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# RACQUETEER

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**Racquetball:  
Agony and Ecstasy**



# Racquetball: Power and Politics

Jerry Henderson

Eric Fromm, a noted psychiatrist, reviewed the roles of people in our society in one of his many books. Fromm raised the question as to whether or not humans behave as sheep or wolves when confronted with their roles in groups of people. His conclusion was that for the most part the majority of people are satisfied in being sheep. They can be led and herded in their behaviors and actions to almost any lengths. On the other hand Fromm postulated that within society there are certain numbers of wolves that prey on this wandering mass of people. These

individuals who take the "Wolf Role" satisfy their own appetites and egos through the social manipulation, and at times social destruction, of others.

Certainly this is a rather broad analogy of human behavior, but it would seem to have some application in the political nature of racquetball. Players across the nation have taken the sheep role while the two major racquetball associations' hierarchy have portrayed the wolves. Let's examine some of the questions of this situation.

Question: Did the I.R.A. previously endorse a ball of questionable playability for the everyday player? The ball played inconsistently and was rarely seen in practice or recreational play. Consequently, was the reason for the endorsement of the ball because of its beneficial quality for racquetball play, or because of royalties and benefits the I.R.A. received for endorsing it?

Question: Has the U.S.R.A.-N.R.C. promoted pro tour fallen into the same paradox with the pros now as the experimental subjects? The current ball on the pro tour frequently behaves as if all matches are held at 5,000 feet above sea level. It is so "live" at times that the game is reduced to a predominantly serve-shoot contest. Pros with big serves are at a large advantage when the ball is in this condition. Obviously the welfare of the pro tour is not the major concern in this situation. What appears to be the concern is the experimental value of the pro tournaments in standardizing a product for a company that is helping underwrite the professional tour.

Question: Is the U.S.R.A.-N.R.C. controlled for all intent and purpose by an individual who is in short a covert director? This person seemed to found this racquetball body because the initial organization he

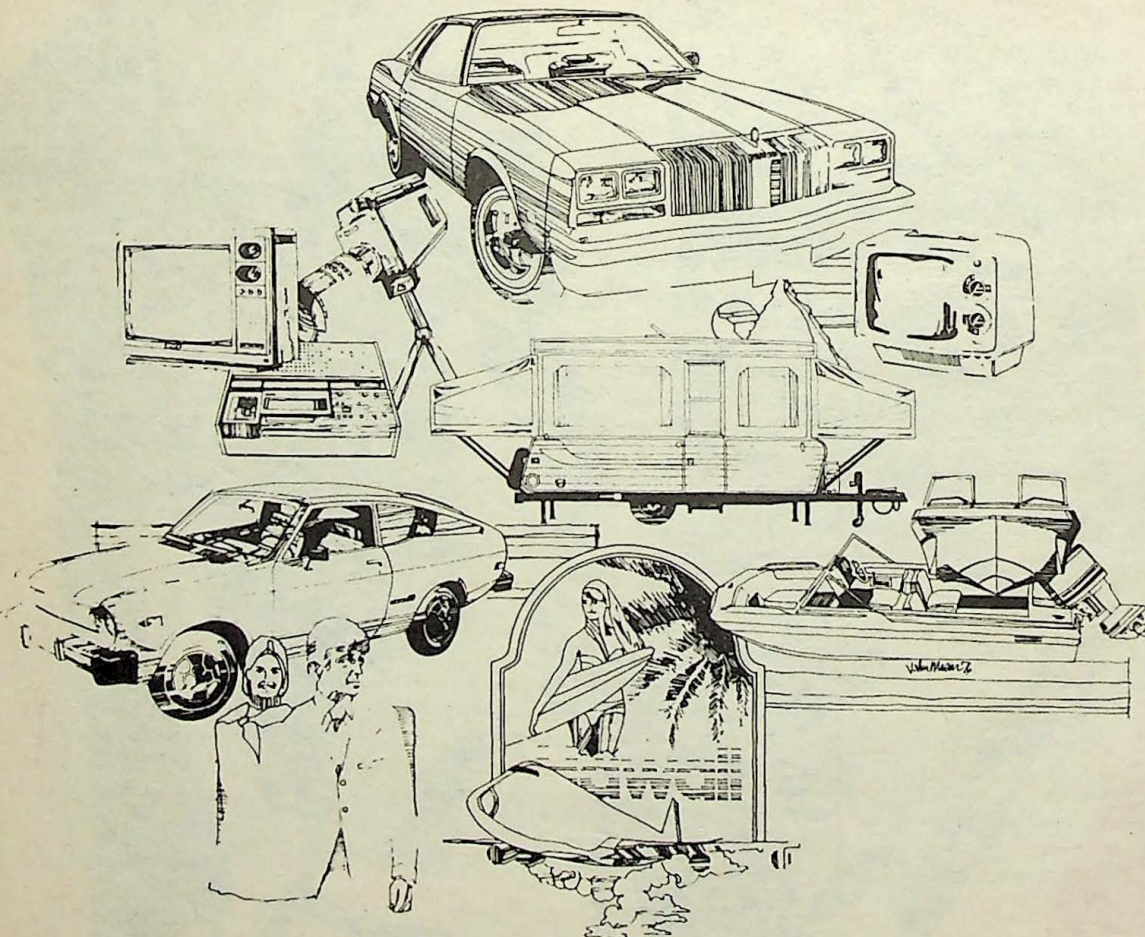
created—the I.R.A.—became too "people involved" and others beside himself began to be included in too many high level decisions. What has apparently been created now is an association—U.S.R.A.-N.R.C.—that has the structure of a player represented body, but it is in fact the "baby" of one man and his self appointed administrators. They do run an excellent publication for their organization, but it appears to be a frequent vanity press for its leader to spout his favorite philosophies to readers and promote his pet social orders. Isn't racquetball more deserving of something other than "fireside" chats from its leaders?

Question: Does either the I.R.A. or the U.S.R.A.-N.R.C. have fact finding individuals or committees to communicate with players on a grassroots level? Are there any applicable mechanics for local and

Continued on Page 19

# TRENWAY INTERNATIONAL HANDICAP RACQUETBALL TOURNAMENT 1976-77

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## Racqueteer Introduction

Hello,

You are receiving our 2nd and for most of you still complimentary issue of the Racqueteer. This publication is dedicated to the coverage of racquet sports as seen in an objective manner.

We aren't going to rave about vast media abilities across the world. What we do want to impress upon you, the reader, is that we will give you straight information on what is happening in racquet sports. Just box scores of tournaments of the exploits of one competitive racquet team or another is not our journalistic manner. Every month we will print instructional articles by top players, interviews with men, women, and junior players, interviews with court club owners around the country, articles on fashions, equipment, nutrition, officiating, and the list could go on and on.

This issue features a monthly National Court Club Directory of

those clubs who subscribe to our publication and wish to provide us with information. A club subscription qualifies a group or club to print their activities with us at no charge. We feel that this is quite a bargain for information and development of court facilities.

Soon to be printed on a monthly basis in the Racqueteer will be a National Court Club Directory of those clubs who subscribe to our publication and wish to provide us with information. A club subscription qualifies a group or club to print their activities with us at no charge. We feel that this is quite a bargain for information and development of court facilities.

We want you and your club or group to join us in following the growth of racquet sports. Remember the publication is aimed at the player so that information and people are never too small to be seen in the Racqueteer. Publisher

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## "Letter to the Editor"

Mr. Jerry Henderson  
 Managing Editor

Dear Jerry:

Thanks for your (long overdue) article on *Psyching or Sickness*, etc. Our great sport stopped growing when this type of court behavior became the accepted norm.

A good example occurs when a match referee is rejected because he cannot be intimidated.

Sincerely,  
 Ken Porco

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**Steve Strandemo**  
Pro Racquetball Champion



# Racqueteer of the Month Jerry Hilecher

Bill Dunn

The following is an interview with Jerry Hilecher, the current IRA National Singles Champion. Bill Dunn was the interviewer. Jerry was interviewed over a broad area of subjects which we feel you will enjoy his responses to.

*Q: Let's get some of your background information first. Where and when were you born?*

A: Born July 20, 1954 in a small town outside of Chicago.

*Q: When and why do you remember moving to St. Louis?*

A: We moved to Kansas City until I was about 5 years old and we moved to St. Louis starting first grade and we've been in St. Louis ever since. We moved because of my dad's business.

*Q: If I remember correctly you started as a handball player. What was your first experience in RB?*

A: When I got started it was combined handball and racquetball. My dad would take me up to the J.C.C.A. and try to teach me racquetball cause that was the game he played. However Phil Smith, the physical director of the J.C.C.A., was trying to get a lot of young players to play handball at that time. So for the first couple of years it was pretty well mixed and actually I played a little more handball than I played racquetball. After about two or three years of handball I started playing a little more racquetball and it wasn't until the second international racquetball championships in St. Louis that I really started playing competitively.

*Q: What was it that turned you on to racquetball as compared with handball?*

A: Well, I really enjoy handball but I really had a poor left hand and I was able to hit the ball very well with my right and so it was kind of just went along that since my right side was strong I might as well play racquetball, you just use the one hand and I was just picking up well. I enjoy the game and all of a sudden I started improving rapidly and that kind of gave me confidence and really kept my interest in the sport.

*Q: Why is it that most of the players who learned to play RB in St. Louis about the same time you did hit the ball so hard such as Serot and Hogan and yourself?*

A: J.C.C.A., like I said, we started playing handball because Phil Smith pushed handball a lot. Serot and myself both played junior national

tournaments and handball is kind of more geared to a power game so when I switched to RB I already had a hard stroke. We kind of developed a type of game style in St. Louis that beat the top players that used to play the slow control game. We were beating them on hard drives and hard shooting so now all the young players are kind of imitating Steve and myself and Marty. Marty kind of imitates Steve and myself as does Ben Kolten and now that they're accomplished players younger players are imitating their games. So it's just a constant gradual process and other younger players are just imitating the players that are a little above them and a little older than them and it's going to keep that style of play in St. Louis.

*Q: A hard hitter such as yourself really has a struggle with control problems especially when they're first learning the game. When do you feel that you finally gained that consistency in control that is so important?*

A: I think the control comes after a long, long period of time of just flailing away. It comes when you, instead of just trying to overpower the guy, finally realize that sometimes you need a change of pace with the ball and slow your stroke up a little and try to hit with control. Now I think I'm changing the pace of the game and actually I might take away some of the power to add a little control to it.

*Q: Was there any one moment when you felt you had finally gained control of your game?*

A: I still haven't found that moment.

*Q: It was common knowledge a couple of years ago that the game plan to use against you was to keep the ball to your backhand, especially with the ceiling ball. You obviously have been able to overcome this problem. What advice can you give to players who have this same problem?*

A: Well, the problem that I had was that since my forehand was the strong point I kept on using my strong point and beating guys and practicing all trying to keep the shots I already knew how to do. It took a while to finally realize that practice is when you should practice so I went ahead and tried to develop my backhand more especially backhand ceiling balls to where I was confident in them and I was hitting it with a good stroke and good swing so now I don't think my backhand is a major weakness in my game.

*Q: Why did you choose the particular majors that you did: Economics, Marketing, and Psychology?*

A: The first two years of college I took general courses trying to find what I enjoyed the most. I really

didn't know which way I should go. I just enjoyed Economics and I figured that after a couple of years that I might be getting involved in some way, business way, with RB. I decided that what I could use the most was a general business background. It wasn't until a little later that I decided to narrow it down to Economics and Marketing.

*Q: Now that you're out of school, what is happening to you?*

A: I recently got a job as marketing assistant with Ektelon, using some of the knowledge I learned in school and some that I have just gotten from traveling in tournaments and meeting people. My goals are a little different now, I don't look to school as taking up my time. I had to find something that I could get involved with and I decided that instead of just playing RB and wasting away I should have something else to do to keep me employed.

*Q: What advice can you give to a young player who is trying to decide whether to go to college or try to make it as a pro in RB? Can he do both?*

A: Well, I had some really awful experiences because of college and RB. I don't know if I would do it all over again because the pressures of RB is enough to destroy you and the pressures of college is enough to destroy you so combined I really don't know how I got through it. It's a tough question and the person just has to just weigh his alternatives, what he actually wants out of life is a decision that has to be made on a personal basis. It's tough and you

have to realize that it's not going to be easy.

*Q: Steve Strandemo and Charlie Brunfield recently discovered that they could not play professionally and work at the same time. You seem to be heading in this same direction. Have you given any thought to this?*

A: Yes since moving to San Diego, I really thought about it a lot. It seems like for a lot of players out in San Diego, their life is RB. I want to have other interests out in San Diego. I don't want RB to control me, rather I control it. As far as work goes, I worked just as hard in college, in fact harder, going to classes and studying every night. I think the main thing is that since RB is a job they don't have any other interests. They find that their interest is being taken somewhat out of RB. It is becoming a task and a job to them and it's not as fun as it used to be. So if I can get other interests that keep me happy and keep me satisfied then I don't think that problem will happen.

*Q: Let's change direction here and talk about equipment. You have always used aluminum racquets. Do you feel that there is an advantage for you in metal rather than fiberglass?*

A: It's hard for me to say anything about fiberglass because I've only played an hour or two with a fiberglass racquet. What I didn't like about fiberglass was that the vibration that I would get after stroking the ball. Fiberglass, I feel, doesn't have the secure frame that an aluminum does and your handle vibrates. I don't think you can get as good a control with fiberglass for that



Jerry on the move against team-mate Steve Strandemo.

reason. Your arm is affected too much by stroking through the ball. The aluminum racquet that I play with I actually make the racquet heavier because I want power through the ball for the best control.

*Q: What string tension do you use and why?*

A: I started out very tight string, 30-32, and I've lowered it down slowly and I'm now playing at 24. With the racquet type I'm using I don't need it any tighter. I'm getting just as much power as I want and with a lighter string tension and I'm getting a little better control.

*Q: Peggy Steding strings hers at 37 pounds. Any comments?*

A: No.

*Q: Here's Pandora's Box! What about the ball? What defines a good ball for you?*

A: Okay, a good ball is a difficult question to answer because being a pro on a pro tour I've got to constantly train with the Seamco 559. So when I compare a ball I'm actually comparing it to the 559 because that's what I'm used to. As far as durability and bounce and all that when you start having a different type of balance you immediately tell yourself that since it's different than what you're actually practicing with all the time that it's not good for you. So for a player on the pro tour all he can actually play with is what you use in the tournaments and right now that's the Seamco. If in tournaments they start changing the ball around and I have a chance to practice with other types of balls and get used to them, I might be able to decide or find that one ball is actually better for my game styles.

*Q: Obviously a ball can be too dead. Can a ball be too live?*

A: A perfect example is the last tournament I played in, in Edmon-ton. The ball was extremely live and actually disallowed any ceiling ball game. No matter how light you hit the ball they were coming off the back wall for set ups. I feel something has got to be done about this problem because number one the first time we see the ball is at a tournament and the ones we practice with are a lot slower. Number two if we keep playing with this live type of ball it's going to disallow any ceiling volleys and the game will avert to just flailing away and shooting every shot.

*Q: Do you get the feeling that the pro players are being used and that the pro tournaments are testing grounds for experimentation with the ball?*

A: Lately I feel that every tournament that I played in the ball has been completely different. In Sacramento the ball was a lot livelier than I was used to, and we thought, my gosh, the ball's too live. This tournament we went to the ball was even livelier. I don't know if they're

actually testing us but it sure seems that way.

