

RACQUETBALL

ILLUSTRATED

\$1.50
DECEMBER 1980
K48651

ANDY KAUFMAN

Pops Up with a Racquetball Gift Guide

Is the **SPORT'S
SCORING SYSTEM**
Ready for Burial?

What You **CAN** and
CANNOT LEARN
from the **PROS**

Are Major
Companies
Dropping **PRO
SPONSORSHIP?**

How
BODY BUILDING
Relates to
Racquetball



**GRANDMA
LOVES
ANDY**

BS134141200
DAVEY BLEDSOE
4020 S RIFLE WY
AURORA

SAMPLE RA
A10 023
CD 80013



Nautilus



Racquetball requires strength, flexibility, muscular endurance, and cardiovascular ability. Only Nautilus provides the means and scientifically based training concepts capable of meeting these demands.

the Ultimate Equipment for Racquetball

Nautilus SPORTS/MEDICAL INDUSTRIES

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

"If you want the best in Racquetball... Head has it all!"

Steve Strandemo



Steve Strandemo, Head Racquetball Touring Professional/Instructor, says, "Pick the racquet that suits your game and let Head quality engineering do the rest."



HEAD® COMPOSITE RACQUETS. The GRAPHITE EXPRESS® racquet combines graphite and fiberglass for strength, lightness, and unbelievable power. The ENDURO® has an aluminum reinforced fiberglass core construction for power and durability. Both feature the open throat design that reduces twisting.



HEAD METAL RACQUETS. The PROFESSIONAL® is used by more Head Touring Pros for its outstanding power and control. It uses high-strength aluminum for devastating power. The MASTER® is made with a lighter, more flexible aluminum extrusion for superior racquet control and quickness.



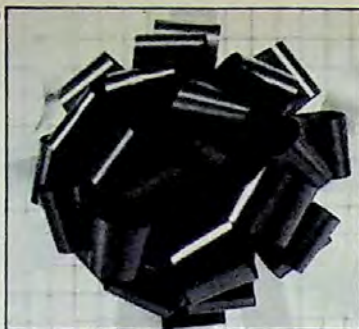
HEAD RACQUETBALL BAGS. Specially engineered for travel and small lockers, Head Bags are available in navy blue and chocolate brown. All are washable and contain wet-pockets.



RACQUETBALL ACCESSORIES. Look to Head for the best in accessories, too. The Head racquetball shoe features a canvas-and-mesh upper molded to a skid-resistant crepe rubber sole. The Head Plum™ ball and deerskin gloves add to your enjoyment and skill. Our eye guard adds to your protection. See your authorized dealer for equipment that will help you play your best.

We can make a difference in your game.

**AMF
Head**



RACQUETBALL

ILLUSTRATED

December 1980 Vol. 3, No. 12

FEATURES

6 **IS PRO SPONSORSHIP A THING OF THE PAST?** Major racquet companies are now re-evaluating their pro player policies. *By Len Ziehm*

10 **MILLION DOLLAR COURT** This portable baby may control the future of racquetball. *By Ben Kalb*

12 **THE PERFECT BODY** Body building champion Rachel McLish counts racquetball as one of her regular training activities. *By Sandra Segal*

18 **RACQUETBALL IN NEW ORLEANS** The sport is part of 20th century progress that has mixed well with 18th century culture. *By Mike La Bonne*

22 **IS THE SPORT'S SCORING SYSTEM READY FOR BURIAL?** The 21-point game may be a thing of the past. *By Sandra Segal*

39 **HOLIDAY GIFT/ACCESSORY GUIDE** Things to make your shopping easier and your racquetball bag complete.

44 **ANDY KAUFMAN WRESTLES WITH RACQUETBALL** What started out to be a racquetball game turned into a friendly wrestling match. *By Michele Kort*



INSTRUCTION

- 26 **How The Pros Can and Cannot Help You** *by Charles Garfinkel*
- 30 **B.B. Backwall Shots** *by Dave Peck*
- 34 **Improvement Drills** *by Lynn Adams*
- 35 **Pinch Volleys** *by Mike Yellen*
- 36 **How To Turn Your Game Around** *by Lee Pretner*

DEPARTMENTS

- 3 **Up Front**
- 4 **Side Out**
- 5 **Players**
- 48 **Rx For Winning—Understanding Injuries**
- 50 **Tournaments**
- 55 **Club News**
- 56 **Fashion Rac**
- 58 **Short Shots**
- 61 **Club Directory**
- 64 **Off The Wall**

Cover Photo by David M. King



CURTIS F. WONG	Publisher
BEN S. KALB	Editor
MARK KOMURO	Art Director
SANDRA SEGAL	Assistant Editor
EIKO CISSELL	Asst. Art Director
ALAN TAKEMOTO	Art
FRED NEFF	Copy Editor
RICHARD WADE	Asst. Copy Editor
DAVE KING	Photo Editor
ED IKUTA	
DREW STODDARD	Staff Photographers
JEFF WEEKLEY	Cartoon Editor
DAVID CHOW	Fashion Director
MARTIN HOUK	
CAROLE CHARFAUROS	
MATHEW TEKULSKY	
RICK DAVIS	
MIKE HOGAN	
LEN ZIEHM	
CHARLES WARN	
DON BURKE	Contributing Editors
JAMES LEW	Merchandise Director
FRANK WONG	Merchandising
ALY SPENCER	Advertising & Promotion
DENNIS RITZ	Special Promotion Director
FRANK FIELDS	Circulation Manager
MIKE BARRY	Special Graphics
JAY T. WILL	Marketing Manager

Editorial Offices: 7011 Sunset Boulevard, Hollywood, California 90028 (213) 467-1300. Return postage must accompany all manuscripts, drawing and photographs submitted if they are to be returned, and no responsibility can be assumed for unsolicited materials. All rights in letters sent to **RACQUETBALL ILLUSTRATED** will be treated as unconditionally assigned for publication and copyright purposes and as subject to **RACQUETBALL ILLUSTRATED's** right to edit and to comment editorially. Contents Copyright © 1980 by CFW Enterprises. Nothing may be reprinted in whole or in part without written permission from the publishers.

ADVERTISING OFFICES:

LOS ANGELES: 7011 Sunset Boulevard, Hollywood, California 90028 (213) 467-1300. Aly Spencer, Advertising Director
NEW YORK: Vincent J. Lagana & Associates, 142 East 80th Street, New York, New York 10016 (212) 249-7071.

RACQUETBALL ILLUSTRATED is published monthly by CFW Enterprises, 7011 Sunset Boulevard, Hollywood, California 90028. Controlled Circulation is paid at Sparta, Illinois. Subscription rates in U.S.A. \$12.50 per year. Canada add \$2.00 per year for postage and all foreign countries add \$3.00 per year. Send subscription to **Racquetball Illustrated**, Subscription Dept., P.O. Box 261, Mt. Morris, Illinois 61054. For subscription services or information call (815) 734-4151.

(USPS 5508-050)

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

Controlled By Television

An article in this issue talks about possible changes in racquetball's scoring system. The 21-point game or the 15-point game may be ready for burial to be replaced by shorter games or even sets as in tennis.

The interesting thing is the reason racquetball people gave for changing the system: Television.

Most of the people quoted in the story said that for racquetball to be successful on television, shorter, more exciting games are needed.

In other words, the feeling is, "The future of racquetball rests with television and whatever television wants us to do, we will."

As one can see, television has the ability to control racquetball, or at least that's the way some industry people perceive it.

But you know what is interesting? The television people don't think that way at all. The scoring system, they say, is not the reason the sport hasn't hit the tube yet.

"It's the speed of the game, not the length, which causes the problems for television. Changing racquetball's format would have no effect whatsoever in getting the game on television," says one CBS spokesman.

Industry honchos are ready to bow down to television at its slightest whim. One gets the idea that if television wanted a racquetball match between two players wearing gunny sacks hitting the ball with a frying pan while holding a plate of eggs, the racquetball industry people would jump at it.

Television should not control the sport. The scoring system may need changing but change it because it's detrimental to the game, or because it's a poor system, or because in this space-age world people like to get things finished faster. But don't change it just because you THINK television wants you to.

If television controlled everything the way it wants, you'd find instant replays on bank robberies, fires and world wars.

Television is important to racquetball's future but not to the point of bastardizing the game. The game will be around a long time. Television honchos change every other Thursday. What may be right for one TV honcho, may be wrong for the guy who replaces him. Is racquetball going to make changes everytime someone else wants a variation of the game?

Let's hope not.

This month's issue features some interesting and somewhat controversial articles. We have a feature on pro sponsorship, and why the major racquet companies are de-emphasizing it. We also have a story on the proposed portable glass court that is being offered for over a million dollars, and we have an interesting feature on Rachel McLish, the current women's bodybuilding champion.

Our instruction section is highlighted by stories on "How To Turn Your Game Around," "What You Can and Cannot Learn From The Pros" and "Improvement Drills."

This is also the last month for our Player of the Year balloting.

Ben Kalb

Ben Kalb



SIDE OUT

Gary Sandy

I was pleased to see my hometown guy, Gary Sandy, on your August cover. I was envious that Gary was taught the game by a pro, Jennifer Harding, and I guess I'm even more envious that Ms. Harding was the one to teach him and not me.

Anyway, I now know a great way to get in shape for a musical.

Wendi Anglin
Dayton, Ohio

Classy

Your September 1980 editorial speaks of striving to "get classy." Well, for the first time since my subscription began, the cover (Marty Hogan) is classy. Let's see more class and less celebrities.

Elsie Lindenmuth
York, Pa.

Cover Subject

Outstanding cover of Rodney Dangerfield. I thought the idea of the enlarged racquetball and the "no respect" tie-in was a work of genius.

Your cover themes are outstanding, and I look forward to them every month.

Barry Barlow
Syracuse, N.Y.

Constructive Criticism

It's a pleasure to see a magazine that can take constructive criticism. You finally went and put someone who plays racquetball (Marty Hogan) on your cover (Sept. 80). Your magazine gets better every month. Keep it up.

As long as we're on constructive criticism, your idea about an Ektelon-Leach challenge is not so hot. It cuts out a lot of great players such as Lynn Adams, Shannon Wright, Davey Bledsoe and Steve Strandemo who are sponsored by other companies.

It also turns the sport into a "binopoly," which is the next worst thing to a monopoly.

Your coverage of the Nationals was great and your suggestions for their future tournaments were great.

Tom Grobmisi
Posen, Ill.

Ball Stories

Your section on racquetballs in the October issue was very insightful and interesting.

I enjoyed the ratings and the story on how to play with certain types of racquetballs but most of all I enjoyed the article on "What Do You Say To A Naked Racquetball?"

I have always wondered what the ingredients are in making a racquetball, and Sandra Segal's article answered my questions in detail.

Nice issue.

Frederick Grant
Phoenix, Ariz.

Big Ball

You have outdone yourself with your October cover of Rodney Dangerfield. The ball idea created a big laugh around my apartment complex and drew comments of "That's Great."

You seem to be at your best during the Ball Guide issue. If I remember last year, you had Ruth Buzzi in a cage up to her neck in 500 racquetballs. What can we look forward to in Oct. 1981?

Joe Sanders
Cleveland, Ohio

Ball Guide

I want to congratulate you on your 1980 Ball Guide. It was the first real honest piece of journalism in a racquetball magazine.

I'm glad to see a magazine take a stand, of sorts, on things. It does more than your regular guides which are nothing more than free plugs for advertisers.

The Ball Guide told it like it was, or at least, gave us the opinions of the club pros, and let us make up our minds.

I was debating on what to get my boyfriend for Christmas. I have now decided on a subscription to your magazine. Keep up the good work.

Andrea Goosen
West Los Angeles, Calif.

Cheating

Your article on "How To Tell If Your Opponent Is Cheating" in the October issue may have done more harm than good. Although you wanted a player to be on the lookout for a potential cheater, you may have given every player more of an idea on how to legally cheat.

Pat Bergen
Seattle, Wash.

Local Tournaments

I subscribe to your magazine and am very happy with all the helpful instruction you put forth, as well as information on prime players.

I'm in a spot and was wondering if you could help me. I live in the Washington D.C. metropolitan area and unfortunately can't find out when the local racquetball clubs are sponsoring their tournaments. I thought you would have information on the various tournaments in this area.

Kerstin Ackerman
Burke, Va.

Editor's note: We get several letters a month of this type, and unfortunately, area clubs also fail to inform us of their tournaments. Because we never get a complete schedule, our policy has been to print results of all tournaments sent us but we don't print advance notices. Please check with your area clubs continuously for local schedules.

SEND YOUR LETTERS TO:
Racquetball Illustrated
7011 Sunset Blvd., Hollywood, CA 90028

* Ektelon *

250G	\$73.99
Marathon Graphite	37.99
Magnum	41.99
Magnum Flex	41.99
Jerry Hillecher	36.99
Bill Schmidtke XL	32.99
Mike Yellen Flex	28.99
Jennifer Harding	27.99
Rogue	24.99
Demon	23.99

* Aldia *

Pistol	34.99
--------	-------

* Leach *

Bandido	19.99
Little Bandido	19.99
Graphite Bandido	31.99
Graphite Performer	24.99
Graphite Competitor	47.99
Graphite 100	97.99

* AMF Volt *

Impact One	39.99
Impact XC	39.99

* Wilson *

Wilson Advantage	41.99
------------------	-------

* AMF Head *

Endura	39.99
Pro	36.99
Master	31.99

* Bags by Ektelon *

Ektelon All Pro	12.99
Racquetballer Bag	16.99
Racquet Tote Bag	24.99

* Bags by Head *

Head Racquetball Bag	17.99
----------------------	-------

* Eyeguards *

Ektelon Eyeguards	6.99
Ektelon Goggles	12.99
Ektelon Fashion Eye Prot.	24.99

* Gloves *

Leach Split Skin, full or 1/2	8.99
SAI full or 1/2	7.99

* Racquet Ball Shoes *

Nike Killshot	25.99
Lotto M/L	22.99
Head Ballistic	25.99
Tred 2 Z	19.99

* Racquet Balls *

Volt Rollout Bleu	3 cans 10.00
Ektelon Speed Flite	3 cans 10.00
Penn Ultra-Blue	3 cans 10.00
Seamco 600	3 cans 10.00

Add \$2.50 for shipping & insurance
in the 48 states
Florida residents add 4%
Prices subject to change

FOR ORDERS CALL TOLL FREE

1-800-327-6460

Customer Service Call 305-741-4707

**SPORTS
AMERICA**

P.O. BOX 26148

Dept. RI 10

TAMARAC, FL 33320



Write or call for complete merchandise price list

The World of Playboy Enters the World of Racquetball

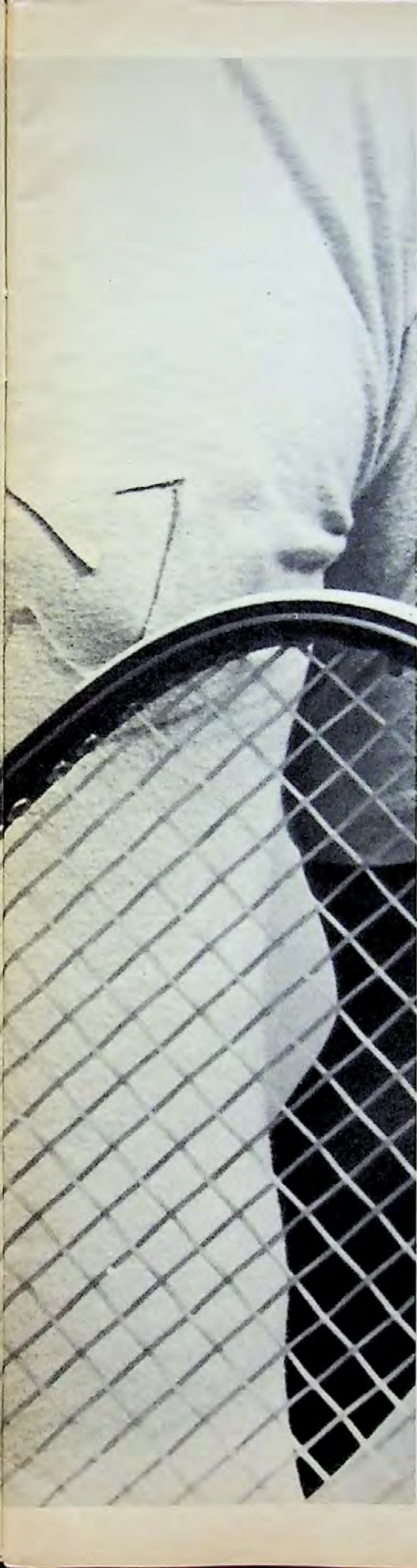


Photo by Milo Muslin



Playmate Michele Drake (top left) was one of the hostesses and playmate Victoria Cooke (top right) was an exhibition participant as part of a celebrity tournament for the benefit of cancer research at the Sports Connection in Santa Monica, Calif. Bottom: Former Playmate-of-the-Year Debra Jo Fondren, an avid player, presents Ron Doucette an award as Ektelon's salesman of the year at an annual conference in Coronado, Calif.





Is Pro Sponsorship a Thing of the Past?

Why are the major racquet companies dropping top players?

By Len Ziehm

Touring racquetball professional Jerry Hilecher was ranked fourth in the country at the end of last season. In August, he won the King's/Bank of Newport tournament, the first stop on the current pro tour. A couple of days later Ektelon dropped him from their sponsorship list.

Ektelon's decision to drop Hilecher may be a surprise to some, but considering the current industry economic policy in relation to their pros, it should come as no surprise at all.

"Jerry is a personal friend and a helluva guy and he does a fine job promoting the game and Ektelon," said Ron Grimes, vice president of Ektelon. "It was a tough decision for us. His contract just came up at the wrong time."

"The tour has not been everything we hoped it might have been. It's not my intention to take pot shots but pro racquetball isn't on television and the general sports magazines aren't writing about it. We had been banking on more attention."

"Our research indicates people don't know who the tour players are or what racquet they play with. We don't plan to withdraw from the player market but buying a tour player is like buying a drill press. You have to sign up for two or three years."

Ektelon's parent company, Browning, of course, had the say in the decision to drop Hilecher, and from all indications, there will be more cutbacks. The only ones who seem totally safe are Mike Yellen and Dave Peck, ranked second and third. Ektelon sponsorship of women pros includes Marci Greer, Jennifer Harding, Jean Sauser and Rita Hoff but don't be surprised if there are some changes.

"I'm more convinced than ever that from a marketing standpoint racquetball needs its exposure," says Frank Pace, who is a key marketing and public relations man for Ektelon. "The pros could be a great way to get exposure but if the exposure is not there, sponsoring a pro can be expensive. The future of

racquetball is as a participation sport."

Pace told Ektelon that it would be better off spending marketing dollars on the sponsoring of amateur tournaments instead of sponsoring professional players.

Leach, Ektelon's rival racquet manufacturer, also received word from their parent company, the Liggett Group, that it had to make pro sponsorship cutbacks.

Leach, whose stable includes Marty Hogan, Heather McKay, Charlie Brumfield and Don Thomas, dropped Rich Wagner and former national champ Karin Walton. Other players are still with Leach but contracts have not been as lucrative as before. Contracts that once may have included a monthly salary may now only include expenses and equipment.

"I feel sorry for the young player coming into racquetball today," said Randy Floyd of Leach. "Five years ago when I came into the sport, a player ranked thirty-two in the nation would have companies hungry for him. Now, unless a player has money to support himself for a year or two, he'll have a hard time making it."

Wilson made a major move after the 1977 Nationals in signing Shannon Wright and Davey Bledsoe, that year's national champions. Wilson also later signed Peck, Dave Fleetwood and Linda Prefontaine. Only Bledsoe and Wright are left on the Wilson racquetball staff, which one organization head says is "as big as necessary now."

Wilson also has professional advisory staffs for golf, basketball, football, baseball and tennis.

"Our posture on racquetball, and it's in contrast with our posture on the other sports, is that racquetball is still in a period of growth. As far as the American consumer is concerned, many people are still not familiar with it. In rural areas there aren't any courts, and a lot of people don't even know how to keep score yet," said Gene Buwick of Wilson.

"The sport took off but the professional game didn't," said Bob Schaeffer of Wilson. "We're taking a hard look at things now. We're not sure that having tour players and endorsements are the ways to go like in tennis."

When asked why Wilson did not keep Peck, Fleetwood, or Prefontaine, Schaeffer said, "It

PRICE. CONTROL.



Finally. A racquetball that gives a player more, but costs less. A ball that's pressureless. Faster. Livelier. Bouncier. More durable. And spends more time on your racquet to allow for better ball control.

So next time you buy racquetballs give Winn Blu a shot.

They'll not only help you control your game. They'll help control your budget.

Winn Blu™



winn Inc. 16652 Gemini Lane Huntington Beach, CA 92647 1(714) 842-1301

"If there was a tournament in Maine and a clinic in Boston, we'd much rather have him at the clinic."

maybe Bledsoe—who might make up to \$50,000 a year. A player on the way up like Peck might be making \$25,000. The rest are struggling."

Those figures include a combination of prize money, clinics, exhibitions, lessons and equipment endorsements. Hogan is probably close to a half-million per year with all his contracts.

"A top player for Ektelon is living quite comfortably," said Pace. "But he still has to make an effort on our behalf. He has to entertain, project, be informative and go out and work. With the exception of the top ranked players, very few people are making money as racquetball players."

Like Voit, Ektelon and Leach have gone into a heavy program of sponsoring club pros and top amateurs. But even they have made tremendous cutbacks on equipment contracts.

"Ektelon has always been committed to the grass roots player rather than the tournament player," said Pace. "Other companies are finding that for the amount of exposure the pros are getting, if you control the top four or five players, you don't need to get down to those ranked fifteenth or twentieth."

"It's still important for a company to have a player who can reach the semifinals of the pro tournaments because those are the ones who can get on television. And it would be nice for a company to have a national champion. But beyond that, it takes a lot of money to keep a player on the tour, probably about \$15,000 a year. So companies are reevaluating the need to have players ranked in the second ten."

According to Chuck Leve things have "come full circle." Leve was formerly director of the National Racquetball Club (NRC) which implemented the pro tour. Now he is executive director of the National Court Clubs Association (NCCA).

"In the old days a lot of players were getting little or nothing," said Leve. "A contract didn't always mean a lot. It could mean half a dozen t-shirts a year and a few racquets. In the early 70s shirts were a relatively cheap marketing tool. The racquetball market is more sophisticated now. Manufacturers now realize the product has to sell itself, not a player wearing a shirt."

Pro Sponsorship

came down to the point that our offers weren't high enough. The players had higher offers from other companies."

The contracts of Bledsoe and Wright are up this year but Wilson says it would like to keep them, mainly for use in clinics and exhibitions rather than tournament exposure.

"If there was a tournament in Maine and a clinic in Boston the same weekend, we'd rather have Bledsoe at the clinic," says Schaeffer.

"We're using our pros the same as we did in tennis ten to fifteen years ago—to promote the sport," said Buwick.

But this seems to be a change from Wilson's current policy in relation to tennis and the other sports. "Tennis is on television. Racquetball is not," said Buwick. "Not even that many people can watch racquetball at an indoor court facility. Our reason for having a professional advisory staff is to promote Wilson products. A tennis player doesn't have to be number one. Kathy Jordan, for instance, is only the tenth or eleventh ranked women's player but she can secure more visibility for our sporting goods than Wright can."

Other companies such as Trenway, Vittert, AMF Head, Voit, and EST have sponsored or are considering sponsoring touring pros but most have been concentrating on the good

local amateur or the club pro. Voit has successfully done this and seemingly will not stray from the policy.

Vittert has about 70 players nationwide under equipment contracts and is considering making bigger inroads with the pros. "At the present time it isn't worth it to give Marty Hogan or somebody like him a fancy contract," says Jim Messenger of Vittert. "Their names don't mean that much yet."

It's a good bet that Vittert will focus on the women pros. Up to now Peggy Steding has been their primary showcase.

"We've only got so much money," said Messenger. "But what I'd like to see is for us to get behind the WPRA (Women's Professional Racquetball Association) and push it to the end. Women, in this day and age, are the ones who can save this game. Racquetball has slowed down a bit, and it's the clubs that will keep it going. Men will play at seven in the morning and in the evening. But what do you do with the court hours in between?"

The racquet companies consider salaries and player contracts a private matter but one person very close to the tour offered this appraisal of the male tour players' earning power.

"After Hogan there's a group of five guys—Hilecher, Yellen, Strandemo, Brumfield and

The one part of your game that never has an off day.



Rely on it. When all your shots are working. And when they're not.
Because even on those days your game's more off than on, the
Penn® Ultra-blue racquetball performs. Shot after shot.
Game after game. Whether your style is power or finesse.

This ball is so lively, consistent, and durable, we back it
with the guarantee no one else offers: If any Penn ball
should fail before the label wears off, return it to the place
of purchase or to Penn for two new balls.

Ask anyone who plays it. Once you try Penn, you won't
go back to anything else. Because even if you're off, it's on.

Penn Athletic Products Company, 200 Mall
Boulevard, Monroeville, PA 15146.





This portable baby may control the future of pro racquetball.

By Ben Kalb

Step right up ladies and gentlemen, have we got a deal for you. This little item here will give you power, prestige, and maybe even wealth. You, too, can be the first one in your country to control the sport of racquetball. Be the envy of all the racquetball sponsors and manufacturers. Have television networks knocking on your door. It comes with its own tour roadies and trucks, its own spare parts and a complete set of instructions for the easy-to-assemble sections. And the cost—why it's so small, we are embarrassed even to mention it—is only \$1,200,000.

What W&W Glass Products International, Inc. (Spring Valley, N.Y.) is selling is not just your plain, old ordinary portable glass court that you can unload, assemble, and load at your neighborhood arena, a court that will give racquetball the opportunity to attract 5,000 fans to an event instead of 500. No, what they are selling here is the future of racquetball. If looked at in those terms, a million bucks and change seems small.

"We honestly feel that whoever owns this court will control the future of racquetball," says Ron Haber, president of W&W Glass and vice president of Twin-Vue Glass, the company that has the world-wide rights to the court. "The growth of the sport is tied to this court."

Haber, of course, is biased. He has everything to gain by selling the court. But what he says is probably not an exaggeration.

"It's inevitable," says touring pro Jerry Hilecher. "Racquetball has to make the move to the arenas. The names are there and the number of players are there."

What a portable court will do is give racquetball the chance to go major league. The tournaments will be held in an arena atmosphere, which, in turn, will give the general public a chance to see the matches for relatively low ticket prices instead of for the outrageously high prices that are now predominant at the court clubs. But most of all it will give network television a chance to get in-

involved in the coverage of matches.

"We've always been told by people in the industry that TV won't come to a typical little court club for national coverage," says Haber.

What makes the portable court so unique is the "twin-vue" or white-wall glass, which lets the audience see the action inside but lets the players play without having the audience as a distraction.

This is done basically by a ceramic coating process on the interior surface, which gives the glass a white cast look from the inside and a clear look from the outside. The portable court will have all four walls of this type of glass, theoretically giving television unlimited camera angles.

"It is not intended to keep the player from relating to the audience," says Haber. "Players don't want to be blocked out completely. Some use the audience to their advantage, and television likes players relating to the audience."

The court is composed of four walls of glass set on a floating steel base about three and a half feet off the ground. The base contains such things as the air conditioning, the wiring and everything mechanical needed to support the court. The top of the base is the standard wood court floor and the glass walls are supported structurally by glass wings which run the full height of the court (20 feet). The structure supports the frame roof, the underside of

In total, there are about 150 pieces to this court, including over 70 pieces of glass, all of which makes up over 50 tons of material to be assembled.

