

RACQUETBALL

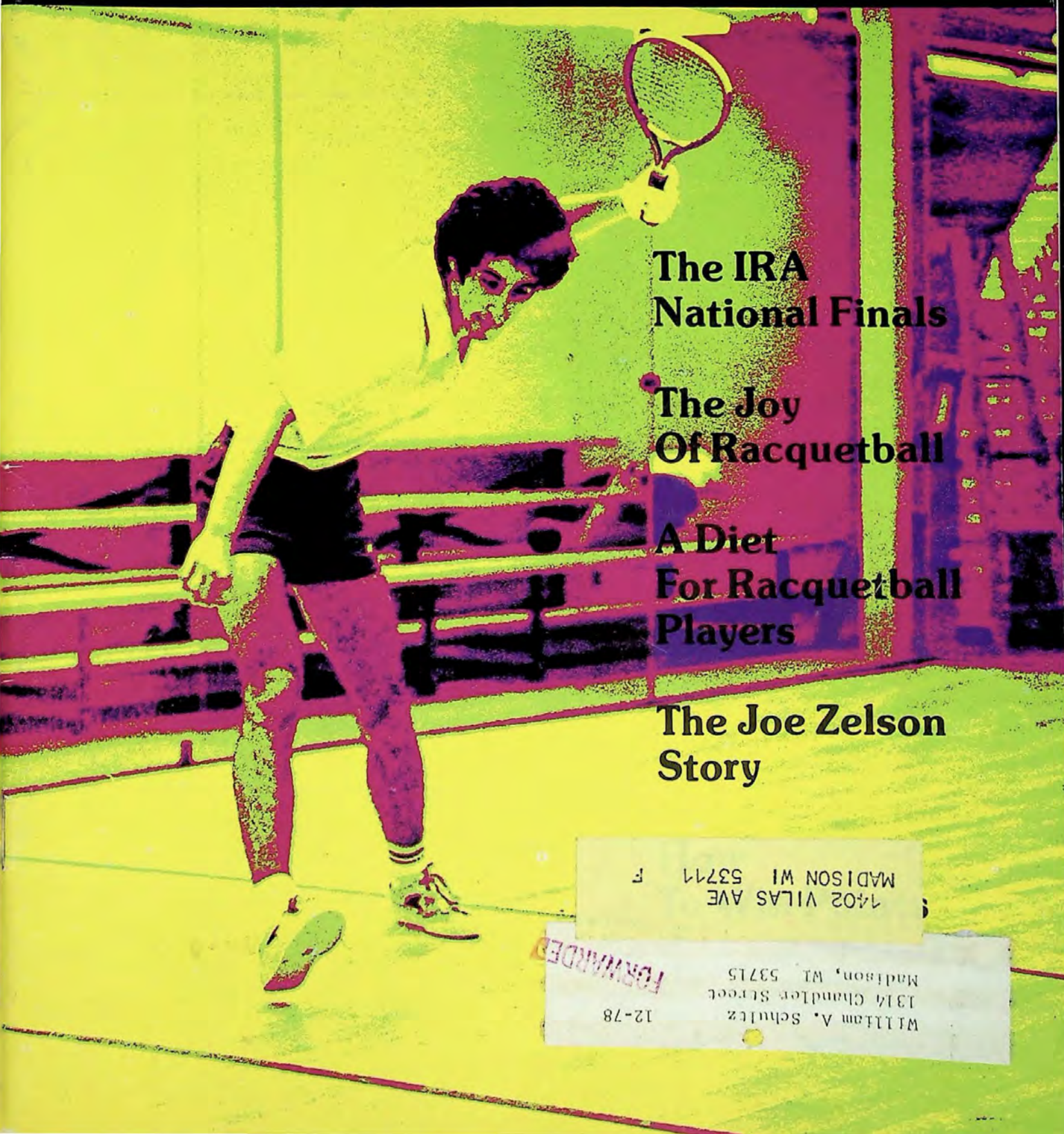


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May-June 1977

Official Bi-Monthly Publication of the
International Racquetball Association



**The IRA
National Finals**

**The Joy
Of Racquetball**

**A Diet
For Racquetball
Players**

**The Joe Zelson
Story**

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Speak Out In Racquetball

Your comments on racquetball and **RACQUETBALL** magazine are welcome. Send letters and post cards for publication to "Mail" IRA, 2670 Union Ave. Ext., Memphis, TN 38112.

On The Cover

Unseeded Jerry Zuckerman swept through the IRA national tournament to win the men's open championship for the first time. A complete roundup of the IRA national championships begins on page 10.

Photo by Rick Dinoian

RACQUETBALL MAY-JUNE 1977

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Gentlemen:

I have several questions I would like to put to you at this time if I might.

What are we going to do about the women's divisions? Are we involved in a Catch-22 problem in that we can't have more divisions until we get more people and we can't get more women until we have more divisions? Is it an IRA rule or just accepted practice that if a person wins 1st place in one division he/she must move up to the next? There is often a VAST difference in the ability of the 1st place novice player and even the poorest players in women's open. It seems that there should be some place else for her to go besides up to impossible competition. I'm especially interested in this problem as I happened to have an extremely capable doubles partner and we did win novice doubles in our tournament. . . . however, we had only six entries. . . . that meant all but two teams would get trophies. We also had only one team (and my partner) who were not local McAllen teams and we didn't even play them. We were not a whole lot better than the teams we did beat (both matches were close 3-game matches) but now, I understand we are obligated to move into open which will be impossible competition for us.

I would also like to know how IRA defines the novice division. I have heard all sorts of definitions from playing one one-year of racquetball to no tournament experience.

I think that Rule 4.10 (c) is confusing. The last part of the rule says. . . "It is no excuse that the ball is "killed," unless in the opinion of the referee the ball could not be returned. . . ." I was under the impression that the definition of a "killed" ball was that it could not be returned.

I would like to say that we had no problems getting callers for our games. We even had all of the consolation matches called and I think most of the officiating was passably good with some of it being quite good. I have read about the NRC rule of calling the next match or forfeiting your win on the preceding match. I really hate to think that we would actually have to put that kind of rule into tournament play. I think that we should all cooperate and be adult enough to take our fair turn at calling games. I think, too, that it is highly likely that some people should not call games

. . . perhaps because of a real fright or dread of doing it or just plain incompetency.

After the tournament here was over and we were using the IRA score cards in our handball tournament we held the following weekend, I happened to read the instructions to referees on the back of the card. I was very glad to see the crowding rule there but I feel that perhaps the word "stationery" should be added at some point because I can see how a person could get hit or touched on the back- or fore-swing when he was making a legitimate effort to get out of the way. I think this might be especially true in the Women's Novice and local court play games when one is not always sure which partner is going for the ball and you're not positive who's way to get out of.

I would also like to comment on the 444 balls. They seemed very alive and good when they were good. However, we opened a number of cans (probably at least 6 or 8) out of two cases in which either one or both of the balls was already dead. I did make an attempt to hang on to them with the intention of returning them but with the confusion and general activity of the weekend they have disappeared. I did, however, want to make you aware of the fact.

We did have a good tournament, we feel, but were disappointed that we only had one entrant from Dallas. It is a great distance to travel but we do have pretty fair air service now. We appreciate the help that IRA did give us and feel that it was a better and more recognized tournament because we could call it IRA-sanctioned.

Very truly yours,
Sue Kachtik
Sport Plaza
McAllen, Tex.

Gentlemen:

My husband, daughter and I attended the Midwest Regional in St. Louis, and were impressed with the warm hospitality, friendliness, and expert organization of the tournament.

We want to thank Lenny Marks for the many hours he spent to make a successful and enjoyable tournament—Also his lovely wife, Sarah, Ann and Dan Hilicher, and Marlowe Phillips. Dick Garroway, owner of the Dorsett Rac-

quet Club, was a very cordial host.

Evelyn Simon
Louisville, Ky.

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Such contributions may be dramatic, humorous, or of general interest. They should be original and previously unpublished. Photos taken in regular tournament play will not be considered unless the content is of unusual interest or originality. Both black and white and color glossies will be considered. All cartoons and drawings must be camera ready.

All contributions must contain the name and address of the contributor and the date the contribution is made. Articles must be typewritten and double-spaced. All copy is subject to revision, alteration, correction or rejection by the editor.

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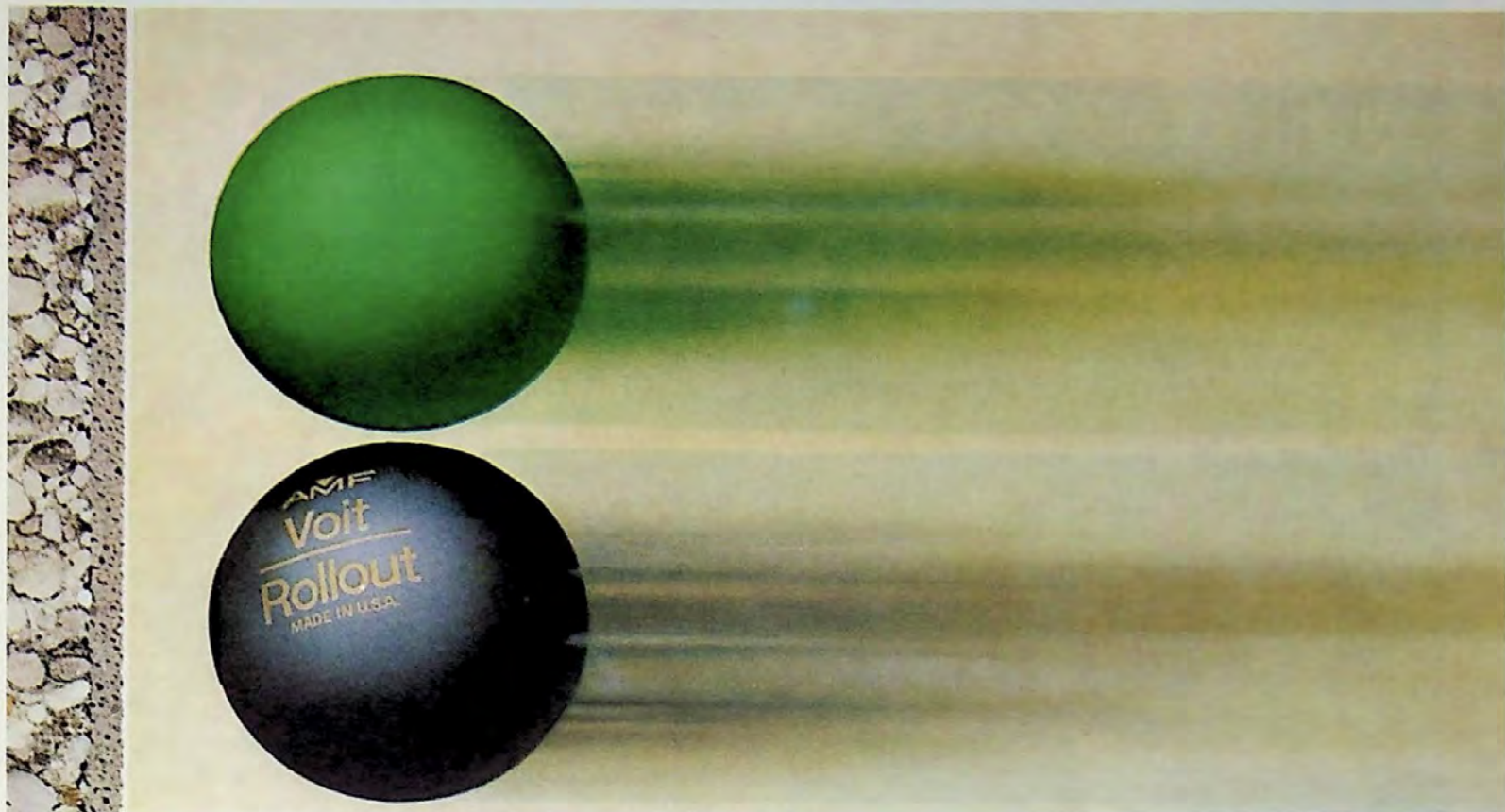
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Dear Member:

This issue of RACQUETBALL Magazine is slightly delayed getting to you. Publication was intentionally delayed to feature our National Singles Tournament held in Southfield, Michigan on May 26-31, at the Southfield Racquetime Center. The tournament drew over 450 participants, the largest number ever, and the competition among those attending was fierce. Anyone who doubts the broad appeal of the sport of racquetball should have been at the National Singles to see the excitement and enthusiasm not only of the players but of the crowds which came to watch the competition. For spectators or players it is difficult to imagine better facilities than those of the Southfield Racquetime Center. My personal thanks and those of the Staff to everyone who helped make the National Singles the best amateur tournament ever held and our special thanks to Seamco Sporting Goods for providing the tournament balls and T-shirts in addition to their financial assistance.

At the IRA's General Membership Meeting held at the Ramada Inn Southfield on Sunday, May 29, 1977, I reported that the International Racquetball Association is in the strongest financial condition it has ever experienced and that our membership is expanding at an unprecedented rate. With our membership and income at all time highs, the Association is attracting the interest of more and more major sponsors and advertisers and is expanding its membership services.

Also, the General Membership Meeting, the experimental 15 point tiebreaker game was discussed at some length. We have all been playing under this proposed new rule for the past year and it is time to decide either to make the rule permanent or abandon it completely. Those present at the General Membership Meeting felt that a vote on the matter should be taken from our general membership by way of a special mailing which you should be receiving shortly. How you vote will determine the rule we will play under in the future; be sure to return your ballot promptly and be counted on this important issue.

I know each of you join me in expressing our appreciation to the retiring members of our Board of Directors for their service and in welcoming our new Board members elected in Southfield, Michigan. Those retiring from the Board are: Mr. Ivan Bruner from Wisconsin, Mr. Bill Dunn from California, Mr. Hal Price from Arizona and Ms. Peggy Steding from Texas. The new members of the Board are: Mr. Luke St. Onge from Pennsylvania, Mr. Bob Folsom from Maine, Mr. Mark Wayne from California and Ms. Carol Greenberg from Texas. All of the Directors and the Staff are always eager to hear from you; don't hesitate to send them your suggestions, comments or even criticisms for the improvement of your Association.

The International Professional Racquetball Organization (IPRO) has finished plans for its 1977 Professional Racquetball Tour in association with the IRA with more stops planned than in any previous Professional Tour. This year something new has been added: the IPRO will host a number of Celebrity Amateur Tournaments and PRO-Celebrity amateur tournaments with top stars from TV, movies, tennis, football, baseball and other sports. Plans are well under way for the IPRO to syndicate these and other racquetball events for prime time television exposure. Watch for these events.

Racquetball is on the move, growing at a rate outstripping the growth of other racquet sports. Growth will bring about change and the only way you can be sure that you will like the changes is to become active in the IRA and help chart the future of racquetball. Work with your local Associations and bring in those new members.

Kindest regards,

INTERNATIONAL RACQUETBALL ASSOCIATION

William B. Tanner
President



William B. Tanner
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Nationals

By Mick McCabe
Detroit Free Press Sports Writer

Photos By Rick Dinoian

SOUTHFIELD, MICH.—The old lions were succeeded by the young lions in the International Racquetball Association's ninth annual Nationals over the Memorial Day weekend. A record entry list—430 players—produced a completely new cast of champions, an alteration of every division that was both startling and encouraging. Probably no other sport in a nation pulsing with booming sports can claim so many new stars and so much fresh talent.

Surprise followed upset on the heels of the unexpected as all but one of the first-seeded players fell by the wayside. Fortunately, the 30-court Southfield Racquetime Center, new and plush, was able to absorb both the huge field and the wounded reputations. The courts—including both the three-glass-wall installations—were crowded from the opening of play on Friday until the last of the semifinals on the following Monday.

By Tuesday's finals, many of the former champions were already home, doubtless plotting the shots and the coups they will need to return to the top. Of all the first seeds, only Sandy McPherson—in women's seniors—managed to stave off what had seemingly become the inevitable.



Exterior of the Southfield Racquetime Center

Men's Open

For quite some time, even before he won the juniors' championship in 1974, everyone knew Jerry Zuckerman was going to be another in the series of fine racquetball players coming out of St. Louis. Unanswered was the question of just when Zuckerman could be called the nation's best. The question has been answered.

The unseeded Zuckerman, only 21 years old, beat the best the IRA has to offer here. In his first match he was tested and had to play three games to defeat John Dunlap, 21-7, 9-21, 15-6. He had little difficulty putting away James Winterton, but that was a rare moment of relaxation. Things got much tougher.

Next roadblock for Zuckerman was No. 1-seed and defending national champion Joe Wirkus, who defeated Mike Luciw in Chattanooga a year ago to win the title. Zuckerman defeated the champ, 21-11, 13-21, 15-12, and moved on to yet another tough opponent—



Men's Open Champion Jerry Zuckerman

Continued



Twenty-one year old Karin Walton (right) from San Clemente, Calif. has been playing racquetball for less than two years and won the women's open over Jan Campbell (left) in her first attempt in a national event.

RACQUETBALL

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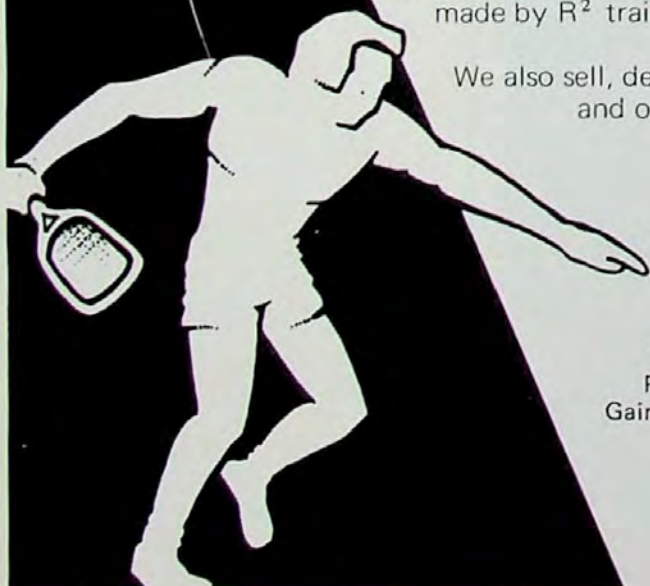
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Randy Stafford. Again Zuckerman won the opening game, lost the second, then won the third, 15-8, to gain the semifinals.

He got a break there when fifth-seeded Mike Yellin injured a hip and—after losing in the juniors' semifinals—needed a pain-killing injection just before the match. Zuckerman was at his best and put the younger player away quickly, 21-5, 21-7.

His opponent for the championship was Eric Campbell of Dallas, who did not have nearly as much trouble getting into the finals. Campbell breezed past Duane Mulaney, Neil Lleuellyn and Steve Mondry without ever going to a third game. In the semifinals he encountered his first tough opponent but was able to rally and defeat the energetic Lindsey Meyers (seeded No. 10) 19-21, 21-19, 15-6. That ability to rally almost won the championship for Campbell.

The lefthanded Zuckerman served to open the championship match and scored three quick points before Campbell could break his serve. Then Zuckerman increased the advantage to 6-0 before Campbell was able to get on the board. After Campbell reduced his disadvantage to 6-3, Zuckerman put on a racquetball clinic for the fans, scoring virtually at will and building up a 15-3 lead. He was ahead 17-4 when he decided to call a timeout.

Still playing the corners to perfection, Zuckerman won the first game, 21-8 and the national finals appeared on the way to being just another one-sided contest. So much for appearances. Campbell switched shirts and changed his luck. He jumped off to a 4-1 lead before Zuckerman rallied to regain control with a 6-4 advantage. After a 6-6 tie, Campbell gradually pulled away and turned the tables on Zuckerman. After a tremendous volley, which Campbell turned into his 15th point, the Texan called a timeout. By now it was apparent the match was headed for the tiebreaker. Campbell wrapped up the second set, 21-10, to set the stage for the spirited finish.

