the food eaten prior to competition has little to do with immediate energy expenditure, it can give the athlete a feeling of strength and security.

2. The necessity for urinary or bowel

excretion during performance can be serious or even disabling. For this reason, meals that include large amounts of protein foods, bulky foods, or highly spiced foods should be avoided before competition, or consumed in small quantities.

4. Fluid intakes prior to, during, and after prolonged competition should guarantee an optimal state of hydration. This can be accomplished with various saline solutions, "thirst drinks," fruit juices, and just plain water!

5. And finally, the pre-competition meal should include food that the athlete is familiar with... food that will "make him win." Remember, eating can be as much psychological as it is physiological.

Myth: Stay away from hamburgers during training.

Truth: A hamburger with all the trimmings (lettuce, tomatoes, onions,

Food Selection Scorecard

Score your diet for each day using the points allowed for each food group. If your score is between 90 and 100, your food selection standard has been good; a score of 75 to 85 indicates a fair standard; a score below 75 is a low standard.

Points allowed (See basic-four food groups for serving size and substitutions.)	Maximum points for each group	Columns for daily check
Milk (include cheese, ice cream, and milk used in cooking) Adults: 1 glass, 10 points; 1½ glasses, 15; 2 glasses, 20. Teen-agers and children 9 to 12: 1 glass, 5 points; 2 glasses, 10; 3 glasses, 15; 4 glasses, 20. Children under 9: 2 glasses, 15; 3 glasses, 20.	20	
Vegetables and fruits (serving = ½ cup) Vegetables: 1 serving, 5; 2 servings, 10. Potatoes may be included as one of these servings.	10	
Using 1 serving of dark green or deep yellow vegetable will earn you 5 extra points.	5	
Fruits: 1 serving, 5; 2 servings, 10.	10	
Using citrus fruit, raw cabbage, canned or raw tomatoes, berries, or melons gives 5 extra points.	5	
Cereals and breads Whole grain, enriched, or restored. Bread, rice, breakfast cereals, macaroni, etc.: 2 servings, 10 points; 4 servings, 15.	15	
Meat, eggs, fish, poultry, dried peas or beans, peanut butter: 1 serving, 10; 2 servings, 15	15	
Using 1 serving liver or other organs gives 5 extra points.	5	
Total liquids (include milk, broth, tea, coffee, other beverages) Adults: 6 glasses, 3; 8 glasses, 5. Children: 4 glasses, 3; 6 glasses, 5.	5	
Eating a breakfast which included food from the meat or milk group. Do not count cream or bacon (except Canadian bacon) in this score.	10	
Daily score	100	



cheese, salad dressing, as well as lean meat and bread), is a fairly well-balanced meal. There's no good reason why athletes could not consume hamburgers several times a week. The same thing could be said about other foods purchased at fast-food chains.

As examples, let's examine the number of calories and grams of protein present in typical selections from well known fast-food restaurants.

If you eat at a fast-food chain regularly, it would be wise to make sure that your other meals include such nutritious foods as beans, dairy products, and a wide variety of fruits and vegetables.

Myth: Large doses of wheat germ oil will improve your stamina.

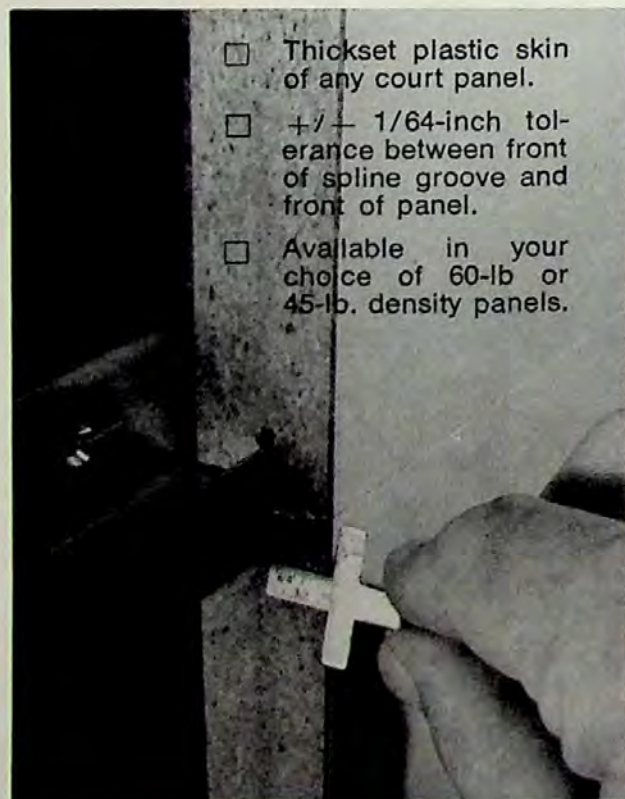
Truth: Wheat germ oil is rich in vitamin E, a necessary nutrient, but taking large amounts of it will not improve your stamina. Vitamin E is a fat-soluble nutrient which is important in certain glandular functions. It also acts as an antioxidant, thereby directly or indirectly participating in various oxidation-reduction reactions in the body. Because of these reactions, athletes have apparently assumed that taking large doses of wheat germ oil (or vitamin E) will improve their stamina. While taking large doses of wheat germ oil may not be harmful to the body, it is very expensive (over \$5.00 a pint), is high in calories, and is not a worthwhile means to improve your endurance.



Myth: Athletes, because they are unique, do not require a balanced diet.

Truth: Athletes and non-athletes require a balanced diet composed of a wide variety of foods. Nutrition scientists have translated knowledge of the nutrient needs of people and the nutritive values of food into an easy-to-use guide for food selection.

This daily food guide sorts foods into four groups on the basis of their similarity in nutrient content. Each of the broad groups has a special contribution to make toward an adequate diet. ●



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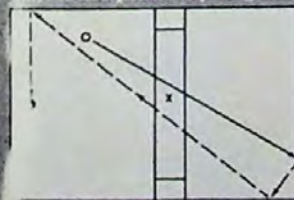


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Story and photos by Beth Ogle



(above) Keith Cauley, "racquetball is a game played below the waist and won above the ears."

(above right) Today's health clubs are a far cry from the dingy back-street gyms of a few years ago.



"Racquetball is no longer for the rich. I see that now. Our membership was predominately doctors, but now we are seeing more and more blue collar workers, students, young people. Racquetball just keeps going and more and more people are becoming involved."

John Chapman, a vice-president of Racquet Time, Inc., confirms what is fast becoming accepted, racquetball is still growing, still an infant in the sports world.

Based in Stillwater, Oklahoma, Racquet Time was a pioneer in the total management field of racquetball clubs.

"Most people don't realize what is involved in starting and managing a club. They fall in love with the sport and think, 'What could be better than to own a club?'"

"So, they go out and invent the wheel. They start from scratch on things like how to get members, how to keep them, even where to get towels. It would be like wanting to own a hotel. Would you go out and draw your own floor plan and hope you come up with a workable idea? Or would you go to Holiday Inn and say 'I'd like to buy one of your hotels?'"

In essence, this is where Racquet Time comes in.

As a total management firm, Chapman says that "We prefer to go with a new club. That way we can be in on the ground floor and avoid mistakes, rather than correct them."

But there are other ways of becoming involved with a club. A build-to-suit club, would involve an investor, real estate type person who is interested mainly in the investment as well as the more

aggressive investor who wants to be involved in planning. Another type of management involvement would be a joint-venture with Racquet Time actually contributing capital.

Racquet Time has also taken over some losing clubs, and seemingly put them in the black. Fresno Racquet Time is an example of the organization at work. Through word-of-mouth, Racquet Time was notified that the Fresno club was going to close its doors. Now, the most luxurious of its clubs, it was losing \$20-30,000 per month. Racquet Time President, Kenneth Andrews, met with owners on Monday and closed the deal on Wednesday.

Thursday found Chapman in Fresno setting policy and notifying members of the change in ownership.

"We closed the doors on Saturday, and opened Fresno Racquet Time on Monday morning. I spent 15 hours a day there meeting with old members and explaining our new policy. We had about a 75% conversion rate, which is not bad for what the members were hit with."

What happened to members is that the old management had made a serious mistake in setting up their membership policy. The memberships had sold well, but they had not allowed a provision for income. They had the money up-front, but without monthly dues, leaving no money coming in, and not enough new members or any way to raise the yearly dues because of contracts, the old owners were forced to sell or close the doors.