"We figure it would take 24 hours to put up the court. It takes a few hours just for the silicone to dry, which holds it in place. We will supply a team of people—a foreman, a steel man, and a glass man—to set up the court and then two local crews of eight people will be needed."

"The court is not fastened to the arena in any way, shape or form. It has its own levelers, its own hydraulics, its own trucks, cases, equipment, etc. Everything is containerized and prefit. It goes together like an erector set," says Haber.

The court cannot be shipped via airplane. It must travel by highway. That means it would be tough to schedule challenge matches one

MILLION DOL

day in Los Angeles and the next in New York. On the other hand, there is plenty of time for moving the court after tournaments, which end on a Sunday and usually don't start the following week until a Wednesday.

The court has not actually been built yet, although a mock court has been built and tested. Twin-Vue says it is now waiting for a buyer to go ahead with the project.

"We have spent over \$300,000 on this already," says Haber. "After we sell it, it will take five months to build. There will only be one sold in the United States but we are also looking to sell one in Japan, Australia and all over Europe."

Haber claims that there is not much, if any, profit in that \$1.2 million figure, considering all the cost that has already gone into it, as well as the agreement that they provide the trucks, cases, spare parts and crew foremen with the price.

"We'll make our money from the television or movie rights that go with the package," says Haber. "We get a percentage of whatever the court is used for, and we're willing to sit back and let it grow for a couple of years."

"Maybe some people think that figure is too high but the people we've spoken to say that's a mere drop in the bucket once you have television sponsors involved."

The portable court concept is not an overnight project. It has been in the planning stages for over four years. It was designed by David Pearson of England, who is partners with Ron and Jerry Haber in Twin-Vue.

So far, Twin-Vue has had talks with several groups and concrete offers from two—a concert promotion firm and Stan Irwin Productions. Irwin has been the concert manager for Johnny Carson since 1965. Haber says no deal has been finalized with any party. Irwin, on the other hand, claims he "has the rights" to it.

"Stan Irwin Productions and David Pearson have a relationship whereby Stan Irwin Productions has worldwide exclusivity to all Twin-Vue four wall courts for television purposes," says Irwin. "David and I have come to verbal agreements regarding four-wall Twin-Vue courts for television purposes. Formal papers are in the process of completion based upon David Pearson's Australian projects."

Irwin, who has been in contact with Twin-

Vue for close to two years, says that the Carson Broadcasting Company, based in Las Vegas, is interested in televising a big-money world championship tournament once a portable four-wall glass court is built.

Twin-Vue has also had several discussions with representatives of the United States Racquetball Association and its pro arm, the National Racquetball Club, which would like to use the court once it has been bought.

"They are definitely waiting for it to be sold," says Haber. "But whomever we sell it to is not bound to work with them or anybody else. There is no way I could enter into such an agreement. Whoever has the court has all the rights to it except, of course, for the percentage involved for us."

The court has not been snapped up quickly probably because no one is sure just how far pro racquetball will go. Cable television has offered it to its viewers several times but network television has stayed away. "Racquetball is still a baby," says Haber. "The sport has 11 million players and programmers say they want 20 million before putting it on television."

Haber says he thinks offers will pick up once television people have had a chance to see how the court's glass is conducive to television. "We may be able to show them with the exhibition court we've put up in a club in Lyndhurst, New Jersey," says Haber.

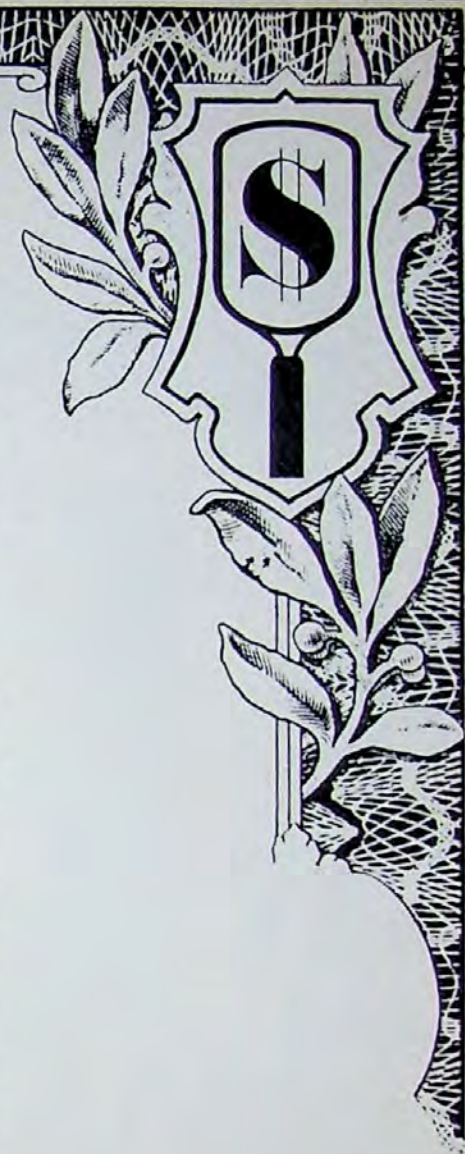
Since there is no patent on the portable court concept, there are others who are trying to design a competing portable court. Twin-Vue, however, does have a patent on its glass walls system designed for the court.

"There are portable courts with solid walls but that's not conducive to television and you couldn't use plastic because it scratches. You need the right kind of glass that the players can play on without losing the ball and yet is sturdy enough so people can't bend it or go right through it when they crash into it," says Haber.

That last thought is what concerns some players the most. "With my size I'm a little nervous about portable courts," says stocky touring pro Dave Peck. "But I think it will be perfect for racquetball. In order for the sport to progress, you need to put the pros in facilities which can handle a lot of people and a portable court will do that. I wish it was a reality, already."

So do a lot of other people.

R



LAR COURT!



THE PERFECT BODY

By Sandra Segal

What woman today has the most nearly perfect body? Names such as Bo Derek, Farrah Fawcett, and Suzanne Somers come immediately to mind. But the people most concerned with physical development know that the closest thing to a perfect female body belongs to a slim, attractive 24-year-old named Rachel McLish. The decision was made in Philadelphia this past September, when in tribute to her perfect muscular development, proportion, symmetry, and definition, the judges awarded McLish the top honor in professional women's body building, the title of Ms. Olympia.

McLish is a relative newcomer to the world of body building. About a year ago, she could be described as a very athletic woman involved in aerobic dance, calisthenics, and racquetball, among other activities. Then, last April, she made her body building debut in Atlantic City and walked off with the top award in Women's Amateur Nationals. Five months later, she defeated about 30 others to win the Ms. Olympia title. McLish's meteoric rise to the top is astounding, considering her lack of posing experience. Unlike many other competitors, she was not a serious body builder of many years standing. So, how could this young woman, who would like you to believe she's just an ordinary small town Texan, win clear victories over the top names in women's body building?

McLish says there's no special secret. Although she had not consciously been a body builder, she has been perfecting her award-winning physique through a lifetime commitment to physical fitness.

"I started an exercise routine in elementary school," she says. "My older sister was obsessed with the idea of having a perfect figure, and we started jogging and doing calisthenics long before it was popular. My family was fitness-oriented, and my father worked out with weights, so weight training was always a part of my life."

In high school there were no sports available for women, but McLish became involved with cheerleading and the high school dance team. When she entered college, she became even more involved with health and fitness, and graduated from the Pan American University with a degree in physical and health education.

After college, McLish put her personal and professional knowledge to work as the woman's director of the Sports Palace Association Health Club in her native Harlingen, Texas. While working at the health club, McLish added racquetball to her general exercise program, even winning the C division of a club tourney.

Ms. Olympia body building champion Rachel McLish counts racquetball as one of her regular training activities.



McLish first thought about becoming a competitive body builder when she began reading muscle magazines around the club. "I noticed women were becoming more publicized," she says. "Then I saw a picture of Lisa Lyon, (the reigning women's champion) and she inspired me. I said to myself, 'Now that's my idea of a woman body builder.' To me, she was proof of what body building could do for you."

With the image of the glamorous Lisa Lyon in mind, McLish decided to enter the Women's Nationals in Atlantic City. "I thought the competition would be stiff, but I figured that if I could get into the top ten I would be on national television, and it would be great promotion for the health club."

McLish had two months to get into competitive shape, so she began to train intensively. "All I had to go on were the muscle magazines. There was no one to give me advice. I increased my weight training to an hour, six days a week in a split routine system." McLish explains that a split routine promotes maximum muscle development by exercising different muscle groups on different days.

"My goal was to proportion my body," says McLish. "I used to be thin on my chest and thicker in my thighs. My thighs were somewhat soft and had cellulite. In my training program, I tried to build up my back, shoulders, and chest to make them larger." McLish trained her upper body with weights which were as heavy as she could handle while still maintaining a good form. "With my lower body, I was mainly trying to develop muscle definition rather than build it up. I did this with high reps of 80 per cent of my maximum rep."

In body building lingo, "high reps" mean repeating an exercise a large number of times. The "maximum rep" is the maximum amount of weight which a body builder can lift at one time. Since McLish can leg press 400 pounds maximum, she trained with 15 to 20 reps of 250 to 300 pounds.

McLish trained exclusively with weight training machines, rather than with barbells. "Machines provide variable resistance, so they can compensate for the weakness of your muscles at various points," she explains. "The weight you're lifting changes according to the weakness in that limb. With barbells, you can use the momentum of the barbell to lift it, and your muscles don't do as much work."

Racquetball was part of McLish's training program in the early stages. "Racquetball really helps you cut up your muscles (provide muscle definition) by burning off those excess calories," she says. "But I had to quit playing before the body building competition because my right forearm became one inch larger than the other one."

McLish also concentrated on improving her diet. "I eliminated all processed food, and stuck with high protein like chicken breasts and broiled fish. I would eat natural carbohydrates such as vegetables, and basically try to have a balanced diet. I don't eat red meat prior to competition. If you eat junk, you develop junk on your body."

Throughout her intensive training program, McLish says she always kept in mind the points she would be judged on. "Women are judged on the same basis as men," she says. "In the first round, you're judged on symmetry and proportion. In round two, you must take mandatory poses, and you're judged on muscle definition and quality. In round three, you must perform a free style posing routine, and you're judged on the quality of the poses."

Some women body builders complain that judges are biased against women with large muscles and tend to evaluate female competitors in terms of their feminine beauty. McLish doesn't agree. "The women who complain about that are those who haven't developed their muscles symmetrically," she says. "They will have 24 inch biceps and 12 inch calves. Women can never be too muscular as long as they're proportioned."

THE PERFECT BODY

McLish developed her original posing routine from looking at the muscle magazines. She had no one to show her a routine. "From my dance background, I knew how to flow, so I just did a feminine version of the male poses. For example, I wouldn't use clenched fists, but an openhanded, flowing style."

Finally, she was ready to compete for the first time. McLish was nervous, but confident she would do well. "I knew I was in good shape. I had good muscle definition, and my dancer background gave me an edge on stage presence. I first began to think I had a chance of winning when I noticed spectators and other competitors starting to eyeball me. Then muscle magazine writers came over to me and said, 'Look at this girl's biceps!'"

Out of the 30 women competing, including top names such as Claudia Wilborn and Georgia Miller Fudge, the judges found McLish to be number one.

McLish followed up her victory with a second place finish in the Frank Zane Invitational in Santa Monica, Calif. in June, and then went on to take the Ms. Olympia title over Labor Day weekend. "Ms. Olympia is the ultimate in women's body building. There's nothing higher," she says exultantly.

With the idea she has little to gain and a lot to lose, she will probably stay clear of small-time competitions for a while. "I want to concentrate my efforts on traveling through this country and abroad. I want to get my name known, promote women's body building, and hold some exhibitions and seminars. I also want to concentrate on writing exercise books and pamphlets on body building." McLish has signed a contract with Dynamic Health Equipment Manufacturing Co. out of Houston, Texas, and she will be involved in traveling to promote their Dynacam weight machines. "I may compete overseas, but I don't want to compete on a smaller scale than Ms. Olympia," says McLish.

McLish's future plans will include some racquetball. "My husband and I are now part owners of a racquetball/health club, called the Sports Palace Association of Brownsville, Texas, and I'll be giving racquetball clinics there, and will probably compete in some club tournaments." To avoid developing her forearms unevenly, McLish has an innovative plan. "I'm going to try playing with both hands," she says, trying to look serious and failing. "But I think I really can play left handed against the beginners."

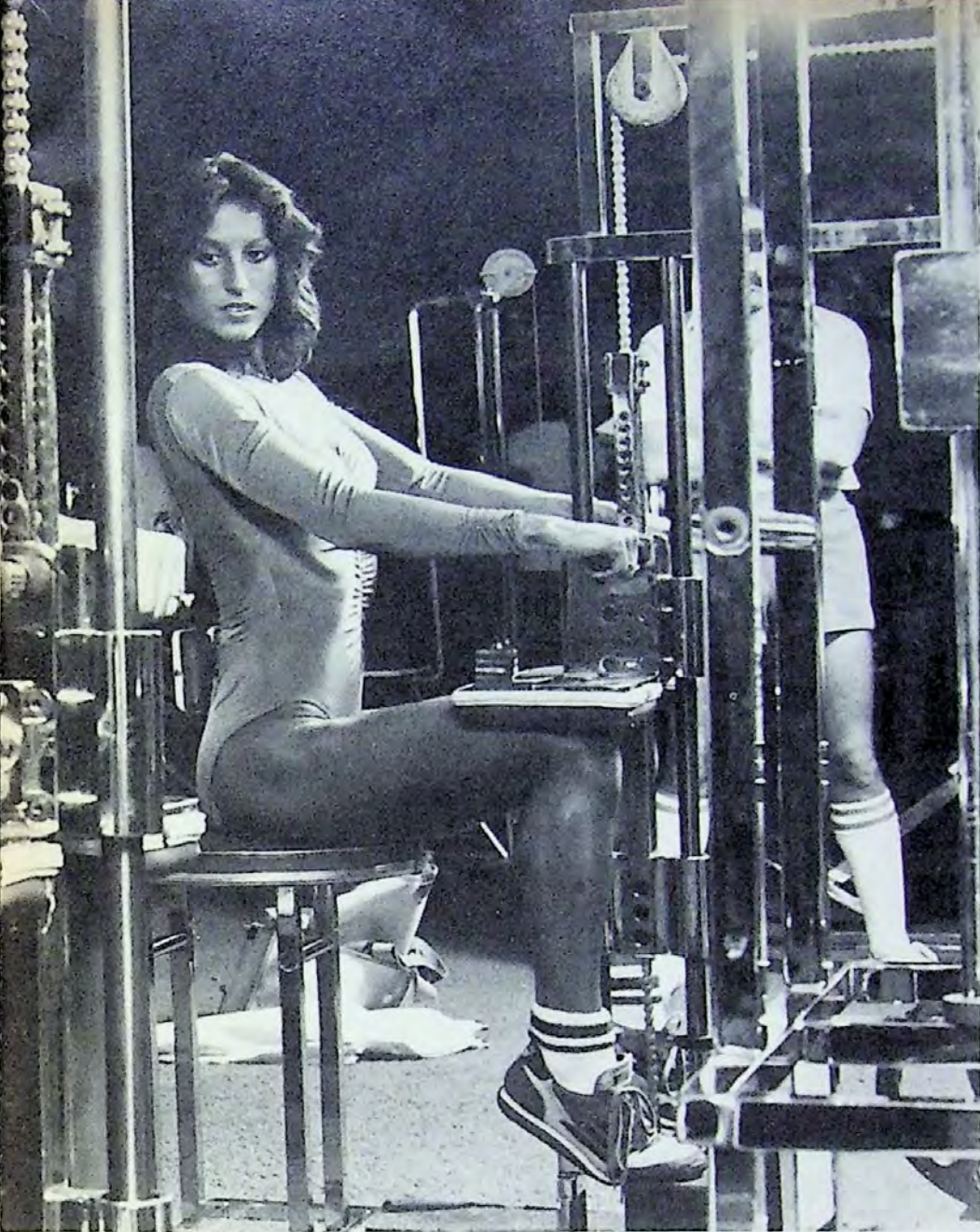
McLish believes that her weight training gives her an edge in racquetball. "You can really get more of a power game," she says. "Your muscles are so conditioned that they don't get exhausted as quickly and you don't come out of a game with your legs feeling like noodles. You have more function in your muscles when they are in the best shape they can be in."



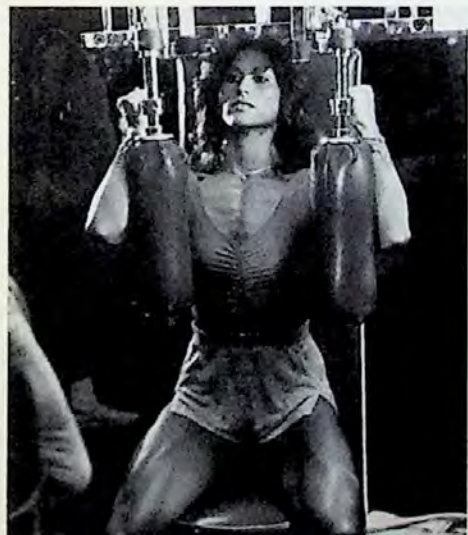
One of the machines Rachel regularly works on is the seated calf machine to solidify the gastrocnemius muscle.



"Weight training gives me more of a power game in racquetball," says McLish, who has a tournament title trophy to her credit.



Photos by David M. King



Says Rachel: "With body building you can sculpture your body to the ideal."



McLish recommends a circuit weight training routine for racquetball players who want to improve their game. "This type of program works the total body," she says. "Beginners should work out all of their different muscle groups one after the other, instead of doing several exercises for the same muscle, the way a body builder would. The beginner should do 12 to 15 reps on 60 per cent of their maximum."

After generally conditioning the body, the racquetball player might want to concentrate on certain areas. McLish suggests, "Do wrist curls for the forearm. This will give you that flick of the wrist when you hit the ball. Then do deltoid presses, which help you get those ceiling balls. Back squats are also excellent to help you get low to the ball. Most people bend over instead of bending their legs to get the ball, which tires them out faster."

McLish warns beginners not to do too much too soon. "If you wake up the next morning after working out and you can't get out of bed, you know you've overdone it. It's important to start very, very slowly." She also stresses the dangers of lifting weights with a jerking movement. "You can really throw your spine out of whack and get muscle spasms," she admonishes. "The important thing for building muscle is to contract the muscle and relax it. Always do your exercise in good form."

McLish is used to giving such advice to beginners as part of her campaign to make body building more acceptable to the general public. She preaches the virtues of body building with the zeal of the newly converted, and has been known to use tricks to educate the women at her health club. "I put two photos on the bulletin board," she says, describing one such episode. "One was a color photo of Lisa Lyon in a bathing suit, just a regular body pose. On the other side of the board I put a little black and white photo of Lisa in a flex pose. I asked the ladies in my exercise class, 'What do you think of the girl in the bathing suit?' They would say, 'Oh she's so beautiful, that's just what I want to look like.' Then I'd ask them about the flex pose photograph, and they'd say, 'Oh, that's horrid, all those muscles.' Then I'd say, 'Waal, honey, it's the same person.' " McLish uses her best Texas drawl in delivering this final line.

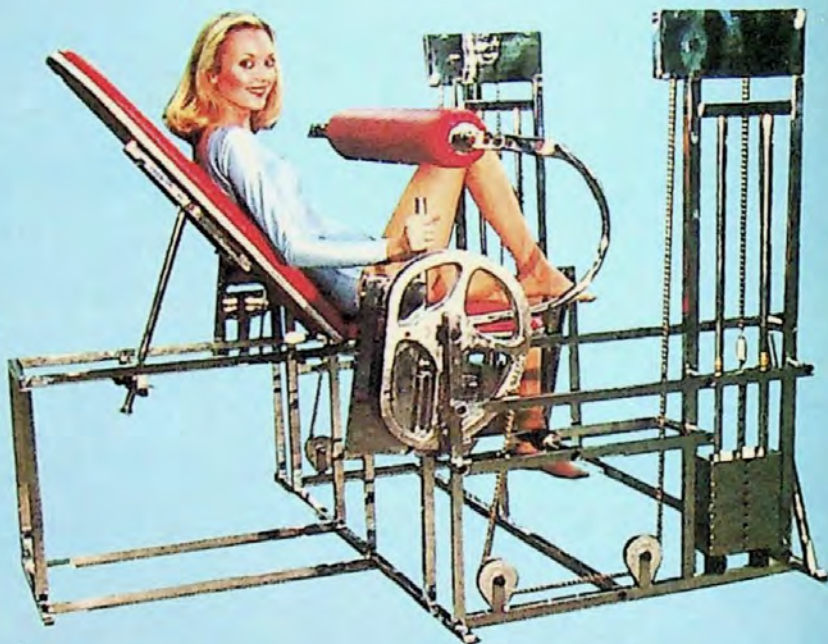
McLish promotes body building as another tactic in woman's eternal quest to appeal to the opposite sex. "Women throughout the ages became fat when fat was fashionable in the Middle Ages, starved themselves for the Twiggy look, cinched their waists in to 17 inches, and even had their ribs removed. They did everything but develop their bodies in a natural way. But now that Bo Derek, Farrah Fawcett, and Jane Fonda are working out with weights, people's opinions are changing. If Bo does it, heck, a lot of other women will try it too.

"I truly believe in body building. It's the quickest and most efficient way to make the body you were born with the ultimate body. What woman isn't concerned with the way she looks? With body building you can sculpture your body to your ideal." . . . and maybe add a few points to your racquetball game at the same time.

Everyone Wins with...

dynaCam

The World's Finest
Health & Fitness Machines



DynaCam equipment features:

- Brilliant Chrome Finish
- Solid Steel Construction
- Cardio-Respiratory Endurance
- Improvements In Strength
- Changes In Body Composition

Documented results and years of design and research make DynaCam the perfect weight machine for the winning point.

Call us for full-line catalog, layouts and planning assistance.

• Saunas • Whirlpools • Steam



Dynamics Health Equipment Manufacturing Co., Inc.

1538 College Avenue, South Houston, Texas 77587

Call Toll Free 1-800-231-4245. In Texas, call (713) 946-5734

PATENT APPLIED FOR ON MACHINES PICTURED.

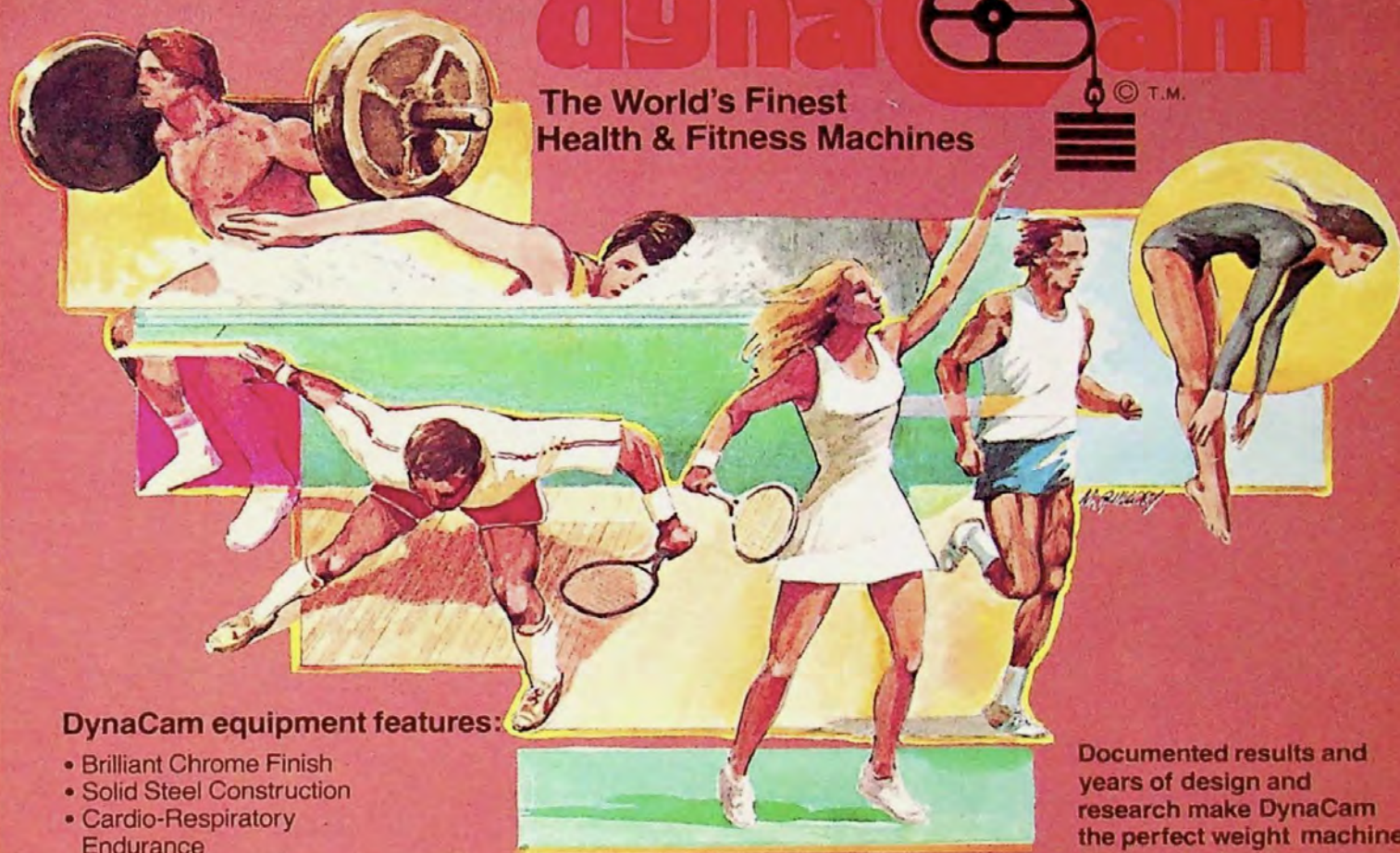
GE-796

Everyone Wins with

dynaCam

The World's Finest
Health & Fitness Machines

© T.M.