*Q: Speaking of pro tournaments makes me think of the virtual explosion of new courts and types of court construction. What comments can you make as a player regarding wall construction in terms of concrete vs. wall panels?*

A: I've played on a lot of different types of courts. I feel that for RB the panel system compared to dry wall and cement doesn't make that much difference. I think the biggest difference has come in handball. Some courts that I've played on — concrete vs. panelling — the ball seems to slide more, it has a little irregular bounce. For the most part as long as you've got a secure front wall having panels on the sides doesn't run into any problems.

*Q: Your latest pro victory came on a court with a glass front wall. What effect do you think this had on the game?*

A: It takes away from control players. The serve shooters had a definite advantage. You could just look at the finals, Hogan and myself. We'd have to be considered serve shooter type players. What happens with the glass is that it takes a little more time to pick up the ball and if we're hitting the ball hard the ball will already be past the opponent or it's on him so fast that he doesn't have time to react and rekill. So I think it's a definite advantage for a player who's got a good serve and able to fly kill extremely well. It takes away from the control players that hit the ball softer because the opponent has more time to pick up the ball and be able to return it.

*Q: What do you look for in the future regarding the use of glass?*

A: As far as viewing front wall glass has got to be super. Because at no other time can you actually see the expressions of the players as they play and watch the full stroke all in one. I think that it's a good idea but I think something has to be done as far as visibility for the players into the crowd. Possibly a cloudier wall where people can view in without any problem but the players don't actually lose track of the ball when looking into the crowd.

*Q: Finally let's talk about your playing adversaries. Do you have any good friends among the pros?*

A: I like to consider the pros as friends. Since tournaments actually are for money I think barriers have been put between most of the players. Now instead of good buddies going out drinking together and all that they're on a court playing for a couple of thousand dollars to the winner and all of a sudden you're not the best friends any more. You're out there to win and no longer is he your friend but he's X. Any player that you're

playing you don't envision the person as a person, rather he's your opponent. And some times after you do it enough times, you actually lose something in a relationship when you get off the court. I think the basic reason is ever since players started playing for money people started taking it more seriously. And when you take things more seriously, you try a lot harder to win.

*Q: Does pro RB have a future? If so, what do you think it's going to be?*

A: Pro RB I'd say has to have a future because just about everyone who watches it really gets excited about it. They think it's great and they want to see it again. The problem right now with RB is coverage, T.V. and all that. Once we get T.V. coverage where it's not really losing sight of the ball and you can actually see the two players playing and getting the picture clear that more tournaments will be held and more prize money given. The more prize money, the more people will be coming to watch and it will really mushroom.

*Q: What effect has the struggle between the IRA and the NRC had on pro RB?*

A: Since they are competitors, obviously they are out to hurt. I think that right now it's working out so that the two aren't actually at each other's throats where in the past they were scheduling tournaments on same weekends, trying to get certain players playing with the IRA while the NRC was trying to get certain players playing with them. I think now instead of acting as arch rivals they're settling it together and maybe trying to help RB in general. They're not trying to kill each other off, rather help the game.

*Q: What player in the top 10 do you find the most difficult to play and why?*

A: Okay, I'd rather play the top players rather than play someone ranked maybe 8 or 9 because I know I'm going to be psyched up and motivated to play number 1, number 2 and players of extreme ability. The problem with playing players 7, 8, and 9 is that they've got super ability also but you tend to take them too lightly. So being an underdog I get more motivated and when I'm the favored player I tend to take the match too laxidassical and not put out full effort. In this game number 16 can beat you maybe just as easily as number 5 and you've got to be psyched up against everybody.

*Q: I have found that your serve is the strongest part of your game. How did it become such a weapon?*

A: It's kind of funny because when I first started playing my dad told me that I had the worst serve he'd ever seen. That was in the days when everybody was hitting lob serves and

they were trying to hit the cracks and all that on a lob serve. People know now that the lob serve is about the toughest serve in RB to hit. So I think actually the serve came about from my handball matches where in one tournament, the junior national handball tournament down in Miami I saw a guy serve the low, hard drive serves and I've never seen anybody in handball or RB use that type of serve. I got back home and I started playing that way in handball and it became very effective especially the serve down the right wall. I tried it in RB and I got success with it and I've worked now not just hitting it low and hard but footwork and having your stroke be identical from different positions. I want to be able to go three different directions with the ball on the same stroke. That kind of adds the element of surprise to your serve and makes it much tougher.

*Q: You used to be rather "noisy" when you played, but lately you seem to be under good control of your emotions. What has brought this about?*

A: I guess I just realized that you're losing energy just screaming and yelling. Actually the reason I was screaming, and a lot of the others were screaming, I think is just to communicate with people outside the court. You could talk to yourself without even raising your voice, you can do it in your mind and why waste the energy? Why waste your breath when you're getting the same thing across. Guys are just acting immature when they're just screaming for no reason.

*Q: Your serve could be characterized as a moving serve where you take two or three steps in the box before you actually hit the ball. There has been some underground rumblings that this sort of serve should be outlawed. What is your feeling on this?*

A: What I'm trying to do on my serve is throw it where I'm getting the most body movement that I can as far as power into the ball. By moving into the ball that much, I'm able to get more power on the ball which helps my serve. I'm trying now to restrict my serving from the right side wall when I go straight down the line so I don't move into the side wall as much and it wouldn't be considered a shadow serve. I've been able to do that just as effectively as when I used to take two or three steps so I don't think we're going to be running into players really complaining about my right serve as much as they have in the past.

*Q: If you were married and had a child, would you try to interest him or her in RB? Why?*

A: I would probably do it just about like my father did with me. In

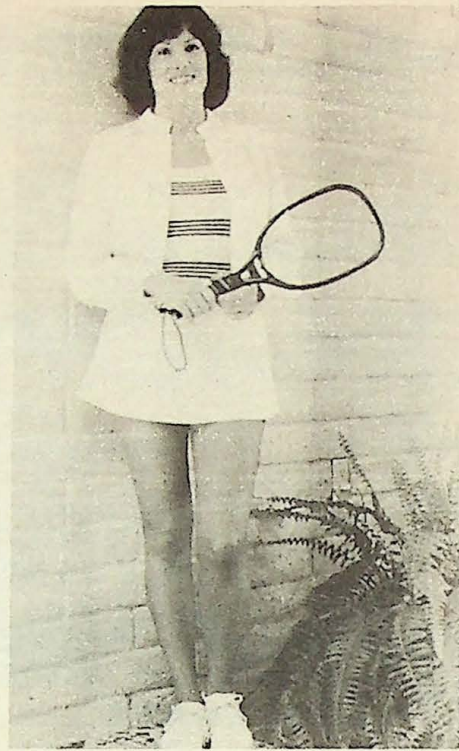


# Feature: Women's Fashions

Sally McFall

The advancement in the development and construction of court facilities has begun to lead racquetball out of warm steamy gymnasium atmospheres into one of sophistication and fashion. Racquetball has always been a sport for all ages and all people and now with increased facilities it can be played by everyone. It is no wonder that more and more women especially are taking advantage of this recreational media.

With women in mind we have constructed some do's and don'ts in what to wear on the court. The current tennis fashions have a place in racquetball, but a prudent woman should be aware of some of the realities of the sport. Patty Knobon and Becky Hust (picture A) show us two attractive tennis outfits. This clothing provides stylish fashion with an opportunity to tan both the back and shoulders. Outfits such as these do create a problem in racquetball, however. Because of the fast pace and high activity level of racquetball, the plunging neckline and halter top look make for some obvious problems in movement. The increased exposure of skin also heightens the possibilities of bruising or scraping if hit by a ball, racquet, or making contact with the walls. Racquetball is played in an unescapable area and people do occasionally get hit, especially by the ball. It is well then that a woman should dress as either Donna Whitles (picture B) or Becky (picture C) when playing a game. Donna demonstrates an outfit that can be worn in competition without the jacket which



Picture B

is highly fashionable, yet not so revealing skin-wise in the back and shoulder areas and much more comfortable to move around in. Becky also models an outfit for the more competitive woman player that gives both fashionable protection and freedom of movement. She shows both a wrist band and head band that can be worn while playing to minimize perspiration to the hands and eyes and keeps the hair out from in front of the face.

For off the court style Vicki Clark (picture D) shows one of the many colorful types of warm up outfits that can be purchased. Racquetball, like tennis, has long since done away with the all white look and bright colors now are in vogue in most court



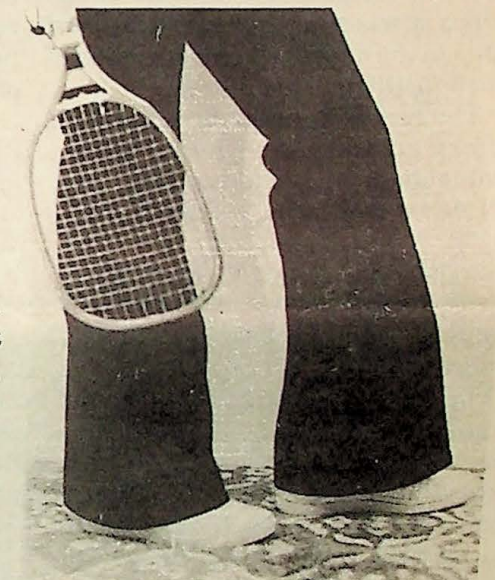
Picture D

complexes across the country. There are some cautions however if warm up bottoms are worn on the court during play. The bell bottom look (picture E) can cause some problems with the ball or racquet brushing the flared material and shoes, in the many foot movement patterns required becoming entangled with the protruding cloth near the bottom of the leg. A more appropriate warm up style (picture F) with the zipper inlayed leg bottom is better for use on the courts. These bottom leg endings can be adjusted by the zipper and make for a more streamlined fit of the outfit, so that the problems of the flare as mentioned above are often avoided.

Finally, good shoes and some type of stocking are essential for racquetball play. The roll-down socks



Picture F



Picture E

that Donna is modeling (picture G) offer both a better fit for the shoe and a resistance toward blistering that often plagues tennis and racquetball players. Donna's shoes are made for tennis or racquetball. They are of a leather construction and this is important. Both leather and canvas shoes with traction soles should be used while playing. Jogging shoes with a heavy nylon construction tend to tear and wear out much more rapidly under the stress of this type of play.

We hope you ladies in the crowd have taken note of these suggestions. Racquetball is a fun game, but it is more so when the lady has a "touch of class".



Picture A



Picture C



Picture G





# Design and Construction of Edmonton Racquetball Court Represents a first for North America

The opening of Edmonton's new \$500,000 racquetball and handball centre, the Court Club, represents not only a significant addition to the city's sports scene but also a forward step in the design and construction of such facilities.

The result of a combined research effort on the part of the owner, Goldridge Investments Ltd., and prime contractor, Camwil Construction Ltd., Edmonton, the Court Club has the distinction of being one of the first "tilt-up" racquetball-handball complexes in North America.

The phrase doesn't apply to the shape of the building — but to design and construction techniques used to create a near-perfect environment for racquetball and handball due to the smooth, solid, unmarred surface of the court walls.

To achieve this, huge concrete slabs were poured on site, then lifted, or tilted, into place using a 50-ton crane.

The decision to go to concrete was based on its low maintenance factors and the need to eliminate as many wall joints as possible, while providing the moisture-proof, well-ventilated climate essential to the sport.

Camwil spokesmen explain the tilt-up method required extremely careful planning due to the relatively small site (100 by 132 feet) and to a lack of working space off site.



Opening Ceremonies at the Court Club showing owners Clare Drake, Ken Wilson, Howie Rankin, John Kempo (left to right).

The majority of slabs used in the project are 20 feet by 24 feet six inches thick, and weigh approximately 35 tons each. No foundation was required as slabs rest on 25-foot pilings. In all, 65 slabs were used to create the 11,000 sq. ft. building, located near the corner of 122 Street and Stony Plain Road, in the city's west end.

In addition to eight courts, the club contains two whirlpools, two steam rooms and a weight lifting room as well as locker, rest and viewing areas. Construction began in August, 1975 and was completed in February, 1976.

Bruce Campbell, president of Camwil Construction, notes the large, unbroken expanses of concrete mean near perfect walls from a racquetball point of view. "There are no joints on the end wall and only one on the side wall."

Wall surfaces are painted with Pittglaze epoxy paint from Canadian Pittsburgh Industries. The contractor predicts the use of concrete for walls will mean substantial savings in maintenance compared to plaster walls which have a tendency to peel and crack and which require yearly painting. Another feature by Canadian Pittsburgh Industries is extensive use of Herculite tempered glass for the back walls.

Campbell, himself a racquetball player, visited courts in B.C. and Alberta and in various parts of the U.S. before choosing an approach which is being used for the first time in either U.S. or Canada, for a facility of this type.

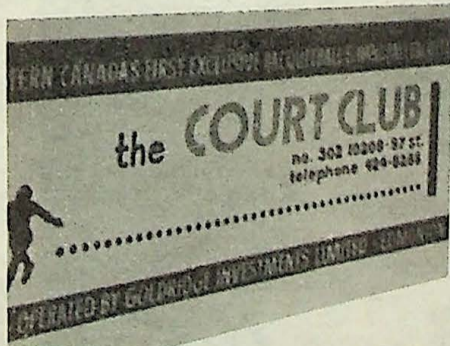
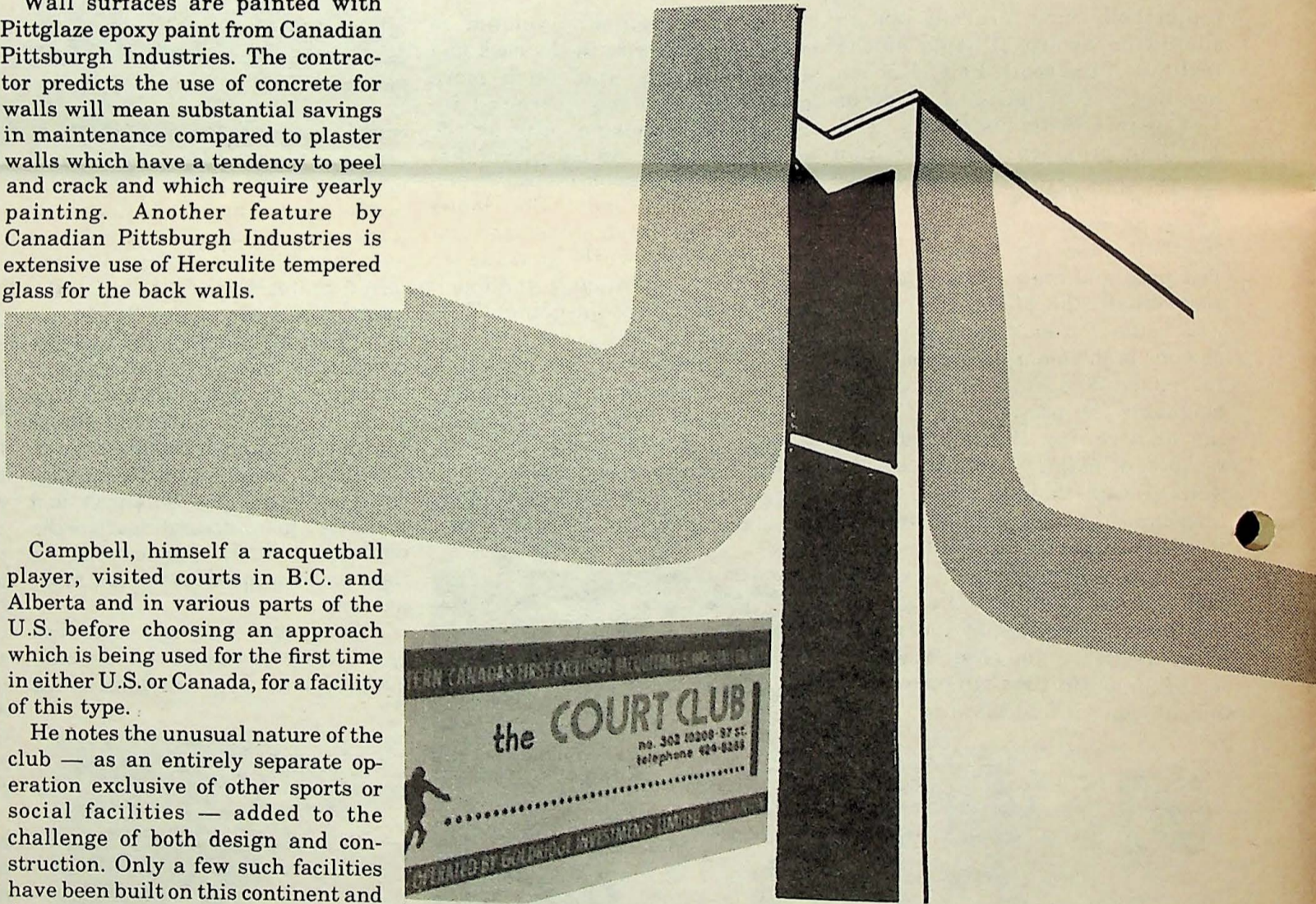
He notes the unusual nature of the club — as an entirely separate operation exclusive of other sports or social facilities — added to the challenge of both design and construction. Only a few such facilities have been built on this continent and hence construction experience in this field is limited.

