

National Racquetball®

Vol. 9 No. 4
April, 1980
\$1.50

• **KATHLEEN
QUINLAN PLAYS
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NATURALLY**

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Opinions

From Bob Kendler



Racquetball Week in Las Vegas — See You There

We can't say this is going to be another Mardi Gras, but we can say we will make it as close to a Fun Festival as possible. The Nationals this year from June 1-7 will outshine anything we have ever done before in many different ways.

For the players we will have the biggest and most rewarding tournament ever staged. The site will be the Sporting House, and this will be a revelation to anyone who has never before played in a truly luxurious court club. We hope to offer more prize money for the pros and some dazzling prizes for the amateurs, and that includes our amateur ladies. We know that every racquetball star will be present and, we are happy to say, a considerable gathering of movie stars. The Sporting House is the playground for most every celebrity in the entertainment business, so we think you will be delighted with both the site and its members. The courts, incidentally, are superb — all 22 of them.

For the family there are several new categories of play in the tournament so everyone can get into the act! Both the junior and the senior events will be broadened so folks of every age will have a place in the first National Championships designed for the WHOLE family. Special package deals are being offered at the world famous Tropicana Hotel and Country Club so any family can afford to come. Remember this is the official tournament headquarters where all the action takes place. Some can enjoy the expanded Casino while the rest of the family indulges in golf, tennis, handball, and health clubs, as well as racquetball. It's all under one roof with its brand new multi million dollar Tower.

You will find all the prices for the several packages in our entry form in this month's amateur section, and you will be amazed at the savings we have affected for our people. There has never been a bargain to equal this, only possible because we expect 1,000 or more to take advantage of the Tropicana's fabulous offer. Don't you miss the chance of having a vacation you thought you couldn't afford. This is priced to fit anyone's pocketbook and offers one surprise after another — to say nothing of the world series of racquetball.

Remember this is Las Vegas with its glittering lights, high rise hotels, top stage shows and famous entertainment personalities along the famous "Strip". Here a billion candlepower neonize night into day among the casinos that never close and the luxury and extravagance that make Las Vegas America's most fabulous resort. If you have never been here, it will be the treat of a lifetime. If you have been here, you'll find Racquetball Week will be a whole new experience. You'll rub elbows with the great names of two worlds — sports and entertainment. And you won't pay a premium for it, because we have made Trip Travel Services our official agent for this event. They are not only experts in travel and hotel accommodations; they also are friends of racquetball. They are real professionals and you shouldn't hesitate to call them if you have something special in mind. We highly recommend them to you. We also highly recommend Las Vegas to you. Don't miss it.

Evie and I will be there and I hope every one of you come over and say "hello" to us and the rest of our family.

Evie & Bob Kendler

Evie and Bob Kendler

O Lord, thou art our father; we are the clay, and thou our potter; and we all are the work of thy hand.
Isaiah 64:8

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From the National Commissioner



Racquetball Equipment Sales Still Going Up

The 51st annual National Sporting Goods Association convention and show at Chicago's McCormick Place Feb. 7-10 was an exciting and successful event. This is the premier showcase of the year for the sporting goods manufacturers in the United States and abroad. The sales generated at this enormous show cover an entire year's production for some manufacturers.

USRA/NRC has manned a booth at this show for the past five years. This gives us an excellent opportunity to spread the USRA/NRC story through posters, bumper stickers and magazines to the thousands of racquetball equipment retailers and manufacturers who attend the show. It also gives me a chance to make my own informal survey of the current state of racquetball by looking at the displays and talking with the people in the booths.

I am happy to report that 1980 should be a bonanza year for racquetball equipment sales. I know this from my own observation and conversations and from what I read in local newspapers while the show was going on.

Several sporting goods association people publicly stated that although sales of traditional sporting goods have generally leveled off, consumer purchases of racquetball equipment continue to show an explosive growth. One local business writer reported that a 40 percent increase in racquetball equipment sales was expected in 1980 over 1979.

This confirms my personal optimism for our great sport of racquetball. Once again — I'm proud to be part of it.

Joe Ardito
Joe Ardito

Our photo report on page 42 gives you an idea of the numbers of Sporting Goods Show exhibitors featuring racquetball equipment.

From Our Readers



Celebrity Family

Dear Bob:

Just a note to wish you a Happy New year and thank you for the great front cover spread you gave our family. The children really got a big kick out of it. All of a sudden they were celebrities. The only trouble is that now everybody thinks they are great racquetball players.

Richard E. Marriott
Washington, D.C.

In Praise of Los Cameros Club

Dear Editor:

If there is any special award given to a racquetball club for its sincere dedication to the improvement and development of our sport, then Los Cameros Court Club of Goleta is truly deserving.

Last quarter we at the UC Santa Barbara held the first—and successful—university tournament. We held it at Los Cameros, which provided courts and the use of their teaching pro, Donn Austin. Events coming up include two university tournaments, an invitational with Cal Poly San Luis Obispo University and—we hope—a local college invitational, perhaps in May.

Arnold Miyamoto
Goleta, CA

For information regarding the May tournament write to UCSB Racquetball, c/o Arnold Miyamoto, 6585 El Colegio Rd., #259, Goleta, CA 93017. ED

The Bible and the Dollar

Dear Friends:

I just began to play Racquetball a bit late at 50 years. I look forward to playing more and becoming at least a fair player. The need to have some form of good exercise is the main motivation for my interest in racquetball.

I am writing to ask two questions. First about the Scripture John 14:21; found on page 10 in *National Racquetball*, January, 1980. Why is it there? Who put it there? Bob & Evie Kendler or someone else? Are Bible believers part of this magazine? Are they in leadership?

Finding a Scripture in your Magazine is a blessing to me and no doubt many others.

Second question: Why does it cost so much to join a Racquetball club (\$62 with tax for one year single membership), while court costs are still high even for members—prime time \$4.50 per hour. I know the owners of the clubs must meet their overhead but it seems that a nonmember could pay the \$2 extra for a long time before he spent the \$62 needed for a membership.

In reading the magazine I learned that you all see racquetball as a family sport and good for everyone. Lower costs would put everyone in the sport and clubs.

I enjoyed *National Racquetball*, and think it is very informative, especially for a beginner like me. It is worth the \$1.50 it cost me.

Rev. Robert Opdyke
Rochester, NY

You're right. Our publisher, Bob Kendler, is a religious man who knows and quotes the Bible. He includes a Biblical quote in his editorial each month.

In answer to your second question you might try your local YWCA or recreation center to see if either or both offer racquetball. Many people play for less in municipal no-frill facilities. Clubs, on the other hand, are for-profit organizations, which set a price that makes it worth their while to be in the court club business.

You might also like to know that if you subscribe to National Racquetball for a year, the magazine won't cost you \$1.50 an issue—just \$1. ED

Sobek Still Plays

Dear Bob:

Anyone who is an ardent reader of the *Christian Science Monitor* can't be all bad.

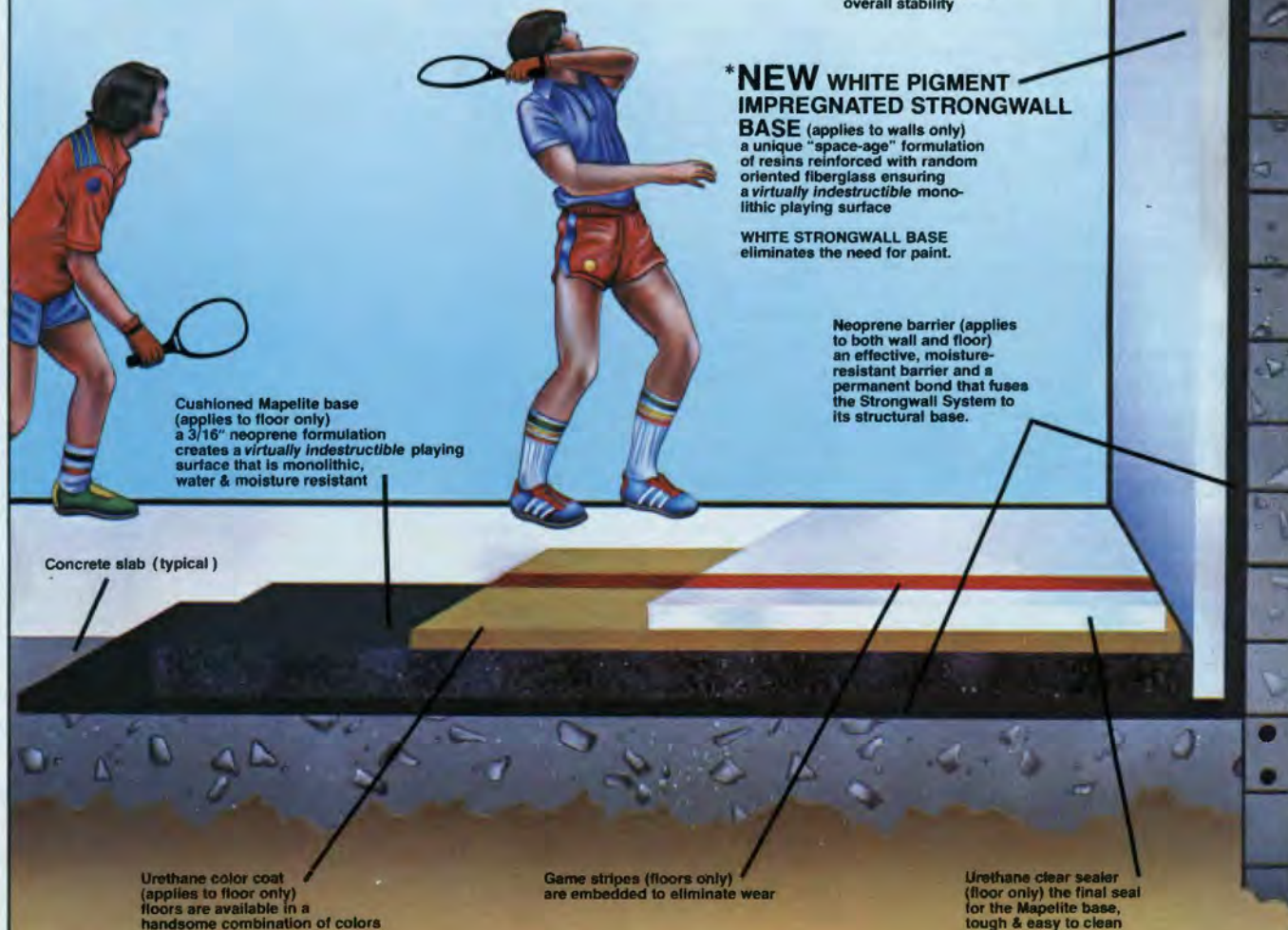
Many thanks for sending me the article published in the *Monitor*.

I still play racquetball and you should also.

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The day of the *Christian Science Monitor* interview I gave a racquetball exhibition on tape that was televised on New Year's Eve in the Boston area.

Joe Sobek
Greenwich, CT

1,300 MPH—Without a Racquet

Dear Charlie (Brumfield):

Your articles for *National Racquetball* have finally cleared up many of the mysteries concerning the mechanics of the game, as well as putting the funnnnn!! back in the game for me. I've always felt that the hardest part of the game is just hitting the ball right. Now that I can do that fairly well, it's really a joy to get out and practice just to hear the ol' crack of the racquet.

Regarding your theory of "coil recoil" (May, 1979, *National Racquetball*) I thought you might find this article interesting (or at least amusing).

Maybe we can train one of these little buggers to hold a racquet in its teeth and run it against Hogan this year.

The following photo and explanation from *Omni* are my comments on your January reference to the Dumbo's feather that helps win a game:

"BRUM JOINS AUDUBON SOCIETY...
TRADES DUMBO FEATHER FOR
WOODPECKER FEATHER"



High speed movies show that the woodpecker's beak hits a tree with an impact velocity of 1,300 mph.

Raymond Simone
Middlebury, CT

Instant Response to Resort Story ...

Dear Carol:

In your January article on resorts one of our clubs, the Miami Lakes Racquet Club, was identified as a club with reciprocity to a number of Miami resorts. I thought that you might be interested to know that we have had immediate results from the article. I know this first-hand because during one of my recent visits to the club there were ten (10) guests from the Doral Country Club who came to our club to play and indicated they were there because they had read about our club and program in your magazine.

I'm surprised that an article could be as effective as this, and I thought you would enjoy hearing about our experience. We were delighted with the results and appreciate your support.

Rick Legue
Chicago, IL

... Playing in Palm Desert

Gentlemen:

It is with interest that we read the January article on Resort Racquetball in your magazine. The Palm Desert Tennis Club built the first racquetball court between Riverside, CA, and Phoenix, AZ, several years ago. To the best of our knowledge there are still only two other courts in the Palm Springs area. Although we have only one court its use is restricted to owners and guests (which includes renters).

Bill Lints
Palm Desert, CA

... And in Hawaii

Dear Carol:

Thank you for including our Kaneohe Club (managed by Pam Westmeyer) in the article on where to play racquetball while on vacation. We are hoping that people from the mainland feel compelled to play racquetball while in Hawaii and at The Courthouse!

We have a policy that any mainlanders coming to Hawaii with their current membership cards from their club or from the USRA will be treated as members at our club. They will receive member rates and courtesies.

Jane M. Goodsill
Honolulu, HI

Classic Humor

Dear Mr. Muck:

So here I am leafing through the January edition, and page 40 comes upon me.

Then I came to, and what a joy seeing our Booklegger display in your racquetball book review.

Your marvelous sense of humor continues to seep through and I am in hopes your readers respond as I have. Reminds me so much of the many classic columns written by our local Jim Murray on sports. He's syndicated nationwide, but if you haven't tumbled to him, let me know and I'll introduce you to a now and then article.

My thanks and looking forward to the February edition and the continuing saga of more books ... books ... books!

Guthrie Kraut
Palos Verdes Estates, CA

New Marathon Record in May?

Dear Editor:

I was reading some back issues of your *National Racquetball* magazine and ran across your August issue 1978, vol. 6, no. 8. In your *National Racquetball* "Extra" section I read your article about Gerry Corcoran, a pro from Phoenix, attaining his record 100 hours and 13 minutes of consecutive racquetball play. This marathon record was of much interest to Mike McCarty, another employee of Mid-Court, and me. We would like to know if this record still stands or if there has been an updated marathon record?

Mike and I are beginning a conditioning program for an anticipated marathon attempt in early May, 1980, and would sincerely appreciate any information you may have that would help us in planning.

Doug Vesling
Gafton, OH

The current racquetball marathon record holder is New Jersey's Phil Ciarco with 158 hours. He took two minute breaks between games and accumulated his five-minute-an-hour rest periods so that he got off the court for several hours at a time during his more than six day achievement.
ED



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Rose Garden's

Kathleen Quinlan

Learned Racquetball at the Hollywood Y
by Nick Longhurst



In her latest film she plays a nun who falls in love with a priest, but in real life actress Kathleen Quinlan's love is racquetball.

Kathleen, who hails from Mill Valley, CA, is the star of *A Runner Stumbles*, in which she plays opposite Dick Van Dyke. In the movie she wears a nun's habit, but most days she is more likely to be seen wearing a pair of faded red sweats coming off one of the courts at the Sports Connection in Santa Monica.

She is a good B player, and from those in the know, probably rates as the best of the celebrity actress racquetball players.

Kathleen took up racquetball two years ago when she found that living and working in Hollywood was becoming constricting. A struggling actress in those days she missed the wide open hills of Marin County where she used to hike before she made the move to southern California to work.

She is a 23-year-old with goals, and one of them was to work at racquetball until she was competitive.

And strangely enough it took a trampoline to get her into the new sport.



Kathleen Quinlan's currently on movie screens around the country in her role opposite Dick Van Dyke in *The Runner Stumbles*. Other stars in the Stanley Kramer film are Maureen Stapleton, Ray Bolger, Tammy Grimes and Beau Bridges.

"It all started a long time ago when I was at Mount Tamalpais High School," she says.

At the school she was already an accomplished athlete and a competitive gymnast. Then she went to the nearby College of Marin to work towards a teacher's degree in recreation, to be able to give children self-confidence through physical movement.

"I started teaching children gymnastics, but then American Graffiti came along."

The film, which was shot up in Marin County, started off a storybook acting odyssey.

Kathleen answered a *cattle call* for extras needed to appear in some high school hop scenes in the film, most of which was being shot at Mount Tamalpais High.

Beyond the Sock Hop

"The producers called the school drama department for dancers for a 'sock hop' scene, and when I went the casting director picked me out and asked me to read a couple of lines of dialogue. I read for the part of one of Cyndy Williams' girlfriends, called Peg in the film, and I got the part.





"That was my first dose of Hollywood, and it made me decide I wanted more."

Her debut was hardly lucrative. She worked for two days at actors' scale — earning \$260 but the experience was enough to fire her up for a shot at something bigger.

"And now I get those whopping residuals every time American Graffiti is played on television," she adds. "Every so often a check for \$28 comes in the mail and I go out and have dinner on it."

The story book plunge into acting fit into her scheme to become a competitive gymnast.



"I wanted to continue in athletics and really go for that side of what I wanted to do, and I knew that if I could earn money outside the sport, I could protect my amateur status. It all seemed to fit together."

So on the strength of two days in front of the cameras she scraped together \$80, packed up her clothes and moved down to Los Angeles.

"I worked as a waitress in a coffee shop and lived in an old sleazy motel. I used to have to wear a Pepto-Bismol pink uniform just to earn my \$1.45 an hour."

The Quinlan luck was still there, and when she read for her first television part — she got it.

She had another strongly defined goal: within one year of her move she wanted to work in a film.