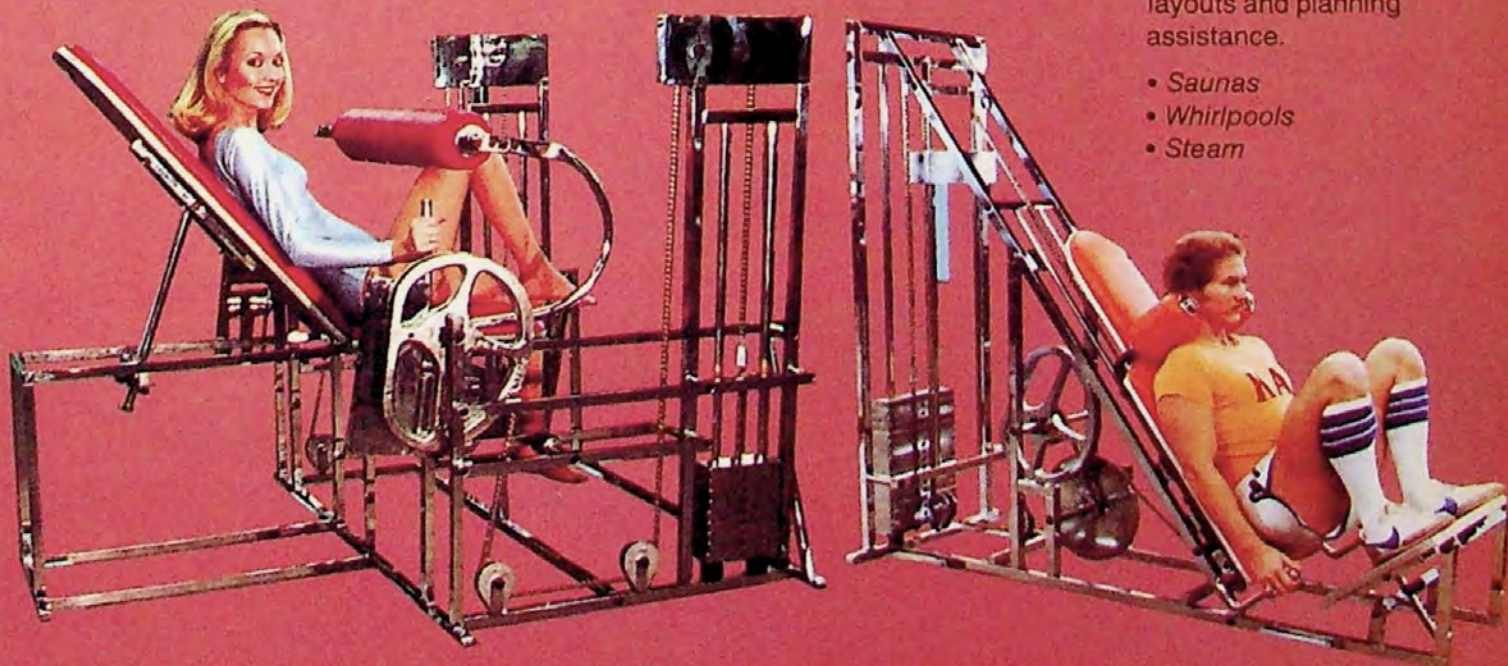
DynaCam equipment features:

- Brilliant Chrome Finish
- Solid Steel Construction
- Cardio-Respiratory Endurance
- Improvements In Strength
- Changes In Body Composition

Documented results and years of design and research make DynaCam the perfect weight machine for the winning point.

Call us for full-line catalog, layouts and planning assistance.

- Saunas
- Whirlpools
- Steam



Dynamics Health Equipment Manufacturing Co., Inc.

1538 College Avenue, South Houston, Texas 77587

Call Toll Free 1-800-231-4245. In Texas, call (713) 946-5734

PATENT APPLIED FOR ON MACHINES PICTURED.

GM-795

Racquetball in NEW ORLEANS



The sport is part of the 20th century progress that has mixed well with 18th century culture.

By Mike La Bonne

Hoop-skirted belles and diamond-studded gamblers sip mint juleps under honey-sweet magnolia blossoms as horse-drawn carriages clatter over cobblestone streets. Misty valleys, historic Civil War battlefields, Old South plantations and antebellum mansions, sleepy river towns, Mark Twain's Mississippi River and Mardi Gras are the life, legend and lore of New Orleans.

New Orleans—the Crescent City—is a bustle of modern urban life blended with the color and flavor of 18th century French and Spanish heritage.

In its midst pulsates the Central Business District: The French Quarter, or Vieux Carré (old square), a half-square mile of sidewalk cafes, curio and antique shops, art exhibits, street jazz musicians—a tourist mecca.

A tour of the Quarter gives a taste of the past as you weave your way through well-preserved relics of New Orleans. Lacy Euro-

pean-style iron balconies and fancy grillwork are well choreographed in their dance with imposing steel gates and high brick walls, many of which guard lovely patios and courtyards.

This 18th century culture coexists peacefully with 20th century progress in New Orleans. French, Spanish, Cajun and Choctaw influences reflect an interweaving of diverse cultures and life styles, and they mix well. Thus, it's not unusual to visit Pierre Lafitte's blacksmith shop—Lafitte is the pirate who helped Andrew Jackson in the 1815 Battle of New Orleans—one moment, and in the next play racquetball in an ultra-modern, glass, chrome and concrete high-rise.

In the Crescent City, with its varied styles of artistic, cultural and athletic expression, racquetball can be as slow-paced and serene as the sleepy towns and gentle weeping willows hugging the banks of the Mississippi, or as lightning-fast and demanding as the space-age tourist in a hurry to see everything.

"The first racquetball court club opened up in the early '70s in nearby Metairie," said Mike Thibodeaux, 28-year-old president of the Westbank Racquetball Courts in suburban Gretna. "The Jefferson Court Club, now the Champion Court Club, originally had no lock-





NEW ORLEANS



Photos courtesy New Orleans Tourist Bureau

Sites of New Orleans top to bottom: The Natchez Paddlewheel paddles along the Mississippi River. A Mardi Gras parade. Beauregard Plantation at Chalmette Battlefield. Preceding page: Aerial view of downtown New Orleans and Louisiana Superdome. Typical French Quarter buildings.

ers and no showers. Now it's a well equipped and modern aerobic fitness center."

Renee Hebert, a top player in the area and always first or second in the state, is the women's pro at the Louisiana Racquetball and Health Club (formerly Hank Stram's), in suburban Kenner. She said, "About two and a half years ago we had just the Jefferson Court Club. Now the twelfth club will be going up soon in Chalmette (a southeast suburb)."

Included in the 12 clubs are the oldest courts in New Orleans, the French Quarter's venerable New Orleans Athletic Club on Rampart Street.

In a city fabled for history, heritage and elegance, the N.O.A.C. was a pioneer. Built in 1872, the club retains a vestige of its 108-year-old flavor in nearly flawless form. Punctuating its walls and specially-dedicated rooms are faded, turn-of-the-century pictures which document early New Orleans' athletic prowess, mostly in handball and boxing. On one wall is a plaster cast of John L. Sullivan's right arm taken just before his fight with Jake Kilrain in 1889. Sullivan's arm, the size of a small side of beef, seems to imply the power and competitive forces so prevalent in today's N.O.A.C. players, from young and exuberant to old and exuberant.

When racquetball had its debut on the sacred hardwood floors at the N.O.A.C., most of the old-time handballers cried treason. It's accepted more today, but the light-hearted ribbing the gloved pros give the racquetballers still carries an undertone of seriousness.

Getting such an institution to share its hallowed handball courts with this "sissy" game of racquetball required leaders with exceptional persuasion or courage.

Joe Hero was one such man. In the past 30 years, Hero, an attorney, has earned two tons of championship credibility by amassing several dozen titles in squash, handball and racquetball.

N.O.A.C.'s reluctance to accept racquetball didn't mirror the feelings of the local athletic community. Ten clubs were built in less than three years and more are being planned.

Player growth has not matched expansion for many clubs because expansion has been too rapid and some club owners are not aggressive enough in their drive for new members. Also, expansion is difficult in land-tight New Orleans which already has four clubs. So, some prospective owners are shopping on the West Bank.

Huck Finn's muddy river snakes through the southeast quadrant of Louisiana and separates the land mass into two areas called the East Bank and the West Bank.

In the past 15 years, the West Bank progressed from mostly marsh and swamp lands to wall-to-wall people, homes, business and baysiness.

Thibodeaux's Westbank Courts is the second and newest club on the West Bank. The first was the four-court Nautilus Health Centers, Inc. There is talk of building a third court

further west in Marrero to capitalize on the popularity of the sport.

"Racquetball was accepted very well in the New Orleans area," said Ray Labit, business owner and B player at Westbank Courts. "The Jefferson Court Club—the first in this area—was not located well, and you had to know where you were going to get there. But it drew players from all over New Orleans."

To push racquetball in New Orleans, club owners formed the non-profit Greater New Orleans Racquetball Association. Their first move was the Greater New Orleans City Championship Racquetball Tournament in June at Hank Stram's. More than 200 players in men's and women's A, B, C, and D singles and doubles entered. The diversity of age and talent of these participants didn't quite fit the national image of the "regular player" who is under 35, in the middle and upper class, and who wouldn't drive more than 15 minutes to play. Participating players were from pre-teen to post-50, from all economic structures and some came from considerably farther away than 15 minutes.

"The future for New Orleans racquetball is really good," said Thibodeaux, "even though it's being promoted right now more by word-of-mouth than by the media."

Media support will be needed to help the future of racquetball in New Orleans since it is pretty much determined by financing and land availability. And in a city inundated with billions of tourist dollars, financing for racquetball is not easy to obtain, nor is the land on which to locate

"Single-purpose ventures, such as racquetball clubs," said Thibodeaux, "historically fare poorly at lending institutions." Costs for opening West Bank clubs run from \$55,000 to \$70,000 per court including land, building, showers, sauna and the usual accessories. Investors and owners discover that the best way to approach money lenders is to pool their assets and incorporate. After financing is acquired and the club is completed, the real struggle for survival begins.

Of his seven-court facility, Thibodeaux said survival, or break-even revenue, is planned on a player-per-court basis. "We like to average 200 to 250," he said, "although our break-even point on memberships is around 700. If we can get 500 regular members, we feel we can break even with that number on court and equipment rentals, and refreshments."

New Orleans is one of the largest cities in America and the largest in Louisiana. It covers 363 square miles (199 on land). The projected metropolitan 1980 population figure of 1.28 million is expected to grow to 1.45 million in the next 10 years. Some 13.8 million out-of-state tourists visited Louisiana in 1979, spending in excess of \$225 billion dollars.

The huge population density is a given, the player body from that density is not. Attracting new members has been a slow process. To increase club membership at an economically reasonable pace takes ingenuity, aggressive-



The famed Preservation Hall Jazz Band, none of whom are known to be racquetball players.

ness, creativity and a desire to fight for a share of the market. But club owners who take such an active interest have relatively few problems with membership and revenues.

Paul Bruno is a man who fights for his share of the action. His six-court Racquetball One, Inc., on the 13th floor at One Shell Square in downtown New Orleans, is the most successful club of them all. Bruno's philosophy is that to succeed you must sell, sell, sell racquetball, primarily for entertainment. His outlook is backed by success.

An equally impressive facility, the Rivercenter Tennis Club, managed by teaching pro, Duke Besse, is located on the sixth floor of the Hilton Hotel in the French Quarter. Eight courts, four of them with glass back walls, are available but tennis is emphasized at Rivercenter with former Wimbledon champion (1953) Vic Seixas as its director.

Both clubs are located amidst restaurants and nightclubs world famous for fine Creole cooking and Dixieland jazz. Following court combat, players can step down to a French Quarter cafe and sample the ever popular Creole dish of red beans and rice, Creole doughnuts (beignets), and chicory coffee.

Although food and music are offered in plentiful variety, there are few middle ranges in

New Orleans. It's a dichotomy of old versus new, exemplified by Cajun fur trappers who glide the bayous in dugout canoes while tankers and cargo ships power their wares along the muddy Mississippi.

Football is the number one spectator sport in New Orleans and softball seems to be a popular participant draw for all ages. New Orleans is well known for its Saints football team, and racquetball has made inroads into that august body of warriors. Several Saints play, including nine-year veteran linebacker Joe Federspiel, and four-year defensive end Joe Campbell.

Racquetball is still new in New Orleans. With the proper approach, however, it could rank with the city's other entertainment draws such as the Philharmonic Symphony, the Opera House Association, Bourbon Street, Presentation Hall, Pat O'Brien's and Al Hirt. It's just possible that in the warm graciousness of bayou country hospitality, racquetball could become the gentleperson's game.

And in this New Orleans mini-nation of diverse cultures that mix so well, it would be routine fare to see a lovely Southern belle in flowing gown under a sweet-scented magnolia tree, with a mint julep in one hand and a racquetball racquet in the other.

Is the Sport's Scoring System Ready for Burial?

By Sandra Segal

The days of the traditional 21-point game or 15-point game may be drawing to an end as the racquetball world tries to fashion some scoring system that will make it more appealing to television. Across the country, racquetball industry insiders are involved in the great racquetball scoring debate, deciding whether to bring racquetball more in line with the tennis scoring system, or whether or not to just lower the games to 11, seven or, egads, five points.

Actually there is debate only as to which scoring system is to be initiated. There seems to be no debate about the question in general. Most everybody seems to agree that the old system is ready for change.

"I talk to the television people about racquetball all the time," says Dan Seaton, commissioner of the Women's Professional Racquetball Association. "They all say that the scoring system is bad. Looking through the eyes of a camera, the game is interminably long. There are not enough high points in a 21-point game. The only person enjoying this game is the one winning. The reason tennis is successful on television is because the format provides a lot of shorter games, and creates more excitement."

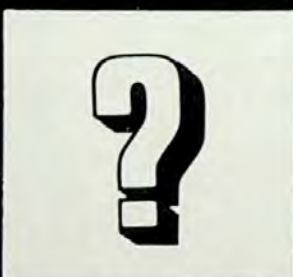
Dan Bertolucci, president of the National Racquetball Club, implementers of the current men's pro tour, agrees. "There's no doubt we need to change the game's format. If we want to interest television, we have to get more excitement that can be maintained throughout the game. Games of 21 points don't get exciting until the scores are over 15 points."

Luke St. Onge, executive director of the American Amateur Athletic Association, is not sure about the amateur system but thinks the pros should make the switch. "The pro circuit is crazy if they don't change their scoring to a reduced points system," he says. "It's archaic thinking that holds them in the present realm."

The pros are also not convinced that a 21-point game is the way to go. "A racquetball game has to be short enough so that a television viewer can see a game started and won in seven or eight minutes. Then the spectator can say, 'Oh, so that's racquetball,'" says pro Steve Strandemo. "If the only way to get to television is to change the point system, the players will change the point system."

But what scoring system will open up the magic door to television without destroying the game?

Of the participants in the debate, Seaton says he has the best answer. He is now actively promoting a scoring system in which the game is played to seven points, with two out of three games winning a set, and two out of three sets winning a match. According to Seaton, the benefits of this system are im-



mense. "With a seven point game, if two players who are uneven play, the game is over in a hurry. It doesn't drag out for 21 points," he explains. "If the two players are actually evenly matched, but one player starts out by dominating the other, the dominating player may win the first game 7 to 2. Then there is a psychological reversal when they change games, and the person who's down can make a come back." Seaton says that this system will encourage pros to play their best game all the time. "In a 21-point game, if the game is at 18 to 9, both players basically stop playing and just go through the motions for the rest of the game. In a seven-point scoring system, even if the game is 5 to 1, everyone knows a player can rip off five points in a hurry. The tendency is for no let-downs during the game."

With his eye on television, Seaton explains that the key aspect of this scoring system is the number of short games in a match. "There could be nine exciting times when the game nears its end, instead of three," he says.

Seaton has experimented with this scoring system in some WPRAs exhibitions but it has received mixed reactions. "The first reaction is always, 'I don't like it. It's hard to keep track of,'" says Seaton. "It's like playing with a fast ball after playing with a slow ball—it takes getting used to. But after the pros play with it six times or so, they'll like it a bit better. The spectators all seemed to like it. I heard comments like, 'That's really kind of interesting... it should make the game more exciting.'"

Although favoring a seven-point scoring system, Seaton says he is open to experimenting with any of the other systems being tried. One such system is a five-point game promoted by Randy Vataha, co-owner of the Playoff chain of racquetball clubs in New England. In this system, a game is played to five points. Three-out-of-five games is a set. The second set is played the same way. If there is a tie, a seven-point tiebreaker which must be won by two points is played. Vataha has used this point system in his club tournaments, and in the Miller Lite/New England Pro-Am tournament in Braintree, Mass. "We thought the five-point system was the best," says Vataha. "We tried the different kinds of systems. The seven point one was too long, and less than five points is too quick. I also tried timing a racquetball game like a basketball game, but that didn't work well at all."

Seaton and Vataha have also experimented with a squash scoring system in which players score on every point. Seaton says this format has some advantages. "The game goes very fast. You can play five 21-point games in under an hour. The person who would win normally still wins, but it seems to be a closer game. There are so many changes of serve that the person not capable of a long scoring drive still wins the score back, and in doing so gets a point. That means fewer widespread games."

Seaton hopes that a new scoring system will be adopted by the WPRAs and included in their rules in the near future. "A new rules committee has been formed," says Seaton, "and I told them, 'Let it all hang out.' I don't know if they'll want to change the scoring system this soon, but now that we have more credibility, we don't have to be so conservative, and shouldn't be afraid of radical changes in the rules."

The NRC is also planning to institute its own changes for the male pros. Bertolucci says, "The NRC is in favor of some change in format, and we are having on-going discussions with players and other organizational groups. We've tried different formats at the local amateur level and in various pilot programs. I would assume that around the first of the year we will have some alternative game system at a pro stop."

Bertolucci is in favor of a system different than the ones suggested by Seaton or Vataha. "My feelings and suggestions are that the seven-point game is not necessarily the way to go," he says. "My first choice would be some modification of the current rules. Players can adopt a system of three-out-of-five games to 11 points fairly easily, since they are used to playing games to 11 points because of the tiebreaker rule. The pros are not necessarily used to playing games of seven or five points. By modifying the game within the same framework, players will be able to use the same game strategies."

Bertolucci believes the NRC will decide upon some new system quickly. "As soon as different formats have been experimented with and enough polling has taken place, a new system will be adopted by the NRC and shortly thereafter it will be accepted by the pros," he says. "The introduction of a tie breaker took only two tournaments at the pro level to get overall pro acceptance."

But the pros don't seem to like the idea of a sudden change in the scoring system. Neither Lynn Adams nor Janell Marriott, who played each other using a seven-point scoring system in a third-place playoff at the Newport Beach, Calif. women's pro stop, were totally pleased. Marriott says, "I only played one match with it and I lost really quickly—I didn't like that. In a seven-point game, if you make a mistake, the game is over before you have time to fix it. I think racquetball is a game of momentum. I couldn't get going once I lost the first game."

Adams, who won the match, was a little more positive. "It was exciting to go for every point and know that everything counts. The spectators liked it." But she, too, isn't sure the shorter format fits her style of play. "I start out fairly slow. I'm down at first 8-0 or 7-1, so having the first game go to seven points is not to my advantage. I'm hyper, and I get it out in the first round. Then I can play normally in the next round. Unless I was evenly matched, I'd

be in bad shape in a short game."

Adams thinks more experimentation is needed before any decision is to be made. "I think racquetball games will have to come down from 21 points," she says. "But is seven points right? Would 11 points be better? And the 21 point game might still be the best. In a seven-point game someone can have a streak and get five cracks in a row. With 21 points everything evens out, and you depend on skill, not luck."

Strandemo has not tried any of the alternate systems, but he, too, wants more experimentation before a new rule is adopted. "It's a practical idea to change the scoring system, but I don't know if the seven-point or 11-point systems are best," he says. "There must be ten scoring systems we should try first. Any experimentation should be done in outside tournaments, not in tournaments where rankings are done. They should get eight pros together on a weekend to just casually try all the systems. Other experimentation should be done at amateur tournaments. Then, when players agree on what exactly they want, you can start to have a meeting of the minds. It should take a year, not two to three months, to decide on a new system."

While the pros are concerned about losing their advantages of strategy and skill in shorter games, amateurs fear that shorter games will rob them of their exercise. Luke St. Onge explains, "One of the attractions of racquetball is that it gives an excellent workout. As the game expanded, people looked at it to make money, and began to compromise scoring to make the tournaments run smoothly. The 11 point tiebreaker, for example, was only put in to cut down the time of the match. But amateur games aren't spectator sports. The spectators are just friends and family."

St. Onge believes that even though tournament directors like the shorter game, the adult amateurs are unlikely to give up the 21-point system. "In 1976, we began an experiment with 15-point games which lasted for about 1½ years," says St. Onge. "The player reaction was extremely negative. Players said that it was crazy only to play for 20 to 25 minutes, that they were in it not for show but for the exercise."

The argument that shorter games will limit the conditioning effects of racquetball has been made at the pro level as well. "I hear the comment that you no longer need the conditioning to play, and I feel it as a player," Seaton admits. "It's easier to go through a match when you play for an hour rather than an hour and 45 minutes." But Seaton thinks this argument is based on "macho thinking." "An hour of play is enough to go all out from a cardiovascular point of view," he says. "You don't need 2½ hour matches to prove your manhood. When you view the game aesthetically, the longer you play, the less proficient

Scoring System

the players. At the end of a match, you're watching sloppy shots. The better of two bad players wins, instead of the better of superior players."

St. Onge believes that the AARA would change its scoring only for racquetball games that are televised. The AARA is hoping to participate in the World Games in Santa Clara, Calif., an Olympics-type event sponsored by the General Assembly of Sports Federations. "Since this will be televised, we are planning some change in the racquetball scoring system, perhaps five games of seven points or

"If racquetball is to be televised, the game has to be more exciting."

five games of 11 points for a set," St. Onge says. "However, for the recreational and average grass roots player, the 21-point game will

remain the overwhelming choice."

The junior division of the AARA may have a different idea. Ed Martin, the director of the Youth Council of the AARA says, "We're considering—actually debating—a change in the scoring system. On a junior level, the change to a shorter format could put more excitement in the game. All of our junior tournaments are divided by age group, not by ability levels. Because of this, we have a lot of blow-outs, games of 21-0 or 21-1. This takes all of the excitement out of the game. When the score gets to 7-0 in a juniors game, it's clear who will win, and the loser has to be humiliated for 14 more points. To change the scoring system, I think it would instill more suspense and save some fragile egos from being beaten badly." The Youth Council's board of directors is now considering three options besides the 21-point game. They are: Best three-out-of-five games to 11 points; The best-of-two games to 15 points with a third 11-point game as a tie breaker; Or what Martin calls "a more radical idea," the best-of-five games to seven points, each game won by two points.

Juniors in Northern California clubs have already been experimenting with different length games. Martin says, "The kids love the shorter system. Being beat 7 to 1 isn't as bad as 21 to 1. I've seen so much positive reaction to the excitement of the games."

Martin personally thinks that an across-the-board change in racquetball's format is inevitable. "I believe that racquetball will eventually go to shorter games. If racquetball is to be televised, the game has to be more exciting. I'd love to have the juniors show the way for the top amateurs and pros."

As the men and women pros, adult and junior amateurs, and their respective organizations debate which new scoring system is best, no one seems to be asking if the shorter game format will, in fact, speed racquetball's entry onto television. The representatives of the networks, however, seem to be agreed on this question. Their answer is a unanimous "no."

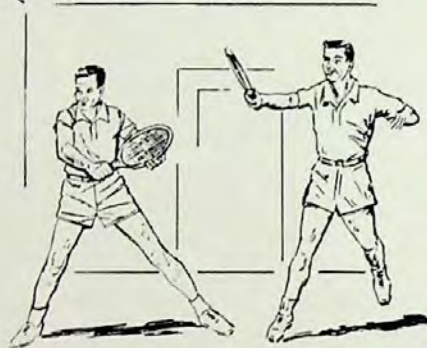
Jay Rosenstein, director of press relations for CBS sports, says, "It's the speed of the game, not the length, which causes the problems for television. Changing racquetball's format would have no effect whatsoever in getting the game on television."

Diane Collins, coordinator of program planning for ABC's *Wide World of Sports*, agrees, saying, "We have looked into the possibility of covering racquetball, but the speed of the game is too great to maintain audience interest. A new scoring system would not solve the problem from our point of view."

Could changing the scoring system even hinder racquetball's entry onto television? Dick Auerbach, NBC's Director of Sports Programming, thinks it's possible. He warns, "If you cut the scoring down you might have the situation which occurred in tennis. When World Team Tennis was televised, a whole new scoring system was used, and it really ruined the game for the tennis connoisseur."

Open your court with our best ... the BBW...

Racquet-Pull



BBW...The Innovators for Something Different...

And here it is! . . . the Racquet Pull by BBW. A superbly designed door pull that meets all requirements . . . attractive, functional and appropriate . . . just the ticket for your next sports club, or the right touch of class for your next sports complex!

Available in solid brass or bronze and in most architectural hardware finishes. Sizes - 6" W. x 14 1/4" L. Specify BBW No. 1501 (Shown) or No. 1502 with offset brackets (Handed).



**Our Reputation is...
First with Special
Products for the
Unusual!...**

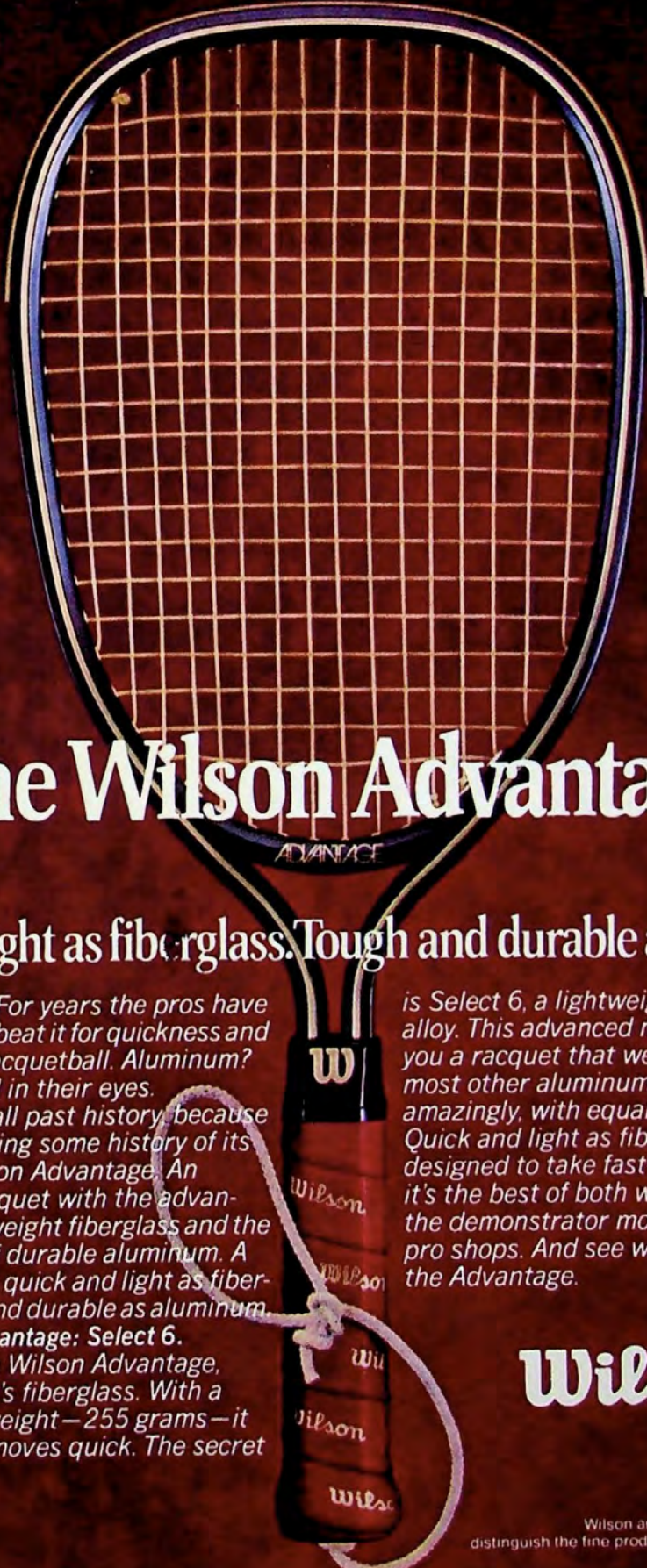
GUARANTEED PRODUCTS BY
ARCHITECTURAL  HARDWARE

**BUILDERS BRASS WORKS,
CORPORATION**

3474 Union Pacific Ave., Los Angeles, Calif. 90023



Announcing an aluminum racquet with the advantages of lightweight fiberglass.