Camwil hopes to apply the experience and expertise gained on this project to similar projects likely to be launched in future as a reflection of the growing popularity of racquetball and handball sports in Canada.

Design of the building was by Goldridge Investments and Camwil Construction. Consultants were Allsop Morgan Engineering Ltd. (electrical); Yewchuch Engineering Ltd. (mechanical); Duthie Newby & Associates Ltd. (insulation).

## Revised 1976-77 NRC Pro Tour

Date	Facility	City
October 14-17, 1976	The Court Club	South Burlington, Vermont
December 2-5, 1976	The Courtrooms	Ft. Lauderdale, Florida
January 8-11, 1977	Newport Sporting House	Newport Beach, California
February 10-13, 1977	Downtown Y.M.C.A.	Houston, Texas
March 5-8, 1977	Denver Sporting House	Denver, Colorado
March 24-27, 1977	Univ. of Tennessee	Chattanooga, Tennessee
April 16-19, 1977	Racquetime Center	Southfield, Michigan
April 30-May 3, 1977	The Glass Court	Lombard, Illinois
May 14-17, 1977	Courtside	Peoria, Illinois
June 4-11, 1977	Atlas Health Club	San Diego, California



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## Court Clubs in Rural Settings? Yes!

For those of you that reviewed our initial issue of the Racqueteer, you will remember that we featured the SuperSonics Racquet Club located in Bellevue, Washington. This club draws members from the various suburbs of Seattle and the city itself. It is a club for an urban center with programs and facilities to draw on this population.

Since racquet sports are not just relegated to the city and suburbs we thought you might enjoy viewing a racquet club that is situated in primarily a rural area.

The Tri-City Court Club is located in Kennewick, Washington. It services three closely grouped townships—Kennewick, Pasco, and Richland that form what is known in Washington as the Tri-Cities. One has to have some understanding of the topography of Washington state to appreciate where this fine facility is located.

The state of Washington is divided into two distinct geographical areas by the Cascade Mountain Range that runs down the middle of its land mass. The West Coast is heavily populated from Portland, Oregon to Vancouver, B.C. It has numerous harbors and sea ports and is well known for its climatic disposition to rain. The Eastern half of the state on the other hand is primarily rural and agriculturally oriented. There is

much less rain fall and only the irrigation from the Columbia River which runs through Southeastern Washington makes farming a viable resource for many of the people.

The Tri-Cities sit in what is known as the Columbia Basin in mid-southeastern Washington. The population of these three cities amounts to a total of approximately 100,000 when combined. Most of the industry is related to farming, with the major exception that the Hanford Nuclear operations are located near Richland. On the whole however, the style of life and ways of the people are reflective of rural hospitality and openness of person.

The Tri-City Court Club consequently services this area. It is the only major court club in the area and to walk into the facility as well as view it from the outside, confirms it would look comfortable in a suburban area of any major city. The club supports eight tennis courts, four of these courts are indoors and four are outdoors. All are designed to U.S. Lawn Tennis specifications with plexipave playing surfaces. Six racquetball courts are included in the complex. They are of tilt-up wall concrete construction and have excellent gallery viewing areas. In addition to the racquet facilities the club offers a weight room—exercise area, whirlpool, sauna, complete locker rooms, and a proshop. All of these facilities are offered for initiation fees of \$200.00 for families, \$120.00 for individuals, and \$80.00 for juniors, Dues from tops of \$33.00 for full family use of the club per month to a \$12.00 junior membership

for the health club services are paid by members.

Marv Purvis, the club's racquetball instructor and manager gave us the information that memberships were being secured at a steady rate. Marv pointed out that with the national exposure racquetball is beginning to get, court time for that sport is hard to come by, especially in the evenings.

So, it truly can happen. Racquet sports are beginning to know no boundaries to their play and racquetball continues to ride this new wave of awareness of physical sport in America. Soon the court club will become a common place in many cities and towns. The Tri-Cities, well, they are miles ahead of the crowd in recreation and fun as they have their own facility to utilize, while many of us sit in our communities and wait.

## Upcoming Tournaments (IRA)

**Tanner Pro-Am**, December 10-12, 1976 (dates tentative), Memphis State University. For more information call 901/320-4246.

**Masters Doubles Invitational**, November 19-21, 1976, Warren, Ohio. For more information call Nick Marsh 216/539-6443.

**Masters Singles Invitational**, tentative-January, tentative-Minneapolis.

**Womens Singles Invitational**, February 18-20, Bent Tree Country Club, Dallas, Texas. For more information contact Pete Wright 214/233-9131.

## New Court Facilities

### El Centro, Calif.

November 1st building is scheduled to start in the Valley Plaza Shopping Center on Imperial Ave. It will be approximately six months before the Valley Plaza Racquetball Center will be completed. A new panel system will be used and features ten courts. Two will have glass viewing windows. Weight room and hot and cold therapy pools for both men and women.

### Huntington Beach, Calif.

January 1977 Racquetfun Inc. at Brookhurst Ave. and Hamilton St. is scheduled to open. A private club with features such as ten courts, child care center with indoor and outdoor play for children. A complete lounge area.

### Los Angeles, Calif.

The Century Racquet Club located at 9911 West Pico Blvd. opposite the Hillcrest Country Club and 20th Century Fox. The new health club features ten courts, health club facilities for both men and women. Many tournaments are in the planning stages for both club and open play.

### San Fernando Valley, Calif.

Warner Center Racquet Club in Woodlane Hills, Ca. is now open and is the largest recreation facility in Southern California. The Warner Club is the first racquetball court club in the San Fernando Valley and will feature six racquetball/handball courts with plans to add twelve more,—two heated swimming pools, twenty-six outdoor tennis courts, separate health facilities for both men and women which include private lockers, saunas, massage,

jacuzzis, fully equipped exercise room, child care center and a mini-restaurant with cocktail lounge. The Warner Racquet Club will be strictly membership. Lou Ryave is the General Manager and the Director of the Racquetball and Handball programs is Jim Bird.

### Thousand Oaks, Calif.

The Field House Racquet Club, 500 Ventu Park Road, plans for its grand opening around the 1st week in November. When fully operational, the club will feature ten tennis courts, four carpeted, four hard surface, four paddle tennis courts, ten racquetball/handball courts, six viewing courts with picture windows, archery range and game arcade. Other facilities will include a deli-restaurant, pro shop, gym, jacuzzi and sauna. The principals involved are owners John Wayland, Charles Cohen, and H.D. Schad. Mike Cobb is our General Manager.

### Homewood, Illinois

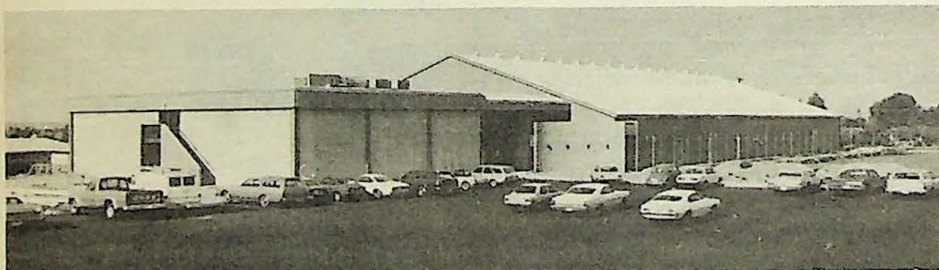
Homewood Flossmoor Tennis Club, 2920 W. 183rd St. is adding Handball/Racquetball Courts. The facility will feature an elevated viewing gallery.

### Pontiac, Michigan

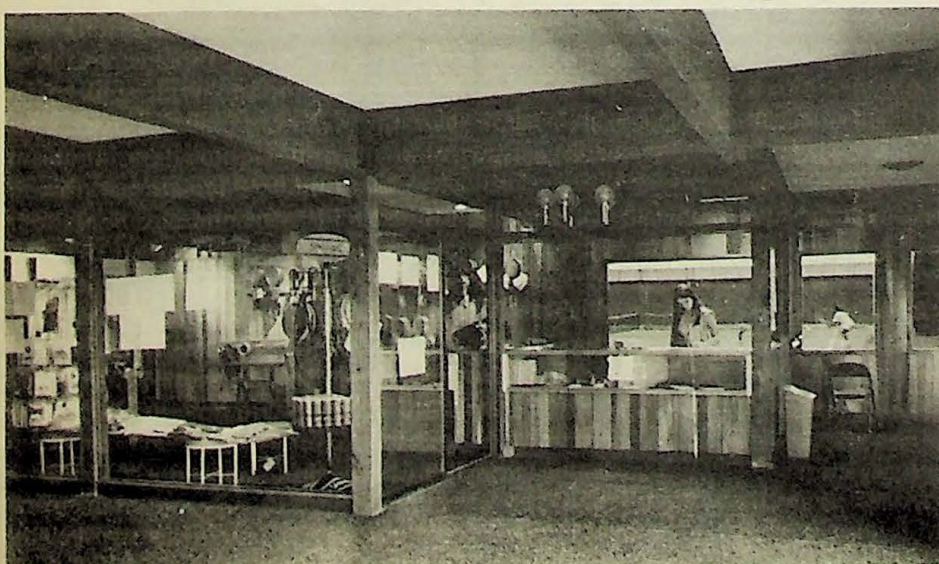
The University Racquetball Club is now open at 2675 Lapeer Road, Pontiac, Mich. The new facility features eight Handball/Racquetball Courts, two glass courts for tournament use. Separate facilities for both men and women.

### Sun Prairie, Wisconsin

The Sun Prairie Racquetball Club is about to open at 1010 North Bird Street. Membership only. Features include seven Racquetball/Handball Courts with excellent viewing in all. Separate facilities for both men and women, large lounge area featuring game tables. Refreshments and sandwiches will be served daily.



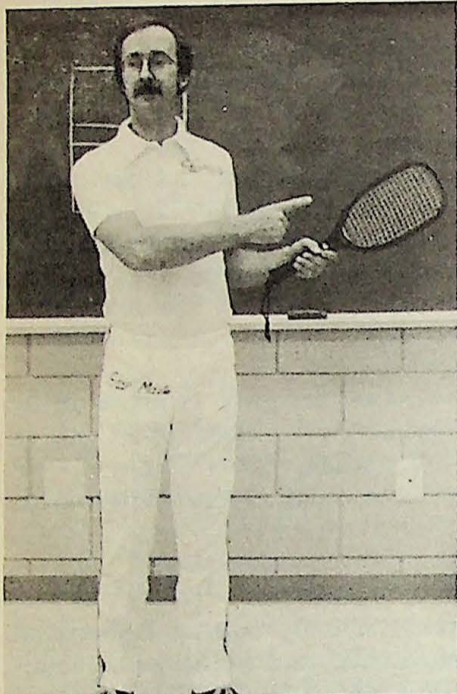
An outside view of the Tri-City facility.



The Pro Shop at Tri-City Court Club.



# The Grip — Where it's all happening



Professor Dunn

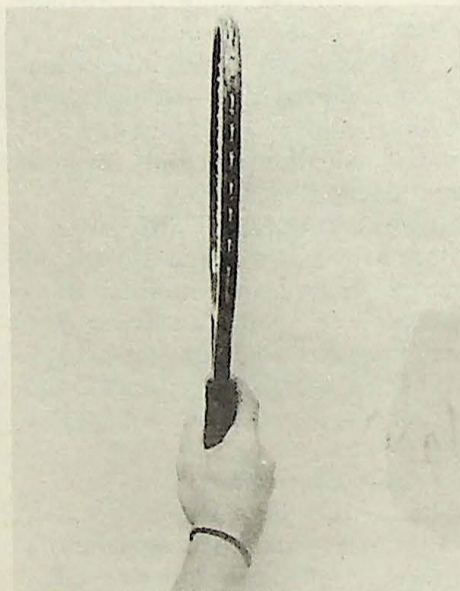
Of all the fundamentals in the game of racquetball, the grip is the most important. Many adjustments can be made by a person to overcome deficiencies in style, foot work, etc. But it is very hard to compensate for an improper grip. You can have the greatest swing, be very quick, get to everything, and have the best style; but with an inadequate grip you are just another player. Now I am not going to insult your intelligence by telling you that all the top players have the same grip and that there is only one grip that is considered correct. But their grips are all very similar with minor variations. Let's look at some of the general guidelines to a proper grip.

**GOAL:** The racquet will be perpendicular to the floor at the point of contact between the racquet and the ball. **PLAN OF ATTACK.** Players use what is called a "shake hands" grip. Hold the racquet perpendicular to the floor, reach out and shake hands with it. The "V" formed by the thumb and forefinger should be somewhere on top of the handle. Most beginning players start with the V way over on the handle's right side. This allows for a pretty strong forehand, but you will find that your backhand will still be in the dark ages. The next question that usually occurs is: "Ok, so you have your grip. Is it the same for both forehand and backhand? What is this I hear about changing the grip?" The answer to that is: "It's all relative!" Some do change and some don't. You will have to decide which is best for you, however most of the better players change their grip.

If you decide not to change your grip, then the V should be over the upper left bevel of the handle for a right handed player (everything will be the mirror image for the left hander). This is basically a backhand grip. The player adjusts so that his racquet head will be perpendicular to the floor at the instant of contact for both backhand and forehand without changing his grip by a simple roll of the wrists. **ADVANTAGE.** This is a distinctive edge when the player is involved in a fast action game where there might not be enough time to change the grip. This is especially true for doubles.

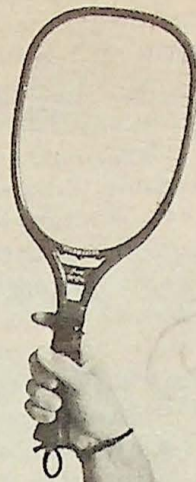


Picture 1



Picture 2

If you feel you will be more comfortable by changing your grip, then the V can be anywhere on the top of the handle. The change in grip is brought about by using the opposite hand to turn the racquet until the V is on the inside bevel mentioned earlier. **ADVANTAGE.** A player can more consistently place his racquet at the proper angle in his hand to insure that the racquet head will be perpendicular during the swing. If you don't change your grip, which means that you must roll your wrist to adjust for the angle of the racquet head as you change from a forehand to a backhand, then I think that you will find that it is too easy to roll the



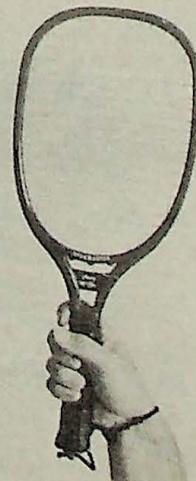
Picture 3

wrist too far or not far enough causing a mishit.