This left Chapman the job of breaking the bad news to members. Racquet Time would sell them a membership in the club for a nominal fee, but they would have to pay a monthly fee (dues).

"Many of the members felt they had been cheated, they were angry, they had been promised something that could not

be delivered. But once they saw what professional management did to the facility, in terms of clean up and maintenance of facilities, they were better able to understand our policy."

New ventures for Racquet Time include a club in Laguna Niguel, near the coast in California as well as a new club in Pittsburg that is expected to open in September.

The Northeast is the last frontier for racquetball. "The sport has been late to develop in that area, clubs are charging fantastic amounts for court time, when it's available. We are expecting to finalize plans for a second club in the Pittsburg area soon," says Chapman.

Racquet Time currently manages eight clubs, including one in Tucson, Arizona, where Chapman spends about one-third of his time. He maintains a residence in Stillwater as well as Fresno.

Stillwater, 40,000 population, is the home of Racquet Time and its president Kenneth Andrews. Before founding the organization, Andrews was successful in real estate. "I was aware of the number of times he had caused a venture to show a profit when others in the same business were losing their shirts. I looked at racquetball the same way: if anybody could do it, he could," said Chapman.

Chapman left a secure post at Merrill, Lynch, Pierce, Fenner and Smith. "My friends thought I was crazy. To most of them, my decision to move to Stillwater was like moving to the end of the earth. But, I agreed with Kenny that racquetball held promise of a great future, and was willing to gamble that both he and I were right."

"Not everything turned out roses at the beginning—There were rough times, but those rough times makes today's success all the sweeter."

"Someday racquetball courts will be overbuilt—same as bowling alleys. But the strong will continue and survive. You may not hear much about them when they reach that peak, but the best will survive."

That's what Racquet Time is counting on.

The Guide to Better Racquetball

Rules Part 2

This is the conclusion of a two part series on racquetball rules. Part one was featured in the August issue of RACQUETBALL ILLUSTRATED MAGAZINE. These rules were reprinted courtesy of Ektelon. To obtain a free copy of Ektelon's Guide to Better Racquetball simply fill out the handy coupon on page three.

Rule 4.10—Dead Ball Hinders.

Hinders are of two types—"dead ball" and "avoidable." Dead ball hinders as described in this rule result in the point being played. Avoidable hinders are described in Rule 4.11.

(a) Situations. When called by the referee the following are dead ball hinders:

- (1) Court Hinders. Hits any part of the court which under local rules is a dead ball.
- (2) Hitting Opponent. Any returned ball that touches an opponent on the fly before it returns to the front wall.
- (3) Body Contact. Any body contact with an opponent that interferes with seeing or returning the ball.
- (4) Screen Ball. Any ball rebounding from the front wall close to the body of a player on the side which just returned the ball, to interfere with or prevent the returning side from seeing the ball. See Rule 4.4 (b).
- (5) Straddle Ball. A ball passing between the legs of a player on the side which just returned the ball, if there is no fair chance to see or return the ball.
- (6) Back Swing Hinder. If there is body contact on the back swing, the player must call it immediately. This is the only hinder call a player can make.
- (7) Other interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball.

(b) Effect. A call by the referee of a "hinder" stops the play and voids any situation following, such as the ball hitting a player. No player is authorized to call a hinder, except on the back swing or from accidentally stepping on an opponent's foot. Such a call should be made immediately, as provided in Rule 3.5(b). The decision of the referee will be final as to whether or not the violation impeded the ensuing rally.

(c) Avoidance. While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the duty of the side that has just served or returned the ball to move so that the receiving side may go straight to the ball and not be required to go around an opponent. The referee should be liberal in calling hinders to discourage any practice of playing the ball where an adversary cannot see it until too late. It is no excuse that the ball is "killed," unless in the opinion of the referee the ball could not be returned. Hinders should be called without a claim by a player, especially in close plays and on game points.

(d) Doubles. In doubles, both players on a side are entitled to a fair and unobstructed chance at the ball and either one is entitled to a hinder even though it naturally would be his partner's ball and even though his partner may have attempted to play the ball or that he may already have missed it. It is not a hinder when one player hinders his partner.

Rule 4.11—Avoidable Hinders.

An avoidable hinder results in an out or a point depending upon whether the offender was serving or receiving.

- (1) Failure to Move. Does not move sufficiently to allow opponent his shot.
- (2) Blocking. Moves into a position affecting a block on the opponent about to return the ball, or, in doubles, one partner moves in front of an opponent as his partner is returning the ball.
- (3) Moving into Ball. Moves in the way and is struck by the ball just played by his opponent.
- (4) Pushing. Deliberately pushes or shoves opponent during a rally.

Rule 4.12—Rest Periods.

(a) Delays. Deliberate delay exceeding ten seconds by server, or receiver shall result in an out or point against the offender.

(b) Time-Outs. During a game each player in singles, or each side in doubles, either while serving or receiving may request a "time-out" for a towel, wiping glasses, change or adjustment. Each "time-out" shall not exceed 30 seconds. No more than three

"time-outs" in a game shall be granted each singles players or each team in doubles. Two "time-outs" shall be allotted each player in singles or each team in doubles in the tie-breaker. No player may call a time-out once the ball is in play. See Rule 4.1(d).

(c) Injury. No time-out shall be charged to a player who is injured during play. An injured player shall not be allowed more than a total of fifteen minutes of rest. If the injured player is not able to resume play after total rests of 15 minutes the match shall be awarded to the opponent or opponents. On any further injury to the same player, the Commissioner, if present, or committee, after considering any available medical opinion shall determine whether the injured player will be allowed to continue.

(d) A time-out may be called by the referee, at the request of a player and after substantiation by the referee, because of faulty equipment or uniform. Two minutes are to be allowed for any uniform adjustment needed and 30 seconds for any equipment adjustment.

(e) Between Games.

The IRA tournaments, a two-minute rest period is allowed between the first and second games and a 10 minute rest period between the second and third games. For NRC tournaments, a five minute rest period is allowed between the first and second games and a ten minute rest period between the second and third games. Players may leave the court between games, but must be on the court and ready to play at the expiration of the rest period.

(f) Postponed Games. Any games postponed by referee shall be resumed with the same score as when postponed.

Rule 4.13—Technical Foul.

Results in a point or side-out. It may be called by a referee at any time, whenever he feels that a player has executed or exhibited unsportsmanlike conduct either vocally or by any other means during the course of a match. A third technical foul called upon any one single player during the course of a match will result in the automatic, immediate forfeiture of that match.

Rule 4.14—Age Group Division

As is determined as of the first day of the tournament.

- (1) Junior: (IRA) 17 and under. (NRC) 18 and under.
 - (2) Open—Any age can compete.
 - (3) Senior Open—35 years and over.
 - (4) Masters—45 years and over.
 - (5) Golden Masters—55 years and over.
- Doubles Team—Ages apply as above.

PART V. TOURNAMENTS (IRA)

Rule 5.1—Draws.

(a) If possible, all draws shall be made at least two days before the tournament commences. The seeding method of drawing shall be approved by the International Racquetball Association (IRA).

(b) The draw and seeding committee shall be chaired by the IRA Executive Director and shall consist of the Executive Director, the National Coordinator, National Seeding Chairman, and the host tournament chairman. No other persons shall participate in the draw or seeding unless at the invitation of the draw and seeding committee.

(c) In local, state and divisional tournaments the draw shall be the responsibility of the tournament chairman. In regional play the tournament chairman should work in coordination with the IRA representative at the tournament.

Rule 5.2—Scheduling.

(a) **Preliminary Matches.** If one or more contestants are entered in both singles and doubles, they may be required to play both singles and doubles on the same day or night with little rest between matches. This is a risk assumed on entering both singles and doubles. If possible the schedule should provide at least a one-hour rest period between all matches.

(b) **Final Matches.** Where one or more players have reached the finals in both singles and doubles, it is recommended that the doubles match be played on the day preceding the singles. This would assure more rest between the final matches. If both final matches must be played on the same day or night, the following procedure is recommended:

- (1) The singles match be played first.
- (2) A rest period of not less than ONE HOUR be allowed between the finals in singles and doubles.

Rule 5.3—Notice of Matches.