The Wilson Advantage.

Quick and light as fiberglass. Tough and durable as aluminum.

Fiberglass. For years the pros have said you can't beat it for quickness and lightness in racquetball. Aluminum? A slow second in their eyes.

Now that's all past history, because Wilson is making some history of its own. The Wilson Advantage. An aluminum racquet with the advantages of lightweight fiberglass and the advantages of durable aluminum. A racquet that's quick and light as fiberglass, tough and durable as aluminum.

Wilson's advantage: Select 6.

To pick up a Wilson Advantage, you'd swear it's fiberglass. With a comparable weight—255 grams—it feels light, it moves quick. The secret

is Select 6, a lightweight aluminum alloy. This advanced material gives you a racquet that weighs less than most other aluminum racquets—amazingly, with equal durability. Quick and light as fiberglass, but designed to take fast-paced abuse, it's the best of both worlds. Test-play the demonstrator model at selected pro shops. And see why it's called the Advantage.

Wilson®

Wilson and Advantage are registered trademarks that distinguish the fine products of the Wilson Sporting Goods Company.

HOW THE PROS CAN AND CANNOT HELP YOU

By Charles Garfinkel

In watching the top pros play, one can expect to see many different shots, strokes, and strategies that could be incorporated into one's own game. That is correct, to a point. There are a few strokes and strategies that could actually hurt your game if you tried to copy them. But fortunately, the advantages of watching the pros far outweigh the disadvantages.

There are some things you should be looking for:

Advantages

1. How pros get used to the court and surroundings.
2. Conditioning.
3. Diet.
4. Equipment.
5. Serving.
6. Return of serve.
7. Strategy.
8. Shot selection.
9. Movement.
10. Watching the opponent.

11. Utilization of time outs.

12. Use of a coach.

But there are some things you should avoid imitating.

Disadvantages

1. The "power stroke."
 2. Court demeanor.
 3. Strokes that are good for certain pros but not for everybody else.
- Many fans who arrive at a tournament site on the first day are surprised to find out that the

The power stroke off the back foot may be fine for Marty Hogan, but is not advisable for the average player.





Jerry Hilecher's walking serve motion and Steve Serot's amazing dives are not effective for all players.

pros have already been at the tournament a day or two. The pros do this to get acquainted with the courts and the bounce of the ball in relation to the atmosphere.

Most pro matches are played on courts that have at least one wall—most probably three—of glass, which means the pros have to get used to playing on the glass. It would be a disadvantage to a player who didn't get to practice on the glass court.

Watch the pros practice. You may be surprised to see one pro serving 10 or 12 consecutive points in a practice match with another pro. He or she is trying to see what types of serves will work best for them. Serving continuously will hopefully get a player into a good groove while giving the opponent a chance to work on return of serves.

Usually, pros won't play at top speed during a practice session. Most of them work on specific aspects of their game, preferring to go all out when it counts in a tournament.

You'll also notice that almost every pro is in superb physical condition. Most of them play



Player Of The Year

Racquetball Illustrated's 1980 Player Of The Year Ballot

Balloting ends this month for the 1980 Male, Female and Most Improved racquetball player of the year. Each category has three nominations and space for a write-in vote.

Voting must be done on the official ballot. No ballots from copy machines will be accepted.

Space is also available for comments.

Past Winners
1979

MALE
Marty Hogan

FEMALE
Shannon Wright

MOST IMPROVED
Marci Greer

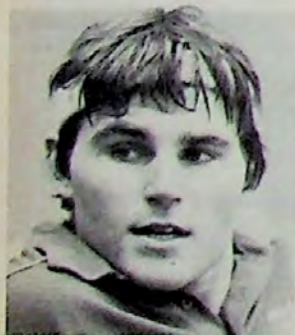
1980 Nominations

MALE

(alphabetical order)



☐ Marty Hogan



☐ Dave Peck



☐ Mike Yellen

(Write-In) _____

FEMALE

(alphabetical order)



☐ Sarah Green



☐ Heather McKay



☐ Shannon Wright

(Write-In) _____

MOST IMPROVED

(alphabetical order)

☐ Lynn Adams

☐ Doug Cohen

☐ Don Thomas

(Write-In) _____

COMMENTS _____

Send ballot to:
Racquetball Illustrated
Player of the Year
7011 Sunset Boulevard
Hollywood, Calif. 90028

INSTRUCTION

every day, go through a regular series of calisthenics and exercises, run, and work out with free weights or in circuit training.

Once the pro matches begin, take pen and notebook in hand. Try to watch the players whose styles of play you're most interested in. Watch one player at a time for 10 or 12 points. Note how he hits the ball, how he moves and watches his opponents, and how he serves and returns the serve. See if he changes strategy during the points. Notice the shots he scores most of his points on, and what shots seem to force him into errors.

Notice where he is standing in the service box. Most pros usually serve in the middle of the box. Many however, will move a foot or two to the right or left of center when trying certain serves.

Notice how deliberate the player is before each serve. The pro will look at his opponent to see where he or she is standing to receive, and then will serve accordingly.

You'll notice that most pros will serve hard drives or z's on their first serve. This is good strategy since most of today's racquetballs are lively. Play it safe on your second serve with a lob or easy z.

Many spectators expect to see pros roll out service returns time after time. Much to their surprise, very few returns of serve are returned in that manner.

Most service returns go to the ceiling. Although the ceiling ball is not a spectacular looking shot, it is the most intelligent shot to use.

Because the server is controlling the front court, a kill shot that does not roll out can be quickly re-killed by the server. A good ceiling ball will move the server out of center court and will allow you to take over this strategic position.

Once the ball is in play you'll notice that most of the pros stay to the ceiling until they get a shot they can put away or can pass their opponent with.

Surprisingly, some seemingly easy kill shots are passed up in favor of passing shots. This keeps the opponent on the run and may eventually get him tired.

A pro constantly watches where the opponent is on the court. When the opponent is getting ready to attempt a shot, a pro turns slightly to see what the opponent is attempting to do. Don't watch the front wall all the time.

You should be noting these different strategies, trying to analyze why each pro is using a certain game plan, and why it is changed if necessary. Naturally, a losing game calls for some changes.

When the pros take a time out it could be to slow the game down, to change clothes or equipment, to collect thoughts or to slow the opponent's momentum.

There are many good points to be learned from watching the pros. But many novice or intermediate players easily accept what the

pros do as gospel. Take the "power game" for example.

A shot that has been used by many pros is the so called power stroke in which power is generated by hitting off the back foot. This may be good for some pros but it could cause serious injuries to beginners and intermediates alike.

Look at photos of Marty Hogan hitting off his back foot sometime. He appears uncomfortable and unorthodox. Hogan uses this shot often. Other pros rarely use this stroke. They prefer to take the time to set up.

Court demeanor and temperament of most pros is generally good. However, there are a small number of pros who constantly argue with the referees and their opponents and continuously yell and swear.

If you think that is a good way to psych your opponent or upset him, think again. More often, one gets the reputation as a cheater or an obnoxious player.

Some pros use strokes or strategies which are excellent for them but more difficult for the average player to execute.

For instance, watch Jerry Hilecher the next time he serves. He often starts his serve near the left side wall, and throws the ball towards the middle of the service box. He then takes a giant step towards the ball and swings. Because his stride is so long, it is sometimes difficult for his opponent to see where the ball is going.

This is an excellent serve for Hilecher since he is six-foot-one. However, it isn't a serve that would be effective for most players because they don't have the size and range of Jerry.

Steve Serot is another pro who greatly impresses players with his amazing dives that seemingly save many points. Although this is true, Serot has missed long periods of play due to injuries suffered from his so called "amazing dives." Unless you're an advanced gymnast and in incredible shape, forget diving.

Victor Niederhoffer is another pro non-pros like to watch. His passing game is excellent. His shots never seem to hit a side or back wall until the ball has bounced twice.

Players watching Niederhoffer are amazed at his control. However, you have to be in excellent physical shape and have great racquet control to play this type of game. Even Niederhoffer has become fatigued from this type of game. Most players would be better off hitting a mixture of passes and kill shots.

After you've carefully looked over your notes, try to assess what would help your game the most. Then, go on the court and try some of these strokes and strategies.

If they don't seem to work, perhaps you should serve a little more easily, or watch the ball more closely. Don't be discouraged if you can't master the strokes and strategies completely. There is still only one Marty Hogan. But they should help you a little, and that's what counts most.



...offers you pro-line racquetball equip. at discount prices! Plus:

FREE: All raquets come strung!
FREE: Order by phone (TOLL FREE)!
FREE: Racquet covers as supplied by manufacturer!
FREE: Use of credit cards for safety & convenience! We honor:

CALL TOLL FREE
1-800-638-3123*

*Maryland residents call collect 1-301-486-6126 and add 5% sales tax.
 FREIGHT POLICY: All items shipped U.P.S. Postage \$3.25 up to 1 pair of shoes on single order or 2 racquets. Prices subject to change. (For orders outside cont. U.S., there are extra freight charges.) For A.P.O. and F.P.O. add \$6.50.

PROLINE RACQUETBALL RACQUETS AMF VOIT Impact One 41.50 Impact XC 41.50 Impact L 36.00 Nova I 16.95 Nova II 18.95 Pacer 80.00 EXTELON 250G 79.95 Magnum 48.00 Magnum Flex 48.00 Marathon Graphite 39.95 Jerry Hilecher 39.95 Jennifer Harding 36.00 XL Bill Schmidtke 36.00 Blue Lite (Lady Comp.) 30.95 HEAD Competition 44.00 Professional 40.00 Master 37.50 Enduro 44.06 Graphite Express 76.95 LEACH Graphite 100 117.95 Graphite Competitor 57.95 Graphite Performer 30.95 Charlie Brumfield Alum. 34.95 Charlie Brumfield Comp. 27.50 Bandido 25.95 Little Bandido 25.95 Graphite Bandido 36.95 "Pro" only 24.00 M-III 38.50 AC-250 49.50 WILSON Advantage 36.95 Shannon Wright 22.00 Dany Blesdore 22.00 SHOES Ashal Canvas (M&W) 17.95 Ashal Leather (M&W) 28.95 Brooks Canvas Racquetball Shoe 16.95 Low-Tops 16.95 Hi-Tops 19.95	Brooks Leather Racquetball Shoe Low-Tops 24.95 Hi-Tops 27.95 Eaton Racquetball Shoe T-120 21.95 Foot Joy "Tuff" (M&W) 30.95 Hi-Top 34.95 Head Racquetball Shoe 24.95 Lotto Mike Yellen 29.95 Lotto Jennifer Harding 29.95 Nike All Court 18.95 Nike Killshot 28.95 Patrick Copenhagen (M&W) 33.95 Hi-Top 45.95 Tred 2-Z 21.95 Wilson by Bata 19.95 BALLS AMF Rollout Blue 22.95 Doz. Balls 16.00 Ekton Speed-Fite 24.00 Doz. Balls 21.00 Doz. Balls 19.00 Penn Ultra-Blue 16.00 Seacore 600 18.00 Doz. Balls 8.95 GLOVES Champion 8.95 Leach Deerskin 9.95 Saranac 8.95 Voit 6.75 GRIPS Supreme Grip 8.95 GLASSES Foster Grant Eye-Guards 9.95
--	--

We honor A.E., M.C. & VISA

Make Checks Payable To:
THE RACQUETBALL CONNECTION
 10411 Stevenson Rd., Stevenson, Md. 21153
☐ Personal Check (allow 30 days to clear)
☐ M.C. ☐ VISA ☐ A.E.

Expiration Date _____

Acct No. _____

☐ Money Order

Name (sign) _____

Address _____

Phone _____ Weight _____

String _____ Grip _____ String _____

Tension _____ Size _____ Type _____

PRICES SUBJECT TO CHANGE
 *Md. Tennis Inc. T/A Racquetball Connection Dept. RB-012

WE HAVE YOUR RACQUET

A.M.F. VOIT RACQUETS

IMPACT ONE 39.95
X-C 39.95

EKTELON RACQUETS

250G
MAGNUM
MAGNUM FLEX
JERRY HILECHER* 38.95
XL BILL® SCHMIDTKE 35.95
FLEX 31.95
JENNIFER HARDING 29.95

THE SWINGER RACQUETS

THE SWINGER 21.95
THE LADY SWINGER 21.95
THE SWINGER II 21.95
THE ALUMINUM SWINGER 24.95

THE BANDIDO RACQUETS

THE BANDIDO 21.95
THE LITTLE BANDIDO 21.95
THE GRAPHITE BANDIDO 31.95

THE SIGNATURE

RACQUETS

THE CHARLIE BRUMFIELD
ALUMINUM 29.95
THE CHARLIE BRUMFIELD
COMPOSITE 27.95
THE "PRO ONLY" 22.95

THE GRAPHITE

RACQUETS

THE GRAPHITE
PERFORMER 25.95
THE GRAPHITE
COMPETITOR 49.95
THE GRAPHITE 100 94.95

ALDILA RACQUETS

PISTOL 34.95
SIDEWINDER 24.95

VITTERT RACQUETS

THE COBRA 32.95
THE ELIMINATOR 29.95
THE DEVASTATOR 26.95
THE CLASSIC 22.95

RACQUETS BY HEAD

ENDURO 39.95
HEAD PRO 38.95
MASTER 34.95

Covers included with all racquets. Add \$2.75 per racquet for postage and handling. APO \$2 extra

RACQUETBALL SHOES

FOOT JOY TUFF 22.95
FOOT JOY TUFF (Leather Shoe) 25.95
LOTTO MIKE YELLEN ...
LOTTO NEWPORT

LEACH BAGS

TOURNAMENT BAG 9.95
BLUE CLUB BAG 15.95
LADIES' SHOULDER TOTE 15.95

EKTELON BAGS

ALL-PRO BAG 10.95
RACQUETBALLER BAG 15.95

Add \$1.50 per bag for postage and handling.

GLOVES

SARANAC 5.95
THE OTHER GLOVE 9.95
CHAMPION 5.95

Postage 50¢ per pair. Sizes SX-S-M-ML-L-XL.

RACQUETBALL SAVER/JEXCO 7.95

(50¢ freight)

Please write or call for our entire Merchandise Price List

ATHLETE'S CORNER

P.O. Box 16993, Dept. RI11

MONEY Plantation, Fla. 33318 CERT.
ORDERS Phone (305) 475-0327 CKS.

We Ship C.O.D. \$1.00 Extra. Prices Subject to Change.

INSTRUCTION

B. B. BACKWALL SHOTS



By Dave Peck

Mistakes are one of the cornerstones of competition in any sport. Who makes them first and most often, and how you react to them often spells the difference between winning and losing.

In racquetball, one of the biggest mistakes a player can make is hitting a shot that rebounds long off the back wall, serving a set-up in the front court.

B. B. Backwall Shots, as they're called by the pros, normally elicit groans from the crowd. "Oh, oh, here comes a kill," they'll say. But B. B. Backwalls can present problems for the benefactor, too. How often have you seen someone scuff the shot, hit short, or panic and blast the ball right back at their opponent, who in turn puts the ball away?

The questions then are these: What type of shot do you hit? Where and when do you hit it? How? At what angle?

If you learn to answer some of these questions, believe me, you'll possess one of the most effective shots in the game. B. B. Backwalls are not uncommon at any level. Just the know-how of adjusting to them.

The best time to hit a B. B. Backwall is when

you're two to three feet, preferably two feet, from the front wall. Your opponent should either be off balance or a few feet past the service line.

What you're trying to accomplish is a basic, soft-touch drop shot, taking either a ball out of the air, or short-hopping a shot and playing it dead off the front wall.

Easy as it sounds, it's not. You can't hit the ball straight into the wall. That's too much of a setup.

The most important points are (1) keep your feet moving, (2) keep your racquet face up, (3) watch your opponent and then the ball, and (4) stroke through the ball while not swinging as hard as you would normally. Do not punch at the ball.

What about the angle? Good question, but a bit technical. What you want to do is contact the ball so it hits the front wall on a 45-degree angle. That way it will hit and glide to the side. If hit properly, the ball should then die, and with it, the point.

Go to the opposite side of your opponent's stroke. If he or she is right-handed like my Ektelon teammate Mike Yellen, you want to come around the ball and angle it toward his backhand side.

This theory also comes into play for balls

that drop a little further out. Go for the kill on these. And do it about 70 percent of the time to the backhand side.

The reason is simple. Backhands are most people's weakness. By crunching the ball deep into the corner, you force your opponent to retrieve a ball in deep backcourt, setting up another excellent shot for you.

Now what about B. B. Backwalls that don't come right back in the center of the court? You have a couple of options here. All based on percentages and where your opponent is in relation to the ball (remember to look).

If your opponent is leaning left or right (1) pass him down-the-line to the opposite side or (2) go for the side-wall, front-wall pinch. Do them in that order. Remember, we're talking in terms of percentage.

What about when your opponent follows you up and you can't kill? The theory here is this: Make sure you don't skip the shot first. Then go cross-court to his backhand.

By now, you're probably thinking what the heck is this Texan talking about? But if you visualize the shot in your mind, the ball coming high off the back wall, you moving your feet, swinging through the shot and playing the proper angles, you should find yourself a winner.



Cartoon by Tom Giulivo



"Don't you think you're carrying this protection stuff just a bit to far?"

SUDDENLY, BREAKTHROUGH TECHNOLOGY MAKES WORLD LEADING FIBERESIN® RECREATION COURT PANELS A BETTER INVESTMENT THAN EVER



Fiberesin does it again! Utilizing a stress skin principle, Fiberesin thermally fuses a sheet of 72#/cf density particleboard to both sides of a newly formulated 62#/cf core to create a panel uniquely designed for the rugged needs of racquetball, handball and squash. Thoroughly tested and proven in actual installations since 1977, this panel is dramatically superior to other offerings.

Over 6500 courts in service



FIBERESIN Industries, Inc.

P.O. Box 88, Oconomowoc, WI 53086.

Phone 414/567-4427

NOVA II

Lightning quick serves. Zinging returns. You'll love the flexibility of our new lightweight fiberglass. Give your game crisp control, without throwing a lot of weight around the court.

IMPACT ONE

Wham! A power tool for hard hitting hotshots. The teardrop head shape we invented and perfected puts more weight behind the hitting area. Big sweet spot too.

IMPACT XC

The XC packs plenty of power, but has flex and plays a strong control game. Deadly rollouts. Crackshot returns. Precision to put your shots where the opponent's not.

MANY HAPPY

NOVA I

Here's proof that it doesn't take big bucks to be a fast learner. Just keep your eye on the ball and get your hands on the new Nova I. Very affordable fiberglass.

ROLLOUT BLEU

The original bright, blue ball. Plays lively with consistent speed and bounce. You get the same true rebounds, game after game.

IMPACT L

Lightweight and fantastic. Our lightest aluminum frame puts responsive power in the hands of women and junior players. A new racquet design light-years ahead of competition.

RETURNS.



Santa Ana, California 92704

IMPROVEMENT DRILLS



Drop and hit is one of the most important drills for forehand and backhand perfection, says touring pro Lynn Adams.

By Lynn Adams

There comes a time when everyone gets motivated to better his or her racquetball game. Sometimes the inspiration comes from watching the pros play and sometimes it comes from beating the local racquetball bum. Whatever the reason, you need to have a game plan for improving your game.

For those of you who have decided to do some serious practicing, here are some drills to improve your game. I will also discuss a way

you can turn your everyday game into an efficient practicing session.

First of all, there are some basic forehand and backhand drills.

Drop and hit. This is a total set-up drill. Make things as simple as possible. Drop the ball in front of you and step into it with either the forehand or backhand stroke. Pay attention to your waist, legs and feet. Make sure your waist isn't bent over and that your legs are bent. Your toe should open to the front corner. The purpose of this stroke is to get consistency.

Once the drop and hit becomes comfortable, go on to the side wall drill, the front wall drill and the back wall drill. These drills require you to be on your toes. They help you concentrate on your footwork.

You should back far enough away so that you can take steps into the ball. Off the back wall drill, make sure you let the ball go by you, so you can take a couple of steps into the ball.

Again, these drills solidify your strokes. Most of the time you won't be able to hit the ball in picture-perfect form because of the speed of the ball during a rally. But they will help during those rallies when you have the time to set up.

To improve your serves, I suggest you pick a spot on the front wall and attempt to hit it during practice and even during the game. Each player has a different spot, depending on his or her stroke. But for each serve you use, you should know an area the ball needs to hit. The best way to find your spot is to get on the court and practice hitting it. Narrow each of your serves down to one area and look at your spot before hitting each serve.

Ceiling ball practice requires two people. Keep the ball on one side of the court in between an area from the side wall to about three feet out. You must try and keep your ceiling shots within this boundary. As soon as someone hits it out of the boundary, you start the rally over.

Once you have hit the ball, move into the center court position and watch your opponent hit the ball. Then move back and hit it again. This helps develop quick footwork by going backwards, which is what happens in a game situation.

The last drill is one of the most important ones, and one seldom used by pros or amateurs: The practice game.

In a practice game, the score should mean nothing. The whole point of practicing is to improve weak aspects of your game. Play somebody and concentrate on working on two aspects of your game. If you start concentrating on points, you tend to play to your strengths, and disregard your weak points—the ones you should really be working on.

One game you could work on, let's say, Z serves and cross-court shots. The next game you could stress backhand pinch shots and forehand passing shots.

Concentrate on making the shots. Don't worry if your opponent is making you look foolish. If you don't learn the shots in these games, you won't be able to execute them when it counts.

Improving your game takes time and practice. Sometimes it's frustrating. But after a period of frustration, usually comes self satisfaction.

PINCH VOLLEYS



By Mike Yellen

Every player who picks up a racquetball racquet has his favorite shot. For some it's the simple forehand or backhand stroke. For others a drive or Z serve.

Those who know me, or have seen me play, would probably wait at least two seconds before saying my bread-and-butter shot is the left side wall, front-wall pinch volley.

For me, the reasons relate in part to the overall idea behind the volley: to change the tempo of the game, to keep your opponent from sagging to the back of the court, and to retain center-court position.

But after long hours of practice, I've perfected the shot enough to not only spice up rallies, but to end them as well.

The main adjustment to hitting the pinch volley is time—you don't have much. If you're in the front court and a ball is whizzing by from knee to chest high at 100 m.p.h., your first inclination is to let it hit the back wall and play the plum.

Consider my first inclination: the pinch-volley. You gain the element of surprise and you capitalize on your opponent's position behind you or in deep court.

But you have to be quick and precise with the pinch volley. Taking the ball out of the air near the front court, around the service area is tough. You have to have a feel for what you want to do and know where the ball is supposed to go.

Let's start with how to hit a pinch-volley first.

Your swing should be compact. Volleying requires a punch stroke, not a full swing. You don't have time for a full backswing and a complete hip and shoulder rotation.

Use an open stance and punch at the ball, instead of taking a big stride. Staying solid is the important factor in control, as is keeping those baby blues glued to the point of impact.

Your grip should be firm. Remember, the speed and spin of the ball will be extreme. If you're not ready, your racquet could twist in your hand.

The next step is where to hit the shot. Dave Peck, my Ektelon teammate, gets kinda mad at me sometimes because I've perfected the pinch enough to angle shots from just about anywhere along the service line.

How low you hit the ball isn't important. The key is spotting the shot. Hit the left-side wall within a foot of the front. It will come off real close to the front wall. Then you've got yourself a winner.

As I mentioned, a good time for this shot is when your opponent is hugging the back wall, or you've just hit a good pass and all he or she could do was flick it back off the back wall.

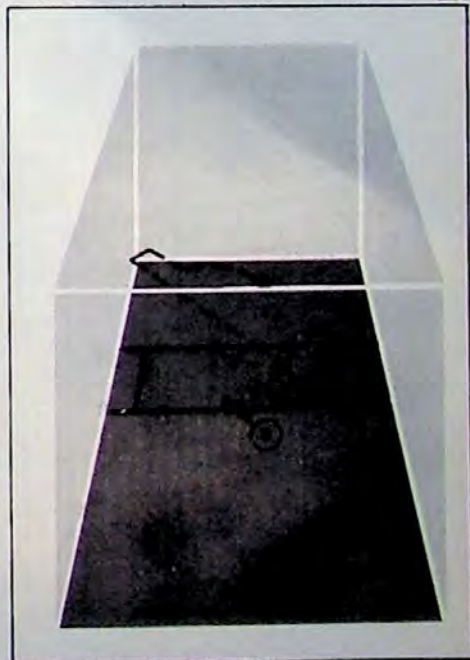
Volleying with the pinch cuts down the opponent's recovery time. He's out of position to start with. With the pinch, you make him quickly pay for it.

The other time to pinch-volley is when you and your opponent are side by side. Volleying into the other side of the court (his side wall to front wall) capitalizes on your body position.

Hitting this shot is not easy. If it were, more

pro players would be using it. It requires some foresight and a deft touch.

The secret really isn't one: hours of practice. A favorite shot only becomes a favorite because you can perform it skillfully and with confidence. The pinch-volley will work for you. All you have to do is work with it.



The best time to use a pinch volley is when you have controlled the center area and your opponent is in back of you.

HOW TO TURN YOUR GAME AROUND

By Lee Pretner

You're beating this guy 19-15, and the next thing you know you have been beaten 21-19. What happened? What did your opponent do to take charge of the game? What didn't you do to win it? He was lucky, you say. But you are fooling yourself. He was lucky that you were his opponent that day. He was lucky he didn't have to play somebody mentally tougher, somebody who was gutsy enough to go for the victory.

The following article will try to explain why you lost the game, and what you can do to win it next time. This article will also go into the reasons for prolonged slumps—losing 10 matches in a row—and ways to turn your game around when that happens.

When a player continually loses the close ones, part of the problem may be psychological and part of the problem may have to do with your game plan.

A racquetball instructor is probably not the person who can eliminate emotional problems. A friend, a coach or a psychologist may be the answer there.

But it is known that some people want to lose, and feel comfortable losing. That could be the internal reason a player doesn't have the right frame of mind to win those close games.

There are people who subconsciously can't stand the pressure of winning. They know other players are always out to beat winners, and they don't like that feeling of being the "one to get." In tournaments, there is only one winner. A winner stands alone. Losers belong to a group of people who have something in common. The loser may feel more secure fitting into this group with which he can identify. He thinks he is more accepted with this group.

If you don't think you have a psychological problem, and strategy is what is keeping you from consistent victories, there are things you

can do while playing the important points at the end of a game.

Your opponent seems to have found the secret of putting the pressure on you at the end of a game instead of the other way around. You should analyze how he got the last three points. Were they good shots he made off your good shots? Were they bad shots you made to give him a setup? Did you continue to give him the same sort of shots he scored points on earlier in the game?

While playing an opponent, evaluate the shots he is making his points on. Did he make a lot of his points off kill shots from back wall setups? If so, you don't want to give him that type of shot at 19.

Store this knowledge as you are playing. When you need a crucial point, take this knowledge from your memory bank and use it.

While doing this, you should also alter your game plan slightly. This doesn't mean a radical change. Basically you have to stay with your

THE HOLLMAN COURT SYSTEM

The Most Advanced Engineering Concepts in Panel Technology & Design

designed and engineered by the contractor-player-owner of the Northwest's premier racquetball clubs.

developed because no court system available today included the key features we demanded in our own court system.