Equally important as the grip is the hand position along the length of the handle. There are two philosophies involved. One is to grip the handle on the end so that the butt of the racquet rests against the bottom part of the hand. This allows the player to hit the ball harder, but there is some loss of control since the racquet head is further from the wrist.

The other side of the discussion tells us to choke up on the handle. This tends to give the player more control, but there is a corresponding loss of power.

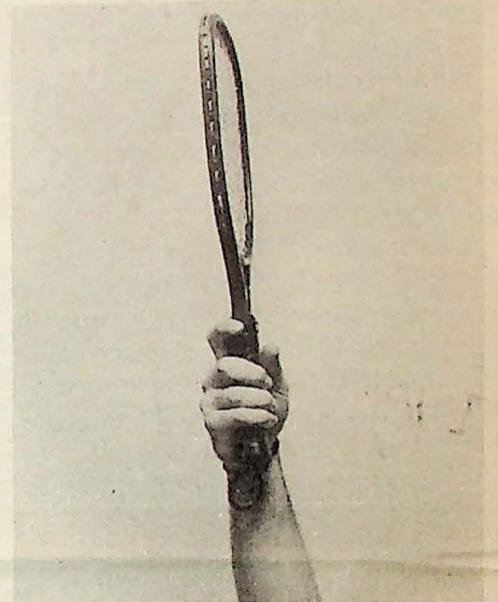
If I were asked for a recommendation for a beginning player, then I would have to go for the choke grip. With today's faster racquetballs, control is more of a problem than power. If you are used to the longer grip, then it is going to feel strange to choke up; and I would advise you to do what feels most natural and comfortable. But if you are willing to work at it, or you haven't played long enough to develop a proper method of gripping, then the increase in control is well worth suffering a few frustrations while learning to choke up on the handle.



Picture 4

Basically the racquet is held by the last three fingers of the gripping hand, firm but not too tight. Slide the forefinger up the shaft of the handle into a simulated trigger position. This will give you more freedom of wrist movement, thereby generating more power.

One last and extremely important concept to remember; the fewer adjustments, alterations, and movements in the swing, then the greater the consistency in properly contacting the ball. Let this be your guide.



Picture 5

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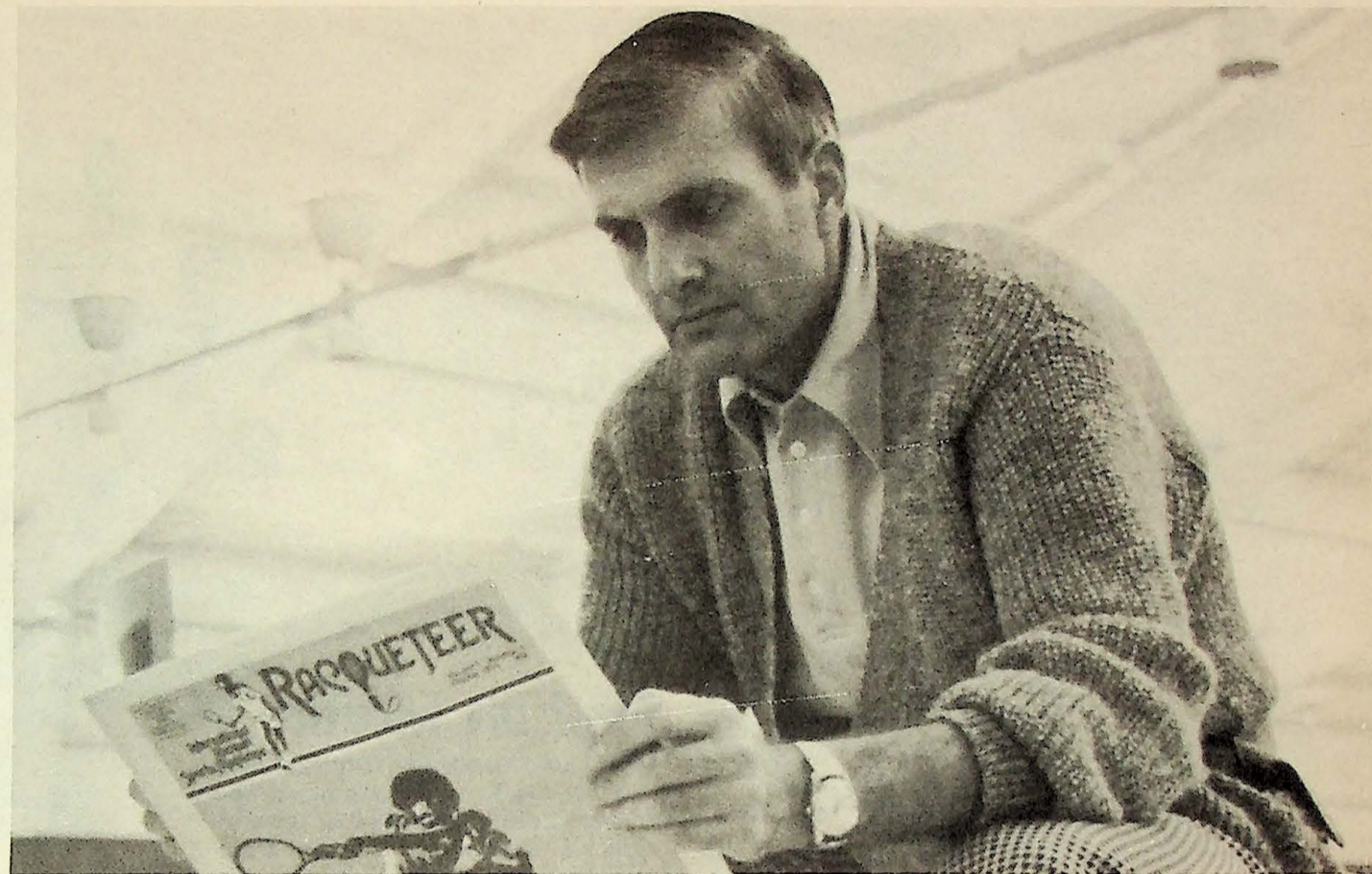
## I.R.A. Report

The International Racquetball Association's new offices are in Dallas, Texas (P.O. Box 31481, Suite 1012, Dallas, Texas 75231). After being in Stillwater, Oklahoma for a number of years while Myron Roderick was Executive Director, the offices were temporarily moved to Memphis, Tennessee last October when the new Executive Director, Tom McKie was hired. At their meeting in May the Board of Directors selected Dallas, Texas which is McKie's hometown as the new site.

"We're very pleased to be operating from Dallas," McKie announced. "Its central location and excellent airport facilities make it easily accessible from all over the country. The many services in the Dallas metroplex are a great asset to the smooth functioning of our programs."

The IRA has completed a very successful year of operation after some setbacks in professional tournament operations during the 1974-75 tour which had slowed things up. "One of the primary accountability features of the IRA," McKie explained, "is that we publish our financial statements in the magazine so that the membership can see how their money is spent. The figures can be misinterpreted as may have been the case with the statements appearing in the July-August 1976 magazine. The IRA did lose a total of nearly \$35,000 during the period reported. However pro tournament losses in late 1974 and early 1975 accounted for this loss and during the last accounting year (April 1975 - March 1976) we operated on a breakeven basis. This is as high a level as we want," McKie noted, "as we are a not-for-profit corporation and pour all of our revenue back into our programs."

One major problem which has been corrected has concerned the official ball situation. A year ago the IRA's Board of Directors decided to cancel its contract with Seamco due to an incessant ball breakage problem. The decision was made to go with a new company, Vittert, which made a one piece ball which had no breakage



Vic Blumenthal, Northwest Regional I.R.A. Commissioner, reviews the first

issue of the Racqueteer. Vic, from Portland, Oregon, has made many fine inroads in court club developments in the Portland area.

problem. At nearly the same time a contract was also signed with AMF-Voit to make the Roll Out IRA approved.

During the course of the past year several events occurred to dictate that the IRA Board of Directors review the ball situation. The one piece Vittert ball simply did not provide playability consistency needed and was poorly accepted by the players. Also during this time Seamco made some significant management changes and a new approach to quality control was augmented. Also during this period the Voit ball was well received.

What does all this mean? In essence, the IRA will continue to approve the AMF-Voit Roll Out, will shortly have a new ball offered by Seamco, and later this fall Vittert will be coming out with a new two piece ball as is now offered by both Voit and Seamco.

The IRA is strong and healthy and actively administering its many programs—with primary interest in the amateurs.

I.R.A. News Release

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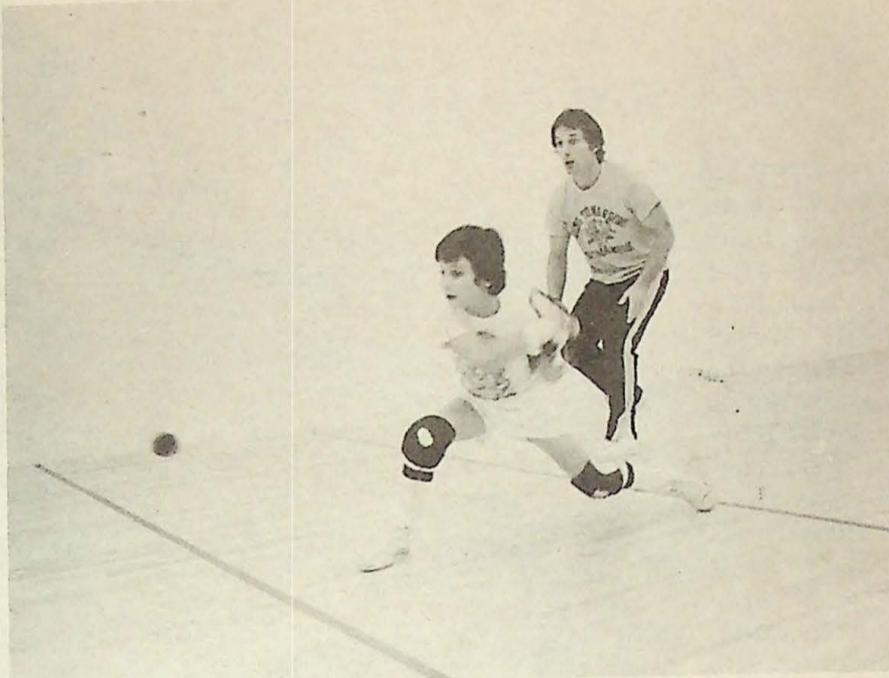
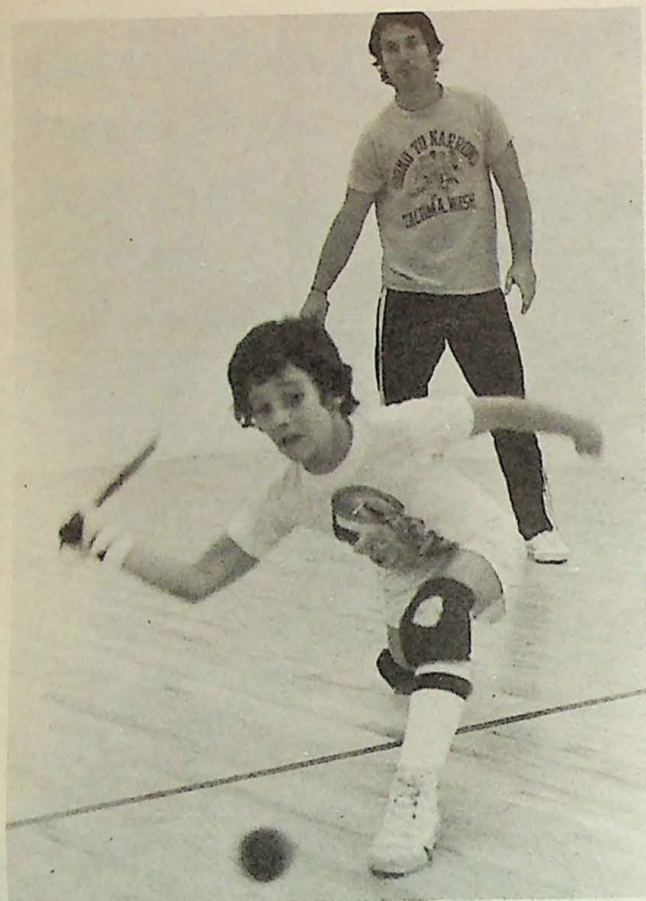
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## People in the Crowd



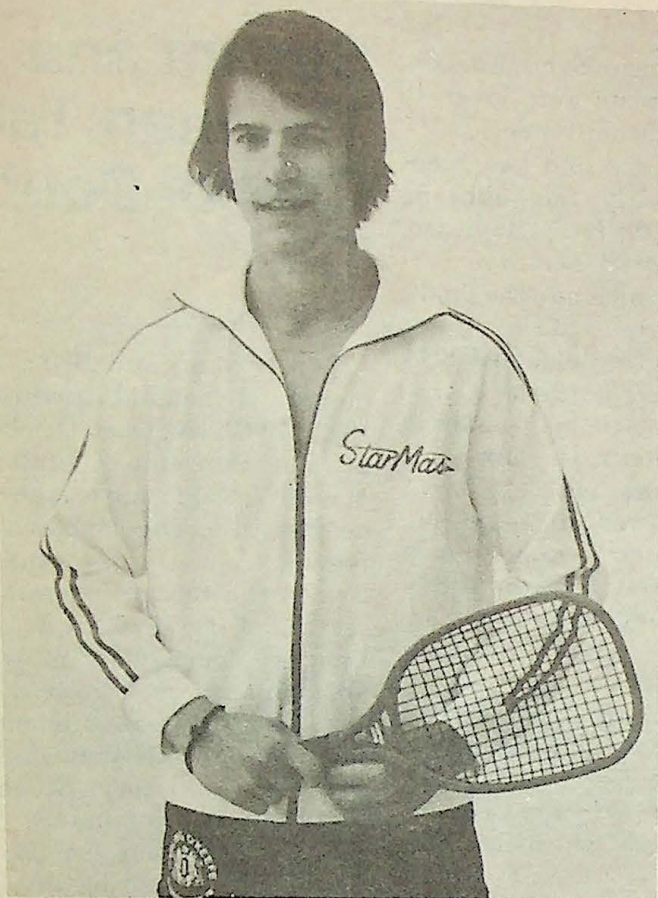
### Nathan Martin

10 year old NATHAN MARTIN gives a tour to a much older and much larger opponent in play during the Fall Open in Tacoma, Washington. Nathan, from Mercer Island, Washington, plays regularly at the JCC in that community with his mother Nancy Martin, a top women's open performer in the Northwest. Nathan, who has been playing for a couple of years, has all the moves and uniform of a future great in racquetball.

### Kathy Williams

Kathy Williams Michigan player representative for Seamco flashes that winning smile. Kathy needed more than a smile as she was beaten in the semi-finals by Peggy Steding in the recent Vermont Pro Tournament. However, Kathy's play has been strong this fall and high anticipation is held for her as the NRC Pro Tour gets in full swing.