That one she made, too. Four days before the end of year one she was accepted for a lead opposite Sam Elliot in a California sun and surf movie called *Lifeguard*.

That got her the BIG one, a property called *I Never Promised You a Rose Garden*.

All Night Long

She tackled that, too, with her typical all-out effort. She picked up the script the day before and stayed up all night rehearsing it.

"I knew that often the casting people would switch scenes around. One day they ask you to rehearse one or two scenes, then you go in to read and they ask you to do something entirely different."

"So I rehearsed the whole thing, all night long."

That policy paid off, because after reading for three and a half hours the director — Anthony Page — decided to use her. She made the film and rates it her best.

"For me it is the only work. I have enjoyed all of the other films I have done immensely, but 'Rose Garden' is my favorite. I played a 15-year-old girl in a mental asylum; it was a difficult but very rewarding part. I like to work at the high level of intensity I achieved in that film."

Putting it all out for a part takes a lot of toll psychologically, and Kathleen found out that she needed a release. So she decided to go back to athletics and she joined the YMCA in Hollywood — because there was a trampoline.



Not Fancy

"I was making money as an actress, but I still couldn't afford to join a fancy sports club. So I went along to the Hollywood Y. And that place has all of the looks and smells of an old-time sports facility that not many people ever see."

While she was there, working out on the trampoline, she saw some of the hardened regulars playing racquetball.

"Finally they asked me if I wanted to play because they had seen me watching so many times. One of them offered to coach me and I started to learn the correct shots and the positioning."

And that did it; with some friends she joined the Sports Connection and started to play two or three times a week.

Then came her latest film, another high intensity drama, *The Runner Stumbles*, in which she plays a nun — Sister Rita — who has a love affair with a priest. The movie was directed by Stanley Kramer.

"Making that movie I needed to release some of the daily tensions, so as soon as I could get away I would go and play racquetball."

"I hurt my shoulders doing gymnastics and that's another of the reasons why I turned to racquetball instead of tennis. Every time I would do an overhead in tennis my shoulder would dislocate. I don't have that problem with racquetball."

"I play hard for the whole hour and I feel that I get a really strong aerobic benefit from it. And sometimes when I just get all wound up, I go and hit racquetballs."

Watching her play it is easy to see that she is a natural athlete. Watching her roll up to a club — normally surrounded by expensive, imported sportscars — in her '57 Chevy half ton pickup truck, well ravaged by time, it is easy to see she is an all-around natural — an unspoiled part of the Hollywood scene. ●



—Peter Borsari photos



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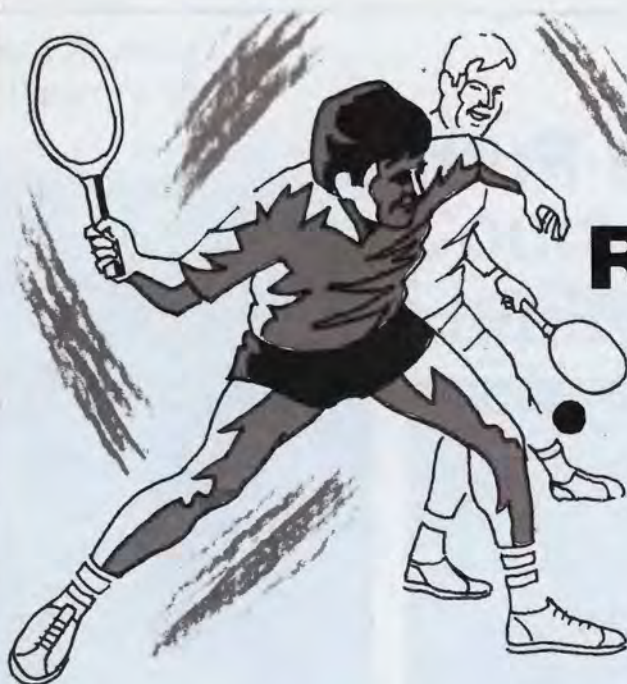
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Club Manager Fills Tournaments of the Future

by Dave Kaiser

Development of young juniors into tournament players is the aim of an organized training program begun in Fort Lauderdale, FL, by Fred Blaess, director of the Courtrooms, one of four of Broward County's indoor racquetball clubs.

Eighteen school age students meet every Saturday at noon for a two hour practice session directed by Blaess.

"We are trying to develop young juniors into tournament players," explains Blaess, who points to Brenda Poe, 18, and Sergio Gonzales, 15, consistent winners in Florida Open events, as successful products of his program.

Everyone connected with the training plan is so enthused, they've attracted sponsors to foot the bill for the entire program. Vittert Sporting Goods donates shorts, shirt, racquet and gym bag and The Courtrooms donates free court time and instruction each Saturday.

Juniors come to Blaess' club from miles around. The Gonzales' drive 25 miles to and from South Miami to get Sergio and his brother, Oscar, 11, into the Saturday sessions.

Blaess started the program in the spring of 1978 by rounding up a group of Courtrooms youngsters. The number of boys and girls, ranging from eight to 17 years old, more than doubled after the first year.

"I began this training because racquetball has become such a popular recreational sport in Florida," Blaess says. *"There was not much chance for the kids to develop their skills because the adults were monopolizing the courts."*

Another roadblock was the expense. *"Most courts require a membership, the purchase of court time, and pros charge from \$7 to \$12 an hour."* The Courtrooms gives each of its young players a free membership and unlimited use of the courts.

Fred Blaess poses at the Coral Gables Kunnari/Leach Tournament of Champions with members of his current juniors program who all placed in the amateurs: standing, left to right, Karen Rosenberg, 15; Sergio Gonzales, 15; Lynda Kuchenreuther, 14, and kneeling, Edward "Bump" Blaess, 10.

—Gay Newman photo



During Saturday sessions Blaess uses the first hour to drill his students and then for the second hour they play matches and obtain pointers.

"I have the youngsters learn control by getting them to practice ceiling shots on half of the court," Blaess explains. *"For speed and reflex two students stand side by side and hit the ball against the front wall as fast as possible."*

The methods taught by Blaess seem to work. Last year Sergio Gonzales took first in all the 17 and Under events in southeast Florida and he placed third in the USRA National Juniors. And at the Sportsrooms February pro stop in Coral Gables Sergio took second in the Men's Amateur Open, beating top Illinois player, Dennis McDowell, in the semi-finals. Brenda Poe, 18, a graduate of Blaess' program, is now the best woman player in the state of Florida.

Fred Blaess instructs Sergio Gonzales during the early months of the Courtrooms' Juniors program, now in its second year.



Blaess' own son, Edward ("Bump"), who's 10, took second in the 13 and Unders at the Sportsroom event and is the second seed in Florida in that age division.

Blaess' students like to learn together. They regard themselves as a team, traveling together to tournaments (courtesy of Vittert and Superade) and providing each other with a guaranteed cheering section.

The idea for a junior program came naturally to Blaess, a former Illinois state champion. He has been involved in the sport for over a dozen years and was president of the Illinois State Racquetball Association for five years. Blaess served as manager of Chicago's first racquetball club, the Court House, for two and a half years, and took over as director of the Fort Lauderdale Courtrooms in 1976.

"I was never able to start a junior program in Chicago because there weren't that many juniors available at the time I was living there," Blaess says. *"I did have the opportunity there to watch the training program at the St. Louis Jewish Community Center and saw Marty Hogan, today's number one ranked pro, and other top players get help from adults."* ●

White's Right at Alex Guerry's Club



Alex Guerry, major owner of the Sports Barn, which is pioneering Twin Vue glass in a court club, reports that *"the white glass has helped sell our complex to Chatanooga."* Guerry's club was sold out a week after it opened.

An invitational tournament at the Chatanooga club last November proved that the pros liked the glass, and now the Sports Barn members are playing in the court which gives the look of a solid wall from the inside, while viewers see into the court from the outside of the glass.

The Sports Barn, built in a former bowling alley and bus barn, contains 14 racquetball courts, a 12 lap mile running track, exercise areas and a bar.

New Court Club Listings

Boulevard Mall Racquet Club
1185 N. Falls Blvd.
Amherst, NY 14226

Buffalo Tennis Center
2050 Elmwood Ave.
Buffalo, NY 14223

Classic Sports
1633 Broadway
New York, NY 10019

Christian Life Center
111 S. Seventh
Muskogee, OK 74401

Conroe Racquetball Club
906 Wilson Rd.
Conroe, TX 77301

DuQuoin Racquetball Club
RR #4 Box 245-A
DuQuoin, IL 62832

Four Wall Courts
580 Cayuga Rd.
Cheektowaga, NY 14225

King Richard's Courts
1421 Pepper Ave.
Wisconsin Rapids, WI 54494

Lockport Racquet Club
304 Elmwood Ave.
Lockport, NY 14094

Magistrate Courts
3201 N. Lorraine
Hutchinson, KS 67501

N. Falls Racquetball Club
1342 Military Rd. (Beverly Lane)
N. Falls, NY 14304

Okolona Racquetball Club
5609 Fern Valley Rd.
Louisville, KY 40218

Olympic Racquetball Courts
2132 Connecticut
Joplin, MO 64801

Racquetball & Health Center
51 S. 1st E.
Rexburg, ID 83440

University Club
546 Delaware Ave.
Buffalo, NY 14202

Waterfront Racquet Club
229 W. Genesee
Buffalo, NY 14202

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For details on how some Blaess Juniors did at the Tournament of Champions turn to the pro stop story on page 66.

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Women In Racquetball



Carol Brusslan

Out of the Blue



Three years ago, when racquetball players were still pioneers, this magazine first introduced its new section, "Women in Racquetball."

Bordered in blue so females could find it in a hurry the section was the magazine's official way of saying "racquetball is a two sex sport — women are playing the game." The first section featured a nationwide racquetball roundup indicating that more than a third of the players were women.

Lately we've been thinking about that other two-thirds of the players. For some time there have been questions plaguing us. Questions like:

- Was "Women in Racquetball" fair to the men?
- Why did a man have to be a closet reader of those blue bordered pages?



• Wasn't it true that men of today cared just as much as women about food, about looking good — about women who'd made contributions to the sport?

• Why couldn't a man be a topic for "Who's Playing Racquetball?", a series so popular that our file of subjects suggested by readers numbers into the hundreds?

The answers were obvious. Just as "racquetball" no longer elicits a "what's that?" reaction, women are no longer court club curiosities. Racquetball has come of age.

To acknowledge that progress *National Racquetball* is moving racquetball women into the regular pages of the magazine. And as "Women in Racquetball" leaves its one gender ghetto, it frees those colored pages for the part of *National Racquetball* that means most to every reader — the instruction.

Starting with this issue readers will be able to find, tear out and save the information that touring pros, club instructors, college teachers and inspired players put together to make racquetball a better game. And the *National Racquetball* instructional section will touch on special playing pointers for women — topics like producing power and improving eye-hand coordination, women players' problems that more than one man has run into.

At the same time features about women will continue to be an important part of *National Racquetball*.

Men in racquetball — women in racquetball welcome you. ●

Inside the Master's Mind

by Charlie Brumfield



With this article Charlie Brumfield, four time national champion and touring pro for the Sportrooms Racquetball Clubs, continues his exclusive series for *National Racquetball*.

The Head Game: Part II continued — While You're Playing the Match

I'd like to continue last month's discussion about specific game plans and how to apply them by talking about one of the most common types of opponents you will face: the Shootist, the pure shot maker.

The Shootist

Now the "killer instinct" can be combined with power or without. I've seen players, such as Roger Ehren out of Long Beach, CA, who've beaten me, yet couldn't break a wet paper bag with their shots. But Roger's constantly going for bottom board and you can't be too careful against a player like that.

There are basically three ways that I've found to beat the Shootist. The first way to beat players who try to kill everything is to give them the worst possible percentage shot to shoot and then take good center court position and cover. Now I'm well aware that in the August, 1979, issue of *National Racquetball* magazine I wrote an article entitled "Blasting the Old Center Court Theory", in which I stated that the traditional center court position was obsolete due to the power of the ball blowing past you. But that pertains more to the pros and the future game of racquetball when more players have learned to imitate Hogan's power strokes. For this article let's assume that you're playing a Shootist of only average power so that you can still play the traditional center court position.

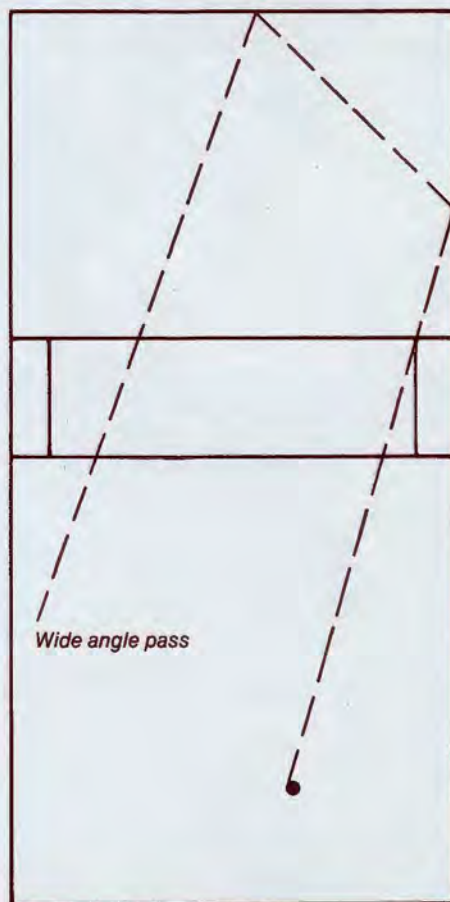
Take Center Court

When a Shootist shoots the ball, generally speaking, he or she will be looking for the first opportunity to end the rally and oftentimes that comes right away on the serve return, which is when the Shootist is in very deep court. If that is the case, you have the advantage of being in better position since you're already in center court when you serve. From there you can anticipate the shot in such a way as to start moving forward and into the correct coverage zone much sooner. (Remember that we discussed predictability last month. If you know that 90 percent of the time a certain opponent will try to kill the serve return, then you can start moving up to cover it a lot earlier than if you waited to see which shot would be hit.)

After you have rekill the serve return several times the Shootist becomes very anxious about the success ratio of the shots. This tends to force the Shootist to make finer and finer shots or at least think she or he has to. Then the skip ratio goes way up. If you get a Shootist skipping the ball, you've got 'em by the short hair. At that point the Shootist loses confidence and will have difficulty making even easy kill shots.

Make the Shootist Anxious

So if we're talking about the anxiety producing shots to hit against the Shootist, the ceiling ball deep along the backhand wall is an excellent shot. The overhead drive into the body is another excellent selection. You



should also hit the wide-angle pass away from and behind the Shootist. If the Shootist attempts to return any of these shots with a kill the usual result is frustration. If, on the other hand, the Shootist decides not to shoot and goes defensive instead, then you've followed rule number two described last month: force your opponent out of his or her game style.

Brumfield's defense against Shootist Steve Serot was "shoot first."

Figure Out Weaknesses

Generally speaking most people are weaker on their backhands. So when you play shooters, you want to let them try to kill their backhand rather than their forehand. The point is simple: figure out what shots you feel are the weakest in your opponent's repertoire, such as shots from deep court, and concentrate on them. If the Shootist can roll the ball out from 39 feet, he or she has earned the point. If the Shootist skips the ball, you are given the point without even working. If the Shootist leaves the ball up, then you should be ready to move in for the rekill.

This brings up the point of anticipation. The best way to anticipate your opponents' shots is by charting them out during your pre-game preparation if at all possible. Figure out what they are likely to do in particular circumstances — court position-wise, scoring-wise, fatigue-wise. If you know what they'll generally hit, then you can be a half a step on the way up ahead of the ball, and then the shot has to roll to beat you. If it doesn't roll, then you can rekill it, while your opponent's still in deep court.

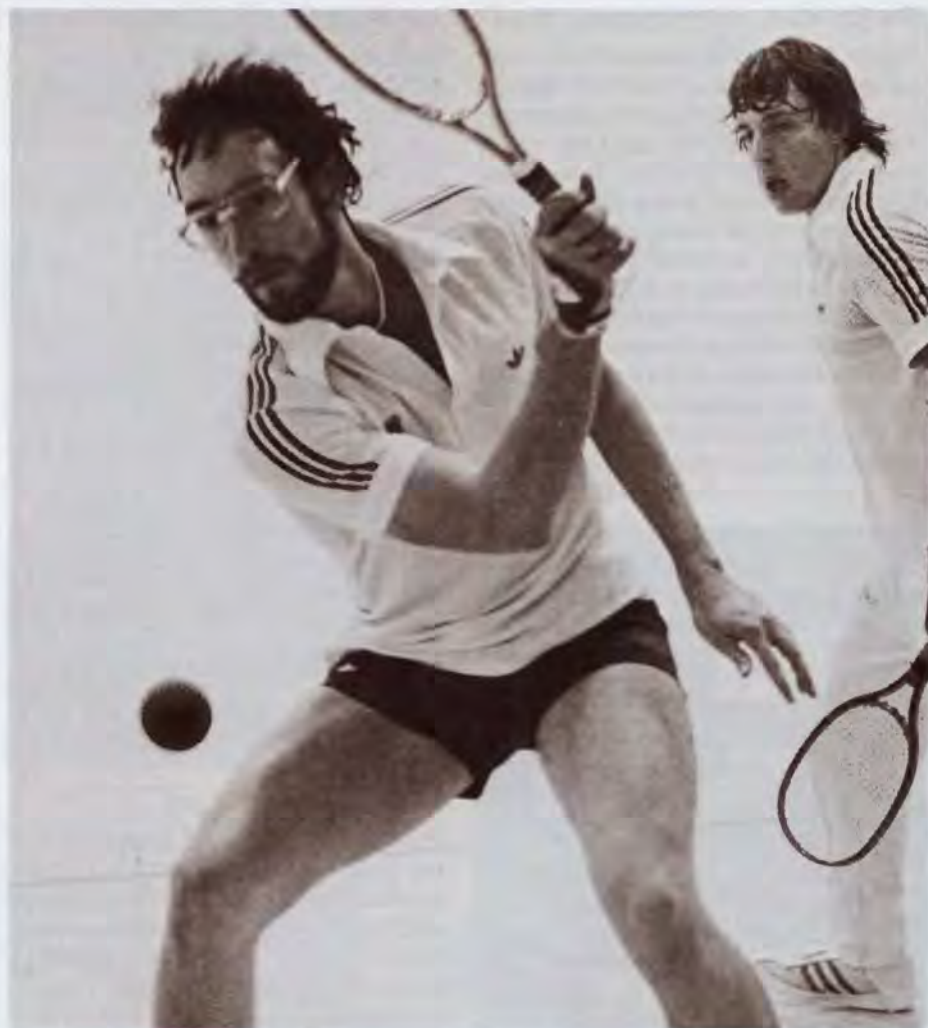
So point one is to give the Shootist the most difficult shot to shoot and then move in to cover. Point two is to come out with your guns ready so that you can shoot before the Shootist does. If you give the Shootist the opportunity to kill the ball, then you're dead. You can beat the Shootist to the draw if, following rule number one,

you are able to shoot with a relatively high success ratio. By shooting before the Shootist gets a chance to, you'll succeed in rule number two, also.