Zuckerman took the serve and quickly moved to a 5-0 lead. He maintained the five-point advantage throughout the early going and led 12-7 before Campbell got his act together, using a timeout to regain his composure and pulling to within three at 12-9. Zuckerman used the corners to register points 13 and 14, but Campbell continued to come back tough and again cut the lead to 14-12



Karin Walton (left) battles Jan Campbell in the women's final

when Zuckerman simply fanned on a couple of shots. The match ended when Campbell skipped a backhand, blowing an easy shot and making Zuckerman the new national champion.

Overall, the match was probably the best display of sportsmanship in the tournament. Neither player ever complained and each congratulated the other after good shots. An example of what a national final should be.

Zuckerman did not say he thought he would win the tournament before play started, but did say he felt confident.

"Yeah, coming in here I was very confident," he explained. "I thought I could play with the best amateurs, but I knew it wouldn't be easy. I knew it would be a struggle and it was."

"This title really means a great deal to me," he added after the victory. "This gives me the confidence to play against the pros. I've played against them before, but I haven't produced against them. I haven't made a mark. I wanted to beat all the amateurs before taking on the pros and now I have."

Zuckerman agreed he could not have played the first game much better than he did.

"That was just super," he said, a grin covering his face. "It was one of my best games although it wasn't one of his

(Campbell's) best. In the second game he did what I did in the first—created pressure to force errors. When I got the early lead I felt a mental edge. I had it in the tiebreaker too, but it didn't last."

"Boy, I never thought that last game would never end. Well, I knew it would end sooner or later, but I didn't know in whose favor."

The new national champion also thought the IRA tournament had a lot of balance.

"This is one of the finest tournaments I've ever seen," Zuckerman said. "The whole thing was very competitive. It was phenomenal, everyone seemed like a contender. And the juniors were terrific. This tournament had the best of everything and this facility is just beautiful."

Women's Open

Perhaps no individual has ever had quite the impact on a national tournament in a first appearance as Karin Walton.

She has been playing racquetball for less than two years and the IRA championships was her first attempt in a national event. For an understatement you could say she was an underdog in the women's open. Nevertheless, the 21-

Continued



Larsen emerged victorious over a fallen Lindsay Myers

year-old blonde from San Clemente, Calif. merely annihilated the competition on the way to the championship.

Walton entered the tournament seeded No. 4 and easily disposed of April Cummings in the first round. She then moved past Barb Tennessen and Judy Huhta. All three were easy matches with only Tennessen managing more than 9 points.

However, the fun stopped there, at least temporarily. In the semifinals, Walton met No. 1 seed and defending champion Sarah Green, who defeated Carol Frenck in last year's championship match.

For awhile Green looked the way a champion should and she beat Walton, 21-11, in the opening game. Walton settled down to win the second game, 21-9, then exploded into the finals with a near perfect 15-1 win in the tiebreaker.

Jan Campbell, Walton's opponent in the finals, did not lose a game in her campaign to reach the finals, although she did get ample resistance from Jamie Abbott, Sandy McPherson and last year's runnerup, Carol Frenck. Campbell beat her 21-14, 21-15, and eliminated Rita Hoff rather easily in the semifinals.

Walton made racquetball look easy in the finals. She took a quick 7-3 lead and was ahead 18-4 before Campbell could



Jeff Larsen, junior champ

recover her poise. Walton won 21-7 and picked up where she left off in the second game. The score was 4-0 before Campbell finally broke Walton's serve and went to 6-3 when Walton called a timeout. Following the rest, Walton broke Campbell's serve and scored five straight points. For all practical purposes the game was over. She eventually won 21-10 as Campbell spent much of the time diving for her killer shots.

Like Zuckerman, the men's open champion, Walton said she was more than pleased with her performance in the finals.

"This was the best I've played in a long, long time," she said despite the fact she has not been playing for a long, long time. "Everything went smoothly for me in the whole tournament. Until I got to Sarah (Green) anyway."

Walton admitted to a little surprise at her success in the Nationals, her first ever.

"I had no idea what to expect," she explained. "I was really nervous because I never played on a court like this (three-glass-wall) before. It just took me awhile to get warmed up and start playing my game against Sarah, that's all."

There was no such warmup time needed for her final match, and no nervousness either.

"I got here right at noon today," Walton explained, "so I just went out and played."

She said she never actually played racquetball until she left California and enrolled at Utah State University.

"In college we had a lot of real good players like Ray Anderson," she said. "I never played against girls until I got into competition for this tournament and that was really scary because girls don't hit nearly as hard as men. But I think that's helped me so far."

After the tournament here, Walton said she was off to St. Louis for some business and then on to another tournament in San Diego.

Asked what lies ahead for her in the future, she answered, "As much as I can fit in."

Juniors

Entering the Memorial Day weekend, Lindsay Myers and Jeff Larsen had met four previous times with Myers winning each time. So how to explain the turnaround in the IRA? Larsen himself thinks the reason was his victory in the semifinals.

To reach that point Larsen had to beat Mike Kaufman and John Eggerman. That placed him in the semifinals

against first-seeded Mike Yellin.

Yellin won the first game by an overwhelming 21-3 score and was in command of the second when he faltered and Larsen came on like gangbusters and assorted other cliches to win, 21-14. The tiebreaker was nip-and-tuck all the way. Yellin tied the score at 13, but Larsen scored the final two points to claim the victory and the chance to face old-foe Myers again.

Myers, meanwhile, had very little difficulty disposing of Andy Hodges, Tom Gibbo and Keith Dunlap. That put him in the finals for the second straight year. (He lost to Bob Adams in 1976).

Myers got off to a fast start against Larsen, leading 6-1 before Larsen started to rally. After a 9-9 tie, Myers took command again and won the first game, 21-14. Just as he did against Yellin, Larsen changed shirts after the first game and fell behind early in the second.

Myers was leading 6-0 and 10-2 and seemed on his way to the elusive championship. Then Larsen began to close the gap again. Leading 11-5, Myers dove for the ball and slid into the glass, jamming his right hand. No one knows how much that might have affected the play, but Larsen was rolling now and won the second game, 21-17, benefiting from controversial calls the referee blew in his favor.

Myers, in turn, began getting his share of calls in the tiebreaker. The lead saw-sawed throughout with Larsen opening up a 12-8 lead before Myers fought back to tie the score at 13. Larsen might have lost that lead, but he did not lose his momentum and won the next two points to claim the championship.

"Losing never entered my mind," Larsen said later. "Once Lindsay had a 15-3 lead on me in the second game and I came back to win, so I knew I could do it."

"But if it had been any other tournament I probably wouldn't have been able to come back, there wouldn't have been enough incentive. But this is a great tournament and I wanted to win it."

Larsen, a senior in high school in Portland, Ore., said he got the confidence he needed to beat Myers in his match with Yellin.

"After I won against Yellin I knew I could go all the way," he explained. "It was harder to concentrate against Lindsay even though it was the finals. I'm just really glad to win and I can't wait to get home."

Men's Seniors

Jim Austin added a national seniors' **RACQUETBALL MAY-JUNE 1977**



Jim Cullen (left) beat his teacher Larry Liles in men's B

title to his long list of achievements and did not have a lot of trouble doing it.

The seventh-seeded Austin had little difficulty during the opening rounds, defeating Richard Sewell, Dave Hulst and Ron Starkman.

His only real challenge came in the semifinals when he was forced to struggle before knocking off No. 2-seed Myron Roderick, 10-21 21-19, 15-14. Just a year ago Roderick was a finalist in Chattanooga where he lost to Dr. Bud Muehleisen.

Joe Gibbs, seeded No. 5, also had an easy time in the first few rounds, beating Gene Haggerty, Robert Ackerman and Eldon Spybrook.

Things tightened up considerably from there on in and Biggs had his hands full beating fourth-seeded Bill King in the quarter finals and eight-seeded Gordon Kelly in the semifinals. He won 15-14 and 15-13 tiebreakers in the two matches.

In the finals, Austin jumped out to a quick 9-0 lead and was never seriously threatened in either game, winning 21-10, 21-13.

Women's Seniors

After being eliminated from the women's open by the eventual runnerup, Sandy McPherson quickly took command of the women's senior singles field.

The No. 1-seeded McPherson, only first seed to justify her ranking, had little difficulty disposing of Susan Busch in the first round and reached the finals by beating Pat Hulst, 21-10, 21-17.

The No 2 seed, Carol Greenberg, had a bit more trouble and apparently eroded her endurance while beating Barbara Leavitt and Sue Graham. She had to go all out in the Graham match, finally winning the tiebreaker, 15-13.

Greenberg could not stand up to McPherson's fierce pace in the finals and after losing the first game 21-1, she blacked out and had to withdraw from the competition.

Men's Masters

Dr. Bud Muehleisen moved his talents to the masters division this year and the good doctor met with predictable results: another national championship. He had won the Seniors division every year a championship had been awarded.

Dr. Bud did not have much competition in the Masters. He opened up his charge with an impressive 21-2, 21-2 victory then beat Mike Mackdon, Fred Weigand and Joe Bechard, the latter in the semifinals.

In the other bracket, Sam Poletta beat Al Hanke, Ivan Bruner, Bob McNamara

Continued

and Bob Folsom, all with relative ease.

Dr. Bud assumed command from the start of the final match and never let up as he defeated Poletta, 21-6, 21-7. Apparently a change of divisions has done nothing to change his string of successes.

Men's B

The IRA Men's B championship might just as easily been called the Memphis State University championships. Even more intriguing was the traditional teacher-student showdown. If you put your money on the student you had a winner: Jim Cullen.

Cullen was paired in the "B" finals against Larry Liles, his racquetball coach at Memphis State.

On the way to the finals Cullen controlled the play but never really dominated the matches. In the early rounds he defeated Buzz Carhart, Robert Smith, David Weisman and Ray Vanouer. All provided problems, none could extend him to a third game. Neither could Judd Grosshans, whom Cullen defeated easily, 21-10, 21-5 in the semifinals.

Liles had one of the easiest routes to the finals of any competitor in the tournament. After beating Bob Abrosco in the opener, he won a forfeit from Bill Beitsch. He then defeated Gerry Kabala and got another forfeit from Ken Goldberg. Liles needed the rest he got from the double forfeits because he was tested by semifinal opponent Ronald Frick in a touch 21-17, 21-18 match.

Cullen was in command of both games in the finals against his professor, winning 21-16, 21-9. It was the first time the two had ever faced one another in any type of tournament.

Following the finals Cullen said he enjoyed the "showdown" with his coach, especially since he has completed his eligibility at Memphis State.

"We came in on the same plane, shared the same room, and the same car and it was kind of fun to play him in the finals," Cullen said. "We've played against each other before and I usually win, but we've never been in this situation before."

"It added some extra adrenalin for me. I wasn't really tested, except for one match. I think I was in mental control throughout all the matches."

While playing for Memphis State (and Liles), Cullen won the National Intercollegiate "B" singles in 1975 and '76 and was runnerup in 1976. Last season he teamed with David Fleetwood to win the National Intercollegiate doubles title and help Memphis State win the team

championship.

Cullen originally attended the University of Tennessee on a baseball scholarship, but quickly turned to racquetball.

"The people associated with racquetball are just great," Cullen said. "This was the first time I've ever played anybody in a match that I didn't get along with. I don't want to mention his name but he called me a "hillbilly" and complained about the officiating."

"But this has just been a wonderful tournament. The organization has been very smooth. This facility is beautiful. Someday I'd like to run a club like this and eventually get into designing interiors."

One thing the 23-year-old Cullen might want to redesign is his legs. He seemed to have the largest (thickest) legs in the tournament.

"The biggest problem I have is finding socks to fit," he said with a laugh. "When I do find a pair that almost fits I have to rip out the elastic."

If his performance in the IRA tournament was any indication, Cullen's socks are the only part of his game that needs much work.

Women's B

Like Karin Walton in the women's open division, Lucy Zarfes won the women's "B" with a minimum of difficulty.

Only once in five matches did an opponent reach double figures and no one came near winning a game from her.

In Zarfes' first match she beat Barbara Svaab easily. The second round provided her biggest challenge but she defeated Lynn Simon, 21-12, 21-11. No one else got closer than that.

Sue Bechard was the next victim, then the blonde Zarfes defeated Patricia Tillotson in the semifinals.

Marcia Nelson got off to a great start with impressive wins over Karen Mirsky and Mary Ann Bayless, but soon ran into some stiff competition on her way to the finals.

Nelson defeated Colleen Shields in a close match then fought off Carol Van Spybrook, 18-21, 21-7, 15-11 in the semifinals.

The finals were the easiest part of the tournament for Zarfes, who trounced Nelson, 21-1, 21-3, and left the crowd wondering—aloud—why she was in the "B" division. She certainly proved that she is the best "B" player around.

Women's Doubles

For the second straight year, women's doubles provided a share of surprises to

the IRA tournament. This year the Tennessean-Dillon team emerged as the best the women had to offer.

The dynamic pair easily disposed of Burdick-Rosenstein and then upset the team of Frenck-Tillotson to reach the finals.

Hoff-McCarthy gained the same stature in an even easier fashion by beating Farrell-Turiak and Weisback-Finkelburg.

Tennessean-Dillon played like world beaters in the first game of the finals—winning 21-6—but needed all the talent they could muster in the second game to win the championship.

Golden Masters

The Golden Masters was a division of contrasts. Both the finalists—Floyd Svenson and Dr. Hal Matthews—took entirely different routes to their championship match.

Svenson did not need to dip into his reserve in any of his preliminary matches. He defeated Ben Wirkus, Ed Lowrance and Karl Schmidt, seemingly growing stronger and winning more easily each time out.

Dr. Matthews, on the other hand, was in trouble after a routine win over Hike Sohilkian to open things up. He was tested in the second round by the always-tough Irving Zeitman, then had to go all the way to a 15-12 tiebreaker to defeat Carl Murphy and to a 15-9 tiebreaker to overcome Myron Friedman in the semifinals.

The last two results were only a sample of the problems still in store for Dr. Matthews in the finals. Svenson was at his all-time best, dominating from the start and winning, 21-11, 21-4. ●

The IRA Nationals will doubtless continue to grow larger, but future tournaments may be hard pressed to equal either the quality of the competition or the quality of the competitive site.

IRA spokesmen were enthusiastic in their appreciation for the contributions of SEAMCO, the national sponsor which provided money, balls and just plain "effort." They had additional praise for the Southfield Racquet Center, particularly owner Pat McPharlin, his associate Roger Schockor, and the other personnel who made the tournament site more than just an outstanding physical facility. Floor managers Sid Semel, Irv Zeitman and Hallie Singer all made significant contributions and so did Gatorade (for its product) and the Ford Division of Ford (for the van).

So, too, did 430 racquetball players.

RACQUETBALL MAY-JUNE 1977



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Loosening up for a match



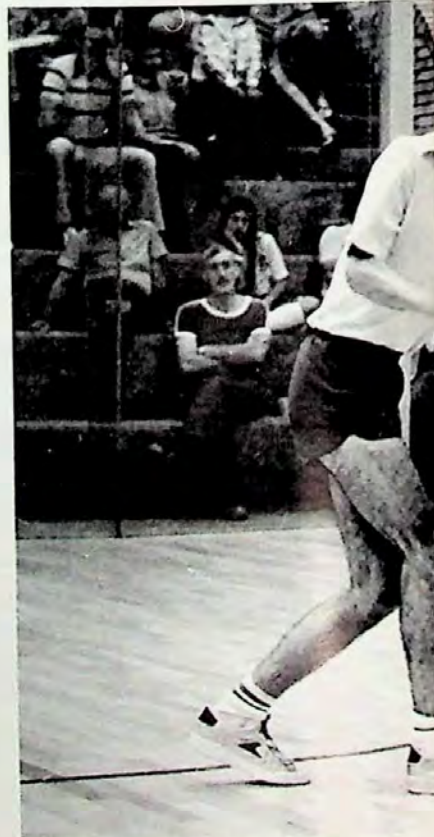
Lindsay Myers (L) and Jeff Larsen (R)



Charlie Garfinkel (L) against Bob Petersen



Mike Yellin, No. 1 junior seed



Open Champion, Jerry Zuckerman



Mike Romano (L), Steve Mondry (R)



Joe Gibbs (L), Jim Austin (R)



Part of the crowd at the IRA finals in Southfield



Jim Cullen (L) beat Larry Liles in the men's B



IRA®

International Racquetball Association

**Jan Campbell (L) lost to Karin Walton
in the women's final**



Seated (l-r)—Leonard Marks, national rules chairman, V. Z. Lawton, Pete Crummey, Carol Greenberg, William B. Tanner, president.

Standing (l-r)—Bob Folsom, Gene Grapes, vice president, Mark Wayne, Cal Murphy, secretary-treasurer, and Luke St. Onge. Wayne, Greenberg, Folsom and St. Onge were elected to three-year terms at the IRA national tournament in Southfield, Mich.

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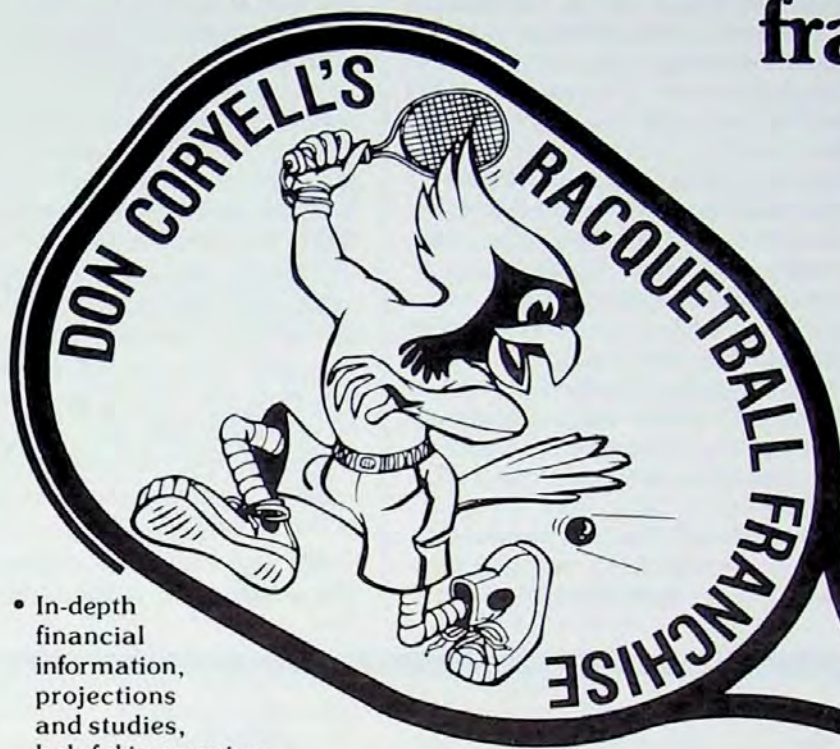
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The Joy of Racquetball

By Steve Strandemo

Professional racquetball players, who make their living at the game, can't fully enjoy a sport that everyone says is such fun to play.

It would be marvelous to be a businessman who could leave his office after a hard day's work and go down to the courts and play an hour for the fun of it.

But when the court is your office, it's hard to let the fun of the game get through to you. Racquetball is a game of precision at the pro level, and the fellow who comes closest to being perfect in his concentration and stroke-making wins most of the time, and most of the money.

Anyone who tries to stay close to perfection will tell you it's not an easy life, reaching for the unreachable. There's not much room for laughter, and none for relaxation, in a pro racquetball tournament.