## John Robbins

*JOHN ROBBINS of Edmonton, Alberta demonstrated the qualities that make him one of Canada's finest open men's performers by capturing a piece of the open doubles crown in the Edmonton Pro-Am. John, with his partner Don Crawford, upset the odds favorite team of Wayne Bowes and Bob Daku in the finals with an exciting 11-9 tie-breaker win in the third game.*



## Brumfield

*A 28 year old looks through his racquet to see what the future will hold. Brumfield has his hands full on this year's pro tour.*



## Ron Starkman Mark Spitz

*Ron Starkman, Racqueteer's Publisher, shows Olympic Gold Medals winner Mark Spitz a racquetball racquet and Racqueteer Magazine, explaining the fine features of both. Mark had an un-*

*fortunate accident and will put racquetball into his rehabilitation program. In the meantime good and informative reading can be had through the Racqueteer Magazine.*





## Hogan Captures Vermont Pro Tournament

David Roundtree

The Court Club, South Burlington, Vermont, was the site of the NRC-Seamco Pro Racquetball Tournament. The draw was composed of 47 entries in the Men's Pro Division and 13 entries in the Women's Pro Division. The Seamco 559 green ball was the official tournament ball. It seemed much livelier than usual and gave a distinct advantage to the serve and shoot style of play. The quarter finals saw Mike Zietman playing top racquetball but succumbing to Charlie Brumfield in three games. To what many considered an upset, Rich Wagner beat Jerry Hilecher 21-13, 21-11. Steve Strandemo made short work of B. Kolton 21-13, 21-8. And Marty Hogan put Dave Bledsoe to sleep early 21-7, 21-13.

The semis had probably the most exciting match of the tournament pitting Marty Hogan vs. Steve Strandemo. Game one saw Hogan winning 21-20 with Strandemo coming back in the second to also win 21-20. The crowd was treated to some exciting racquetball. In the third game, the 11 point tie-breaker, Hogan was a little too tough for Strandy with the outcome Hogan won 11-4. Brumfield then beat Wagner 21-13, 21-13.

The finals was a showdown of the Young Giant Killer Marty Hogan against Charlie Brumfield, who at 28 years old is still hanging in the top eight but many observers feel he will never dominate any tournament he enters as he did in the past. Hogan, with his serve and shoot style of play, completely destroyed Brumfield in the first game 21-8. Brumfield made it a little more respectable in the second but lost 21-18. Marty Hogan took home first prize of \$2000. Charles Leve of the NRC refereed the men's finals.

The Women's Pro Division again saw the old master Peggy Steding overwhelm her competition. The semis saw Steding beat Kathy Williams 21-10, 21-7. And the lower half there was a hard fought battle between Janell Marriot and Shannon Wright. Janell was the victor 21-18, 21-16.

The finals between Steding and Marriot proved the women as competitive as the men's finals. Steding blasted Marriot in the first 21-7 but Janell never gives up and came back and took the second 21-15.

But the Odessa Flash Steding was too much for Marriot in the tie-breaker and closed the door 11-1. Terry Fraucher of the NRC organization refereed the women's finals.

To John Kruger, director of the tournament, should go a round of applause for the fine hospitality and organization in keeping the matches running smoothly and on time.

Our reporter asked Mr. Kruger if it was a money making proposition and what benefits holding a pro tournament was to a court facility. John said: "Last year our facility had to pay the NRC \$1000 to hold their pro tourney in Vermont. We barely broke even. This year the fee more than doubled and we still haven't figured out the outcome. Unlike many clubs we have a bar and that took a lot of slack for revenue gained. I think if I didn't have a bar I might not have the tournament, we would lose too much money. I would like to hold a pro invitational money tournament with possibly another sponsor such as a beer company but I fear that the Leach competitive team might boycott the tournament because of their affiliation with the NRC as they boycotted all of their players out of the IRA Nationals in Chattanooga, Tennessee this year and we would want all the top players to compete. We definitely would not hold more than one pro tournament a year." Again thanks to John Kruger and the Court Club of South Burlington, Vermont for a tournament well run.

## Military Tourney Huge Success

Linda Kueny

The Second Annual Military "All Services Racquetball Tournament" held at the Naval Support Activity Los Angeles-Long Beach, Long Beach, California, 23-26 of September exemplified the fact that racquetball is ever growing in popularity within the armed services, with sixty entrants in the intermediate and novice categories. The Tournament was co-sponsored

by StarMaster, Inc. of Santa Ana, Ca. StarMaster racquets were given to the winners of each division.

The number one and two seeds were defeated early, thus allowing third seeded, E02 Kirk Hayward, 1975 consolation winner from Port Hueneme to continue into the finals. SSGT Terry Burgert, Marine Corps Air Station El Toro defeated SGT George Ohlinger, Marine Corps Base, Twenty-nine Palms, California to get into the finals. The first game was bouncing back and forth for 15 minutes, till Hayward started rolling them out. Burgert's game slowly dissolved while Hayward was killing everything he could get his racket on, with scores 21-11 and 21-7, to capture the 1st place trophy and racket.

DPCM John Paulette (retired), Naval Training Center, San Diego defeating Lt Col Henry Storch, Los Angeles Air Force Station (21-19, 8-21, 21-15) placed third in intermediate singles.

An upset in the Intermediate doubles found Port Hueneme's Kirk Hayward and HMC Steve Clark fighting hard to maintain last years title. Clark, struck with injury in the second game, was unable to continue and forfeited the third game and match to Major Gary Meyer and partner MSGT John Ewadinger, Marine Corps Base, Twenty-nine Palms. The reclassified team of SGT George Ohlinger and MSGT Richard Lopez, Marine Corps Base, Twenty-nine Palms fought through the consolation bracket to defeat Long Beach's hopefuls Lt. Joe Cohen, USS John Paul Jones and SA Rick Cundiff, USS Bronstein for third place.

An excellent match in the novice singles ended with Cpl Duane England, Marine Corps Base, Twenty-nine Palms over Lt Larry Dixon, Camp Pendleton dentist 21-19 and 21-12. Lt Tom Hoffman, Naval Undersea Center, Long Beach pulled up for third.

The team of England and Major John Stocking, Marine Corps Base, Twenty-nine Palms edged DT1 Skip Wheeler and DT2 Jim Dickinson, Naval Regional Dental Clinic, Long Beach 21-14 and 21-19 for first place in novice doubles. USCGC Burton Island's SS3 Henderson and MK3 Cartwright captured third.

Great thanks to Special Services Department, Vince White, Carl Crown and all others for assisting in this event.

## Stream and Thurman Take Chabot Doubles Title

Rufus Thomas

Len Stream and Bill Thurman sustained momentum throughout the 1976 Chabot Open October 22-24 at the Supreme Courts IV in Hayward, California to take the open doubles title. The doubles were the premier event of this tournament as five of the top six players in the seeding of the 1976 I.R.A. National Doubles Tournament at the open amateur level were involved. Stream and Thurman took Bill and Steve Dunn in the finals 15-9, 15-6 for the tournament victory. Steve Dunn continued his dominance of open singles activities in Northern California by besting his brother Bill, 18-16, 12-15, and 15-7, in the finals. Other action saw Mark Wayne beating Bob Peterson for the men's senior crown and Mary Lubwig besting Ruth Knudsen for the women's open championship.

The tournament was well coordinated by the Supreme Court Facility. Many good times were had by all the contestants involved both at the courts and the fine party Saturday night. The Cabot tournament is certainly one of the best organized, best run events of the fall. Finals results were:

- Women's Open Singles
  - Lubwig def. Knudsen —15-4, 15-6
- Women's B Singles
  - Chestnut def. McDonald— 15-9, 15-7
- Women's Novice Singles
  - Carpenter def. Stoa 15-7, 10-15, 15-12
- Senior Singles
  - Wayne def. Peterson —15-9, 15-7
- Masters Singles
  - Svensson def. Griffin —15-6, 15-7
- Men's B Singles
  - Kingston def. Chandler 6-15, 18-16, 15-10
- Open Singles
  - S. Dunn def. B. Dunn 18-16, 12-15, 15-7
- Open Doubles
  - Stream-Thurman def. 15-9, 15-6 Dunn-Dunn

# Racquettime September Open Livonia, Michigan

Racquettime of Livonia, Michigan held its annual September Open the weekend of the 17th, 18th, and 19th, drawing 154 men and women from the greater metropolitan Detroit area. Champions were crowned in each of three divisions; Men's Open "A" with 58 entries, Men's "B" with a full field of 64, and the Women's Open with a record entry of 32 participants.

In the Men's Open, top seeded Gil Schmitt was upset and finished third losing to Tom Brownlee of Brighton in the semifinals 7-21, 21-7, 11-7. Sixteen year old Mike Yellen of Southfield captured the title with victories of 21-20 and 21-13 over runner-up Brownlee. Dan McLaughlin, former National Paddleball Champion in 1972-74, finished fourth.

The future in the pro ranks really looks promising for the fast rising young Yellen. Mike finished first in a recent tournament held in Troy, Michigan and before that finished third last June in a tournament held in Warren, Michigan. A natural rivalry seems to have developed between Yellen and McLaughlin, two of this area's finest players. They have met in three tournaments in the past four months, with Dan winning 21-18, 21-11 in Warren, Mike defeating Dan 6-21, 21-7 and 11-10 in Troy, and Mike defeating Dan again in Livonia 21-12 and 21-10.

Fred Lewerenz, Tom Carpenter, Mark Wiegand, Robert Barr, Ed Barter and Jim Easterling, all top players in this tournament, will be joining Schmitt, Yellen, Brownlee, McLaughlin and possibly Fred Wiegand, Jim Santino, Bill Gottlieb in a Super 16 invitational tournament to be held during the last week in October at the Southfield Athletic Club. That tournament will determine the top order of ranking players in Michigan.

The Women's Open drew the largest field of entries ever in local tournaments and will attest to the great interest and growth in Women's Racquetball in the metro-Detroit area.

Pat Krise, the top seeded defending champion, was dethroned by nationally ranked and current Michigan State Paddleball Champion Teri Davis 21-19 and 21-2. Teri defeated Patty Pattyn 21-5, 21-10 in the quarterfinals, and then beat Irene

Ackerman 21-14, 21-9 in the semifinals. Krise met and defeated April Cummins 21-11, 21-12 in the quarterfinals and Judy Huhta 21-13, 21-15 in the semifinals before the showdown with Davis. Irene Ackerman finished third with victories of 21-11, 21-7 over fourth place finisher Judy Huhta.

Women's consolation champion was Kathy Zale with 21-2 and 21-7 victories over Lori Lucas. Kathy had met second seeded Irene Ackerman in the first round and the games were very exciting and much closer than the final scores of 21-14 and 21-6 would indicate. The large crowd really enjoyed this unexpected toughie match so early in the tournament and most were in agreement that the loser of this match would surely emerge the consolation champ.

The Men's "B" tournament had many fine players and matches and a few surprises as well. Alex LeVeque, a relative unknown before the tournament, emerged the champion by defeating top seeded Eldon VanSpybrook in the finals 6-21, 21-18 and 11-5. LeVeque and VanSpybrook had lots of stiff competition along the way. LeVeque met Jim Amick in the quarterfinals, and while winning 15-21, 21-10, 11-1, these games were tough and were real crowd pleasers. VanSpybrook in the second round defeated a determined Jim Burton 21-17, 5-21, 11-3, and in the round of 16 met and defeated Bill Csatari in a good match 21-19, 12-21, 11-3. John Schweichart finished third by defeating Jeff Sohikian, fourth place, by scores of 21-6, 21-17. LeVeque topped Schweichart 21-11, 21-18 in the semifinals and VanSpybrook defeated Sohikian in the other semi in exciting and close matches 21-18, 21-18.

Peter DelFavero won the consolation championship by defeating Peter Schummer in the finals 21-7, 21-5. Congratulations to both of these guys named Pete; they were two of the senior (in age) players in the tournament.

## PERSONALITY

*Continued from Page 6*

the beginning he introduced me to the game, he tried to push his interest on me but he didn't actually force it down my throat. He was understanding about it all and I think if he would have pressured me when I was young and if I wasn't immediately interested in it I would have given up the game. Young players need to see that efforts are being paid off. A lot of times as people know it takes a long time to see their hard work turn into benefits. As a kid

## Tournament Notes

Many thanks to all of the friends of Livonia Racquettime. Although they are too numerous to mention individually, they were very helpful with suggestions that contributed greatly to the tournament's success. We hope that everyone had a good time. Special thanks must go to Irene Ackerman and Allen Stortz, our Co-Floor Managers, for their efficiency in getting nearly all of the approximately 237 matches off on schedule.

Now that the tournament is over, much experience and knowledge has been gained to make future tournaments more pleasurable and enjoyable for players and spectators alike. One important factor necessary in making any tournament a successful venture is a need for volunteers, especially referees. Nearly all top players feel that referees are important for their matches and appreciate having them and rightfully so—Won't you keep this in mind in future tournaments that you participate in and volunteer your services? Thank you.

### Metropolitan Detroit, Michigan, Racquettime of Livonia, September Open 17th, 18th, and 19th, 1976

#### Men's Open

Quarterfinals: Schmitt def. Barr 21-17, 21-7; Brownlee def. Wiegand 21-13, 21-14; McLaughlin def. Lewerenz 21-7, 21-15; Yellen def. Easterling 21-3, 21-5.

Semifinals: Brownlee def. Schmitt 7-21, 21-7, 11-7; Yellen def. McLaughlin 21-12, 21-10.

Finals: Yellen def. Brownlee 21-20, 21-13.

Third: Schmitt ftt.

you want to be able to play great right away, if you don't you might be disinterested. So I think I would just let it go and if he's interested fine and maybe just introduce him to the game but not pressure him. When he gets maybe 10 or 11 years old I'd play with him a little and if he likes the game, great. If he doesn't then I don't think I'll push him.



### Metropolitan Detroit, Michigan, Racquettime of Livonia, September Open 17th, 18th, and 19th, 1976

#### Women's Open

Quarterfinals: Krise def. Cummins 21-11, 21-12; Huhta def. Halsey 21-20, 21-16; Davie def. Pattyn 21-5, 21-10; Ackerman def. Henry 21-7, 21-14.

Semifinals: Krise def. Huhta 21-13, 21-15. Davis def. Ackerman 21-14, 21-9.

Finals: Davis def. Krise 21-19, 21-2.

Third: Ackerman def. Huhta 21-11, 21-7.

### Metropolitan Detroit, Michigan, Racquettime of Livonia, September Open 17th, 18th, and 19th, 1976

#### Men's "B"

Quarterfinals: VanSpybrook def. Wilhelm 21-8, 21-5; Sohikian def. Leone 21-00, 21-16; LeVeque def. Amick 15-21, 21-10, 22-1; Schweichart def. Calkins 21-7, 21-6.

Semifinals: VanSpybrook def. Sohikian 21-18, 21-18. LeVeque def. Schweichart 21-11, 21-18.

Finals: LeVeque def. VanSpybrook 6-21, 21-18, 11-5.

Third: Schweichart def. Sohikian 21-6, 21-17.

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# Canadian Racquetball Update

Diane Clairmont was the B.C. Provincial Representative at the recent CRA/Provincial meetings held in Edmonton. As representative she committed B.C. to be responsible for the refereeing programme and to assist with any of the other CRA objectives for the coming year. Each province took responsibility for one of the nine objectives laid out in meetings in Montreal earlier this year. These objectives run the gamut from applying for federal grants to publicity and promotion to coaching and to court development.

At these meetings it was officially announced that racquetball will be one of the sports at the Canada Games in 1979. A provincial team will be selected consisting of 2 men, 2 women, 4 juniors, and 2 doubles teams. So keep at it and in 1979 we'll be able to field a winning team! Juniors are persons under 18 years of age, so encourage your clubs to initiate Junior programmes. It's certainly not too early to start planning!

