

National Racquetball®

Vol. 7 No. 10
October, 1979
\$1.50

- 12 PAGES OF INSTRUCTION

- Brumfield's Footwork
 - Hogan's Answers
 - Rating Your Game
-

- PRO TOUR SCHEDULE

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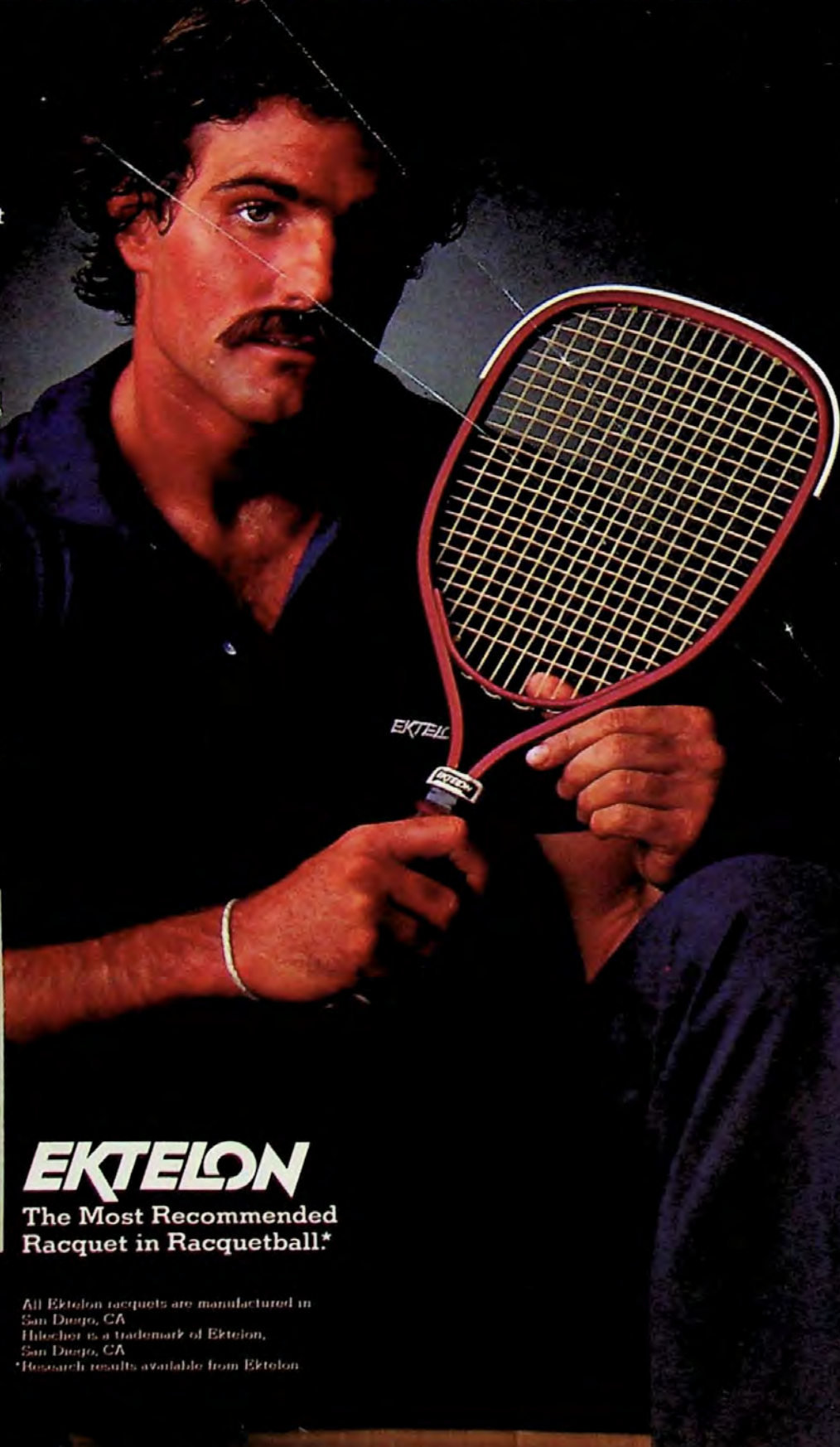
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Vol. 7 No. 10
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On The Cover . . .

You can find Jimmy "J.J." Walker's well known grin almost any time of the day or night on Las Vegas racquetball courts. The story of his racquet addiction is on page 15.

—Peter Bosari photo

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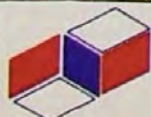
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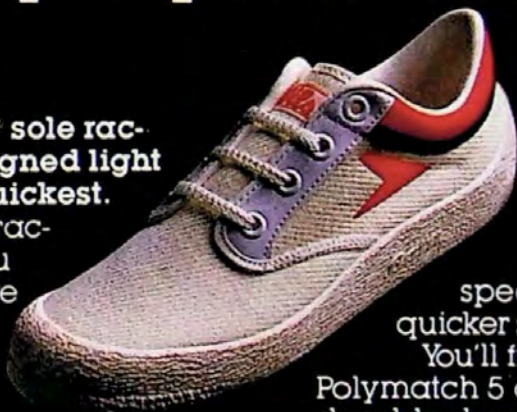
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To Be Perfectly Frank

It is time to straighten out the record. The handball/racquetball record. The relationship between the two. First let me tell you a story.

We are inclined to believe that Columbus was self sufficient when he set out in his little ships to find a new way to the Far East. Yet he did not discover the compass that guided him over trackless seas. He was a debtor to the sailors before him who had learned the art of sailing and the craft of building solid ships. Columbus was surely beholden to many men before he landed on the shores of a new continent.

The work we do from day to day always is work someone else has started. We begin where they left off. And, of course, someone else will begin where we stop.

"We inherit splendid towns which we did not build, with houses full of stores we never gathered, with reservoirs that we never dug and with vines and olives that we never planted." So spoke the Deuteronomist when he sought to make his people aware of their indebtedness to the past and to the toilers of the present who made their way of life possible.

So it is with racquetball, which shall be forever indebted to handball because it all began with handball. Whomever you choose to credit with today's racquetball success, you can be sure that they were handballers first and that their first racquetball efforts were on a court built by handballers.

Yet the philosophy has always been the same — each game compliments the other. The question of which game is better should never arise — only which game is better for YOU! Let's be perfectly frank — if there had never been handball, there may never have been racquetball, or squash or paddle tennis . . .

No one is asking you to change your game. Just be perfectly fair. When the subject arises, you can very honestly say that racquetball owes a lot to handball because it was started by handball players, played in handball courts, governed by handball rules and promoted by the U.S. Handball Association — without any fanfare, without any envy.

We all need each other. We do not live or stand alone but rather among a vast crowd of toilers who lift us by their labor. More ties than we can number bind us to other sports near and far. All of us are involved in physical well being — not as islands, but as part of the main. We are living in a world in which we cannot afford animosities or hostilities. Our need for each other imposes on us the necessity for working and playing in harmony with mutual trust and confidence.

Handball and racquetball are good for each other and the club owner who neglects to promote handball as strenuously as racquetball is throwing money to the winds.



There are many profitable handball hot spots throughout the nation, many more than most racquetballers suspect. Surprised? Don't be. A good example is Carl Porter, who had made the most of BOTH handball and racquetball in his Tucson and Tempe, AZ, clubs. My guess is that he has one of the most successful club operations in the country.

There are clubs that promote one sport to the detriment of the other. Whether it be handball or racquetball, this is a mistake. We need each other, just as the men needed the women players in racquetball, as they soon will in handball. We all need the kids.

We are like one big family, with Pop playing handball or racquetball, with the kids in one court with or without Mom who's in another court, as little Johnny takes on Sis in still another court.

Don't laugh.
It's happening every day! ●

Evie & Bob Kendler
Evie & Bob Kendler

Beloved, let us love one another for love is of God; and every one that loveth is born of God, and knoweth God.

1. John 4:7

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Welcome To The 600!

The fantastic test marketing success of the new Seamco 600 racquetball has led the USRA to deem the pressureless blue ball as official for all sanctioned tournaments. The reliability, consistency and durability of the 600 has made it an instant favorite everywhere it's been used.

And now it is available across the entire nation. The Seamco 600 can be used in any USRA sanctioned tournament, meaning that tournament directors and state chairmen will have a choice between the 600 and the black 558.

The 600 was first introduced to those same state chairmen this past January at the annual USRA state chairmen convention in Las Vegas. The immediate reaction was a positive one and Seamco went into production.

Initial distribution was limited, however, as test markets, chosen through the USRA's state chairmen, made sure the laboratory perfection also became perfection out in the field. The reports have been overwhelmingly superb and that's why you can now have your choice, 600 or 558.

The green Seamco 559 is still the official ball of the NRC and will be used on the pro tour. But amateur events on the tour will have the 600 as the official ball.

Furthermore the 600 will be the official ball of the USRA Regional Championships next spring as well as the amateur divisions in the National Championships next June.

The development of this ball, from initial testing by USRA National Coordinator Terry Fancher and Associate Coordinator Dan Bertolucci, to the recommendations of the state chairmen in Las Vegas, points out the vast territory that can be covered with cooperation between manufacturer and association.

"We wanted to know what the people out in the racquetball community felt was needed," said Art Orloski, National Sales Manager at Seamco. "And they told us at the USRA's Convention."

★ ★ ★

The pro tour got off to another successful start last month at the Robert W. Kendler Racquetball Classic in Lombard, IL just outside of Chicago. It was the first time in almost a year and a half that the nation's second largest market had the opportunity to see the pros in action.

The players seem in better shape, with sharper games than ever before, pointing up the fact that they'll be ready for each tour stop. The competition continues to improve annually as the kids graduating from our juniors and intercollegiate programs set their sights on the stars of the game.

We're proud that almost every single one of our sponsors from a year ago have again sponsored tour stops this season, including JACK IN THE BOX, Catalina, Coors, Kunnan, Seamco and Leach, among others.

★ ★ ★



And speaking of the juniors next month you'll read the exciting results from the fourth annual USRA National Juniors Championships and believe me, the play was the best I've ever seen.

Over 150 kids from all over the country attended and played and played and played the entire week. Every year I am amazed at the fantastic growth in skill levels by the juniors. I'm sure it won't be long before some of the kids are pressing the best in racquetball.

★ ★ ★

One of the highlights of the National juniors is the winning of \$1,500 scholarships by the champions of the Boys 17 and Under bracket and the Girls 17 and Under bracket. The deserving kids receive these scholarships as part of a grant from Seamco Sporting Goods, Leach Industries and the USRA through its president Bob Kendler.

These awards are presented to the college or university of the choice of the recipient to aid in tuition costs. The checks, by the way, are made payable to the school, so the players retain their amateur standing. ●

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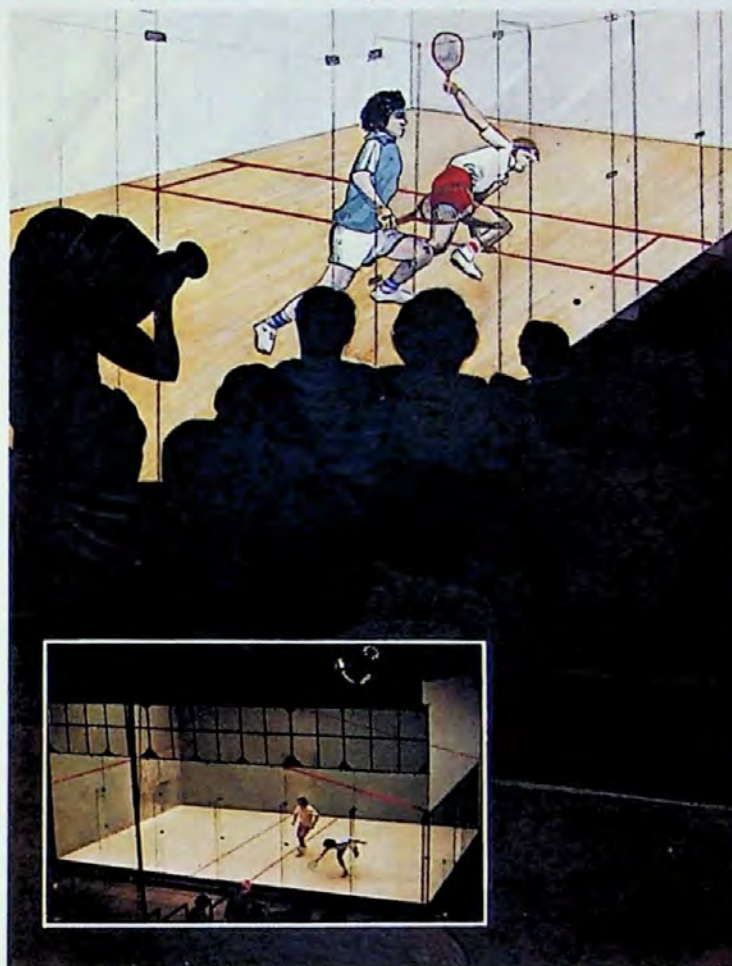


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J.J. Walker Still Has "Good Times" — With Racquetball

He was the tall, skinny star of the former TV series "Good Times", but for Jimmy "J.J." Walker, the best times he has are on a racquetball court.

For the top comedian has no doubt about his favorite occupation — *"If somebody asked me what I'd rather do, be a racquetball player or play Las Vegas . . . I'd be a racquetball player."*

He already is, and not a bad one at that as he works out two hours each day on the courts of the luxurious Sporting House facility in the Nevada fun city.

Jimmy works hard, combining shows around the country with nightly stints at the Los Angeles comedian's showcase, the "Comedy Store", and if that weren't enough, he regularly heads out to Las Vegas where he works a two-shows-nightly schedule in one of the casino-hotels.

Racquetball was his first attempt at a racquet sport. His skyscraper build made him a natural for basketball while he was at school, and he ran and played baseball for diversion. But a little over a year ago he joined the Century West Club in Los Angeles to stay in shape and he discovered the game.

"When I joined that club, everyone around there was playing it and I decided to give it a try. I had never been particularly turned on by racquet sports but racquetball was different."

"When I first started, there were many people as bad as me. I suppose I thought, just like everyone else, that I was the worst . . . but any beginning racquetball player is going to see that there are a lot of uncoordinated slashers clutching racquetball racquets."

Lessons from Wright

Jimmy did something about it; he soon started taking lessons from top flight players including current Number One Women's Player Shannon Wright.

And that, combined with a natural fitness, soon pulled him up the racquetball scale.

He stays fit with long distance runs and some basketball.

"I have been entering a lot of 10 kilometer runs. I think running is one of the best things for a racquetball game because of all the endurance you can build up. I try to run between four and eight miles every day, and I have a no smoking, no drinking or drugs philosophy which keeps me in shape. When I am working in Las



■ J. J. Walker says racquetball deserves his famous stamp of approval: "Dy No MITE!" ■

Jimmy - J.J. Walker takes his daily workout at Las Vegas' Sporting House. In Vegas, at home in L.A. or when he takes a show on the road — he manages to play racquetball . . . and he always wears eyeguards.

Vegas, I come to the club between my two nightly shows. It's great, because like everything else in Las Vegas, these places are open 24 hours a day.

"In fact," he grins, "when I die I want to come back here."

He is by trade a night person, never getting up before 2 p.m. In Las Vegas he is easily found in the club between 3 p.m. and seven, before he heads off to do his first supper show at eight.