In my heyday I was primarily a passing player. I relied mainly on moving the ball four or five or six times in the course of a rally, trying to tire my opponent and move him out of position. When I played Steve Serot, however, who was the most notorious Shootist of his day, I didn't have the luxury of doing this. First of all Serot was also an excellent retriever who didn't tire from the tour of the court; secondly before I could give Steve five or six passing shots, he had already rolled the ball out. The averages would have killed me. So instead I utilized the second way of approaching a Shootist: Shoot the ball before your opponent has a chance to.

Serve Conservatively

The third way to handle a Shootist, especially one who is deadly when killing the serve, is to try to serve more conservatively, rather than aggressively. Normally you can serve a decent low, hard drive and the average receiver is not going to try to shoot the ball. Chances are he or she will be off balance and decide to go to the ceiling to be safe. However when you're playing a high percentage Shootist who also has the ability to hit on the run, it's preferable to give him or her what we discussed earlier: the most difficult shot to hit. Give 'em the high ball, make your opponent hit down with an acute angle so that the ball pops up. (This is the same principle you used when attacking the Bull, as I discussed last month.)



The Crowder

The next style player we want to discuss is the Crowder. If we wanted to use two pro players who epitomize this particular style of play, one would have to be Steve "the Rat" Strandemo, who is very much known throughout the pro tour (even more so in his younger days) for being inside your sweat shirt just as you begin your swing. And also the front side crowder of all time, Shannon Wright, who backs into you, bent over, facing the front wall, allegedly being able to see the whole play out of the back of her NC2 T-shirt.

The Crowders:



Steve Strandemo



Shannon Wright

Ignore the Crowder

The Crowder relies more than anything else on throwing off the rhythm of your swing (a perfect example of rule number two). However generally speaking Crowders will not get so close as to become subject to the waffle face, unless they have no regard for their own bodies. If you realize this, then all you need is complete mental discipline so you can play your own game (rule number one) and block out all distractions from your mind.

Unfortunately to completely ignore an experienced Crowder takes the concentration of Jack Nicklaus, the pro golfer. As the story goes, Nicklaus was putting while a car wreck was simultaneously occurring. He sunk the putt and someone asked, "Didn't that crash bother you?" and Nicklaus replied, "What crash?" That's concentration, and that's about what it takes to not be affected mentally by the Crowder.

Use Your Body as Block

The second method of dealing with the Crowder is to hit the ball in such a way that you are between the Crowder and the ball. In other words your body blocks out the Crowder momentarily as you hit the ball, so actually the Crowder's closeness has worked to his or her disadvantage. The Crowder can't really go around you and the referee really can't call a hinder because the inopportune position is the Crowder's own fault.

Hit Back

The third possible method of dealing with the Crowder is the "Donny Thomas Right", used so effectively by me in the Nationals in 1978 where you gradually, piece by piece, remove your opponent's kidney with a full shot. I don't recommend this too much in amateur racquetball because most of the time your opponent is in the way because he or she isn't aware of proper position or has lost track of the ball. I might add that sportsmanship should come to the fore in amateur play and I believe that, in all cases, if you feel there's any chance of hitting the player with the racquet or the ball, you should hold up.

However in major tournaments and in pro tournaments crowding is usually an intentional attempt to dictate which way your shots will go. If a player repeatedly does this after I've warned him and asked him as nicely as possible to move out of my way, I always hit the player as hard as I absolutely can in the back. Be sure that if you do hit the Crowder, you do it somewhere that won't cause permanent damage, but where you will cause at least an eight in pain threshold on a scale of one to ten.



The "Don Thomas Right" is a last stand defense against a Crowder.

There's no point in hitting every shot to One-Armed Bandit Steve Mondry's backhand.



The One-Armed Bandit

The One-Armed Bandit is the player who has a tough forehand, but no backhand or just the reversal. You'll find these people to be very, very prevalent in the amateur ranks. As a matter of fact there are still a few professionals who are really One-Armed Bandits.

First to Strength

How do you play against people who can only hit from one side? Strangely enough you should keep the ball to their strong side on the first shot. If you can do this and hit the ball well enough so that it is not killed on you, you will have the whole court to hit to the weak side. This may seem contradictory, but maybe an example will help clarify. Marty Hogan can hit the ball equally well on both sides. Jerry Hilecher cannot. So Hogan will serve to Hilecher's strong forehand. This surprise attack throws Jerry off balance so that Marty's next shot is an easy plum to the nonexistent Hilecher backhand.

Naturally every player who earns a living playing racquetball is attempting to improve whatever weakness he or she has. Even so a guy like Steve Mondry who plays on the pro tour is probably 100 percent more efficient on his forehand than his backhand.



Sometimes Marty Hogan chooses to serve to One-Armed Bandit Jerry Hilecher's strong forehand.

But you'd be doing yourself a disservice if you hit every shot to Mondry's backhand. Eventually he will catch on and will be able to overcorrect his position to favor that side in such a way that he doesn't even have to move for the shot. In addition if Mondry is forced to one particular stroke over and over again, he's bound to get sounder on that stroke, even in as short a time as the duration of a match.

Then to Weakness

Therefore the best way to beat a One-Armed Bandit on the weak side is to force him or her to the strong side and then back to the weak side so that the One-Armed Bandit has to play in the center of the court without favoring either side. The One-Armed Bandit also doesn't get a chance to work on the weak side enough to improve it; therefore you're still able to exploit the weakness.

In addition by occasionally serving to the One-Armed Bandit's strong side, you'll probably catch him or her off guard enough for your serve to be an ace. Nothing is more demoralizing to the One-Armed Bandit than an ace to the strong arm, because if he or she loses confidence in that shot, there's nothing to fall back on.

The Dinker

What about the Dinker? The player who comes to mind again is Roger Ehren, a long time amateur pro. When you're playing against someone who hits the ball very, very softly, it can be a totally frustrating change of pace. The present so called pro style of play, which most pros use and most amateurs aspire to, requires a constant hard hitting barrage of shots. But against the Dinker your coverage patterns are probably three or four feet closer to the front wall than usual, the ball's traveling much slower than usual, your timing's completely off — so it's no wonder that playing a Dinker is frustrating.

Don't Counter Dink

What is the best way to foil the Dinker? Probably the best thing to do is stick to rule number one: play your own game. The mistake I made when I used to have problems with Dinkers

was I tried to outdink them. Do not dink with the Dinker. You also don't want to try to overpower the Dinker either. Probably neither one of these is your style and therefore attempting them against the Dinker would be in violation of rule number one.

Use Normal Speed

Another reason not to try to overpower the Dinker is because you only make it easier for the dinker the harder you hit. All the Dinker has to do against a power player is block the ball with a square racquet face in order to dump the ball in the corner. For the same reason it's easier to bunt a fast ball than it is to bunt a change-up. You use the power of the pitcher against him or her. The same is true with a Dinker. He or she will try to use the power of your shot against you so the best thing to do is hit a normal speed shot and force the Dinker to generate the power.

Move Shootist Defenses Three Feet Up

Many of the shots you should hit against a Dinker are the same as those you should use against the Shootist. Shoot the ball before the Dinker gets a chance to throw you off balance. Give the Dinker the low percentage shots to shoot. Serve conservatively, rather than aggressively, against the Dinker. All of these are true for the Shootist, also, but the main difference between playing the two is in your pocket of defense. The Shootist usually hits the ball with enough power that you can position yourself in center court, but anticipate for the kill attempt. The Dinker, on the other hand, hits so softly that you have to move your pocket of defense up three or four feet to compensate for the fact that the dink won't rebound as far off the front wall as it will against a harder hitter.

You also have to be in good shape to play a good Dinker. You are forced to position yourself in front of your usual defensive position, as I just mentioned, but this leaves you vulnerable to a wide angle medium speed pass shot. You'll be a sitting duck in front court if the Dinker is successful with a one-two attack, namely the dink straight in, coupled

with the wide angled pass around you. So what you want to do is try to shoot the ball before the Dinker does, as we already discussed. If you shoot first, you will lure the Dinker into front court and then *you* will be in position to use the one-two attack.

The Turtle

Now let's "*quickly*" examine the Turtle, the player who could be entered into the *Guinness Book of Records* as the world's slowest land mammal. Essentially Turtles are pretty good shooters, otherwise they wouldn't be facing you at this round of the tournament.

One-Two Punch

Generally most Turtles are overweight and in relatively poor condition. They can't hit the ball on the run because they can't run. Therefore you'll want to reverse the principles you used against the Rabbit. On the serve you don't want to give the Turtle the high, soft stuff so that he or she can just stand there and hit wherever is most effective. Instead make Turtles lunge for the serve. Once you have Turtles on one side of the court, it becomes very difficult for them to recover to the other side. This is what I call winning by the "*one-two punch*" method of racquetball. You serve to the left, the Turtle crawls over to the left and returns the serve, then you punch the ball down the right wall. There's very little chance of error, so your punch shot can be just about any height as long as it angles along the wall.

There are many serves you can use to set the Turtle up for the *"one-two punch."* You can serve the slow drive one inch over the line, but wide. You can serve the short angle crack and the drive and fly. One of the best serves against the Turtle is the walking shadow down the right wall. This one really bothers the Turtle because he or she doesn't have the innate physical quickness to recover from the inevitable *"legal"* screen that occurs ala Lynn Adams or Jerry Hilecher. So on the serve I would say that it's in your best interest to jerk the Turtle from one side to the other.

Ball in Play

As far as rallying against the Turtle the number one objective is to keep the ball in play. Whereas the Rabbit never tires of chasing down your passes, the Turtle will drop dead after a few long rallies. You don't want to kill the ball or hit perfect passes because the Turtle is an expert at knowing which shots are gettable and which are not. You're not going to tire the Turtle if he or she won't run for your shots. Therefore you want to *"dangle the carrot in front of the player's nose."* Hit shots that are just barely returnable or else just out of the Turtle's reach so that an attempt will be made to run after them.

This is the kind of player that I used to love to play because I could hit the ball short on him with soft pinches and by the time he staggered up at the Guinness Book's record speed of 14 feet per minute, unless his babies are threatened, he was so off balance that all I had to do was wide angle pass him ala Niederhoffer, and he'd have to scurry back. A few trips like that and they begin to check their odometer. Turtles lose what little quickness they have and become easy prey after the patented guided tour of the court.

Game Plan Tactics

The Hot Opponent

What if you're playing a *"hot"* player? This could be any one of the particular stereotyped opponents we discussed. When you meet someone on a hot streak, try to relax and don't panic. I've found over the years that the best way to handle a hot player is to ride the hot streak out. Don't reject your game plan just because your opponent rolls out the first four balls. Rarely will anyone be able to maintain that kind of a streak for three-quarters or even half of a game. So if you run into somebody who's annihilating you and your game plan, don't give up. Stick with it because you spent a lot of time formulating your strategy. It's probably correct for this particular stereotyped player, who is just temporarily playing over his or her head. It's possible that a player can play unbelievably well for an entire match, but not likely.

When to Stick with Plan

Another rare occasion is to come up against another player who is playing according to a preconceived game plan. The rule of thumb is to stick to a winning game plan, even if your intelligent opponent has switched game plans to compensate for the fact that you're winning. Don't change what is winning for you simply because your opponents do. They've been forced to make the change; you haven't.

Now sometimes your opponents' changes in position or shot selection or tempo will turn the winning tide. Then you should consider a change in your strategy. That's why it's necessary to have a sound grasp on the fundamentals.

Mapping out your opponent ahead of time is also important so that you can anticipate what potential changes the Brain might make if you get the lead. For instance when I used to play southpaw Steve Serot, we'd go 21-19 in the third game every time. He would consistently hit his forehand down the left wall and his backhand down the right wall — straight in — all the time. And when he was losing, rather than start pinching the ball, Serot would try to snap and pull the ball by me on the cross court.



Serot game plan: forehand down the left wall, backhand down the right.

As soon as Serot started to make that change I would gamble, cut off the ball on the wide angle, and drop it into the corner. By guessing correctly I had beat him to the punch and by then he was so totally frustrated because his Plan B hadn't worked either. Only by watching Serot and playing him often enough was I able to anticipate his alternate plan of attack and foil him before he could put it into effect.

Reverse Psychology

Another type of strategy to foil your opponent's game plan is to apply a little reverse psychology. In plain terms you're trying to hide a weakness by convincing your opponent that it's your strength.

I remember a long, long time ago when I was playing the finals of an outdoor handball tournament at Helix High School. I had a reasonable left hand, but nothing to write home about. The guy I was playing had two strong hands, was fast and strong and excelled in all areas of the game. Needless to say he was a far better player than I was, especially if he pounded my weakness, which was my left.



The first serve he served to my left. I bumblebeed the ball with my thumb for a winner and he thought he was playing God with the greatest left hand of all times. From then on he played me straight out, so I got more right hands on the ball than normal and beat him 11-10. It was the luckiest win I had ever had.

At that time it was merely an accident that my weakness was concealed, but I learned an important lesson: sometimes it's better to risk a gamble with your weakness early in the match . . . intentionally. You might get lucky and roll the ball out so that your opponent will shy away from attempting that same shot against you. This is exactly what you want to happen.

If you try to play a "safe" percentage game with your weakness, say your backhand, a better player will catch on and nail you into the ground. Of course the reverse psychology won't work against someone who's played you before, so the best suggestion is to work at your game until you don't have any weaknesses. And don't pull a Karin Walton, either. Even as an amateur Karin was known for a devastating backhand. But it really bothered her when everyone kept telling her how great her backhand was because she realized that her forehand was her weakness and a better player would soon discover it.

Hitting a strong forehand was Karin Walton's reverse psychology technique at the time that her backhand shots were her more dependable winners.

However Walton spent so much time perfecting her forehand, that soon it was much stronger than her backhand and just the opposite was true. She still had a weakness, even if it was a different weakness. Of course the "California Kid" was able to hit equally well from both sides by the time the 1979 Nationals rolled around.

When to Change Plan

A final point I'd like to make about game plans is what to do if you've miscalculated your opponent and the strategy you've chosen doesn't work. That's why I suggested that you also formulate alternate styles. Then if you find that your opponent is consistently winning the rallies even though you feel that you're executing your game plan reasonably well, the point has been reached where you have to move to Plan B, then to Plan C and finally drop 15 and punt. By that time you just have to realize that you're playing a superior player.

Unfortunately it's very difficult to determine *when* to abandon your original game plan. When I was playing the Nationals or a big tournament match it became very difficult after losing the first game to decide whether my game plan was faulty or I was just not executing well enough. You can look back on any game and say, "Well, if I wouldn't have missed this, this and this, I would have had a very good chance of winning the game." You have to realize that your opponent probably missed just as many shots, too.

If you decide that your original game plan was at fault, then move to Plan B, your preconceived alternate game plan. Otherwise you probably were executing poorly and your shots are likely to come around in the second game now that you've warmed up a little bit more. That's a tough decision and you can only make it after several months' experience of attempting to follow a game plan and making the decision to change or not to change when you're losing a match. It's a matter of experience; I can't give you any check points.

Essentially if you feel you're hitting the ball half-decently and still losing with Plan A, you might consider changing to Plan B. If nothing else it might help you psychologically to have an alternate plan, so that you don't despair when you're behind. In addition you'll find that it'll take some practice just to follow a game plan. Most amateur players and even many professionals just hit the shot that comes to their mind at the last second. They very rarely go into a match with any forethought as to what shots are going to be hit from where.

So when you first start using a game plan, don't get frustrated because you have to think about it. You'll find that after a few months of practice in following your plan, it becomes just as natural and even more successful to know what you're doing rather than just hitting shots randomly.



As long as you're not playing Marty Hogan, or any other super powerful pro, you can follow two general rules that work against the average Shootist:

- Give the Shootist the most difficult shot and then move to cover.
- Shoot before the Shootist shoots. ●



— Arthur Shay photos

Bringing Back the Pass Shot

by Steve Strandemo

Racquetball in the last couple of years has followed the tendency to become a game of ever-increasing speed, because of the livelier ball now in use, and because of the tie-breaker scoring rules that emphasize the need to get points on the board.