There will be time to throttle back, though, after pro careers are finished. On any given day, you can watch so many people, of all ages, having a good time at this game. They all like to win, too, but from appearances they are in the game more for the fun of it. Life is too short.

The game's basic attraction is as old as childhood. It is fun to bounce a rubber ball off the floor, and catch it. One-year-olds aren't yet coordinated enough to do it, but they will occupy themselves for hours on end in the attempt.

Later on, when the children are older and bigger, they learn that the ball not only can be bounced off the floor, but it can be tossed up against a wall, and it will come back to them—not necessarily straight back on one hop. They may have to move to get to it, and that is great fun.

As their skills develop, the kids will throw the ball against the wall with more and more velocity, and they will feel immense inner satisfaction—without really knowing what it is—when they are able to move quickly to catch the ball again.

And then an entirely new element is introduced. Not only can a ball be tossed and bounced and caught, it can be hit with something; a broomstick, or a

bat, or a racquet.

Bingo! We step on a racquetball court, we're all kids again, playing with a livelier ball in a bigger playroom, with a pretty racquet to hit the ball with. And doesn't the ball make a nice crack off the front wall?..

There is more to the game, of course, but you must admit it does tickle a far corner of the mind that remembers the fun only a kid can have. There is something addictive about that.

As adults, we know perfectly well that we can idly slap a ball up against a wall and hit it again. But can we track down a ball hit by another player, who has tried to place it in such a way, and at such a speed, to make it difficult for us to get to it?

If hitting a ball is fun, the pleasure increases exponentially as our ability to rally with an opponent improves.

This is the main reason why racquetball makes such a hit right off the bat. You can actually play a game the first time you step on the court, though the angles may confound you. This "instant mediocrity" makes racquetball one of the least intimidating games to a person who has never played it before. And you will feel an improvement in your skill in the first hour. That IS fun.

After that first hour, the enjoyment of racquetball will present itself to you in two or three different ways, one more noticeable than the others: every time you play, there is the up-front pleasure of hitting the ball, and improving your game, and winning a good rally.

Such is the fun of the actual playing of the game.

But after the game is over, you may feel another sort of pleasant feeling, of



well-being, of the cleansing pulse of effort. It will be there whether you win or lose.

You may feel you have lost a pound or two. You may well HAVE. It gets fairly warm in there, and the perspiration tends to flow freely.

Racquetball is an excellent sport for improving your overall condition. Naturally, if you are going to shoot for an A player's level, or beyond, you must augment your conditioning with other sustained exercise, such as running.

Three or four sessions of racquetball a week, though, will leave its mark on you, man and woman, in the form of a flatter belly, a skinnier backside, and an overall feeling that is called "good muscle tone." Even the portly regulars at the racquetball clubs have a spring in their step that comes only with knowledge that they can make their bodies react smoothly and smartly to strenuous physical demands.

People carry these things out of the club with them. A person feeling fit and chipper can be spotted as soon as he or she walks in the office in the morning. If they got that way playing racquetball, they won't hesitate to admit it.

Racquetballers talk a lot more about the game at the office than joggers talk about jogging. Why is that, do you suppose?

Racquetball may never totally replace the martini as the businessman's favorite way to unwind, but the game has made inroads. The busiest time at the clubs tends to be about 5:30 on a weekday afternoon. As the offices empty, the courts fill.

People in business, both men and women, marvel at the way their mood is changed completely by an hour behind that door.

They are rather tense when they arrive at the club, both from the day's hassle at the office, and then the sprint for the courts.

They start to relax as they get rid of the office garb in favor of the shorts and pullover, but they say they aren't yet free of the workday's problems when they step onto the court.

For the first 20 minutes of play, their minds wander, they find it difficult to concentrate totally on the game. Then, as the juices get to flowing freely, and they win a good rally or two, they begin to unwind.

And then the last 20 minutes of the hour, they're really into it. That is such a good, loose feeling; breathing hard, hitting away, wiping the sweat off your brow.

RACQUETBALL MAY-JUNE 1977

Having a martini may deaden your tension, but it isn't going to relieve it. You're still going to be thinking about your problems, or even griping about how badly the day went, and when you leave the bar, you may be feeling worse than when you went in.

You can bet that won't happen on a racquetball court.

People who have tried it both ways say that tension needs a physical release, that it can be worked out, just like exercise loosens sore, tight muscles.

When you leave the court after an hour, you won't have a worry in the world, except maybe for an obstinate hitch in your backhand. You'll be looking forward to a half-hour, or however much time you have, of complete relaxation; a steam bath, a Jacuzzi maybe, and a shower. The last good vibrations of effort give way to a pleasant sort of lazy fatigue.

These business people tell me they leave the club feeling pretty good about themselves. They seem to feel some energetic than when they arrived.

It's invigorating to me to see people come out and play, even if it's only every fourth day, who are excited to get on the court — they can't wait to get out there and start playing.

And it's interesting that everybody wants to actually play. I never see anyone rallying. They all want to play a real game, to 21 points. Yet even if they aren't playing particularly well, no one ever seems to get mad enough to quit, like they sometimes do in other sports. No one ever comes off a racquetball court 10 minutes early, saying, "I've had enough."

It's always the other way around: they come off the court at a run, head toward the desk, hoping they can get another court and finish their game, even if one guy is 10 points behind.

That is another indication of how much pure fun the game is: If the players can leave their workday worries outside the door when they go in, they also can leave the game on the court when they leave. And that is good.

Too often, a sport gets under a person's skin, and they start taking their doubts about the game to the office with them. That's no good, either: it hampers efficiency, and so they worry more about the job, and thus is a vicious circle born.

The 6 o'clock "rush hour" may at first glance appear the busiest time of day at the courts, but you can also have trouble getting a court at 7 in the morning. Many business people like to start their

day with a clean mind and relaxed body.

There is plenty of action all day, as a greater percentage of housewives, self-employed people and students are taken to the courts.

In San Diego, there are a couple of women's racquetball leagues that play on weekdays, during school hours. The leagues are split into divisions for all skill levels. Members of the league will tell you they're not in the league just to socialize. They enjoy the game for the same reasons business people do, and it also, remember, is a good way to keep trim.

At one time, you heard most of the idle racquetball chatter in office building corridors and elevators. Now you can hear it just as frequently in the checkout line at the supermarket.

There is also a good deal of racquetball discussion on school buses.

Kids love racquetball, as has been pointed out already. But they are so attracted to it that school administrators have made racquetball a regular part of their physical education curricula.

That's great, but it's also a little sad. Public schools can't afford anything more than outdoor one-wall, or sometimes three-wall, courts. So the kids get very little chance to play four-wall, which is really the most fun, because there are very few public four-wall courts, and the kids can't afford to play at the clubs.

The young people are the losers here. Racquetball should be great fun for the kid population, but the adult population enjoys it so much that no court time is left. A club might well set aside an hour or so for the kids, at reduced prices, but the club's older clientele no doubt would holler.

More public four-wall courts is the obvious answer, but presently no municipalities believe they can afford it.

Maybe as the kids talk more about the game, and as more kids become involved, city councils and school boards will take closer notice.

Physical education instructors believe that the best sports are those that the kids will take from high school with them, games they will play the rest of their lives. Racquetball is ready-made.

Shouldn't a game with that appeal, and those lifelong benefits, get a bigger slice of the budget? If kids are the future of the game, then the game is also a part of the future of the kids.

When the people who pull the purse strings realize that, the sport will start to explode in earnest.

Instruction

Winning The Point

Shooting For A Winner

The last two chapters have dealt primarily with the ways and means of extracting a weak shot from your opponent, whether on the serve return or later. Once you have achieved this objective, you **must** attempt to win the point with the next shot. You can't just stand there all day hitting ceiling balls, hoping that he will take a careless risk and hit one into the floor. If one of his returns comes back no further than mid-court, you must jump on the opportunity and hit a winner. You may never get another chance like that during the point. The next chance may be his. It is discouraging to watch a player work his heart out for eight or ten exchanges, finally get the weak return he's been looking for, and then **not take the shot**. He hits another ceiling shot and, inevitably, his opponent rolls out the next one. Don't let that happen. You can't always depend on your opponent to destroy himself. You have to beat him to win.

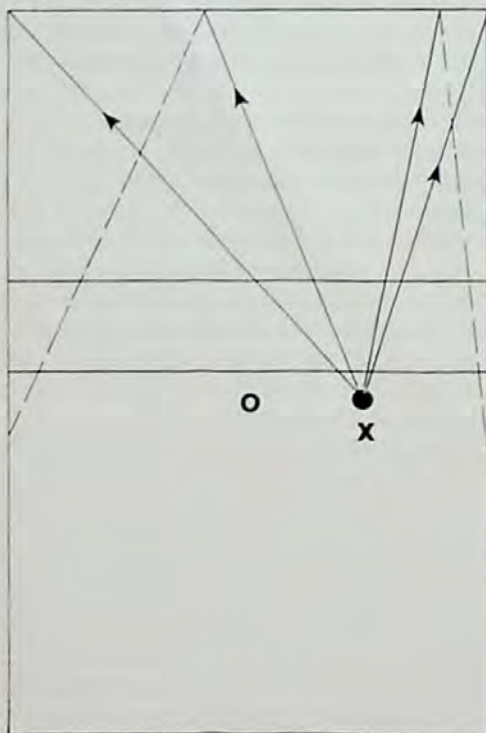


Diagram 16
Forehand winner options



"How To Win at Racquetball," by Victor I. Spear, M. D. Win Publishing, Camelot Towers, Suite 204, 1415 East State St., Rockford, Ill., 61108. 75 pages including diagrams. \$4.45 (paperback).

There are two primary winners in racquetball: the kill shot and the passing shot. Since the opportunity may call for a forehand or backhand, and the shot may go to the right or left, we arrive at eight possible shots that may be needed:

1. Forehand kill shot to the right corner
2. Forehand kill shot to the left corner
3. Forehand passing shot down the right side
4. Forehand passing shot down the left side (cross-court) (Diag. 16)
5. Backhand kill shot to the right corner
6. Backhand kill shot to the left corner
7. Backhand passing shot down the right side (cross-court)
8. Backhand passing shot down the left side (Diag. 17)

These eight shots must be considered as separate entities, and worked on individually. It is mandatory to have each of these shots in your arsenal for two reasons:

1. Each opportunity you get favors the success of one shot over another. If you don't have the confidence to hit the obvious high percentage winner, you will have to resort to a shot with a lesser chance of doing the job.
2. If you are unable to hit winners all ways and from both sides, a smart player will quickly recognize your weakness,

and simply keep the ball away from your strength. Worse, he will begin to anticipate your shot before you hit it, thereby gaining a critical one step advantage that may rob you of your best shot. You must keep him guessing.

If you are a player who can roll-out kill shots, don't bother with anything else, because the other player's position is irrelevant. But, if you are a player who, like most of us, hits many just-so-so kill shots, a little high and not exactly on target, you must be aware of one fact. These shots have no chance of being winners if your opponent is moving up on them before you strike the ball. And the only way you can prevent him from doing so, is to burn him with the cross-court passing shot as soon as he commits himself. The threat of the cross-court passing shot must always be in the air, and on his mind, to allow you to win with less than perfect kill shots. There has never been a good passing attack in football that lasted very long without the threat of a running attack hanging in the balance.

The reverse is also true. If, for example, your opponent realizes that you never hit a kill shot with your backhand (and he will, unless he has an IQ lower than the room temperature), you are in

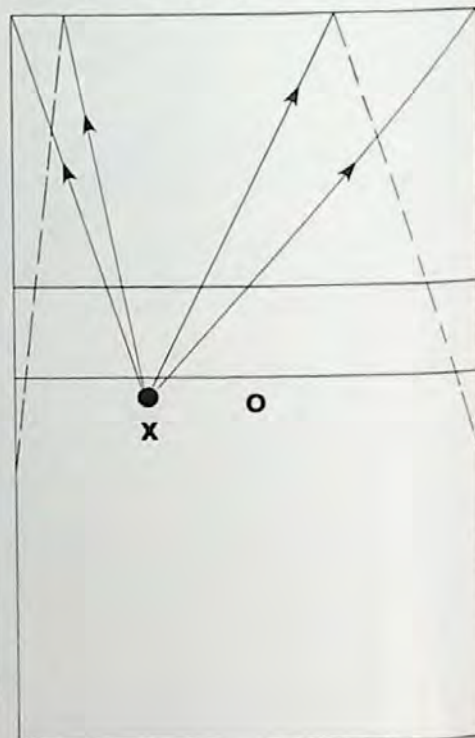


Diagram 17
Backhand winner options

big trouble. Every time you get a set up on the left side, all he has to do is step back and protect himself from the cross-court pass.

How many players have you seen with outstanding form who can retrieve beautifully, hit excellent ceiling shots, and good cross-court passes, but **never use the stroke to hit a kill shot?** These players may think they have strong backhands, but they are deluding themselves. They are backhand frauds. They have offensive games which are functioning only to 75% of capacity if they can't hit two of the eight major winners with consistency. You must be able to capitalize on a good opportunity by being definitive, not tentative, regardless of whether it occurs on your forehand or backhand side. This presents the game's biggest challenge to most players because their forehands are usually stronger. But face it: in the course of most matches there will be many more chances to hit backhand winners than forehand winners. It just doesn't seem that way, because so many players refuse to take the shot.

You should never walk off the court after a match without having hit every one of the listed eight winners **at least once**. Naturally, you will have your own particular favorites based on your skills, but the actual proportion of these shots in any given match should not be based on your pre-conceived choices. It should be the direct result of **which** opportunities are served up to you in that particular match. Or to put it another way: **you** don't decide how many kill shots or passing shots you hit, **he** does (by his position!) Certain positions of weakness almost seem to scream out for **one reply**.

Example.

You serve to the left corner. He attempts a cross-court pass which is angled poorly and comes right back to your forehand, either directly or off the side wall. **You must hit a forehand kill to the right corner.** His position and return demand it! No other shot has a better chance to win.

Example.

You serve to the right corner. He attempts a cross-court pass to the left which fails and rebounds off the side wall to your backhand. **You must hit**

a backhand kill shot to the left corner. His position and return demand it! No other shot has a better chance to win.

Example.

You serve to the left corner. He attempts a kill shot to the left corner which comes up a little. You move up and **hit a backhand kill right back into the left corner.** A cross-court kill might also be considered because of his left side position, but in this instance your own position for execution of the shot would take precedence. In choosing a winner, you must always weigh the likely success of the shot against the relative difficulty of executing it.

This is the way you have to begin thinking if you are going to improve your game. You have to react in a flash, hitting the shot **most likely to succeed**, not your own personal favorite. And remember, these are eight totally different shots. Don't make the mistake of assuming that your ability to hit good forehand kill shots to the right corner automatically confers on you the blessing of equal skill in hitting the same shot to the left corner. The ability is there, but you may never have used the shot, and may not become skillful at it until you've hit it a few hundred times.

In summary, unless you develop the skill to hit kill shots and passing shots with uniform effectiveness from both sides and in both directions, you will not get the results your level of ability deserves. It is impossible to hit a passing shot for a winner when your opponent is hanging back at 3/4 court depth. It is equally impossible to hit most kill shots for winners when your opponent is creeping up ahead of the service line. It doesn't take a strategic genius to figure out that you should hit more kill shots when he is in the backcourt, and more passes when he is trapped up front.

When To Go For a Winner

This is a question that can never have a concrete answer. There are too many relative variables. Two generalities can be made:

1. The lower you are able to strike the ball, the better chance you have to hit a winner.
2. The closer you are to the front wall, the better chance you have to hit a

winner.

From this we can draw the following broad conclusion:

Anytime you have a chance to hit the ball knee-high or below from a court position anterior to 3/4 court depth, try to hit a winner. (Diag. 18)



Diagram 18

Winning area

As discussed in the previous section in detail, your choice of kill shot vs. passing shot, same side or cross-court, etc., is dictated by your opponent's position at the time.

You may, of course, also choose to hit a winner from the back court, off of a serve or a deep ceiling ball, but this should be an optional pick-and-choose situation used only in spots. It will be influenced by your level of fatigue, the score, his-positional errors, how well you are executing your shots, etc. But don't lose perspective. Anyone who stands at the back wall and hits kill shots all day long is going to lose to a smart player.

Kill Shots

There will always be some debate on just where your target should be when you attempt a kill shot. I believe you should try to hit it dead into the corner. You will rarely achieve this. Most of the

time it will result in a sidewall—frontwall (pinch shot) kill, or the reverse. Aiming directly into the corner allows for the greatest margin for error.

Your target should be 6-12 inches above the floor. The height of the target should be varied depending on your position on the court. You shouldn't aim quite as low on a kill shot from the back court, as you do on a set up in the service area. The odds won't allow it. Your opponent's position also influences the issue. You don't have to aim quite as low if he is burrowed in the back court, regardless of your own position. And lastly, the height of the target may have to be adjusted to fit the capability of the shooter. No one wants to stand there and hit half his kill shots into the floor.

As a general rule, hit your kill shots to the **near corner**. Forehand kill shots should be hit into the right corner 90% of the time. Backhand kills should be hit into the left corner 90% of the time. The earlier discussion of the "eight winning-shots" must not be misunderstood. It was not suggested that each of the eight shots be hit with the same frequency. It does enhance the value of your usual kill shot, however, to pop one over to the other side once in a while.

The cross-court kill shot is a more difficult shot to execute. First of all you are adding distance between you and the front wall by taking the diagonal. Second, you give up the advantage of the parallel side wall nearby to use as a guide to your shot path. In spite of all this, it's still wise to have the cross-court kill in your battery of shots to keep your opponent guessing, and for specific situations.

The best time to try this shot is when the ball is coming directly **from** the target area toward mid-court. If it comes all the way **across** court, on the other hand, you'd be better off to hit the kill shot down the wall into the natural near corner. But if it comes back to the middle, it can be quite difficult to change the direction of the ball 90 degrees to the other corner. In this instance it may be a better shot to kill it back into the same corner it came from.

Example.

A weak return rebounding from the left front corner to your forehand at mid-court: Hit a forehand kill right back into the left corner.

Two final points on kill shots:

Learn to hit all your kill shots with equal proficiency **before the bounce** as well as after. There are numerous opportunities when you can capitalize on his positional weakness by not waiting for the bounce. Particularly on a weak serve return, you can often pluck the ball out of the air with a quick flick cut-off kill shot before he even knows what happened, and has not yet dug himself out of the rear corner.

Secondly, don't get discouraged if you miss a few kill shots early in the game. Stay with the correct shot. You must not stop hitting the shot, or else your other shots will become less effective because of your opponent's anticipation. Most players try to take something off of the kill shot after they have missed a couple. I think the opposite is called for. **Hit it harder!** Early in the game your errors are often related to tension. The easiest way to relieve tension is with fierce action. So don't let up, hit it harder. Any baseball pitcher will tell you that it's easier to throw a strike with a fastball than with a slow pitch.

Variations of Kill Shots

The phrase "a kill shot to the corner" is the way I have chosen to describe a particular attempt at hitting a winner. If we wish to dissect the game down to its finer points, we must then proceed a step further and subdivide this shot into three types:

1. Front wall kill—straight out
2. Front wall—side wall pinch shot
3. Side wall—front wall pinch shot (Diag. 19)

Your game would have to reach a high level of competence before it would be justifiable to spend time on these variations. For most players, I would strongly recommend that all this be ignored temporarily, to be taken up later. Just aim at the corner and let your shots end up as a random mixture of the above. But to those who have attained the enviable combination of shooting accuracy and quick thinking under fire, it is worth spending a few words on these variations.