Between Shows

Then it's back to the club between shows for some more racquetball games, often against Bill Mannina, the club pro and Jim Lewis, manager-coach for Shannon Wright.

Right now he is a B player, and has started getting into tournaments. In a recent Sporting House competition Walker made it all the way to the quarter-finals.

"I'm getting there, and I'll be playing more tournaments. I'm not ready for the open stuff, but a club competition is my idea of a good time."

Jimmy has one solid rule, and that's to wear eyeguards every time he plays.

"It is so easy to get gashed in the eye. Nobody is out to get you, but when you start moving, everybody naturally crowds to get in there. Everybody should have the philosophy that in every shot you should hit hard and low so that your opponent has no chance and that when it comes back, it goes right through his racquet. It is hard for beginners to concentrate on that and on missing the other player. Nobody is out to hit anybody but that's the way it happens, so if I don't have eyeguards . . . I don't play." ●





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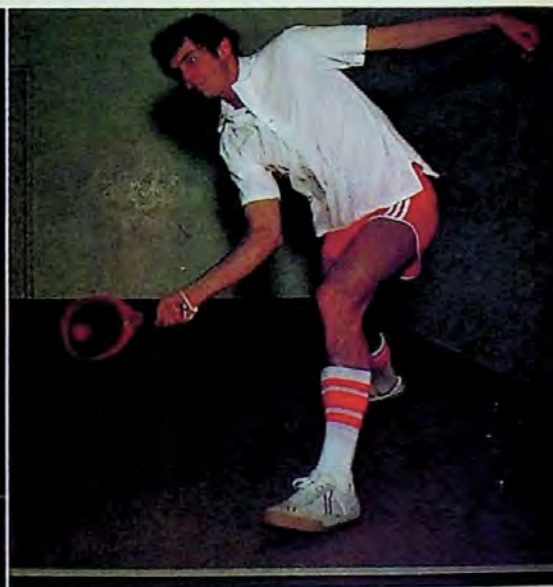
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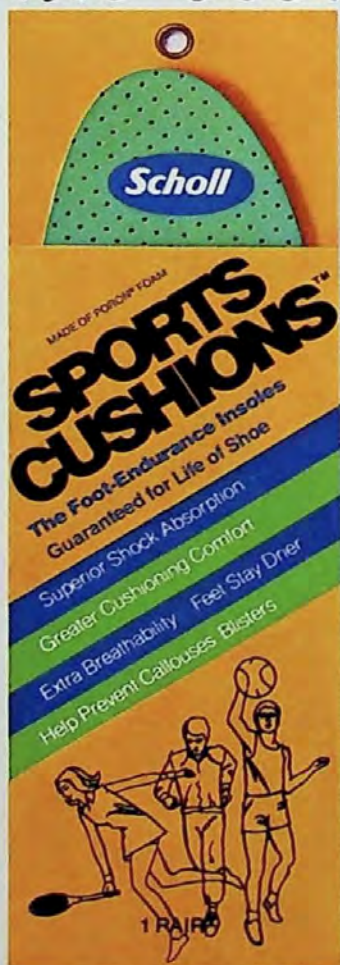
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Now She's an All Pro Finalist

Just a month after she beat the country's best women amateurs at the June Nationals World Squash Champ Heather McKay made another trip down from Toronto to prove she was best in the \$22,000 Coors All Pro Racquetball Championship.

McKay not only emerged as a finalist in the July 20-22 competition at the Las Vegas Sporting House, she also won every match she played by comfortable margins. The event in the Coors series was for basketball and hockey players and individual sports stars.

Twenty-four professional athletes competed in this third segment of the All Pro Championships sponsored by the Adolph Coors Co. of Golden, CO. Finishers received \$4,000 each and advance to January's All Pro finals where they will compete for an additional \$100,000 in prize money.

Already qualified for the finals are Don Kessinger (former Chicago White Sox player-coach) and Al Oliver (Texas Rangers) who advanced from last January's competition for major league baseball players. The two NFL players who will compete in the finals are both placekickers: Mike Michel (Philadelphia Eagles) and Rafael Septien (Dallas Cowboys) who advanced from the March football event.

Jim Schoenfeld of the Buffalo Sabres hockey club was the other finalist in the NBA-NHL-individual sports event.

The six players will compete in the All Pro finals in a round-robin format. The winner will receive \$40,000; second, \$22,500; third, \$15,000; fourth, \$10,000; fifth, \$7,500 and sixth, \$5,000.

McKay upset defending champion Gail Goodrich of the Utah Jazz, 21-9, 21-1, in their final pairing. Goodrich and former Golden State Warrior Derrek Dickey won the NBA-NHL segment last year.

Professional Golfer Frank Conner, right smashes a shot to finals opponent, Jim Schoenfeld (Buffalo Sabres), in the \$22,000 Coors All Pro Racquetball Championship for NBA, NHL and individual sports stars. Schoenfeld edged Conner, 21-4, 7-21, 11-7.



"She's too good," Goodrich said. "She's got great court sense. Every time I made a mistake she just put it away."

McKay defeated Denver Nugget John Kuester 21-8, 21-15 in the quarter-finals. She eliminated U.S. woman squash champion, Angela Smith 21-5, 21-1 in the second round and in opening play she downed Dennis Hextall (Washington Capitals) 21-4, 21-2, and New York Islander Garry Howatt 21-2, 21-0.

Schoenfeld's final match against professional golfer Frank Conner of San Antonio, TX, was much closer than any of McKay's contests.

The Sabre took the first game 21-4, but Conner recovered to gain the second 21-7. With the score even at 5-5 in the tie-breaker, Schoenfeld went ahead two, then Conner added one of his own. But the hockey pro fired off the last four.

Schoenfeld, a serve and shoot style player, scored seven aces against Conner, including the final point.

"It's a good thing that last point was an ace," he said. "My racquet was getting mighty heavy."

Conner was critical of his own performance.

"I played terribly," he said. "I never hit one backhand and that's my best shot."

Earlier Schoenfeld downed race car driver Tom Sneva 21-6, 21-6, in the quarter-finals and defeated off-road motor bike racer A.C. Bakken 21-12, 21-5, in the second round. In opening round play Schoenfeld defeated Fred Ahern (Minnesota Northstars) 21-6, 21-2, and Don Kozak (Vancouver Canucks) 21-6, 21-12.

Goodrich and Conner each received \$2,000 for their semifinal finishes.

Playing in pain has become a hallowed athletic tradition, a symbol of the kind of desire that separates the real competitors from the rest of the pack.

Scarcely any sport season goes by in which we don't hear about burly linebackers, plucky puck passers or towering slamdunkers overcoming a plethora of strains, sprains and separations to lead their respective teams to victory.

There were plenty of those macho types at the basketball, hockey and individual sports stop of the Coors All Pro Racquetball Tour last July. There was plenty of big bone and muscle familiar with the trauma of a sports injury.

The toughest competitor at the Las Vegas Sporting House that weekend, though, turned out to be diminutive Heather McKay.

One of only three women in the tournament the 37-year-old squash champion par excellence strolled past her largely male opposition as though she were taking a walk through the park.

But what the spectators and her opponents probably didn't realize was that she was playing with a rib separation that cut off her breath and racked her with pain every time she hit a forehand. It was an injury she brought into the tournament.

"I've had it taped up all week," she said afterwards. "I can hit my backhand all right, but it's my

forehand that's bad when I turn, so on my serve I just tried to go for accuracy instead of speed."

The pain wasn't too bad until the first game of her semi-finals match with Utah Jazz' Gail Goodrich — something gave during a drive serve. A scarcely visible wince of pain was all that betrayed her, but Heather was very slow retrieving balls after that.

Then, in the middle of the second game, the quick footed Goodrich, who was a semi-finalist in last year's competition, lunged after a perfectly placed McKay passing shot. Unfortunately Heather happened to be right between him and the ball and neither could get out of the other's way.

The All Pro guard's 6'1", 175-pound frame collided head on with the 130 pound female figure and McKay went down on the floor hard.

"Gail just happened to hit me right in that spot," recalled Heather, referring to her previous injury.

She didn't get up again for a long time. At first she looked as though she would pass out. Then she looked as though she would cry.

McKay didn't do either. After a few minutes of time out, a toweling off and a walk down the hall she came back and beat last year's semi-finalist 21-1 to take the match in two.

What was that about the weaker sex?



A rib separation gave Heather McKay a jolt of pain when she hit her forehand at the July Coors All Pro Championship matches. But the world's best woman squash player still won every game, including this one against Gail Goodrich of the Utah Jazz.

Results

Mike Christie (Colorado Rockies) d. Randy Smith (San Diego Clippers) 20-21, 21-7, 11-6; Jim Schoenfeld (Buffalo Sabres) d. Fred Ahern (Minnesota Northstars) 21-6, 21-2; A. C. Bakken (off-road motorbike racer) d. Dennis Hextall (Washington Capitals) 21-11, 12-21, 11-6; Heather McKay (professional squash) d. Garry Howatt (New York Islanders) 21-2, 21-0; Don Kozak (Vancouver Canucks) d. Angela Smith (professional squash) 21-2, 21-9; Frank Conner (professional golfer) d. John Van Boxmeer (Colorado Rockies) (forfeit); Gail Goodrich (Utah Jazz) d. Glenn Goldup (Los Angeles Kings) 21-4, 21-3; John Kuester (Denver Nuggets) d. Doug Favell (Edmonton Oilers) 21-2, 21-4; Tom Sneva (professional auto racer) d. Tom Henderson (Houston Rockets) 21-5, 21-10; Barbara Maltby (professional squash) d. Bert Marshall (New York Islanders) 21-20, 21-12; Gene Carr (Atlanta Flames) d. Kevin Grevey (Washington Capitals) (forfeit).

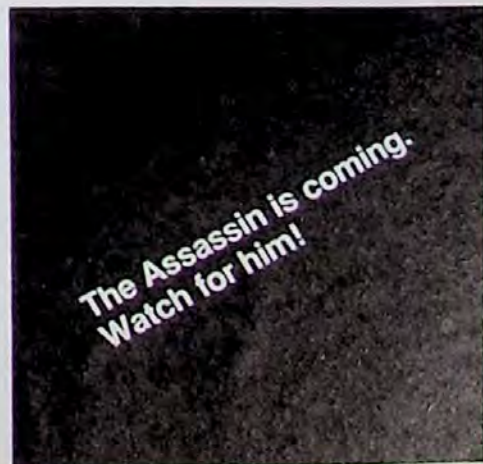
First Round: Marshall d. Van Boxmeer 21-8, 21-3; Ahern d. Goldup 21-4, 21-3; Bakken d. Carr (forfeit); Howatt d. Favell 21-8, 21-5; A. Smith d. Henderson 14-21, 21-11, 11-8; McKay d. Hextall 21-4, 21-2; Kuester d. Christie 21-1, 21-9; Conner d. Sneva 21-6, 21-7; Schoenfeld d. Kozak 21-6, 21-12; Goodrich d. Maltby 21-18, 21-4; R. Smith d. Grevey (forfeit).

Second Round: Goodrich d. Howatt 21-7, 21-3; Kozak d. Christie 21-13, 21-11; Kuester d. Ahern 21-8, 21-13; McKay d. A. Smith 21-5, 21-1; Schoenfeld d. Bakken 21-12, 21-5; Sneva d. R. Smith 21-10, 21-14; Maltby d. Hextall 13-21, 21-11, 11-6; Conner d. Marshall 21-8, 21-8.

Quarter-finals: Goodrich d. Kozak 21-19, 21-3; McKay d. Kuester 21-8, 21-15; Schoenfeld d. Sneva 21-6, 21-6; Conner d. Maltby 21-7, 21-9.

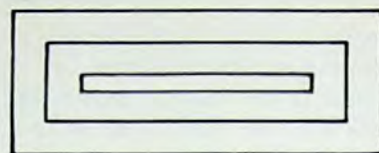
Semi-finals: McKay d. Goodrich 21-9, 21-1; Schoenfeld d. Conner 21-4, 7-21, 11-7.

Finals will be played next January.



Inside the Master's Mind

by Charlie Brumfield



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

Footsteps in the Dust — Replacing Old Ways of Moving in the Court

In our earlier article we talked about the deep zone, the center court position being more or less an anachronism in the present game. We also talked about the flow which allows us to actually reach a closer point quicker with more body balance than had we moved into the position we considered center court position years ago.

In this article I'd like to concentrate on certain footwork techniques that will help us accomplish the aim of playing combination deep zone vs. moving pocket defense which we analyzed in the August issue of *National Racquetball*.

As we've mentioned numerous times before, many of the techniques that we now use in racquetball are a result of the former champions' experience in other racquet sports, particularly tennis. So let's take the forehand stroke and stepping technique in tennis and analyze them to see if they're proper for racquetball.

Essentially when you're hitting the ball in tennis the rule is to move toward the shot. For instance a shot down the right sideline. You advance the foot furthest from the ball in the direction of the ball. So if I were standing, facing the net at the baseline, as my opponent hit a ball down my right alley, my primary first move would be a step-over with my left foot. That is what is now taught in racquetball also. Many instructors will



tell you to move your body sideways to a shot along the right wall and have your left foot across your right foot to control the shot. Then hit the ball off your front foot.

However, as we discussed in our article on the production of power (May, 1979), the absolute maximum power and accuracy comes from striking the ball, not off the front foot,

but off the hitting shoulder from an upright position which, in most cases, is closer to the back foot. I also believe that stepping with the foot which is furthest from the ball first is a very, very poor choice of movement for most shots in racquetball. Let's dissect.

Ideal Footwork

In my estimation THE IDEAL FOOTWORK is to make the first step a pivot, with the right foot to the right wall first, in a mini-step. Therefore if the ball hits the short angled crack in front of you, you would have a better chance to return it.

The crotch ball is a situation that obviously would never take place in tennis, which is why the footwork rule exists in the first place. But in the case of a four wall racquetball court, the interior jam ball is one of the more difficult shots to handle in the game, especially at the novice level. So if you step with your right foot first, and the ball jams you, you at least get a clear swing.

If the ball then continues to go down the right side, your next step is with your left foot, giving you a good chance to catch the ball even with your body in a square position. This is probably the optimum position to contact the ball, not with the left foot way over, crossing over, so to speak.

The third step, if necessary, when the ball gets very, very deep and dangerous on you, would be to step back with your right foot, hitting with an open stance very, very similar to what, say, Borg uses when he hits his top spin forehand off of his back foot time and time again, and he's the best tennis player in the world. The times are changing!

In addition to allowing you to step back farther and deeper and hit with greater ease this footwork eliminates the problem with the step-over method that prevents you from hitting cross court at all and prevents you from getting weight into the shot. If you step back with your right foot, you can hit into the side wall, down the line, or cross court with equal ease. In addition if you throw your upper body forward as you step back, and get most of your weight into the shot, you can generate virtually maximum power on the difficult get from deep court.

The same principle applies to the backhand. If you step out first with your left foot, that allows you to return the short angle crack ball with very, very little difficulty. Then make the cross-over step if the ball continues to go down the left wall. In contrast the **old** cross-over method leaves you defenseless when the ball cracks out, with only a weak flick of the wrist to keep the ball in play.