After the first round of matches, it is the responsibility of each player to check the posted schedules to determine the time and place of each subsequent match. If any change is made in the schedule after posting, it shall be the duty of the committee or chairman to notify the players of the change.

Rule 5.4—Third Place.

In championship tournaments (national, regional, state, etc.), the loser in the semi-finals must play for third place or lose his ranking for the next year unless he is unable to compete because of injury or illness. See Rule 3.5(d)(4).

Rule 5.5—IRA Regional Tournaments.

The United States and Canada are divided into a combined total of ten regions.

- (a) A player may compete in only one regional tournament per year.
- (b) The defined area of eligibility for a person's region is that of his permanent residence.
- (c) A player can participate in only two events in a regional tournament.
- (d) Awards and remuneration to the IRA International Championships will be posted on the entry blank.

Rule 5.6—Tournament Management.

In all IRA-sanctioned tournaments the tournament chairman and/or the national IRA official in attendance may decide on a change of courts after the completion of any tournament game if such a change will accommodate better spectator conditions.

Rule 5.7—Tournament Conduct.

In all IRA-sanctioned tournaments the referee is empowered to default a match if an individual player or team conducts itself to the detriment of the tournament and the game.

Rule 5.8—IRA Eligibility.

Any paid-up IRA member in good standing may compete in any IRA-sanctioned tournament.

Rule 5.9—IRA International Championship

Starting in 1974, the International Singles and International Doubles are separated and will be played on two different weekends, with only four days (Thursday, Friday, Saturday and Sunday) allotted to each tournament. Each age category will be limited to a maximum of 64-player draw. Each player will be limited to one event. There will be a consolation round in each division.

(a) **Qualifying Singles.** A player will have to qualify at one of the ten regional tournaments. Regions are Northeast, Mid-Atlantic, South, Mid-West, North, Southwest, West, Northwest, East Canada and West Canada. See Rule 5.5(a).

(1) The International Ratings Committee will handle the rating of each region and determine how many players shall qualify from each regional tournament.

(2) All International finalists in each division will be exempt from qualifying for the same division the following year.

(3) There will be a tournament one day ahead of the International Tournament, at the same site, to qualify eight players in each division who were unable to qualify or who failed to qualify in the regionals.

(4) This rule is in force only when a division is obviously over-subscribed for the 64-player unit.

(b) **Qualifying, Doubles.** There will be no regional qualifying for doubles.

Rule 5.10—Intercollegiate Tournament.

It will be conducted at a separate date and location.

Rule 5.11—Invitational Tournaments.

Eligibility by invitation only to the top 16 players or teams.

Rule 5.12—Round Robin Invitations Tournaments.

Consist of 10 players (singles) or 10 teams (doubles). Tournament is conducted over three consecutive days. Each day's play consists of three (3) matches played on a round robin basis. Each match consists of one 31-point game. An individual or team limit of four times out is permitted for each match.

PART V. TOURNAMENTS (NRC ONLY)

Rule 5.1—Draws.

The seeding method of drawing shall be the standard method approved by the USRA and NRC. All draws in professional brackets shall be the responsibility of the National Director of the NRC.

Rule 5.2—Scheduling.

(a) **Preliminary Matches.** If one or more contestants are entered in both singles and doubles they may be required to play both singles and doubles on the same day or night with little rest between matches. This is a risk assumed on entering both singles and doubles. If possible the schedule should provide at least a one hour rest period between all matches.

(b) **Final Matches.** Where one or more players have reached the finals in both singles and doubles, it is recommended that the doubles match be played on the day preceding the singles. This would assume more rest between the final matches. If both final matches must be played on the same day or night, the following procedure shall be followed:

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After the first round of matches, it is the responsibility of each player to check the posted schedules to determine the time and place of each subsequent match. If any change is made in the schedule after posting, it shall be the duty of the committee or chairman to notify the players of the change.

Rule 5.4—Third Place.

In championship tournaments: national, state, district, etc. (if there is a playoff for third place), the loser in the semi-finals must play for third place or lose his ranking for the next year unless he is unable to compete because of injury or illness. See Rule 3.5(d)(4).

Rule 5.5—USRA Regional Tournaments.

Each year the United States and Canada are divided into regions for the purpose of sectional competition preceding the National Championships. The exact boundaries of each region are dependent on the location of the regional tournaments. Such locations are announced in National Racquetball magazine.

(a) Only players residing in the area defined can participate in a regional tournament.

(continued on page 80)

TOURNAMENTS/NEWS



COORS ALL PRO Las Vegas Update

Story and photos by
Eileen O'Neill

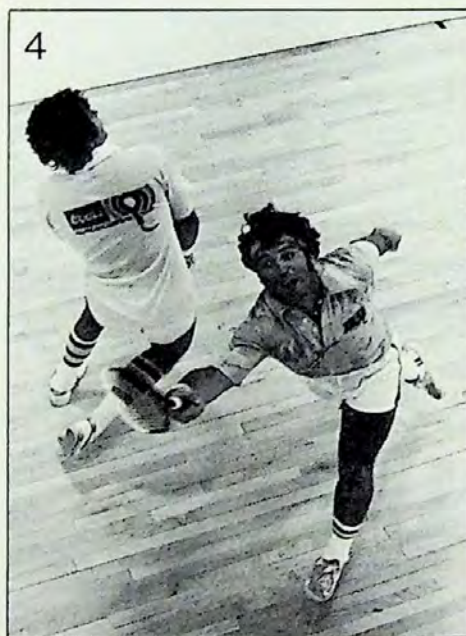
Racquetball, the "baby" of professional sports, was the center of attention for three "action packed" days of "swing-ing" in the variety capital of the world, Las Vegas, Nevada. And, although tender in years, it's not the first time out for the game that has rapidly earned a reputation as the "fastest" growing sport of our day.

The entertainment of the racquets was witnessed by many who are spreading the word—not in hush-hush-whispers, but rather with enthusiastic shouts of joy. Racquetball's becoming bigger and better and, in so doing, has attracted additional suitors for this, the third in a series of four "out-of-sport" competitions sponsored by Coors All Pro Racquetball Tour. Commitments by Coors span three years and \$1,100,000.

Events got under way Sunday July 9, at 6 p.m., with a banquet held at the Sahara Hotel, site of tournament headquarters.

At 10 a.m. the following day nine tall, lean and quick footed athletes from the National Basketball Association and thirteen agile, passionate and fast talking members of the National Hockey League began matching "Z" shots and reverse corner kills at the Las Vegas Racquetball Club.

Refereeing by National Champ Marty Hogan and four other Leach Seamco racquetball professionals—Rich Wagner, Charlie Brumfield, Ben Koltun and Steve Serot added additional prestige to the



1. Gene Carr (Atlanta Flames) steps back to watch and wait as Gail Goodrich (New Orleans Jazz) readies his swing.
2. That's the winner Derrek Dickey socking away \$4000 prize money for his efforts in the Las Vegas based tourney.
3. Gail Goodrich in a classic pose after he goes after another one...he made it.
4. Jude Drouin (New York Islanders) takes a flying leap after a hot ball while Doug Favell (Colorado Rockies) gets set for a swift return.
5. Gail Goodrich again...this time up against the wall...He didn't make it.
6. Randy Smith (Buffalo Braves) intent on returning Garry Howatt's (New York Islanders) serve.





excitement, and exciting it was for, in the interest of "I want to win" of most interesting altercation took place. Don Kozak (right wing forward, L.A. Kings) and Rick Barry (forward, Houston Rockets) rejected two of the refs. To the rescue came Joe Ardito national commissioner of the United States Racquetball Association, who personally took over refereeing reigns. That was when the fun began. To hear Don Kozak tell it, "Rick Barry hit a shot. I got to it and made it. Then, the referee called it short after asking me if it was good. I said I had played it, but really didn't see if it was or was not good. Rick called me a 'poor sport' so I took off my glove and told him to 'shove it.' Ardito 'long about this time, threatened to penalize them one stroke if they didn't behave. Things quieted down, but not for long. "Later, the ref called a shot on me which I know was good. I then lost my cool, made a lot of stupid shots and Rick beat me, but I'd love to have a rematch."

After the roars subsided, Don said he held no malice towards Rick and went on to report that his mother-in-law, after seeing her first game, thinks racquetball is GREAT!