It can't be denied that there are some advantages gained by the player who can add these variations to his kill shots. One such advantage is that he can angle

the ball away from the other player who may be trapped on one side. The second advantage is that he need not hit bottom board on his kill shots. Hitting the second wall takes enough off the ball to bring it down some, so he doesn't have to take the risk of going for a roll out. He can get away with a kill shot that comes in slightly high if it hits two walls and is angled away from the other player.

It follows that a side wall-front wall kill shot should be chosen if you are shooting at the corner on the **same side** as the out-of-position opponent. It also follows that a front wall-side wall kill shot should be chosen if you are shooting at the **opposite side** of the out-of-position opponent.

It may be true that pinch shots are less risky insofar as skipping the ball in is concerned, because you don't have to aim so low. On the other side of the coin is the fact that it adds one more variable to the mathematics of the situation which makes it more difficult to execute. For most players, therefore, the killshot should be preferred over the pinch shots in most situations. ●

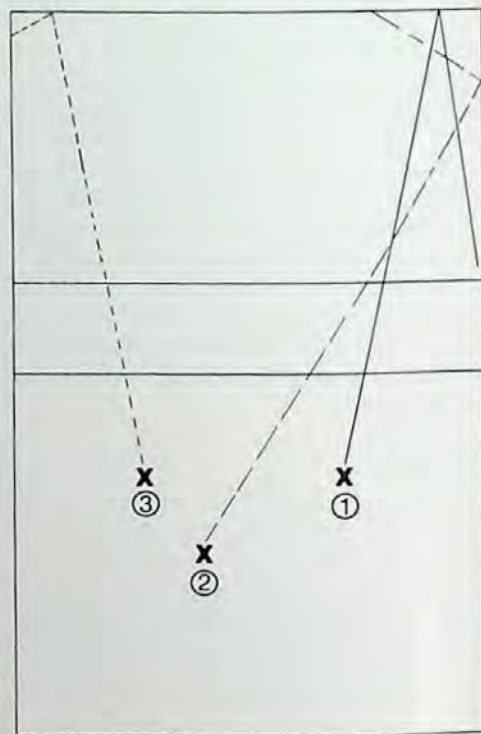


Diagram 19

Variations of kill shots

1. Straight out kill
2. Sidewall-frontwall pinch
3. Frontwall-sidewall pinch



**You can't win
them all, but
at least there's BAYER.**



Competitive Nutrition

By Dr. James B. Phillips

Over the past several years, athletes have awakened to the fact that altered dietary habits can significantly affect performance. With this increased awareness has come numerous fad diets; bee pollens, megavitamins, glycogen super-compensation (carbohydrate loading), protein hypersupplementation, etc.

But what is fact and what is fad? This article will not attempt to provide the ideal diet for racquetball players, but rather to provide the information necessary to construct your own diet.

All nutrients can be classified into one of the following categories: carbohydrates, proteins, fats, vitamins, minerals, and water. These nutrients serve several basic purposes: (1) provide structural components, (2) maintain a constant internal environment, (3) regulate body processes, and (4) provide energy for the body to stay alive and exercise. In the typical American diet, carbohydrates provide 43-76% of our calories.

Carbohydrates can be either simple sugars (glucose, fructose), or more complex molecules composed of numerous simple sugars. Glucose is found in honey, grapes, raisins, dates, and in varying degrees in all fruits. These simple sugars are passed rapidly (min.) through the digestive tract and into the bloodstream where they can provide energy.

Complex sugars (polysaccharides) are found in cakes, candies, cookies, candy bars, and all "junk" foods. These polysaccharides should be totally eliminated from the diet because they: (1) require energy to be reduced to their simple sugar component (the body can utilize only simple sugars for energy), and (2) deplete stores of the B complex vitamins during the metabolic process.

Carbohydrates are stored in the liver (2,000-3,000 cal.), and in muscles as glycogen. Racquetball players expend approximately 1000-1100 calories per hour during competition. To offset this energy deficit, a daily increase in high-quality carbohydrates (3000-4000 cal) with a commensurate increase in proteins (20-30 grams), vitamins, minerals, and water, initiated two weeks prior to a tournament can increase glycogen stores by as much as 20 percent. Increased carbohydrate intake should be

curtailed 3-4 days before competition to avoid fatigue due to abnormally high levels of blood sugar.

Even with moderate pre-tournament carbohydrate loading, energy stores can easily be exhausted. At that point, an entirely different form of carbohydrate is needed - fluid. One solution is a mixture of coke syrup (supplies energy and slight stimulation) with water and powdered Gatorade (supplies electrolytes).

The exact ratio is left to individual taste, but the amount of syrup should be relatively low to avoid reactive hypoglycemia, (the body's balance-preserving mechanisms secrete insulin to correct the suddenly increased blood sugar).

Other high energy fluids are natural orange juice or honey. Honey should always be eaten alone. In combination with other fluids or foods, the digestive process is slowed. Candy bars, tea with sugar, dextrose pills, and other polysaccharides should be avoided because the sudden increase in blood sugar from these concentrates causes reactive hypoglycemia and you are left with less energy than before.

Fats account for approximately 45 percent of the total calories consumed. Two-thirds of these calories are derived from animal fats and one third from vegetable sources.

Fats have a much higher energy yield per gram than glycogen (9 cal/gram vs. 4 cal/gram). In fact, the heart selectively utilizes fat for energy. However, the high fat intake is related to current increased incidence of vascular disorders.

A level of 25 percent fat calories is considered sufficient to maintain skin health, growth, and carrying capacity for vitamins A, D, E, and K. Fats are frequently associated with high quality proteins (meats, milk, fish, poultry, nuts, and olives) so it is not advisable, nor possible, to eliminate fats completely.

Some guidelines to follow include: (1) the diet should furnish all other nutrients in adequate and balanced quantities, (2) saturated fats should be lowered, (3) cholesterol intake should be under 250 mg daily, (4) trim visible fats from meats, (5) avoid deep fat frying, and (6) use

fish, chicken, and veal as a red meat substitute.

Vitamins themselves do not provide energy, but act as catalysts or co-enzymes that regulate metabolism by releasing energy from fats and carbohydrates. It is beyond the scope of this article to discuss all vitamins; therefore, only those which affect exercise will be mentioned.

The B complex vitamins have such a close relationship that a deficient intake of one will impair utilization of the others. These vitamins play a key role in the breakdown of glucose and release of energy. Shortages of B complex vitamins in the athlete are rare with the exception of thiamine (B₁) and B₁₂. Exercising athletes on increased carbohydrates should maintain an intake of B₁ of at least 2 mg/day. B₁₂ is often lacking in a vegetarian diet. These diets can be supplemented with B₁₂ pills from microbial growth concentrates.

Vitamin C is a controversial subject in any nutritional discussion and medical evidence concerning megadoses of the vitamin are divided. However, additional supplementation of 1-4 grams/day seems indicated for increased tendon healing and for vitamin C's antihistaminic action.

Vitamin E plays an important part in the ability of red blood cells to carry oxygen. Average needs vary between 10 and 35 IU/day.

Proteins are indispensable constituents of all cells. They build body tissue and are the essential component of enzymes and hormones that catalyze metabolism.

When intake of dietary carbohydrates and fats are inadequate, proteins can even serve as a energy source. Proteins are composed of amino acids, some of which can be synthesized in the body (non-essential), and some which cannot.

Eggs contain the best balance of essential amino acids followed by fish, meat, soybeans, milk, cheese, rice, corn, and potato, to list a few. Animal protein (meat) is not superior to plant protein.

In fact, the heating of meats significantly lowers essential amino acid levels. Dietary dependence upon meat

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for protein is mainly an American phenomenon and one that is probably more harmful than helpful.

Anatomically, man is a fruit eater with a digestive tract many times longer than his body length. Carnivores, on the other hand, have a digestive tract only approximately three times their body length. Ingested meat putrefies before it is fully digested, releasing toxins. Eating raw foods contributes to reducing the total required volume of protein in two ways: (1) cooking doesn't destroy the amino acid framework, so you utilize 100% of what you eat, and (2) raw foods negate the 6-8 grams of protein needed to synthesize digestive juices because they digest themselves thanks to their own enzyme content.

The average, active 22-year old man requires approximately 0.9 grams of protein/kg/day. It is without scientific fact that a high protein diet is necessary for strength or endurance. No organ in the body contains a static reserve of protein; therefore, there is no value in consuming extra protein in anticipation of stress.

If you do decide to redirect your eating habits, do so gradually. Here are some ideas as first steps: (1) eliminate all polysaccharides and substitute honey and fruits, (2) eat only 100 percent whole wheat products, (3) cook vegetables lightly and increase intake of raw foods, (4) eliminate or reduce beef and pork. Substitute fish, chicken, and vegetarian protein (nuts, brewer's yeast, wheat germ, etc.), and (5) do not overeat.

Whatever your personal preference for meeting these dietary guidelines, the most important aspect of a high quality athletic diet is that it be *balanced* between all categories of nutrients. ●

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Racquetball— The Way Back

The Joe Zelson Story

By Leonard Marks

At the Midwest IRA regional championships in St. Louis, Joe Zelson walked off the court, once again Masters champion.

Racquetball is different things to different people. To the professional player it is a way of life and a means of livelihood.

To the harried business man, it's a quick, inexpensive means of getting rid of his frustrations and getting some badly needed exercise.

To the housewife it's a way of leaving behind the boring, humdrum routine of running a home and caring for children.

To Joe Zelson, racquetball was and is his way back.

In January, 1965, at the age of 36, Joe Zelson suffered a massive coronary. Although he was physically active, playing golf and some competitive basketball, the attack came without warning and with unexpected suddenness. Zelson weighed 175 pounds, smoked one and one-half to two packs of cigarettes daily and ran his own business consisting of investment and pension counseling.

To everyone who knows Joe Zelson he is a tireless, fierce competitor, especially in tournament play. He is a tough-minded individual who asks for, and gives nothing when on the racquetball court. Should you beat him, it's because you are the better player on that particular day. The tough mindedness that he displays on the court, he carries over in his daily life.

After his heart attack, Zelson went through the normal recovery period recommended by his doctor. Three and one-half weeks in intensive care and hospitalization, three weeks at home and then back to work on a parttime basis.

During his convalescence, he read extensively on his illness, consulted his physician at length and learned whatever he could about problems of the heart.



Joe Zelson

According to Joe, he could get no definite answer from his doctor regarding the severity of his attack or just how badly his heart had been damaged. All he could learn was that he came perilously close to losing his life and soon gave up trying to find out just how sick he was or had been. He reached the conclusion that his heart is just another muscle in the body whose function it is to pump blood. Somehow this muscle had been torn or damaged, so Joe decided it should be treated like any other muscle. He felt a program to rebuild the heart was in order.

Joe asked his doctor, after some six months of no physical activity other than walking, if he could play golf. The doctor was reluctant at first but Joe persisted and finally persuaded him to allow Joe to play once again. The doctor, however, insisted that he use no club heavier than a five-iron.

Joe, who scored in the low 80's before his attack, felt that playing with only a five-iron was more strenuous since he was swinging that club harder striving for greater distance. It wasn't too long before Joe was using all the clubs in his bag. He had taken his first step back to recovery.

It wasn't too long either before he started looking for some other exercise. Once again Joe turned to his doctor for

guidance. The doctor suggested that light swimming would be okay provided it was undertaken in moderation. Swimming is one activity that Joe does not enjoy but he did it anyway knowing that he had taken another step back on the road to recovery.

After a few months of swimming, golf and some good reports from his doctor on his physical condition, Joe decided he needed a more strenuous activity in which to indulge. So he turned to another type of doctor, this time the athletic director of the St. Louis Jewish Community Center (JCCA), Phil Smith. Smith suggested a program of light jogging, jog one lap, walk one lap. Joe followed Phil's instructions but was soon into a program of doing at least half a mile four or five times a week. This soon convinced him that he was ready for yet another step forward.

About a year had passed since his heart attack and now he started looking for yet another way to rebuild his damaged muscle. Golf was limited, swimming and jogging boring and so, in looking around he discovered racquetball. Joe had observed the game at the JCCA and he felt it would do no harm just to go into the court by himself and bat the ball around a little.

It was only a natural sequence of events that Joe started playing anyone who happened to be around the JCCA. He approached competitive playing with a good deal of reservation since he found the game to be more strenuous than anything else he had been doing, and was constantly alert to any feeling of pain, tiredness or discomfort. Yet none came. Joe knew he had taken another step in the right direction.

Joe's approach to tournaments was something else. He knew that in a fun game, you can quit anytime you want. He also knew a tournament places a great deal of stress and strain both physically and mentally on the body.

Joe felt, though, he could call a halt anytime he felt that he might be jeopardizing his health. So he began playing in

tournaments and by 1969, he was playing in and winning his share of house tournaments. He won the National Doubles in St. Louis with Marlowe Phillips as his partner, then entered the Masters Singles in Salt Lake City, losing to Bill Sellars for third place. That tournament convinced him he had come all the way back.

Joe felt racquetball had provided him with the ideal means of rebuilding his damaged heart. He was convinced he was in as good a shape physically as he had ever been in his life. Joe felt, however, he had one more step to take before being completely satisfied. Joe loved skiing and since his heart attack in 1965, he had not been on the slopes for five years. Joe again consulted his physician but the doctor was horrified at the very thought. He pointed out to Joe three reasons why the answer was a very definite-NO! One, skiing is too

strenuous; two, it is done in cold weather which puts a greater strain on the heart; and three, it is generally done at high altitudes where the air is considerably thinner and is more difficult to breathe.

At about that time, there was a considerable amount of publicity about heart attacks since Gen. Dwight D. Eisenhower had had one. Dr. Paul Dudley White, the President's physician, was in the news and so Joe proceeded to write him regarding skiing. Dr. White wrote back with the advice that he could see no harm if undertaken in moderation.

Armed with Dr. White's letter, Joe went back to his own physician. Joe's doctor reluctantly gave his permission, not for skiing, but for ice skating. Joe skated for a while but could take just so much of it. He saw his doctor again and argued until he received permission to

try skiing. Since then Joe has skied the slopes of the Rockies and last winter he was off doing his thing in Alaska.

Today, Joe holds many racquetball titles on a local, state and national level. He consistently ranks in the top 20, locally in St. Louis and is active in challenge ladder tournaments at many of the St. Louis area clubs. He plays at least five days a week and as often if not more than one session per day. He still plays golf, tennis (because it gets him outdoors) and, of course, skis.

By no stretch of the imagination can anyone ever consider Joe being either an invalid or having been one. The physical checkups he undergoes on a routine basis indicate no sign of him ever suffering a heart attack. It is Joe's feeling that this has been accomplished through his exercising, especially, racquetball.

Continued on page 67

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European Regional



Watching National Tournament action are (from the left) Jack Rashleigh, Hal Leffler, European Regional Commissioner and Gene Grapes, Vice President of the IRA.

Photo by Rick Dinoian

Patch Barracks, with sponsorship by the Stuttgart USO and the 7-Up Company, hosted the first 7-Up Racquetball Tournament in Stuttgart, Germany, in late February. Fifty-six players participated in the three-day event although many more were turned away due to the unexpectedly large player turnout and the fact that only two courts were available to handle five brackets of players.

In the women's division, Pan Haren of Landstuhl was the overall winner, defeating D.J. Cook of Baumholder 15-6, 15-6. Deb Ballinger of Camp New Amsterdam beat Judy Dixey of Bamberg for the women's consolation title.

In the men's senior division, Rick Baird of Camp New Amsterdam defeated Jerry Goodwin of Worms, 15-7, 15-7. Hal Leffler won the senior consolation division. Chuck Warrick, another New Amsterdamer, defeated Hanau's Ron Moore in a B division final, 7-15, 15-3, 15-11. Dan Davis of Heidelberg came out on top in the B consolation bracket.

The men's open doubles title was won by the second-seeded team of Spangdahlem's Al Barreras and Zweibrücken's Gene Couch. Couch and Barreras bested SHAPE's Jack Rashley and Ramstein's Dwight Kealoha, 11-15, 15-10, 15-10. In the semi-finals, Rashley and Kealoha beat the No. 1 seeded team of Bamberg's Bob Dixey and Stuttgart's Jim Pierce, but were unable to continue their winning ways against the No. 2 seeds.

Second-seeded Al Barreras won the open singles division title defeating unseeded and unheralded Ken Hinz of Augsburg. Hinz eliminated three of the tournaments top seeds, including number one seed Dwight Kealoha, but his upper bracket domination came to a halt against Barreras.

Stuttgart had a second hero in Howard Stoner of the 7-Up Company. Not only did 7-Up provide an unlimited supply of the Uncola, but also underwrote the cost of tournament T-shirts, food, prizes, patches and 7-Up glasses.

In The News

RECORD SETTER

World records are "Tiger Bill" Holden's racket.

Or more precisely, racquet.

Holden, of Canoga Park, Calif., regained the world's marathon racquetball record April 24 playing a total of 60 hours and 20 minutes.

He broke the previous record of 51 hours and 5 minutes set in 1976 by two racquetball enthusiasts in Stillwater, Oklahoma.

In the course of the record stint, Holden played 39 different opponents in 182 games, winning 163 of them.

Opponents paid \$2 an hour to play against Holden, with all proceeds going to the March of Dimes' work to prevent, treat and cure birth defects.

After more than 60 hours of play, with only 5-minute breaks each hour, Holden emerged in relatively good condition. He refused the 2-minute breaks between games allowed in marathon competition.

Foot problems caused by a new-design athletic shoe grated away the bottom of Holden's feet. From approximately his 25th hour on, he was forced to play in old sneakers and socks which were seeping with blood.

Holden did nothing special to prepare for the event. "I didn't change any of my regular habits," he said. "I just made sure I maintained my three balanced meals a day."

Holden's wife, Judy, and two children, Billy, 2½ and Margaret, 7, kept a daytime vigil at the Warner Center Rac-

quet Club in Woodland Hills, where the marathon record was set.

"I think he's crazy for trying to go so many hours," Mrs. Holden said, "but I think he's wonderful for trying to help the March of Dimes."

Holden's first opponent was KGIL radio's "Sweet Dick" Whittington. After losing 3-21 and 8-21 to Holden, Whittington promised him, "If you stop I'll tell the world you stopped."

Holden's second opponent was Rob Scribner of the Los Angeles Rams, an excellent all-around athlete, who emerged winded and exhausted after an hour of play.

Holden hadn't even begun perspiring at this point.

Holden, who set the first world marathon racquetball record in 1975 at 40 hours and 19 minutes, does not plan any future record attempts.

He'd like to settle down and own his own racquetball club instead.

JAMES BRUBAKER AND GAIL JOHNSON PROMOTED AT OMEGA

The Board of Directors of Prandur Corporation has elected **James C. Brubaker** vice president for sales of its Omega Sports Division and **Mrs. Gail Johnson** has been elected assistant secretary of Prandur Corporation. Omega Sports is one of the nation's fast-growing producers of top line racquetball racquets.

EKTELON INTRODUCES CABINET-MODEL STRINGER MACHINE

Ektelon has introduced a new cabinet model stringer machine which has ample storage space for the machine's accessories as well as a large supply of string for all kinds of tennis, racquetball, squash and badminton rackets.

The cabinet also provides a larger workbench area, just below the machine itself, which is twice the area of the standard model.

By allowing an at-hand location for storage of the machine's various accessories, the cabinet will save the stringer time: no longer will he have to remember where he left an adapter, and no longer will he have to fetch a tool or a set of strings from another part of the shop. The cabinet is equipped with a lock for security.

Among the accessories—all of which will fit in the cabinet—are an inside hanger adjustment kit, for the Wilson-T models; an oversized-head adapter for the Prince; badminton string clamps; and a tension calibration gauge.

The cabinet model lists for approximately \$640, including all accessories. The stand model lists for approximately \$600.