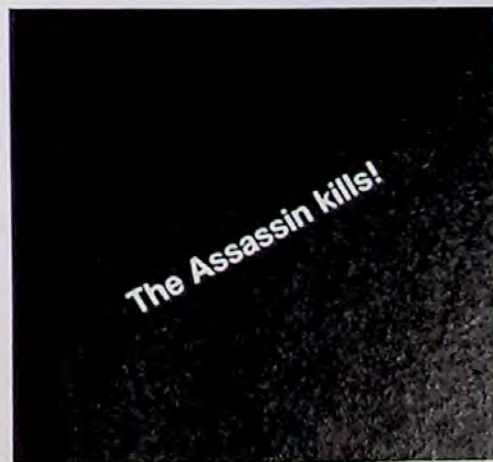
Desperation Retrieving

Our next area is RETRIEVING THE DESPERATION SHOT PAST YOU. For years I've advocated trying to reach back and snap that ball towards the front wall. That was with a much slower ball so that you could snap the ball and generally hit a reasonably good lob that wouldn't carom too far off the back wall. The secret to that shot was turning your body completely away from the front wall and snapping the ball back, rather than trying to get virtually sideways to the side wall.

The more modern technique, which we used to consider a beginner's ploy, is to hit the ball into the back wall. If you can do that and keep the ball up high, it takes a very, very competent professional player to cut that ball off in the air and make you immediately be punished for your lack of center court position, so to speak, or your off balanced positioning. I believe that on the desperation ball past you, for the most part, you should go back prepared to hit the ball into the back wall; but remember this is only on a desperation shot.



Charlie Brumfield says traditional footwork, left, isn't always the best way to get to the ball. Sometimes the Bjorn Borg topspin stance is more effective.



Twinkie

Now let's talk about the TWINKIE MOVE (see Diagram 1) which applies to retrieving the wide angle pass off the back wall.

Your opponent has hit the ball and it is coming off the side wall and carrying behind you, caroming off the back wall. The typical response is to follow the path of the ball all the way around, until you finally catch up with the ball as it comes off the back wall, into your stomach, forcing you to back away from it.

The alternative — which I think has not yet been examined as a potential coverage pattern in racquetball, but should be and has been very successful in world class badminton for many, many years — is the pivot away from the ball.

If you pivot away from the ball, you do lose sight of the ball momentarily, but you know from experience, as you become a better player, which balls will and will not carry off the back wall. Experience tells you that balls which hit three or four feet high will come off the back wall, but still you tend to back away and get jammed anyway because it's very, very difficult to backpeddle away that quickly.

If you make what we call a reverse pivot, you will arrive in a much more comfortable position to hit relaxed, stepping into the shot, rather than away from the shot, which is always preferable. Remember on the backhand it's equally applicable and can be very, very useful if you can learn to do this on your drives.

You may also experiment with a reverse pivot at any position during the course of the game, but you've got to be aware of the position of the ball. This is not a gambit for absolute beginners because they should attempt to keep tracking the ball at all times until they learn the whereabouts and how to anticipate the bounce.

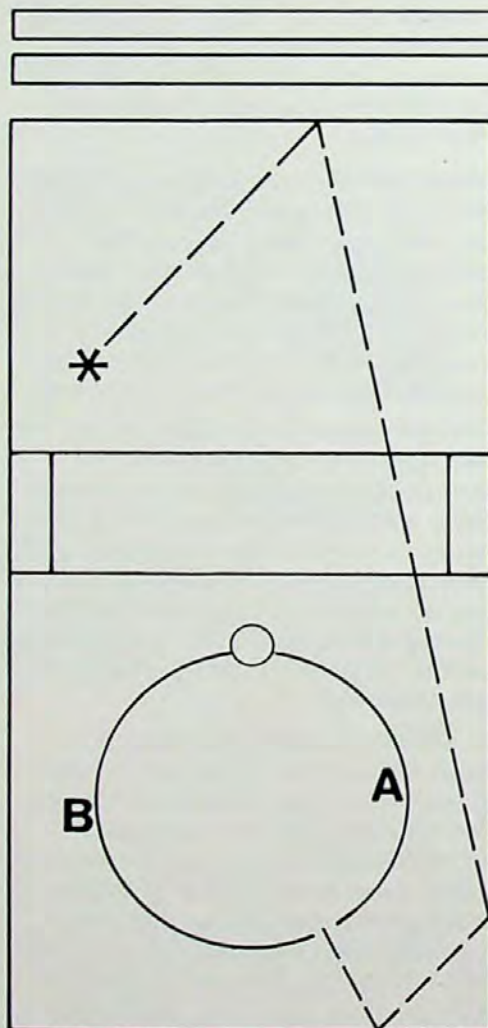


Diagram 1

Twinkie Move — With a traditional move to the ball, indicated by letter A, the ball jams your body. By taking path B your momentum is directed toward your shot, instead of away.

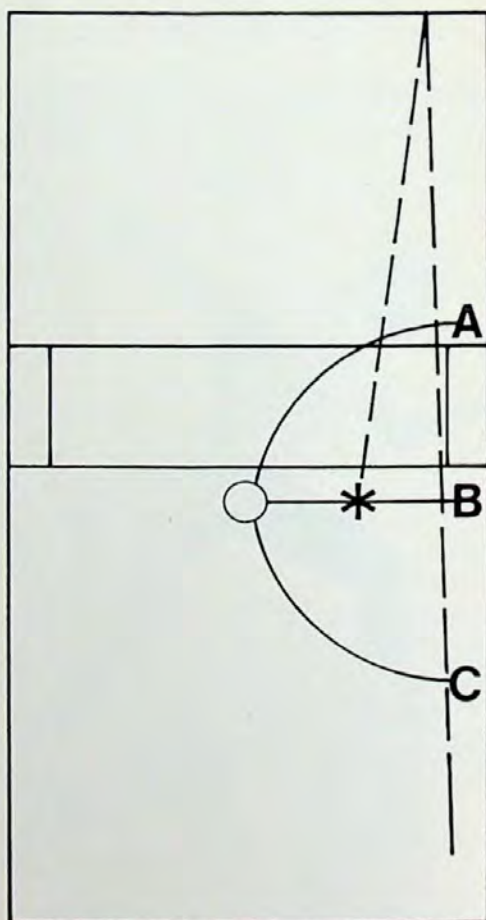


Diagram 2

When Your Opponent's in Your Way — If you're player O, you have three alternatives. If you can score, you should cut in front of X (position A). If you can't get the ball, you might get a hinder (B). Or the worst option would be to go behind X where he can interfere with your shot (C).

Running through the Get — Fist, not Face

The next section is RUNNING THROUGH THE GET vs. squash technique. Essentially racquetball is an execution game. You should move to the ball, particularly the tough get, with the idea of finishing the rally one way or the other.

Very, very seldom, and only in rare desperation situations, and normally when the score is critical, i.e. 19 up or something of that regard, would you want to go to the ball with an idea of simply retrieving and getting it back to the front wall. We want to go to the very difficult gets with the idea of scoring or losing. That's probably our best percentage and the least tiring of all the alternatives.

The usual method for players attempting to retrieve the ball on very, very difficult gets is to stop short and lunge for the shot. When they lunge and their head drops, the only real swing plane is moving upwards, so the ball is lifted harmlessly into the front wall, allowing the opponent to "speed bag" them to the other side of the court. This is not the optimum way of playing racquetball. The best way to play racquetball is to move as fast as possible, flowing smoothly through the play and hitting as you run through the get.

Now this is in direct contravention to the normal squash technique. Of course squash is a different strategic thought process. When you go for a squash shot you don't think that the rally is going to be over on that shot because nine times out of 10 it isn't. Rallies are very long in squash, and it takes five or six or seven or eight or more shot making opportunities to get to the point where the other player's enough out of position so that you can win on a nick or a ball down-the-lane.

In racquetball, since we have the kill shot open as an offensive arsenal, when we move to the ball we should think that the play is over. The main thing is to get our bodies in position to hit that shot as well as possible, not to see how quickly we can cover and get back to cover our missed shot. You'd rather go over, running

though the get if it gives you the slightest percentage advantage of scoring, than running over, stopping, and trying to get back to center court to try to cover.

Because racquetball is primarily an execution game, it's much more important for you to do anything in your coverage that you can to increase the percentage of your execution efficiency. It is not nearly as important to try to scurry over, stop, and lunge at the ball so that you might be back to center court a quarter of a second sooner. Think about ending the rally when you are on the run. Don't think about hitting the ball two feet high and running back to the center court to try to cover the next bomb that's going to be hit at you. This is called running through the get vs. the squash technique of step and return in the same motion to center court.

I hope I have made this point clear. In other words you definitely want to be more offensive. The defensive player who is simply talking about retrieving, I don't believe, has the proper idea about court coverage. You're never intended to be the face; you're intended to be the fist. Both players get to the ball at the same time, but the one with the defensive *mental attitude* has stopped and reversed his trend so he can get back to center court faster to cover the setup he's going to hit because he's not thinking offensively. ●

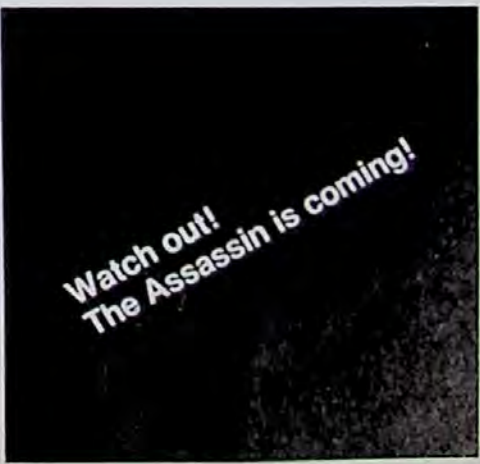
Next month: Brumfield tells you how to make a quick start, how to return the serve, what crowding does to your coverage and more.

When Opponent's in the Way

Now we're on Diagram 2, involving going after the ball WHEN A PLAYER IS IN YOUR WAY. You are player O intending to get a shot. There are three places you can take it — A, B and C. If you don't think you can get the ball, take avenue B, making immediate contact with player X in order to give the referee the best and fairest opportunity to call a hinder in your favor.

If you think you have an opportunity to win the point outright, cut in front of X and take shot selection A because in that way you eliminate his ability to hinder you. He will never go forward to get out of the way; what he will try to do to get out of the way, reflex-wise, is to back out of the area.

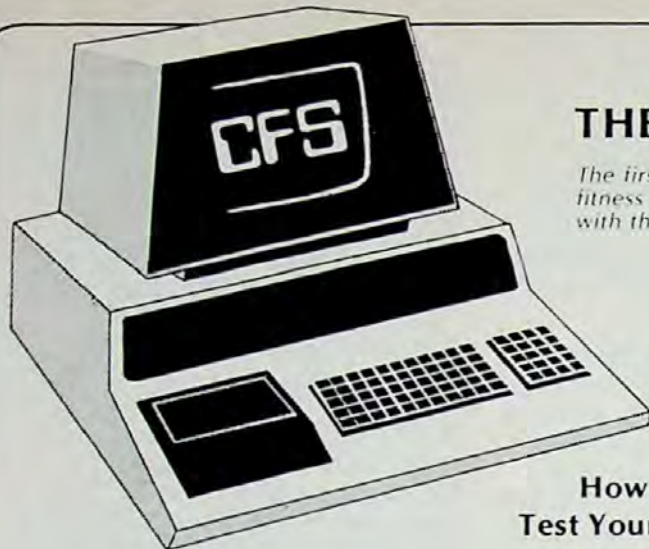
If you attempt to go back on the shot as in C, you are either going to hit your opponent on your shot going toward the front wall or he's going to back into your swing and you're going to have to take a hinder. Remember if you think you can score, take A. If you don't think you can get to the ball, take B. Avenue C is your worst choice because you're not only moving away from any potential coverage zone, but you are allowing X to interfere as much as possible with the ensuing rally.



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The major thrust of the health and sporting club industry is the setting up of fitness programs for its members. But fitness testing, the prescription of programs and the follow-up take a great deal of time and expertise. The club manager is no longer expected to just handle sales and organization now he's being asked to be an expert in exercise physiology. And in most cases, this is impossible.

But now your members can have their fitness tested in five separate categories by a computer. Which computer will then tell them what kind of shape they're really in. More than this, the Computerized Fitness System will provide a prescription which is personalized for each member. And then the computer will keep track of their progress and help your members to continue their program in your club.

Perhaps the best feature of the Computerized Fitness System is as a sales and promotion tool. Clubs that have the ability to give testing, prescribe programs and help their members continue with the help of the computer have a distinct advantage over their competitors.

When you consider what it costs to have an employee to handle fitness programs, the Computerized Fitness System is an unbelievable asset. You could have the foremost authority in health and fitness but people go to the club that has the Computerized Fitness System.



The computer analyzes your members risk of heart disease.

How the Computer Test Your Members Fitness

The Computerized Fitness system is the culmination of software developed by TOMAR Fitness Systems and hardware from Commodore. There are seven tests that the computer runs on each of your members. They involve cardiovascular fitness, body fat levels, a risk factor analysis for heart disease, two tests for muscular function and two tests of flexibility.

All the tests are conducted with the Computerized Fitness System and are fun for your members. For the test of cardiovascular fitness, the computer has your member stand up and down for three minutes while monitoring his heart rate. For body fat levels it has them get pinched. For the risk factor analysis, it asks questions. And in the tests for muscular function and flexibility, the computer has your member perform simple yet exacting exercise movements.

The tests that the computer gives are from the most recent investigations on fitness and health and are easy to take. Your member follows simple instructions and touches his toes, pinches his stomach or does whatever the computer asks. And these tests have been geared for the whole family but primarily for the adult member.



The computer prints out precise information on body composition.

How the Computer Interprets Tests and Prescribes A Fitness Program

After your member has taken the tests he will be provided with a "Personal Fitness Program." This provides a hard copy of the results of the tests he has just taken. It also interprets his test scores. It'll tell him exactly how he did and what it means. He will then be given a prescription based on his ability to exercise. He'll be told how to take his heart rate and you will provide the type of exercise. Whether you offer weight training or racquetball, jogging or tennis, the prescription will fit right in with your program and your facilities.

The prescription will also explain the MET scoring system. This allows your member to keep track of his progress. A MET, very simply is a unit of energy. When the body is at rest the body uses a certain amount of oxygen. This level is deemed as 1 MET. As your member becomes more active his body uses more oxygen. Based on test scores your member is given a weekly MET point level to reach. It makes the intangibles of exercise tangible. It gets them going and keeps them going.

More importantly, it allows them to participate in any type of exercise that you and your facility offer. It makes your program a better one.

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Due to recent advances in Computer technology the Computerized Fitness System is very inexpensive. It can pay for itself with the first week. But if having a "computer" appears to be an extra expense, consider what the cost of an employee to do this testing would be. Consider the number of members who will join just because of your "Computerized Fitness System." Consider your competition. They'll be using the system soon enough. When you consider the advantages of having the Computerized Fitness System in your clubs also consider the disadvantages of not having it.

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Ask The Champ

by Marty Hogan

This article begins a series by two time and current National Professional Champion Marty Hogan. Readers are encouraged to submit questions about their game to *Ask The Champ*, c/o National Racquetball, 4101 Dempster Street, Skokie, IL 60076. The editors will submit the questions to Marty who will answer as many as space will allow each month.

Question: *I feel I am a better player than my usual opponent, but he constantly gives me fits with a tough Z serve to my backhand. What is the best way to handle that Z?*

Hogan: Usually you should cut off a good Z serve before it hits the side wall. Once the Z serve hits the side wall it will rebound real close to the back wall and jam your swing, causing a weak return.