Rick Barry meantime, did not continue to hold his own and was felled by Jim Roberts (St. Louis Blues) 21-3, 21-9. But, during this tournament, even the losers won. In addition to his \$1,000 prize money, Barry received residual benefits by way of Charlie Brumfield and Marty Hogan. "They pointed out that although overhead "Z" serves and slams should remain similar to tennis, I was losing at least 30% velocity on my ground strokes because I was hitting the ball with a stiff wrist which made it easy for

my opponent to read what I was planning to do. I learned more during three days with them than I did during my first three months in the game. Overall, I'm a great advocate of the sport and plan to build a racquetball court in my new home so I can stay in shape after I retire in two or three years."

Intermittently during the tournament we talked with Lee Shelton, vp of marketing and promotion for Coors. "The racquetball tie-in came from a gut level feeling. Racquetball's image is that of a good, clean, healthy sport. From my personal point of view as an old math major, the angles of the game intrigued me the moment Horace Irwin, Coors marketing director taught me the game. I'm practicing a lot as I'm hoping to take on a few of the old timers during the October Veterans tournament just to see if I can keep up with them."

An absolute delight to watch on the court due to the finesse of his footwork was Gail Goodrich (New Orleans Jazz) who danced through the tournament beating Garry Howatt (New York Islanders) 21-1, 21-2, Barry Gibbs (St. Louis Blues) 21-19, 21-3, Gene Carr (Atlanta Flames) 21-11, 20-21, 11-4, and finally Jim Roberts (St. Louis Blues) 21-17, 21-5. Jim, you will recall, beat Rick Barry after Barry's run in with Don Kozak.

Gail, who's currently sporting a rather copious beard, labels himself a beginner. "I learned racquetball two summers ago, but did not play last year due to an operation on my Achilles tendon. I really like the game. You get great workouts. The feet move the same as in basketball which I don't play off-season. I try to get away from it and racquetball is a game

that's a lot of fun and a good conditioner as well."

Dan Seaton, director of the tournament and co-owner of the newly opened Las Vegas Racquetball Club, when asked to describe the ideal racquetball player replied, "Short, strong, well built." Sounds like Marty Hogan! Then, just to confuse the issue, along comes Derrek Dickey, Sr. who is the antithesis of that description.

Six foot seven Dickey became the early favorite as he scored against Mike Flynn (Indiana Pacers) 21-1, 21-1, Lorne Henning (New York Islanders) 21-0, 21-0, Fred Ahern (Cleveland Barons) 21-9, 21-8 and Jim Schoenfeld (Buffalo Sabres) 21-11, 21-5. "Racquetball really helps your hand-eye coordination which is so important in basketball, and since I started playing racquetball five years ago, my quickness has improved 200%." Playing for Derrek takes place five to seven days a week, ten games and three hours worth per day off-season in the Oakland area where he lives. Dickey fell so in love with the sport that he is building a racquetball court club in Morgan Hill, two miles south of San Jose.

Come January '79, Dickey and Goodrich will vie against the winners of the upcoming (October) fourth division of the tour which will feature veterans a la Willie Mays and Mickey Mantle. Also, competing in the finals will be Don Kessinger (Chicago) and Al Oliver (Texas) who captured the Major League Baseball division (Las Vegas, Jan. '78), and Jim Bakken (St. Louis Cardinals) and Randy Vataha (Green Bay Packers) who won the Pro Football competition Mar. '78). It's interesting to note that Bakken was the oldest entrant at thirty seven and Vataha, the shortest at 5'9" which proves once again that racquetball holds no physiological prejudices.

Jim Flood, director of Coors All Pro, details that each of the qualifying finalists will have received \$4,000 as a result of winning their divisions. Four will receive another \$4,000 during the racquetball play-offs in January, and the winner will walk away with a grand prize of \$50,000. Perhaps the "baby" of professional sports IS COMING OF AGE!

KINGS in Westminster Hosts Ektelon/Natural Light Championships

Over the week-end of June 22-25, KING'S RACQUETBALL COURT of Westminster, California, hosted the Ektelon Natural Light Orange County Racquetball Championships.

There were 240 players participating in the four day event which covered 12 divisions from Men's "A" through Women's Beginning Novice, plus Men's doubles action, for "C" and "B" players.

Ektelon and Natural Light co-sponsoring

the events nationally, provided the players with complimentary shirts and also unique trophies for the winners and runner-ups in all divisions. There were also additional shirts for the finalists in all matches.

The tournament drew a large gathering of spectators who enjoyed viewing matches on the glass back walled courts, plus the hospitality set up in King's Snack Bar.

Winners and second place finishers in all divisions are as follows:

Mens Beginner Novice: 1. Mark Weber 2. Jim Carswell, Certificates: Malloy-Baca. **Mens Novice:** 1. Gary Hawkins, 2. Ben Elliott, Certificates: Paul Salero-Kelly Painter. **Mens "C":** 1. Don Wyman, 2. Ray Armenta, Certificates: Dennis Ballen-Tom Sinclair. **Mens "B":** 1. Art Tavizon, 2. Mark Martino, Certificates: Ray Charles-Almazan. **Mens "A":** 1. Jay Corbett, 2. Mark Martino, Certificates: Charles Baker-Carl Buggs. **Womens "C":** 1. Lori Mullan, 2. Greta Bogner, Certificates: Andi Rountree-Ann Pendley. **Womens Novice:** 1. Lori Mullan, 2. Michelle Porier, Certificates: Betty San Jose-Debra Wooland. **Womens Beginning Novice:** 1. Cheryl Herbeck, 2. Susie Fujitaki, Certificates: Vonds Crouse-Christie Peck. **Mens "B" Doubles:** 1. Art Tavizon-Carl Buggs, 2. Rich Lewis-Mark Sussone, Certificates: Larry Hernandez-Mark Hill / Mark Levin-Howard Wendell. **Mens Senior:** 1. John Fort, 2. John Gustavson, Certificates: Mike Judy-Alex Campbell. **Mens "C" Novice Doubles:** 1. Dunbar-Probst, 2. Jenks-West, Certificates: Munion-Gilligan / Bowie-Harriott. **Mens Masters:** 1. Vance Lerner, 2. Hans Eckardt, Certificates: Rafael Deleon-Jay Wall.

Orange Coast College Hosts AMF/VOIT 3-Wall Tourney

When he was asked about playing '3 wall racquetball (on cement) Davey Bledsoe didn't hesitate in saying that, "it's hell...on the feet, and shoes, I wore out a pair of shoes here," as he held up a pair revealing smooth spots and an uneven tread wear rivaling original tires on a 1957 Ford pick-up.

This scene was between matches during the recent AMF/Voit 5th Annual National 3-wall Racquetball Championships held at Orange Coast College in the southern California beach community of Costa Mesa. According to Dick Tucker co-director, this event was open to all comers at \$15.00 per entry bringing 340 players from across the country representing, Florida, Washington, New York, Illinois, Oregon, and California to participate in this three day event co-sponsored by the Orange Coast College Racquetball Club. Players included pros Marty Hogan, Diane Heims, Martha Byrd, and Davey Bledsoe.

On the final day of play it was obvious the many amateurs on hand were of professional caliber, as witnessed in the semi-final game played by pro Marty Hogan of St. Louis and Bobby Stocker of Santa Ana, California.

The two played a strong, fast paced two games with several long volleys before the 300 plus spectators that gave them a standing ovation after final play. Hogan won the match 21-8, 21-19, sending him to the finals against Bledsoe.

Stocker, an amateur, discussed his strategy on the three walls that helped carry him to the semi-finals. A strategy used by most that made it to the final rounds.

"It's a serve game", he said, "the player with the serve has the advantage. You can't drive serve (as indoors) you have to go for the high lob and the Z-serve is it, keeping the ball outdoors toward the back court past the half walls, and near the side and back base lines. This way I am using my opponent's



DAVEY BLEDSOE



MARTY HOGAN



Orange Coast College in Costa Mesa, Ca., hosted the AMF/VOIT 5th annual Three-Wall Championships. The outstanding event drew such top names as Davey Bledsoe (who defeated Hogan) and Charlie Brumfield among the 340 players entered.



CHARLIE BRUMFIELD

indoor thinking against him. In the back of their minds they feel the side and back walls are there to save them but by the time the mind has reacted it's too late.

Stocker feels that playing three wall helps his indoor game. "You have to hit the ball harder outdoors to get the play off the cement walls, then when you go indoors you have a harder hitting game."