All the players are concentrating on offense now. They are going for the scoring shot at every opportunity, and practicing hard to make every kill attempt a good one. Everybody is a shooter now, from the C level players on up, because the fast game favors the shooter.

If you aren't a good shooter, they say, you're gonna get killed. And you don't have to be in the center part of the court to go for the kill. Everyone is learning to go for the winner from the back court, and they are getting pretty good at it.

Therefore everybody has adjusted their games to cover all the kill shot attempts. They are maintaining very solid center court position, one to six feet back of the service line. They are poised to cut off all the shots they can and to rekill their opponent's scoring attempts. They are very conscious of being able to move up quickly, into the service box area to dig out kill attempts, whether the opponent is shooting from center or back court.

The game has become so shooter-oriented that it seems like a very good time to go back and review the old cross court passing shot. These days the cross court pass is hardly thought of as offensive strategy. Yet it always has been, and certainly has its place in the modern shooter's repertoire.

In this article we will concentrate on a right hander making the cross court pass from a position in the back court, shooting from right to left as in the photos. The same angles would apply for the backhand cross court from left to right.

These photos show that the player didn't hit the cross court pass with sufficient angle. The ball has hit to the right of the proper target area and comes right back at the opponent in center court. The opponent can cut the ball off, here with his backhand, and go for a pinch in the left corner, a kill shot straight to the front wall or a cross court drive.



Target

Probably the most important part of hitting a good passing shot is hitting the ball to the proper target area on the front wall.

If you are shooting from the back part of the court, and your opponent is in center court and ready to go for the rekill, you want to hit the pass so it snaps past him on the left, hits the floor back of the service box, and either bounces again on the floor before it reaches the back corner, or kicks against the side wall in the deep back corner.

You have to keep the shot low. It must not carom off the back wall. It should hit the front wall no higher than two or two and a half feet. The lower the better. You're not necessarily aiming for the kill, but think "low" anyway, just to make sure the ball gets two bounces on the floor before reaching

the back wall. The idea is to get the ball past your opponent and have it go into the back corner on two hops, so it will not bounce off the back wall into playable range.

As you see in photo three the proper target area is a box in the center of the front wall. If you hit it too far to the right, as in photos one and two, the ball will come right back at your opponent. If you hit it too far to the left, as in photos five and six, the ball will hit the side wall in the front corner and come back to center court, again right at your opponent.

If you find that your opponent is anticipating well enough to slide left and cut off the passing shot, you will want to widen the angle, which will move the ball farther away from him on the left. In fact the object of the wide angle passing shot is to get it to come back and hit the side wall just

Here the correct passing shot angle is illustrated. The target area is just about in the center of the front wall, and low — not more than two and a half feet high. This shot usually will get past your opponent and, if it is kept low, usually will not carom off the back wall.



about even with your opponent's center court position. Keep it low, of course, so it will not carom off the back wall. You want to get so little bounce back into the court that your opponent will have to scrape it off the back wall.

The wide angle shot requires you to shift the front wall target area 12 to 18 inches to the left. Remember don't over shift too far to the left, or the ball will come back to center court off the side wall. Photo 4 shows the proper wide angle target area.

Sometimes your opponent will be quick enough to move to the left and cut off a good passing shot. If that happens, you want to hit a wide angle pass, illustrated here. The target area moves to the left of center by 12 to 18 inches, and the ball hits the side wall just about even with your opponent's center court position. It then caroms behind him and — if it's working right — takes two bounces before hitting the back wall. It is important to keep the ball low so it won't carom off the back wall.



When you miss the wide angle target area too far to the left, as in these photos, the ball will come off the front wall, hit the side wall in the front corner, and carom back into your opponent's lap in center court. This gives him the same good scoring options as when you miss the target area to the right.



Exhausting Circle

A well hit wide angle passing shot may give you a bonus in that the opponent must take a circular route to try to dig it out. Say you hit the wide angle. He moves to his left to cut the ball off, but because of the wide angle he sees he can't reach it. So he has to turn and pursue the shot into the back court. If the pass is hit well and does not come off the back wall, his only shot is a desperation slap against the back wall just to keep the ball in play.

If the ball does come slightly off the back wall, he is moving so quickly just trying to get to the ball that he may not be able to set up and go for a winner. Your goal is to keep the ball from coming off the back wall at all, but that's difficult.

Making your opponent run, of course, works on his stamina, particularly if he has to make quick direction changes and, in effect, has had to run in a circle. In the old days when everybody regularly hit ceiling balls and passing shots, the game relied much more on conditioning. A pure shooter may have lost a little bit of that conditioning, giving you the edge if you make him move around with a few passing shots.

When you practice passing shots, concentrate hard on the target area and keeping the ball low. The harder hitters may have more trouble because the tremendous velocity they get on the ball makes it very difficult to keep it from coming off the back wall. It's not easy, either, for the hard hitter to try to take something off the ball in such a quick, hectic game of reflexes.

For the hard hitter the passing shot is a tradeoff. On the one hand the great velocity on a passing shot can handcuff an opponent into a mistake. On the other hand if the hard hitter hits the front wall a little too high, every passing shot will come off the back wall.

Practice both the passing shot into the back corner and the wide angle shot. With the first watch the ball to see that it hits the floor near the service box, then either hits the floor again in the back corner or skips low off the side wall near the back corner.

With the wide angle shot be careful not to aim too far to the left. A 12-to-18 inch shift to the left of the regular passing shot target area is about right, though it may be more. Practice will show you what angle produces the most effective shot for you.

The wide angle pass hits the side wall just about even with the opponent's center court position, then hits the floor low. Remember you don't want the ball to come off the back wall at all.

You want to practice hitting these shots from both an open and a closed stance. You never know what the situation might dictate. Remember to get a strong, pulling follow through from the open stance, for good velocity. The same holds true from the backhand side. You have to have snap on the ball.

If you freshen up on the passing shot, you will find in play that it still has very real value in the shooter's game. ●



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Basic tuition of \$200 for the instructional package includes court instruction, teaching handouts, custom shirt, short, socks and bag for the program. Two nights of double occupancy lodging is an additional \$60. Deposit of \$100 must accompany registration. Deposit is refundable only until 10 days prior to the session of your choice. Send coupon at right and address all inquiries to: Head/Strandemo Instructor Programs, 2015 Post Oak Place, Schaumburg, Ill. 60195. Phone (312) 397-0505 anytime.



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Playing Tip for Women

The appeal of *Inside Racquetball for Women*, the book we're excerpting in *National Racquetball*, is that Author Jean Sauser draws on her years of instruction to focus on the mistakes we make most often. If you're past the beginner stage, it's been a while since you've fallen down in back court while you were trying to hit a ball. But if you're just starting the game, you'll need to know how to avoid this most common error that can bring you to the floor — the late setup.

Inside Racquetball for Women, co-authored by veteran sports photographer, Arthur Shay, is published by Contemporary Books, Inc., Chicago, and is available at pro shops and at sporting goods and book stores in both paperback and hard cover versions. ●

Mistake: Late Setup

Setting your body up too late for a shot often extracts a great price — falling down in deep court. This embarrassing condition generally results from stepping onto your back foot as you hit the ball, and that usually happens when you do not get to the hitting area in enough time to set up for your shot. In your eagerness to "arrive" you expend all your momentum in going toward the back wall as you step and hit. The combination of late arrival, wrong foot and no setup causes the stumble or fall as you flail.



Correction: Run Back and Get Set

You can eliminate lots of body bruises, twisted ankles, and bad shots if you practice running back quickly, getting set and meeting the ball off your lead foot. If you execute this maneuver properly, you'll be able to step into the ball and hit with good, upright coordination. Practice by standing in mid court, hitting a slow ball past yourself, running back, setting up behind the ball and hitting a controlled return to the front wall.



APRO Teaches . . . Warm-up and Stretching Exercises

by Jim Stevens, Chairman
Indiana State Racquetball Association

Beginning level instruction should include a diversified set of practical warm-up, stretching, and extension exercises related to racquetball movements. These exercises should be performed prior to each class session, and students should incorporate the routine into their regular racquetball activity.

A thorough and effective warm-up takes about 20-30 minutes of continuous movement, but you can demonstrate exercises and have students try them for five to seven at the outset of each class session for instructional purposes.

An effective warm-up should consist of repetitive limb and torso movements, in various directions, which stimulate the body by pumping blood into the muscles. These movements also produce fluid for the joints, spark the body's nervous system for improved coordination and provide the muscles with more flexibility and suppleness.

Some of the traditional warm-up exercises which are adaptable to racquetball are side-straddle hops, trunk rotations, torso twistors, squat thrusts, modified pushups and situps, stationary running or variable speed acceleration and directional change movements on the court. Students who are accustomed to exercise can use rope skipping, ideal for warming up the body as well as for improving agility, coordination, footwork and endurance.

Also present your students with racquetball exercises that emphasize *productive* stretching of the achilles tendons, calves, thighs, ham strings, buttocks, stomach, torso, rib and back muscles, and hand and wrist tendons. Include rotations of the neck, shoulder sockets, waist, ankles, and wrists, and flexive extensions of the elbows and knees.

Since stretching is designed to elongate the muscles for improved flexibility, this is more easily accomplished if the muscles are already warm; therefore *adequate body warm-up should always precede stretching exercises* to protect against fiber tears associated with indiscriminate stretching of cold muscles. And since running causes muscles to contract, it is advisable to do some moderate stretching following vigorous play. This practice should also help reduce post-game soreness or tightness.

All stretching exercises should be done gently and slowly. Each position should be held for 15-20 seconds to allow for responsive muscle adjustment, then repeated. It's important to distinguish an effective stretch from routine exercise motion. Advise your students that *the stretch should be felt in the center of the muscle* — and never close to the joints where the tendons and ligaments are dominant.

Players should also be aware that tendons are like a rope or cable — very taut, and not very flexible. Improper or abusive stretching could weaken or injure tendons. Since ligaments hold bones together, if they are improperly stretched, they eventually lose their resiliency. Once this vital support function has been impaired, the joints are more likely to loosen under stress, causing serious injury.

Remind your students that the body is a durable yet delicate instrument — that if they treat it well, it will respond well. Emphasize that proper warm-up and stretching exercises are important to their enjoyment of racquetball. ●

Jumping rope is a good warm-up for students who are accustomed to exercise.



Convention May 3 and 4

The American Professional Racquetball Organization's second annual convention May 3 and 4 in Chicago will focus on topics ranging from teaching techniques to cardio-pulmonary resuscitation, to promotion. For information write APRO, 730 Pine St., Deerfield, IL, or call 312-945-4678.

What's the Call?

by Dan Bertolucci

When an offensive player is struck by his own shot as it rebounds off the wall, either a point or a side out results, depending on who's serving. However what's the call when, in the judgment of the referee, a "hinder" was called just prior to the ball contacting the player?

This particular situation presented itself in the final match between Lindsay Myers, current National Canadian Champion, and Marty Hogan, current NRC National Men's Pro Champion, in the Kunnan/Leach Tournament of Champions in Coral Gables, FL.

Since both players are extremely quick to return each other's shots, it was important to be as sharp eyed as an eagle, especially when it came time to call a hinder to prevent a possible injury. Well in the judgment of this referee a "hinder ball" call — prior to the ball hitting Myers as it rebounded off the front wall directly in line with the players — prevented a visual obstruction for Hogan that might have ended in an injury to Myers.

So should the call have been side out or point, since the ball struck Myers on his own shot? Not in this case.

As we know from rule 4.9 (d) "any touching of a ball before it touches the floor the second time by a player other than the one making a return is is a point or out against the offending player." Except (as provided in rule 4.10 (a) (2), which governs the above situation) if a "dead ball hinder" is called, which happened in this case because Hogan did not have a clear swing at the ball. The effect of this dead ball hinder is covered by rule 4.10 (b): "a call by the referee of a 'hinder' stops the play and voids any situation following . . ."

Since a hinder was called, the correct call was to replay the rally — as was done. ●

Dan Bertolucci is director of the NRC, governing body for professional racquetball, and is a longtime racquetball referee. Send him your questions about rules c/o *National Racquetball*, 4101 Dempster, Skokie 60076.



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What's New in Racquetball Clothes?

Hawaiian Prints, Zip-to-the-Waist Shorts, Terry Panels

If coral colored orchids are floating past you in the racquetball court, you must be playing in California, Oregon, Washington, New Jersey, Delaware, Maryland or New York.

You are *not* playing in Michigan, Wisconsin, Indiana or Illinois.

Jimmy Olmes, at his booth at the 51st annual National Sporting Goods Association Convention and Show Feb. 7-10, reported that R Company (division of Nila Manufacturing, Inc.) T-shirts and shorts of coral, yellow, teal, powder blue, mint green or red Hawaiian prints are "*selling well on both coasts, but not in the midwest.*"

Another part of his line — solid color versions of tops and shorts, as well as warm-ups in stretch terry of cotton/polyester knit blends for men and women — were getting wider acceptance among the 18,192 buyers who traveled from all parts of the country to this giant showcase sprawled over three floors of Chicago's McCormick Place.

Multi-Sport

R Company's line typified the multi-sport approach that clothing manufacturers presented to retailers at the 1,638-exhibit event, considered to be the world's largest sporting goods show. In most cases the clothes on display were of fabrics and designs that customers could adapt to running, racquetball, working out . . . or relaxing.

Versatile was the word for the imaginative line of fashions by Ruth Robbins, a California designer.

Regular Tournament Player Dave Berkowitz, headquartered in Philadelphia, displays an Angel Mills knit short with terry panels that a racquetball player can use for sweaty palms.

Jimmy Olmes is selling the Hawaiian print on both coasts.



Ruth Robbins' zip short provides as much leg space as a player needs.



Vicki Sullivan, wife of Ruth Robbins Sales Rep John Sullivan, with the active cut short, left, and the longer leg that hides the top of the thigh and provides a more complete coverup when a woman bends over to hit or pick up a ball.



John Sullivan, Ruth Robbins Chicago area representative, and Sandy Wright, selling in Michigan and Ohio, report that the manufacturer has no line "just for racquetball. The clothes are designed for racquetball, bicycling, tennis."

For all those sports Robbins chooses the traditional knitted cotton/polyester blends and terry (one called "shag" has a new lush, full surface). But the Californian also uses a fabric called "Superblend," 42 percent nylon, 36 poly and 22 cotton — feather light and silky to the touch (like the finest Percale sheets) and that, the reps say, "gains lustre as it is washed."



Zip-up

Robbins has used Superblend in one of her new wider leg shorts, the most notable being a number with plastic size zippers from the hem of each leg to the waist, with matching panties, so a racquetball player can zip up as the pace of the game picks up.

Lycra, the hundred percent stretch swimsuit material that dries as fast as it gets wet, is the fabric that clubs were buying from Elja Unlimited, an active sportswear company that specializes in hand painted designs. National Sales Manager Paul Williams says the demand for attractive racquetball clothes is growing, especially "where employees wear outfits with the club logo on the shirts or shorts. The members see how the employees are dressed — and they want to dress better."

Though fashion is creeping into the racquetball court, function still takes top priority among players, according to one man who knows.

Dave Berkowitz, who sells to clubs and stores from New York to northern Virginia, was in the Angel Mills booth just five days after he'd competed in the amateur division of the Tournament of Champions in Coral Gables.

Berkowitz says "the key to function is price. When a man plays racquetball, he gets so wet he has to change his shirt in between games. He needs lots of shorts and shirts, so the two pieces should retail for around \$15.

"If Seventh Avenue goes ahead with \$70 to \$80 outfits for racquetball — it ain't gonna work." ●

Paul Williams shows what Elja Unlimited is doing for racquetball.

The News is Racquetball

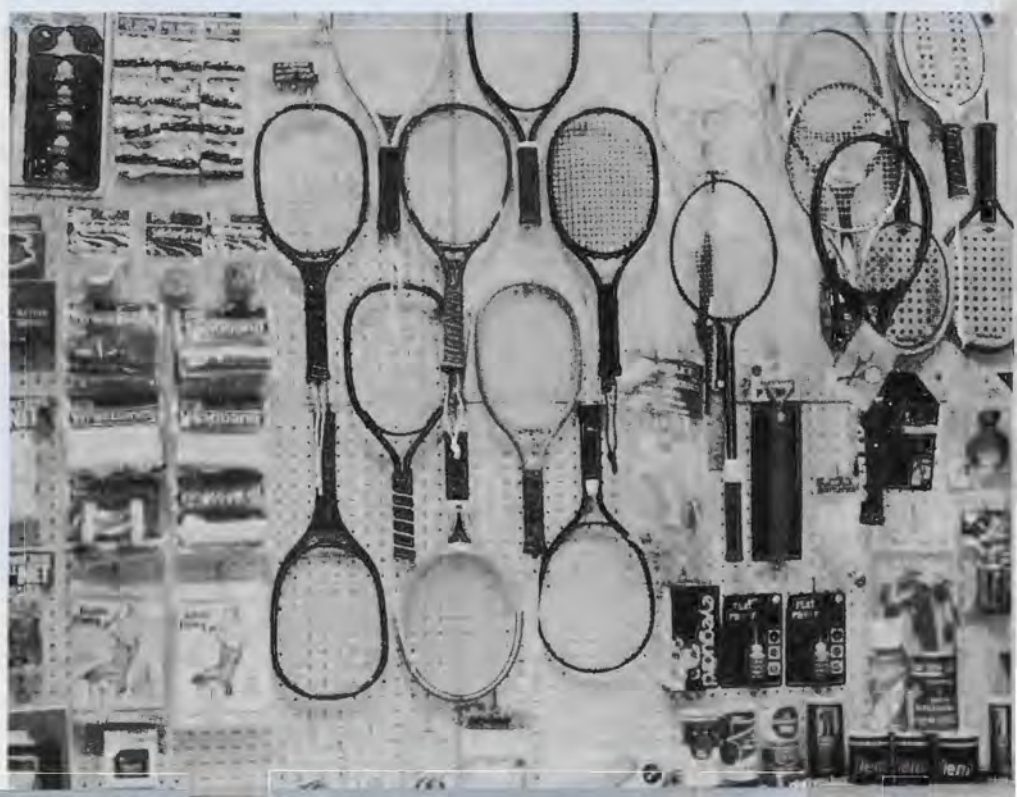
Equipment's Everywhere at Sporting Goods Show

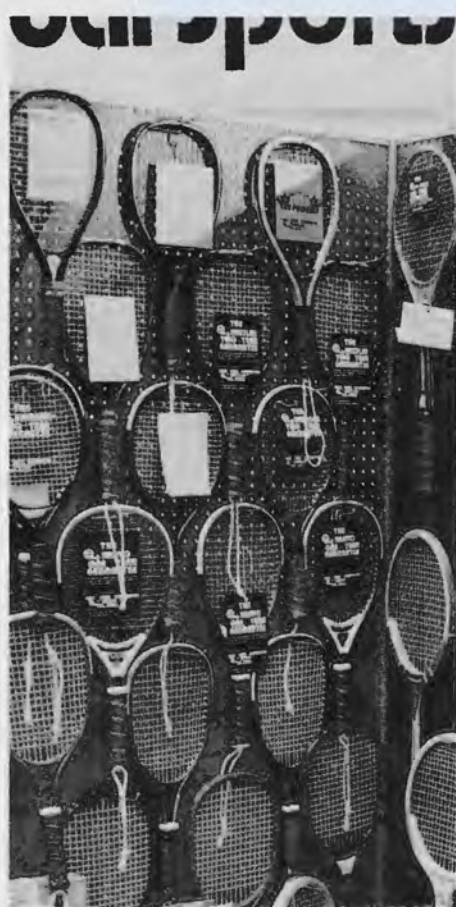


There were shapely models on roller skates. There were jugglers giving free lessons. There was Mark Spitz.