When you see your opponent taking his position to hit a Z serve I recommend that you take a step forward and return the ball straight to the ceiling after it bounces. If you have trouble going to the ceiling with this shot, the next alternative would be to hit a cross court pass. But don't let the ball hit the side wall because then it's going to end up close to the back wall and you won't get a full swing. The result will be a setup for your opponent and that's trouble.

Question: *Due to my experience in other sports I find myself with a better backhand than forehand. What can I do to improve my forehand?*

Hogan: The most common problem with most racquetball players is just the opposite — they have better forehands than backhands. The reason for this is that players run around their backhand, afraid to use it because they know it's weak — and therefore never develop an adequate backhand.

My backhand has always been as good as my forehand and that's because I used to force myself to hit backhands. I would intentionally run around my forehand to hit backhands just for the practice.

I suggest that this player start running around his backhand and use his forehand, mainly trying to hit as many balls with his forehand as possible. This will help develop your forehand.

Question: *I am a convert from handball and I find the most troublesome change is my inability to kill the ball. Can you suggest any drills to sharpen my kills?*

Hogan: The best drill for practicing the kill shot is to go up to the service zone (toward the right with your forehand and the left with your backhand — assuming your right handed), drop the ball and shoot for the kill. You don't have to simulate an actual rally. Just drop the ball and shoot it.

Do this in series of 10 attempts until you reach a reasonably good percentage of kills, at least seven out of 10 good, clean winners.

After you do that, take five steps back (you should be about 30 feet from the front wall) and hit in series of 10 until you reach that 70 per cent.

Then walk back as far as you can and do the same thing until you get a reasonably high percentage. Do this with your forehand and your backhand, and do it as close to the side wall as you can.

If you are a beginner, you may only hit a few winners for each 10 attempts — but that's okay. Just hit as many kills as you can. After a while you should take the five steps back, remembering that in 10 or 15 minutes you'll go back to the original spot with that ultimate goal of 70 per cent.

If you want to develop your game to top amateur or professional level, then you should stay there until you reach your percentage goal, even if it takes all day.

These should all be straight-in kills. Cross court or corner kills would come later, but mastering the straight-in kill is the cornerstone of your offensive game.

Question: *My 12-year-old son shows some promise in racquetball, but he enjoys other sports as well. In your opinion what other sports are best to help in his physical development for racquetball?*

Hogan: I participated in gymnastics for a long time and I have felt that it was the best sport I ever could have gotten into for my racquetball development.

The first thing you learn in gymnastics is body control. The pace of racquetball at top levels is so fast that you are continually off balance. One of the reasons I've been so successful in the execution of my shots is that due to my gymnastics training, it doesn't really matter to me if I'm off balance. I can still hit my shots.

That's the biggest thing that separates me from the other pros — I can hit any shot from any position on the court. I can hit off either foot in a totally off balance condition for other pros. But what is off balance for all the other pros is on balance for me.

Gymnastics taught me this through all kinds of flips I worked out on the trampoline, the horse and other gymnastics moves.

I played many sports during my growing up years and gymnastics is the best for your eventual racquetball development. ●

On the Road with Mike Yellen

One of the hottest young talents on the professional racquetball tour these days is Mike Yellen of Southfield, MI. In only his second year on the tour the curly headed 19-year-old has kept racquetball fans on the edge of the bleachers through two consecutive National Championships. Barely beaten by five time national champion Charlie Brumfield, in an electrifying semi-finals match during the 1978 Nationals Yellen got a step closer to racquetball's top prize this year before bowing to Marty Hogan in the finals. When not competing Mike spends much of his time on the road giving racquetball clinics on behalf of his sponsor, Ektelon. In this, the first in a series of exclusive columns, Mike shares with *National Racquetball* readers some of the techniques which he explains and demonstrates in his clinics around the country.

One - Two Punch Combinations

That Take the Fight Out of Your Opponent

Mike Yellen



Racquetball is a lot like boxing: there are very few times when you can put your opponent away with only one good shot.

In boxing you've got to work on him, throwing combinations to keep him guessing and get him to drop his guard. In racquetball your one-two punches are complementary shots that keep your opponent off balance and running in two directions at once until there just isn't any fight left.

There are numerous possible shot combinations in a racquetball game depending on the relative positions of you, your opponent and the ball at any given time. There are really too many to categorize.

Instead you should train yourself to be constantly thinking of alternative shots throughout the course of the game. There are a few very common situations, though, which illustrate the effectiveness of complementary shots.

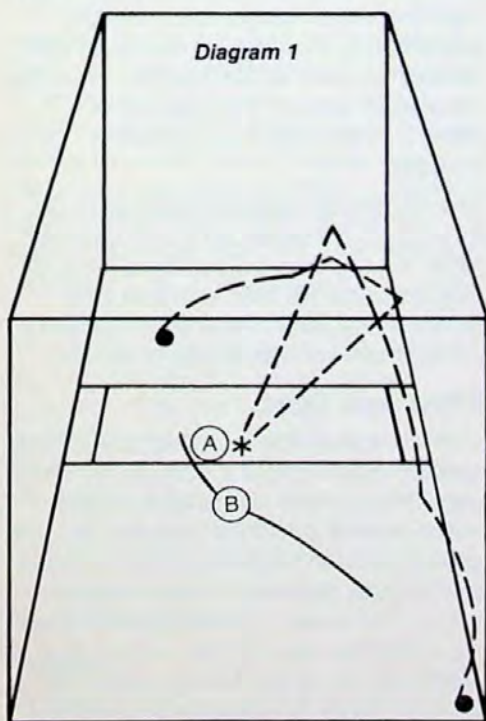
One is when both you and your opponent are about in center court, fighting for that valued chunk of floorboards. For the sake of the discussion let's say that he or she is just a step behind you (if beside or in front of you it would call for a different strategy).

While the idea of a kill shot is to see the ball roll out from the front wall, the idea of a complementary shot combination is to win the point by being able to put the ball out of reach of your opponent. The best way to do that is to be able to put the ball on opposite sides of the court from the same position and, for that, the pinch — or roll-corner kill, as it is sometimes called — and the down-the-line drive are an ideal complementary combination for use in center court.

The pinch strikes the side wall (the right side wall if you are right handed) then the front wall and rebounds very low over to the left front corner. The down-the-line drive contacts the front wall at about the same spot as the pinch but, because it didn't hit the side wall first, it travels along that side wall into the right back corner.

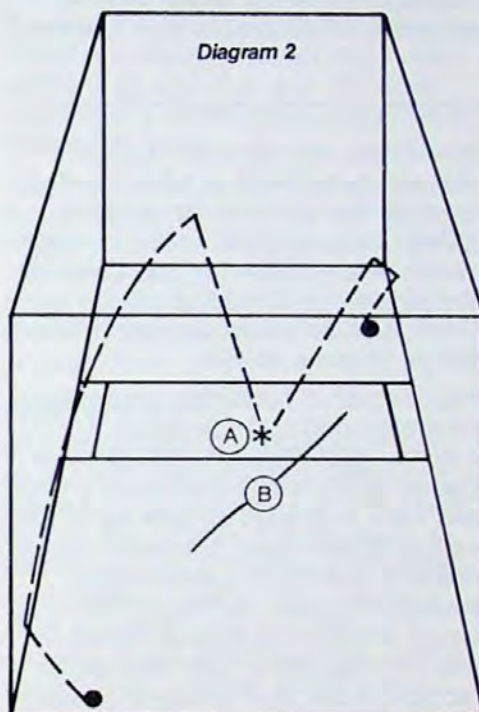
The beauty of this combination is that the shots are hit in exactly the same way and the ball travels to the front wall in almost the same path so that your opponent doesn't know which way the shot will go until the ball rebounds off the front wall. Diagram 1 shows the different paths the ball can take.

Your opponent will literally be going in two opposite directions and that gets both tiring and frustrating quickly. To further complicate matters there is another complementary combination you can hit from that position.



From his or her position player A has the option of hitting either a pinch that puts the ball in the left front corner or a down-the-line drive that puts the ball in the right rear corner, making court coverage extremely difficult for Player B.

The front-wall-side-wall kill and cross court pass put the ball in either of the other two corners of the court from the ones we just talked about as illustrated in Diagram 2.



Without significant change from the position in Diagram 1 Player A has still another complementary shot combination available by simply altering the path of the racquet face. The front-wall-side-wall kill puts the ball in the right front corner while the cross court pass puts it on the opposite side of the court, once again making for a difficult coverage choice for Player B.

The front-wall-side-wall should be hit very low and very close to the front-wall-side-wall seam to keep the ball in the right front corner. For the cross court pass you will have to turn slightly toward the left side wall and hit the ball to the left side of the front wall, making this combination slightly less deceptive than the first we discussed. It can still be effective though and still achieves the goal of putting the ball in either of two opposite corners.

When you're in against guys with forehands like Marty Hogan and Jerry Hilecher, it's the only way to go. Personally I prefer to outthink an opponent; not just beat him, but make him work to get beat.

Concentrate on combinations in your next match and you may have the satisfaction of seeing your opponent drag around the court by the end of the second game. ●



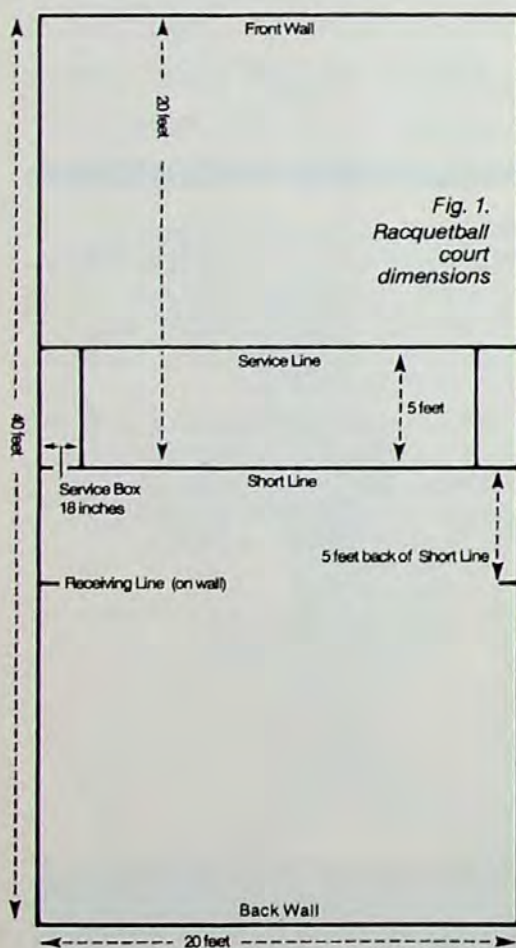
Beginner's Racquetball

by Jack Kramer

Excerpted from *Beginner's Racquetball* by Jack Kramer, copyright 1979, by permission of the publisher World Publications, Inc., Mountain View, CA.

The number of racquetball players has been almost doubling every year since 1976 (see next month's feature, "Racquetball Sizzles"), so *National Racquetball* is serving those brand new players with a series of excerpts, beginning this month, from the paperback by Jack Kramer, author of numerous how-to-do-it books and a long time racquetball player.

Racquetball Equipment



If you have ever hit a ball against a wall with your hand, a bat or a tennis racquet, you can play racquetball. Indeed racquetball is similar in many respects to handball — just consider the racquet an extension of your hand. And the game also resembles tennis to some degree.

Racquetball is played on a standard handball court that measures 20 x 20 x 40 feet (see Figure 1). The game is played within a four wall court: a front and back wall and two side walls; the ceiling is also used. The court can be made of cement or prefabricated panels and glass, but more often it is wood. A minimum amount of equipment is required to play racquetball: a racquet, a ball, gym shoes and heavy socks, and some comfortable clothing, usually gym shorts and a T shirt. Men may find an athletic supporter functional.

Racquets

The basic piece of equipment for racquetball is, of course, the racquet, so it is important to have a racquet that feels comfortable in your hand. The grip or feel of the racquet is important. There are several kinds of racquets; it pays to try them all before you make a final decision.

Plastic, fiberglass, or metal racquets get the nod these days, with plastic presently being the favorite of professionals. The plastic rimmed racquet has great flexibility, giving somewhat upon ball contact so there is more snap back and thus more power. There is also better feel of the

ball on the plastic racquet — more touch. Some people may, therefore, find that a plastic racquet gives them more control. On the other hand plastic racquets are subject to more snapping or breaking than metal ones.

Metal rimmed racquets — aluminum — wear well and seldom break. They can take more abuse than the plastic racquets, but they do not have as much give when the ball hits the strings.

The length of the racquet is important. Official regulations state that the racquet head must not be wider than nine inches or longer than eleven inches. The maximum handle length cannot exceed seven inches. Thus the maximum size of the racquet is 27 inches (nine plus 11 plus seven inches).

The choice of racquet material is up to you; do consider how any racquet feels in your hand. First try a racquet in your hand for feel, comfort and general weight. Follow your instincts rather than someone else's advice.

Strings and Grips

The strings of the racquets are almost always made of nylon (catgut is rarely used today). The nylon is monofilament, unlike the multifilament (double string) used in tennis racquets. There are various grades of monofilament nylon: the clearer the better. Painted monofilaments may be inferior. Some nylon racquets are braided with red, blue, or other colored strings strictly for decorative purposes.

How tightly the racquet is strung — tension — can influence your game. Racquets are strung at 26 to 34 pounds (the 34 pound racquet having

more tightness). The ideal string tension is about 28 to 30 pounds, neither too tight nor too loose. When considering tension, remember that it takes a few good games for the strings to settle in; in other words, the strings will loosen up about two to three pounds after a week or so of playing.

The grip, the part of the racquet you hold in your hand, may be covered with rubber or leather. Rubber may become wet and slippery, so usually you have to wear a glove. A rubber and cork handle has a good feel but can wear down. The leather grip is superior to the rubber one because it gives you less possibility of slippage. Or at least you can play somewhat longer without the racquet slipping or having to use a towel to wipe your hand. And real leather grips outlast rubber ones. The imitation leather grips feel sticky after you play awhile. Grip size is also important. Grip sizes are small, medium or large, or scaled into 1/8 inch increments. The 4 1/8 grip is generally the most popular, because it fits the average male and female player; children use a slightly smaller size. Always feel and test the grip before buying a racquet. And one warning: do not get a grip that is too large for you to handle. It is better to buy a smaller grip and then tape it to the right thickness.

The Ball

The standard racquet ball is 2.5 inches in diameter, weighs 1.4 ounces and is sold in cans, like tennis balls. Once you find a manufacturer who supplies the best uniformity of ball liveliness, stick with that brand.

Clothing

You can clothe yourself in some fancy sports gear — lovely pin striped shorts, flashy T shirts, and so on — but this is not necessary. If you are comfortable, you can play in pants. Generally regulation gym shorts and a T shirt are used, although many wear tennis garb, which is fine. Whatever clothing you select, be sure it is loose and comfortable.

You might want a warm-up suit for pre- and post-game play if you are subject to colds. Playing works up quite a sweat, and it is a good idea to cover up afterward. You do not need anything elaborate; a warm-up suit or jacket is fine.