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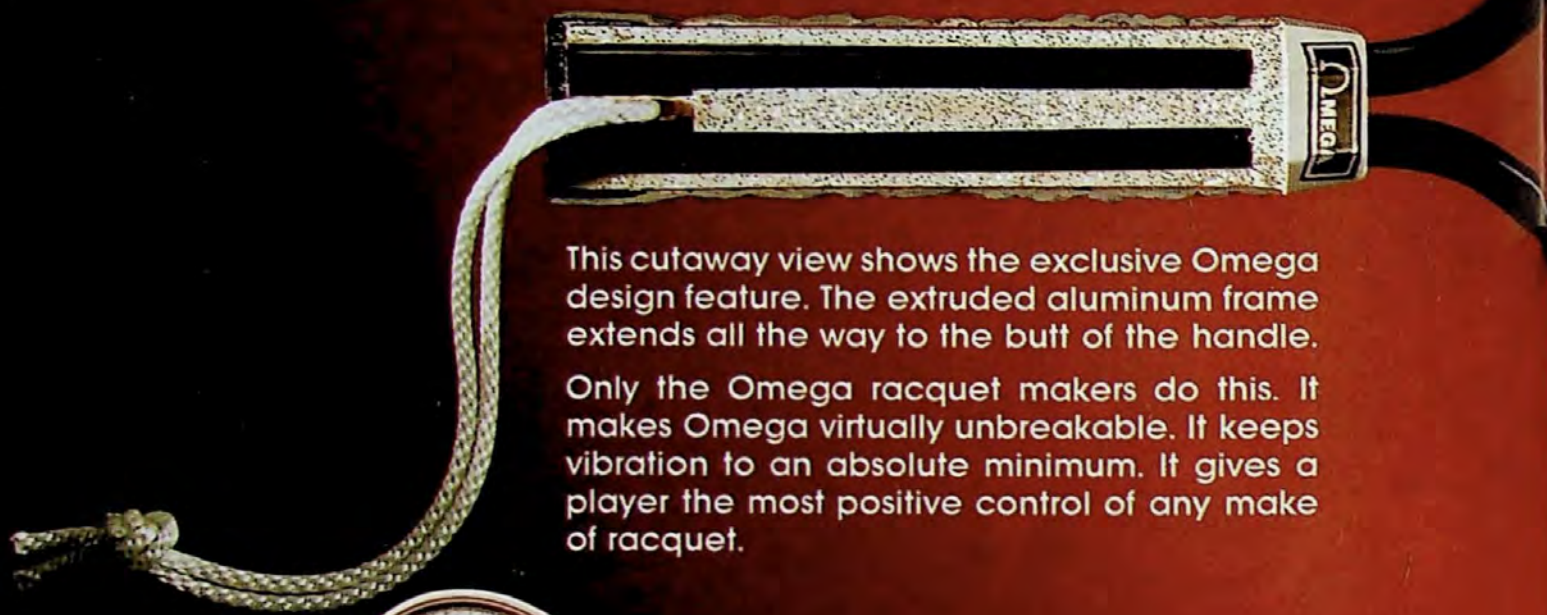
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The WIN-DESIGNED Racquets

Regionals

CANADIAN EASTERN REGIONAL

Four New York residents captured individual honors at the Canadian Eastern Regional tournament in Toronto.

Three of them were from Rochester, N.Y. as Leo Marsocci won the men's open singles, Herman Neumeir the senior singles and Sam Poletta the master singles. Gretchen Ackerman of Potsdam, N.Y., won the women's open singles.

The only non-New Yorker to win a championship was Michael Gora of Toronto who won the junior singles.

Mike Yellin
Northern Regional



MID-ATLANTIC REGIONAL

By Luke St. Onge

Some 350 players were entered in 10 events at the Mid-Atlantic regional championships held at Courts Royal in Richmond, VA.

Women's singles found perennial favorite Carol French, North Carolina, playing strong and consistent in defeating Lucy Zargos, Pennsylvania State Champion, 15-11, 15-5.

In the senior singles Pennsylvania Open Champion Ron Galbreath defeated George Allen, Virginia, in 15-13, 15-3.

Master singles was dominated by an ever-improving Al Shattner, Pennsylvania, defeating R. Polson 15-7, 15-2. Shattner made the finals by beating top seeded and nationally ranked Gene Grapes, Pennsylvania.

Open doubles was a showdown between the team of Remen-Blystone (Virginia) against the top seeded team of Roberson-Kutas. In a tightly contested match, Remen-Blystone outlasted Roberson-Kutas 15-13, 14-16, 17-15.

In golden masters A. Payne, Maryland, defeated T. Shipplett, Virginia, and B. Leavitt, Virginia, defeated M. Barton, Maryland, in women's singles. J. Lattimer, Maryland, defeated Al Plummer, Pennsylvania, in "B" singles while Eric Foley, Maryland, stopped Tom Essa, Virginia, in juniors.

MIDWEST REGIONAL

Joe Gibbs, backfield coach for the St. Louis football Cardinals, won the men's open and senior championships to highlight the five-state Midwest regional held at the Dorsett Racquet Club in St. Louis.

In the other brackets No. 1 seed Rita Hoff on the women's open, Jimmy DiVito the golden masters, Joe Zelson the masters and Doub Weissman both the "B" junior divisions.

Sarah Green
Southern Regional



RACQUETBALL MAY-JUNE 1977

NORTHEAST REGIONAL

Only one of the last year's regional champions was able to defend his crown successfully, as many new and improving players took top honors at this year's Northeast Regionals.

The new seven-court Manchester Court Club was the site of the tournament as over 250 enthusiastic players competed in eight divisions.

The one defending champion to regain his crown was open king, Charlie Garfinkel. But even he didn't have as easy a time as in the past. Garfinkel advanced to the finals by defeating Tournament Director Danny Giordano, 15-8, 10-15, 15-5 in the quarter finals, and Ray Capitanelli in the semis. In the finals Garfinkel lost his opening game to Mike Ramano, 15-9, but rebounded to win the next two, 15-5 and 15-8.

In the senior division Pat Colombo advanced to the finals with a 15-8, 15-10 win over Leo Fonseca. Pete Crummey had a much tougher time as he squeaked by former national doubles champion, Don Wallace, 11-15, 15-13, 15-6. The finals were an all out war. Both players fought and scratched for every point. Most points ended with one or both players on the floor. In the end it was Crummey's shooting that pulled it out, 11-15, 15-13, 15-3.

The masters divisions saw Bill McLaughlin gain the finals, with an easy 15-2, 15-5 win over Jim Hawkins. Bob Folsom was the other finalist as he outlasted Sam Garafalo, 15-8, 1-15, 15-11. What started out as an interesting final came to an abrupt halt, when McLaughlin suffered a leg injury and had to retire halfway through the first game.

The golden masters was dominated by Mike Friedman as he cruised past John Dobrutzky, 15-10, 15-0 in the semis, and 15-7, 15-8 over Dr. Bob Goldberg in the finals.

Newcomer Francie Davis rolled over everything she got near, in the women's division. It was Davis over Sue "Boom Boom" Yovic 15-7, 15-6, while Jackie Boyer made the finals with a 15-7, 15-4 win over Marjorie Callahan. Francie was just too overpowering for Jackie as she

cruised in 15-4, 15-9.

Todd Gibbo won the junior division, as well as making round 8 in the open. It was Gibbo over Steve Elia, and Steve Veille over hometown Bruce Christensen to set up the junior finals. Veilleus gave Todd all he could handle in the first game before falling 15-13. Then Todd got hot and ran away with the second game and the title 15-6.

Graduating up to the open was class "B" winner Dave Maturah as he swept past Warren Pierce, 15-8, 15-7, to stand atop the 64 class "B" entries.

Sixty-four players also contested for the "C" title with Tony Davenport outlasting Billy Walsh for the win 15-8, 9-15, and 15-8.

Consolations were held in all divisions and those winning trophies were: open—Fred Miller, seniors—Jerry Freeman, masters—John LePore, golden masters, Elmer Homam, women—Elyse Jacob, Jrs—Robert Cohen, "B"—Steve Emma, and "C" Tony Haralam.

Lindsay Myers
National Junior Runner-Up



NORTHERN REGIONAL

Joe Wirkus, the 1976 national singles champion, emerged as the men's open champion at the Northern Regional tournament held at the Highlander Racquet Club in Brookfield, Wis.

Wirkus, of Madison, Wis., defeated Steve Singer, of Minneapolis, 21-14, 21-3, to win the men's open championship. Bob Adams, Jr., also of Minneapolis, stopped Bill Harper, of Eau Claire, Wis., for third place while Randy Beale, of Milwaukee, won the consolation championship.

Bob Adams, Sr., dominated a strong field of senior players. He defeated Scott Wallace, of Madison, 21-7, 21-14, to win the senior crown. Bernard Nielson, of Marshalltown, Iowa, grabbed third place, while Joe Bechard, the 1976 national masters runner-up, was the consolation victor.

Mike Mackedon, of Milwaukee, who was competing in his first regional, worked his way into the finals of the masters division and defeated Ralph Stillman, of Minneapolis, 21-14, 21-20, for the masters championship. Fred Vetter, 1975 golden masters champion, took third place while Amos Rosenbloom was the consolation winner.

The youngest member of the Wirkus family, Jim Wirkus, of Fond Du Lac, Wis., breezed through the junior division and beat Steve Peck, of Milwaukee, Wis., 21-8, 21-5, in the finals. Steve Salamone finished third while Mike Bakken won the consolation bracket.

Pat Schmidt, of Milwaukee, won the women's open title, defeating Barb Tebbessen, of Minneapolis, 21-16, 21-12, in the finals. Ev Dillen, of Minneapolis, finished third while Sue Sechard was the consolation winner.

Regionals

Continued

NORTHWEST REGIONAL

Bob Lund of Milwaukie, Ore., defeated Dave Retter of Spokane, Wash., to win the men's open singles championship at the Northwest regional tournament.

In the other brackets Jamie Abbott won the women's open singles; Shirley Edwards the women's senior singles; Bob Petersen the men's seniors; Charlie Jackson the masters; Don Goddard the golden masters; and Jeff Larson the juniors.

SOUTHERN REGIONAL

One-hundred and forty players from eight states participated in the Southern Regional tournament held at Auburn University in Auburn, Ala., but only entries from Memphis, Tenn., walked away with individual first place titles.

David Fleetwood won the men's open defeating No. 1 seed Mike Zeitman in the finals, 17-15, 15-10. Third place went to Gary Stephens who defeated John Dunlap.

Last year's national champ, Sara Green, recaptured the women's open title. She easily breezed through this tournament, defeating Cile O'Connell of Florida, 15-6, 15-4 in the finals.

Janet Marshall defeated Holly Rentz of Kentucky for third place. Men's senior singles winner, Don Clark of Montgomery, Ala., defended his title for the second year. He defeated Bill Koenig of Florida 15-10 and 15-6 in the finals. Ken Wilson defeated Mike Mojer for third place.

Men's B singles winner was Rusty Gordon who defeated David Huckeba of Georgia in the finals 15-12, 12-15, 15-8. Aubrey Cook defeated Greg Griffen for third.

Master's champion was Bill Tanner who defeated Don Mattingly of Louisiana 15-8, 15-5 in the finals. Number 1 seed Don Detjen, last year's regional

champion, went on to take third, defeating Ed Lawrance.

Only four players were entered in the golden masters division. Ed Lawrance emerged as the champion defeating Roland Grant of Florida in the finals. Keith Dunlap of Memphis defeated John Robinson of Tennessee to win the junior division.

Mike Zeitman and Johnny Hennen won the men's open doubles championships. They defeated David Fleetwood and Gary Stephens in the finals.

One of the most entertaining matches of the tournament was the third place match in the men's doubles where John and Keith Dunlap challenged Amile Catanagni and Mark Thomas. The match went to three games with Catanagni and Thomas winning.

Women's doubles championship went to Hamrick and Hornack of Florida while Don Clark and John Mathison won men's senior doubles. The Master and Golden Master doubles was won by Whipple and Detjen.

Men's open consolation winner was Mike Fleming who defeated Mike Drews of Auburn. Patsy Ingle was the women's consolation winner, Larry Busbea the men's B consolations, Bob Webster the senior consolation and Gordon Ira the master singles.

On the right, Karin Walton, National Women's Champion and Jeff Larsen, National Junior Champ.



SOUTHWEST REGIONAL

The University of Texas-Arlington and Cullum-Boren, a southwest sporting goods division of the Zale Corporation, sponsored the Southwest Regional tournament that attracted some 300 participants. The tournament was held at the new 12 court recreational facility on the UT-Arlington campus.

Eric Campbell of Dallas captured the man's open title. He utilized a devastating serve to maximum advantage and combined that with outstanding court advantage to defeat long-time Southwest king pin Pete Wright, 15-6, 17-15.

Susy Dugan, who has been playing racquetball less than a year, defeated Janice Segal in the women's open finals, 15-7, 11-15, 15-13.

Mark Malowitz won the juniors title, beating Andy Hodges in the finals.

Jerry Litton moved into the senior division for the first time and beat perennial contender Luther Bernstein for the championship, 15-13, 17-16.

Richard Walker swept past his doubles partner, Bill Sellars, to win the masters title, 15-4, 15-4. In the golden masters defending champion defeated Bruce Alger for the title.

Youth prevailed in the doubles divisions. Andy Hodges and Kevin Chambliss shocked the top-seeded team of Tom McKie and Eric Campbell in the semifinals but lost to the defending national champions Mark Malowitz and Jeff Kwartler in the finals.

The B doubles championship went to Oliver and Richards while the women's doubles title was captured by Buckley and Reeves.

In the women's seniors McPherson stopped Greenberg, 15-9, 15-7 in the finals, while Moughon beat Levy, 15-5, 15-7 in the women's B division. In the B singles for men Yamamoto defeated Noel, 15-7, 17-14, while Vice stopped Merritt in the C division, 15-9, 15-9.

WESTERN REGIONAL

Larry Meyers won the men's open championship and Karin Walton the women's open title in the Western Regionals held at Reno, Nev.

Champions of the other divisions were: Debbie Hoffman, women's B; Floyd Svenson, masters; Cal Murphy,

golden masters; Ron Starkman, seniors; Beaver Wickham, juniors; Terry Fowley, men's B; Steve Dunn and Ron Starkman, men's doubles open; and Oscar Johnson and Spider Thomas, men's doubles B.

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Tournaments

ARIZONA

1977 ARIZONA SINGLES RACQUETBALL CHAMPIONSHIPS

Steve Chase measured up to his number one seed as he captured the men's open title in the 1977 Arizona singles racquetball championships. The tournament was held at the Phoenix Athletic Club, Phoenix, Ariz.

The men's open came down to a duel between number one seed Steve Chase and number two seeded Bill Hildebrand. Chase defeated Paul Darnell 21-7, 21-7 in the semi-finals. In the other semi-final, Hildebrand was forced into a tie breaking game by unseeded Don Thomas but won 21-19, 13-21, and 11-4.

It was a classic battle as the state's two top players squared off against each other in the finals. The match was forced into a tie-breaking game as Chase took the first game 21-14, and Hildebrand won the second, 9-21, Chase then won the final game, 11-6.

The women's open was a double elimination style tourney. Sally Murphy proved her superior ability and rugged play by winning the championship without a loss. Murphy defeated number two seed Moira Roark in the finals, 21-15, 17-21, 11-2.

In the double elimination juniors (18 & under) division, Jack Nolan had to fight his way back in the loser's bracket. After losing to Marc Colbert in the third round, Nolan fought his way into the finals where he defeated Colbert, 21-19 and 21-7.

Mike Aubrey pulled off an upset as he surprised top seeded Ron Haisting, 21-13, 21-19, in the finals of the seniors division. Don Griffin took third place.

Hal Price and Manuel Statini met twice in the double elimination masters division. Price proved the better and defeated Statini, 21-12, 21-8 in the finals.

The men's B division fielded 64 entries. Through the ensuing mirade of matches Jerry Johnson defeated Dick Mackey, 21-16, 19-21, 11-1.

Twenty-two entries graced the women's B division. Sue Johnson defeated Cynthia McNulty with a pair of 21-15's.

CONNECTICUT

SOUTHPAW WINS CONNECTICUT OPEN

The fourth annual Connecticut Open attracted 156 players from all the New England states including New York, New Jersey, Delaware and Virginia. Tournament divisions included an open, a B singles and a seniors division.

Top-seeded Leo Marsocci of Rochester, N.Y. successfully defended his open singles title. Runnerup Mike Romano provided a tough battle but Marsocci proved the champion once again.

In the B singles John Luciw finished the tournament without losing a game. In the finals Luciw defeated Larry Rubenstein, 15-11, 15-11. The C singles, which attracted 38 players, saw Don Pike of Willimantic, Conn. defeat Jack Dollinger, 15-1, 15-12.

In the seniors division Pat Colombo defeated Herman Neumeir, 15-11, 9-15, 15-13.

In the open doubles Leo Marsocci and Tom Kutas captured the championship despite a valiant effort by finals opponents Colombo and Lieberman.

DELAWARE

THE 1977 DELAWARE STATE RACQUETBALL TOURNEY

The 1977 Delaware state racquetball tourney attracted 31 men and eight women to the University of Delaware, March 19-20. Top-seeded Jack Chelucci was the favorite, but no one was prepared for the rifled kills and lightning reflexes of Don Little.

The Little-Chelucci semi-final match had the gallery packed. Little belted a 15-13 and 15-11 win over Chelucci. The other semi pitted John Chelucci against a very hot Willie Wang. Consistent kills and retrieves gave Wang the match, 15-11, 15-0. While the finals showdown between Wang and Little promised to be a close battle, it was not. In the end Little came out on top, 15-6 and 15-8, to win the state championship.

In the women's open, Gail Schneck put on a final flurry in the last game to defeat Diane Foster, 15-11, and win the state championship.

National Champion, Jerry Zuckerman



FLORIDA

THE NAPLES WINTER RACQUETBALL TOURNAMENT

Despite sub-40 degree temperatures and bone-chilling winds, 179 participants competed in 14 divisions of the Winter Racquetball Tournament held in Naples, Fla., Feb. 15-20.

Virginian Bill King, a nationally-ranked indoor player, won the men's open singles championship, defeating Steve Farkas in the finals, 15-1, 15-10.

In the Class B singles, Terry Butera defeated Richard Bell, 15-12, 11-15 and 11-10. Lee Throckmorton won the Class C singles crown by winning over Bob Malmquist, 15-12, 11-15 and 11-8 in the finale.

King also won the senior singles for players over 35 years of age. He beat the top-seeded Bob Muntz, 15-8, 15-1, for the crown.

In the women's open singles Marlene Martell defeated Debbie Lawrence, 15-13, 15-14. Stephanie Munz was the women's novice singles champion, scoring a 15-1, 15-2 decision over Gerri McGee in the final match.

In the doubles competition, the men's open category was won by Steve and Atila Farkas team which defeated the team of Jim Foley and Jim McGee, 15-9, 12-15 and 11-8.

Debbie Lawrence and Connie Munz won the women's open doubles while Mike Constantine and Larry Cutler won the men's B doubles and Griff Jones and Marience Martell the men's C doubles.

ILLINOIS

32 TEAMS FIELDLED IN ILLINOIS STATE DOUBLES TOURNAMENT

The Illinois Racquetball Association's annual state doubles tournament was held at the Buehler YMCA in Palatine, Feb. 4-7.

Thirty two teams fielded this year's very successful tourney.

The four day action saw the team of Paul Nigro and Bob Deuster from the Northwest Suburban YMCA work their way to the top in the Men's Open Division. Nigro and Deuster, the number three seed, were not seriously challenged until the semi-final round. Overcoming this challenge, they advanced to the finals where they met the team of Clyde Senters and Steve Sulli.