Director Tucker feels that Stocker is a player to watch after observing the match with Hogan he added, "he sure gave the good guys a run for their money."

"From the beginning this tournament was enthusiastically received, one wall or hand ball was going good, and three wall was more of a challenge. There was need of a major tournament of this kind," Tucker said. He also states, "three wall has become popular here because at the inception there were no indoor courts available so everyone played outdoors and besides where else can you play this game outdoors in July, it's just too hot."

"Here at the college," he states, "the courts are going solid on weekends and nights, and it has become sort of a social thing, indoors it's just two people, outdoors you can talk across courts and socialize."

Tucker also indicated that "this event is the biggest of it's kind in the nation. We have 13 courts and 13 games going at the same time." He feels that it runs so smoothly, "because the winners of each game officiate the next game on the same court, so as play progresses the officiating progresses." Also, he says, "I think the 11 point tie breaker originated here."

He also indicated his pleasure with the

success of the event stating, "we have no inducements here. All participants pay their \$15.00 and get an equipment bag and a tee shirt from the sponsors. The winners get plaques. I think the pros that are here come for the challenge. Since Bledsoe beat Hogan he can be called 'National 3-Wall Champ.'"

Judging from the caliber of play on the final day of this tournament next years event will be one to watch for. The enthusiasm generated by the players many of which proudly professing that they never have played indoors because, "it's not as healthy."

The Orange Coast College Racquetball Club states that next year's tournament will be held on the weekend closest to the Fourth of July.

Mens Singles: David Bledsoe (San Diego) d. Marty Hogan (St. Louis), 21-2, 16-21, 11-9. **Women's Singles:** Diane Helms (Huntington Beach) d. Lynn Adams (Costa Mesa) 21-19, 21-8. **Mens Doubles:** Bill Chadwick-Rick Bowen (Costa Mesa) d. Bledsoe-Dave Charlsen (San Diego) 21-10, 21-16. **Women's Doubles:** Helms-Adams d. Martha Byrd (Gainesville, FL)-Laura Martina (Fountain Valley) 20-21, 21-4, 11-2.

Ektelon "Top Marketing Firm

Ektelon, a San Diego-based manufacturer of racquetball racquets and accessory equipment, has been named "Firm of the Year 1978" by the San Diego Chapter of the American Marketing Association.

The 10-year-old company won the award on the basis of its marketing performance during the past three years, said San Diego AMA President Tom Shipman, and was singled out from a field of six local firms

which the AMA has recognized for marketing excellence during the past year.

"Ektelon is a classic study in effective marketing," said Shipman. "Ektelon sales have increased fivefold during the past three years."

The AMA President explained that Ektelon undertook extensive research in 1975 to determine the most significant parameters of the racquetball market. These studies, he continued, resulted in the company establishing twin goals for itself: to build product awareness in the 18-to-36-year-old market and to maintain the company's position as the "Cadillac" of racquetball racquets.

In accepting the award at a recent gathering of the AMA in San Diego, Ron Grimes, Ektelon's Director of Marketing attributed the company's success to the dedication of its employees and the vision and leadership of company founder and president Bud Held.

"Bud's insistence on world-class quality in all the products which we manufacture," said Grimes, "has also led to a continuous refinement of all our marketing programs and practices."

The 27-year-old Grimes joined Ektelon in 1975 as Held's assistant but was promoted to marketing director five months later.

He graduated magna cum laude and Phi Beta Kappa from the University of California at Los Angeles and earned his MBA degree there.

Held, who founded Ektelon in 1968 to build a racquet stringing machine of his own invention, designed racquetball's first aluminum racquet a year later.

The two products have formed the nucleus of Ektelon sales ever since, although, in recent years the company has branched out into racquetball clothing, protective equipment and other accessories.

Center Courts in West L.A. Host 2nd Celebrity/Media

The Second Annual Celebrity/Media Racquetball Tournament was held at Center Court Racquetball Club of West Los Angeles. The tournament was presented by Paul Roth, President of I.D.C. Services, with all proceeds going to the Braille Institute. Representatives from every major film and television studio and production company were in attendance, along with celebrities such as Kevin Dobson (Kojak), Andrew Stevens (The Bastard and "The Fury"), Kim Darby, Gail Goodrich (formerly of the Los Angeles Lakers), Bob Hilton (Truth or Consequences) actor Jack Knight and Cathy Lee Crosby ("Coach" and "The Dark").

Contestants were entered in intermediate or novice divisions, with an open womens division. First place novice division winner was Sherwin Strulle of Bailin Enterprises, and Second place novice division went to Dennis Brown of E.M.I. Films. Steve Feke of Hatos-Hall Productions ran away with the First Place Intermediate Trophy and Gail Goodrich took second place winnings. First place women's division prize went to Michele Troxel of 20th Century Fox Studios and the Women's Second Place trophy went to Cathy Lee Crosby.

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Shannon Wright Techniques

Part 1 of a Great New Text for Beginners



Last issue we were delighted to have a story about someone who was then one of this sport's finest young lady professionals and one of the most outstanding instructors in this game. Since then she has further proven herself in the toughest of all competitions, the NRC Nationals, held this year at Lemon Tree in Belleville, Michigan. Topping the entire field of entrants, she surfaced as the true champion she is. We wish to congratulate her and offer our sincere good wishes to this fine young woman for the remainder of her career.

Racquetball Illustrated has also been fortunate to secure Shannon's services for our readers for a series of articles on techniques which will bring the player from rank beginner to strong contender in whatever area of play they choose to follow. The series is designed to develop not only the player's latent abilities on the racquetball court, but to help enrich their entire life structure through a series of exercises and stretching techniques which will tone the body and maximize good health. Naturally, the exercises become strenuous at times, and if the player has any physical reason for believing that he or she should not indulge, a check-up by a competent physician

would be advisable. But, on the whole, these exercises and stretches presented here are of such nature that almost everyone will be able to benefit from their regular use.

Ed.

As many of you may know, I'm not deeply into women's lib and all that, but, through the years there has been a certain pattern or mold into which women were supposed to fit. This has been set down for a long time and it hasn't always been to the betterment of the individual woman. But, she was supposed to go along with it or be sort of branded by some not too complimentary names.

When I was growing up the term 'tomboy' had lost most of the really bad implications it had carried before that. But, I was still called a tomboy because I enjoyed getting out and being really active in sports and climbing trees and things like that. However, today, things are changing a lot. Ladies are getting out of that locked-in way of life. All across the country they are wanting to get into better physical shape. They have found

that being in better condition they have a far greater chance for a truly meaningful life-style. They are finding that taking care of their bodies even helps with having babies. And they are becoming much more health conscious. They are also getting into more and more sports like racquetball, tennis, volleyball...and they are starting to run more and more. A lot of them didn't learn these things when they were kids because it wasn't part of what young ladies were supposed to do.

But, we have to start someplace. Thank goodness for the racquetball clubs. These are great places for the ladies because they present such a healthy environment for both the social and the physical sides of her development.

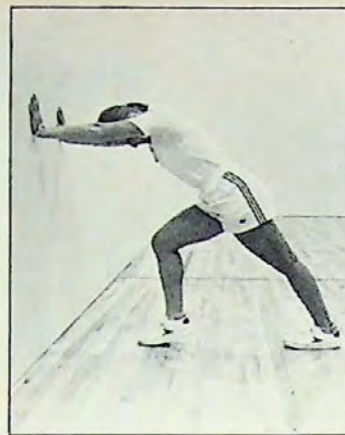
What I'm going to do in this series is start at the very beginning. Because she hasn't had the opportunity to learn the same degree of hand-eye-ball coordination which the men have had through their greater exposure to sports in school and in their social games, she may need more practice with some really basic drills to develop this coordination. So, we will start with these and as we develop our abilities in each of these areas we