Shoes and Socks

The kind of shoes you wear for racquetball can make the difference between a good game and a bad one. Proper fitting shoes are essential. Whichever brand of shoe you select (and there are many), it should be a thick sole with plenty of overall support. Racquetball requires a lot of pivoting and pushing off and shoes are the key. Thin soled track shoes won't work, and neither will those old gym shoes.

Good basketball shoes are fine for racquetball. Shop carefully and until you find quality and comfort — buy the best you can afford — it will help your game because you won't slip, stumble or blister.

You can use high top tennis shoes. These give excellent ankle support and are heavy and thick soled. For anyone with ankle problems, the high top is a good idea.

If you have ever had your socks slip in the back every time you hit a shot, you will know that the right kind of socks are important to your feet and game. A good way to solve the slippage problem, and for extra comfort, is to use two pair of socks worn simultaneously. This ensures a tight shoe fit, and a double thickness of socks absorbs more moisture. Thus you can play longer without feeling like you are stepping in water.

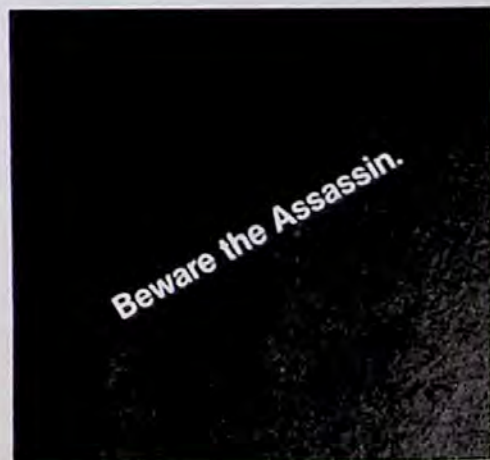
Shorts and Supporters

There is no sense in hindering your game by playing in slacks or pants. Shorts for men and women come in a multitude of styles and colors and look good on men and women (even if you don't have good legs). When you buy your shorts, avoid the bloomer kind that can impede your speed. Look for trim shorts that fit well; the type with slashes at the sides are preferable. This gives you ample leg mobility — never binding and at the same time a snug fit. Gym shorts are good, too: nylon shorts will not absorb perspiration and may cling to the thighs, while cotton will absorb moisture but may cling too much, interfering with movement. Look for nylon blends — there are many. Girls and women sometimes use tennis style skirts, and these look fine and probably feel fine, too.

Men can play without supporters, but they do help more than you think. Supporters are sold in small, medium, and large sizes. Buy a good tight-fitting one — a loose one is as worthless as an umbrella in the desert.

Sweatbands and Gloves

Sweatbands wrap around the head and block the sweat from rolling into your eyes from your forehead. Perspiration can be smarting in the eyes. The headband also will keep your hair from obscuring your vision.



Pick Up the Drop Shot

by David E. Belka and Joseph W. Kennedy

A glove worn on the racquet hand helps to keep your hand dry, so when you swing the racquet does not slip. A glove also protects hands from blisters, and if you are just starting to play racquetball, this can be very important. A good solid glove can also have a psychological effect — acting as a touchstone.

An elastic type grip glove is the best. It has an elastic strip adjustable band around the wrist. The conventional racquetball glove is full-fingered, but there is also a half-finger glove style that also works. Leather gloves are usually the choice; they stay soft, last longer and are excellent moisture absorbers. The palms are generally made of top grade deerskin or calfskin. The back of the glove may be nylon or a suitable material. There are also cloth gloves, but these rarely work well.

In place of gloves some players use a mini-towel tucked into the gym shorts on the right side by the hipbone if you are right handed left side if a southpaw. Use of the mini-towel does alleviate some slippage when handling the racquet.

Eyeguards and Safety Lenses

Eyeguards are aluminum tubing or plastic protectors that fit over and shield the eyes. Select one that offers the widest range of vision. Put the eyeshields on and, using your index finger as a focal point, test to see how they allow your sight to extend.

If you already wear glasses, here is one instance where you are fortunate. You can have your glasses purchased in safety lenses (most are now, anyway). Shatterproof lenses afford protection so no supplemental eyeguards are necessary. Contact lenses offer no protection. If you don't wear glasses, you might still want shatterproof lenses instead of eyeguards. ●

Belka and Kennedy — P.E. and math profs, respectively, at Miami University in Ohio — have played for 10 years and have taught college racquetball.

As Joe Kennedy shifts weight backward to come to center court position, Dave Belka sets and drops a backhand.



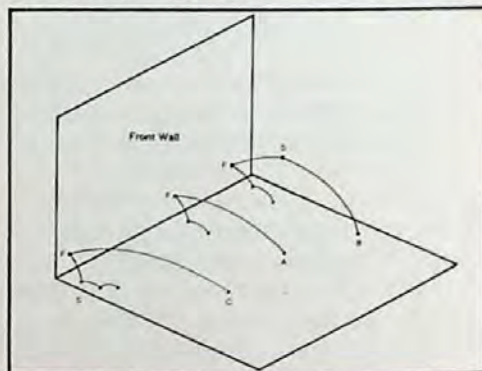
In the early days of racquetball people played with wooden paddles and a ball with relatively little resiliency. Since the ball did not bounce very much, lobs and drop shots were an important element of the game. But as the ball became bouncier and as tightly strung racquets replaced paddles, the lob was mostly displaced by the ceiling shot, while the drop shot received less and less attention from many players and teachers.

Why use the drop shot? That neglected shot is too valuable to be forgotten, that's why! Offensively it scores points since a good drop shot is nearly non-returnable. Defensively an opponent can be moved to either side by a wall shot or to the back with a lob or ceiling shot — a drop shot will move the opponent to the front wall, leaving center court open from this fourth direction. An opponent returning a shot just three feet from the front wall must back pedal a long way to get a softly hit drive which gently bounces to the back wall. Stamina quickly becomes a factor in a game with an opponent who is a good "dropper".

Furthermore your overall strategy is greatly affected by this shot. The change of pace makes a screaming kill seem even faster. An opponent must be ready to move forward as well as to the sides and back. Keeping an opponent off balance is a worthwhile objective and the drop shot can be very useful in accomplishing this objective.

What kinds of drop shots are there?

The straight or kill drop and the corner drop are the most common varieties and account for nearly all drop shots. In the straight drop (Position A) in the diagram the ball is hit directly to the front wall and bounces back. The second bounce should be within two or three feet of the front wall, but, if well placed, five or six feet is effective. In this shot you attempt to hit the front wall (F) about six inches above the floor. In the corner drop (Positions B and C) the point of wall contact may be slightly higher, perhaps 12 inches.



Friction from the side wall helps stop the ball, often creating a bean bag bounce. You hope that in position C the side wall contact point S, will be the floor-wall crotch. Considerably higher contact points are possible when the opponent is badly out of position.

Coming up next from *Beginner's Racquetball: conditioning.*

How is the stroke made? The ball may be hit from almost any contact point below the shoulder (occasionally higher). If the ball is above the waist, you can use a volley type hit similar to tennis. You simply allow the ball to rebound off the racquet, which is held stationary and at the appropriate angle for rebound to the front wall. This is the easiest type of drop, or dink, shot. This method does allow your opponent to know exactly what you are doing, however.

A knee level or lower contact point is preferred because it resembles the kill shot, thus confusing your opponent. Open, or tilt, the racquet upward a trifle more than for the kill as some loft is often needed to carry the softer hit ball to the front wall. Aim for about the same point on the front wall as for the kill, knowing that there is a bit more margin for error.

A slightly looser grip at contact absorbs force and produces the soft, slow shot. Or a firm grip with little forward swing will do it. This resembles a short, soft punching with little or no wrist snap.

As a strategy tactic with better opponents it may be necessary to take a normal preliminary and forward swing and then *"pull the punch"* just before contact to avoid tipping the shot. Just prior to contact tense the arm and immobilize the wrist. Reduce forward momentum of the racquet greatly, even reversing the direction of the swing after ball contact. Timing is crucial and the drop shot will require more concentration than a full power hit requires. On this shot wrist snap remains at a minimum and the follow through is reduced or eliminated.

If you use the drop shot frequently, then it helps to develop to a *"fake drop shot"*. This utilizes a short, slow backswing and beginning forward swing. Then the speed and force are greatly accelerated followed by a lightning wrist snap. This drives the ball past an opponent thundering up to destroy an apparently defenseless drop.

When to use the drop shot? If an opponent remains in back court while you are in the front court then play a drop shot. This is the ideal court position. The shot may also be made when you and your opponent are in mid court, but more careful placement is necessary. Rarely when you are both in front court can it be used. However if you see a step backward or even a weight shift back onto the heels, then a drop shot may be successful. Likewise if you receive a serve in back court and see your opponent start back or shift his weight you may be able to *"drop"* him. This need be done only a time or two and the opponent will be unable to move back to wait for your hard liner.

Are there problems? Yes, the drop shot, while effective, is not an easy shot to master. Like children — adults find it easier to develop force rather than to control a lesser amount of force. Like children — adults find it easier to force production than to decrease or *"take off"* force. A poorly hit drop shot is short and loses the point or it is high and is easily killed while other kinds of poorly hit shots may only prolong the rally. So it can be a loser. Accuracy and taking off (absorbing) force are critical in the proper performance of this shot and both are difficult. To use the drop shot a player must have knowledge of the opponent's court position. A player who stares at the front wall, does not monitor the flight of the ball and does not know where his opponent is will not be able to use the drop shot effectively.

How can beginners learn the drop shot? Beginners learn first to hit the ball, then to hit the ball against the front wall and then to hit the ball hard. Many never learn anything else. Strategy consists of repeated slams using maximum force until a ball happens to pass the opponent or happens to hit the front wall low enough to be a kill.

Beginners must first realize the value of a drop or reducing force on returns. It may help if the instructor chases them up and back several times per point for several minutes. Between huffs and puffs they begin to see there is more to this game than *"hit and fall back"*. After this motivation stage the instructor can purposely stay, or move, very deep into the back court when a weak return rebounds only five to eight feet off the front wall. If the position of the player in back court can be made obvious, the beginner may be encouraged to try the drop shot. Perhaps the instructor or another player outside the court can give a verbal cue when the obvious situation occurs. Once the beginner successfully performs a drop shot, even in this contrived setting, he or she can work to improve this skill shot with a little encouragement. A note of caution: Adding the drop shot, particularly in game situations, may overload an already overloaded perceptual/strategy system. An instructor must be sensitive about this.

This marks the beginning of the transition period from hitting with full power and staying near the back wall to planning strategy based on court positions of both players in relation to speed and flight pattern of the ball. This thinking and intelligent play is so much more enjoyable to experience or to watch than the standard low level that is so predominant in many beginners' play.

Summary. The drop shot is an excellent way to move from the *"hit and fall back"* game to an intelligent, interesting, winning game. Progress may be slow when you begin to learn the various drop shots. A great deal of concentration is necessary to plan and execute this *"control"* shot. The margin of error in the proper amount of force production is much less than in the maximum power hit. But the enrichment of your shot repertoire, the strengthening of your tactical control and the enhancement of your enjoyment of the game make it worth working for. Why not begin today to add this shot to your game? ●

APRO Teaches

Player Evaluation System

by Chuck Sheftel

Racquetball is quickly becoming a very sophisticated sport. For example the American Professional Racquetball Organization has developed an organization to certify racquetball teachers, a one way glass court system is developing and many other new and revolutionary ideas are evolving. However a rating system for all players has not been adequately devised. Different USRA state organizations are using computers to categorize the players in their correct level of competition. But as racquetball teachers, we are more concerned about a method to rate the club players for leagues, tournaments, ladder events, parties, etc.

Therefore I have devised a simple rating system that can be applied at all clubs. In 1976 the Chicagoland Indoor Tennis Association developed a very complex rating system for tennis which is presently being adopted by the National Tennis Association, United States Tennis Association and United States Professional Tennis Association. My racquetball rating system is very similar to theirs, but it is much simpler to implement. Player Evaluation System (PES) at a later date may expand like the tennis system into point values and break down the letter system into finer classifications.

The following is my Player Evaluation System (PES)

Player Evaluation System

- C- • A beginner without knowledge of correct strokes or strategy.
- C • Conceptual understanding of the strokes and strategy but limited application.
- C+ • Strokes and strategy are developing but lacks playing experience. Has obvious stroke weaknesses.
- B- • Hits some placement shots and is forming a strategy. Lacks consistency.
- B • Competent in basic strokes (forehand, backhand and serve), anticipates shots and has developed a preliminary strategy.
- B+ • Competent in basic and some advanced shots (ceiling ball, kill shot, variety of serves) and has begun to integrate these into a solid strategy.
- A- • Understands advanced strokes and strategy but needs additional experience to execute proficiently. Good anticipation. Is often able to force errors and execute winning placements.
- A • All strokes are executed dependably. This player will consistently reach at least the semi-finals of the highest level club championships.
- A+ • This player is qualified for competition on the regional and/or national level.

This system has been used since 1976 by many clubs in the Chicagoland area. In fact the National Court Clubs Association has taken much of their system from mine.

The Player Evaluation System is very easy to use. Either the players study the chart and rate themselves or the APRO certified teacher rates the person after a short hitting session.

The most preferred and efficient method, of course, is having the racquetball teacher hit with the player to see the ability levels in the basic strokes, serves and strategy. At the Forest Grove Swim and Racquet Club, where I teach, we allow certain hours during the week primarily for rating players. During a one hour session six or seven people are able to be rated. If the players rate themselves, then inequalities exist because they either overrate themselves to get better competition or underrate themselves to win all the time.

The PES is extremely valuable for formulating leagues. When this system is used, most of the leagues become very equal. If an inequality exists, then the player can either move up or down a level after a prescribed amount of weeks. A player should never be moved after only a few weeks. One-third of the league should be played before switches in the league levels begin. Intra-club tournaments are also very even when all players have been rated. Before a new player can enter a tournament he or she must be rated by the club teacher.

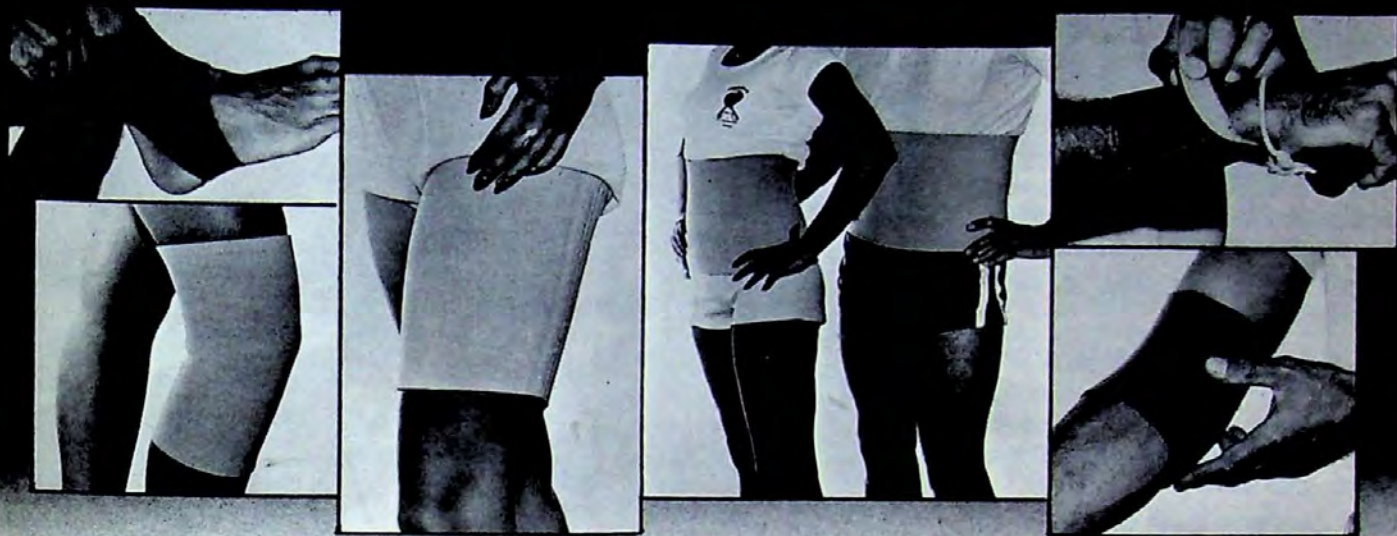
Of course each club's A or B-or C+ players may be different because of the way the racquetball teacher is evaluating them within the club. The best way to cure this problem is to periodically have another teacher come to your club and evaluate two or three of your players. Just yesterday a pro stopped by my club, and I asked him to categorize a player. We luckily agreed. I suggest this method to check your ratings.