These meetings were held in conjunction with the Klondike Tournament and as usual the Vancouver contingent was very strong. John Kubasek upheld Vancouver by taking 3rd place in the "B"'s and teamed with Les Gee making it to the Consolation Finals in the Open. All agree play was hard and the fun even better. The Edmonton Racquetball Association as always put on a tremendous tourney. Thanks a lot! It was good to see some representatives from the Interior there as well, Bernie Usher of Kelowna, Gerry Bridge of Kamloops, and Gail and Jerry Vasilich of Prince George.

Rick Barker as newly appointed National Rules and Referee Commissioner along with Wayne Smyth and Ian McKenzie on his Committee will be acting for the Canadian Racquetball Association to introduce a programme to improve the quality of refereeing across the country. They will be drawing from our membership to produce these referees and make them available to our major tournaments. This will be achieved through clinics and accrediting by a qualified person.

At the recent meeting in Edmonton, it was unanimously approved that the membership fee for the Canadian Racquetball Association be increased. The main reason for this is that we all felt we would

like the CRA Magazine to be maintained in its present quality and this will be impossible on the amount of funds now being generated. Therefore the rates are now \$6.00/year and \$18/3 years. Since most B.C. members have an expiry date of August 31st, 1976, membership dues will be required in order to enter the B.C. Open and Nationals. We know you will appreciate the necessity for this increase and anticipate your cooperation. It would be greatly appreciated if you would include this membership fee with your entry forms to the B.C. Open or send it to

Diane Clairmont  
667 Camsell Crescent  
Richland, B.C.

Wake up to Eggs, Bacon and Ivan Velan!!

The CRA's Annual General Breakfast Meeting is scheduled for 8:00 AM Saturday, November 13th at the Devonshire Hotel. At this meeting, Ivan, our current President, will give his annual report filling us all in on the happenings of the CRA for the past year and for the year to come! ELECTION OF THE BOARD OF DIRECTORS FOR THE CRA will take place at this meeting and it is a perfect time for all of you to air your opinions, discuss issues that may be concerning you, and to acquaint yourselves with racquetballers from all over Canada. We sincerely hope that we can look for a strong turnout from B.C.!

Submitted by the B.C. Racquetball Association

## Klondike City

submitted by  
Edmonton Court Club

The 23rd of September was the start of the Klondike City Pro-Am Racquetball Tournament hosted by the Court Club, Canada's newest premier Racquetball Club. It featured four days of the best racquetball seen in Canada. Twenty professional men competed in the men's pro division for the \$6,000.00 prize money. It included the likes of Hogan, Brumfield, Strandemo, Hilecher, Serot, Wagner, McCoy, Zeitman, Schmidtke, Bledsoe and Canadians Wayne Bowes, Wes Hadiken, John Robbins, and Doug White. The women's professional event saw eight women compete for \$2,000.00 prize money, included were such top name pro's as Steding, Marriott, Williams, Harding and Weede. The amateur events including Men's Open, "B" and "C" Singles,

Women's Open Singles and Open and "B" Doubles saw close to 100 players compete for the hardware.

The Men's Pro saw Marty Hogan take home the \$2,000.00 first place check by defeating Steve Strandemo 21-17 and 21-14 in the finals Steve Strandemo came up with one of his strongest games to outclass number one seeded Charlie Brumfield 21-17, 7-21 and 11-3 in the semi-finals before a packed house at the Court Club. In the other semi-final, Hogan had little trouble defeating Davey Bledsoe until the last part of the second game when Bledsoe's game all of a sudden got hot. However, Marty pulled it out winning two straight 21-9 and 21-17. To give you an idea of the caliber of play, consider that such players as Steve Serot and Richy Wagner lost in the first round.

In the Women's Pro, Peggy Steding continued her dominance of women's racquetball. However, Janell Marriott extended Peggy in the finals to three games. Janell took the first game which was close all the way, 21-17. The second game Peggy had full control of the match racing to a 21-2 victory. The third game which in all N.R.C. Tournaments is to eleven, proved to be a long tough struggle with Peggy winning 11-8.

The Men's Amateur Open Championship featured Lethbridges' Bob Daku against Steve Mondry from San Diego. Bob who had problems with Steve's volley, had a sore arm during the tournament. Steve won the first 21-11 and had to

stop a big comeback from Bob to take the second game 21-18. Bob Bear took the Open Consolation title beating Ken Suffron from Winnipeg.

Betty Weede from San Diego although losing out in the Pro event made it worthwhile by capturing the Women's Open title by defeating Linda Forcade in two games. Ellie Bell took the consolation event in an all Edmonton final by defeating Lindsey Robinson.

Al Gordichuk bested the limited but experienced "B" Singles entrants to move up to the "A" event. He defeated Ian Archibald who was having a good tournament until he met Al in the final.

Wayne Davidson, a young 17 year old from Edmonton and one of the most improved young players in Canada, showed he has a lot of potential. He defeated Jim Der in the finals of the "C" Championship which boasted close to 50 entries.

The Open doubles final saw a major upset with Don Crawford and John Robbins defeating Canadian Doubles champions Wayne Bowes and Bob Daku, in a closely contested three games by the scores of 18-21, 21-16, 11-9. Wes Hadiken and Ken Suffron won the consolation event by defeating Glen Lee and Boris Luciw.

The "B" Doubles saw Butch Harvey and Rusty Stevens defeat Vic Clarke and Wayne Davidson for the "B" Doubles title. George Labercave teamed with Alan O'Shea to defeat Greg Sims and Rod Proudfoot for the "B" Doubles consolation title.

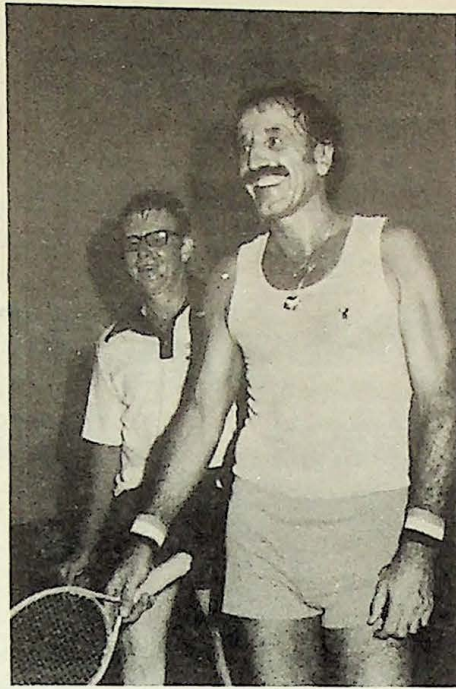
## PRO - AM CHAMPIONS

EVENT	FIRST	SECOND	CONSOLATION
Men's Pro	Marty Hogan	Steve Strandemo	
Women's Pro	Peggy Steding	Junell Marriott	
Men's Open Singles	Steve Mondry	Bob Daku	Bob Bear over Ken Suffron
Women's Open Singles	Betty Weede	Linda Forcade	Ellie Bell over Lindsey Robinson
Men's "B" Singles	Al Gordichuk	Ian Archibald	Dunc Stockwell over Ken Wilson
Men's "C" Singles	Wayne Davidson	Jim Der	Dougl McDonald over Steve Rankin
Open Doubles	Don Crawford & John Robbins	Wayne Bowes & Bob Daku	Wes Hadiken & Ken Suffron over Glen Lee & Boris Luciw
"B" Doubles	Butch Harvey & Rusty Stevens	Vic Clarke & Wayne Davidson	George Labercave & Alan O'Shea over Greg Sims & Rod Proudfoot

# 1976 Labatt's Totem Open: Better Than Ever!

The Labatt's 1976 Totem Open held in Vancouver, B.C. on September 30th to October 3rd was perhaps one of the finest tournaments the West Coast has ever seen. The racquetball play to begin with was excellent as the Dunn brothers from Hayward, California continued to dominate Northwest men's open singles and doubles play. Dale Pond of Vancouver pulled the tournament upset as he bested Al Rossi of San Francisco in masters action in the third game of the finals 21-20. Karen Dellow in a strong performance captured the women's open division. This Vancouver school teacher breezed through her class of play without losing a game. The team of Mark Wayne and Al Rossi took the senior doubles title over Wayne Smith and Amos Deaven. Finally, in a battle of two Canadian beauties, Myrelon Shetterly defeated Gail Kincaid in the women's intermediate final 21-19, 21-15. It is rare to see two such attractive women play in a finals event. These two ladies can always promote racquetball with both their style and looks on the court.

Canadian hospitality beyond the racquetball play is what made this such a fantastic get-together. Our tournament hosts headed by Wayne Smith, Bill Condratow, and Diane Clairmont put on a tremendous spread of food, drink and friendship. The Labatt's Company donating cases and cases of beer made the flow of fun and games continuous. An unbelievable smorgasboard and disco were held at the Devonshire Hotel in downtown Vancouver on Saturday night. The food that was there could have served a presidential banquet. The drawings and door prizes were equally unbelievable as almost everyone in attendance took something home.

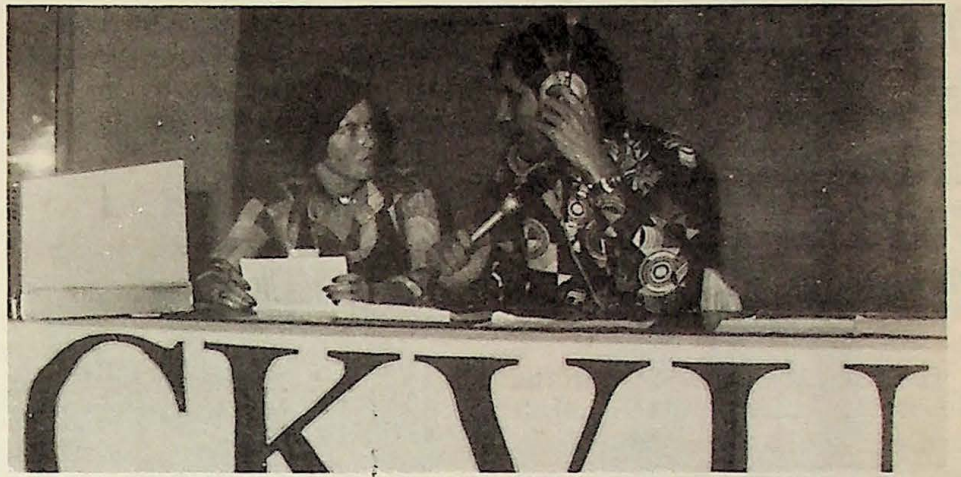


Al Rossi could still smile after his 21-20 upset by Dale Pond in the final game of the Masters Singles.

The whole tournament atmosphere and events were the ultimate in racquetball activity. I am already encouraging you to plan on this event in Vancouver next year. These fine people put on "a tournament that you can't refuse." It gets a Racqueteer rating of "10" and for those in attendance at the banquet who were rating our views from the Devonshire windows this is a top attraction.



Winner Again - Bill and Steve Dunn sweep the Men's Open Classes in Vancouver.



Diane Clairmont gives a television lowdown on the Labatt's tournament.

## B.C. Open October 1-3, 1976

Open Singles	1. Steve Dunn - Hayward, CA	21-10 21-14
	2. Bill Dunn - Hayward, CA	
	3. Joe Scott - Boise, ID	21-19 10-21 21-20
	4. Lindsay Myers - Vancouver, B.C.	
B Singles	1. John Kubasek - Vancouver, B.C.	21-17 21-17
	2. Les Gee - Vancouver, B.C.	
	3. Bill Hodgins - Vancouver, B.C.	15-21 21-9 21-12
	4. Dave Kieler - Vancouver, B.C.	
C Singles	1. Wendell Talaber - Vancouver B.C.	21-10 12-21 21-16
	2. Merv Tyer - Vancouver, B.C.	
	3. Steve Katz - Vancouver, B.C.	21-2 21-12
	4. Bob Katen - Hayward, CA	
Senior Singles	1. Mark Wayne - Hayward, CA	21-7 21-5
	2. Warren Mitchell - Vancouver, B.C.	
	3. Amos Deaven - Seattle, WA	21-18 21-5
	4. John Godfrey - Vancouver, B.C.	
Masters Singles	1. Dale Pond - Vancouver, B.C.	21-15 16-21 21-20
	2. Al Rossi - San Francisco, CA	
	3. Sid Kirson - Vancouver, B.C.	21-16 21-18
	4. Dewey Huston - Bellingham, WA	
Women's Open	1. Karen Dellow - Vancouver, B.C.	21-12 21-7
	2. Lynn Murdoch - Vancouver, B.C.	
	3. Diane Clairmont - Vancouver B.C.	21-11 21-2
	4. Bonnie McLeish - Spokane, WA	
Women's Inter.	1. Myrelon Shetterly - Vancouver, B.C.	21-19 21-15
	2. Gail Kincaid - Vancouver, B.C.	
	3. Tomi Tinsley - Spokane, WA	21-13 5-21 21-10
	4. Marie Bisailon - Vancouver, B.C.	
Open Doubles	1. Dunn/Dunn - Hayward, CA	21-20 21-19
	2. Scott/Carley - Boise, ID	
	3. Condratow/Lund - Portland, OR	Default
	4. Pond/Myers - Vancouver, B.C.	
Senior Doubles	1. Rossi/Wayne - San Francisco, CA/ Hayward, CA	21-14 21-3
	2. Smyth/Deaven - Vancouver, B.C./ Tacoma, WA	
	3. Ian McKenzie/Denny Uietch - Vancouver, B.C.	Default



Amos Deavan of Tacoma, Washington blasts a winner as Mark Wayne, Wayne Smith, and Al Rossi look on.