I. Toe touch



II. Inside thigh stretch



III. Achilles/calf tendon stretch



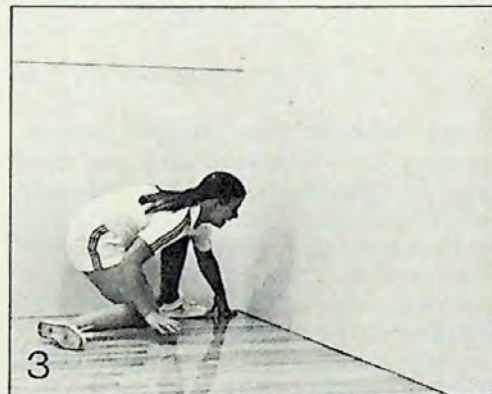
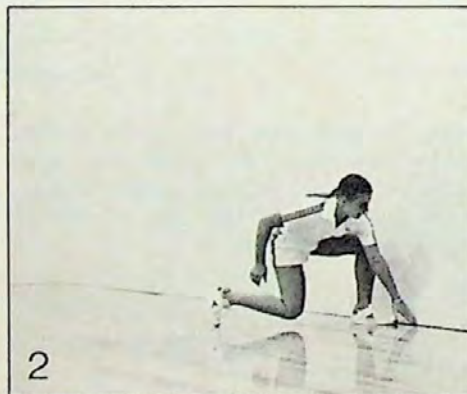
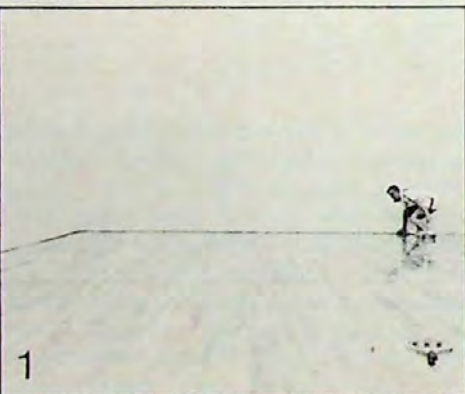
IV. Thigh stretch



V. Torso and back stretch



VI. Windmills



Sprints are done from corner to short line corner. This helps get the feel for the court and later makes easier 'gets'. Besides helping with the footwork part of the game it builds an instinct for the actual dimensions of the court.



"Side hops" are from side to side on the court...it builds a good court sense and lets you know just how fast you can reach any given spot...not bad exercise, either.

will progress through to a point where, after each session, there will be a definite increase in our abilities...all aiming at an ultimate goal of becoming a really good player. It's really just a matter of developing those skills which have never been developed.

Along the way we will also go through a series of drills and exercises which will bring about a good healthy tone to the entire body and perhaps help with some of the other problems which we may have. I'm a very goal oriented person...I believe a lot of other people are too. So, if we have a definite goal for each session and make certain that we reach it every time, all those small goals will eventually add up to a much larger goal at the end. If we just pick one little goal and really make it each time, then we can total all those to make the bigger one. That's the way I think life goes, too.

I can speak from personal experience in some of these things. For instance, there are people I only see about once a year at the Nationals. They have been saying each time how much better I look. I really used to be much fatter than I am now. But, with the regular workouts, the running everyday, and the exercise...I have brought it way down. I have changed so much through racquetball it's almost unbelievable. The muscle tone and the breathing are so much better. I gave up smoking, too. Now, I burn off all those calories every time I play and find I enjoy life a lot more every day.

Now, I feel so great all the time it's impossible for me to sleep late. I used to, but, now I'm a morning person. I'm up about five o'clock every morning. I used to think of the exercise as a sort of drudgery...but, now I can't imagine what it would be like to feel dreary or not want to get the day going.

This is all part of that quality of living. It has to do with the sport, being in good shape, physically, and being around other people who share your interests. If you're associating with these people in the clubs and other areas of your life, there is such positive reinforcement of your goals and ideals that you can't help improving because you're all encouraging each other toward the same general results. It really becomes a tremendous outlet for some of the energy which might not get placed and released otherwise.

Stretching and running are about the two best conditioning things you can do. The running or sprints are only necessary about 3 or 4 times a week. The stretching you should do every day. Just get into the habit...make it a definite ritual. Pay your body that respect. If you can't do it the very first thing in the morning, pick some quiet time when you can take the very few minutes it requires and

DO IT. Your body will appreciate it so much that you will start feeling better almost immediately. The body will really let you know how much it thanks you for that little attention.

The best time to do the stretching is before you run. This gives the muscles a little workout before you ask them to do some heavier work. And, if you stretch before you play racquetball, you'll probably eliminate a very large percentage of the possible strains and pulls. Besides, a stretched muscle works about 20 percent better than a cold one. When I'm teaching a racquetball camp I try to encourage the students to make a habit of stretching before they start to play. It really is a good way to warm up and get the machinery into gear.

Now, let's try those stretches.

I. TOE-TOUCH: The first thing we do in stretching is the simple, old toe-touch. The main thing to remember is to keep your feet spread out so that they are about even with your shoulders. This is about the right amount of spread for the individual. Try to touch your fingers to the floor...or your palms, if you're that limber. Also, remember...don't bounce. Don't bob up and down. Just go down and hold it. When you bob, you're making the muscles contract. You're defeating the purpose. Just go down and let the muscles relax. What we want to do is stretch those muscles. So, go down gently and relax there. Let those muscles pull out to their limit. Don't strain them...just get them stretched out all the way. This applies to all the stretches we do. It's the only reason for doing them in the first place. Do them slowly and with a certain rhythm. Down into the stretch...hold it there for a few beats...then slowly return to the starting position. Then, repeat. Always apply steady pressure...slowly.

Time: 1 to 2 minutes.

II. INSIDE THIGH STRETCH: Spread the feet a foot or so further than for the toe-touch and then slowly bend one knee, keeping the opposite leg straight. Keep moving downward until you can feel the inside thigh muscles beginning to stretch out. Go down smoothly. Keep the pressure on gently and smoothly. No jerky movements here. You'll feel the muscle beginning to pull out to its maximum extension. This is what does the good. Then alternate the position.

Time: 30 seconds on each side.

III.

ACHILLES/CALF TENDON STRETCH: For this one all you need is a wall or maybe a door-jamb. You begin by standing about 2 or 3 feet from the wall. Facing the wall, put one foot in front of

the other. Lean out and touch the wall with your hands. Place your weight on your hands. Keep that back foot firmly on the floor. Do not let the heel of that back foot come up off of the floor. By keeping the heel down we're stretching those tendons in the back of the weight bearing leg. Keep trying to push the wall over. Apply that pressure slowly and gently with increasing force. You'll feel the back of your leg telling you it likes it. There's also a lot of benefit here for the upper body and the arms. This is a really good stretch which gets overlooked too often. Alternate legs.

Time: 30 seconds each side.

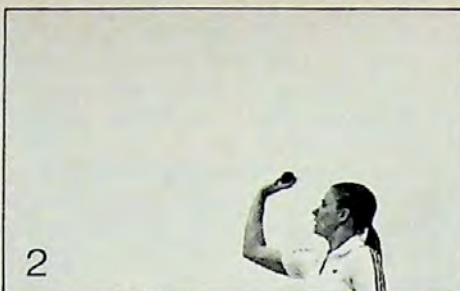
IV. THIGH STRETCH: While standing, lift one leg up behind you. Grab the toes of that foot with the same side hand. Pull up until the foot is right next to your bottom. Do not have the leg out toward the side. Just keep the knee pointing straight out...in line with your spine. Don't let that knee lift out. If you can do the first part of this one easily, then bend over toward the front until you feel the stretch. You will even feel it in the hamstrings of the other leg. Then, alternate legs and do it on the other side.

Time: 30 seconds on each side.

V. TORSO AND BACK STRETCH: This consists of bending the body to its maximum in several directions. We start by going over to one side, then toward the rear, and finally, toward the other side. Again, the main thing to remember is not to bounce around. Don't bob through any of these exercises and stretches. Just go into the position and hold it for a few beats and then return very slowly. The return is just as important as the entry into the position. The muscle is working just as hard coming out of the position as it did going into the position. And there are other muscles being used coming out. So, let them all have their little play. They really love it. After all, that's what they were designed to do. The only reason for having them is to enable us to perform certain tasks. If we don't use them the function is lost and the muscle simply deteriorates.

Time: 3 or 4 minutes...10 times into each position.

VI. WINDMILLS: This is probably the simplest of all...it's also one of the most important. By swinging the arms through giant circles we loosen all those joints and bring a greater blood flow into the area. We also keep the joints flexible and capable of performing their maximum movement. This also helps prevent muscle strain when we go out there and really slam into that ball. There's a lot of force in that impact and a poorly warmed up muscle simply can't take all that



HAND-EYE-BALL COORDINATION DRILLS begin by simply tossing the ball against the wall.