To begin this system within your club make sure you give it a lot of publicity and hand out the PES sheet to everyone. ●

If you desire copies of the Player Evaluation System please write or call the American Professional Racquetball Organization at 730 Pine Street, Deerfield, IL 60015, 312-945-4678.

APRO members receive the copies at a reduced rate so please state whether or not you are a member.

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Food Enters the Competition

Peak Performance

by John Chelucci

I once conducted a survey at our club among the tournament players. I wanted to uncover the techniques used by these athletes to prepare for competition. Admittedly my methods were less than scientific... but then so were my findings.

"Hey Don," I asked, "going to the Nationals this year?"

"You bet!" he said, glaring at an imaginary opponent.

"Uh... are you doing anything special to 'peak' for it?"

"Don't have to," he said, smiling. "I peaked for my last tournament; I'm just going to hold onto what I've got."

I stared at him in awe; the Nationals were four months away! The rest of my survey only reminded me of the gospel tune "Everybody talkin' 'bout Heaven ain't goin' there!" While all claimed to be peaking, I suspect most were heading toward a mound, dune or gentle slope at best. Undaunted I began a search of the literature to discover how some of the greatest athletic performances had been molded.

A dogeared book by Muhammad Ali, naturally entitled *"The Greatest,"* detailed the Champ's attention to diet and exclusion of sugar. Vince Lombardi, legendary NFL coach, worked his team ruthlessly during preseason, then a few weeks before the first game, casually told his incredulous players "Today we start the Big Push!" A dust covered *Readers Digest* chronicled the amazing story of Olympic hero Don Schollander, the Mark Spitz of my generation. The night before his explosive performance he shaved his entire body, a ritualistic culmination of weeks of total sacrifice to that one desire — Olympic Gold.

The 30 grams of carbohydrate Breakfast Blues chaser.



But this is history. Today advances in exercise physiology and muscle biopsy studies have elevated the role of competitive peaking from myth to magic. Two especially exciting discoveries involve the manipulation of diet; the first, low carbohydrate training, can delay the onset of fatigue by 50 percent; the second, carbohydrate loading, can afford the athlete an almost inexhaustible supply of energy.

Low carbohydrate training begins six to eight weeks before the tournament. By switching to a diet low in carbohydrates the body is forced to utilize fat more efficiently as a source of energy. A restricted intake of 30-60 grams per day is needed to facilitate this shift to enhanced fat utilization. This allows the body's meager supply of glucose to be eked out over a longer period of activity. Most of us don't have to worry about our supply of fat running out!

The following chart lists some foods especially low in carbohydrates:

Food	Amount	Grams of Carb.
cheese	1 oz	.5
fish	4 oz	0
shrimp	4 oz	1.7
steak	4 oz	0
lamb	4 oz	0
pork	4 oz	0
chicken	4 oz	0
celery	1 stalk	2
lettuce	1/4 head	2
Food	Amount	Grams of Carb.
egg	1	.4
lobster	4 oz	.6
tuna	4 oz	0
'burger	4 oz	0
liver	4 oz	5
veal	4 oz	0
turkey	4 oz	0
cucumber	1/2	3
mushrooms	4 oz	5

The second phase of the tournament peak begins six days before show time with carbohydrate loading, also known as "glycogen overload" and "super compensation." The theory behind carbo loading is surprisingly simple; the organism deprived of glucose will, when once again supplied with this quick form of energy store it greedily. The way to achieve this is also uncomplicated; for three days the athlete reduces dietary carbohydrate to less than 10 grams per day while maintaining his training program. Following this the athlete rests while ingesting a carbohydrate rich diet, allowing his body to synthesize and store glucose. By the third day the amount of glucose stored is a reservoir of energy sufficient for the most gruelling day of racquetball. The following chart lists some foods naturally high in carbohydrates:

Food	Amount	Grams of Carb.
bread	1 slice	11
apple	1	18
watermelon	slice	25
granola	½ cup	33
macaroni	½ cup	20
honey	1 tbsp	17

Food	Amount	Grams of Carb.
banana	1	26
pear	1	25
dates	½ cup	50
rice	¼ cup	40
spaghetti	½ cup	20
sugar	¼ cup	50

Although sugar is a concentrated source of carbohydrate, it often causes the blood sugar level to drop by its action upon insulin. Additionally in excess its rapid gastric emptying may result in a plasma volume drop with subsequent dizziness and nausea (remember Halloween!). Avoid it.

The following three meals show how the carbohydrate intake can be manipulated while keeping the calories constant:

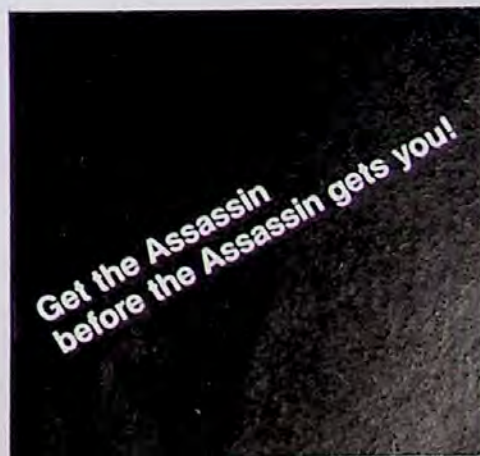
Restricted carbohydrates — Got the Breakfast Blues? Try this zesty high protein eye opener. Place a four oz. scoop of ricotta cheese in the center of a standard sized dinner plate, surround with one-half cup crushed pineapple, circle this with three oz. Swiss and sharp cheddar, and ring with chunks of ripe cantaloupe. Atop this scatter a dozen plump strawberries, the biggest of which is nestled centrally in the ricotta. Prepared the night before, covered and refrigerated, this sensual treat contains fewer than 30 grams of carbohydrate.

Super-restricted — Here's a sophisticated meal that even your mother won't recognize as an eight gram "training meal." A half cup cucumber and celery bits placed upon a quarter head of lettuce with oil and vinegar dressing. Place this beside a lean 12 oz. broiled steak with side order of steamed mushrooms smothered with butter. Enhance with a glass of Brolio Chianti, candles and a pleasant companion.

Carbohydrates galore! — For those all too rare times — a plate of steaming spaghetti topped with your favorite meatless sauce with side order of chilled carrot-raisin salad. Beverage — honey-sweetened tea. Dessert — a scoop of sherbet.

Having outlined a nutritional guide for peak performance I am impressed by how easy it appears. If only it were so! After only one week on a carbohydrate restricted diet the body, mind, and soul have but one desire — sweetstuff. You may watch in amazement as some supernatural force propels you along a darkened corridor unerringly toward the refrigerator. You will drool in fascinated torment if your dinner date orders ravioli. But when the day of the tournament arrives and you step into your four walled world, you'll know you gave it your best shot! ●

Terry Fancher, USRA coordinator and our unofficial health expert, reminds readers that when they follow Nutritionist John Chelucci's peaking diet, they should remember to train for the tournament at the same time.



EXTRA!

Superstar Hogan

The number one racquetball player was far and away the number one overall competitor August 23-25 against 12 other athletes in the first of four men's preliminaries in the 1979-80 Superstars TV series.

Marty Hogan will play in the Superstar finals, with a tentative air date on ABC TV of Sunday, March 2, as a result of his first place win in the August competition at the Princess Hotels in Freeport, Grand Bahama Islands. Hogan won

\$15,500 by capturing firsts in tennis, swimming, the half mile run and the bike race and took seconds in bowling and rowing. He placed fifth in the obstacle course, the event that gave Racquetball Pro Kathy Williams problems in last year's women's Superstars event.

"Hogan was ahead by so much," one observer reported, "it wasn't a matter of whether or not he'd win—it was whether or not he'd beat the record for the highest points scored in a Superstars competition."

The racquetball champ earned 55 points, compared to the second place 32 points. If Hogan had finished as high as number two in the obstacle race, his score would have broken the Superstars record for men, which is 60 points.

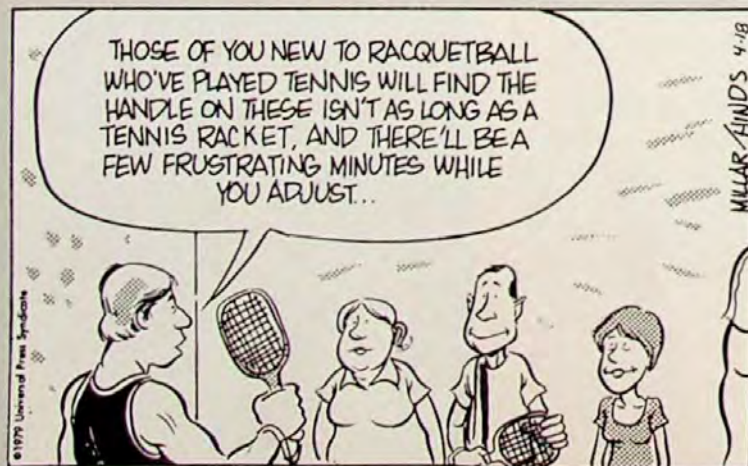
Among Hogan's opponents in the preliminary competition taped for mid-January viewing (tentative air date is Jan. 13) were Brian Trottier, of the New York Islanders, National Hockey League

Most Valuable Player, who came in second, Moses Malone, of the Houston Rockets, the National Basketball Association Most Valuable Player, and Vito Anteufermo, world middleweight boxing champion.

February 5-7 Hogan will meet 13 to 15 other Superstar athletes who took top places in the preliminary events. The baseball and veterans taping is Dec. 7-9 and the football segment will be taped Jan. 31-Feb.1.

TANK MCNAMARA

by Jeff Millar & Bill Hinds



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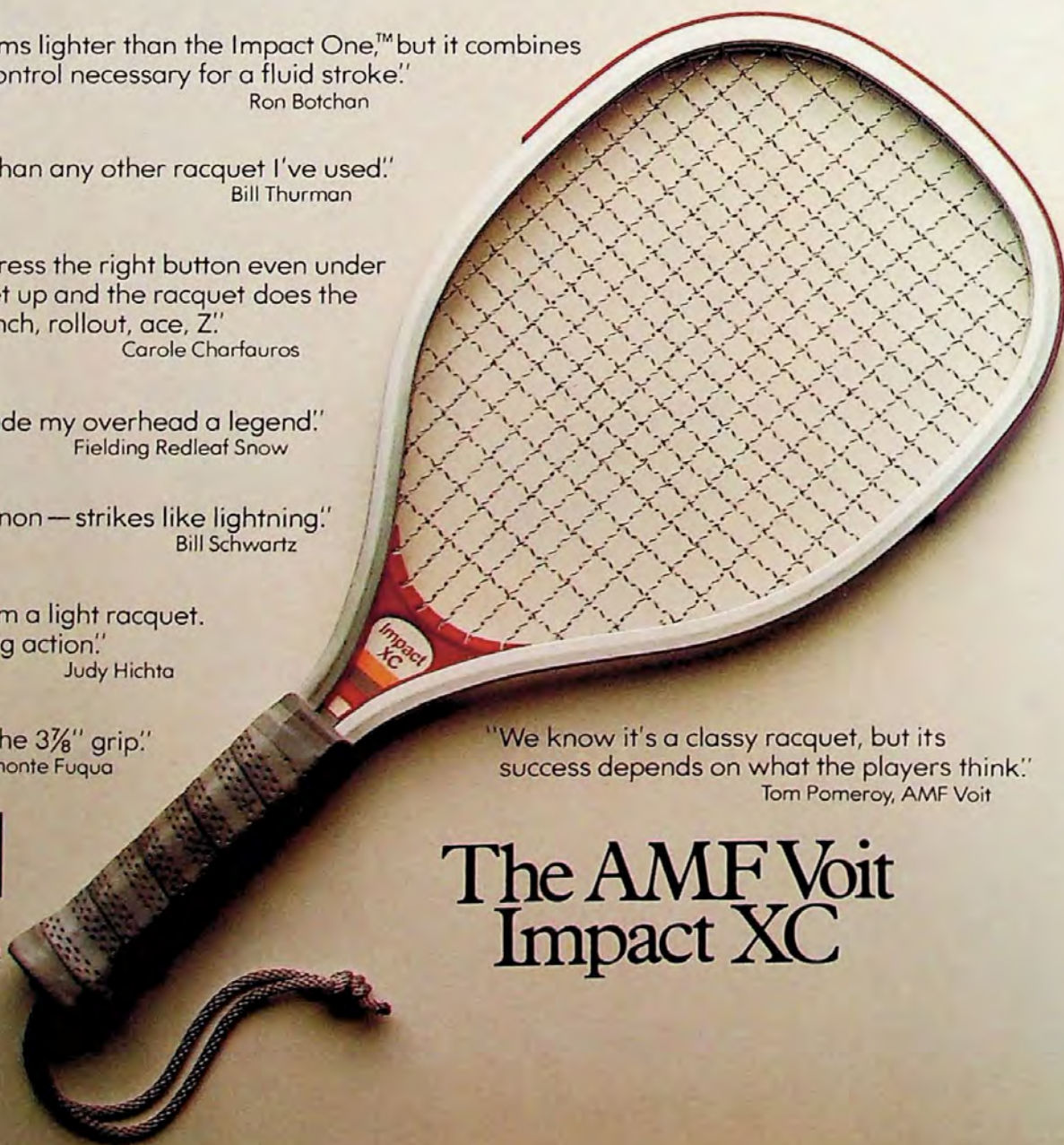
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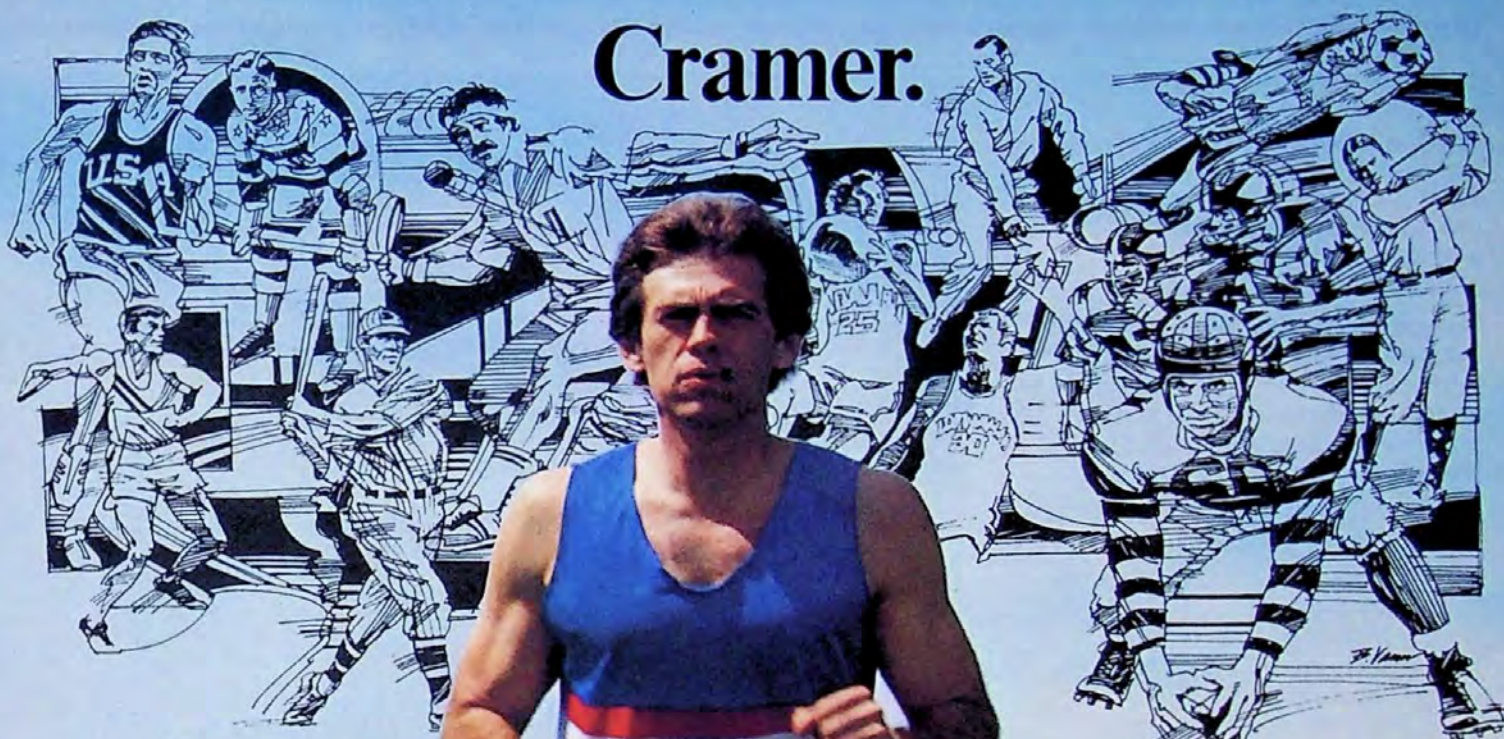
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Pro Tour Schedule