In the first game of the championship match, Senters and Sulli, kept Nigro and Deuster off balance and won 14-21. Game two saw Nigro and Deuster do some shooting of their own to knot it at one apiece, 21-14. The tie breaker was even for about five points, and then

Deuster began putting away shots off the back wall. Sulli, tiring visibly, was unable to dig them out in a gutty effort, and Nigro and Deuster took the crown, 11-6.

The women's open doubles has a 15 team draw and there were few surprises as Bev Franks and Lois Dowd, the number one seed, bested second seeded Carol Armstrong and Georgia Maskalunas in the finals, 21-12, 21-17.

The men's senior doubles was successfully defended by Bob Troyer and Ed Lammersfeld. This lefty-righty combination played super racquetball, winning every match in two games, sometimes devastatingly. Sam Carl and Danny Little were the victims, 21-14 and 21-8, in the final match.

Perennial finalist Sam Rizzio and Jim DiVito won the masters doubles division, defeating Phil Dzuik and Frank Hinds in the finals, 21-12, 21-10.



Left to right:

Alan Shetzer, secretary-treasurer, Illinois Racquetball Association, Steve Sulli and Clyde Senters, second place open doubles; Bob Duester and Paul Nigro—winner open doubles (on knees); Art Michaely, tournament director; Tom Street, president Illinois Racquetball Association.

Tournaments

Continued

KANSAS

WICHITA HOSTS KANSAS STATE RACQUETBALL CHAMPIONSHIPS

One-hundred and twenty participants in eight categories took part in the Kansas State racquetball championships, March 25-27. The tournament was hosted by the East, Central and West YMCA branches in Wichita.

The men's open pitted number one seed Dean Gorman (Lawrence) against number two seed Gary Steele (Wichita). Dean Gorman won, 20-21, 21-12, 15-13.

The women's open went to Jan Wilson (Hutchinson) after she defeated Dixie Wilson, 18-21, 21-17, 15-12.

The men's B class was won by Robert Fuller, 21-19, 21-4, with Gary Steele placing second.



Dean Gorman, winner of Kansas State's men's open championship.

The women's B division showed P.J. Herman finishing first. She defeated Nickie Kerbs 21-10, 7-21, 15-11, for the championship.

Dave Bowersock captured the men's seniors title by defeating David Dalke, 21-13, 21-15.

The men's masters division was won by J.D. Frederick as he defeated Wallace Gill, 20-21, 21-12, 15-12 for the championship.

Bruce Wilgers bettered Tom Thomas, 16-21, 21-16, 15-8, to win the men's novice class.

The women's novice division was captured by Terry Dickerson in a tough final match over Eileen Vale, 21-1, 21-9.



Women's open champion, Jan Wilson.

KENTUCKY

KENTUCKY SINGLES HELD IN LOUSVILLE

Over 160 players competed in seven divisions in the Kentucky singles championships held at the Louisville Tennis Club on March 18-20. Men's and women's C-novice divisions were held for the first time with a turnout of 16 in the women's group and 42 in the men's.

The open singles championship was won by Eric Gilbert. After years of frustration and cruel endings, Gilbert made his way to the finals. There he met and conquered Bob Dabney, 21-15, 10-21, 11-9.

Holly Rentz won the women's crown for the second straight year, as she toppled Kay Evans in the final (again for the second straight year) in easily the most exciting match of the tournament, 21-21, 20-21, 11-9.

Top-seeded Len Wilson rolled through the seniors division without too much trouble. He met Russell Travis in the finals and succeeded in gaining the title, 21-5, 9-21, 11-1.

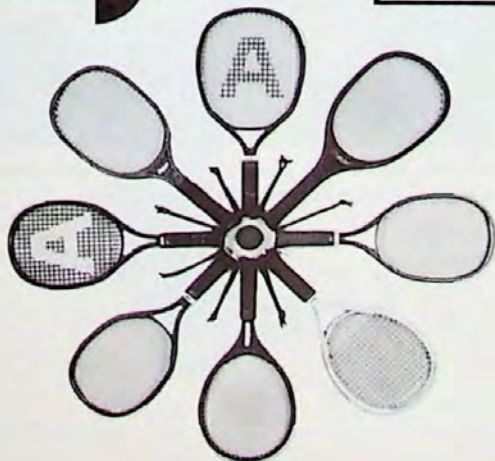
Dean Sorg won the B tournament. He defeated Tex Boggs, 21-18, 21-18 in the finals.

In the masters, Don Detjen defeated Ike Gumer, 21-10, 21-16.

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Tournaments

Continued

MAINE

170 COMPETE IN MAINE OPEN TOURNEY

Some 170 players braved a 12-inch snowfall to participate in the Maine Open Racquet Tournament at the Down East Court Club in Falmouth, Maine, March 18-20.

In the A division, there were no major surprises until the semi-finals. Number 1 seeded Mike Luciw of New Britain, Conn., favored to repeat for the third straight year in the Maine Open, won his semi-finals match over John Kruger of Burlington, Vt., 15-7, 15-7. The other semi-finals match in the A division Todd Gibbo, a 15-year-old from Burlington, Vt., defeated second seeded Danny Giordano of Bedford, Mass., 15-4, 10-15, 15-13. In the A finals, however, Gibbo's dream of finishing with the prize was crushed by favored Mike Luciw, 15-3, 15-3.

In the women's open division, number 1 seeded Francine Davis of Brooklyn, N.Y., and number 2 seeded Jackie Adler of Waterbury, advanced to the finals where Davis swept to 15-4 and 15-1 victories.

In the seniors division, the semi-finals saw Pat Columbo of Scarsdale, N.Y., barely defeat Maj. Pete Crummey of Fort Devens, Mass., 15-13, 16-14. In the other semi-finals match, Leo Fonseca of Brockton, Mass., defeated Tom Waltz of Newton, Conn., 15-6, 15-5. In the finals Columbo defeated Fonseca 15-12, 15-11.

In the open B division Dave Secino of Orono, Maine, defeated Yogi Adler of Waterbury, Connecticut, 3-15, 16-14, 15-3, in the semifinals. In the other semi-finals match, Wayen Clark of Portland, Maine, defeated Dennis Weeks of Castine, Maine, 15-7, 10-15, 15-11. In the finals, Secino defeated Clark 15-4, 15-11.

In the semi-finals of the Open C Division, Steve Trenholm of Orono, Maine, defeated Paul Basile of Springfield, Mass., 15-9, 3-15, 15-4, while Frank Meltzer of Stamford, Conn., defeated Randy Olson of Orono, Maine, 15-11, 15-10. In the finals, Meltzer defeated Trenholm, 10-15, 15-1, 15-9.

In the women's novice division semi-finals, Bonny Stoll of Stamford, Conn.,

defeated Kelly Purcell of South Portland, Maine, 15-1, 15-4, while Carol Malikow of Syracuse, N.Y., defeated Marion Sanders of Yarmouth, Maine, 15-7, 15-11. In the finals, Stoll defeated Malikow 15-3, 15-3.

In the men's novice division semi-finals, Chuck Stair of Old Town, Maine, defeated Bruce Corb of Casco, Maine, 15-3, 15-3, while John Vasel of Melrose, Mass., outlasted Bill Mottola of Castine, Maine, 12-15, 15-5, 15-13. In the finals Vasel beat Stair, 10-15, 19-17, 15-5.

In the masters division, Leo Woodcome, of Leominster, Mass., finished first; Mike Friedman of North Bridgton, Maine, was second; and John LePore of Melrose, Mass., third.

In the finals of the Pee-Wee singles, Jon Allen of Portland, Maine, beat Paul Giguere of Waterville, Maine, in the finals, 15-10, 15-11.

In doubles action, Ed Castillo and Tom Waltz defeated Steve Dubord and Mike Luciw 15-8, 15-7.

JUNIORS TOURNAMENT HELD AT WATERVILLE YMCA

The Maine State YMCA sponsored the second annual juniors tournament at the Waterville YMCA. Twenty-one juniors competed in four different divisions.

In the 14-18 division, Steve Veilleux successfully defended his title against Stephen Larrabee, 15-12, 15-13.

The 13-under division was won by Scott Farr as he bested Tom Poulin to win 15-11, 4-15, 15-9.

Eugene Fitzpatrick won the novice division as he defeated Marc Giguere 15-13, 15-9.

The 14-under consolation went to Paul Giguere, the 13-under to Jay Saulter and the novice to Marc Rancourt.

In the junior doubles tournament Steve Vielleux teamed up with Tom Poulin to defeat Steve Larrabee and Scott Farr 15-13, 15-12.



Doubles finalists (L-R) Steve Dubord, and Mike Luciw (second place) and Ed Castillo and Tom Waltz (first place) at the Maine Open Racquet Tournament.

MARYLAND

BAYNARD CAPTURES MARYLAND'S EASTERN SHORE OPEN

For the second straight year, Alan "Barney" Baynard of Trappe, Md., won the Eastern Shore men's singles championship, defeating second-seeded Theo Loughrey, 17-21, 21-12, 21-4.

Though the first game went to Loughrey, who pumped several soft kills into the right front corner, Baynard put him away quickly in the second game with crisp, forehand passes.

The rubber game was Baynard's from the outset. Serving with power to the backhand corner he volleyed several winners to the corners out of Loughrey's reach. Baynard finished a tired Loughrey off with a perfect forehand to the left pinch.

Lindsay Myers (L) battles Jeff Larsen in the National Junior final.

MISSISSIPPI

FACULTY PROVES SUPERIOR IN S. MISS. TOURNAMENT

The University of Southern Mississippi conducted its fourth annual open racquetball tournament, March 9-11.

The tournament was a two-phase affair with 30 players entered. The first phase was a ladder tourney used to determine the top eight players. The second part of the tournament consisted of faculty members rather than students.

Mike Giles, swimming coach at USM, won the singles title defeating Dr. Frank O'Hare, who proved to be the surprise of the tournament. O'Hare, a former professional soccer player from Scotland, entered the tournament in position number 28 and made the finals.

Giles won the first game, 21-14, lost the second, 21-8, but hung on to win the third, 21-17.

NEW YORK

FIFTH ANNUAL NEW YORK STATE OPEN

Charlie Garfinkel of Buffalo won his second men's open title in the fifth annual New York State Open Racquetball Championships hosted by the Niagara Falls Family YMCA, Feb. 24-27.

Garfinkel, who defeated Paul Smaldone in the semifinals, 13-15, 15-7 and 15-7, stopped Leo Marsocci in the finals, 15-6 and 15-9. Garfinkel neutralized Marsocci's power in the finals with lob serves to the backhand and positioned himself a little deeper in the court for Marsocci's service return.

In the B division, Mark McCarthy from Rochester defeated Bill Boast from Scarborough, Ont. 15-6, 15-12. In the semis Boast defeated Larry Rubenstein from Rochester, 13-15, 15-13, and 15-6 and McCarthy bested local favorite, Jeff Trunzo 15-9, 11-15, 15-7.



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Tournaments

Continued

NORTH CAROLINA

NORTH CAROLINA OPEN RACQUETBALL TOURNAMENT

Eighty competitors from an eight-state area that included most of the top players on the East Coast, competed in the third annual North Carolina open racquetball tournament hosted by the Y.M.C.A. of Burlington, Feb. 4-6.

Norm Chambers, from Raleigh N.C., captured the open crown as he was never really pushed in his undefeated trip to the finals. The championship match was really a contest of contrasting styles with Chamber's cool finesse game and Paul Saperstein's awesome power shots. By taking Saperstein's game away with perfectly executed pinch shots and passing shots, Chambers proved the victor, 15-10, 15-12.

The seniors division was equally exciting. Number one seed Bill King practically walked into the finals with easy wins in the preliminary matches. He met Glenn Allen of Virginia Beach in the finals and won with ease, 15-2, 15-12.

In the masters division John Webster of Surfside Beach captured the championship. He faced defending champion Bradley Faircloth of Greensboro in the finals. The match went three games with Faircloth taking the first 15-3 and then Webster rallying to win the final two, 15-10, 15-5.

OHIO

COLUMBUS OHIO CITY CHAMPIONSHIPS

The seventh annual Columbus, Ohio, city racquetball tournament was held at the Columbus Central YMCA March 17 and drew 45 players for the men's open and masters singles championships. Ten women entered the first women's singles championships.

The men's open championship changed hands this year as last year's victor, Don Shiefer, was defeated in the semi-final match by Ron Fox. The finals drew to three close games as Fox emerged victorious over Dr. John Norton.

Col. Tom Soverick entered the finals of the masters championship by defeating the 1972 champion John Tedlie. Soberick then upset current three-time masters champion Art Payne in three games to earn this year's title.

Dana Cornblath defeated Sandra Drabik to win the first women's open singles championship.

OKLAHOMA

OKLAHOMA YMCA STATE TOURNAMENT

The Oklahoma State YMCA held its annual racquetball tournament March 25-27 at the Thornton Family YMCA in Tulsa. Residents of Ardmore, Enid, Oklahoma City, Shawnee and Tulsa participated in Men's A, B, C and D - Seniors and Masters Singles and Women's B and D Singles with trophies going to the first three places and consolation winners in each division.

The results:

MEN'S A

John Scott def. Roy Rudichuk (15-1, 15-8)

MEN'S MASTERS

Ray Crowley def. A. W. Wright (10-15, 15-11, 15-3)

MEN'S C

Tom Montgomery def. Sid Shupack (14-16, 15-13, 15-13)

MEN'S D

Gene Pelzzoni def. Phil Harris (15-10, 11-15, 15-9)

CONSOLATION-MEN

A - John Johnson, Tulsa

MASTERS - John Rutherford, Tulsa

D - John Lassiter, Tulsa

C - Bob Cline, Ardmore

WOMEN'S B

DeAnne Short (champion)

WOMEN'S D

Lanita Parker def. Elaine Chaffin (15-8, 15-6)

CONSOLATION D

Sallie Walker, Ardmore

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PENNSYLVANIA

PENNSYLVANIA STATE RACQUETBALL CHAMPIONSHIPS 1977

Over 230 players entered seven divisions in the fifth Pennsylvania State championships held at Penn State University's new 12-court facility located in the Intramural Building.

Upsets were the order of the day as Ron Galbreath came out of the pack to beat top-seeded and four-time defending state champion, Craig Guinter, in the finals of the open singles division, 8-15, 15-6, 15-13. In B singles Penn State University dominated the field as Gary Gray defeated Dave MacAttee, 15-11, 15-13. Women's singles crowned a new champion as Lucy Zarfos (York) defeated Jeanne Farrell (Pittsburgh), 15-10, 13-15, 15-12.

In juniors, third seeded Chris Matheson (Scranton) defeated top-seeded Mitch Buckler (Pittsburgh) in the finals.

The open doubles title came back to Penn State University as the unseeded team of Jere Willey and Denny Onkotz won the crown over Jim Jones and Larry Myers (Pittsburgh), 15-10, 12-15, 15-11.

Women's doubles found the Nittany Lion Open winners of Nusiewicz and Pettinato defeating the defending state champion duo of Turiak and Farrell, 15-13, 15-12, in the finals.

Senior singles found Gene Grapes playing superbly in winning over defending champion Guy Natale (New Castle), 15-7, 15-10.

JIMMY JONES WINS INITIAL PITTSBURGH OPEN TITLE

More than 150 entries participated in the first Greater Pittsburgh racquetball tournament, Feb. 4-12. The tournament was sponsored by the Western Pennsylvania racquetball association as a culmination event to a very successful league season.

Jimmy Jones won the open singles championship. Fifty persons were entered in the event.

Sixty-eight entries competed in the B singles. Dave O'Brian and Bob Magel competed in the finals, with Magel emerging as the victor in three games, 7-15, 15-8, 15-3.

The open doubles event had 36 teams. The team of Jimmy Jones - Al Shatner was the class of the event. Through five rounds this "dynamic duo" never lost a game. The finals pitted Jones-Shatner against Buckler-Scarano. Both skill and stamina played a large part in the final victory by the Jones-Shatner team.

Jim Cullen
National B Champion



TEXAS

SIXTY EIGHT TROPHIES AWARDED IN THE SPRING FIESTA TOURNEY

The second-annual Spring Fiesta IRA racquetball tournament held March 11-13, awarded 68 trophies in the McAllen, Texas, Sports Plaza.

Mark Auerbach and Mike Carr met in the finals at the men's open with Auerbach coming out on top 15-10, 11-15 and 15-10. Entrants from Houston took home all but two of the men's open trophies.

Houston players also dominated the top three places in the open doubles competition. Carr and Auerbach teamed up to come out on top of Kwartler and Meyer 15-8, 13-15, and 15-8.

Sandy Barker from Edinburg won the women's open singles. Placing second was Janice Segall of Austin. The scores were 15-11, 15-10.

In the women's open doubles Barker and Segall came in 1st with Spann and Bludau getting second with scores of 6-15, 15-8, and 15-4.

Kaihlansen was the victor in the B singles championship match with scores of 15-13, 9-15 and 15-6 over K. Kachtik.

Two San Antonio teams battled it out for 1st place in the B doubles with Paul McFarland and Jack Hood topping Stone and Darrel Little, 15-7 and 18-16.

Jerry Lindley and Gary Taylor placed first in the C doubles. They were given three close games of 15-12, 11-15, and 15-11 by second place finishers Mark Dunham and Bill Fautreau.

The men's novice singles was won by Jon Rowell with scores of 15-4, 6-15, and 15-11 over Gautreau.

Carol Reeves of College Station won the women's novice singles over Wilson 15-8 and 16-14.

First place in the women's novice doubles went to the team of Awtry and Sue Kachtik. Pulling in a second place finish after a match of 15-13, 14-16, and 15-11 were Zapata and Johnson.

Tournaments

Continued

TENNESSEE

200 ENTERED IN TENNESSEE STATE TOURNAMENT

Some 200 entries competed in the Tennessee State IRA tournament held at the new and plush Don Kessinger Court Club facility in Memphis.

In the men's open second-seed John Hennen defeated top seed Randy Stafford, 15-3, 15-12. Stafford had advanced to the finals by defeating David Fleetwood 15-5, 15-11.

Pete Tashie was the consolation winner as he also took the juniors (13-18 yrs.) title over Keith Dunlap 15-13, 15-8. Stuart Smith beat Billy Gamble, 15-9, 15-13, for third place in the junior division. Consolation went to John Robinson.

In the women's open, top-seeded Carolyn Kessinger won her first state championship title over Debbie Vinson, 15-7, 15-4. With Sarah Green out of state, Carolyn had little competition with no opponent scoring over eight points in any match. Ellen Adkins of Signal, Mt. Tenn., finished third over Gail Fer-

guson, 15-12, 15-2. Consolation went to Janet Marshall.

In the men's B third-seeded Greg Griffin upset top-seeded Mendy Katzman, 6-15, 15-3, 15-14. Greg had defeated Mark Russel in the semifinals, 17-15, 15-13, and Mendy had advanced to the finals by defeating Rusty Gordon, 15-5, 15-7. Gordon beat Russel for third place 7-15, 15-11, 15-12. Consolation winner in men's B was Dr. Abdelrahman over Jim Short. In the men's masters top-seeded Bill Tanner did it again, breezing through to the finals over a new comer, Ed Lowrance 15-3, 15-10. Don Miller finished third over Leonard Weiner, 17-15, 13-15, 15-8. Consolation went to Minon Tait.

In the seniors, top-seeded Ron Leon was upset by second seeded Leonard Hines 15-10, 12-15, 15-9. Ron had advanced to finals by defeating Richard Batey 15-7, 15-3. Consolation went to George Tashie. In the men's C with a

draw of 60, Larry Shelley defeated Mike McCloskey, 15-7, 15-8. Third place went to James Ewoldt over Gerald Barlow 15-7, 15-8. John Lewis won the consolation.