But the real star was racquetball.

If anyone was in doubt, the 51st annual National Sporting Goods Association Convention and Show confirmed that people are playing racquetball — and in sufficient numbers that dozens upon dozens of manufacturers want to be part of the market.







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Turning down any aisle at the massive show it was apparent that racquetball was the common denominator among 1,638 exhibitors — large and small companies from around the world. (One manufacturer misspelled our sport in huge letters, which you can find in one of these photos.)

Tennis and squash manufacturers this year featured racquetball equipment, and so did companies that make balls, gloves, eye protectors, films, books and more.

National Racquetball's camera recorded a sample of the equipment that close to 50,000 visitors viewed during the four day show. ●



Prof's Calculations Make Him Champ at 51

by Marilyn R. Abbey

Looking for a new angle on your racquetball game? Bob Troyer can help you out. This masters' champion/math professor at Lake Forest (IL) College, on the North Shore of Chicago, has made a hobby of applying geometric theory to racquetball and is, in fact, co-authoring a book on the subject with pro Steve Serot.

"In every sport, there's a tendency to run in the direction of the ball," says Troyer — hence, for the ball to be served or thrown away from the opponent. In sports such as tennis and baseball this instinctive reaction is also good strategy. Not in racquetball or handball, however, where the bounce off wall or ceiling or floor can send the ball in a direction which takes the novice by surprise, but which to the mathematician is predictable. And philosophically satisfying.

Troyer has drawn sketches for *National Racquetball* to illustrate two points on angles which he uses in teaching at Spaulding Racquetball Club in Highland Park and as faculty sponsor of the Lake Forest College Racquetball Club. The dotted lines indicate a serve which an inexperienced player might naturally make, while the solid lines show what happens when mathematical principles are followed — the ball caroms off into the corner, and out of the opponent's reach.

Of course, Troyer admits, "It's one thing to know what to do, and another to execute it."

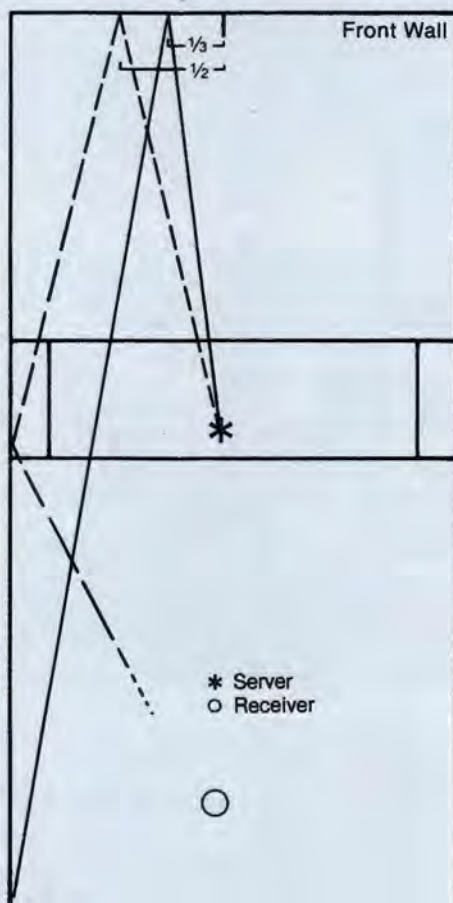
He personally doesn't seem to have much trouble. The dynamic 51-year-old won the USRA national masters championship in Tempe, AZ, last June, and is a five-time winner of the Illinois singles masters' crown, for players 45 and over. He also has been state doubles champion three times

(twice in seniors', once in masters') and was national runner-up in the masters' singles in 1975. Last April he and partner Ed Lammersfeld of Park Ridge, IL, took the Central States masters' and seniors' (35 and over) titles at Madison, WI, and in June the two were victors in national masters' invitational doubles at Madison.

But Troyer's most treasured honor, he says, was the Louis Zahn award as 1979's outstanding person in

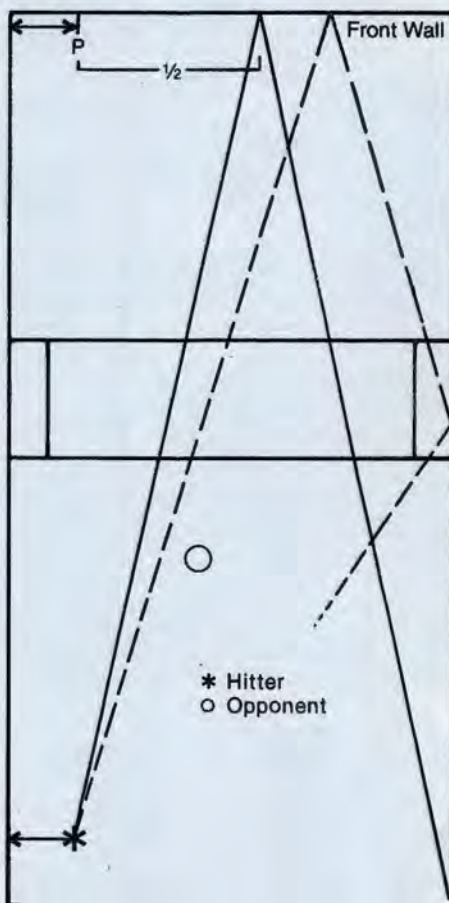
racquetball in Illinois, for playing ability, interest and contributions to the sport.

(Troyer received a similar off-the-court award last year in his home town of Lake Bluff, where he has served on the school board and park board caucus and, as the father of four boys, is a dedicated Little League coach. That award was for outstanding contributions to youth in the community.)



Drive Serve into the Corner:

Most beginners naturally hit the serve midway between the center of the front wall and the left front corner. This makes the ball hit the left wall at the short line and carom directly towards the server. Simple use of similar triangles shows that the correct place to hit the front wall on such a serve is one-third the distance from the center of the front wall toward the left front corner. The same principle holds when serving to the right corner.



Pass Shot to Opposite Side

When hitting a pass shot from a position near the left rear corner, one must now "divide the front wall into" for the correct hit. That is, one hits the ball midway between the point on the front wall directly in line with the shooter (P) and the right front corner. Most beginners hit too sharp an angle, causing the ball to hit the right side wall at the short line, and therefore caroming back to the opponent.



Bob Troyer applies mathematical principles to racquetball.



—Gordon White photos

As racquetball players go, Troyer goes back a long time. He started playing a decade ago, and soon helped organize the first Chicago metropolitan racquetball league, in which he still plays. He has been faculty sponsor of the college racquetball club for six years, and plays students "all the time."

"Just about the time I develop a good player who can beat me, or make me run, he graduates," Troyer laments.

For a man who has played "almost every sport" — golf, handball, badminton, bowling, archery, tennis, baseball, softball, basketball — racquetball, at this stage, has satisfying potential. "This is a sport," he says, "that will last you the rest of your life."

As he keeps winning titles along the way. ●

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Pentagon Players

On the Court between Crises

by Dick Squires

Not a dollar of your taxes goes into the Pentagon Officers Club, part of the country's most famous five sided building, because 5,600 members pay \$84 a year to make the health facility self supporting.



"It's a tremendous outlet for all of us. There is so much stress on the job these days, one crisis after another, that if it wasn't for this facility a lot of people just would not make it through their tour of duty. The speaker is a member of the Pentagon Officers Athletic Center.

There is not another athletic facility quite like it in the entire U.S. of A. The membership consists of active duty, reserve and retired officers, enlisted personnel on active duty and Department of Defense civilians. It is located at the Pentagon in Washington, DC. If you work there at the Pentagon in the Department of Defense (also known rather ominously as the D.O.D.) at any level — from the lowest GS-1 rating to the highest GS-18 — for the grand sum of \$84 a year (\$7 per month, or about 23 cents a day) you can join 5,600 other members who belong to this colossal health facility. There is also a one time initiation fee of \$10. These funds make the club a self-supporting operation.

The expressed and devoted purpose of the Center is to provide athletic amenities which promote physical fitness and good fellowship among its members.

The club's athletic director is a 34-year-old Air Force Captain, Dan Bagby, who has spent 12 years of military life in Special Services. For the past four years he has been at this complex, which is enjoyed daily by some 2,000 members.

New Eighth Court

"We have seven handball/racquetball and eight squash courts," he reports. "Because of the tremendous popularity of late in racquetball we are planning to renovate the racquetball structures and add an eighth court — with a glass back wall."

How does racquetball compare to squash among the Pentagon players? *"We are open from 6:45 in the morning to 10 p.m. during the week and 10 a.m. to 6 p.m. on weekends,"* Bagby says. *"The racquetball courts are booked 100 percent of the time, and the squash about 65 percent. But that's somewhat misleading. First of all about 40 percent of the people using the racquetball courts are handball players. Two years ago, however, the 60-40 ratio favored handball. In addition I suspect many of the individuals who are now playing squash would possibly prefer to be enjoying racquetball, but have become somewhat discouraged because of the difficulty involved in reserving a court. In other words they have become squash players sort of by default."*



Besides the racquet courts the Pentagon Officers Athletic Center offers its members massage rooms, a three chair barber shop, one day laundry service, saunas, steam, a three lane, 75 x 20 foot swimming pool, hot tubs, shuffleboard, table tennis, two undersized basketball courts (one of which can be converted for volleyball), three badminton courts, indoor golf driving range, a large (3,000 square foot) weight and exercise room, a pro shop (known down there as the "Convenience Sales Store" where they sell all kinds of equipment and playing attire at substantially reduced rates compared to retail stores), and an expansive cafeteria that feeds about 600 club members every day. All of these nifty facilities are located in essentially an area of 57,063 square feet in a one-story building right at the Pentagon. Not bad amenities for \$84 a year, and no court or usage fees tacked on. It has to be the bargain of the century.

It takes 30 full time and part-time employees to keep such a mammoth club functioning smoothly and properly.

Bagby says that the laundry service on the towels is handled by handicapped people from the Fairfax Opportunities Unlimited organization. *"In addition," he adds, "we use these people for the night janitorial work. They are really excellent workers."*

Capt. Daniel J. Bagby is director of the Pentagon Officers Athletic Center.

Secretary of Energy Charles Duncan, left, and General David C. Jones, chairman of the Joint Chiefs of Staff, take a break from the mammoth responsibilities of their jobs as they compete on the Pentagon racquetball courts.

Starting with Ike

The original facility was established at the time General Dwight D. Eisenhower was Chief of Staff of the Army during World War II. You no longer have to be an officer to qualify for membership. But it was only as recently as five years ago that women were permitted to join. Even today there are only 300 female members. Members' spouses and dependents over 16-years-old can enjoy club privileges for only \$1 per person per month. Children in the immediate family between ages 10 to 15 are charged at 50 cents month!

"We have people here who inevitably get transferred to the four corners of the world," says Bagby. "When you think about it, what a super place this club is for companies who want wide exposure for their wares. Also probably most of the racquetball courts built in far flung military outposts were instituted by former Pentagon Club members who wanted to keep playing their game."

Military personnel do, indeed, get moved around a good deal. Bagby's a good example. His first assignment in January of 1968 was Forbes Air Force Base in Topeka, KS. From there he went to Shemya Air Force Base in the Aleutians, where he spent "one year, one month, two days, four hours and 37 minutes."

He subsequently put in two and a half years of duty at Travis, a base located about 60 miles east of San Francisco. From there he went to Guam in the Pacific for 14 months as Chief of Special Services. Now it's the comparatively posh and pleasant assignment at the Pentagon. A pretty exciting life for a kid from Mascoutah, IL, which has a population of not quite 5,000.



Some of the "name" racquetball participants currently seen on the Pentagon courts are General David C. Jones, Chairman of the Joint Chiefs of Staff; General Lew Allen, Jr., Chief of Staff of Air Force, and Charles Duncan, former Assistant Secretary of Defense, who recently replaced James R. Schlesinger as Secretary of Energy. A notable handball enthusiast, Major General Mike Collins, was the unsung hero-astronaut of the first lunar landing. (Neil Armstrong received all the fame, but it was Collins who stayed in the ship circling the moon during that historical mission.) Harold Brown, present Secretary of Defense, swims "practically every day" to stay fit.

Army, Navy and Air Force

The Pentagon Officers Athletic Center is administrated by a Board of Governors. The President is a top military man appointed by the Chief of Staff of his respective service. The position is held for only one year and is rotated between the Army, Navy and Air Force. There are 14 individuals (elected by the membership), plus the President on the Board, which is a composite of active duty people, civilians (from the Department of Defense) and individuals in the Reserve. They convene on a monthly basis during their term in office.

While there are no formalized instructional programs, there is plenty of intense competition at the club, especially between the services. Each year in the early spring an entire weekend is given to an inter-service tournament. The Air Force usually wins the racquetball event, while Navy invariably has taken the squash. (Annapolis has many squash courts for the midshipmen.) Other sports involved in the rivalry are handball, badminton and a five-mile running race.

The club has enough competitors to enter two B teams in the Maryland Racquetball League. Two dozen players from the Pentagon face players from 36 other Maryland clubs.

All of this makes it clear that racquetball has taken hold at D.C.'s Pentagon Officers Athletic Center in much the same manner as it has across the country. It omens well for the accelerated spread of the game around the entire globe. Yes — the members of this vast club are real itinerant travelers, and they will undoubtedly take their racquets with them! ●

Turn the page for a story on a player with another kind of job in our nation's capital.

A Link with the Voters

U.S. Congressman Montgomery Plays and Listens

by Margrethe C. Ravnholt

G. V. "Sonny" Montgomery has represented Mississippi in the U.S. House since 1967.

The Representative competes with Jim deChaine, Congressional staff assistant, at the Arlington Racquetball Club.



—Fred Gatlin photo

Politics is often referred to as the "ultimate competitive sport." But for Congressman G. V. "Sonny" Montgomery it is only one of many he competes in.

At 59 Montgomery is an avid tennis, paddleball and racquetball player. And though he describes himself as a "fair racquetball and mediocre tennis player," his opponents disagree with that assessment.

Sonny Montgomery has represented the Third Congressional District in Mississippi since 1967 in the U.S. House of Representatives. A conservative Democrat he is presently seeking reelection. "If I knew of a better job I might go after it."

Before coming to Washington Sonny served in the Mississippi State Legislature. Now he's on the House Armed Services and Veterans Affairs committees, with his areas of specialization being National Guard and veterans' programs.

How does a member of Congress find time to participate in all these sports activities while maintaining a hectic Congressional schedule? It isn't easy.

Montgomery starts his day at 6:45 am. "Believe it or not I can get to the office by 7:15. I shave and dress and move out. It really is one of the better parts of the day in terms of getting work done. I start seeing people about 8:45; I see just about anyone who wants to see me."



—Fred Gatlin photo

A Little Exercise

By 10 Congressman Montgomery is off to the committee meetings that take up the rest of the morning. After lunch he divides his time between more committee meetings and issues on the floor of the U.S. House of Representatives. Then late in the afternoon it's back to the office to make phone calls, answer mail and meet with staff aides. Somewhere during his day Sonny manages a little exercise. He tries to fit in a game of paddleball at one of the three courts in the Rayburn House Office Building.

"I would play racquetball instead, if we had a court," he says. After a long day in the office the Congressman's job isn't done. The social schedule is also hectic, and these events aren't all pleasure. Many nights are spent with two or three engagements — his presence often is required at meetings with constituents or high ranking Pentagon officials. In fact issues and legislation are discussed everywhere in Washington. Whether it be on the racquetball court, in congressional hearings or at a cocktail party, a politician's opinion is always being solicited.

—Margrethe Ravnholt photo

Montgomery's on the job by 7:15 every morning. That's Congressional Aide Ann Brock at his desk.