The 1979-1980 National Racquetball Club (NRC) professional tour once again has blossomed to the biggest and best in the history of the sport. Over \$300,000 in prize money will be distributed in a series of outstanding events, including the first \$100,000 National Championships.

One of the new features on the tour this season is the "Approving" of events by the NRC. An *approved* status is slightly different than the usual "NRC Sanctioned" status normally enjoyed by tour stops.

A *sanctioned* tournament will be one in which the following criteria are met:

- 1) Both men's and women's prize money offered
- 2) The format is open
- 3) A minimum of \$21,000 in prize money is offered
- 4) USRA/NRC rules will apply

Such *sanctioned* tournaments will be a part of the NRC's new formula for qualifying for the 1980 National Championships. Only *sanctioned* tournaments will offer points toward the Nationals (see accompanying story).

An *approved* tournament is one in which the NRC is stating "although the requirements for *sanction* have not been met, the format for the tournament is of high enough quality to be a top event". Some criteria would be:

- 1) A minimum of \$10,000 in prize money is offered
- 2) Invitational (option)-decision of sponsor as to which professionals will be invited
- 3) Top flight host facility
- 4) USRA/NRC rules will apply

Approved tournaments will not count toward National Championship qualifying points, but prize money earned will count toward



determination of amateur status. The \$999 limit per last 12 months still is the maximum any amateur can win before becoming ineligible for amateur events.

The 1980 National Championships, tentatively scheduled for Las Vegas the first week of June, will be sponsored by Colgate and the purse is expected to be a whopping \$100,000 - the first six figure purse in racquetball history! ●



Qualification Point System for Nationals

The new National Championships qualification system will be in effect during the 1979-80 NRC pro tour in order to aid top amateur players in deciding which events to play at the Nationals.

At each tournament designated by the NRC as "NRC Sanctioned" points will be awarded to players based on performance. These points are in no way used to determine player's rankings — just the eligibility for the Nationals.

(The player's ranking still determines the player's position in the draw for each event and is still based on the five tournament rotation, with a three tournament common denominator).

The "Qualification" points accumulate during the season and the top 32 players will be eligible for the professionals divisions at the National Championships. There will be no pre-tournament qualifying for the pro events in the 1980 Nationals.

If any player in the top 32 qualifiers cannot participate at the Nationals, then the 33rd player will be added, then the 34th, etc.

The points awarded will be in the following manner:

Round of 32 losers will receive	100 points
Round of 16 losers will receive	110 points
Quarter-final losers will receive	120 points
Semi-final losers will receive	140 points
Second place will receive	150 points
First place will receive	155 points

Each tournament on the tour that is *sanctioned* will have a qualifying round on Wednesday prior to the tournament, just as in the past. This season it will be the same format for women as for men (24 exempt players and eight qualifiers). ●

1979-80 NRC Pro/Am Tour

Date	Name of Event	City	Format
September 26 - 30	Robert W. Kendler Classic	Lombard, IL	Open
* October 19 - 21	Bangor Invitational	Bangor, ME	Invitational
November 14 - 18	JACK IN THE BOX Classic	Tempe, AZ	Open
* November 30 - December 2	Sports Barn Invitational	Chattanooga, TN	Invitational
December 13 - 16	Tanner/Coca Cola Classic	Memphis	Open
* January 31 - February 2	Kunnan/Leach Tournament of Champions	Coral Gables, FL	Invitational
February 20 - 24	Coors Classic	Denver	Open
March 19 - 23	Catalina Classic	Los Angeles	Open
April 16 - 20	Seamco Classic	Undetermined	Open
May	Site and date to be determined		
June 1-7	Colgate National Championships	Las Vegas	Open
* June 26 - 29	CBC International Classic	Winnipeg	Invitational
* July 10 - 13	Hawaiian Sports Week Pro/Am	Honolulu	Invitational

NOTE: Those events marked with an asterisk (*) are approved. All others are sanctioned. Be sure to check each issue of *National Racquetball* for updating of host facilities and additional tour stops.



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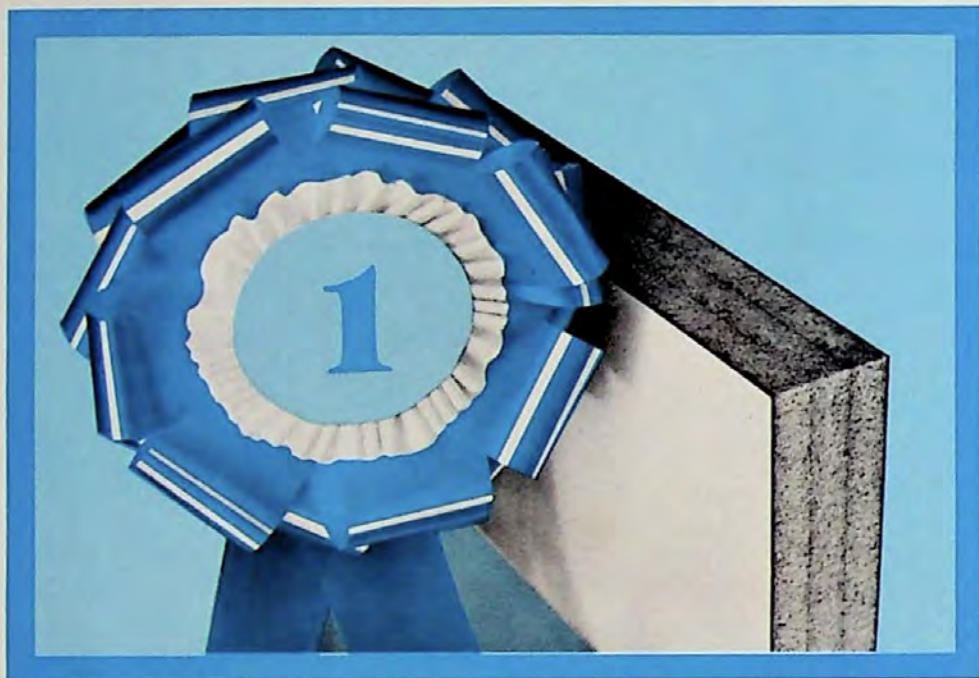
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Women In Racquetball



Carol Brusslan

Congratulations, Jennifer and Jean

The hunger for the fast, easy buck is so prevailing that it's a pleasure to see people get ahead because they're smart and willing to work for what they want.

Two happy cases in point are Jennifer Harding and Jean Sauser, who — late in the day on August 8 — signed the papers that made them owners of the Milwaukie Racquetball Club outside of Portland, OR.

The women, both 28, met at the first Nationals in 1974. Since then the Oregon pro took first at two tour stops and now ranks fourth among the women. Jean's current slot is number eight.



Pros Jennifer Harding, left, and Jean Sauser, at the desk of the club they just bought.

Jean's been dreaming of owning a club "since 1975, when I started in the racquetball business as a pro at SkyHarbor in Northbrook." Jean had saved her dollars from her job, tour earnings, free lance art assignments, royalties from an instructional book and clinics. So she had a small nest egg when she left Illinois for Oregon, at Jennifer's urging, to work for the Milwaukie Club.

In the meantime Jennifer — who told *National Racquetball* last year that she "dreamed of owning a club," was gearing up to buy in Milwaukie, where she had a percentage of ownership in her management contract and a first purchase option. And Jennifer was piling up her assets — prize money, bonuses, a profitable real estate deal and proceeds from a racquet stringing business.

As new owners (Jennifer's the major holder, while Jean shares her part with three others) the women find life no more hectic than it was when they were managing for former owner Mike Talla.

"Our high level of input will just continue," Jennifer explains.

And their new goal now that one dream came true? To groom a staff they can rely on so the pros can concentrate on vying for the top spots on the racquetball tour.



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Rita Hoff Versus the N.F.L.



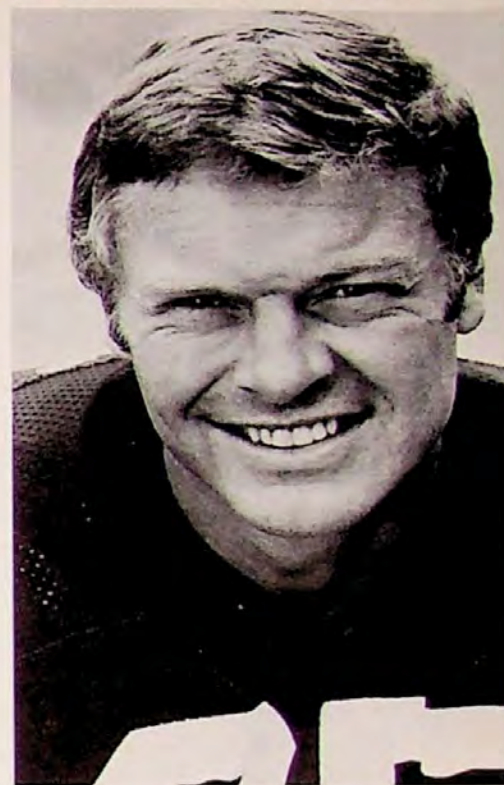
Randy Vataha • 5'10" 176 pounds • Winner



Bill Lenkaitis • 6'4" 225 pounds • Loser



Jim Baaken • 6'0" 200 pounds • Loser



Roger Wehrli • 6'0" 190 pounds • Loser



Earl Edwards • 6'7" 256 pounds • Loser



Bigger Isn't Better

At the end of this 1979-'80 football season Rita Hoff vows to prove again that *"size isn't that important"* when it comes to winning racquetball games.

Hoff, one of the top women pros since she started playing for money two years ago, beat five out of six N.F.L. competitors last year during an exhibition tour for Natural light beer. The series will resume early in 1980, and *"Rita may expand her conquests to men in other sports,"* reports a Natural light spokesperson.

The 28-year-old racquetball pro won't pin down her weight for publication (*"It's somewhere between a hundred and two hundred"*) but you can tell by looking that she carries considerably fewer pounds around the court than her football opponents.



Rita Hoff captured back to back 21-8 victories from Rams All-Pro defensive end Jack Youngblood.

As a matter of fact the smallest player in Hoff's battle of the sexes defeated her — twice. Randy Vataha, who tops her 5'7" by only three inches, beat Hoff in exhibitions at his own Playoff Racquetball/Handball Clubs in Boston and in East Providence, RI. The timing of the first Vataha-Hoff duel worked in favor of the former New England Patriot wide receiver. Vataha was training for the Coors All Pro Championship finals in Las Vegas. (Did playing Hoff give Vataha the edge to win the \$58,000 first prize?)

But Hoff was the victor in all her other matches, starting with the one against Jim Baaken, St. Louis Cardinals kicker, who played Rita in her home town on the urging of some St. Louis racquetball club members.

Other racquetball playing football pros who landed on the losing end of Rita's racquet were Roger Wehrli of the Cardinals, Earl Edwards of

the Cleveland Browns, Bill Lenkaitis of the New England Patriots and Jack Youngblood of the Los Angeles Rams.

Hoff, who holds bachelors and masters degrees in P.E., used her brain against the brawn by "keeping the ball in the back court — once they were in front of me, I knew I wouldn't be able to see around them.

"I was surprised that they didn't really hit a powerful ball. But none were that easy to beat, considering that — other than Randy Vataha — they just play now and then.

"Lenkaitis had good placement of serves, and Brown had a good finesse game — he placed the ball in corners with a soft touch just when I'd be standing in back.

"Youngblood made me laugh all the time, so it was hard to

concentrate. It was a different kind of game all around; he had a bunch of people watching — making remarks about him and bets against him.

"All in all I enjoyed it tremendously... and I showed that even if a woman doesn't hit the ball hard, she can go out on the court and play a game with control and placement.

"I proved that racquetball is a good social game."

Six Reasons to Try Tofu

The Book of Tofu

Reviewed by Judith Neisser

Last Christmas a neighbor presented me with an unusual gift: a handsome Oriental plate bearing a square of a custard like product called tofu in a rich-brown, ginger scented soy sauce.

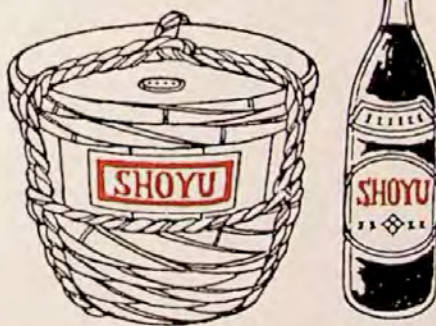
Determined to learn more about tofu I bought what many consider the definitive book on the subject and spent the next several months experimenting with and marveling at the versatility of the nutritious soybean food. The Vegetarian Alternative once touted *The Book of Tofu* (revised edition: Ballantine Books, 1979, \$2.95) as "The most important book on food ever published for vegetarians — if not all the world." I agree. For over 400 pages the authors, William Shurtleff and Akiko Aoyagi, show us how and why tofu, the centuries old source of protein in Oriental diets, is the ideal solution to the protein needs of health conscious people throughout our planet. The well illustrated volume explores in detail not only the forms, history, tradition and nutritional assets of this miracle protein but also offers 250 recipes — soups, salads, dressings, sauces, main dishes, casseroles, barbequed and deep fried specialties and desserts — utilizing tofu as an essential ingredient.