In the women's B top-seeded Sally Discenza defeated Micky Anderson, 8-15, 15-4, 15-5. Patsy Ingle defeated Kay Haynes, 10-15, 17-15, 15-11, for third place. Kay Winfield won the consolation.

Tennis player Julie Kosten finally met her match losing to Peggy Bain, 15-13, 15-2 in the women's C finals. Janice Base finished third over Cheryl Cooper, 15-5, 15-8. Pat Caldwell won the consolation.

In a new division for 12 and under, a round robin was held and Steve Gregg won all four matches to come in first. Keith Kessinger finished second at 3-1, while Tom Skinner finished third at 2-2.

VIRGINIA

GEORGE WASHINGTON RACQUETBALL CLASSIC HELD IN NORFOLK

The second annual George Washington racquetball classic hosted by the Norfolk Jewish Community Center was held Feb. 19-21. More than 80 of the top racquetball players on the East Coast flocked to historic Norfolk, Va., for this tournament.

This year's open title went to number one seed and 1977 Virginia state singles champion Tom Kutas from Roanoke, Va. Kutas defeated number three seed Jack Chelucci from New Jersey, 15-12, 15-8 in a close match.

In men's seniors play unseeded Sonny Harmon from Burlington, N.C., upset number two seed Charles Sullivan from College Park, Md., 13-15, 16-14, 15-13 to claim the seniors title.

The women's open finals featured two hard hitters from the Washington D.C. area, Brenda Loube and Carol Clements, with Brenda winning 15-2

and 15-5.

Senior's champion Sonny Harmon



Open champion Tom Kutas



RACQUETBALL MAY-JUNE 1977



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Tournaments

Continued

VIRGINIA

VIRGINIA TECH OPEN ATTRACTS 124

One-hundred and twenty-four participants took part in the Virginia Tech Racquetball Open, April 1-2, in Blackburg, Va.

The results of the tournament:

Men's A—1. Jim Bailey; 2. Ed Remen; 3. Tom Kutas; 4. Larry Herndon; 5. Scott Clark.

Men's B—1. Guido Alvarez; 2. Reb Brown; 3. Todd Carter; 4. Ken Nygard; 5. Sumner Chase.

Men's C—1. Tom Rollandini; 2. Terry Loomis; 3. Luke Pallansch; 4. Jim Colby; 5. Hunter Matthews.

Men's Seniors—1. Bill King; 2. Glen Allen; 3. Jim Roberson; 4. G. Long; 5. R. Jones.

Men's Masters—1. Paul Harris; 2. George Shipplett; 3. John Hosner.

Women's Open—1. Lucy Smith; 2. Tricia Tillotson; 3. Mildred Gwinn; 4. Wendy O'Connor; 5. Mary Ann Bradley.

NEWPORT NEWS, VA. HOSTS FIRST ANNUAL DIXIE CLASSIC

Three divisions of play were initiated in the first Dixie Classic racquetball tournament held at the Peninsula YMCA, Newport News, Va.

The open singles division was won by Roy Moats, to capture the title Moats had to defeat top-seeded Leroy Pringle in the finals, 15-8, 15-12.

Top-seeded Dr. John Matney proved no match for Major Fred Mangino in the seniors division. Mangino captured the championship with games, 15-4, 15-7.

The open doubles was won by the mixed team of Roy Moats and Carol Jean Frenck. They outplayed runners Crosby Forrest and Ray Gordon 15-9, 15-4.

WASHINGTON

"SWEETIES" TOURNAMENT HELD IN WASHINGTON

Sixty women entered the "Sweeties" Tournament held at Town & Country Racquet & Health Club in Gig Harbor, Wash. This February event drew entries from the Tacoma, Olympia, Seattle and Vancouver B.C. areas. Experience levels ranged from the beginner to state champion, with a class for each level.

The open event was won by Helen Olsen with Pat DeNeui runnerup. The B

class was won by Leslie Lendskog. Second place went to Janet Dobbins. Ada Ko captured the C title with Debbie Anderson placing second. Novice division found Anita Eyring in first place. The doubles class was won by Pat DeNeui and Vicky Vanderhoef. Vicki Clark and Gini Henderson placed second.



Novice class finalists (L-R) Anita Eyring, Seattle (first), Donna Reinhard, tournament director and Cathy Coffin, Seattle (second).

YOKOSUKA SPRING TOURNAMENT DRAWS MILITARY

The Yokosuka Naval Base hosted its spring racquetball tournament March 14-18 in Yokosuka, Japan. Fifty-nine entries vied for the open division title in singles and 17 entered the doubles competition.

Captain Jim Benson, USMC from the US Oklahoma City, reached the finals by defeating eight straight opponents.

He met HTFN Joel Herron from the USS Samuel Gompers in the finals and won, 21-10, 21-11, to capture the title.

In doubles, Capt. Jim Allingham, USMC, and Major Bob Bracy, USMC from USS Oklahoma City teamed to defeat Master Gunnery Sergeant Jack Stebbins, USMC and CW03 Roger Peterson, USMC, 21-10, 21-13.

WEST VIRGINIA

WEST VIRGINIA STATE TOURNAMENT

Seventy-eight entries participated in the third annual West Virginia State Racquetball Tournament, March 19-20 at the Coliseum in Morgantown, W.Va. Competition was conducted in five divisions: A Open Singles, B Open Singles, Women's Singles, Seniors Open Singles, and Open Doubles.

A OPEN SINGLES

Quarterfinals: Dave Jonnson def. Dave Furda (15-7, 15-2); Gib Krovocheck def. Arnie Margolin (15-8, 15-10); Rich Yobbagy def. Jay Besson (11-15, 15-9, 15-11); Dave Taylor def. Kevin Becker (15-11, 15-10)

Semifinals: Gib Krovocheck def. Dave Johnsen (15-8, 8-15, 15-13); Dave Taylor def. Rich Yobbagy (15-11, 15-10)

Finals: Dave Taylor def. Gib Krovocheck (15-7, 15-9)

Third Place: Dave Johnsen def. Rich Yobbagy (15-2, 15-9)

Consolation Winner: Bill Casto def. Dennis Lewis (15-8, 15-7)

B OPEN SINGLES

Quarterfinals: Bob Anderson def. Ed Cromley (15-5, 15-6); Virgil Smaltz def. Peter Halsey (10-15, 15-11, 15-13); Raymond Young def. Melvin Fuller (10-15, 15-0, 15-0); Reuben Fernandez def. Daniel Otto (15-10, 14-16, 15-10)

Semifinals: Bob Anderson def. Virgil Smaltz (15-5, 15-1); Raymond Young, def. Daniel Otto (13-15, 15-6, 15-7)

Finals: Bob Anderson def. Raymond Young (13-15, 15-6, 15-7)

Third Place: Daniel Otto def. Virgil Smaltz (8-15, 15-11, 15-10)

Consolation Winner: James Craig def. Sameh Mitry (15-10, 9-15, 15-9)

WOMEN'S SINGLES

Quarterfinals: Carol Wojcik def. Kris King (15-6, 15-3); Donna Cayton def. Cori Jordan (15-9, 15-4); Connie Muldoon def. Kathy Van Dyke (15-9, 15-5); Julie Dougherty def. Michelle Burke (11-15, 15-4, 15-11)

Semifinals: Carol Wojcik def. Donna Cayton (8-15, 15-0, 15-6); Connie Muldoon def. Julie Dougherty (15-9, 15-12)

Finals: Carol Wojcik def. Connie Muldoon (15-10, 15-4)

Consolation Winner: Linda Jursa def. Kathy Van Dyke (15-11, 11-15, 15-10)

SENIOR SINGLES

Quarterfinals: Rick Yobbagy def. Tom Staley (15-3, 15-2); John Loth def. Joe Curey (15-5, 15-7); Chuck North def. Dave Furda (15-11, 15-4); Gib Krovocheck def. Charles Emery (15-8, 15-6)

Semifinals: Rich Yobbagy def. John Loth (15-11, 15-5); Gib Krovocheck def. Chuck North (16-4, 8-15, 15-3)

Finals: Gib Krovocheck def. Rick Yobbagy (2-15, 19-17, 15-8)

Consolation Winner: Dave Furda def. Joe Curey (15-5, 14-16, 15-10)

OPEN DOUBLES

Quarterfinals: Dave Johnson & Dave Taylor def. Dan Coram & Chuck Dunaway (15-5, 15-6); George Klebez & Charles Emery def. Ed Ehler & Alex Wilson (15-5, 15-5); Kevin Becker & Bill Casto def. Joe Pendry and Bill Lanham (15-12, 15-12); Dennis Lewis & Jay Besson def. Jeff Massey & Bill Fish (15-9, 18-16)

Semifinals: Dave Johnson & Dave Taylor def. George Klebez & Charles Emery (15-10, 15-4); Kevin Becker & Bill Casto def. Dennis Lewis & Jay Besson (16-14, 8-15, 15-11)

Finals: Dave Johnsen & Dave Taylor def. Kevin Becker & Bill Casto (15-2, 15-12)

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Clubs

MEMBERSHIP CEILING AT NEW WEST PALM BEACH CLUB

Racquetball, handball and paddleball players of Palm Beach County rejoice! No longer will you have to go looking for a court.

The Court House at 1500 Old Okeechobee Road, West Palm Beach, Fla., opened in May. The private club has a membership ceiling so there will be no waiting for a court any of the seven days a week. The Court House is open. Reservations may be made for the same day every week. Time once wasted finding a place to play may now be spent on the court or in the whirlpool, the steam bath or the bar overlooking the courts.

John Bills and Tom McCloskey, the developers and avid players, took pains to make sure The Court House has everything a racquetball or handball player could ever want. There are eight championship courts, a well-stocked pro shop, a teaching pro, a nursery for the members' children, and carpeted men's and women's locker rooms. The interior design features large comfortable furniture, lots of wood, and plenty of live greenery.

In a climate where heat is always a factor, the fully air-conditioned Palm Beach Club expects to enjoy year round participation. Temporary memberships will be available for winter visitors.

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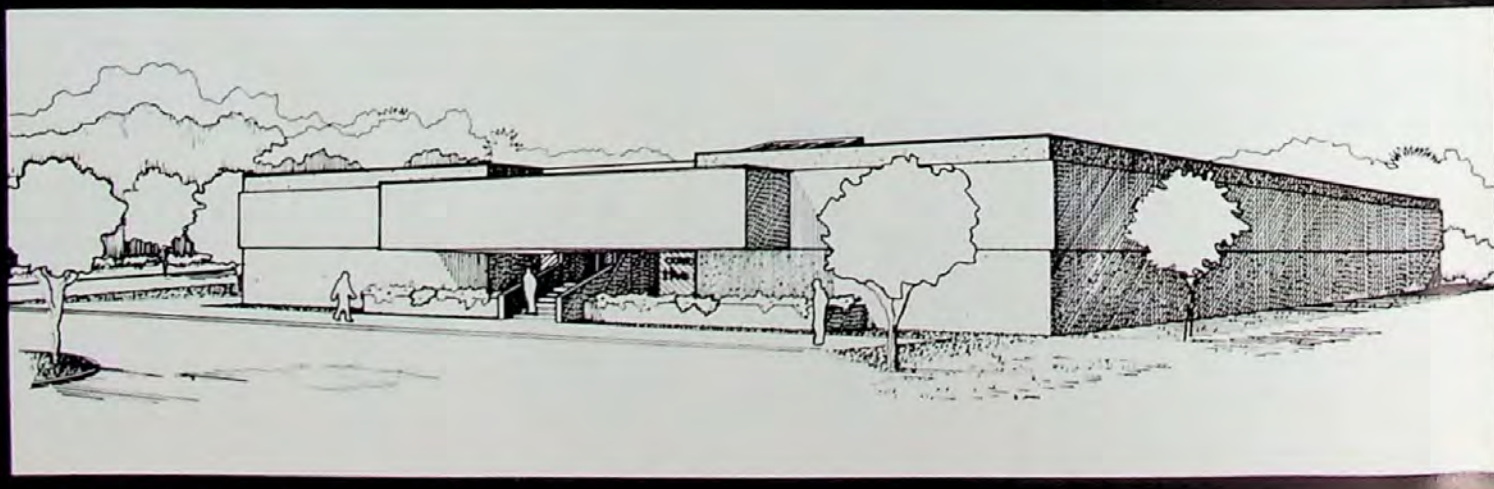
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Artist's rendering of The Court House in West Palm Beach, Fla.

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Clubs

KING'S RACQUETBALL COURT FEATURES "ROYAL" ROOM

Scheduled for opening in early summer, King's Racquetball Court of Westminster, Calif., promises to be one of the most unique clubs of its kind. Chuck Hohl, owner and general manager, is a veteran racquetballer who has developed a special player license concept featuring five different playing plans from hourly to yearly.

A "Royal" exhibition court with three glass walls and a 400-seat auditorium will provide professional tournaments

for players and spectators.

King's Court has 19 air-conditioned courts and three glass-walled exhibition courts. Also available are separate spa facilities for both men and women, health juice bar, supervised children's play area and full locker and laundry services as well as on-site and adjacent parking for 200 cars. The court is located in Westminster, near Westminster Mall at Golden West and Sowell Streets. For membership call (714) 898-9841.

On hand at the dedication of the foundation are (front row, L to R) E. O. Rodeffer-Owner, Westminster Mayor Joy Neuegabauer, Chuck Hohl-Owner and General Manager, Joy Koppel-Women's Activity Coordinator, (second row, L to R) Deb Shubin-Sales, Mike Allen and Jim Carson-resident racquetball instructors.



Clubs

CONNECTICUT'S ROCKY HILL WELCOMES NEW FACILITY

The Rollout Racquetball Club, a six-court facility opened in May is the first such establishment to find its way into Rocky Hill, Conn.

Jeff Coyle, club manager and his partners, Pat Gallagher, Mike Law, Chuck Rolles, and Kenny Williams, are already considering expansion. Local public court players are enthusiastically welcoming the court club concept to the area.

NEW MUNCIE, INDIANA CLUB OFFERS CHARTER MEMBERSHIP PACKAGE

Construction has begun on the Full Court club of Muncie, Ind. Competition is scheduled for September. This ten court facility will also house locker rooms with sauna, whirlpool and exercise facilities, nursery, pro-shop and the "Wallbanger" lounge. An outdoor swimming pool is scheduled for opening in the spring of 1978.

Annual membership fees are \$25.00 for a student, \$35.00 for an individual and \$50.00 for a family. The Full Court is offering an outstanding savings for charter membership. A prospective member may select a starter kit of a new racquet or 20 percent off normal membership fee.

The Full Court club is located on the northwest corner of Muncie, just off the McGalliard extension.

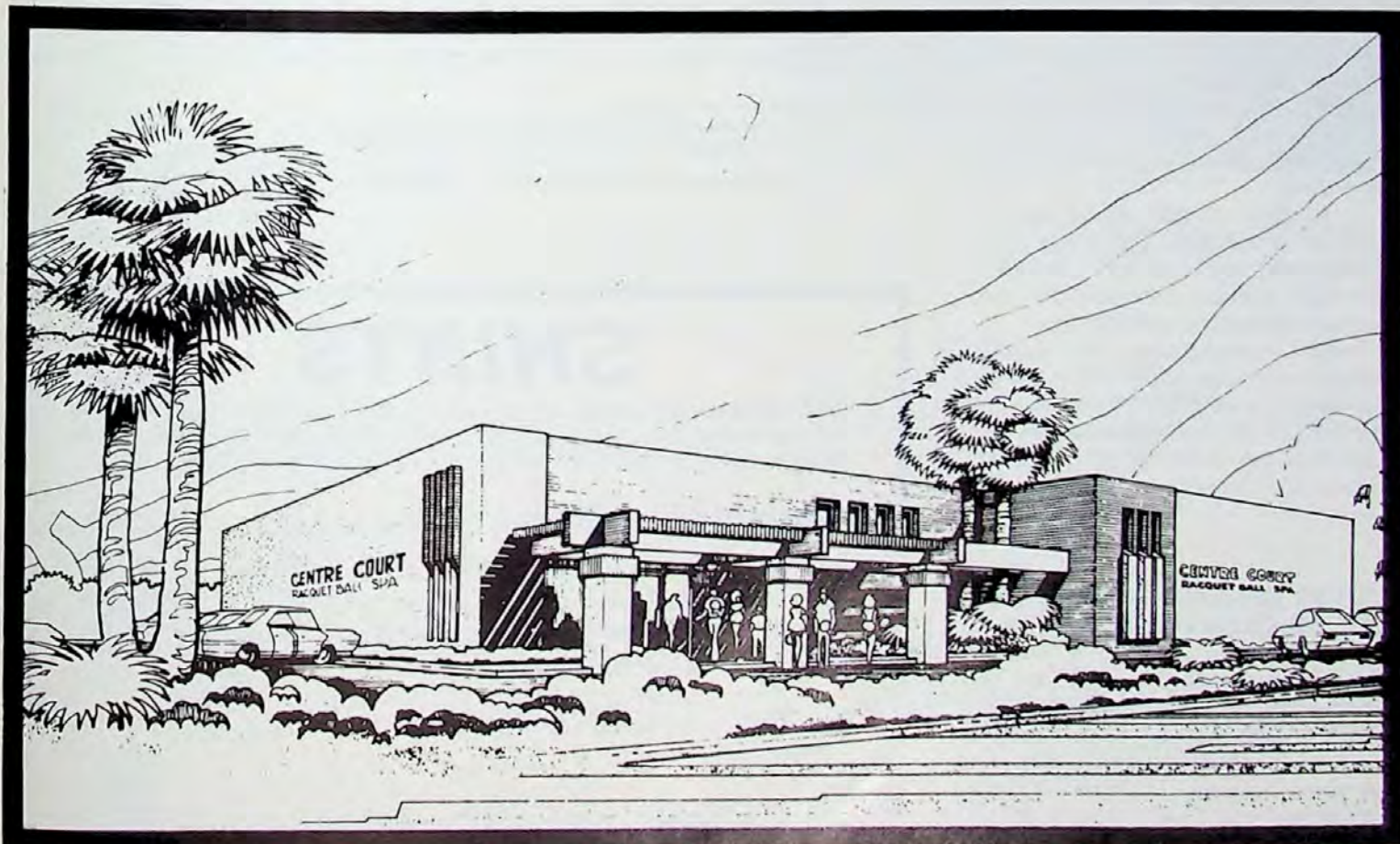
SEPARATE ACCOMMODATIONS IN NEW CENTRE COURT CLUB

A \$480,000 racquetball and health spa facility is scheduled for opening in August of this year in Phoenix, Ariz.

To be known as the Centre Court RacquetBall and Health Spa, the one and one-half acre site will have a two-story, 16,400 square-foot building.

The facility will include 10 indoor racquetball courts with modern lighting and climate control. There will also be a pro shop and lounge area. The club's design provides separate locker rooms for men and women with private dressing areas, jacuzzis and dry saunas. Separate physical fitness and exercise rooms will be under the supervision of 14-year veteran, Jay Caliendo.

Centre Court will be open to the public seven days a week, with charter membership being offered.



Centre Court Racquetball and Health Spa, Phoenix, Ariz.

Clubs

POSH FACILITY TO OPEN THIS SUMMER IN ORLANDO

The Racquet Ball, Orlando's first racquetball and fitness club for men and women, is scheduled for opening this summer. It will be located near I-4 and Lee Road on Adanson Street in Orlando.

Richly landscaped interiors and colorful graphic accessories are featured at the club. The Racquet Ball is entered through an open atrium area that is abundantly landscaped with lush greenery and bright flowers. The feeling of space and color is carried throughout the entire club.