We Met Our Own Demands

by **perfecting** a precision machined, pre-cut panel of rigid, inter-locking design that results in a completely smooth and solid playing surface.

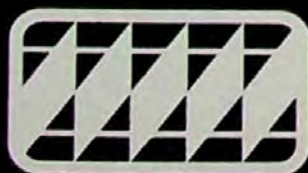
by **inventing** a simple and efficient installation method complete with the technical supervision which allows

you to easily incorporate our system into your club design.

we manufacture our products and provide a skilled staff of company sales engineers who assist you directly (no distributors) from initial contact through on-site installation and future servicing.

For further information on the newest and most advanced court system in the industry, call or write today.

THE HOLLMAN COURT SYSTEM
11200 SW ALLEN AVENUE
BEAVERTON, OREGON 97005
(503) 641-7766



game plan, stay with the things you do well, stay with the things you are comfortable with. But do something a little bit different.

Give him a new look. Maybe you have been serving from the center. For the next few points, try serving from the extreme right part of the service box. You will be giving him a different angle, which he may not adjust to in time. In short, what you want to do is give him a change without really changing your style of play.

The good player develops his game to take advantage of his opponent's mistakes. The best strategy is to attack your opponent's weaknesses.

Shot selection is important. A simple rule is to use kill or pinch shots as you get closer to the front wall, and use ceiling balls when you are deep.

You should also take your mental toughness a step or two higher. Don't give in. Don't automatically figure you don't have any chance. Get determined to play gutsy.

Mental toughness is not an automatic thing you can learn like a forehand. But there are tips on improving brain control.

To improve concentration, focus your mind on the game. Focus your eyes on something such as the red lines on the service box, the

court numbers, writing on your opponent's short, something.

By concentrating on something, you can refocus your energy on the game. It's a pretty good way to eliminate concentration lapses.

When playing at your court club try a few things. Let your opponent (one of equal ability) go ahead of you by three or four points, and see if you can raise the mental level of your game so you can pull it out.

Remember: Focus on something. Play to your opponent's weak points. Analyze the shots on which he scored his points. Give him a new look. Don't tighten up. Have confidence in your ability to come back.

Don't panic. People tend to play better when there is nothing at stake. They are more at ease. But when the chips are down—when there is a tournament trophy on the line—people tend to become cavemen. They want to smash everything in sight.

A little concentrated strategy can overcome a lack of ability, and even a lack of mental toughness on key points.

As far as prolonged slumps are concerned, there are usually a few reasons for these.

Something, of course, may have happened in your personal life. You may have been beset by financial or domestic problems. You, of

course, know these problems better than anyone else, and you are the one who has to figure out how to solve them.

But these problems notwithstanding, there may be other reasons for losing 10 straight matches.

You may be bored with the game. It is not something you are interested in doing right now. Or you may be racquetballed-out. You have been playing too much. If so, take a few days off. Get a new enthusiasm for the game.

Maybe you are bored with playing the same people game after game. If so, play somebody else. Play on the challenge court where you may get more of a variety of players.

If there is something directly wrong with the mechanics of your game, ask a friend if he or she notices what you are doing wrong.

Perhaps you should go back to the basics. Perhaps you should ask a pro to give you a lesson.

Don't always figure you should drop down a level and play somebody you know you can beat. What if you lose? Then your confidence is completely shot.

Give your game a new look. Try different things. Learn different shots. Learn something new. When you try new things, you can develop a renewed interest in the game. **R**

WE'RE TRANSPARENT



... we're seen everyday!

**It's apparent that Ellis Pearson
Glass Walls create business.**

We are the professionals in Glass Playing Systems engineered for optimal playing surface & viewing capability.

- * COMPLETE TEMPERED GLASS SYSTEM (includes regulation and full height rear & side walls.)
- * EXCLUSIVE HI-TENSILE NYLATRON FITTINGS

- * ETCHED PLAYING LINES ON REAR WALL
- * FULL 6 FT HIGH FRAMELESS GLASS DOOR (positive latch lock)
- * FULLY INSTALLED ANYWHERE

**BUILDERS AND OWNERS WRITE
FOR FREE ILLUSTRATED
BROCHURE [914] 425-2777**

W&W PRODUCTS INTERNATIONAL, INC. / 100 Airport Executive Park / Spring Valley, N.Y. 10977 / (914) 425-2777

**GLASS
SYSTEMS** by
W

The world of skiing is a world full of fun and excitement — both on and off the slopes. And now there's a totally new magazine dedicated to bringing you all the pleasures of that go-for-it, enjoy-it-while-you-can lifestyle.

Skier's World is coming with the first snows. The frank, tell-it-like-it-is style will set it apart from the rest. And you won't want to miss it.

In the debut issue Phil Mahre, America's Winter Olympics hero and hard-living adventurer, lets it all hang out. Barbi Benton joins John Denver in Lake Tahoe for his famous pro-am. And a gourmet tours the best restaurants above 5000 feet.

Beat the Devil? How about tricks for beating the lift lines? Build a dream house from our Snow Castles. Start the first part of an exciting, never-before published ski novel.

Return to the glories of Lake Placid Olympics. Find out where the local avalanches are — and how to avoid them!



THERE IS MORE TO SKIING THAN MOUNTAINS AND SNOW

It's fun. It's frank. It's fantastic. **Skier's World** explores all the possibilities before, during and APRES. There is more to skiing than mountains and snow. And you won't want to miss it!

Act now and send in the coupon below to receive the first seven issues of **Skier's World** for only \$10. **Skier's World** will debut with its first issue in October.

Or call toll-free, 800/227-8318.
In California call 800/982-6133.
P.O. Box 366, Mountain View,
CA 94042.

SKIERS WORLD



SKIER'S WORLD GUARANTEE: If you become dissatisfied at any time with **Skier's World**, write and we'll send you a prompt refund on all undelivered issues.

I'M READY!

Sign me up for 7 issues of **Skier's World** today. I have enclosed a

☐ check ☐ money order for \$10.

☐ Bill me.

☐ Charge my ☐ Visa ☐ Mastercard

_____ exp. _____

Name _____

Address _____

City _____ State _____ Zip _____

Canada and elsewhere add \$3 per subscription. Allow 6 to 8 weeks for shipping.

Send to: **Skier's World**, P.O. Box 366, Mountain View, CA 94042

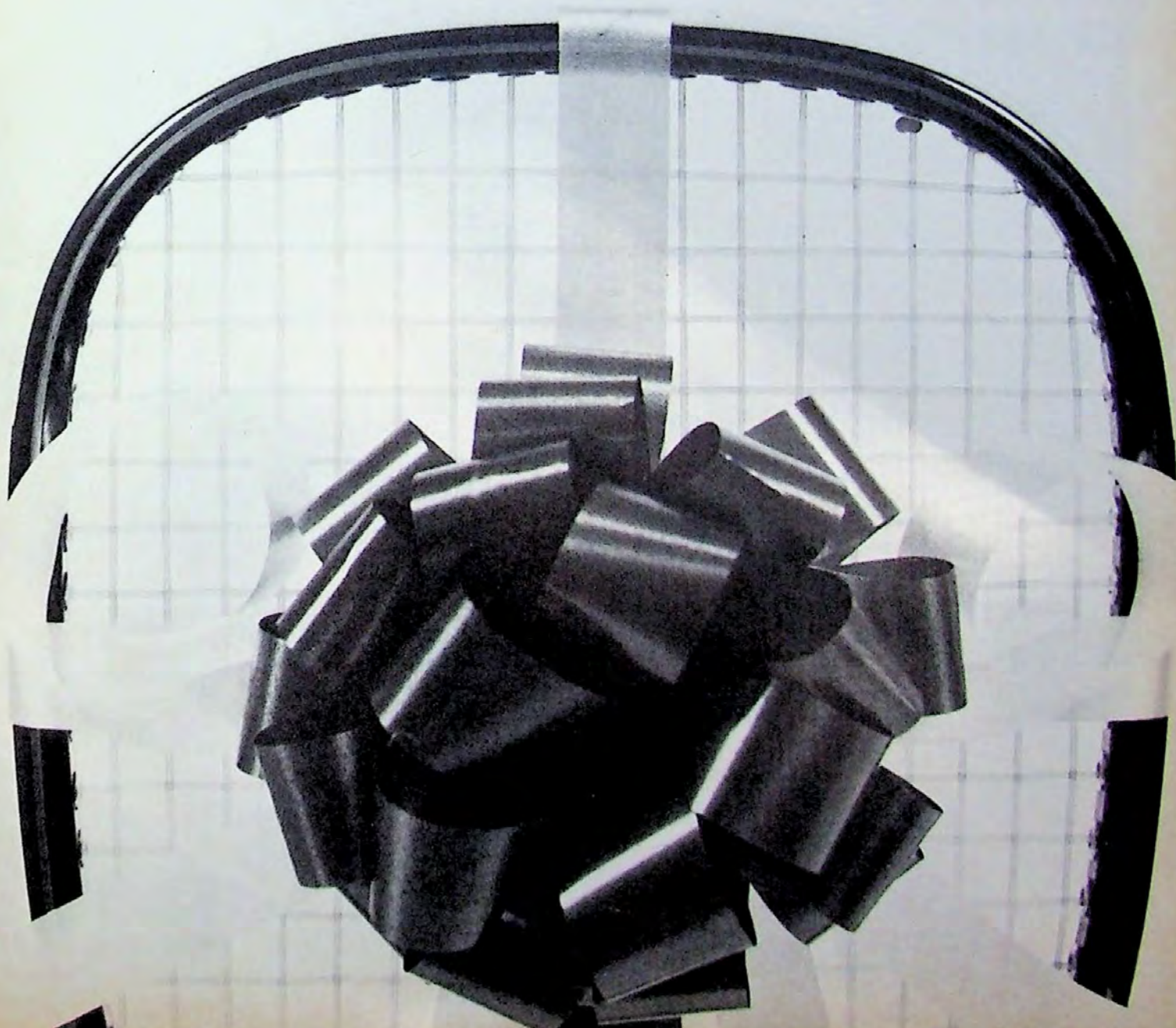
RI

HOLIDAY GIFT/ACCESSORY GUIDE

The holiday season often presents a dilemma for shoppers in figuring out gift items for friends and family.

With that in mind, RACQUETBALL ILLUSTRATED offers its second annual HOLIDAY GIFT/ACCESSORY GUIDE, a sampling of items that would make any racquetball bag complete.

The staff of RACQUETBALL ILLUSTRATED wishes its readers a Merry Christmas, Happy Chanukah and Happy New Year.



HOLIDAY GIFT/ACCESSORY GUIDE

BAGS

Nylon HEAD bag, **\$23**. LEACH bag made of deluxe cordura and expanded vinyl, **\$27.95**. EST canvas bag, **\$25.00**. EKTELON women's club bag made of Jason corduroy vinyl, **\$29.95**. Satin cordura bag made by TRI-ACTION PRODUCTS (Sun Valley, Calif.), **\$33.50**. Vinyl PENN bag, **\$18.95**.



SPORTSWEAR

AMF Voit's Pacer outfits made of polyester/cotton interlock with contrasting terry sleeves. Men: top **\$18.50**, shorts **\$12.00**. Women: top **\$16.50**, shorts **\$11.00**.



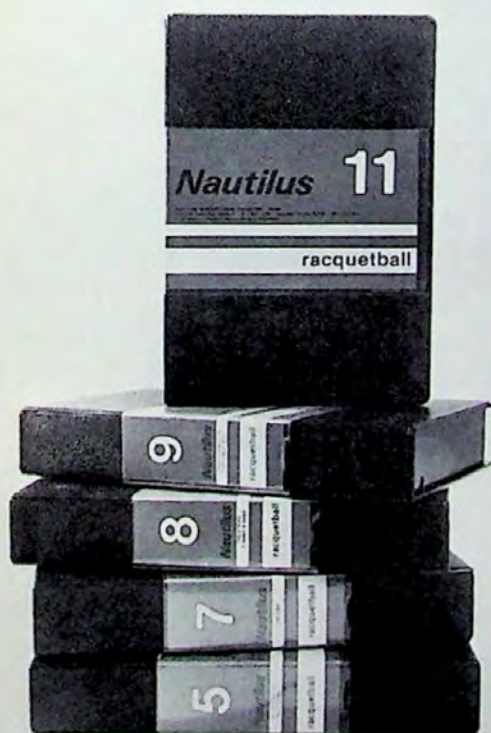
GLOVES

Champion Tiger Grip glove made of suede leather, **\$10.95**. Omega deerskin suede glove with terrycloth back, **\$11.50**. W&W Sports nonslip treated deerskin suede glove, **\$12.50**. Ektelon Cabretta sheepskin glove, **\$9.95**.



RACQUETBALL IN LIGHTS

Light up your living room with "Racquetball in Neon" from Racquetball Warehouse (P.O. Box 3749, Los Angeles, Calif.), **\$149.00.**



VIDEO-TAPES

Racquetball instruction series with Dave Peck and Shannon Wright. **\$65.00** per tape (Nautilus Industries, DeLand, Fla.).

PRESSURIZER

"Racquetball Saver" keeps balls from going dead, **\$9.95** from Gexco, Inc. (Huntington Beach, Calif.)



EYEGUARDS

Front Row: Gargoyles Sportglasses by Pro-Tec, **\$45.50**. Opti-Vue, **\$4.00**. Back row: Rainbo Combat Glasses, price varies with prescription. Solari Saturn, **\$14.95**. Bausch and Lomb "Action Eyes," **\$25.00**.



MAGAZINES

One-year subscription to Racquetball Illustrated, **\$12.50**.





TIME TO PLAY

Hand-crafted racquetball clock from Rocky Mountain Rackets (Loveland, Colo.), **\$31.95.**



SHOE ACCESSORIES

Stretch-Lace for self-locking shoelaces (Stretch-Lace Co., Norwood, Mass.), **\$1.95.**

Shoe-Goo to replace worn rubber on racquetball shoes (Eclectic Products, San Pedro, Calif.), **\$3.10.**

T-SHIRTS

It Only Hurts When I Laugh (Willplay Sport Shop, Columbus, Ohio) **\$7.00.**

Beyond Tennis . . . Racquetball (D.W. Brooks, Reseda, Calif.) **\$7.95.**

Racquetball Illustrated (Hollywood, Calif.) **\$4.95.**



HOLIDAY GIFT/ACCESSORY GUIDE



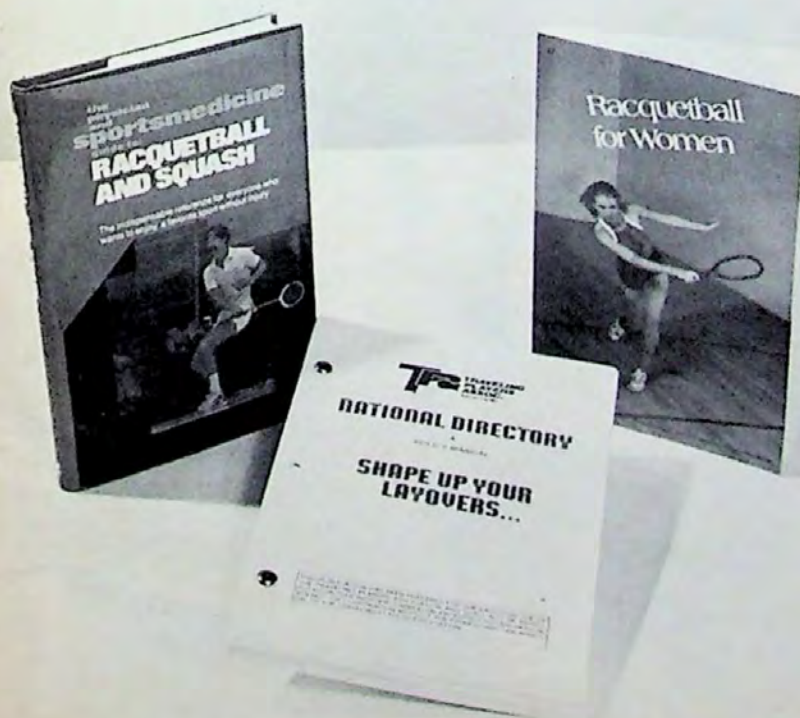
RACQUET CONNECTION

Combination safety tether and sweatband from the Racquet Connection (Monterey Park, Calif.) **\$2.65.**



JEWELRY

"Cool Key Ring" with 14K gold-plated racquet suspended in lucite, from V.R. Creations (Redondo Beach, Calif.) **\$13.95.** Sterling racquet pendant and chain from Galliger's Sports Jewelry (Albuquerque, N.M.) **\$14.95.** (also comes in gold vermeil and 14K gold)



BOOKS

Sportsmedicine Guide to Racquetball and Squash, Robert Scott, M.D., McGraw-Hill Book Co., New York, N.Y., 1980, **\$7.95.** Traveling Players Association National Directory (Kansas City, Mo.), **\$65.00.** (two-year membership). Racquetball for Women, Toni Hudson, Jack Sganetti, Vince Rondone, Wilshire Book Co., North Hollywood, Calif. 1980, **\$3.00.**

ANDY KAUFMANN WRESTLES WITH RACQUETBALL





Photos by David M. King

It was supposed to be a 1:30 a.m. racquetball match at the Sports Connection in Santa Monica, Calif., but Andy Kaufman got tired of losing in racquetball to three women players and started insulting them. The players did not take kindly to the insults and decided to gang up on him. Andy didn't win the wrestling match either.

By Michele Kort

"You mean we're not going to wrestle?"

Andy Kaufman, who stars as Latka Gravas in ABC-TV's *Taxi*, looked crestfallen. He hadn't realized that he was to play racquetball with the three women he had just met rather than engage them in his favorite sport, wrestling. Nonetheless, once he got his bearings on the court (wearing his wrestling longjohns), Kaufman began choreographing an entertaining new form of racquetball which included mock arguments, a three-against-one wrestling match, and a raucous gallery that alternately cheered and booed. Sure it was all being staged for a *Racquetball Illustrated* photographer, but Kaufman seemed to delight in creating a dramatic situation and successfully cajoling everyone in attendance—including his manager, his publicist, and his secretary—to participate in this 1:30 a.m. staging.

An "entertainer" who refuses to call what he does "comedy," Kaufman has a knack for getting audiences involved in his act. In the early 1970s, when he worked nightly at Manhattan's Improvisation club, he would sometimes climax shows by sending the customers bunny-hopping down Eighth Avenue. More recently, at concerts in New York's Carnegie Hall and Los Angeles' Huntington Hartford Theatre, he concluded the evening by busing the entire crowd to a site where they were served milk and cookies. He even continued the 1979 Carnegie Hall event the next day, inviting fans to meet him on the Staten Island Ferry, which several hundred did. When he had enough money, Kaufman told the faithful in attendance, he would take an audience around the world with him.

Strangely enough, when Kaufman first began performing—at age five in Great Neck, Long Island—live audiences were of abso-

lutely no importance to him. "I used to put on shows in my bedroom for an imaginary audience out there in TV land," he says. "I had a whole afternoon of programming every day, eight half-hour shows one after another. I had a Tarzan-type thing, a Charlie Chaplin-type thing, comedy, adventure, courtroom, horror. I had wrestling even, but I'd be the only one on the show so I'd have to wrestle myself."

Andy's parents were probably quite relieved when he entered school and was forced to socialize with other children, although school didn't stop the daily programs. "I'd do the shows on the playground during recess," he recalls. "I did it by myself in the corner of the woods where no one could see."

He couldn't keep the crowds away for long, though. An errant ball rolled near his imaginary TV studio one day, and the youngster who retrieved it accidentally caught the show. He soon brought his friends around, too. "By the

ANDY KAUFMAN



Challenging Andy Kaufman in racquetball (and later wrestling) were (left to right) Coleen Grillo, Pam Epps and Lori Robin.



"Unlike tennis, it is much easier to find the ball in racquetball and hit it," says Andy Kaufman.

time I was in fifth grade," says Kaufman. "I had a whole audience." Asked if he dreamed that one day he would really be on television, Kaufman replied, "As far as I was concerned, I was already on television."

Kaufman entered the world of show business even before his fifth grade success, as an eight-year-old entertainer at children's birthday parties, and he continued that occupation through high school. "I would show movies, play games, play the guitar, sing, play the tape recorder," he explains. "Some of the stuff I do now is stuff I used to do for the kids. In the last few years I've added some things to the act that I wouldn't do for children, but I still retain a lot of that innocence and children's-type entertainment."

When Kaufman entered Graham Junior College in Boston ("Anyone could get in, but it had a great television department"), his goal was to become a children's entertainer on TV. He was too shy to perform for adults then, until he discovered transcendental meditation. "One day a few months after I started meditating," he says, "I was in the dormitory and I started doing my children's act for some friends and all the college students started gathering around. That was the start of the whole thing."

From the dormitory his career progressed to college coffeehouses, his own show on the college TV station ("Uncle Andy's Fun House"), nightclubs, TV shows such as *Saturday Night Live* and *Tonight*, his own TV special, and a regular role on *Taxi*. He has also recently branched out into movies, and will soon appear as an evangelist Armageddon T. Thunderbird in Marty Feldman's *In God We Trust*. Next year filmgoers can see Kaufman starring as a robot in Universal Picture's *Heart Beep*.

But Kaufman would probably chuck it all if he could be a professional wrestler. "I always wanted to be the bad guy wrestler," he says wistfully, "but I'm not big enough and I'm not the athlete they are. So the closest I could come to that was to put it in my act."

Kaufman exaggerates his villainous image by wrestling only women, whom he has a much better chance of beating than men. "I'm the undisputed inter-gender wrestling champion of the world," he boasts, claiming a record of 67 matches without a defeat. "I offer \$500 to any woman who can pin me in three minutes, \$1,000 when it's on television. And sometimes I'll offer to have my head shaved."

His wrestling matches with women have become a highlight of his live performances, generating equal amounts of fascination, amusement, and anger. Kaufman goads the crowd by making patronizing remarks about women ("Nobody's better at the domestic stuff"), but he insists that it's all theatrics. "Saying all those things gets the audience mad," he explains, giving a lesson in group psychology. "Just the fact that I'm wrestling a woman gets them mad, because she's the underdog. Those who know I'm kidding are going to boo me in a good-natured way, but they'll boo me anyway."

In addition to the wrestling segment of his act and his regular characters (like "Foreign Man" and an excellent Elvis Presley imitation), Kaufman likes to showcase "talent" he's discovered. Among others, there's the infamous Tony Clifton (who is a Kaufman character as well as an actual Las Vegas-type lounge performer); the singing Love Family; Sunny Lee (she comes out in a very skimpy bikini and dances and at the same time recites poetry); and New York street performer Grant Bowman (who sings "Happy New Year"). These Gong Show-genre acts, which range from the merely absurd to the increasingly bizarre, have a definite effect on audiences, although they cause discomfort as often as laughter. Which is just fine with Kaufman.

"I have never claimed to be a comedian," he says. "To me comedy is a dirty word. It's very limiting. A variety show on television will usually cover only music and comedy, but a real variety show would cover a whole range of emotions—comedy, tragedy that makes you cry, horror that makes you scared, or controversy that makes you mad. I think one of these emotions is just as entertaining as the other. I like to cover all of them in my act."

Kaufman thinks shows such as *Fernwood Tonight*, the talk-show parody, and *The Gong Show* have created a more receptive climate to his brand of entertainment. The latter especially "broke boundaries because it had people on television who would normally stay on the streets," he says.

A fan of the classic comedians—Laurel and Hardy, W.C. Fields, Abbott and Costello—Kaufman also admires the showmanship of carnival performers and wrestlers. Conga the Jungle Creep, who used to perform a sort of voodoo act at Hubert's Museum on 42nd Street in Manhattan, was a favorite, as was wrestler "Nature Boy" Buddy Rogers.

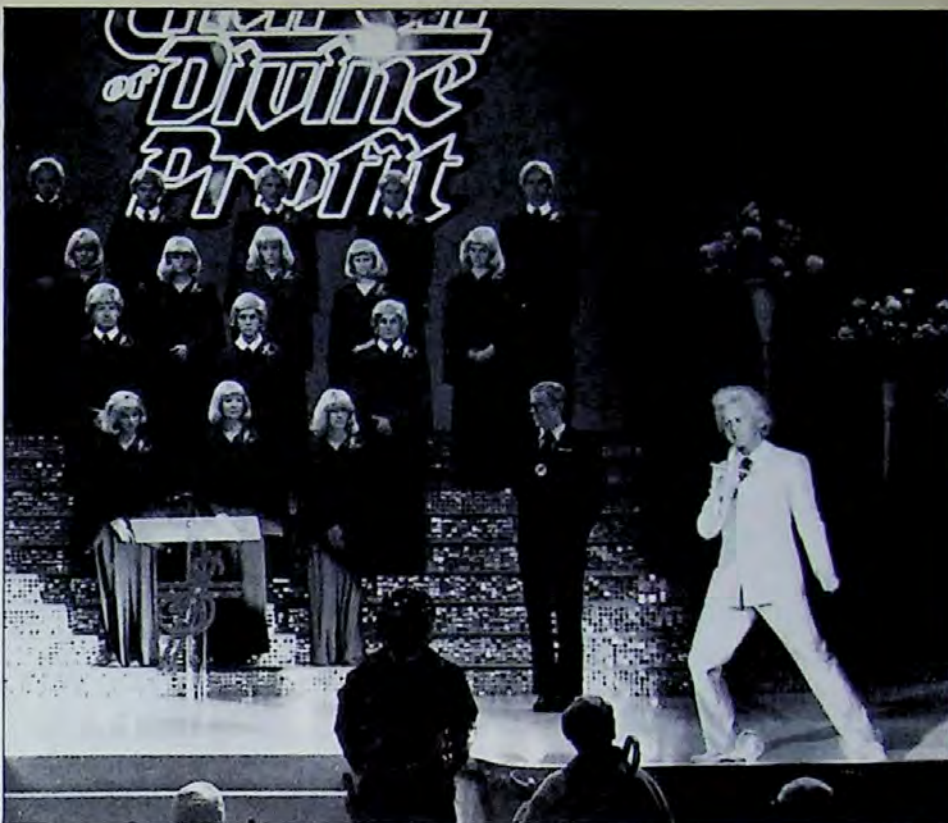
"I think wrestlers are the unsung heroes of show business," Kaufman asserts, making clear the identification he has made with them. "These are guys that play a part to the hilt and stay pure to their character, even if it means getting shot at or stabbed. Plus, they manipulate crowds through a whole range of emotions." Kaufman could have been describing his own act in these words.

As for racquetball, Kaufman thinks it might help him improve his wrestling techniques. "I never realized how much wrestling requires brains," he says. "If the woman has me in a brilliant hold, I have to use my brains to figure out how to get out of it. Since this game (racquetball) requires brains and strategy—you have to figure out what angle to hit it and stuff—then that could help me train for something like wrestling."

Kaufman, a racquetball novice, enjoyed his racquetball experiences, declaring, "It was fun to see the ball going up on the walls. Unlike tennis, it's much easier to find the ball and hit it. You can play it the first day."

But still retaining that childhood self-sufficiency that allowed him to entertain himself (and his imaginary audience) for hours each day, Kaufman pondered aloud the possibility of racquetball solitaire: "I wonder what it's like to play alone? That must be a lot of fun. You could just BOOM, BOOM . . ."

R



Andy Kaufman took a break from his role as Latka Graves in *Taxi* to play Armageddon T. Thunderbird, an evangelist, in the movie *In God We Trust*.