Congressman Montgomery first became interested in racquetball when he was in the Mississippi legislature. The State Capitol was located across the street from the Jackson YMCA, which had the first racquetball/handball courts in the state. About eight years ago he and some fellow members talked the country club in his hometown of Meridan, MS into building a racquetball/handball court.

For Sonny Montgomery racquetball is a seasonal sport. Racquetball in the winter, tennis in the summer. *"I find myself in an open stance in tennis,"* he reports. *"I've gotten to the point where I play racquetball tennis."*

A Political Choice

Being a true politician Sonny wouldn't say which was his favorite sport. But he did concede he would pick racquetball over tennis for the amount of exercise it provides in the shortest amount of time.

As the former president of the Mississippi Heart Association Sonny understands the necessity of keeping fit. *"Racquetball has helped me healthwise, because it's kept my weight down. I have seen strokes and heart attacks caused by excessive weight. I'd say racquetball is a good sport for physical health — and for learning about people."*

One thing Congressman Montgomery likes about racquetball is that he gets to play with a lot of different people. *"I used to go out to the courts and pick up some players. It turned out that some of those players have been people I've dealt with since in Congress."*

"If I am going to keep in touch with the people I represent, one of the best ways to do it is through sports, especially racquetball. Back home it gives me a good entree to younger people."

And there are other benefits. *"I think it makes me a much better Congressman, being able to take my tensions out by hitting the racquetball. The competition — the perspiring — helps me to relax completely. I find I have more patience in dealing with other people's problems."* ●





State Affiliates

State Chairmen To Meet At Nationals

USRA state chairmen will be able to combine two important racquetball events early this summer.

Starting May 29 and running through May 31 we'll be holding our annual state chairmen convention, which gives all of our loyal and hard working heads of state a chance to enjoy each other's company while they learn how to run even better programs in each of their states.

We'll be presenting details on the new amateur ranking computerized system (nationally and state by state) and we'll be talking together about new sponsorship programs. In addition we will discuss new merchandising programs offered by the USRA, new membership rates for new and existing members, new tournament sanctioning methods and new ways to standardize tournament dates throughout the country.

The state chairmen's meeting will precede the Nationals, which run from June 1-7.

The advantage of holding the USRA state chairmen meeting at the Nationals is that all the chairmen who would like to can take part in the Nationals competition. We expect our state chairmen will have their share of winners — there are a lot of skilled players among them.

State chairmen will receive full lodging for themselves and spouses during the convention, they'll have their round trip airfare paid by the USRA and they will get an extra night's lodging going into the Nationals competition.

With the state convention held in Las Vegas right before the Nationals chairmen will have a chance to meet and mingle with the who's who of racquetball from top pros to leading sponsors to racquetball manufacturers.

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Cromwell 06416
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919-556-1256 (Res.)

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613-745-1247



Hurricane David Postpones Cuban Tournament

by Charles P. Arthur, SSgt, USMC

The U. S. Naval Base, Guantanamo Bay, Cuba, consists of 45 square miles of U. S. territory on the south-east shores of Communist Cuba, 500 miles from Havana.

The population of the Naval Base runs from 7,000 to 8,000, depending upon how many ships are in the bay for training. The permanent population here runs slightly over 6,000 — 2,400 members of the Navy, Marines, Coast Guard and Air Force; about 1,400 military dependents and about 500 other U. S. citizens including school teachers and government employees.

There is also a Cuban community aboard the base with a population of about 400 and Jamaican workers and U. S. contract employees numbering around 1,000.

We are separated from the Republic of Cuba by a 17.4 mile fenceline. Since the Communist takeover in 1958 we have been confined to our Guantanamo property.

In our almost entirely self supporting community racquetball is becoming very popular. There are four courts in Guantanamo Bay, two located on the Windward side and two located on the Leeward side. (There are approximately 4,000 yards of water separating the Windward and Leeward sides which are accessible to each other only by means of a ferry system).

Chuck Arthur, left, and Dave Groendyke won the doubles division of the Guantanamo Bay tournament.



Diana Groendyke, right, beat Diane Penny in the Cuban tournament women's finals.

Twice a year the Special Services holds an inter-command racquetball tournament in which the players from both sides compete for individual trophies and Commander Trophy Points (which are added to other athletic competition throughout the year, to determine the Command winner of the Commander's Trophy).

Due to the growing number of racquetball players in Guantanamo Bay, Mike Landers, Navy, from the Leeward side, tried to set up a *Men's Singles and Doubles* and *Women's Singles* racquetball tournament Sept. 8 and 9. However all of Mike's hard work was in vain due to an unexpected entry by the name of "Hurricane David" (I think Marty Hogan would have had his problems with this unseeded entry). The water-logged racquetball players were able to begin the singles matches on Sept. 22. Chuck Arthur, Marines, beat David Wickline, Navy, in the men's finals, and Diana Groendyke, a professional photographer, beat Diane Penny, a Navy wife, in the final women's event. In the doubles matches David Groendyke, a school teacher, broke his right hand three weeks before the tournament, so he played with his left hand as he and Arthur beat Tony Penecosts and Danny Rau, both of the Navy, in the finals.



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scores listed in style you see on these
pages. Use first and last names the first
time you mention a player (in doubles
matches, too) and last names only
after that.

Allow two months or more for your
tournament writeup to appear here.

Iowa

The University of Iowa Fieldhouse in Iowa City
was the site for the first Iowa Parks and
Recreation Association State Racquetball
Tournament Jan. 18-20.

Results

Men's A finals-Scott Nau d. Jay Reinsma 21-19, 21-16,
3rd-Dave Elgin d. Steve Wilbers 21-11, 21-15, **Cons.**-Bill
Riker d. Doug Lillie 21-10, 21-16

Men's B finals-Seppo Iso-Ahola d. Charlie Conner 21-15,
21-16, 3rd-Steve Strauss d. Drew Elgin 21-18, 21-13,
Cons.-Don Lowry d. Bill LaVelle 21-16, 13-21, 11-2

Men's C finals-Walt Froehling d. Dick Lowry 21-5, 21-3,
3rd-Ray Fonseca d. Ron Shields 21-15, 21-11, **Cons.**-Steve
Haas d. Mike Markt 21-10, 14-21, 11-0

Women's Open finals-Joan Manning d. Barb Laughlin
21-10, 21-11, 3rd-Robyn Linn d. Deb Mrazek 21-2, 21-12,
Cons.-Irene Herr d. Patty Marsh 21-6, 21-5

Illinois

The Illinois State Racquetball Association held
the S/S St. Valentine's Day Massacre
tournament, sponsored by Seamco, at the
Killshot in Bloomingdale.

Results

Men's Open: 1st-Dave Negrete, 2nd-John Amatulli, **Cons.**-
Tom Keefe

Men's A: 1st-Don Jenkins, 2nd-Bob Slick, **Cons.**-Jim
Cartwright

Men's Senior: 1st-Shelly Clar, 2nd-Marshall Waldo, **Cons.**-
Bill Schram

Men's Master: 1st-Saul Sandoval, 2nd-Dick Porter, 3rd-
Jack Moskwa

Men's B: 1st-Jim Thompson, 2nd-Spencer Karlin, **Cons.**-
John Poole

Men's C: 1st-Tom Hillis, 2nd-Bob Kowalski, **Cons.**-Mike
Merkel

Men's D: 1st-Dan Mitchell, 2nd-Mike Lichtfuss

Women's Open: 1st-Sue Carow, 2nd-Laura Sidello, **Cons.**-
Tina Heath

Women's A: 1st-Claudia Loizzo, 2nd-Joan Azeka, **Cons.**-
Joan Pearce

Women's B: 1st-Peggy Woods, 2nd-Lois Jandris, **Cons.**-
JoAnn Hall

Women's C: 1st-Willy Hancock, 2nd-Liz Burns, **Cons.**-Pat
Miller

Women's D: 1st-Debbie Jepsen, 2nd-Piera Baylian, **Cons.**-
Debbie Bardner

Men's Novice: 1st-Tome Grobmisi, 2nd-Bob Shmendrick,
Cons.-Al Shetzer

Wyoming

The Cheyenne Rocky Mountain Health
Club held the Cheyenne Classic
Racquetball Tournament Jan. 10-13.

Results

Men's A:

Quarters: Frank Leydens d. Dick O'Gara 21-13, 21-17; Dan
Sell d. J.R. Johnson 21-12, 21-8; Charlie Wicker d. Mike Hopkins 21-11,
21-4; Mario Ibbara d. Richard Doyle 21-17, 21-5

Semis: Sell d. Leydens 21-18, 4-21, 11-10; Wicker d. Ibbara
15-21, 21-12, 11-2

Finals: Wicker d. Sell 21-7, 21-16

Cons: Ted Wiley d. Bill Ruck 21-14, 21-14

Men's B:

Quarters: Steve Galassini d. Don Eldon 21-9, 21-16; Kim
Hall d. Tom Walker 21-19, 15-21, 11-10; Bill Butler d. Bob
Skolasky 21-10, 21-15; Cal Nickel d. John Cowart 21-5, 17-21,
11-6

Semis: Galassini d. Hall 21-16, 21-7; Butler d. Mickel
21-14, 21-16

Finals: Galassini d. Butler 21-12, 21-7

Cons: John Bouzis d. Doug Payne 21-11, 21-14

Men's C:

Quarters: Jim Reed d. Bob Hartleip 21-12, 21-8; Guy
Arneson d. Steve Engelking 21-9, 21-10; Steve Buckner d.
Phil Harker 21-16, 21-10; Don Fox d. Al Weston 21-18,
21-11

Semis: Reed d. Arneson 21-9, 20-21, 11-2; Buckner d. Fox,
forfeit.

Finals: Reed d. Buckner 14-21, 21-15, 11-4

Cons: Tim Collins d. Dan Ollar 21-16, 21-12

Men's D:

Quarters: Micheal Stertz d. Jim Olsen 20-21, 21-20, 11-3;
Dan Bright d. Jeff Kwaliek 17-21, 21-12, 11-10; Mike
McVay d. Pat Colgan 21-3, 21-9; Larry Garret d. John Harp
21-5, 21-10

Semis: Stertz d. Bright 21-6, 21-12; Garrett d. McVay 21-9,
21-16

Finals: Stertz d. Garrett 21-11, 21-10

Cons: Jeff Eldon d. Allen Brett 21-12, 21-7

Women's A:

Semis: Cathy Henshaw d. Kim Morton 21-11, 21-16; Maria
Higgins d. Patsy Hopkins 21-15, 21-15

Finals: Henshaw d. Higgins 21-11, 21-20

Cons: Loris Sherman d. Marce Mitchum, forfeit.

Women's B:

Quarters: Sharon Snyder d. Karen Drago, forfeit; Kandy
Woodley d. Jenny Bustos 21-14, 21-13; Sue Lang d. Donna
Govan 21-5, 21-8; Carolyn Kwallier d. Mickey Speles
21-16, 21-13

Semis: Snyder d. Woodley 21-4, 21-6; Lang d. Kwallier
21-15, 21-18

Finals: Lang d. Snyder 21-13, 21-5

Cons: Tia McKenzie d. Chris Hall 21-18, 18-21, 11-6

Women's C:

Quarters: Debbie Higgins d. Joan Wicker 21-8, 21-20;
Pema Arasu d. Sharon Payne 19-21, 21-12, 11-3; Sharon
Reed d. LuAnna Fisher 21-6, 14-21, 11-7; Donna Huppert
d. Linda Stellern 21-9, 21-0

Semis: Arasu d. Higgins 21-10, 21-12; Huppert d. Reed
21-6, 21-16

Finals: Huppert d. Arasu 16-21, 21-13, 11-8

Cons: Timmy Crowe d. Darlene Brooks 21-9, 21-14

New Jersey

The First Annual Gateway Toyota Pro-Am
Racquetball Tournament took place Feb. 1-3 at
the Court Jester Racquetball and Health Club
in Lakewood.

Results

Men's Semi-Pro: 1st-Bill Rameriz, 2nd-Ken Eigel, 3rd-John
Farrell

Men's B: 1st-Ted Vacciano, 2nd-Paul Delucca, 3rd-Tod Dean

Men's C: 1st-Paul Katz, 2nd-Mike Haddad, 3rd-Richard Katz

Open Doubles: 1st-Ken Eigel-John Farrell, 2nd-Gary Nurczyk-Dan Nickerson, 3rd-Joe Billhlmer Jr.-Rick Browner

17 and under: 1st-David Zatz, 2nd-Gerald Schaffner, 3rd-Ray Heady

14 and under: 1st-Nell Solomon, 2nd-Peter Appel, 3rd-Arthur Campbell Jr.

Seniors: 1st-Len Wilson, 2nd-John Lingle, 3rd-John Malone

Women's A: 1st-Lynn Kennedy, 2nd-Jennifer Armanzo, 3rd-Karen Gorga

Women's B: 1st-Terry Cleary, 2nd-Rose Zetlin, 3rd-Noreen Ortiz

Women's C: 1st-Selma Luciano, 2nd-Melinda Rath, 3rd-Ronnie Campbell

To 1980 USRA Regional Tournament Directors and Players

Through an error six women's events for the regionals were not included in the entry that appeared in the March issue of *National Racquetball*.

In all cases where at least eight players enter (by writing in the suitable category) the following divisions will be offered.

- Women's Veteran Open (30 +)
- Women's Senior Singles (35 +)
- Women's Veteran Senior Singles (40 +)
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Hawaii

The USRA Women's B Singles Championships, sponsored by Hui O Racquetball Hawaii, were held Jan. 18-21 at the Central YMCA in Honolulu.

First Round: Dancetta Feary d. Jody Scafe 21-2, 21-2; Carol Lohman d. Margaret Heyer, default; Phyllis Gomes d. Lani Kee, default; Shizu Takayasu d. Rachael Hall 21-20, 21-12; Duane Gibbs d. Colleen Char 21-0, 21-2; Cheryl Lorch d. Mervyn Nakasone 21-15, 21-17; Gail Valentine d. Ginger Beach 21-12, 21-11

Quarter Finals: Carol Leiban d. Feary 21-15, 21-11; Lohman d. Gomes 21-19, 11-21, 11-10; Gibbs d. Takayasu 21-20, 18-21, 11-8; Valentine d. Lorch 21-1, 21-7

Semi-Finals: Leiban d. Lohman 21-14, 18-21, 11-4; Gibbs d. Valentine 21-10, 21-20

Finals: Leiban d. Gibbs 21-17, 21-7

The USRA Men's Singles Racquetball B Tournament, sponsored by Hui O Racquetball Hawaii, took place Jan. 24-28 at the Central YMCA.

First Round: Jake Purdy d. Rodney Castro 21-3, 21-7; Greg Kappahn d. Paul Lubomirski 21-5, 21-4; John Davis d. Peter Meria 21-6, 21-0; Tim Dougherty d. Ray Gomez 21-11, 21-11; Jeff Cho d. Duane Kealoha 21-4, 21-7; Bill Casart d. Richard Healy 19-21, 21-9, 11-6; Pat Nolan d. Sonny Gocong 21-8, 21-8; Bill Gadino d. Jabo Jarog 21-15, 21-20; David Stephens d. Lee Porter 15-21, 21-16, 11-0; Dan Benere d. Dean Park 21-19, 14-21, 11-7; John Hallissey d. Les Moon 21-17, 12-21, 11-5; Ken Hooley d. Scot Power 6-21, 21-14, 11-2; Dale Landrum d. Vince Cruz 21-10, 21-12; Greg Usita d. Doug Erway 21-20, 17-21, 11-7; Miles Kaawa d. John McCune 21-8, 21-3; Erwin Young d. Peter Britos 14-21, 21-13, 11-3; Ted Nakamura d. John Driscoll 11-21, 21-12, 11-6; Clarence Weatherwax d. Daniel Ho 21-6, 21-11; Mark Lindsey d. Bob Ubas 21-15, 21-14; Bob Rydberg d. Randy Sylva 21-5, 21-4; Bill Gulleddge d. Gary Endo 21-11, 21-7; Jim Day d. Tony Castro 21-11, 21-13; Greg Ahuna d. Hector Ramirez 21-10, 21-15; Bob Pires d. Carlos Mera 21-13, 21-4; Art Pacheco d. Craig Akamine 21-4, 21-2; Bernard Makuakane d. Ron DeLautre 17-21, 21-13, 11-8

Second Round: Roy Kobatake d. Purdy 21-10, 21-11; Kappahn d. Dougherty 21-8, 21-2; Derrick Young d. Cho 21-11, 21-3; Casart d. Usita 21-14, 21-12; Hallissey d. Benere 19-21, 21-9, 11-9; Gadino d. Nolan 18-21, 21-15, 11-2; Hooley d. Makuakane 14-21, 21-11, 11-5; Danny Vega d. Landrum 21-17, 18-21, 11-9; Lee Dempsey d. Davis 13-21, 21-5, forfeit; E. Young d. Kaawa 21-14, 21-16; John Nolan d. Nakamura 21-8, 21-8; Stephens d. Lindsey 21-3, 21-16; Ahuna d. Rydberg 21-9, 21-18; Andy Keanui d. Pacheco 21-9, 21-6; Jim Day d. Weatherwax, default; Bill Gulleddge d. Pires 21-11, 9-21, 11-10

Third Round: (Round of Eight) Young d. Casart 21-8, 19-21, 11-9; Kobatake d. Kappahn 21-9, 21-3; Vega d. Hooley 21-12, 21-4; Gadino d. Hallissey 21-12, 14-21, 11-10; Dempsey d. E. Young 21-10, 21-8; J. Nolan d. Stephens 21-20, 21-15; Day d. Ahuna 21-10, 21-4; Keanui d. Gulleddge 14-21, 21-15, 11-2

Quarter-Finals: Vega d. Gadino 21-11, 20-21 11-4; Day d. Keanui 21-14, 21-5, D. Young d. Kobatake, default; J. Nolan d. Dempsey 21-13, 19-21, 11-5

Semi-Finals: Vega d. Day 21-17, 7-21, 11-4; J. Nolan d. Day 11-21, 21-18, 11-7

Finals: Nolan d. Vega 19-21, 21-13, 11-8

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The Friendly Game

by Steven L. Stern

Hasn't shown up? Sure, I'll hit the ball around with you for a few minutes. Till your partner comes.