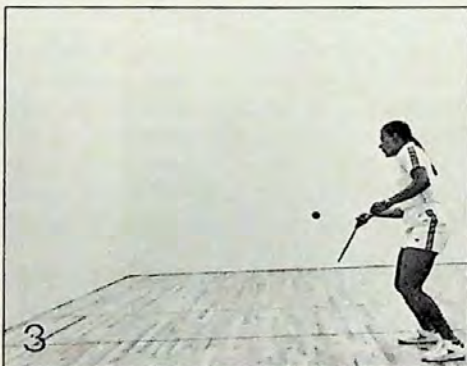
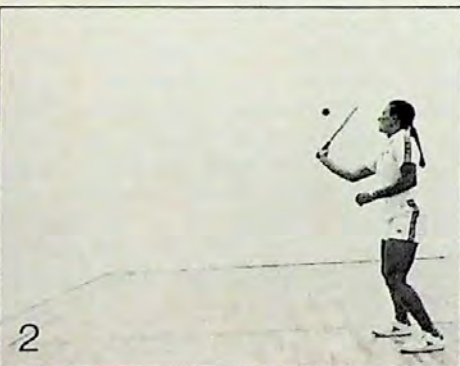
Bouncing the ball with the racquet reinforces good coordination.



Later progress to underhand/overhand upward bounces, alternating.



Keep the ball inside a two foot square on the wall. Backhand, overhand, underhand.



strain. This is how people pull ligaments and strain muscles. It just takes a few minutes to do and it really pays off. Something else we should all remember is not to hit that ball too hard when we first go in. Just take it easy on the first few rallies. Let your entire body, especially your arms, sort of warm-up to the task at hand. Start easy and build up to those real smashes.

Time: 30 seconds to one minute.

This set of stretches and exercises is really simple to go through. They don't take much time and they don't require any equipment to perform. But, if you go through these daily you'll really begin to

feel much better even if you're not getting to play racquetball on a regular schedule. Combined with the sprints described in the photos and diagrams, you'll have a set of workouts which will add not only to your game, but to your entire life quality as well. After all, it's the overall quality of life we're trying to improve...not just the game on the court. What we all want and deserve is a better way of living. In order to enjoy and fulfill it more completely we just have to be in physical condition to do it.

To improve your hand-eye-ball coordination there are some very simple drills which can be practiced almost anywhere. You'll notice in the photos that

there is no equipment necessary except a racquet and a ball. But, a few minutes a day...even in the kitchen...can make a big difference in your game. It doesn't take a lot of time and it's one sure way of astounding your partner or opponent the next time you're on the court. Again, this is where the early training of ladies has placed us in a position where we need to do some catching up. Actually, there are a number of men who may not have had all that much exposure to ball sports either. This same set of drills and exercises will help them just as much as it does us.

Good luck with your game...see you



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Thank goodness someone's beginning to pay some attention to what folks are wearing on the courts. It's certainly about time. Now that we have our own disease we should also have some distinctive clothing. Catalina is one of the forerunners in this.

Shown left is their great Dolman sleeve T-shirt with shoulder stripes and crew neck. In 50/50 Dacron Polyester and cotton interlock knit it is available in various combinations of red, white, chamois and royal blue. Sizes small, medium and large will be found in better stores everywhere.

In a very well mixed doubles Catalina's new crew-neck, short sleeved T-shirt (far left) of 50/50 Dacron polyester and cotton interlock knit (S/M/L) combinations of chamois, black, red, royal blue, and black and white, shows to good advantage with the pull-on shorts with three color terry trim at pocket and hem. 50% Creslan acrylic/50% cotton fleece knit in gray/royal/chamois/red and sizes 6/16. Available in better sports and pro shops.

(Second from left) Bound to brighten up the afternoon or the court is the new sleeveless V-neck shirt. With contrasting top and bottom halves and third color trim, it comes in 75% Acrilan acrylic/25% polyester terry knit. Sizes S/M/L in chamois/royal/white/red and black. Shown here with short, terry side inserts and contrasting color trim at the edges. In the same material combinations and color selections. Sizes 6/16.

(Far right) Shown in white with blue trim this three-color sleeveless, crew-neck shirt adds grace to any game. With terry side inserts and contrasting trim it comes in 50% Dacron polyester/50% cotton interlock knit. The shorts are again the same bright affairs shown in second from right. Shirts available S/M/L and the shorts 6/16.

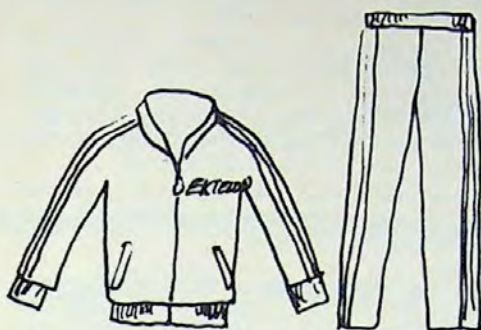
Shown at right with David Chow are beautiful models (l-r) Susie Albertshart, Marie Briggeman, and Nanette James.



A solid terry scoop neck under-shirt with white trim at the neck and the armseye goes nicely with Catalina's new Boxer shorts with contrasting double side stripes and hem trim. Both of 75% Acrilan acrylic/ 25% polyester terry knit in Chamois/White, Red/White, Royal/White, and White/Black combinations. Shirt in sizes S/M/L and shorts in 6/16.

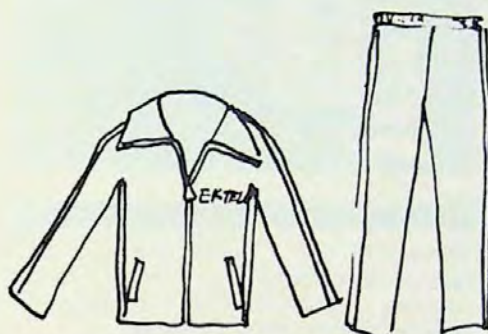


For jogging or working out this snug outfit is a more glamorous way to go about it. The zip-front hooded jacket with terry yoke and sleeve, multi-colored terry trim and kangaroo pocket is a natural partner for the pull-on pants with terry tuxedo stripes. Both in 50/50 Creslan acrylic and cotton fleece knit. The jacket comes in Gray/Royal/Chamois/Red, sizes: S/M/L while the pants come in Gray/Royal/and Red... S/M/L.



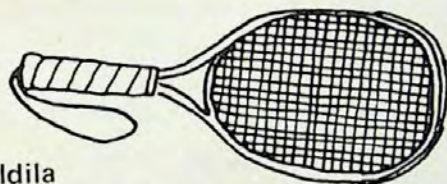
Navy blue with stripe of alternating blue and yellow. Lightweight washable polyester/acrylic. Smooth sleek outside. Velour-like inside. XS, S, M, L, XL. Sized for men and women

\$60.00



Ektelon blue with yellow piping or red with blue piping. Made of stylish, absorbent cotton-backed acrylic. XS, S, M, XL. Sized for men and women.

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Pistol (graphite) strung

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Blue and yellow. Zipped
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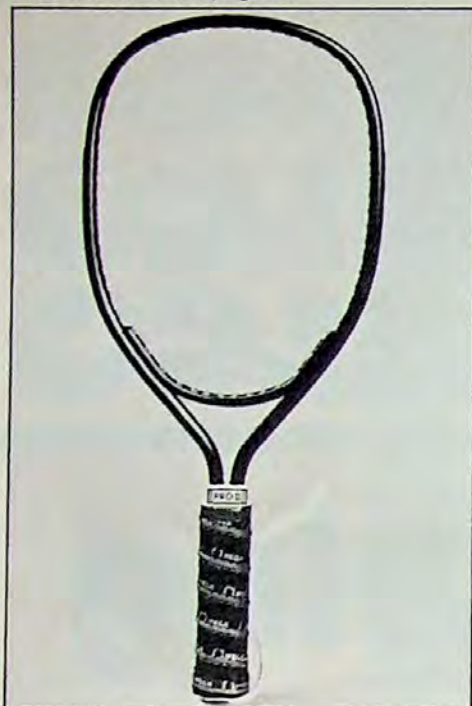
Zip _____

Qty.	Item	Amt.
	Total Amt. enclosed	

Total Amt. enclosed

Add \$1. for shipping and handling for each item.