Photos courtesy Universal Studios



SARVIS's

"Racquetball Headquarters"

P.O. BOX 634, WILSON, NC 27893



**NAME BRANDS
AT GREAT
DISCOUNTS**

**EKTELON
A.M.F. VOIT
AJAY
AND MORE**

**SEND FOR COMPLETE LIST
YOU'LL BE GLAD YOU DID**

**Toll Free Ordering
1-800-334-7203**

N.C. Residents 1-800-682-4070



C.O.D.



If you're moving, let us know at least 5 weeks in advance so that your issues of RACQUETBALL ILLUSTRATED can reach your new address. Just paste your magazine address label on this form and paste it on a postcard. Your local post office will not automatically forward your magazine to your new address.

ATTACH MAILING LABEL HERE

Print your new address below

name

address

city state zip

Mail to:

RACQUETBALL ILLUSTRATED

Subscription Dept.

P.O. Box 261

Mt. Morris, Illinois 61054

R FOR WINNING

UNDERSTANDING AND PREVENTING INJURIES

By T. A. Arnold

The most common injuries which plague the racquetball player are those caused from a ball or racquet. These account for over 75 per cent of all injuries and can be prevented mainly by the use of eyeguards and by playing experience. The other 25 per cent of injuries are the strains and sprains and other serious matters which can end a person's athletic career. It's the last group we are concerned with in this article.

In order to better understand how to prevent these injuries, one must know what effect they have on the body. Listed below are some of the more common forms which can plague the racquetball player:

MUSCLE STRAINS (pulled muscle): A muscle strain is an acute tear of muscle fiber characterized by incapacitating pain associated with activity. The severe pain will subside soon after the activity has ceased although the localized area around the muscle will remain tender. This injury may appear relatively minor on the surface and with certain strains, activity may be resumed after a momentary break. It should be noted, though, that any injury, no matter how minor, may result in additional damage if left unattended. If pain continues, stop and check it out.

JOINT INJURIES (sprains): Sprains are caused by a hyperextension or wrenching of a joint resulting in damage to ligaments and associated tissue. These types of injuries are characterized by severe immobilizing pain, inflammation and almost immediate swelling into the affected joint. Stop activity at once (you probably won't be able to walk anyway) and apply first aid. As with any joint injury, the victim should seek immediate medical attention. Sprains will severely weaken a joint so that lasting damage to the surrounding cartilage or ligaments may result if they are left unattended.

TENDON RUPTURE: A tendon is the connective tissue which attaches muscle masses to bone. It consists of strong fibrous bands which are subjected to a great amount of stress especially in a "start/stop" sport such as racquetball. A rupture is the separation of a tendon from either the bone or muscle to which it attaches. The injury is characterized by a "pop" sound and severe pain to the victim. The pain is usually so severe that the competitor will hold the affected area in a contracted position and will not allow it to be moved. Medical assistance should be summoned at once.



It is unfortunate that any athlete, whether recreational or professional, may from time to time fall prey to injuries. They are all painful and will involve periods of recuperation. But there are certain steps which should be taken immediately so as to lessen their severity. A fast way to remember the steps is by the word CURE.

- C** = Cease activity. Stop playing at once. Pain is a natural method by which the body communicates that something is not right.
- U** = Use ice. Lay a towel over the affected area and then apply an ice pack. This will decrease the bleeding from injured vessels and allow the healing process to begin.
- R** = Raise the extremity. By raising the injured area above the level of the heart, fluids released from the injured tissue are allowed to drain off. This minimizes the amount of swelling.
- E** = Elastic compress. Wrap an elastic bandage over the injured area (including the ice pack). This will apply pressure to the area so as to immobilize and support the injury and help to limit swelling.

It has often been said that an ounce of prevention is worth a pound of cure and this is true when considering the prevention of injuries in racquetball. Ten to fifteen minutes of warm-up exercises prior to playing will improve your initial attacking game and lessen the chance of injury. Warm-ups, according to Dr. Fred Behling of Stanford University, are the foremost

method of preventing injuries. The exercises should be specific in nature and tailored to the type of sport to be undertaken. Bench pressing weights may not be the best warm-up exercise for racquetball whereas something such as wall presses to stretch the Achilles tendon may be more fitting for the sport.

Dr. Gabe Mirkin and Marshall Hoffman, authors of *The Sports Medicine Book*, believe that a lack of flexibility due to insufficient warm-ups accounts for a great portion of athletic injuries. During exercise, the muscles stretch and become "irritated" due to the exertion. As activity is ceased, these muscles begin to tighten and resume their normal posture. If a sudden stress is then exerted on these muscles (such as the burst of energy to chase after a hard drive serve), the resulting imbalance caused by their weakened state may lead to an injury.

The concept of flexibility seems to apply directly to the sport of racquetball. For example, in a lengthy rally, a great amount of force is exerted to try to win the point (the muscles stretch). At the conclusion of this point, the players walk casually back to their positions and wait for the next serve. It is during this waiting period that the muscles begin to tighten and the risk of injury increases. Both the racquetball pros and the medical doctors agree that the only way to minimize this risk of injury is by increasing flexibility through stretching exercises.

A good portion of the pre-game warm-up should involve stretching. These exercises must concentrate on those parts of the body used the most while playing. The legs, arms, lower back and shoulders are the portions of the body to concentrate on. A specific group of exercises should be completed prior to beginning play.

1. Toe touch: With feet together and knees locked, bend down and try to touch the floor in front of the toes with finger tips. Hold the position without bouncing for a count of 10. Repeat exercise three times.
2. Wall press: Facing a wall, place both hands against it as if to do a push-up, then extend one leg back pointing the toe toward the wall. Keep the heel on the floor with extended knee locked and back straight, and relax arms, allowing upper body to move toward the wall without moving feet. Lower your body until tension is felt in the Achilles tendon. Hold position for a count of 10. Repeat three times for each leg.
3. Alternating toe touch: Stand erect, spread legs until tension is felt in the groin area. With right hand, touch left toe and then return to upright position. With left hand, perform the same exercise. Complete 20 times for each toe.

By adding these three relatively simple exercises to existing warm-up plans, the player's chances of injury may be lessened. It is important, though, to complete a well-rounded 10 to 15 minutes of warm-ups prior to play.

How would a doctor recommend you work out?

The first thing a doctor would tell you to do is warm up properly. That's because warming up helps increase your flexibility and range of motion and can even help reduce the risk of injuries. And as an added benefit, the right warm up can help you perform better.

So far, we may not have told you anything you didn't already know. But now comes the interesting part.

A majority of doctors we surveyed would recommend methyl salicylate as an important part of your warm-up program. And methyl salicylate is the key ingredient in Mentholatum Deep Heating® Rub. So to help you warm up properly, work in Mentholatum Deep Heating before you work out.

In the same survey, a majority of doctors said they would recommend methyl salicylate to help relieve sore muscles. Which means you should work in Mentholatum Deep Heating after you work out.

So whether you work out with weights or a ball and a bat or a racket or a racquet or your own two legs, work in Mentholatum Deep Heating before and after. Because when you work out, it works.



Mentholatum Deep Heating

Work it in before and after you work out.

Supplier to more international athletic teams than anyone else.

TOURNAMENTS

King's/Bank of Newport



Photos by Ed Ikuta

By Ben Kalb

Jerry Hilecher's face was glued to a copy of *Racquetball Illustrated* in which a feature on him had carried the headline, "You Can Call Him Bridesmaid . . ." A spectator looking on said, "I guess you can't label him that any more."

Hilecher finally ended his championship drought and his bridesmaid label by defeating Dave Peck, 21-20, 21-20, to win the \$4,500 first prize in the King's/Bank of Newport Classic at King's Court in Westminster, Calif., the first stop of the 1980-81 pro tour. The victory marked the first time Hilecher had won a pro tournament since 1976. That one came in Sacramento, Calif., his first year on the tour. It also marked the end of a string of runner-up

finishes—eleven—over the past couple of years.

"I really thought I would win before I even got here," said Hilecher. "I did some mental training in the off-season. I had some personal mental barriers to overcome."

"I wasn't afraid of winning 21-20. Before I was. I didn't have a barrier against the person I was playing. I had a barrier against winning."

The tournament also marked Hilecher's first win in four years over Marty Hogan, who always seems most vulnerable to defeat at the season's opening tournament. Hilecher defeated the three-time National champion, 21-20, 16-21, 11-8 in the semifinals.

Hogan trained for the tournament by spending the week prior to the event camping in Yosemite, Calif.

"Not once during the matches did I think I was going to lose to him," said Hilecher. "Marty honestly wasn't playing as well as he could have but I knew he was getting most of his points from my mistakes."

Prior to defeating Peck and Hogan, Hilecher defeated Steve Mondry, 21-6, 21-8, Bruce Christensen, 21-6, 21-4, and Craig McCoy, 21-10, 16-21, 11-8.

Hogan also had his usual first tournament-first round scare. Last year in Chicago, he went to a tiebreaker before defeating Doug Cohen. This season he defeated Dave Peck's younger brother, Greg, 21-18, 6-21, 11-5.

Another exciting early round match found Mike Yellen defeating Davey Bledsoe, 21-16, 15-21, 11-9. Bledsoe had an 8-3 lead in the tiebreaker.



It took a lot of hustle and some incredible gets but Jerry Hilecher finally ended his drought against Marty Hogan by beating him for the first time in almost five years in the semi-finals of the King's/Bank of Newport Beach tournament at King's Court in Westminster, Calif.

The tournament also marked the return of Rich Wagner, who was ranked third two years ago but slipped into oblivion last season following some personal problems. In this tourney he defeated Ben Koltun, 21-12, 21-8, and Mark Morrow, 21-18, 12-21, 11-7, before losing to Yellen in the quarters, 9-21, 21-6, 11-1.

Hilecher's semifinal match with Hogan was a crowd pleaser more from the closeness of the score than from the quality of racquetball.

Hogan led 19-17 and 20-18 in the first game before Hilecher tied it at 20-20. Hilecher had a chance to win the game but he skipped a routine kill shot, drawing remembrances of a similar situation in the 1980 Nationals. Hogan also missed his chance at a game winner and Hilecher ended things on a backhand kill shot. Hogan broke a 15-15 tie in the second game and won 21-16.

Hogan had a 7-4 lead in the tiebreaker, which under normal circumstances would have spelled the end for Hilecher. But Hilecher battled back, tied things at 7-7 and went ahead 9-7. Hogan cut it to 9-8 but Hilecher scored the final two points.

The Peck-Yellen semifinal was not as close nor as exciting as some of their other matches. Peck broke a 12-12 tie in the first game and outscored Yellen 9-1. In the second game, Yellen led 9-7 before Peck went ahead to stay at 10-9. Peck drove out to a 15-9 advantage and won 21-14.

"Our game style is different," said Peck. "I go for the kill. He goes for the pass. When I played him in the Nationals (semifinals), I was leaving the ball up pretty good. This time I was on."

With Hogan out of the finals, the crowd for the match was less than capacity. "Now you see the impact of Hogan," said a spokesman for the tournament. "He earns his money. We've had calls from people asking if they can get their money back."

Hogan may be the crowd pleaser but that certainly was no concern to Hilecher or Peck, who put on a crowd-pleasing finale. The two players were tied seven times in EACH game before Hilecher managed his deciding points.

Peck had a 19-16 lead in the first game before Hilecher tied it at 19-19. Peck went ahead 20-19 on a skip ball which Hilecher contested was a perfect kill. Hilecher tied it on a Peck skip off a tough serve and won it on a pinch shot.

Peck, who had a point taken away from him on a technical and who gave away another point after changing a referee's call from an ace to a short serve, still had a 20-17 lead in the second game before Hilecher made his winning run. Hilecher made a kill shot from deep court off a ceiling ball to tie it at 20-20 and won it on an ace to Peck's forehand.

"In the past I was always hoping the other guy would make a mistake. This time I knew I had to hit the shots," said Hilecher. "I wasn't



more aggressive. I was more relaxed, more confident.

"My concentration was better. I didn't make stupid shots. And if I missed a shot, I didn't let it bother me. It wasn't the best I ever played but it was the smartest I ever played."

Peck obviously was a little disappointed for letting the game get away. "Whenever you get to 20 first you should put the match away. I didn't do it and I deserved to lose."

Hilecher's last victory in 1976 was his first under Ektelon's sponsorship. This victory was his last under contract with the San Diego-based company. Despite the fact he was ranked fourth on the tour last season, Ektelon decided not to renew its agreement with him. "I hope this will show some people how well I can play," said Hilecher. "I'm now in the market for another sponsor."

1st Round

Marty Hogan d. Greg Peck, 21-18, 6-21, 11-5;
Steve Serot d. Scott Hawkins, 21-8, 21-19;
Jeff Bowman d. Bob Bolan, 21-11, 21-13;
Doug Cohen d. Kirk Williams, 21-10, 21-10;
Charlie Brumfield d. Jerry Zuckerman, 21-14, 21-4;
Craig McCoy d. Dave Bush, 21-5, 14-21, 11-2;
Bruce Christensen d. Gary Berberet, 18-21, 21-17, 11-8;
Jerry Hilecher d. Steve Mondry, 21-6, 21-8;
Dave Peck d. Dan Factor, 21-10, 21-11;
John Egerman d. Larry Meyers, 21-19, 19-21, 11-5;
Lindsay Myers d. Beaver Wickham, 21-19, 17-21, 11-4;
Don Thomas d. Mike Levine, 21-15, 21-19;
Rich Wagner d. Ben Koltun, 21-12, 21-8;
Mark Morrow d. Matt Mathews, 21-11, 21-16;
Davey Bledsoe d. Brett Harnett, 21-10, 21-2;
Mike Yellen d. Ross Harvey, 21-16, 21-19.

2nd Round

Hogan d. Serot, 21-13, 21-16;
Bolan d. Cohen, 21-13, 19-21, 11-9;
McCoy d. Brumfield, 18-21, 21-11, 11-5;
Hilecher d. Christensen, 21-16, 21-4;
Peck d. Egerman, 21-19, 19-21, 11-5;
Myers d. Thomas, 21-12, 4-21, 11-6;
Wagner d. Morrow, 21-18, 12-21, 11-7;
Yellen d. Bledsoe, 21-16, 15-21, 11-9.

Quarter-Finals

Hogan d. Bolan 21-17, 21-16; Hilecher d. McCoy 21-10, 16-21, 11-8; Rick d. Myers 21-16, 21-4; Yellen d. Wagner 9-21, 21-6, 11-1

Semi-Finals

Hilecher d. Hogan, 21-20, 16-21, 11-8; Peck d. Yellen, 21-13, 21-14
(losers receive \$1,200)

Finals

Hilecher (\$4,500) d. Peck (\$2,500) 21-20, 21-20.
Other Results

Men's Open

Brett Harnett d. Ed Andrews, 9-21, 21-14, 11-4

Men's Seniors:

Roger Ehren d. Dan Harnett, 21-7, 21-19

Men's Masters:

Lee Pretner def. Duke Libby (default in first game from sprained ankle)

Golden Masters:

Bob Frazier def. Burt Morrow, 5-21, 21-17, 11-8.



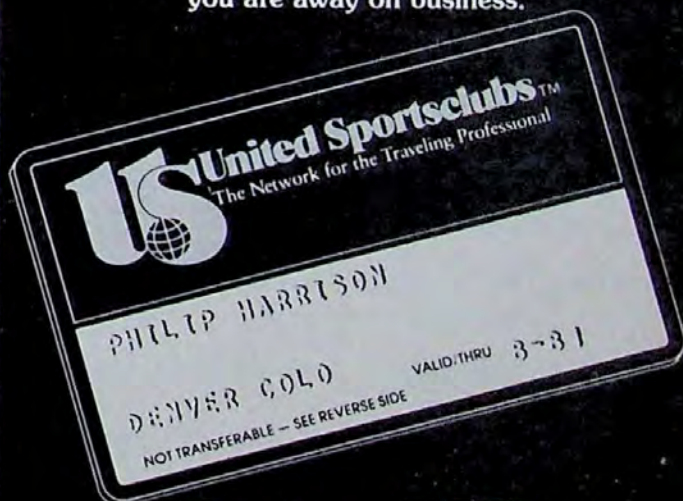
Photos by Ed Ikula

Hilecher defeated Dave Peck, 21-20, 21-20, for the \$4,500 first prize. It was his first tour victory since 1976 and it ended his streak of 11 straight runner-up finishes.

**You can be
a member of
over 100
of the finest
athletic clubs
in the world
for \$24.00
a year . . .
for life.**

Why give up
that exciting game of racquetball
when you are out-of-town?

Now, United Sportsclubs offers you the
unique opportunity to join an exclusive
national network of the finest full service
athletic clubs, featuring racquetball, with
quality facilities to maintain your shape,
health, and pleasure whenever and wherever
you are away on business.



Join US.
1-800-525-9248

*There will be a \$68.00 initiation fee for enrollment,
which includes your first year's dues.
If you are not totally satisfied within 30 days of enrollment,
your money will be refunded.

USRA Junior Nationals

By Gary Souders

Over 200 of the finest young racquetball players from over 30 states came to the Court Club in Indianapolis, Ind. to compete for the 1980 U.S.R.A. Junior National Championships.

The newly expanded tournament saw participants from the ages of nine to 17 vie for titles in eight divisions—four girls divisions and four boys divisions.

Stacey Fletcher of Warren, Mich. and Greg Peck of El Paso, Tex. captured the girls and boys 17-and-under crowns in impressive fashion by respectively topping the tournament's number one seeds in the finals. Stacey defeated last year's champion, Liz Alvarado of Odessa, Tex., 21-14, 14-21, 11-9. Fletcher's solid strokes and consistent play enabled her to overpower Alvarado's aggressive, court control game.

Peck's final opponent was reigning U.S.R.A. amateur champ, Brett Harnett of Las Vegas, Nev. The two had met last year in the boys 15-and-under division which Harnett won. This year, Greg, younger brother of pro Dave Peck, was able to avenge the defeat with a stirring 21-19, 21-14 win. Peck took advantage of numerous Harnett errors and forced him out of center court with strong passes and roll-outs.

Lynn Wojcik of Tucson, Ariz. repeated as the girls 15-and-under champion by defeating Loretta Ann Peterson of Salt Lake City, Utah, 12-21, 21-14, 11-5. Wojcik's mixture of

power and control dominated Peterson who started strong but began to tire midway through the second game.

The boys 15-and-under title was won by Californian (Castro Valley) Gerry Price over number one seed John Klearman of St. Louis, 21-17, 13-21, 11-7. Price's deceiving stature and style out-finessed the strong shooting Klearman. He executed superb pinch-kills from center court. The action was fast and furious throughout and the crowd responded accordingly.

Elaine Mardas of Columbus, Ohio won the girls 12-and-under competition by ousting Tammy Horrocks of St. Louis, 21-11, 21-9. Mardas exhibited excellent court movement continually forcing Horrocks to take the defensive.

The big story was little Dave Simonette of Baltimore. The boy wonder played the game of a veteran and defeated Andy Gross of Creve Couer, Mo. in the finals, 21-12, 21-1. Dave's repertoire of shots, including a splat, outclassed the entire field and made a number of the adult observers glad they weren't participating.

The new 10-and-under division showed vivid examples of the progress racquetball has experienced in the last half of the decade. Fundamental teaching has produced a number of tough players in the younger divisions. The junior program in El Paso led by Dave Peck, for example, brought a half-dozen of the tournament's players. One such contender was the winner of the girl's 12-and-under fi-

nals, Alma Fuentes. Alma defeated a determined Cindy Doyle of Williamsville, N.Y., 21-20, 21-17. Both of the girls showed great hand-eye concentration and court positioning in the finals.

Unseeded players Jim Floyd of Burton, Mich. and Brad Nelson of Lincoln, Neb. made the finals of the boys 10-and-under division. Although Nelson had looked impressive earlier in the week, the jitters set in and Floyd was able to win, 21-6, 21-8.

Etc.

• Dave Negrete defeated Ron Johnson in the men's open and Teresa Parker defeated Linda Green in the women's open of the Circle City tournament at Racquetball East, West and South in Indianapolis, Ind. Other division winners were Barry Lutz, Mark Waldorf, Bill Mooney, Gerry Murray, Bill Lancet, Teresa Neilan, Lynne Rumbaugh and Jane Anderson.

• Jeff O'Malley defeated Stan Lindner in the Fall Classic at the Rt. 30 Racquetball Club in N. Huntingdon, Pa. Lindner teamed with Steve Mihalko for the open doubles title. Other winners were Jack Gartley, Robert Holderbaum, Stan Obrenski, Sharon Watson, Cathy Kerber and Mark Weiskercher.

• Bruce Radford def. Bobby Stocker, 21-15, 21-18, to win the Los Angeles Open at Rocky's Racquetball World in North Hollywood, Calif. Bebe Bryans won the women's round robin. Bruce and Wayne Radford teamed to win the open doubles over Jim Harper and Dave Chandler, 21-8, 5-21, 11-6.

RACQUETBALL

ILLUSTRATED

12 ISSUES for
ONLY \$12.50.

(Save \$5.50 off newsstand rates)

Send me 12 issues of Racquetball Illustrated for just \$12.50.

Make check or money order payable to
RACQUETBALL ILLUSTRATED
Subscription Department, P.O. Box 261,
Mt. Morris, Illinois 61054

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

☐ Check or money order enclosed ☐ Bill me ☐ BankAmericard ☐ Master Charge

Charge card number

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Inter Bank number

--	--	--	--

4 digit no. above your name on card

Expiration date

Charge card signature _____

Please note: This rate limited to the U.S.A. and its Possessions. Canada and elsewhere: Add \$3.00 per year (12 issues) for additional postage.

CLUB NEWS

Wilson, N.C.

Regency Courts on Wooten Blvd. opened its doors with 10 racquetball courts, each with a glass back wall, and an exhibition court with one side wall of glass in addition to the back wall.

The club features a Nautilus Fitness Center, the "Touch of Glass" restaurant, a beauty shop, pro shop, day care center, aerobic center, hot tubs and saunas.

Itasca, Ill.

Spaulding, operators of several court clubs in the Midwest and East, will operate the fitness center at the Hamilton Lakes recreational facility.

Now under construction, the fitness center will have 11 racquetball courts, indoor swimming pool, outdoor tennis courts, 2.5 mile outdoor jogging path and the usual exercise facilities.

The Hamilton Lakes project will include a 420-room hotel and a 14-story office tower.

Etc.

• Eastern Oregon Sports, a club in Ontario, Ore., has set up a fitness program designed for hunters. They also have classes scheduled in diet, aqua-rythmics, karate and aerobics . . .

• Lakeshore Centre, the Chicago sports complex which features eight racquetball courts as well as tennis, squash, platform tennis courts and an indoor ski slope, is offering programs in such subjects as wine appreciation, astrology, yoga, stained glass, creative writing, skin care and dance exercise . . .

• Soon to be completed is the the Findlay (Ohio) Club, a 12-court facility which is part of the Court Management Company, Inc. franchise based out of Dayton, Ohio . . .

• Ron Wickers of St. Louis was named head racquetball pro at the Bear Creek Racquet Center at the Dallas-Ft. Worth Airport . . .

• Fibersin Industries Inc., manufacturer of court panel systems, has announced the opening of the Racquetball Center-Jenfeld Club in Hamburg, Germany. The club will have 11 courts.

Athletic shoes that have made good, deserve



We resolve all types:

The Sole Reviver

• Tennis • Running • Racquetball
OUR SERVICE INCLUDES

Factory soles (or equiv.) insoles white laces repair of cracks & tears refinishing of all white leather shoes. 48 Hour Turnaround. Our sophisticated process retains original shape and feel of shoe.

UNCONDITIONALLY GUARANTEED

Enclose name, address, and \$12.95 plus \$2.00 postage and handling per pair. (Please remove laces).

☐ Check ☐ Money Order ☐ ☐

Card No.

Exp. Date

Send to: **NU-TREAD CORP.**

P.O. Box 41757 Dept. R12 • Chicago, IL 60641

"Neuromuscular disease could make a football feel like a cannonball!"

—Bob Griese

Muscular Dystrophy Association
Fighting 35 diseases 24 hours a day.

NEVADA DISCOUNT GOLF & TENNIS
BOB'S
Las Vegas, Nevada Se habla Español

We Ship 98% Of All Orders Same Day
One of the world's largest Golf & Tennis Shops. Listed are just a few of our items from our million dollar inventory. All pro-shop merchandise.
We sell NO seconds

CALL FOR 1 DAY DELIVERY **SAVE UP TO 50% OR MORE**

Leach-Pressureless Blue Balls \$11.99 per dozen
Leach-Pro Glove Full Fingered 2 for \$14.95

LEACH RACQUETS
Bandido \$18.95
Little Bandido \$18.95
Graphite Bandido \$27.95
Graphite Performer \$22.95
NEW—A.C. 250 \$37.95
Graphite Competition \$43.95
Graphite 100 \$85.95

EKTELON RACQUETS
Jennifer Harding \$29.95
Magnum \$44.95
Magnum Flex \$44.95
Marathon \$39.95
250 G \$69.95

HEAD RACQUETS
Professional \$38.95
Master \$33.95

VOIT RACQUETS
Impact One \$38.95
XC \$38.95

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

NEVADA BOB'S
DISCOUNT Golf & Tennis
4702 Maryland Parkway (R) Las Vegas, Nevada 89109

While in Reno
4112 Kailua Lane
Reno, Nevada 89502
(702) 826-2245

Send for FREE Catalog
Call Toll Free
1-800-634-6202
Local (702) 736-3888

OPEN 8-7 PM Mon-Fri
9-6 PM Sat
7 DAYS 12-5 PM Sun P.S.T.
5 minutes from airport

Mail order prices only
Prices subject to change
3 weeks during our personal thanks

PRO SHOP QUALITY - MAILORDER PRICES			
Eyeguards:			
Foster Grant Fashion	8.50	Balls: (per dz (6 cans))	
Pro Tec	5.95	Volt Rollout Bleu	19.50
Racquets		Seamco 600	19.50
Ektelon 250G	81.00	Head Plum	19.00
Yellen Flex	34.75	Volt Rollout Red	13.00
Blue Lite	30.50	Shoes:	
Rogue	29.95	Nike Kill Shot	25.95
Vol Impact XC		Nike All Court	19.95
Pacer	42.95	Etonic Men & Women	23.50
Impact L	78.95	Tred 2 Z	21.75
Omega 21M	38.75	Lotto Yellen	25.00
Head		Lotto Harding	25.00
Competition	49.95	Gloves:	
Professional	42.95	Champion 610	6.95
Master	36.50	Champion 696	9.95
Enduro	45.75	Ektelon	9.95
Graphite Express	69.95	Searanac Pro	6.95
Wilson		STRAIGHT TALK:	
Advantage	38.50	Some mailorder firms guarantee 48 hr. processing of orders. While processing is important, what you want to know is how soon your order will be shipped. Most of our orders are shipped the next day. If not, we send you a note giving you a realistic ship date. Low price without service is no bargain. We think straight talk is what you want from a mailorder company.	
Wright	23.95	Ball & Racket Shack	
Bledsoe	23.95	253 W. Chocolate Ave. HERSHEY, PA. 17033 717-533-5266	
Leach		Write for our catalog of balls, racquets, shoes, clothing	
Graphite perf.	27.95	Visa/M.C. accepted	
Graphite comp.	55.50		
Graphite 100	109.95		

FASHION RAC



By sea, Laurie floats along in a blue fleece outfit made of 100 per cent acrylic. Top is sleeveless. **\$20**. Connie chooses a yellow camisolé terry outfit made of 65 per cent acrilan acrylic and 35 per cent polyester. **\$17**. Matching shorts **\$17**. Lynn has on the long-sleeve blue V-neck top made of acrylic and polyester. **\$23**. Terry shorts **\$17**. John (left) and Ron each push along in their V-neck long-sleeve fleece tops made of 50 per cent polyester and 50 per cent cotton. **\$28**. Matching shorts **\$18.50**. Comes in gray or navy.