Why am I doing this? He won't last a few minutes. I've seen healthier looking cadavers. Hope those are heavy sneakers, or else the weight of his racquet will tip him over.

Yeah, racquetball's a terrific sport. Oh, I don't know, maybe three or four years, once or twice a week. How 'bout you? Really? Just six months.

Wonderful, six months. This'll be worse than I thought. Maybe I should wear an eyepatch, to even things out. Will someone please tell me why I am on this court with a beginner? This is going to be embarrassing.

Good idea, let's just hit it back and forth a while. Give you a chance to warm up.

Warm up? He needs defrosting. Daisy Duck has more wrist snap.

Was that his forehand, or did a fly frighten him? Maybe he's trying not to bruise the ball. Ah, good bend in the knees. Now do it while you're swinging. Oh, stunning backhand — a natural hash slinger if I ever saw one.

Maybe his partner will show up in another minute, before El Diablo here tries a kill shot and hurts himself. How do all the turkeys find me? Why couldn't this one just practice by himself? Or with someone his own level — maybe my grandfather...

A game? You sure? We could just hit it around some more. Well, all right. Here, you'd better seve.

Kid's got guts, I'll give him that. Or else he's a masochist. It's one thing to compete with more experienced players to develop your skills. But who enters the Indianapolis 500 driving a '72 Volkswagon? Well, you asked for it, my friend.

Interesting serve. I've never seen anyone follow through quite that way. Reminds me of the lonesome cowpoke lassoing a stray. Well Tex, see what you can do with this.

Oh, too bad. Nice try though. You almost got the racquet up before the

ball passed you. Maybe next time, Killer. Now let me show you how the serve works.

Whoops, that old Z serve kind of caught you off guard, I guess. One-nothing. Well, let's give your bashful backhand a little workout.

Hey, I'm impressed. Hit that one right back. Here, try another. Well, well, a ceiling shot return. Did you intend to hit it up there, or did the ball bounce off the racquet on your way down to the floor? A shame. Almost three in a row, champ. Well, up and at 'em. Two-nothing.

Look at him dash around the court. Like a rabid chicken. Well, I hope he had his Wheaties this morning. Three-nothing.

That's four. *C'est la vie*. At least he's hitting them back pretty good. I may work up a bead of sweat at this rate. That's only fair, I guess, considering he'll need intensive care when this is over.

Oops, surprised me that time. My, my, didn't think you had a shot like that in you. Well, enjoy your serve, my boy, it may be your last.

What *luck*! He couldn't drop the ball in that corner again if he were sitting in it. Oh, well, there goes the old shutout.

He does hustle, though, got to say that. Scored that point on sheer energy.

GEEZ, WHAT A SHOT! You can open your eyes now. Brother, are you serving on borrowed time.

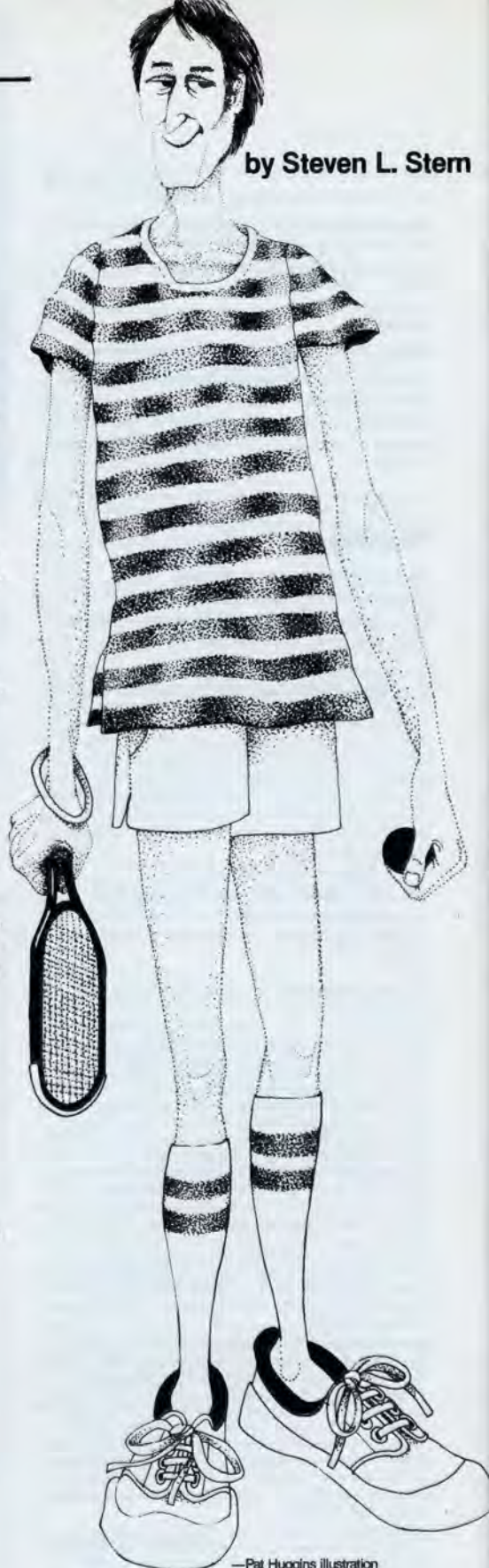
This guy must live right, to get away with — Oh, that was without doubt the most bizarre forehand stroke I've ever seen in my life. Ladies and gentlemen, presenting a racquetball demonstration by the well known Bowling Alley Ballerina. He dances, he leaps, he — Oof, a lot faster than he looks, I will say that.

Four-all? Yeah, I guess it is.

Wonder where he got that silly red-and-white T-shirt. He ought to be lying across a table in a pizzeria.

Oh, will you look at that.

Any *normal* person would've hit the ball backhand. But not Rubber Man.



—Pat Huggins illustration

Say maybe he has *two* forehands, like some people have two left feet.

Excuse me, was that supposed to be a kill shot? The only reason I missed it, you know, was because it bounced

back so high. Geez, this guy plays one weird game. I wonder — OWW!

Yeah, sure, I'm fine. No, it only hurt for a second. More the surprise than anything else. Go ahead. Your serve.

I think he cracked my fourth vertebra. Hit the ball at the wall, you yak, not at me.

This kid's dangerous on the court. If I were shorter, he'd probably have decapitated me.

Oh, what luck. Right in the crack again. More luck than brains, as my dad used to say. Kid ought to be shooting craps in Vegas.

Nine-six, is it? I thought it was eight. Oh, yeah, forgot that one. Yeah, yeah, I'm ready. Serve the ball.

Dam hot in this court. Don't know why they can't air condition the place properly. How's anyone supposed to play racquetball in a sauna?

What time is it? I'm ready to pause for station identification.

Oh, mother, another cheap shot.

Why isn't Road Runner out of breath? Heck, he zips around enough for eight people. Maybe I should slow him up a little —

Hinder? What do you mean, hinder? Oh, all right, all right. Play it again. Yes, I know it's 13-eight. Just serve the ball.

Snotty twerp. Making excuses. A hinder, my eye. He wouldn't have made that shot if he were alone on the damn court. Shouldn't play this game if you can't take a little pressure, mister.

Oh how does he keep making those lucky shots?

There, take that, turkey. *That's* a kill shot. Now watch some fancy serving.

I don't believe it. He must be a contortionist. Somebody call Ringling Brothers. That was my best serve. It was perfect. Marty Hogan himself would have asked for my autograph if he'd seen that serve. And this freak smashes it.

Dam sneakers are hurting my feet. Can't pivot in these clodhoppers.

Where does he get the energy to keep

galloping around that way. SLOW DOWN! In this heat yet. Probably jogs nine miles every morning before his nuts-and-berries breakfast.

Oh, thank God, my serve. I need the rest.

Hm? Rest? Me? Don't be silly. I'm fine. I always sweat a lot.

I think my heart stopped. It's 98 degrees in here and I'm playing against the Bionic Bozo. I hope there's a medic standing by.

Thank you, Lord. Thank you for letting him miss that shot.

My back hurts where he torpedoed me. Internal injuries. Probably did it on purpose, the maniac. Some guys don't know what a friendly game is.

Oxygen! This guy won't quit. Look at that ball. Hugging the wall like Jimmy Cagney on a jailbreak.

And that stupid peppermint-colored shirt is making me dizzy ...

17-11? Really? Ha, well, guess I'd better get serious. No, no, I'm fine. My face is always this color when I play.

My face is this color because if the blood doesn't carry oxygen to my brain in two seconds, there'll be one rather dead player on this court.

And where the heck is his partner, anyway. I hate people who don't show up when they're supposed to. Can't depend on anyone any more.

Oh, bless that crack. The most wonderful invention since cubed ice, that crack is. I love you, crack, with deep passionate love.

BLAST HIS CEILING SHOT! What kind of stupid sport allows the ceiling to be in bounds, anyway. My body's coming apart in six places and this sadist is making me run.

Huh? Oh, thanks. I would've had it, but it took that funny bounce. What? No, I always cough. Don't worry about it. Just got my second wind, matter of fact. Your serve.

Nice try, he says. I'll give him nice try. Arrogant peabrain. How'd you like a nice try in your left ear? I was playing racquetball before you ever heard of the — OOOFF!

No, really, I'm OK. Didn't realize I was so close to the wall. Does this court seem narrow to you? Yeah, I'm ready. Twenty already, is it? Sure is a fast game.

My body's broken. There's no part of me that doesn't hurt, except my arm, which I lost all feeling in 10 minutes ago. Both my lungs shriveled up three points ago, and my shoulder couldn't be in worse shape if I pulled a Chevy across Utah. If my ears were ringing any louder, I'd have to call a Bell-Tel serviceman. The Grim Reaper just tipped his hat to me from the gallery.

Here it comes. Another one of his ridiculous lob serves. Don't you know those are suicide, you bimbo? If it wasn't for these lousy sneakers and the heat and my bad back, I'd have killed every one of your other lobs. Stick with the Zs and drives, if you want to be any good at this game.

Oh thank God my ceiling shot was on the money. If he stays in center court, it's Boot Hill time for me.

WHAT DO YOU CALL THAT? Trying to hit every wall in the club, or what? I'm doing my best to play a decent game of racquetball here, and this elastic lunatic's playing 'round the world.

Umph — got it — there goes the last of my air. Pilot to base, pilot to base ...

I think my knees are jammed in this position. Is there a cure for lockknee, doc, or should I start looking around for a bellringer job?

Please don't return my shot. Please. I'm going to throw up if you do.

Oh, son of a sweatsock, how many sets of legs does this monkey have. I should've thrown my racquet at him when I had the chance. C'mon feet, that way. Follow that ball!

Uh-oh, not over there. That's not where I meant to hit —

... yeah, you too, nice game. Unusual style you have. Takes a bit of getting used to. Me? Nah, I'll be fine in a second. Uh? Another game? Gee, I really want to, but I have this appointment ...

... and the undertaker won't wait ... ●

Brumfield Takes Loss Sitting Down

by Carole Charfauros

CHARLIE BRUMFIELD LOSES 21-9 TO JOHN RUSINKO IN EXHIBITION MATCH!

"Who", you might ask, "is this nobody nobody has heard of, who beat the five-time national champion?"

What you probably wouldn't think to ask is the catch: *"Was Brumfield playing in a wheelchair?"* While most clubs have never had a single player show up in a wheelchair, Lance Alworth's Sports Center of San Diego had 11, 12 if you count Charlie. It was all part of a racquetball tournament sponsored by Telesis II, which featured a special wheelchair division.

David Cleveland, the Project Administrator of Telesis II, confesses that the non-profit organization lost \$500 on the tournament because of the high cost of the T-shirts and the publicity they drummed up *"but our objective was to get the name Telesis II out into the public. Next year we plan to make money on the racquetball tournament, but the important thing is to make the Telesis program known."*

Cleveland, who is in San Diego State's Recreational Administration masters program, has been with Telesis II since January of 1979, when the project began. Funded by the San Diego County Department of Substance Abuse, Telesis II educates boys and girls in youth organizations and schools about the dangers of drug abuse.

To help organize a wheelchair division for the fund raising racquetball tournament Cleveland solicited the help of his friend, Mike Bourgault who works with the physically handicapped through the parks and recreation department, and is *"in a chair"* himself.

Bourgault got the wheelchair basketball league players together even though few had ever been on a racquetball court before. Together Bourgault and Richie Loveday

— Carole Charfauros photos



Charlie Brumfield, left, and John Rusinko

Scott Robeson, who took the world record in swimming at the 1979 Wheelchair Olympics in Toronto, was second place winner in the Telesis II tournament.



— Joseph Dittler photo courtesy Your Racquet

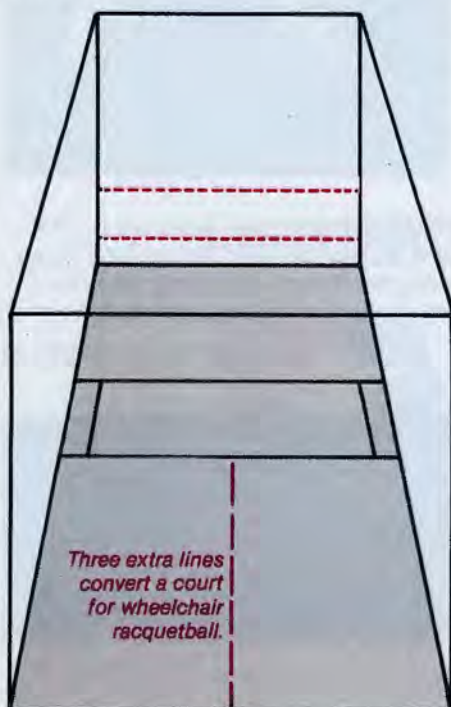
Check *National Racquetball's* Court Club section next month for a story and photos on Celebrity Courts in Warwick, NH, which has been built to accommodate wheelchair players.

(assistant manager of Lance Alworth's and son of pro racquetball coach, Carl Loveday) held a free pretournament clinic and gave out free Leach racquets to the participants. They also adapted the rules of the game to even out the competition.

Special Rules

"We simplified the wheelchair racquetball rules," says Bourgault, "which were published in Sports & Spokes magazine by a doctor and a physical therapist, because their rules were too involved."

Two lines were taped off on the front wall parallel to the floor, one two feet high, the other six feet. No shot could be hit lower than the bottom line (similar to the "tin" in squash) and serves had to be hit above the higher line so that everyone would have a chance to get into the rallies. Also the back court was divided into two service areas (as in tennis) and the serve had to be alternated between left and right zones. (See drawing.) The players were also allowed two bounces between hits.



From that point on the differences between this tournament and any other seemed secondary. All the wheelchair players were top athletes in their own right who love competition. A lot of them have tried tennis, but now prefer racquetball because the smaller area allows longer rallies.

A couple of the entrants, including Scott Robeson, have participated in the "Para-Olympics", an international competition for the disabled. Robeson has national titles in swimming, as well as track and field.

But even Robeson was no match against John Rusinko, the overall winner of the wheelchair racquetball division, who beat Jeff Erickson in the finals before taking on Brumfield. Even though Robeson lost to Rusinko in the first round, he still worked his way back through the double elimination draw to defeat everyone else and claim second place.

Rusinko had played racquetball and handball for several years, but not since his accident four years ago which confined him to a wheelchair. Rusinko has "run" a marathon around Mission Bay, CA, in only two hours and 45 minutes — not a bad time for anyone — but Rusinko is not sure how it compares to world class wheelchair records. Rusinko also plays on a wheelchair basketball team which travels out of state sometimes for their games.

No Harm to Floors

Probably the nation's most experienced wheelchair racquetball player was the head referee and organizer, Bourgault, who exempted himself from the tournament to give everyone else a chance. Bourgault has never played against anyone in a wheelchair before. All of his opponents play on their feet, but allow John a two bounce return. He says that the wheelchairs don't harm the floors and he doesn't think they're dangerous to other players, either.

Bourgault is really excited about the prospect of racquetball as a sport for the handicapped, but disappointed by some of the clubs he's played at.

"You know they have these nice big handicapped parking spaces out front, but some of the racquetball clubs have the locker room upstairs. Also the court doors are sometimes narrower than 28 inches, so that someone has to help me out of my chair, fold it up, and then put me back in my chair once we're inside the court. It's the same process in reverse to get out of the court."

All racquetball clubs in San Diego conform to state regulations requiring handicapped parking spaces and handicapped bathrooms downstairs. However locker rooms can be upstairs without access by elevator and not every club has viewing downstairs via glass walls. It seems that most club designers either consider the handicapped only as potential spectators, or else they don't consider the handicapped at all and only try to get by with the minimum to meet the code regulations.

... But getting back to Brumfield — there's really not much to tell. After receiving a complimentary Bye to the finals Charlie got his "¢&%#@#\$ KICKED!" as he so eloquently phrased it. Brumfield may have been the most experienced with a racquet, but not with a wheelchair.