A social lounge complete with game tables, theatre TV system and a health food bar affords members the luxury of total relaxation within a warm environment to share with friends for an enjoyable time day or evening.

The Racquet Ball is a 20,000 square foot facility containing eight racquetball/handball courts, a glass-walled exhibition court with a viewing gallery, a pro shop, and individual health spas and separate conditioning facilities for both men and women. Spa facilities include steam rooms, saunas, therapy pools, showers and luxurious locker and dressing rooms.

A physical fitness expert will be available to help plan and design conditioning programs that are compatible with each member's physical condition, personal endurance and stamina.

Family memberships are \$350.00 with monthly dues of \$35.00. Individual memberships are \$225.00 with monthly dues of \$25.00 and corporate membership fees are \$450.00 with monthly dues of \$50.00. There are no court fees.

COURT ROOMS OF AMERICA OPENS CLUB IN FT. WAYNE

Court Rooms of America has just opened its first Racquetball/Handball Club in Fort Wayne, Ind. The club features 10 plaster courts, men and women's saunas, Universal exercise equipment and a very large and comfortable lounge. The club will serve the many players from northern Indiana and western Ohio. Additional club openings are scheduled for 1977.

The Court Rooms of America system is interested in arranging for reciprocal playing agreements with other membership clubs. (waive guest fees on presentation of card, all transactions cash) Any

interested club is urged to contact Dan Roberts or Al Diefenbach, 4646 US 24 W, Ft. Wayne, IN 46804, for a fast reply. Also, serious inquiries would be entertained regarding future arrangements for Court Rooms of America clubs.

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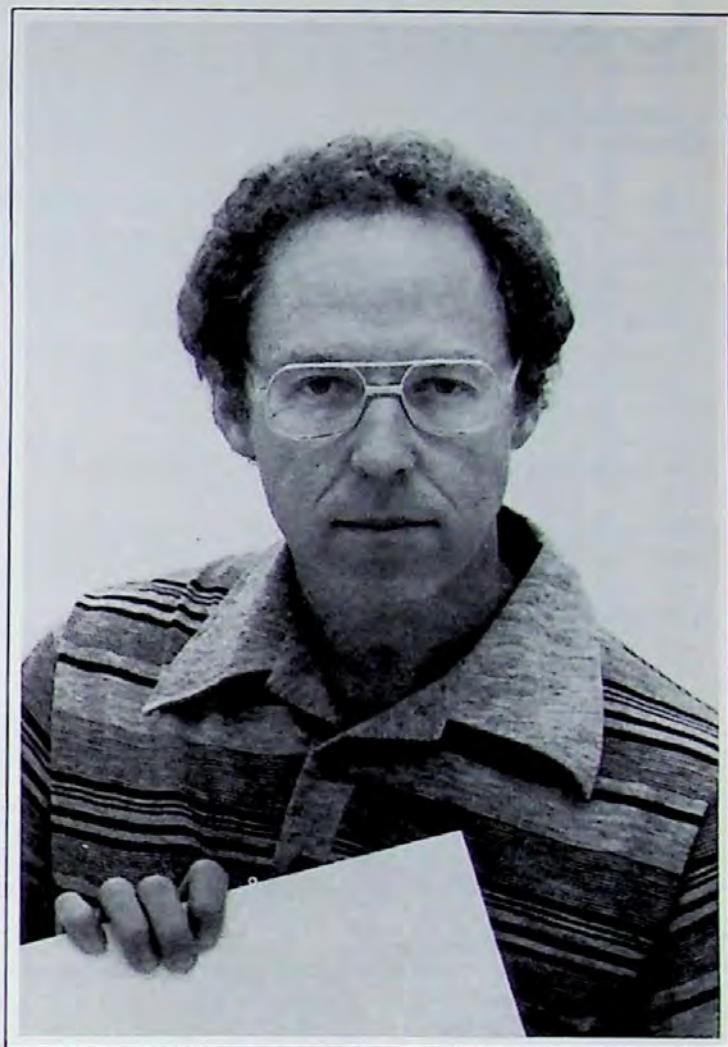
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Senior Singles Champion

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Clubs

CENTER COURTS OPENS IN VAN NUYS

The Center Courts, a 16,500 square foot racquetball and handball sports complex, is under construction at 8141 Orion Avenue, Van Nuys, one block east of Roscoe and the San Diego Freeway.

Upon completion in July, The Center Courts will feature 12 regulation air-conditioned racquetball-handball courts, four of which will be glass exhibition courts, a lounge with backgammon and other games, complete pro shop with equipment for rent or sale, men's and women's locker rooms with saunas, childrens play area and an outdoor coed jacuzzi.

Introductory membership fees have been set at \$18 for individuals and \$24 for families for the balance of 1977. An

hourly court rental fee also will be charged. Members may reserve court time up to 7 days in advance. Hours open to the public will be 6:30 a.m. to 11:00 p.m. Monday through Friday, and 8:00 a.m. to 8:30 p.m. weekends. Permanent court time reservations, assuring a court at the same time each week for a 26 week period will also be available.

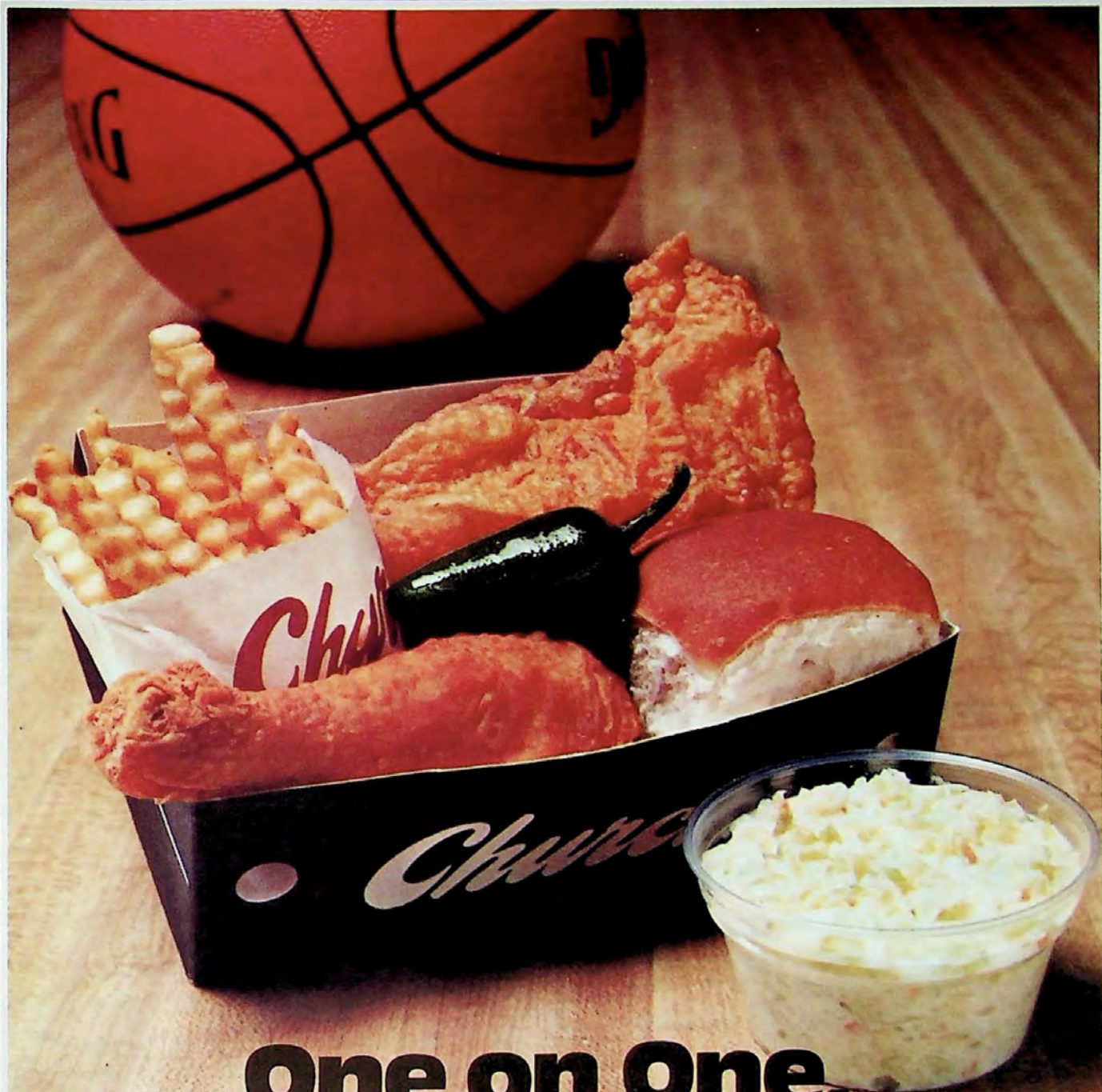
Both individual and group lessons will be given and a special women's round robin will be held every Thursday morning.

Following the opening of the new Center Courts will be the annual Los Angeles Racquetball Championships on September 2-5. The Center Courts, Van Nuys, will annually host this Labor Day

event under the auspices of the California Racquetball Association. The tournament is the oldest and largest in Los Angeles.

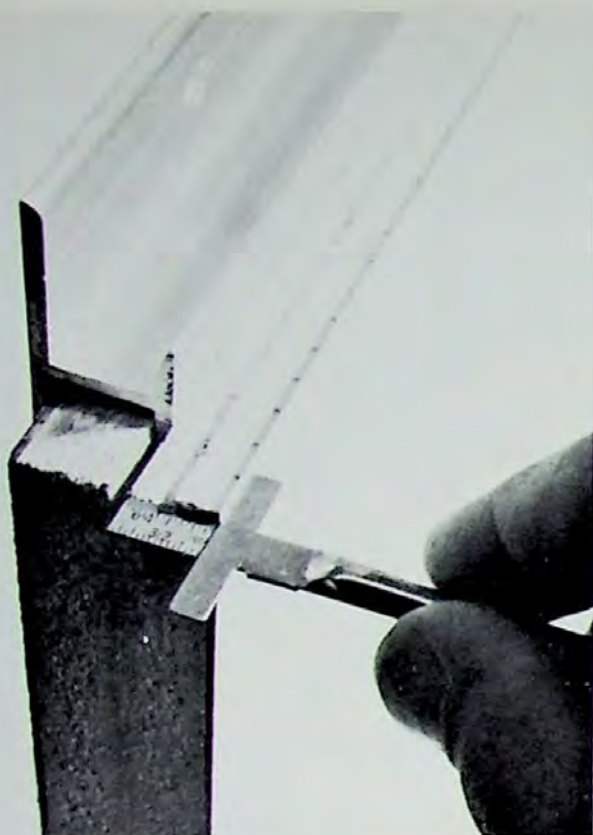
Racquetball comes to the movies—author Michael Crichton poses with a group of actresses after their audition for a racquetball part in the movie, "Coma." Crichton wrote the screenplay for the best-seller book, "Coma," and will direct the movie for M.G.M.





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The company's product is *solid*, and is backed by a *solid* statement: guaranteed for the *life* of the building in which installed.

The feeling of *solidity* you find in a Sports Unlimited court originates in the quality of manufacturing control. A plus/minus of 1/64th of an inch is the most that is permitted between the front of the panel playing surface and the front of the anchoring spline groove. That's precision!

It is the extremely small amount of surface deviation that lets Sports Unlimited give you the

nearest thing to a monolithic playing surface for racquetball, handball, and squash.

When you talk with a Sports Unlimited company representative, anywhere in North America, you can rely on what he says. He is backed as *solidly* by the company as the product itself.

For more specific information, call us for the name of the company representative near you. Let him give you a guided tour of a club using Sports Unlimited panels. (More than 300 are available.) He can point out methods and techniques that will likely apply to your own club.

But, if you aren't ready to visit other installations, write for a copy of our informative booklet about the Sports Unlimited panelling system. There's no charge.



MYRON RODERICK
President

KENT TAYLOR
Vice-president

405 624-1252

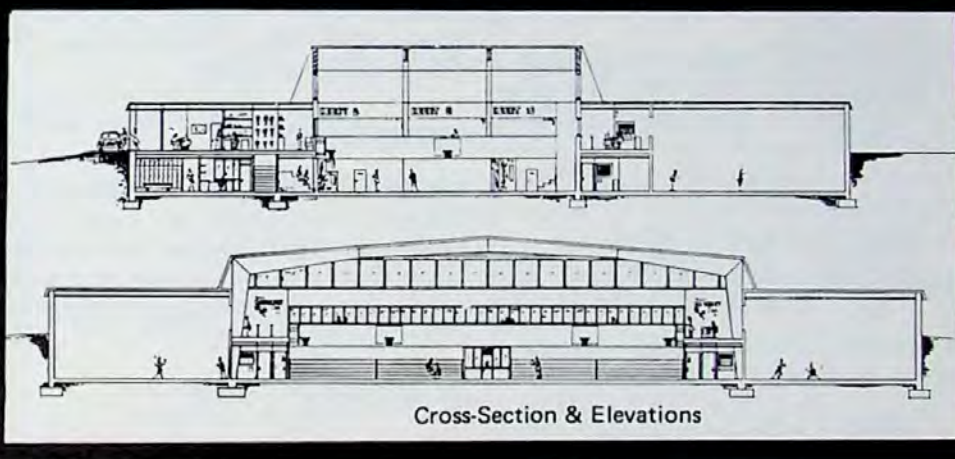
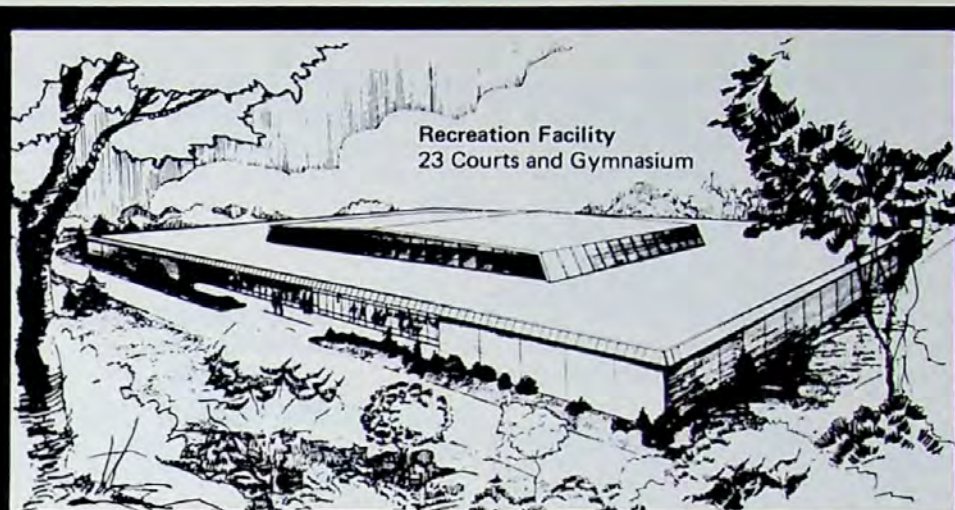
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Design Consortium, Inc.

Racquetball is coming on fast in New Jersey. One of the first firms organized to provide all the necessary services to investment groups in the Northeast is Design Consortium, Inc. The firm offers complete planning, construction and operation of a facility, tailored to your particular needs.

The basic design consists of a ten court facility that can be easily modified and expanded to include thirty courts. The 23 Court Complex shown here, consists of 16 racquetball courts, 6 squash (single) courts, 1 squash (double) court and a 65' x 120' gymnasium. Construction is now under way for a twenty court facility just off Rt. 80 near Wayne, N. J. that will open in the fall.

The firm has options on six other locations in New Jersey and plans construction of its second facility in approximately four months. For further information, interested parties may contact: William Mattison, Planning Consultant, Design Consortium, Inc., 8 Douglas Road, Glen Ridge, New Jersey 07028, Telephone: (201) 748-1452.



Joe Zelson Story

From page 31

I wanted to tell Joe's story because not only does it represent an additional dimension to racquetball but also because it might serve as an inspiration to those who might be unfortunate enough to find themselves in similar circumstances. Too often, the heart attack patient, through fear of the consequences, turns himself into a sedentary individual afraid to do the things he once enjoyed.

Joe's philosophy is simple—good diet, healthful exercise and moderation in everything is the best approach to the way back. He, of course, recommends consultation on a regular basis with your physician and if, perchance, your doctor doesn't agree—well you just may want to find another doctor. ●



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FOR FURTHER INFORMATION
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AT (216) 243-1050 OR
WRITE TO:
HARVEYS WALLBANGER
RACQUETBALL CLUB
17535 ROSBOUGH DR.
CLEVELAND, OHIO 44130

APPLICATIONS MUST BE RECEIVED BY AUGUST 15, 1977

Calendar/Notes

AUGUST

4-7 CHENEY, WASH.—Fourth World Racquetball Championships at Eastern Washington State College. Dr. Bud Muehleisen will conduct a racquetball clinic, Aug. 4-5. Contact Walt Zabel, EWSC Pavilion, Cheney, Wash. 99004.

11-13 SAN JOSE, CALIF.—San Jose Open, Supre Court III, 355 W. San Fernando Blvd., San Jose, Calif 95113. Contact: Mark Wayne (408) 289-1340.

19-21 OKLAHOMA CITY, OKLA.—August Open, Grand Slam Courtsy North. Contact: Larry Curts (405) 842-1315.

19-21 OMAHA, NEB.—Racquetball of Omaha's Singles Invitational; Tentative Events: Pro-Am, Men's Open, Men's "B", Women's Open, Women's "B", Juniors. Contact: Mark Hegg, Racquetball of Omaha, 3415 S. 67th. St., Omaha, NE. 68106 (402) 393-3311.

SEPTEMBER

2-5 CLEVELAND, OHIO—Vittert/Harveys Wallbanger, \$5000 Cleveland Open, 17535 Rosbough Dr., Cleveland, Ohio 44130. Contact: Joe Aguglia, AC 216-243-1050.

8-11 NORTH CAROLINA—North Carolina state tournament.

30-OCT. 2 SEVEN SPRINGS, PA.—Pennsylvania Sixth Invitational Doubles Tournament. Contact Luke St. Onge.

OCTOBER

21-23 EAU CLAIRE, WIS.—Women's Open tournament. Singles and doubles. Contact Judy Werlein, 700 Graham Ave., Eau Claire, Wis. 54701.

21-23 LOCATION TO BE ANNOUNCED—National Doubles, 9th Annual IRA Championships.

29-31 BOISE, IDAHO—Fifth Idaho Open Pro-Am, \$2500 prize money. Events: Singles—Open, B, C, Women's & Seniors. Doubles—Open, B, & C. Contact: Bob Petersen, The Court-house, P.O. Box 7043, Boise, ID. 83705, (208) 377-0040.

NOVEMBER

18-20 UNIVERSITY PARK, PA.—Nittany Lion Open at Penn State University. Open singles and doubles, senior and women's singles and women's doubles. Contact Jere Willey, Box 234, Lemont, Pa. 16851.

JANUARY 1978

27-29 HARRISBURG, PA.—Bentley Club Invitational. Contact Dick Snyder.

APRIL 1978

7-9 SCRANTON, PA.—Scranton Open, Scranton YMCA. Contact Loyd Capwell.

IRA NOTES

The IRA eligibility has been amended to read that only a paid up IRA amateur member in good standing may compete in an IRA sanctioned amateur tournament. A professional racquetball player is defined by the IRA as any racquetball player who has received money for playing in any sanctioned professional tournament after May 31, 1977. Any professional player may be allowed to regain his amateur standing by signifying to the Executive Director of the IRA that he wishes to again become an amateur player. After a period of one year he may again be designated as an amateur player as long as during that one year he does not play in any tournament that would define him as a professional player.

RACQUETBALL PRO

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