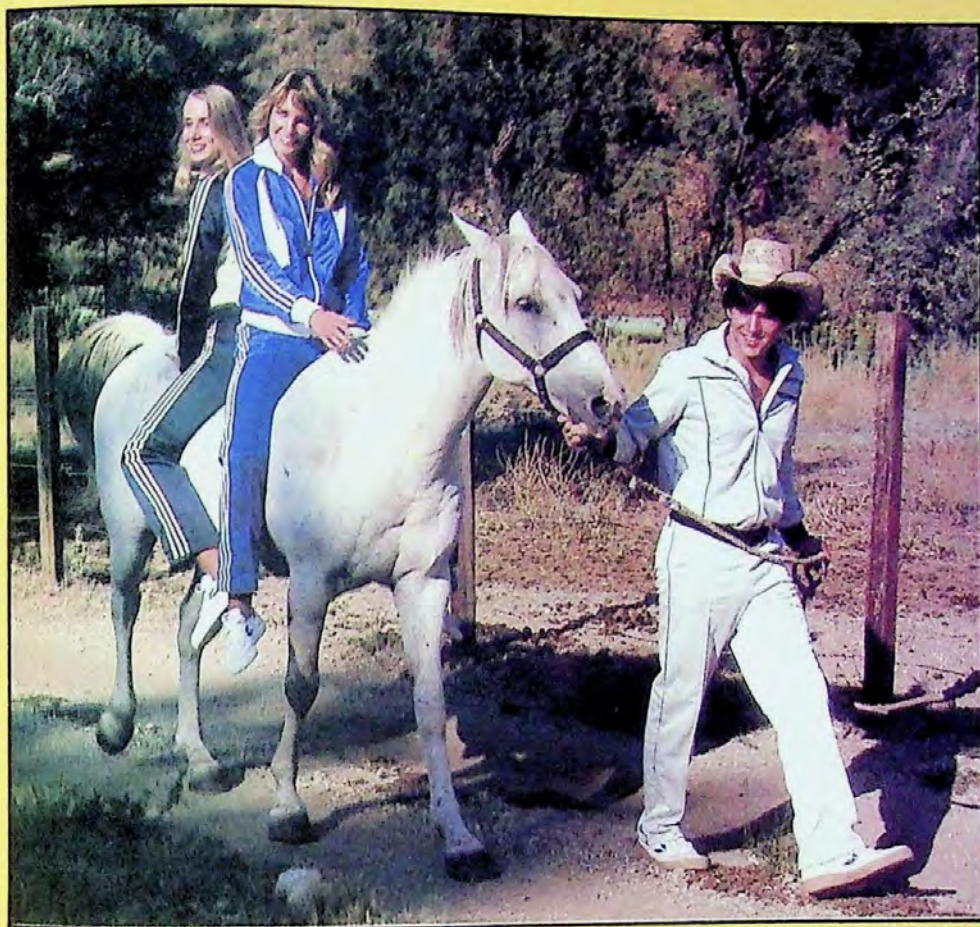
By land, sea or on horseback, these racquetball players will always find some way to get to the club to play racquetball.

Wearing the latest in racquetball outfits from Bonnie Sportswear, Lynn Potter, Laurie Crandall, Connie Dickey, John Newman and Ron Sandler found their way into Green Willow Ranch, a movie and television site in Augora, Calif., as a shortcut to their local club.

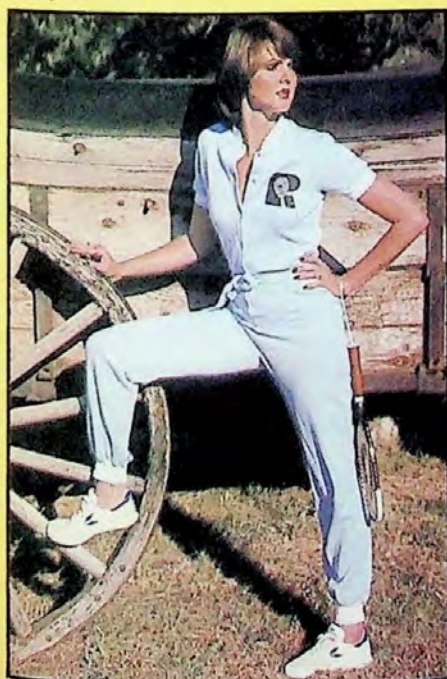


When his horse needs a walk, John puts on his cowboy hat and Bonnie Sportswear's smart-looking silver and black warmup made of 50 per cent Celanese Arnel triacetate and 50 per cent polyester Keyrolan. Comes with zipper on chest pocket and two pockets on pants. **\$66**.

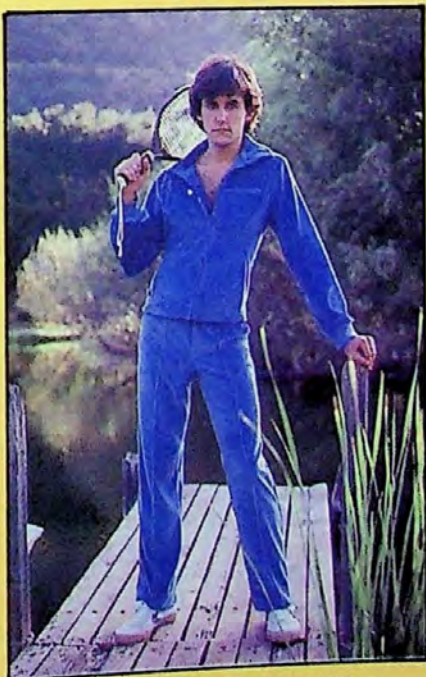
Fashion coordinated and directed by David Chow
Photography by David M. King
Racquetball shoes courtesy of Tred 2
Racquets courtesy of Seamco



Connie and Laurie go riding along in their Keyrolan warmups made of triacetate and polyester. Connie likes the navy-beige combo and Laurie opts for the royal blue and white look. Comes with pockets on top and pants. **\$64**. Ron does the pulling in a silver Keyrolan warmup. **\$66**.



Lynn proudly wears her *Racquetball Illustrated* logo on Bonnie Sportswear's blue short-sleeve fleece jumpsuit made of 100 per cent acrylic. **\$40**.



After a hard day pushing a boat and riding a horse, John is ready to hit the racquetball club in his blue velour warmup made of cotton and polyester. **\$77**.

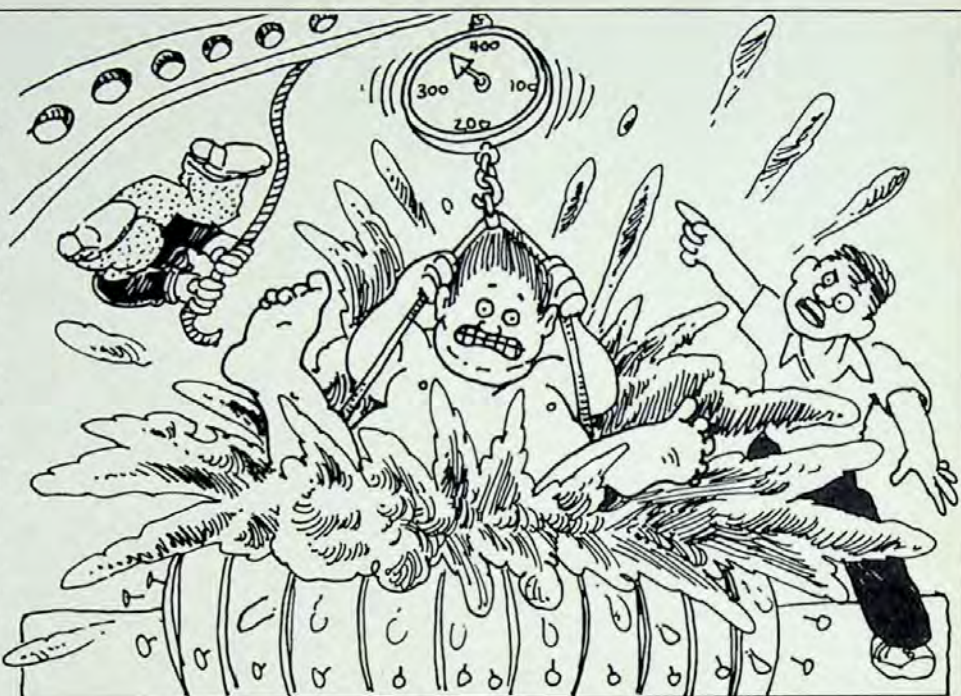
Short Shots

How Fat Are You?

As the hot, sweaty participants in a Southern California racquetball tournament left their respective courts, they were greeted by a huge, plastic tub with a large grocery scale in the middle of it. Just the thing for a quick dip after the workout? Not exactly. The 300-gallon tub, heated to a bath water temperature of 95 degrees, was intended only to reveal how much of those racquetball-lean bodies is actually ugly fat.

The tub is the key component of a hydrostatic weight test run by Body Accounting, an Irvine, Calif. company which provides physiological fitness tests. According to Joe Dillon, a co-owner of the company and master of ceremonies for the tub, body weight on dry land is irrelevant to a person's health or athletic performance. The significant figure is the person's percentage of fat, which can best be estimated by weighing the person under water.

Here's how the test works: The adventurous athlete, dressed in his or her swim suit, first has his lung size measured on a spirometer. After being weighed on a regular doctor's scale, he is next seated in a beach chair attached by webbing to a large scale and suspended over the tub. The apparatus looks like a giant grocery scale in which the subject plays the part of the pound and a half of bananas. After the subject has been lowered into the water, and blown all of the air out of his lungs, the weight on the scale is noted down.



This procedure is repeated at least five times to give the subject practice in blowing out his air. As Dillon says, "It takes some time to get over the uncomfortable feeling of being completely underwater with no air in your lungs."

From the results of this test, Dillon can calculate the per cent of body fat, the per cent of lean body mass, and the ideal body weight of the subject. With this, and other similar tests,

Body Accounting says it will devise a diet and exercise program exactly tailored to the individual.

Only about 10 people at this particular tournament were willing to take the plunge. However, from the interested looks—and laughs—of the spectators, it's possible that grocery scales may be the next popular accessory for hot tubs.

Gong But Not Forgotten

Chuck Barris, the producer of such classic television fare as the *Gong Show* and the *\$1.98 Beauty Contest* was recently gonged himself on the racquetball court.

Barris had decided to take on Ed Marinaro, the 230-pound ex-football player who will appear on this season's *Laverne and Shirley*. As the game became more heated, and the exchange of shots faster, Barris found himself standing between Marinaro and his own last shot. Never one to let a body keep him from the ball, Marinaro went for a kill shot without even noticing Barris' block. In describing the results of the subsequent "gong," David Kramer, spokesperson for Chuck Barris Productions, says, "It wasn't Ed who was hurt."

Barris was rushed to a hospital, where he required treatment for two fractured ribs and a lower back injury. He was later released with a back brace.

Will this experience sour Barris on racquetball? Kramer says, "There's no way he'll give up racquetball. He has been playing six to seven years, and he's got to have his exercise."

PRA Roster

All of the top 16 ranked professional racquetball players have decided to join the fledgling Professional Racquetball Association, thereby ending the possible political battle with the now semi-defunct National Association of Racquetball Professionals.

Membership in the PRA was open only to the top 16 ranked touring pros. It was thought that those connected with the NARP would not sign up with the PRA, choosing instead to try and make the NARP go.

The NARP, however, never really got out of first gear, and virtually folded after Playboy and Capital Sports failed to find enough sponsors for a tour.

"Unofficially the NARP is dead," said Jerry Hilecher, who was president of the group before agreeing to sign with the PRA. "If the PRA can do the things it is supposed to, I'll stay with it and help make it work. If it doesn't provide the answers, I will go back and get the NARP working again."

In addition to fourth-ranked Hilecher, those joining the PRA were (in order of ranking), Marty Hogan, Mike Yellen, Dave Peck, Don Thomas, Steve Strandemo, Ben Koltun, Charlie Brumfield, Doug Cohen, Lindsay Myers,

Craig McCoy, Davey Bledsoe, Jeff Bowman, David Fleetwood, Larry Meyers and Mark Morrow.

Strandemo, Brumfield and Peck's agent, Jerry Day, are on the by-laws committee.

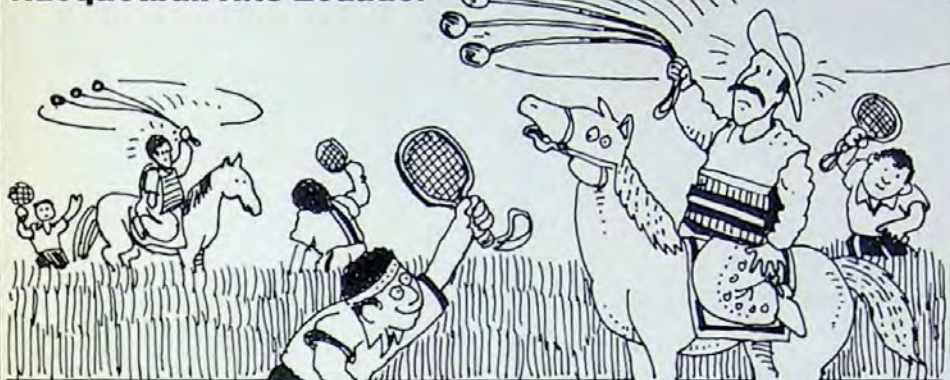
"We see this as an opportunity to help the sport grow," said Brumfield. "Together we can form a solid leadership front and effect changes for the better."

The group says it will be concerned with club standards, sponsor requirements, increased prize money, improved referees, and seeding.

Members of the original group will be considered on the active list as long as they are touring pros. After the first year, membership will be open only to any touring pro in the top 16 of the NRC's computer rankings.



Racquetball Hits Ecuador



It may be only a backyard court but you couldn't convince any of Ecuador's racquetball players that the "Quito Racquetball Club" isn't the best place in town.

It started over a year ago when American Al Walker, who has operated a meat packing factory in Ecuador's capital city of Quito for the past 10 years, decided he wanted some additional recreation for his four teen-aged boys and then built a home-made court in his backyard complete with gallery, showers and dressing rooms.

Word spread and pretty soon a nightly gathering of locals joined in the playing. Walker then met A.J. "Duke" Libby, an avid racquetball player from Southern California who was in Ecuador on business for McDonnell Douglas, an aerospace firm.

"This was the first legitimate racquetball activity in Latin America," said Libby. "The local players were using racquetballs that had expanded at the 9,000-foot altitude of Quito and this created a game that was fifty per cent faster than normal. Almost all shots were hit prior to bouncing and they would rebound from the back wall to the front like a bullet."

Libby decided to withdraw about 15cc's of air from the ball with a syringe, and combined

with monthly instruction sessions, the Ecuadorians slowly learned the game as we know it.

On future trips, Libby brought balls, racquets and posters from AMF Voit, and the backyard court was then dubbed the Quito Racquetball Club.

Today, over a year later, racquetball is booming in Quito. More and more local athletes and businessmen are playing, two more private courts have been built and the prestigious Quito Tennis and Golf Club has added two courts. Walker has even decided to build a six-court complex in the city and a Peruvian squash player, Fred Woodman, started construction on a small club in Piura, Peru, just across the border from Ecuador.

Recently over 60 players competed in the first South American Championships in Quito in which Libby defeated Ecuador's Christobal Sandoval for the open championship. In other results, Don Mann of Ecuador defeated Phillip Dryer of Spain for the intermediate title and Paul Walker of Ecuador topped Jorgito Muller of Mexico City for the junior championship.

The tournament was sponsored by AMF Voit and McDonnell Douglas and awards were presented by former astronaut Pete Conrad, Jr.

Travel and Play II

A few issues back we told you about the Traveling Players Association (based out of Kansas City, Mo.) designed to let players play racquetball at clubs while traveling out of town.

The TPA now evidently has some competition with the formation of United Sportsclubs based in Denver, Colo.

United Sportsclubs will charge you a \$68 initiation fee and a \$24 annual fee to join. For the price you get a membership card, complete directory of available clubs, a sports publication which will include travel tips, club features, tips from pros on racquetball, tennis and jogging and other features.

As of now, United Sportsclubs has over 100 cities signed up. They hope to expand to over 200 cities. They also have a working agreement with Hertz Rent-A-Car for a 25 percent discount to all members and are presently in the negotiation stages with hotel chains for discounts.

"We're going for the executive traveler," says Mike Kaveny, president. "When a guy goes out of town he can still stay on his regular fitness program, or stress program. Or he can just play racquetball, tennis or do a little jogging."

Kaveny says they have studied various clubs in each city and made a selection as to which one (or two) they wanted working agreements with. All clubs are private or semi-private.

"Eventually we hope to go international," says Kaveny. "We also have agreements pending with some nice resorts."

As with the Traveling Players Association, members of United Sportsclubs will have to pay a guest fee (some places offer a discounted fee) in each club.

Information can be obtained by writing 2600 S. Parker Rd., Suite 334, Aurora, Colo.

The Mink Bunch

During the Women's Professional Racquetball Association Nationals in Chicago, the tournament promoters, Prime Time Promotions, put together a fashion show featuring furs from York Furriers of Elmhurst, Ill.

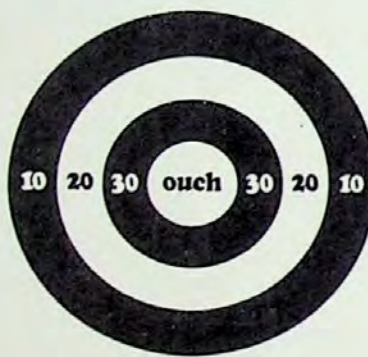
Appearing in the show were (standing) Rita Hoff, Bonnie Stoll, Geoff Peters, Sue Sulli, Janell Marriott, Elaine Lee, Bob Deuster, York Furrier model, Steve Sulli, Marcia Nicotra (kneeling) Karin Walton and Marci Greer.

Note how racquetball shoes go perfect with expensive mink coats and note further how Rita Hoff has set a new trend in fashion by wearing beach thongs with her coat.

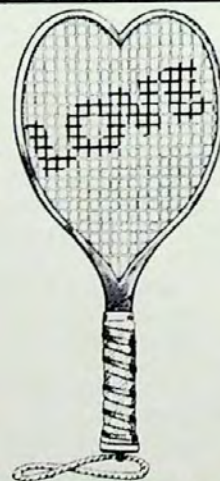


Photo by Nancy Makaris

FASHION T-SHIRTS



IT
ONLY
HURTS
WHEN I
LAUGH.



WILLPLAY SPORT SHOP 1335 West 5th Avenue, Columbus, Ohio 43212

Need an extra advantage? Want to find a way to distract your opponent? Wear Fashion T-Shirts. While your opponent is watching and laughing at your back, you can be concentrating on winning the game. Take your best shot now. All shirts are colorfast, 100% cotton. Comes in red, blue, gold and black. Please state sizes. Comes in SM., MED., LG., and X-LG.

1. The Hot Shot @ \$7.00 ea. blue red gold black. Size _____
2. Funny Face @ \$7.00 ea. blue red gold black. Size _____
3. Target Shot @ \$7.00 ea. blue red gold black. Size _____
4. It only Hurts @ \$7.00 ea. blue red gold black. Size _____
5. An eye for the game @ \$7.00 ea. blue red gold black. Size _____
6. Love Racquetball @ \$7.00 ea. blue red gold black. Size _____

Name _____ Address _____
City _____ State _____ Zip _____

CLUB DIRECTORY

For information on how to get listed in the "Club Directory" write
Racquetball Illustrated
7011 Sunset Blvd.,
Hollywood, CA 90028

ARIZONA

Mesa
Golden's Health Spa
& Racquet Club
107 So. MacDonald Street
(602) 834-9347

Phoenix
Metro Racquet Club
10251 N. 35th Ave.
(602) 866-0330

Tucson
Oracle Place Athletic Club
7225 N. Oracle Road
(602) 297-8640

ARKANSAS

Fort Smith
Olympic Health Club
8701 Hwy. 59T
(501) 452-9597

CALIFORNIA

Artesia
California Way
17727 Pioneer Blvd
860-3312

Calabasas
Calabasas Racquetball Club
4768 Park Granada
(213) 347-4522

Century City
Century West Club
2040 Avenue of the Stars
(213) 556-3312

Chula Vista
Chula Vista Racquetball Club
1550 Broadway
(714) 426-2590

Chico
The North Valley
Racquetball Center
480 Rio Lindo Ave.
(916) 891-4700

Colma
What A Racquet
2945 Junipero Serra Blvd
(415) 994-9080

Crescent City
Northcoast Spa & Racquet Club
#17 Hagen Center
(707) 464-7436

Culver City
Racquetball West
6666 Green Valley Circle
(213) 670-0244

Escondido
North County
Racquetball Center
474 W. Vermont Ave.
(714) 743-4311

Fountain Valley
Racquetball World &
Health Club
10115 Talbert Avenue
(714) 962-1374

Fresno
Fresno Racquet Time
4774 N. Blackstone
(209) 227-8405

Irvine
The Court
2535 Showers Drive
(415) 948-4400

Irvine
Rancho San Joaquin
Athletic Club
3652 Michelson Drive
(714) 551-4421

Lancaster
Division Street Courthouse
4421 Division Street
Lancaster, California 93534
(805) 943-0941

Long Beach
Circle RB Courts
1850 Outer Traffic Circle

Los Angeles

Century Racquet Club
9911 W. Pico Blvd.
(213) 553-7600

Montebello
Walton's of Montebello
850 Beverly Blvd.
(213) 728-5433

Montclair
Montclair Racquet Time
5515 Moreno
(714) 965-9778

Napa

La Cancha
1850 Soscol
(707) 252-8033

North Hollywood
Valley Courts
11405 Chandler Blvd.
(213) 960-2462

North Hollywood
The Racquet Centre
10933 Ventura Blvd.
(213) 760-2303

Northridge
Roland Racquetball Club
19350 Business Center Drive
(213) 993-7855

Oceanside
Love Tennis-Racquetball Ltd.
2249 El Camino Real, Suite F
(714) 757-5683

Pasadena
California Way
33 N. Lake Avenue
(213) 794-5906

Port Hueneme
Marina Courts
2597 Bolander Drive
(805) 487-5118

Redding
Sun Oaks Racquet Club
3452 Argyle Road
241-2613

Redlands
Redlands Racquetball
1255 W. Colton Avenue
(714) 793-8735

Riverside
Riverside Racquetball Club
11060 Magnolia
(714) 687-5440

San Diego
Courtsports
3443 India Street
(714) 294-9970

San Diego
Racquet Time - San Diego
1764 San Diego Ave.
(714) 294-9933

Seal Beach
Rossmore Racquetball
12235 Seal Beach Blvd.
(213) 431-0440

Santa Monica
Sports Connection
2929 31st Street
Santa Monica, California
(213) 450-4464

San Francisco
San Francisco Bay Club
150 Greenwich Street
(415) 433-2200

San Francisco
Schoeber's Handball Racquetball
425 Eccles Avenue
(415) 873-8500

Sherman Oaks
Coldwater Chandler
Racquetball Center
5300 Coldwater Canyon Ave.
(213) 985-8686

Simi Valley
Coast Valley Spa & Racquetball
1293 E. Los Angeles Street
(805) 526-0512

South San Francisco

Schoeber's Handball Racquetball
Health Spas, Inc.
425 Eccles Avenue
(415) 462-4260

Spring Valley

Spring Valley Racquetball Club
589 Sweetwater Road
(415) 462-4260

Stockton

Oxall Lakes Athletic Club
2303 West March Lane
(209) 951-3795

Torrance

Torrance Court Club
3825 Del Amo Blvd.
(213) 542-3538

Van Nuys

Coast & Valley Spa &
Racquetball
8638 Woodman Ave.
(213) 893-8466

Ventura

Ventura Courthouse
3760 Telegraph Road
(805) 642-2131

Visalia

Visalia Racquet Club
909 N. Dornan
(209) 733-1041

Walnut Creek

The Racquetball Club
1908 Olympic Blvd.
(415) 932-6400

West Los Angeles

The Center Courts
11866 La Grange
(213) 826-6648

Westminster

King's Racquetball Club
14731 Golden West
(714) 898-9841

COLORADO

Aspen
Aspen Athletic Club
720 E. Hyman Street
(303) 925-2531

Crested Butte
Crested Butte Athletic Club
P.O. Box 607

Crestview
Crested Butte
Athletic Club
P.O. Box 607

Denver
Denver Athletic Club
1325 Glenarm Pl.
(303) 534-1518

Denver
International Athletic Club
1636 Welton Ave., Suite 308
(303) 623-2100

Englewood
Denver Sporting House
5151 DTC Parkway
(303) 779-0700

CONNECTICUT

Aron
Courthouse One
P.O. Box 498
(21 Waterville Rd.)
(203) 673-1401

Bristol
Bristol Outhouse
842 Clark Avenue
(203) 583-1843

Fairfield
Racquetball Spa
500 Kings Highway, Cutoff
(703) 366-8686

Wallingford
Wallingford Clubhouse
Neal Road
(203) 265-2861

FLORIDA

Bradenton
Racquetball Club of Bradenton
6420 14th Street West

FL. Lauderdale

The Courtrooms Racquetball
& Health Clubs
750 W. Sunrise Blvd.
(305) 764-8700

FL. Lauderdale

Supreme Court Sports Center
5065 N.E. 13th Avenue
(305) 491-2255

FL. Lauderdale

South Broward Racquet
& Sports Club
5555 Ravenswood Rd.
(305) 967-6410

Miami

Kendall Racquetball
& Health Club
10631 S.W. 58th St.
(305) 596-0600

Miami

The Sportsrooms
10680 S.W. 113 Place
(305) 596-5677

Neptune Beach

Beaches Racquetball Club
450 Atlantic Blvd.

GEORGIA

Columbus

Courthouse 1 of Columbus, GA
1500 54th St.
(404) 324-2211

Marietta

Courthouse 1
1990 Dink Ind. Blvd.
(404) 955-2120

IDAHO

Boise

The Court House
7211 Colonial
(208) 377-0040

ILLINOIS

Bellevue

Bellevue Racquetball Club
1001 S. 74th Street
(618) 398-2778

Calumet City

The Court Club Ltd. II
1580 Huntington Avenue
(312) 862-1890

Champaign

Court Club of Champaign
Urbana
2508 Galem
(217) 356-1616

Chicago

Courts of The Phoenix
2525 N. Sheffield Avenue
(312) 248-4477

Fairview Heights

Fairview Racquetball Club
5925 N. Illinois Street
(617) 277-0200

Godfrey

Allan Court Club
4425 Industrial Drive
(618) 466-6711

Mt. Vernon

Mt. Vernon Racquetball
Club Inc.
P.O. Box 1672
(618) 242-4847

Olympia Fields

The Olympian Court Club
Governors Office Park
(312) 748-6223

Palos Heights

Wimbledon U.S.A. Racquet Club
12221 S. Ridgeland
(312) 289-9100

Richton Park

The Court Club Ltd.
5111 Sauk Trail
(312) 481-7055

Rockford

The Golf Shack, Inc.
2324 7th Ave.
(815) 397-3709

HOW IT FEELS TO HAVE A HEART ATTACK

The way a heart attack feels can vary. So how can you be sure that what you're feeling is really a heart attack?