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Omega's top-of-the-line racquetball racket, the Pro-II, is backed by an exclusive 5-year warranty.

The Pro-II features Omega's innovative "total frame" design in which the frame extends completely to the butt of the handle and is bonded to polyurethane. This "total frame" concept makes the Pro-II virtually unbreakable. It keeps vibration to an absolute minimum and provides more positive control than other racquets on the market.

The Pro-II is lightweight, weighing only 265 grams, and is 18½ inches long. The grip sizes range from 4½" to 3½". The extruded aluminum frame is finished in a rich carbon black color.

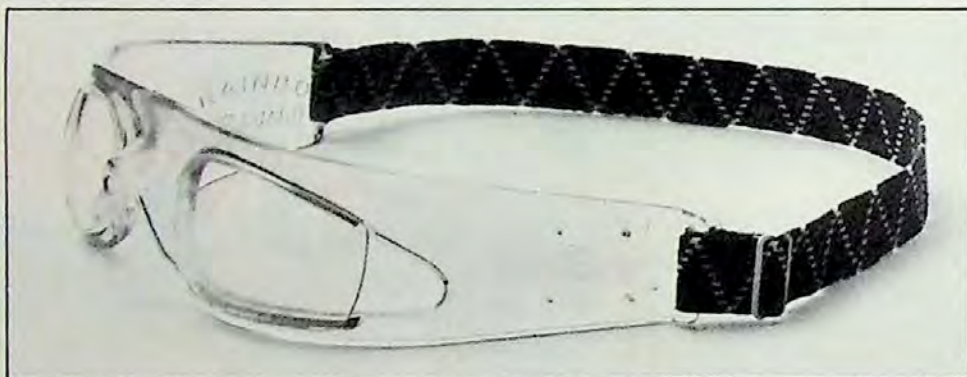
The quadrangular headshape offers a large sweet spot for maximum playing effectiveness. In addition, the Pro-II is stronger because less of the frame must be milled away for grommets. Only Omega uses polished nickel-plated brass grommets which are smaller than those used in other racquets.

Omega offers a complete line of racquets for all levels of players. For more information, contact Omega Sports, 2366 Schuetz Road, St. Louis, Missouri 63141. (314) 872-9007.

Spalding has announced the introduction of the Ace racquetball, a pressurized ball that offers a lively, consistent bounce that is without peer in the industry.

Spalding, the company that began marketing tennis equipment in 1888 and currently the #2 seller of tennis balls in the country, drew upon its extensive R & D and manufacturing expertise in developing the Ace.

Competitively priced, the Ace racquetball is now available in fine sporting goods stores and court clubs.



The RAINBO All-Sport Prescription Eyeguard is the only product of its kind on the market today. It allows the user to participate fully in all athletic endeavors. It is an additional pair of glasses designed specifically for very active participation in most sports.

They are most ideally suited for Racquetball, Soccer, Baseball, Squash, Cycling, Skiing, Basketball, Hockey, etc.

The Eyeguard frame has an adjustable headband, foam rubber comfort cushion, wide vision wrap-around prescription lens and the frame is made of a virtually indestructible space-age plastic. (Lexan 141) The frame has a wide temporal protective area for full protection in all racquet or contact sports, and

one size fits all. Frames come in clear and five lightly tinted colors for the fashionable guys and gals who wish to color coordinate their eyeguard frames to their favorite playing outfits.

The lenses are a special design of industrial thickness plastic and are curved to fit the wrap-around face form frame. The lenses are available in most prescriptions and come clear or tinted. They are bonded to the frame for maximum security.

RAINBO All-Sport Prescription Eyeguards are delivered with a special custom-made case within three weeks or sooner of placement of order.

POWER SWING, "power rhythm" dynamics performance builder, works on the scientific principle that air resistance increases in direct relation to speed.

When using POWER SWING, the faster the swing, the greater the resistance. As a result, all swing muscles—wrists, forearms, upper arms, shoulders and back—are exercised.

Although lightweight, the patented POWER SWING is a professional piece of equipment. Scientifically designed fins and handles are tough polyethylene; grips are rubber; trainer can be disassembled for compact storage.

There is a special POWER SWING for tennis, racquetball, golf, baseball and softball; each designed to give the correct progressive wind resistance.

The POWER SWING, designed for racquetball players, used and recommended by Marty Hogan, develops a more powerful serve; strengthens the wrist and forearm to improve backhand; promotes fast reactions and greater accuracy.

Contact Power Swing, Inc., 9180 Chesapeake Drive, San Diego, California 92123. (714) 560-7123. Toll-free outside California, (800) 854-2728.



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(602) 866-0330

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Oracle Place Athletic Club
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Carson City, Nevada
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Las Vegas Sporting House
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Memphis

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**Eat, drink and be merry,
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60 locations nationwide. For the one nearest you, look in the white pages.

Rules

(continued from page 63)

(b) Players can participate in only one event in a regional tournament.

(c) Winners of open singles in regional tournaments will receive round trip air coach tickets to the USRA national tourney. Remuneration will be made after arrival at the Nationals.

(d) A USRA officer will be in attendance at each regional tournament and will coordinate with the host chairman.

One-Wall & Three-Wall

Basically racquetball rules for one-wall, three-wall and four-wall are the same with the following exceptions:

ONE-WALL: Court Size.

Wall shall be 20 ft. in width and 16 ft. high, floor 20 ft. in width and 34 ft. from the wall to the back edge of the long line. There should be a minimum of 3 feet beyond the long line and 6 feet outside each side line and behind the long line to permit movement area for the players.

Short Line.

Back edge 16 feet from the wall. Service Marker—lines at least 6 inches long parallel to and mid-way between the long and short lines, extending in from the side lines. The imaginary extension and joining of these lines indicates the service line. Lines are 1/4

inches in width. Service Zone—floor area inside and including the short, side and service lines. Receiving Zone—floor area in back of short line bounded by and including the long and side lines.

THREE-WALL: Serve.

A serve that goes beyond the side walls on the fly is player or side-out. A serve that goes beyond the long line on a fly but within the side walls is the same as a "short."

INSTRUCTIONS TO REFEREE ON MATCH

Have ample supply of towels for time-outs and possible wet floor.

If you are uncertain of a play regarding double bounce or skip-in, call it as you see it. DO NOT CALL ANYTHING YOU DO NOT SEE, even if it appears that the player might not have picked up the ball. If such player did not get the ball it is his obligation to call it on himself. NEVER ASK FOR THE OPINION OF SCORERS OR SPECTATORS.

Referee calls ALL hinders except: 1. If the player holds up his swing to avoid hitting his opponent. If the player had an opportunity to hit the ball but did not for safety reasons, it is a hinder. 2. If both players agree that a hinder has occurred that the referee has not seen, such as bumping or stepping on a foot.

If a player is hit by a racquet because he did not give his opponent a full backswing

and follow through ("crowding") it shall be an avoidable hinder.

Remember, in doubles BOTH players must be given a fair and unobstructed chance at the ball.

No "warnings" should be given during a match. Warn players before the match.

INSTRUCTIONS OF REFEREES TO PLAYERS

Introduce yourself to players and toss coin to determine first service. Mark on scoreboard the first service for all three games. In doubles use heads and tails of coin to designate first and second servers.

Alert players to any local court rulings.

Ask players for their aid in calling skip-ins and double bounces. Be sure they understand that the referee will make ALL calls and his decision will be final.

During play call out the score (server's total first) before each service. Be sure that players and spectators can hear you.

Player should not serve until score has been called.

Inform players that they are allowed a maximum of three time-outs of 30 seconds each per game. Players are allowed two minutes between first and second games during which they cannot leave the court without the referee's approval. Ten minutes are allowed between second and third games.

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Ektelon racquet handles are virtually indestructible, yet lightweight. The aluminum frame extends all the way through the handle and is tapered at the end to maintain correct racquet balance. A locking pin secures the handle to the frame.

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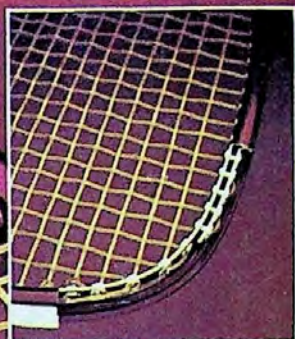
Made of Alcoa 7005 aluminum; light, tough, 32% stronger than the materials most other racquet makers use.

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