Special

# Racqueteer Inquiry: International Racquetball Survey

The Racqueteer is helping in the conducting of a survey of racquetball media readers. The survey is in regards to the development of new and existing facilities and equipment. Our attempt is to gain information to better inform readers as to what type of conditions and markets exist for the average racquetball player today. We request that you please complete the survey below and mail to this address:

Racqueteer Magazine  
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Irvine, CA 92713

1. CITY OF RESIDENCE \_\_\_\_\_  
STATE \_\_\_\_\_

2. TYPE OF RESIDENCE  
Home Owner \_\_\_\_\_  
Home Renter \_\_\_\_\_  
Apartment Renter \_\_\_\_\_

3. POPULATION OF RESIDENCE  
City of 250,000 or greater \_\_\_\_\_  
Suburb of Metropolitan Area \_\_\_\_\_  
City 50,000 to 250,000 \_\_\_\_\_  
City less than 50,000 \_\_\_\_\_  
Rural Area \_\_\_\_\_

4. TYPE OF HOUSEHOLD  
Single Male \_\_\_\_\_  
Single Female \_\_\_\_\_  
Couple Only \_\_\_\_\_  
Couple and \_\_\_ no. \_\_\_ Children

5. HOUSEHOLD INCOME  
Under \$10,000 \_\_\_\_\_  
\$10,000 to 14,999 \_\_\_\_\_  
\$15,000 to 19,999 \_\_\_\_\_  
\$20,000 to 24,999 \_\_\_\_\_  
\$25,000 to 49,999 \_\_\_\_\_  
\$50,000 or more \_\_\_\_\_

6. INCOME PRODUCING CLASSIFICATION OF THE HEAD OF THE HOUSEHOLD  
Professional \_\_\_\_\_  
Business (Administrative) \_\_\_\_\_  
Business (Sales) \_\_\_\_\_  
Business (Clerical) \_\_\_\_\_  
Self-employed \_\_\_\_\_

7. AGE OF THE RESPONDENT  
Under 18 \_\_\_\_\_  
19-24 \_\_\_\_\_  
25-34 \_\_\_\_\_  
35-44 \_\_\_\_\_  
45-54 \_\_\_\_\_  
55 and over \_\_\_\_\_

8. LEVEL OF EDUCATION COMPLETED  
High School \_\_\_\_\_  
Some College \_\_\_\_\_  
College \_\_\_\_\_  
Post Graduate \_\_\_\_\_

9. NUMBER OF YEARS YOU HAVE PLAYED RACQUETBALL  
Less than 1 year \_\_\_\_\_  
Between 1 and 2 years \_\_\_\_\_  
Between 2 and 5 years \_\_\_\_\_  
Over 5 years \_\_\_\_\_

10. HOW OFTEN DO YOU PLAY PER YEAR?  
50 or fewer times \_\_\_\_\_  
51 to 100 times \_\_\_\_\_  
101 to 150 times \_\_\_\_\_  
151 to 200 times \_\_\_\_\_  
201 or more times \_\_\_\_\_

11. WHERE DO YOU PLAY?  
Membership Club \_\_\_\_\_  
YMCA or YWCA \_\_\_\_\_  
Jewish Community Center \_\_\_\_\_  
Public Courts \_\_\_\_\_  
College or University \_\_\_\_\_  
Military Facility \_\_\_\_\_

12. YEARLY AMOUNT OR DUES SPENT ON COURT TIME  
Under \$100 \_\_\_\_\_  
\$100 - \$200 \_\_\_\_\_  
\$201 - \$300 \_\_\_\_\_  
Over \$300 \_\_\_\_\_

13. OTHER FAMILY MEMBERS THAT PLAY  
Spouse \_\_\_\_\_  
Son(s) \_\_\_\_\_  
Daughter(s) \_\_\_\_\_  
None \_\_\_\_\_

14. DO YOU PLAY MORE  
Singles \_\_\_\_\_  
Doubles \_\_\_\_\_  
About the same \_\_\_\_\_

15. RACQUETBALL WAS INTRODUCED TO YOU THROUGH:  
Group Lessons \_\_\_\_\_  
Private Lessons \_\_\_\_\_  
Clinic Approach \_\_\_\_\_  
Instructions from a friend \_\_\_\_\_  
Self-teaching and watching others \_\_\_\_\_

16. WHERE DO YOU PRIMARILY PLAY?  
NAME OF FACILITY \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY, STATE, ZIP \_\_\_\_\_  
NUMBER OF COURTS \_\_\_\_\_

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## Physical Conditioning: A Necessary Part of Racquetball

David Roundtree

Racquetball when played on a competitive level is a highly demanding physical sport. An hour of tournament play often results in the loss of large amounts of body fluids, extreme stress on the skeletal-muscle components of the body, and a high volume of oxygen uptake that forces the body to work at various levels of oxygen debt during certain periods of play. These factors when combined with increased amounts of psychological stress and anxiety work to really fatigue the competitor. It is no wonder that tournaments for many players are not fun, but journeys to "hell and back".

The question is how can an individual's body become more accommodating for these physical demands? I can assure you the answer is not easy. It can be best summed up in one word—work!

American society today, because of the great affluence of our country, has become recreational for the most part in its approach to sport. In Racquetball most participants want to execute shots, make strategic moves, and serve aces. However, how many of these same people will take hours and dedicate themselves to both the conditioning and execution parts of their game. Unfortunately, not very few and around the country you consistently see the same people winning the various tournaments at local and regional levels because they are more prepared than the rest. A good analogy of this is a quote by John McKay now coach of the Tampa Bay NFL football team, and formerly head coach at the University of Southern California. McKay said of O.J. Simpson, then one of his pupils, that a lot of players across the country talk about the fact that they would like to carry the football nearly 50 times a game as O.J. did, but very few of them were willing to be in the condition it takes to carry the ball 50 times per game! This is certainly a valuable example for Racquetball, as many players would like to reach the semi-finals in their class of play in every tournament, but few are willing to pay the price for this situation physically.

What can you do about it?

Let's hope you read Jerry Northwood's articles on nutrition in this publication for starters and let's talk some about fundamental physical conditioning.

Rather than get into technical points over what is a good physical condition level for competitive racquetball or how does one best train for the sport, I want to make the following general statements. Please remember that there will be individual differences around these issues. However, they are at least some guide as to where you should be in your physical preparation to play racquetball.

Racquetball is a sport requiring a high level of aerobic activity. Aerobic activity is body movement that requires air to body parts to allow them to function over a sustained period of time. The vehicle that the body uses to supply this function is the cardiovascular system (heart, lungs, vessel structure). Therefore, the shape that those body elements are in is critical in a competitor's physical state.

Good cardiovascular conditioning comes about through aerobic conditioning methods. The cardiovascular system if not used heavily previous to your beginning intensive racquetball play, should be gradually built up. This means both training for racquetball activity and warming up properly for play.

A good way to build up your cardiovascular system is by following a good aerobic program such as the one developed by Dr. Kenneth Cooper. This is known as the Cooper Aerobics Program and is outlined in the book *New Aerobics* by Dr. Cooper. Basically this approach involves a twelve minute run-walk procedure where points are given for distances obtained in this time period. This combined with moderate racquetball play on a consistent weekly basis should allow for a proper conditioning of the cardiovascular system with minimal risk of unnecessary stress which could lead to various health problems.

While you are developing your conditioning state and once you have achieved an acceptable level for you, warming up before you play is most important. You should gradually build up your activity level and "get your motor running for awhile before you hit the gas." This functionally means taking approximately 5 to 10 minutes before you compete to hit various shots and move around the court.

Remember it generally takes from 6 to 8 weeks to build up a trained state in an athlete. Don't try to do it in one week. If you are overweight, also try to lose the pounds you feel necessary over a weekly period. Your body and game can adjust much better to losing weight gradually as you build up your conditioning level than

when you try to do all these things at once.

Occasionally take your heart rate at rest for a minute period. Your resting heart rate is a good indication of your cardiovascular effort. For most of you a good heart rate at rest when you have properly trained is around 60 beats per minute. This naturally varies from individual to individual, but your heart rate at rest will drop when you train consistently with a good program.

Finally play as often as you can. There is no substitute for the work you must do on the court, so push

yourself. People who play easy opponents become somebody else's "plum". If you want to be tough play tough.

We hope this has given you a start towards a better physical disposition in Racquetball, but remember it is only a start. We will continue to develop these conditioning factors with you in future issues, so stay tuned.

Oh yes, wonder how the pros train? Take a look at this schedule for working out for one of the top pros Craig McCoy:

## Racquetball Conditioning Program

Each Day three times a day—morning, afternoon, and evening

15 sit ups - work up to 20  
15 push ups - work up to 20

Twice a Day — morning and evening

Leg Stretching  
Lower Back and Side Stretching  
Toe Raises  
Achilles Stretch  
Arm Circles (Small & Large)

Every Day — Jog 1/2 Mile - work up to 1 Mile

Five 40 yard dash sprints — work up to Ten

Racquetball Workout

25 serves each for all 5 serves (Total 125 Serves)  
Drill 5 minutes each control forehand and backhand down side walls.

Drill 5 minutes volley in air from just in front of the 1st service line.  
100 forehand ceiling balls — When you hit a bad one, go for an offensive kill.

100 backhand ceiling balls — Same procedure as forehand.  
50 Killshots forehand off the front wall to the left front corner.

50 Killshots off back wall, forehand to left corner.

25 Crosscourt Killshots off Back wall forehand (Left to Right).

50 Killshots backhand off front wall to right corner

50 Killshots off back wall to right front corner

25 Killshots off back wall cross court backhand (Right to Left)

25 Drive shots forehand off of a ceiling ball down left and right wall.

25 Drive shots backhand off a ceiling ball down left and right wall.

5 minutes of continuous running in the court.

3 minutes of running up and back.

### EDITORIAL Continued from Page 2

state organizations to communicate with the people at the top of each "empire" in a consistent systematic way? It seems as if you must know someone or have a large financial stick to be recognized by either national body's leadership. The best example of this is the I.R.A. magazine. The tabbed "voice of racquetball" is always a month late in arriving, has news of six months ago, and reads the same in format now that it did three years ago. If this is the communications media of the racquetball player then dues to this association have been grossly mismanaged.

These are issues of what the majority of racquetball participants (sheep) are putting up with. In both products and decision making processes a few individuals (wolves), not elected by the consumer, the people who pay the dues and buy the products, decide how you play and what you play with.

Change at this point in time can only come from the players. Local, state, and regional organizations must become more solidified and vocal. A pro players association should be considered. It is really time for individuals to realize that racquetball has evolved into a near big time sport that needs the support of all involved to continue to grow. It cannot, however, continue to grow at the expense and frustration of the player. Participants should get together and begin to voice their concerns and demands to their national bodies. The quality and growth of any strong organization is based on questioning, changing, and improving, not by saying yes to anything that is directed your way. Players groups must exercise the rights of their majority. Get your money's worth. Remember people are power, and power is politics, so the better organized, the more players will keep control of their game.



## New Products

**THE NEW ONE**



**THE MAGNUM**

Introducing for 1976, a lighter, longer racquet with superb balance. The Ektelon Magnum features the new quadriform head shape with a patented milled extrusion for added control.

## Magnum

Bud Held, President of Ektelon, stands next to the new "Magnum" designed to provide a larger hitting surface with excellent control characteristics. The brown anodized aluminum frame features patented milled extrusions. The "Magnum" comes with vinyl bumper, cover, raised leather or rubber grip, and a full year guarantee. For further info. write:

Ektelon, Dept. PR76  
7079 Mission Gorge Road  
San Diego, CA 92120

## Carbon Star

STARMASTER brings to you the Carbon Star. Electronically balanced to make the racquet a natural extension of the arm, the Carbon Star is the ultimate in composite racquet equipment. Novel mold design especially made for racquetball cuts down on rotational torque and provides a unique throat piece flexibility that increases power yet maintains the all important control of the game. The Carbon Star by StarMaster has won every major racquetball tournament and will give you the confidence that you'll be winning for a long, long time.



## AMF Voit

### AMF Voit's New Aluminum Racquet Line

The "Blackjack", "Rollout", and "American"

The "Blackjack" top of the line, an extra length racquet for precision control.

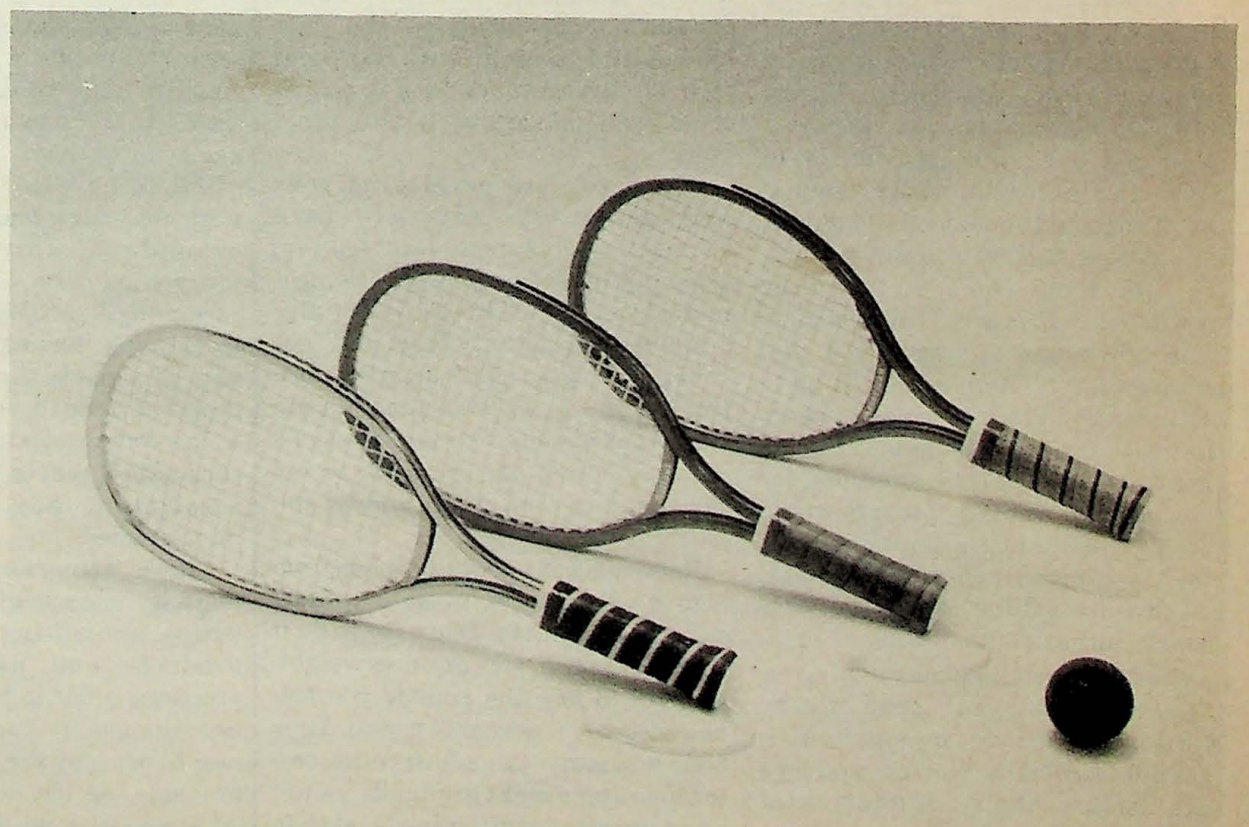
The "American" has teardrop shape designed for beginning players.

AMF Voit Aluminum racquets feature U-shaped throat piece riveted at six points. Other features include vinyl bumper, soft nylon eyelet guides, and tournament nylon stringing.

For additional information, write:

Richard Smith  
AMF Voit, Inc.  
3801 S. Harbor Blvd.  
Santa Ana, CA 92704

(L) Blackjack (M) Rollout (R) American





## Keeps Hands Dry, Improves Grip, Non-Sticky

Gene Soloman, president of Dri-Grip, explains these features to a racquetball enthusiast. Dri-Grip is a space age development ideal for tennis, racquetball, golf, pool, bowling, etc. For further info. write:

Dri-Grip  
666 N. Lake Shore Drive  
Chicago, IL 60611



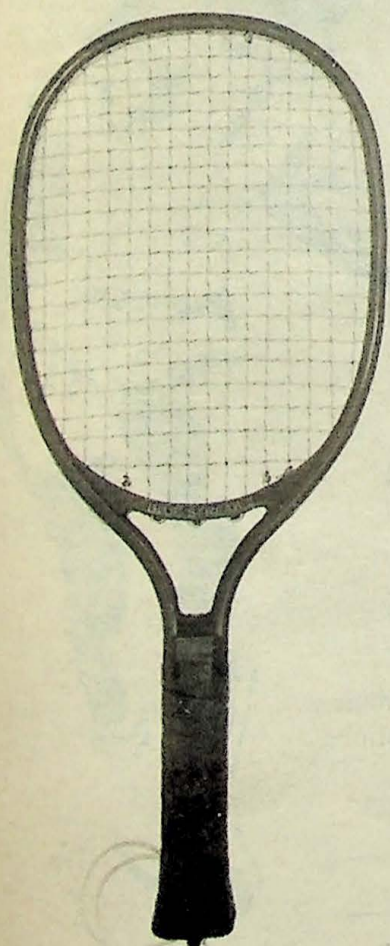
## Vittert Sports

Jon Hay, national sales manager for Vittert Sports, shows their new racquetball line featuring both aluminum and glass racquets. The Vittert Muehleisen features a large hitting area, full teardrop head

shape, bronze aluminum frame, and grip choices in both rubber or leather. For more info, write:

Vittert Sports  
921 Fee Fee Road  
Maryland Heights, MO 63043

## Blue Streak II



Racquetball racquets from Seamco with many new features.