By remembering this.

If you feel an uncomfortable pressure, fullness, squeezing or pain in the center of your chest (that may spread to the shoulders, neck or arms) and if it lasts for two minutes or more, you could be having a heart attack. Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur. Sharp, stabbing twinges of pain are usually *not* signals of a heart attack.

Your survival may depend on getting medical attention as quickly as you can. Call the emergency medical service immediately. If you can get to a hospital faster in any other way, do so.

Don't refuse to accept the possibility that you are having a heart attack. Many heart attack victims do just that. They say it's indigestion or tension. They worry about embarrassment. They often wait three hours or longer before getting help.

But before those three hours are up, one out of two is dead.

Remember what you've just read. The time might come when your life will depend on it.

The American Heart Association 
WE'RE FIGHTING FOR YOUR LIFE

CLUB DIRECTORY

INDIANA

Bloomington
Bloomington Club Haus
4641 N. Monrovia Dr.
(317) 273-1025

Columbus
Columbus Club Haus
P.O. Box 783, Rocky Ford
(317) 875-1472

Evansville
In-State Racquet Club
555 Tennis Lane
(812) 479-3111

Fort Wayne
Sports Illustrated Court 10
(219) 485-1671

Fort Wayne
Court Rooms of America
1404 Kenway Court
(219) 422-1564

Highland
Sports Illustrated Court Club
3150 45th Street
(317) 299-4206

Indianapolis
Racquetball West
6355 Westaven Drive
(317) 299-4206

Mishawaka
Sports Illustrated Court Club 9
205 West Edison Rd.
(219) 259-8585

Muncie
Full Court Club
3501 N. Chatham Lane
(317) 296-0676

Noblesville
Noblesville Club Haus
411 S. Harbour Dr.
(317) 296-0676

Shelbyville
Shelbyville Club Haus
Rural Route #2 Box 2013
(502) 338-4111

Valparaiso
Valparaiso Club Haus
2401 Valley Rd.
(219) 259-8585

IOWA

Bettendorf
Woodward Racquetball
Swim Club
1423 18th Street
(319) 359-9141

Marshalltown
Wick's Sports
110 E. Church
(515) 752-2800

KANSAS

Overland Park
Dales Courts
11301 West 88th
(913) 866-9247

KENTUCKY

Lexington
Racquet Time of Lexington
151 West Zandale
(606) 276-3587

LOUISIANA

Baton Rouge
Baton Rouge Athletic Club, Inc.
7639 Airline Hwy.
(504) 923-0100

Baton Rouge
Wallpaper Court Club
10473 Old Hammond Hwy.
(504) 923-2793

MARYLAND

Timonium
Padonia Court Club
212 S. Padonia Rd.
(301) 252-5280

Towson
Towson Court Club
8757 Mylander Lane
(301) 821-0160

MASS.

Braintree
Playoff Racquetball / Handball Club
268 Wood Road
(617) 848-8080

Burlington
Racquetball International
121 A Street
Burlington, MA 01803
(617) 273-1025

Framingham
Racquetball Five-O
50 Speen Street
(617) 875-1472

MICHIGAN

Ann Arbor
Ann Arbor Court Club
2875 Boardwalk
(313) 662-0243

Belleville
Sports Illustrated Court Club 8
4945 South 154 Service Dr.
(313) 699-0900

Flint
Sports Illustrated Court Club 2
53237 Beecher Rd.
(313) 733-3000

Flushing
Sports Illustrated Court Club 2
65219 West Persimmon
(313) 733-7730

Grand Rapids
Racquetball Plus
2701 29th St. S.E.
(616) 942-5190

Grandville
Racquetball Court Club
3380 Fairland Avenue
(616) 531-4230

Kalamazoo
Sports Illustrated Court Club 5
315 Tuwille Lane
(616) 382-4111

Kentwood
Racquetball Wizard
4620 Kalamazoo
455-6550

Lansing
Sports Illustrated Court Club
5609 West Saginaw Highway
(517) 321-1430

Mt. Clemens
Mt. Clemens Racquetball Club
50401 Production Drive
(313) 463-2000

Oakman
Sports Illustrated Court Club 4
5000 Marsh Rd.
(517) 349-3500

Portage
Sports Illustrated Court Club
6529 South Westridge
(616) 323-0011

Port Huron
Courts West
3403 Lapeer West
(313) 987-8700

Port Huron
Huron Court Club
2900 Kraft Road
(313) 385-4469

Rochester
The Rochester Courts
950 W. University Drive
(313) 652-1510

Roseville
Rose Shores East
Racquetball, Inc.
31950 Little Mack
(313) 296-2200

Saginaw
Sports Illustrated Court Club 7
2717 Schust Rd.
(517) 321-1430

Southfield
Southfield Athletic Club, Inc.
26555 Evergreen
(313) 296-2200

Springfield
Sunshine Racquetball Club
3534 E. Sunshine
(412) 883-4800

Sterling Heights
Sports Illustrated Court Club 12
42140 Vandike
(313) 254-1012

Trenton
Racquet King Courts
1630 Fort Street
(313) 676-5850

Ypsilanti
Sports Illustrated Court Club 1
2111 Golfside
(313) 434-2111

MISSOURI

Creve Coeur
The Racquet Man, Inc.
11048 Olive Blvd.
(314) 567-0873

Springfield
Sunshine Racquetball Club
3534 E. Sunshine
(417) 883-4800

MONTANA

Helena
Broadwater Athletic Club
and Hot Springs
4920 Highway 12 West
(406) 838-8885

NEVADA

Carson City
Capitol Courts, Inc.
3446 Bernese Court
Carson City, Nevada
(702) 882-5666

Las Vegas
Las Vegas Sporting House
3025 Industrial Road
(702) 733-8999

NEW HAMPSHIRE

Londonberry
Executive Court Club
1 Dargue Avenue
(603) 668-4753

Nashua
Off The Wall Racquet Club, Inc.
596 West Hollis St.
(603) 889-5520

Portsmouth
Off The Wall Racquetball Club, Inc.
Albany Exit
(603) 431-1430

NEW MEXICO

Albuquerque
Supreme Courts
4100 Prospect N.E.
(505) 256-7781

Las Cruces
Tom Young's Racquet Club
305 E. Foster
(505) 526-4477

NORTH CAROLINA

Charlotte
Court Club of Charlotte
6420 Abernethy Rd.
(704) 527-0975

Charlotte
Sports Illustrated Court Club 17
5501 77 Center Drive
(704) 527-0975

Greensboro
Spartan Racquet Club
P.O. Box 21667
(919) 275-2521

Raleigh
Carolina Courts
1207 Front St.
(919) 832-5513

Raleigh
Highwoods Racquetball Club
2912 Highwoods Blvd.
(919) 876-3641

Winston Salem
Racquetball & Handball Club
of Winston Salem
301 Executive Park Blvd.
(919) 765-0691

NEW JERSEY

Bricktown
Kangaroo Courts
193 Chambers Bridge Road
(201) 477-8500

Chatham
Chatham Squash and
Racquetball Club
484 Sanborn Place
(201) 377-1900

Colonia
Supreme Courts
Racquetball Club
Colonia Shopping Plaza
Route 27
(201) 382-4994

Englewood
Court of Appeals
200 Grand Ave.
(201) 382-4994

Garfield
Racquetball Plus of Garfield
83 River Dr.
(201) 227-4000

Fairfield
Yog Bena's Hall of Fame
Racquetball Club
333 Route 46
(201) 227-4000

Ocean
Ocean Racquetball
& Health Club, Inc.
1602 Highway No. 35
(201) 531-9300

Randolph
Olympic Racquetball &
Health Club
Randolph Park West
(201) 328-0660

South Plainfield
Racquetball Club, Inc.
219 St. Nicholas Avenue
(201) 753-2300

Tom's River
Racquetball of Tom's River
671 Balchior Street
(201) 349-6100

Wall
What's Your Racquet
Atlantic Ave. bet. Rt. 35
& Rt. 34
(201) 223-2100

Wayne
Racquetball International
342 Patterson-Hamilton
Turnpike
(201) 542-9400

West Orange
Eagle Rock Court Club
426 Eagle Rock Avenue
(201) 731-9096

NEW YORK

Amherst
Boulevard Mall
Racquetball Club
1185 Niagara Falls Blvd.
(716) 633-5226

Buffalo
4 Wall Courts
580 Cayuga Road
(716) 632-1984

Cedarhurst
Executive Courts West
395 Pleasant Avenue
(516) 239-3500

Dewitt
Dewitt Clubhouse
Widewater Park way
(315) 466-0376

Hempstead
Off the Wall Racquetball, Inc.
230 Cedar Avenue
(516) 249-0828

Howard Beach
Lindenwood Racquetball
82-12 151st Avenue
(212) 738-5151

Liverpool
Meadows Clubhouse
4989 Hopkins Road
(315) 451-5551

New York
Manhattan Squash Club
1114 Ave. of Americas
(212) 689-8969

Patchogue
ABC Racquetball Courts, Inc.
620 Old Westford Ave.
(516) 475-3758

Rochester
Winton Racquetball Club
3120 South Windsor Road
(716) 271-3700

Troy
The Troy Courts
3663 Rochester Road
(313) 689-5415

Utica
Courtland Racquetball
45100 Mound Rd.
(313) 254-1056

Westbury, L.I.
Health & Sports
1020 Old Country Road
(516) 996-8855

Westvale
Westvale Clubhouse
3328 West Genesee Street
(516) 488-3126

OHIO

Chardon
Geauga Fitness & Racquet Club
160 Parker Court
Rt. 6

Cincinnati
Pat Matson's Racquetball/
Handball Fitness World, Ltd.
4780 Cornwell Road
(513) 791-9116

Columbus
Arlington Court Club
5005 Arlington Center Blvd.
(614) 451-1930

Columbus
Courtside Racquetball and
Handball
1635 E. Dublin-Grandville
(614) 885-BALL

Columbus
Racquetball Club
2400 Park Crescent Drive
(614) 864-7676

Dayton
Dayton Circuit Courts Assoc.
1497 Shoup Mill Road
(513) 276-5959

Dayton
Dayton Circuit Courts East
3182 Roderbeck Drive
(513) 429-2819

Holland
Spring Meadows Court Club
6834 Spring Valley Road
(419) 866-1101

Kettering
Court Management Co., Inc.
1240 Ridgeview Ave.
(513) 294-5830

Kettering
Dayton Circuit Courts No. 2
5600 Kershaw Dr.
(513) 435-3113

Madiera
Court House East Ltd.
8229 Camargo Road
271-3388

Massillon
Glove & Racquet
3685 Wakes Road, N.W.
(216) 837-9602

Moraine
Dayton Court House
2750 Bertwyn Dr.
(513) 294-0700

OKLAHOMA

Stillwater
Racquet Time of Stillwater
1225 N. Perkins Road
(405) 372-8655

Oklahoma City
Racquet Time Courts
6701 Wilshire Blvd.
(405) 721-9205

OREGON

Eugene
Court Sports 1
2510 Oakmont Way
(503) 687-2811

Eugene
Courtsports II
4242 Commerce Street
(503) 687-2255

Medford
Medford Superior Courts
727 Carley Ave.
(503) 772-3194

Milwaukie
Milwaukie Racquetball Club
4806 S.E. Boardman
(503) 659-3845

Ontario
Eastern Oregon Sports
366 S.E. 5th Street
(503) 254-5546

Portland
USA Oregon Athletic Club
8333 N.E. Russell
(503) 254-5546

RHODE ISLAND

E. Providence
Playoff Racquetball
Handball Club
15 Catamore Blvd.
(401) 434-3600

Warwick
Corner Shot Racquetball Club
43 Jefferson Boulevard
(401) 781-1650

PENNSYLVANIA

Erie
Forest Hills Athletic Club
3910 Caughy Road
(814) 833-2468

Harrisburg
Bentley Club and Courts
2301 Games Drive
(717) 454-4231

Hollidaysburg
Neves Racquetball Club
RD 2 Scotch Valley Rd.
(814) 696-3837

Lebanon
B & R Racquetball Club
1040 Mill Creek Drive
Mill Creek Park
355-2700

Lancaster
Greenfield Court Club
1845 William Penn Way
(717) 392-4194

Lower Merion
Hickory Racquet Club
No. One High School Drive
(412) 339-7100

Monroeville
Racquet Time of Monroeville
Old Wm. Penn. Hwy. & Duff
(412) 373-1911

Southampton
Fox Racquetball Club
Second Street Pike &
Jaymor Rd.
(215) 322-8080

TENNESSEE

Kingsport
Kingsport Racquetball Club
2008 American Way
37663

Memphis
Cecil Courts, Inc.
2611 S. Mendenhall Road
(901) 682-6661

Memphis
Don Kesinger Court Club
1010 June Road
(901) 682-6661

TEXAS

Corpus Christi
Corpus Christi
Racquetball Club
1017 Barry Street
(512) 855-4175

Dallas
Racquetball at Northpark
8878 N. Central Expressway
(214) 692-6000

Lake Jackson
Two Guys Racquetball Club
110 Heather Lane
(713) 297-1731

San Antonio
Racquetball & Handball Clubs
of San Antonio
121 N.W. Loop 410
(512) 349-8596

San Antonio
Racquetball & Handball
Clubs of San Antonio
7700 Torno Drive
(512) 349-8596

WASHINGTON

Seattle
Tennis World
7245 W. Marginal Way
(206) 767-4400

Spokane
The Spokane Club
W. 1002 Riverside Ave.
(509) 838-8511

Tumwater
Tumwater Valley Racquet Club
4833 Tumwater Valley Drive
(106) 352-3400

WISCONSIN

Chippewa Falls
Pinetree Racquetball Club
910 Bridgewater Avenue
(608) 838-8511

Menomonee Falls
Falls Racquetball Club
1485 W. 15060 Appleton Ave.
(414) 251-1420

Milwaukee
The Brookfield Racquetball Club
670 Larry Court
(414) 782-6121

Milwaukee
North Shore Racquetball Club
5750 So. Gen. Park Rd.
(414) 351-2900

Milwaukee
South Shore Racquetball Club
4801 S. 2nd Street
(414) 482-3410

West Allis
The Racquet Ball Club, Inc.
1939 So. 106th St.
(414) 321-2500

Waukesha
Racquetball Club
of Waukesha
1530 E. Moreland Blvd.
(414) 544-4111

WYOMING

Laramie
Sim & Swim Health Club
411 S. 20th Street
(307) 742-4760

BRITISH COLUMBIA

Burnaby
Brentwood Racquetball Club
5502 Lougheed Highway
(604) 294-8348

Nanaimo
Quarter Way Racquet Club
1451 Bowen Road, V9S 1G4

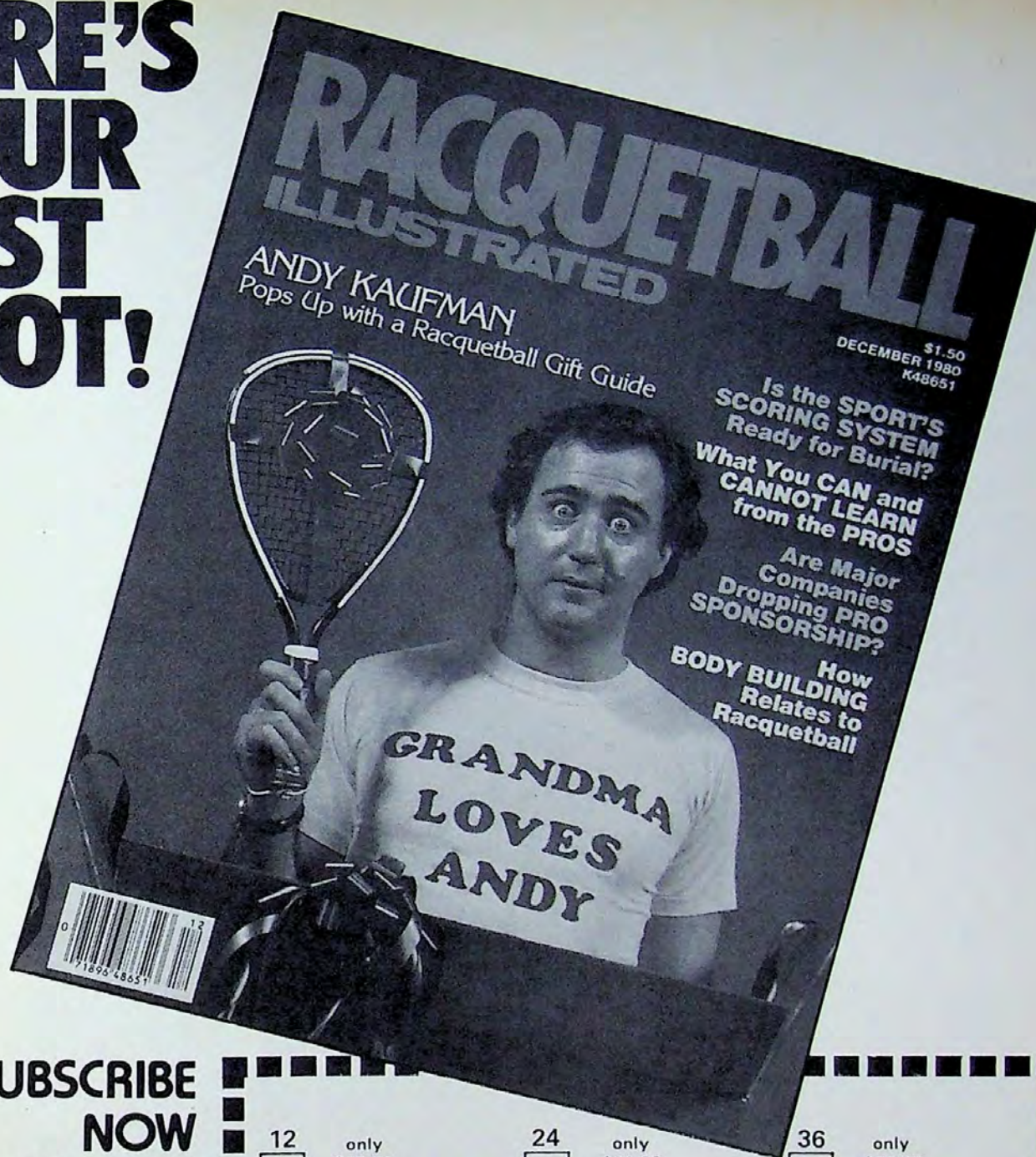
Vancouver
Supreme Court
Racquetball Club
1114 Alpers Street
(604) 669-3636

ONTARIO, CANADA

Halifax
Atlantic News
5560 Morris St.
B3J 1C2

Oakville
A

HERE'S YOUR BEST SHOT!



**SUBSCRIBE
NOW
AND SAVE**

☐ 12 only
\$12.50
(reg. \$18.00)

☐ 24 only
\$21.60
(reg. \$36.00)

☐ 36 only
\$27.00
(reg. \$54.00)

Make check or money order payable to:
RACQUETBALL ILLUSTRATED
Subscription Department, P.O. Box 261
Mt. Morris, Illinois 61054

name _____

address _____

city _____

state _____

zip _____

() Check or money order enclosed () Bill me () Visa () Master Charge

inter bank number (4 digit number above your name of card.)

charge card number

Expiration date _____

Charge card signature _____

Please note: This rate limited to the U.S.A. and it's possessions.

Canada and elsewhere: Add \$3.00 per year (12 issues) for additional postage.

OFF THE WALL

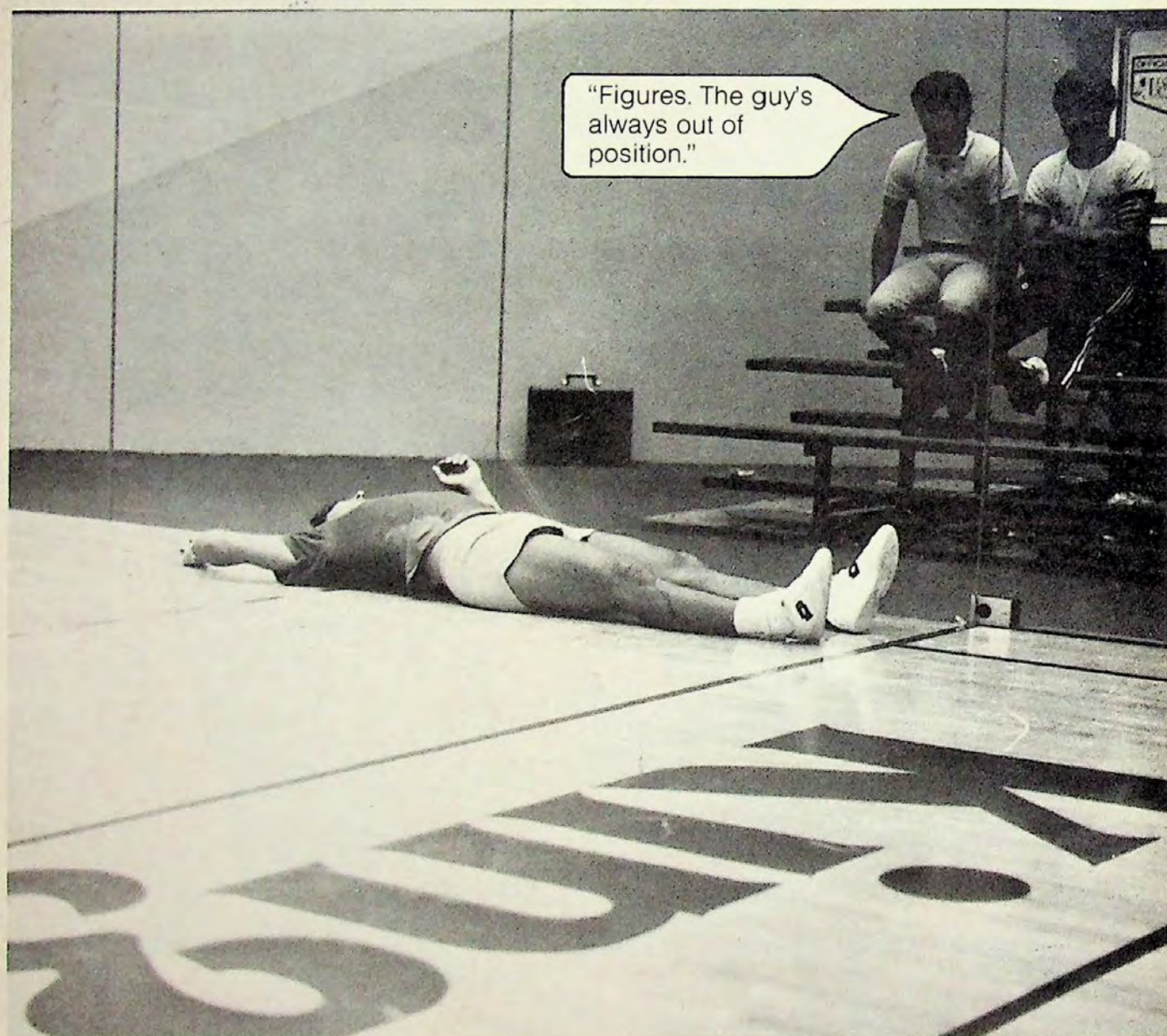


Photo by Milo Muslin

THE NEXT SHOT...

Our cover says it's a brand new year and we start it out with some interesting features:

STATE OF THE SPORT

What does the future hold for the racquetball industry?

HOW TO TAKE GOOD RACQUETBALL PHOTOS

Our head photographer David King offers some professional tips.

WITH THE GREATEST OF EASE

An action photo section of players flying through the air.

HOW TO PLAY A LEFTY

Touring pro Craig McCoy can show you ways to beat him.

FOREHAND MECHANICS

It's the most important part of the game, yet the average player doesn't always grasp the proper stroke.

THE REFEREE

Ron Botchan is an NFL referee and a darn good racquetball player.

Plus: A review of the year's celebrity cover subjects, results of the AMF mixed doubles tourney and a cover story on an actor who was nominated for an Emmy Award.



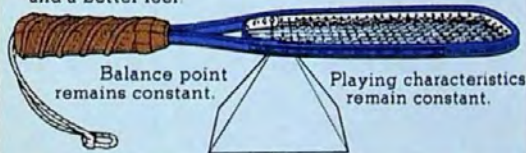
Lady Swinger

Lady's AC-250

LADY'S CHOICE.

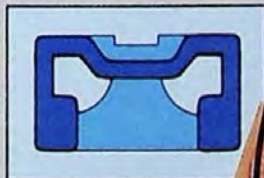
Introducing the Lady AC-250. Light, lovely and patently offensive. Leach believes a woman takes her racquetball every bit as seriously as a man.

A smaller grip for extra comfort and a better feel.



Hence, Patent Number 4066260, the Lady AC-250. With a design as unique as its patent reflects.

It begins with a solid core of shock-absorbing ABS plastic, wrapped with a special thin-wall aluminum extrusion. Plastic for control, aluminum for power.



Special ABS plastic core reinforces the Lady AC-250's unique frame.

It continues with a modified throat and elongated head for one of the biggest sweet spots in the game.

And it finishes with a radically tapered handle and striking leather grip, for extra comfort and a better feel for smaller hands.

All in all, a slender little package weighing in at a tidy 250 grams.

And re-introducing the Lady Swinger. A perennial favorite.

Looking for a little something in glass, ladies? Look no further.

The Lady Swinger offers a modified teardrop head for one big sweet spot.

A powerfully sleek throat configuration that minimizes torquing on occasional miss-hits around the edge.

A scaled-down handle that fits a lady's hand cleanly, comfortably.

And a genuine leather grip with raised blue beading that breathes easier and grips longer.

Unusually trim, the whole racquet

Our Lady Swinger took last year's Women's National Championship.

weighs in at under 250 grams.

So there you have it. An old favorite, a new favorite.

Both giving evidence, once again, to the fact that pleasing the ladies really isn't tough at all.

When you're **Number One By Design.**





Ektelon...because you know the game. Ektelon's new BlueLite™ or the Jennifer Harding™ ...because you know your game.

Now Ektelon offers two distinctively different racquets for women. They're light in weight for exceptional mobility and a faster swing. Both feature smaller handle sizes, including super small, for a surer grip and better control. And each is designed for a different style of play.

The New BlueLite. This is Ektelon's most flexible woman's racquet. Constructed of fiberglass fibers in a high-impact nylon matrix, the new BlueLite provides more flexibility than either aluminum or graphite. (250 grams. 18¼" long.)

Jennifer Harding Model. Made from aluminum, Ektelon's Jennifer Harding model is designed for the woman who

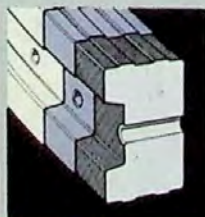
prefers a racquet with a bit more rigidity. The Jennifer Harding is lightweight, and shorter, to swing faster and maneuver more easily. (250 grams. 17¾" long.)

Aluminum or fiberglass... the Jennifer Harding or the more flexible BlueLite. Whichever you choose, you've made the right choice.

Because you've chosen Ektelon. Both the Jennifer Harding and BlueLite feature Ektelon's full two-year racquet frame and full ninety-day racquet string warranty.



Jennifer Harding:
flat I-beam aluminum
extrusion.



BlueLite: fiberglass
fibers in super-tough
nylon matrix.

EKTELON

The Most Recommended
Racquet in Racquetball.*

*Research results available from Ektelon.

another BROWNIE company