"I really took advantage of him" boasts Rusinko *"because I realized he didn't know how to maneuver the chair. I'd heard of Brumfield before and seen him on TV, but I was really surprised when I got to play him."*

So if you see Charlie on the court in a wheelchair, don't worry — he hasn't been in an accident. He might just be practicing up for a rematch.

And John Rusinko says he's ready for him. He might even give Charlie a 10 point "handicap." ●

Who's Playing Racquetball?

Beth Eaton:

Prescribing Racquetball

Racquetball was made for Beth Eaton. It's the only sport she could squeeze into her routine. As former manager, and now teacher-program director, at Racquetball Plus in Muskegon, MI, Beth is able to combine her worlds of racquetball and medicine.

Now 28 Beth has been in one of those fields since she was a 13-year-old clerk at Fates Pharmacy in Williamson, MI. She went on to Ferris State College, graduating with a bachelors degree in pharmacy, and she completed her internship at St. Luke's Hospital in Saginaw. Beth, who spends two weekends a month at Ingham Medical Hospital in Lansing, last year was president of the West Michigan Pharmacy Association.

Beth Eaton ...

... Pharmacist



... Club Manager



... Player



... Pro Match Aid



For the last two winters she's been sharing her expertise with Central American pharmacy students and doctors in Belize, a country that was formerly called British Honduras.

"It was a great experience and it made me think seriously about eventually becoming a doctor," Eaton says.

Calling racquetball the *"only other part of my life"* she begins her day at 6 a.m. opening the club where she started playing three years ago.

She spends the next two hours teaching women's racquetball and exercise classes, programming and

finding sponsors for house and local tournaments she puts together. Then she's off to her full time job at Bectel's Pharmacy in Muskegon.

"Racquetball Plus has a real hometown atmosphere," Eaton says, *"and our members are more involved in programs than most other clubs. A lot of our players have been students in the poison prevention classes I teach around the area. In my life it seems everybody plays racquetball."*

That includes the pros in her life. At the Detroit pro stop a few years ago she traded T-shirts with Shannon Wright, and in Lombard last fall the

energetic lady went one step further: she wiped the floor during the Hogan Hilecher match, receiving a round of applause for *"action under fire."*

—Velda Lee Heraty ●

If you know a man or woman who plays racquetball and whose job or hobby would make him or her a good subject for this series, send the name, address and phone number to Carol Brusslan, *National Racquetball*, 4101 Dempster, Skokie, IL 60076.

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Hogan's Still



—Gay Newman photos

Lindsay Myers scrambles in an attempt to cover Marty Hogan's backhand kill in a power battle that gives Hogan the Tournament of Champions \$15,000 first prize.

Racquetball's Superstar

Canadian National Champ Lindsay Myers
Bows to Marty in Tournament of Champions Finals

by Tom Reinman

Before each match he refereed Dan Bertolucci, National Racquetball Club director, introduced the players as "five-time National Champion," or "currently ranked 10th on the pro tour" or something similarly appropriate. For the kid who put the St. Louis JCCA on the map it was, simply "Marty Hogan, Racquetball's Superstar."

And although he met with less than success at the ABC Superstars finals competition the following week in the Bahamas (placing fifth and fighting the flu), Marty Hogan showed one way he earned the fanfare as he mowed through the field to successfully defend his title in the \$32,000 Kunnan/Leach Tournament of Champions at the Sportrooms of Coral Gables, FL, Jan. 31-Feb. 3.

He defeated Lindsay Myers 21-14, 15-21, 11-3, to register his 27th win in his last 31 pro tournaments.

Hogan, who had just turned 22 the week before, had such an easy time of it through the week that it wasn't until after the first game of the championship match that he even bothered to take off his warm-up pants. That, despite having spent most of his time and effort through the preceding month preparing for the Superstars finals, which were held two days after the T of C in Freeport.

Hogan eased past National Amateur Champion Bobby Bolan, now playing as a professional, 21-11, 21-16 in the first round.

His quarter-final opponent was Rich Wagner, who extended Hogan to a tie-breaker before losing in the finals of the event last year. Hogan won their first game this time 21-13, but found himself trailing 17-4 in the second game. At that point he unleashed The Serve, and by the time Wagner could retake the serve, he was trailing 18-17. He led 20-19, but Hogan retied it on a forehand pinch in the right corner.

Wagner regained the serve and again could have won the game, but he skipped an easy forehand in the service area. That gave Hogan a second chance, which proved to be two too many, because he promptly passed Wagner with a shot down the left line for the win.

Mike Yellen, meanwhile, was busy defeating Craig McCoy in the first round and Charlie Brumfield in a second round tie-breaker to set up his semi-final match with Hogan.

After leading 8-4 Yellen gave up 14 unanswered points, including a streak of 10 with only one service break. With Hogan leading 18-8 Yellen, who's Feb. 3 birthday falling on the day of the finals apparently was not a good omen, rallied to an 18-15 deficit and later 19-17. But Hogan quickly regained his concentration and put out the fire with a forehand rollout from 40 feet and a forehand down the left line.

Yellen was disappointed, but not entirely displeased.

"I haven't done too much yet this season," said Yellen, currently ranked sixth by the National Racquetball Club computer. *"I've been working hard on my game lately and I can see where improvement has been made. I hate to lose, but at least I feel like my game is turning a corner."*

It might have been turning-a-corner time for a couple of other young pros, too. Earlier that evening Myers, defending five-time Canadian national champion, met Don Thomas, who this season has jumped from 19th to 10th in the standings.

Myers earned his spot by beating McCoy, and Steve Strandemo, while Thomas outplayed Bolan and Ben Koltun.

Thomas took the first game 21-19, a game in which the biggest lead belonged to Myers at 7-4. In the second game Myers rolled to a 15-1 advantage with just one service break as Thomas obviously never got untracked and lost 21-11.

It looked like Myers would run away with the tie-breaker as well, when he took a quick 5-1 lead on two drive serve aces, two backhand pinches and an unforced error. But Thomas struggled back to a 7-5 deficit on a wild rally which featured backhand rippers from 39 feet, wide pinches, flying bodies and finally a backhand by Thomas dropped in softly for a point.



Marty Hogan keeps Mike Yellen off balance as the Champ wins the semi-final match by scores of 21-17, 21-10.

Finally Myers regained control, and two passes and an ace to Thomas' left side preceded a forehand kill hit on the run which put Myers in the finals of a pro event for the first time. The final score was 19-21, 21-11, 11-5.

Myers, whose regular routine of diving for short balls, hustling for tough gets and killing the ball from anywhere on the floor, consistently pleased the crowd and scored points, was playing perhaps the best racquetball of his life.

"No question about it," he said before his match with Thomas. "I am on my game. It's taken awhile to play like this, like I always knew I could, But I've been working hard in San Diego, and it looks like it's paying off."

"He is playing pretty well," said Hogan of his final round opponent after his semi-final match. "But he's a streaky player. I love to play those kinds of guys. He will skip about one billion balls tomorrow. I'm going in, playing a conservative game and letting him beat himself. And he will."

And he did.

Hogan dilled through a 21-14 win in the first game. He dallied through a 21-15 loss in the second game when Myers turned a 11-5 deficit into a 13-11 lead, and a 15-13 deficit into a 21-15 win.

Lindsay Myers needs the tie-breaker to get past a much improved Don Thomas in their semi-final encounter.



In the quarters, **upper left**, Rich Wagner, right plays with a flawless forehand that's not enough to defeat Marty Hogan; **upper center**, Mike Yellen, right, beats Charlie Brumfield in the tournament's best control game; **upper right**, Steve Strandemo, left, can't get his game off the ground against Lindsay Myers, and **lower**, Don Thomas, right, wins a thriller played opposite Ben Koltun.



He did not dilly-dally through the tie-breaker, an 11 point game worth \$8,000 to the winner and a warm shower to the loser under the winner-take-all format.

A forehand pass, a backhand rollout, two skipped balls by Myers and a wide pinch gave Hogan a 5-0 lead before the crowd had retaken its collective seat.

Myers skipped a ball for a quick side out. He scored on an avoidable hinder. It was 6-1 on another skip, and a quick Myers side out on yet another. He scored an ace and a forehand off three walls from the door to make it 6-3 then skipped out.

Hogan then hit one of his patented sidewall-front wall pinches from the back wall, rolled a forehand down the right line, killed a ball from about five feet out, and took yet another skip for a 10-3 lead before being broken twice. The coup de grace was a shot which passed Myers to the left, caromed off the back wall and was skipped when he hustled and at least got to it for a second try.



Not quite a billion skips, but game, match and \$15,000 to Hogan.

"I hadn't really had too much time to get ready for this event with the Superstars coming up," said Hogan, "so to come in here and win against this field was really satisfying. It's always good to be able to defend a title, and this is a biggie."

Two champions played a Tournament of Champions exhibition match, with 1980 All Pro Champ Heather McKay, right, beating 1979 NRC Women's National Champ Karin Walton.



In an exhibition match played on Sunday prior to the men's finals Heather McKay thrashed Karin Walton 21-10, 21-12 in their first-ever meeting.

Understandably Walton, the defending women's National Pro champion, was discouraged. "I didn't play well," she said to a reporter who had missed some of her match. "It was a good one for you to miss, although it didn't take too long to miss it."

Let's hear no more about McKay's phantom power game. "I had fun," she said in understating the case after winning \$2,000 for her workout. "I tried out some things I've been working on and they looked pretty good, I guess. It's still tough sometimes to switch from squash to racquetball (she teaches squash at her club in Toronto every day) but I'm getting the hang of it."

Indeed while winning her first tournament in Tempe in November, finishing second in Memphis in December and winning the Coors All Pro tournament in January, her game has evolved from squash with a shorter racquet to an effectively mixed game of power and passing.

Tournament of Champions Results

(First Round): Brumfield d. Mondry 21-6, 21-10; Wagner d. Keeley 21-10, 21-5; Myers d. McCoy 21-10, 21-19; Thomas d. Bolan 21-11, 21-13

(Second Round): Hogan d. Bolan 21-11, 21-16; Yellen d. McCoy 21-6, 21-7; Koltun d. Mondry 21-13, 21-15; Strandemo d. Keeley 21-13, 21-15

(Quarter-finals): Hogan d. Wagner 21-13, 21-20; Yellen d. Brumfield 16-21, 21-14, 11-4; Thomas d. Koltun 18-21, 21-16, 11-0; Myers d. Strandemo 21-11, 21-11

(Semi-finals): Hogan d. Yellen 21-17, 21-10; Myers d. Thomas 17-21, 21-11, 11-5

(Finals): Hogan d. Myers 21-14, 15-21, 11-3

Notes of the Tournament . . .

The winner take all per round format of this Tournament of Champions allowed the overall winner to walk away with \$15,000, which was the amount of the men's first place prize money at the 1979 Nationals. This kind of purse is another sign that professional racquetball is entering the big time . . . NRC Director Dan Bertolucci explained that to have been considered for an invitation to the Tournament of Champions a player had to have been in the top 20 of the 1979 year end rankings. Invitations went to seven of the top eight, allowing room for other outstanding players, such as the 1979 National Canadian Champion, as well as past racquetball greats . . . The tournament was a sellout at the 24 court facility, which was formerly an opera house and then a bowling alley, and its success was a tribute to Co-Tournament Directors Frank Johnson and Carl Dean . . . Players were guzzling Wagner's Thirst Quencher, and Joann Ritz, of Golin Communications — representing Wagner — was making sure there was enough of the USRA official drink to go around . . . Sportrooms owners Bruno Cerchiai and Ed Torkelson outdid last year's outstanding hospitality by providing an all-you-can-eat banquet, jai alai tickets, a Stiltsville boat trip for pros and guests and a personalized warm-up outfit for each pro . . . The men's C division, with 78 players, had the largest draw among close to 400 amateur players . . . Matt Matthews of Gainesville, FL, beat 16-year-old Sergio Gonzales to win the men's Amateur Open, Gail Woods came south from Louisiana to beat Brenda Grossnickle, University of Miami student from Ft. Pierce, FL, for the women's Amateur Open title . . . Larry McDowell, younger brother of Illinois' Dennis McDowell (beaten by Sergio Gonzales in the Open semis tie-breaker) won the men's Bs . . . Another Gonzales took part in the pro matches. Sergio's younger brother, Oscar, was towel boy (mopping up the floor during the games), along with Mitch Campbell, "Bump" Blaess and "Bubba" Gautier . . . Biting into a Brum Burger in Brum's Pub and Eatery, the new restaurant that's just been added to the Sportrooms club chain, reminded patrons that Charlie Brumfield is the Sportrooms touring pro. ●

TV's Racquetball Reps



Sheryl Nelson, left, and Nancy Hornack, sign in for some serious competition after their recent demonstration game for the documentary, "Women in Sports," filmed for airing on network television. The program, for which Nelson and Hornack played and spoke about racquetball, was underwritten by Sears.

Turn to this month's Court Club section for a story on the Ft. Lauderdale program that's made top competitive players out of Sergio Gonzales and other local juniors.

Tournament of Champions winner, Marty Hogan, won the key to Dade County, in addition to his \$15,000 check, at ceremonies following the final matches. Dade County Vice-Mayor Harvey Ruin also presented a U.S. Racquetball Association and Sportrooms Day proclamation to NRC Director Dan Bertolucci, accepting in behalf of Bob Kendler, president of the USRA/NRC.



Proclamation

Board of
County Commissioners
Dade County,
Florida

WHEREAS: In 1973 Bob Kendler organized the United States Racquetball Association to govern amateur racquetball in this country, there being at the time some 50,000 players in the country, and

WHEREAS : Through the efforts of the USRA, which issues the updates and accepted rulebook for the sport, puts out a monthly magazine, National Racquetball, and generally aids and supports all affiliates and programs and standards for the sport, including the establishment of a system of regional and national championship tournaments for all ages and for both sexes each year, and

WHEREAS : The USRA now governs over an amateur sport with some 12 million players at the beginning of 1980, and

WHEREAS : Sportsrooms of Coral Gables is hosting the renowned Tournament of Champions under the auspices of the USRA, and

NOW, THEREFORE : BE IT RESOLVED THAT I, STEPHEN P. CLARK, MAYOR OF METROPOLITAN DADE COUNTY, FLORIDA, do hereby proclaim, Sunday, February 3, 1980, as

U.S. Racquetball Association and Sportrooms Day

IN OBSERVANCE THEREOF : I call upon the people of Metropolitan Dade County to join me in recognizing the growth of this fine sport and the association that governs it and urge attendance at the Tournament of Champions at Sportrooms.

PRESENTED BY:
Harvey Ruin
Vice-Mayor

February 3, 1980

DATE



Stephen P. Clark
MAYOR



COORS LIGHT

A man with a wide, toothy smile is the central figure. He wears a brown leather cap and a red, blue, and green plaid shirt over a red long-sleeved shirt. He is holding a silver can of Coors Light Beer in his right hand. The background is a soft-focus outdoor scene with green foliage and a blue sky with light clouds. The overall tone is warm and inviting.

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Ticket Order Form

1980 NRC-USRA National Racquetball Championships

Reserved tickets and general admission tickets are now available on a first come, first serve basis for the 1980 NRC-USRA National Championships. The tournament will be played at the beautiful Las Vegas Sporting House beginning Sunday, June 1 and climaxing with the championship finals on Saturday, June 7.

Reserved Seating Diagram



TICKET INFORMATION—Reserved

All reserved ticket holders are entitled to a seat for the entire seven-day event.

- Red seats are located along side glass wall and cost \$200.00 each.
- Blue seats are located in front of front glass wall and cost \$250.00 each.
- Five green V.I.P. tables are located on an elevated terrace facing directly into the front glass wall in front part of the luxurious bar and restaurant area and cost \$4,000.00 each. Purchasers of tables are entitled to the following:
 - Table with excellent view over the entire championship court area.
 - Free ten foot Product Exhibition show booth in convention area.
 - Food, beverage and cocktail service.
 - Free access to facilities of club for guests during the seven days of the tournament.

TICKET INFORMATION—General Admission

Daily general admission tickets will be available at a cost of \$10.00. This ticket will entitle the holder to view the Nationals on closed-circuit television as well as to watch the matches played on all courts excluding the championship court. Please be advised that this ticket does not entitle the bearer to use the facilities without paying the normal guest fee of \$15.00 per day.

TOURNAMENT INFORMATION

Location: Las Vegas Sporting House
3025 Industrial Road
Las Vegas, Nevada 89109
(702) 733-8999
Dates: June 1, 1980-June 7, 1980

Ticket Order Form

Name: _____
Address: _____
Phone Number: _____
Seating Section: _____ Front Wall _____ Side Wall _____ V.I.P. Table
Reserved Seat No.: _____

Please send this order form with check payable to "Las Vegas Sporting House," 3025 Industrial Road, Las Vegas, Nevada 89109, to the attention of Mr. John Galasso.

Please note that the specific reserved seat assignments are dependent upon how soon we receive the check. Seat assignments will be made on a first come, first serve basis.

Men's and Women's Pro/Am Tour • 1979-1980

Those events marked with an asterisk (*) are approved. All others are sanctioned. Check future issues of *National Racquetball* for updating on tour sites and additional tour stops.

• **March 19-23**

Catalina Classic West
San Francisco, CA
Open

• **March 26-30**

Bank of Newport Beach Classic
Los Angeles, CA
Open

• **April 9-13**

Seamco Classic
Boston, MA
Open

• **April 30-May 4**

Catalina Classic East—Atlanta, GA
Open

• **June 1-7**

NRC/USRA National Pro/Am Championships
Las Vegas, NE
Open

• **June 26-29 ***

CBC International Classic
Winnipeg, Manitoba, Canada
Invitational

• **July 10-13**

Hawaiian Sports Week Pro/Am
Honolulu, HI
Invitational



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