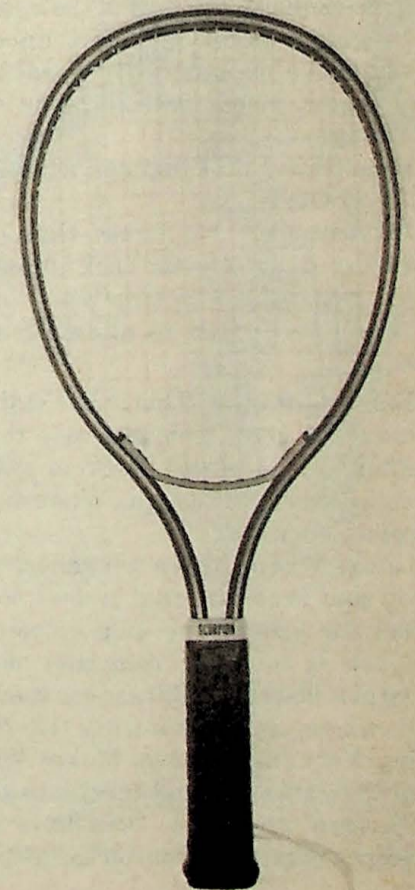
(R) Scorpion—Anodized "H" frame with nylon strings. Metal Grommets. A lightweight, extra strength racquet which allows maximum power and ball control.

### Seamco New Products

White Bumper Guard. Tan leather grip.

(L) Blue Streak II—Full size glass-filled nylon racquet designed to give built-in flexibility and control with lightweight Blue spiral nylon string. Genuine leather grip.

## Scorpion





# Hands Sweat Much?

Gary Poppino

These are various attempts at stopping perspiration on hands, controlling perspiration on hands or living with it.

### Remedies

#### Full Fingered Soft Leather Glove.

**Advantages:** Complete hand is covered preventing perspiration from entering the glove. Perforated on top of fingers to aid breathing and is very pliable when wet or dry. Superior stitching—does not tear.

**Disadvantages:** Does not allow enough breathing, consequently perspiration builds up inside and soaks through the glove causing the grip to slip, necessitating frequent glove changes.

#### Full Fingered Soft Leather with Terry Cloth Top.

**Advantages:** Complete hand is covered with top portion able to breathe due to the terry cloth.

**Disadvantages:** Still doesn't breathe enough to prevent sweat from building up and soaking glove.

#### Fingerless glove Soft Leather or Half Fingered Glove with Terry Cloth Top.

**Advantages:** Allows fingers to touch grip while palm is still covered with leather giving more touch with the fingers and allowing the glove to breathe even better.

**Disadvantages:** Some players feel dis-comfort with part of the hand or fingers covered and part uncovered. Glove has a tendency to tear at the fingers. Needs better system of stitching.

#### Deer Skin Full Fingered Elastic backed Glove.

**Advantages:** No stress thumb, seamless palm, elastic back allows more stretching and twisting. Fingers are perforated to allow breathing.

**Disadvantages:** This is basically a handball glove, consequently the leather is a little too thick to still have a good feel of the grip. When dry becomes very stiff.

**Gauze Wrap.** This a self adhesive wrap that is so thin that it does not effect the size of the grip of your racquet. It comes in rolls and one wrap of it lasts for 25-30 games. Each roll wraps approximately 15-20 grips. Very inexpensive. Makes the grip very abrasive and continues to work even when wet. Does have a tendency to roll up while on the grip.

**Terry Wrap or Slip On.** These come in assorted colors and are very easy to install. They come as a self adhesive wrap-on (like a leather



Gary Poppino

grip) that goes on in place of your leather or rubber grip. It is washable. It absorbs the sweat as you play. However, the terry becomes very stiff and slippery after it dries. The Slip-on is a thin terry cloth grip cover. It is slipped on over the top of your current grip. It has a tendency to slip around on the grip when it is first applied but becomes quite secure in a day or so. It also becomes quite stiff and rough when it dries. However, it can be removed and washed in a washing machine leaving a softer finish. The life of the terry grips is long—usually about as long as your rubber or leather grip.

**Pro Grip or Spray-On Sticky Adhesives.** These come in many brands but are all approximately the same. It comes in an aerosol can and sprays a sticky compound on your grip or on your hand. They work quite well until perspiration builds up between your hand and the compound. The compound itself has a tendency to build up on your hand and your grip. It is tough to wash off. You almost need a solvent to loosen it. Pine Tar is another compound used in the same method and same results as the above spray-ons but it usually comes in bulk and you have to apply it with a home made applicator. It does seem to be the more effective of the sticky adhesives.

**Dri-Grip Substance** is a neutral non-staining granular powder. It dries, conditions and removes perspiration from your hand, grip

etc. It is not sticky and will not cause stickiness or slipperiness on your hand or grip. Some players put it in their pocket and grab a pinch of it when they feel the need for it. Others pour a little in the corner of the court and go over to it when the need arises. Others keep some outside the door of the court. It is rapidly becoming the most effective method for counteracting the perspiration problem. It does not build up on your hands or the grip and it actually cleans your grip. It is easily removed from your hands or clothes by simply washing. Most of the Tennis Pro's on the circuit are using it in place of gloves and gimmicks to aid in the perspiration problem.

**Tack Towels.** Also on the market are mini-size 100% cotton towels that are treated with a wax base, impregnating it into the cloth. It remains tacky through many washings in cold water. If washed in hot water, the wax melts and loses its tackiness in 1-2 washings. This towel was developed for football players initially and now is widely used in golf, tennis, baseball, racquetball and other racquet sports.

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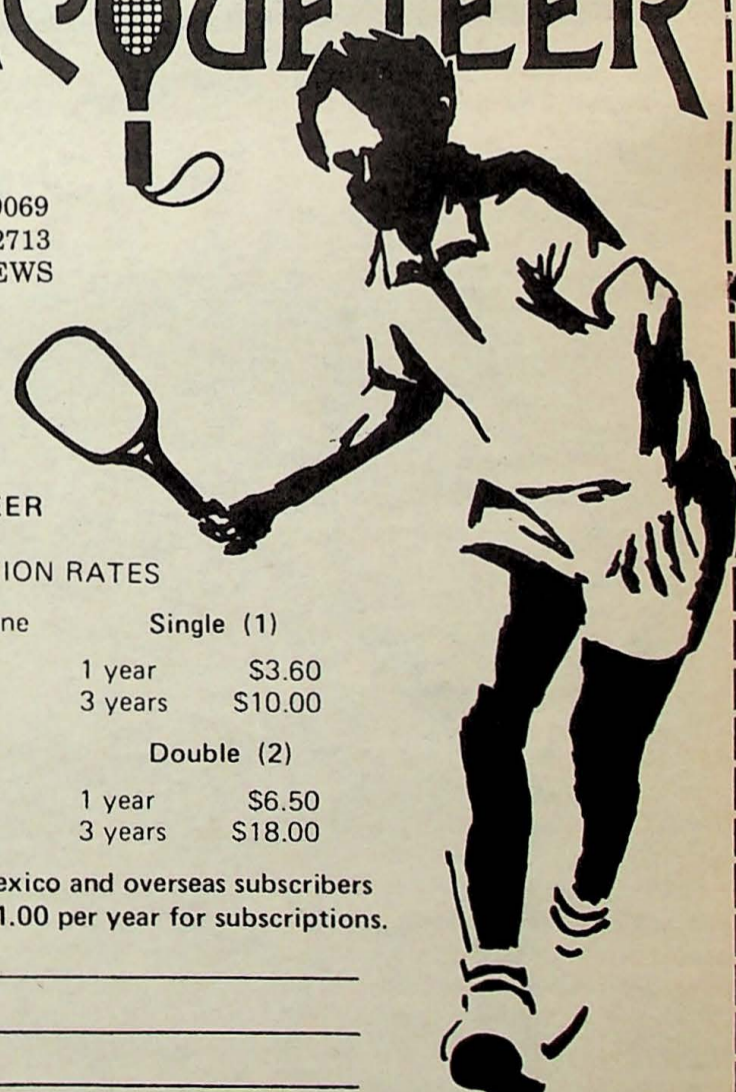
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## International Racquet Sports Magazine





## Junk Foods and Their Effect on Performance

Jerry Northwood

In our last issue, we discussed the importance of the individual's nutritional pattern. It was established that, just as you must practice to develop the skills required, and play in tournaments to gain tournament psychology and experience, it's just as obvious that your nutritional pattern will assist or hinder your execution in these primary areas. In this issue we will concern ourselves with an area that many fine tournament players have a problem with. Until you are educated with a different alternative, you're putting yourself at a definite and unnecessary disadvantage.

**Junk Food** - The popular name that has been given to what I prefer to call *garbage!* It can be defined as any food or drink that has little or no nutritional value, and in most cases, is also detrimental to your health. Why would anyone want to eat this kind of food? Simple! It tastes good and they are not aware of the fact that there is little, if any, food value. Due to the preponderance of mass media advertising insuring them how fantastic the product is, so it will sell, they are also not aware that, in reality, many of these good tasting foods are very detrimental to your health.

Break the body down to its simplest form, the cell. It's a physiological fact that for this cell to properly function, it needs six basic nutrients. As was stated in the first issue (get it if you haven't read it), the six are; vitamins, minerals, proteins, fats, carbohydrates and water. Add to these six nutrients fresh air, sunshine and a tranquil mind, and this cell will function as it was intended, very healthy for its normal lifespan. If the cell is missing some of the nutrients, obviously it can't function with the same degree of proficiency. Leave out any of the more critical nutrients, such as protein or water, and you're in serious trouble. How does the cell acquire these important nutrients? Through the food we eat and the liquid we drink. Your body is nothing more than trillions (a whole bunch) of cells. Get the point?! If you put into your mouth a food that has no nutritional value, how can the cell function properly? Does this mean we're all doomed if we eat a couple of donuts, drink a soda pop or have a banana split? Obviously not! The body is a very forgiving thing. Depending upon the effectiveness of the particular system, one can

eliminate a great deal of the detrimental effects of junk foods.

By now I hope it's obvious that if all you ever eat is junk food you're going to be hurtin'. Nobody's body is capable of functioning on total junk foods; eventually it will catch up to you. Even if you're blessed with a tremendous amount of God-given talent for the sport, and you succeed in spite of your poor nutritional pattern, your success on the court should not be your only concern. What kind of condition is the body going to be in when you're past tournament age? How long is the body going to last on food with little or no nutritional value, combined with the excessive energy expenditure required in racquetball? It's just good advice to start eating out of design instead of desire and start to substitute some of the more detrimental foods with foods that have value and are just as good tasting.

Let's discuss the "good guys" and "bad guys" of the nutritional world. First the bad guys - garbage. In order to qualify as a bad guy food, you either have certain food elements present that are detrimental to the body, or are absent of important nutrients needed to effectively maintain those cells we were talking about. We have learned what the important nutrients are; carbohydrates, protein, fats, vitamins, minerals and pure water.

Now the worst of the bad guys, the number one villain, white granulated sugar. It most certainly **does not** give you energy! As a matter of fact, it robs your system of energy. It takes more energy to digest processed sugar than it gives the body. It also robs your system of "B" vitamins (the energy vitamin). Finally, processed sugar keeps your system from assimilating protein properly. Every cell in the body requires protein to function. The primary ingredient in most junk food is, guess what? SUGAR!

If you're concerned enough to eliminate this detrimental element from your nutritional pattern, you're going to have to start eating out of design instead of desire, and start being selective by reading the ingredients on the side of the package of all food stuffs. The ingredients are listed, usually in small print, in the order of how much is contained in the product. In all junk food cases, you'll find sugar at the top of the list. These foods should be avoided, and/or substituted with foods that contain honey. Your body will assimilate honey very quickly and is an excellent source of energy. During tournament competition, the best source of energy is fruit of any kind. All have natural sugar in them and digest much more rapidly than most foods and are very light on the

stomach, since you're eating mostly liquid.

Second on the list of don't eats is white "enriched" flour. Do a little study on your own sometime to find out the definition of "enriched", then you'll know another reason why you shouldn't eat it. The best substitute for white flour is 100% whole wheat. If you're having a problem with your weight, you'll have to pretend there is no bread; they quit making it! However, if your weight is not a problem, 100% whole wheat, stone ground, no preservatives added is at least a bread with some food value.

Speaking of preservatives, that's next on our list. In reality, preservatives, additives and chemicals used in today's modern fast food items are just as detrimental as sugar and flour. As "modernization" continues, they will become even more satisfied until it will be a shocking discovery that preservatives, additives and chemicals are a leading cause of disease today. The individual chemical by itself is bad enough, but when you go indiscriminately mixing them, you have a very detrimental situation. You just can't beat foods in their natural state. Fortunately, many manufacturers are realising the conscientious food buyer is demanding no poisons in their food, so they are coming around. Now you can purchase non-processed foods if you make an effort.

Salt is another unnecessary additive used by food manufacturers to excess, and also by the eater. Adding salt becomes a habit that should be broken if you don't want a lot of problems later on in life. Try tasting the actual food sometime, and you'll find it's got a naturally good flavor of its own. If you must have salt, try sea salt with only 50% sodium chloride in it. The rest is minerals and trace minerals from the ocean which have a definite value to the system.

Nutrition is not just solid foods, but everything we drink as well. The only liquid the human body needs to survive is PURE WATER. I say pure for there is a vast difference between pure and tap water. We will discuss the difference in a later article.

The advertising media has proven beyond a shadow of a doubt P.T. Barnam's old saying, "There is a sucker born every minute", with the overwhelming acceptance by the general public to coffee and pasteurized milk. Sorry to bust your bubble, but milk isn't necessarily good for "every" body, and the caffeine and tannic acid in coffee is a known addicting drug. Likewise, the caffeine in cola drinks and especially tea. Is the world going to come to an end if you give up coffee, tea, milk, etc.? No, because there are lots of substitutes. The public is being educated to these facts so the

manufacturers are being forced into changing their products, i.e., decaffeinated coffee. As for tea, choose a good herb tea you like the taste of. Many herbs have medicinal attributes, and few have detrimental effects.

As for pasteurized and homogenized milk, my nineteen years education and experience has taught me that the only milk a human needs is as a baby, and then only mother's milk. After mother's milk, no milk is actually required, and if you were to drink a little milk from time to time in cereal or in cooking, it should be certified raw milk. Now I realize, to many, this is controversial, as with many of the other statements I have made. I encourage you not to accept my word for anything. Do some research on your own, try to prove me wrong. If you think you have, I want to hear about it. I'm never past the learning stage. In future articles we will devote the entire column to comparing pasteurized milk to raw milk, and discuss some of the controversial subjects in detail.

Now to the two really big killers, and the biggest con game ever demonstrated on the public - alcohol and cigarettes. We won't take up much space in this article on these two no-no's that are very obviously detrimental to your health. You wouldn't really think, after the preponderance of evidence against these two killers, the athlete would even consider ingesting such poisons into the system. Since the body is a tremendous machine, and makes a valiant attempt to eliminate the poison so the individual doesn't immediately fall over dead or become violently ill, this gives the individual a false sense of its detriment. However, in X number of years, depending upon the individual, it always catches up to them. We will discuss these killers further in another article entitled, "Drugs - Legal and Illegal - and Their Effects on Athletic Performance". A very informative article you won't want to miss.

By now, without mentioning any of the obvious brand names, you should have a much better idea of what's involved in junk foods and what some types are. It's obvious that these foods must have an effect on the body's performance when you analyze the requirements of the body's cells. When you realize that these types of foods not only do not contain the correct six nutrients needed by the cells, but in fact rob the system of the nutrients needed, it's time to make an alternate choice. Remember eat out of design, not out of desire!

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