Why is tofu hyped as today's miracle protein? According to authors Shurtleff and Aoyagi there are several reasons: 1. . . . *tofu, prepared by a process that carefully removes the crude fiber and water soluble carbohydrates from soybean is soft and highly digestible. . . . Thus tofu can be an excellent food for babies, elderly adults and people with digestive problems.* 2. *It is the ideal diet food. "A typical eight ounce serving contains only 147 calories. An equal weight of eggs contains about three times as many calories and an equal amount of beef about four to five times as many."* 3. *It is "low in saturated fats and entirely*

free of cholesterol." 4. *"It is an excellent source of calcium, an essential mineral for building and maintaining sound teeth and bones"* because much of the tofu made in the U.S. is coagulated with calcium chloride nigari or calcium sulfate. 5. It is low in cost. In Chicago, a one pound package retails in many supermarkets for as little as 98¢ per pound. 6. Tofu is quick and easy to use. *"Like yogurt, cottage cheese or cheese each of the different types of tofu is ready to eat and requires no further cooking."*

All of the above information and much more can be gleaned from this entertaining, enlightening book. I heartily recommend it for everyone and most particularly for health and weight-conscious racquetball players.

Here are three recipes — appetizer, main course, dessert — from *The Book of Tofu*. Bon appetit!



Creamy Tofu Dip

Makes one cup (also a salad dressing or high protein sandwich spread)

6 ounces (2/3 cup) tofu, drained or pressed (p. 121) if desired; or firm tofu

1 1/2 to 2 tbsps. lemon juice or vinegar

2 to 2 1/2 tbsps. oil

1/4 tsp. salt

1 tsp. shoyu (Japanese soy sauce), or 1 1/2 tbsps. red miso or 1/4 tsp. salt

Choice of seasonings

Seasonings:

GARLIC AND DILL: 1/2 to 1 clove of minced garlic and 1/4 tsp. dill seeds. Serve topped with a sprinkling of 1 tbsp. minced parsley. Also nice with only garlic.

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CURRY: 1/2 tsp. curry powder and 2 tbsps. minced onion. Top with a sprinkling of 1 tbsp. minced parsley.

CHEESE AND GARLIC: 1/4 cup Parmesan or grated cheese and 1/2 clove of minced garlic (or 1/4 onion). Served topped with a sprinkling of minced parsley.

Combine all ingredients in a blender and puree for 20 seconds, or until smooth (or mash all ingredients and allow to stand for 15 to 30 minutes before serving). If desired serve topped with a sprinkling of minced parsley or a dash of pepper. Refrigerated in a covered container this preparation will stay fresh for two to three days and its consistency will thicken delectably. It can also be frozen.

Tofu Italian Meatballs

Serves two or three

12 ounces tofu, well pressed or squeezed

1/4 cup chopped walnut meats

1/2 onion minced

1/4 to 1/3 cup bread crumbs

1 egg, lightly beaten

3 tbsps. minced parsley

Dash of pepper

4 tbsps. red miso or 1/2 tsp. salt

oil for deep frying

1/4 cup tomato juice or tomato

soup

1/4 cup ketchup

Dash of oregano

3 tbsps. Parmesan or grated

cheese

Combine the first 7 ingredients and 1 tbsp. miso. Mix well and shape into 1 1/2 inch balls. Heat oil to 350°F. in a wok, skillet or deep fryer. Drop in balls and deep fry until cooked through and well browned. Drain balls, then arrange in a loaf pan. Preheat oven to 350°F. Combine remaining 1 tsp. miso with tomato juice and ketchup, mixing to form a sauce, and pour over tofu balls. Top with a sprinkling of cheese and bake for 15 minutes or until nicely browned. For best flavor allow to stand for 6 to 8 hours. Serve hot or cold, as is, or as a topping for spaghetti.

Tofu-Strawberry Dessert

Serves 4 to 6

24 ounces tofu, chilled and mashed

4 1/2 tbsps. honey

2 tbsps. vanilla extract

12 to 15 strawberries, cut vertically into halves

1/4 cup sliced hazel or almond nutmeats

Combine the tofu, honey and vanilla in a large serving bowl; mix well with a fork. Dot the surface with strawberries then sprinkly with sliced nutmeats.

Who's Playing Racquetball?

Diane Musha: An American in Tokyo

A high school and college tennis player Diane Musha was introduced to racquetball by her husband while they were in Japan. *"I started playing racquetball and never played tennis again,"* the 27-year-old blonde added.

She is busy three days a week with a full time job teaching English to first through sixth grade students in a private Catholic girls school. *"I don't use racquetball to unwind, my job is sheer pleasure. I do it because I like it so much and like the physical aspects,"* she says.

Her students, about 50 at a time, are all Japanese. On the days she teaches she leaves Yokota Air Base, near Tokyo at 5:30 a.m. to catch a train to Koenji. She returns at 5 p.m. She speaks Japanese and conducts class in both Japanese and English. *"The girls are eager to learn. English is a requirement from the seventh grade up and because this is a private school, they use American teachers to teach English,"* she explains.

Her background is broadcasting with a master's degree in educational broadcasting from Michigan State University. She was working in that field in Dallas when she met her husband, an employee of the Army and Air Force Exchange Service. Two months later they came to Japan.

"Being overseas has given me a lot of advantages that I wouldn't have had in the States," she says. *"I wouldn't have gone to a club and paid the price just to see if I like the sport. The facilities on base are super and since both my husband and I have the interest, when we go home we will join a club."*

The fast pace of racquetball attracts Diane. *"The amount of energy you expend in one hour doesn't compare to the amount of energy expended on the tennis court."* Being a converted tennis player she had a lot to learn when switching to racquetball. *"I had too*



- Don Sutherland photos



Diane Musha plays a lot of racquetball, but not to unwind, because "my job is sheer pleasure."

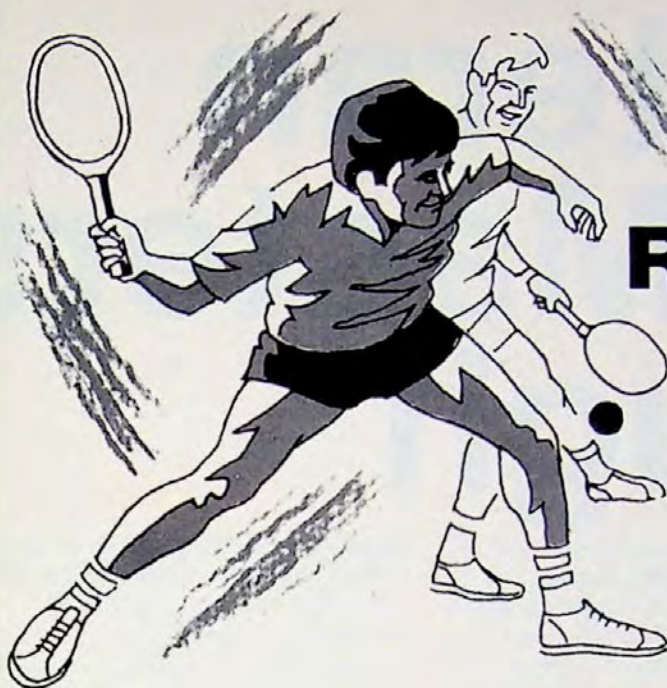


much form," she confesses, *"I would get down into my stance and get set to hit the ball. In racquetball there is more spontaneity. You do need form and you do need control, but you don't need your feet 15 inches apart and your arm set just so."*

Though Diane considers herself an intermediate, she's improving quickly, mostly, she believes from playing men on the base. *"I have to be good at strategy because no woman can compete with a man in terms of physical ability to hit the ball."*

Evidence of Diane's progress is in her tournament record. She placed second in the first two tournaments at Yokota and tied for first in another. But last spring her frequent playing (twice Monday and Friday and once a day on weekends), plus her conditioning from biking and running, paid off. She was winner of the women's division.

— John Peters



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Even Veteran Golden Masters Play Tough

The stabbing pains of stiffening muscles, the first angry bite of an ice pack and the sheer emptiness of defeat are the camp followers of any top flight competition . . . but judging by the faces of hundreds of amateur racquetball players who made the June, 1979 Nationals the biggest ever, those three elements were conspicuously absent.

For the more than 500 amateur players who made the trek to Tempe in search of some competitive play and prizes the Nationals were the high point in their racquetball year, and come win or lose . . . they were out to enjoy it.

That's why some of those amateur events, with the early rounds often buried down the end of a corridor of courts with late evening start times, get little mention in tournament writeups.

They take place away from the gloss and veneer of the pro battles, away from the youthful exuberance of the men's and women's open matches where up and coming experts joust for the watching eyes of potential sponsors. But the competition is still there, hot and strong.

The new expanded divisions of play showed remarkable support, with tough play right on up through the veteran golden masters events. And the USRA had pledged that whenever there were enough entries to run a division — the action would happen.

Take the men's senior singles. Bill Schmitdke of Apple Valley, MN, was seeded number one, and he proved that he deserved it. He just slid down

the top of the draw, destroying the hopes of Floridian Larry Bauer, Arizonian Ken Speigel, Roger Ehren of Long Beach, CA, and number two seed, Jim Austin from Houston in successive rounds.

. . . And he never went three with anyone until his final game. Just goes to show what an old pro can do.

There are 62 entries in that division, while the women's senior singles attracted 12.

Those ladies may admit to more years than the 35-year-old baseline, but they didn't show it.

Against the seeded leader, Sue Carow of Glenview, IL backed up the draw.

Sue looked set to meet number two seed, Bette Weed of Spring Valley, CA, in the finals until another Californian, Linda Siau, took her in three in the semis with a final 11-4 clinching the victory. Sue Carow got a rest when Ruth Wojcik gave her a forfeit. Going into the finals one was rested and one was tired and the scores 21-12, 21-13 truly reflected the state of the game.

Add on five years and it's veteran senior singles time. This time the illustrious Hogan name — this time Marty's mum Goldie — and the number one spot couldn't work the winning magic.

Sue Graham, from Sterling, VA, battled her way to an 11-9 in the tie-breaker of their first round match.

Sue in her turn went down to Geri McDonald of Millbrae, CA, who ended the hopes of Penny Blum from Tucson in round one. Geri was thus in

the final and across the draw was Colleen Sloan, another Californian who went down gallantly and consistently 21-12, 21-12.

Sticking with the ladies Bonnie Stoll and Mary Dee took two tie-breakers to win the womens' amateur doubles — first in the semis against Floridian's Dee Lewis and Sheryl Nelson and then in the finals against Michigan couple Irene Ackerman and Stacey Fletcher.

Take a dentist used to pulling teeth and a long time racquet expert and court-side tactician . . . and what do you get?

. . . A donut, that's what.

Burt Morrow, father of pro Mark Morrow and an immensely competitive player despite his 55 years and over definition — he normally drops brackets to get competition — faced down in the semi-finals against Carl Loveday.

Loveday, whose svelte shape has gone in for a little less streamlining, is a master tactician, a man who directs the on court offense of Top Pros Charley Brumfield and Rich Wagner . . . All that deserted him as he went down 21-0 in the first game of his finals match against Morrow.

The draw was precise — Morrow, seeded one, came down the successive steps; Loveday, seeded two, floated up to the final.

But after 21-0 all Carl could come up with was 13 points in game two to concede.

Number one seed against number two was the way it went in the masters singles, as well. Bud Muehleisen from San Diego stopped the hopes of Jay Krevsky from Harrisburg, PA, after Krevsky battled his way through a semi-final match against Los Angeleno Lee Prettner, which ended with a victory on the odd point in the tie-breaker. After 11-10 all Jay could muster was 17 and 9 against Muehleisen's old time moves.

Add on 15 years and they are still at it. Sixty plus veteran golden masters like Ed Lowrance from Memphis and Alex Guerry from Chattanooga proved that with their exciting final match.

Ed was the more tired, having got to the final via a tie-breaker in the semis against Luzell Wilde from Centerville, UT.

Alex had an easy ride, taking John Pierce of Waco, TX, to the cleaners 21-2, 21-7. But evidently the break on energy wasn't enough for Guerry; he went down to some superior on court moves 12 and 10 to concede the title to Lowrance.

He may stretch the truth on a lot of things, but Charlie "the Gar" Garfinkel never lies about his age. He's a veteran senior (40 and over) going on 21, and he proved it, romping home to take the silverware from Bob Peterson, of Boise, 12 and 9.

He may not have been seeded first (he was second) but the Gar got his big break when Bill King, the top seed from Radford VA, forfeited in the second round after his first round bye.

Peterson got his own back, however, when he and Muehleisen made it to the finals of the mens' senior doubles with a convincing win over Mike Aubrey from Tempe and John Lankford from Tucson.

Happy Hawaiian Sam Koanui made it all the way from Honolulu to Tempe to the finals of the mens' veteran masters singles against Illinoian Bob Troyer, but Sam — who beat Ivan Pudding, then Bob Henley — couldn't do the rest. He went down and back to Hawaii, the loser 21-8, 21-9.

Morrow pulled double wins when he and partner Jim Skelton won the golden masters' doubles 21-16, 21-18 against Chicago team Jim DiVito and Sam Rizzio.

Men's open doubles ? . . . well Jeff Kwartler and Mark Malowitz, who took the title last year on empty stomachs and then went out to celebrate with cheeseburgers only, had alka seltzer as consolation this year when their hopes fizzed away against Los Angelans Kirk Williams and Bruce Radford in the quarters. But last year's runners-up, Stan Wright and Steve Trent from San Diego, were there all the way. Second seeds, they just battled their way through quarter and semi-final tie-breakers to dispose of the Phoenix pair, Keith Fleming and Ken Garricus in a thrilling finals match which ended yet again in a tie-breaker with only a two point — 11-9 — difference between victory and defeat.

That was Racquetball, 1979 style.

Results

Men's Senior Singles

(First round): Schmidtke d. Bauer 21-9, 21-2; Knox d. Gomez 21-16, 21-4; Spiegel d. Hollowell, forfeit; Rezendes d. Murphy 21-19, 21-6; Alvarado d. Woolford 21-2, 21-3; Lovell d. Holden 21-9, 21-1; Dix d. Schoenig 21-8, 21-7; Babkes d. Constantino 21-17, 21-11; Aubrey d. Hall 21-11, 21-5; Griffin d. Sanchez, forfeit; Goodman d. Lewerenz, forfeit; Compton d. Conine 21-1, 11-21, 11-8; Marton d. Gray 21-11, 21-11; Ehren, bye; Condratow, bye; Eichinger d. Karas 21-17, 21-12; Berry d. Davis 21-7, 21-4; Ulagalelei d. Klass, forfeit; Bible d. Morris 21-3, 21-7; Lose d. Stange 21-16, 21-12; Krugman d. Shetzer 21-16, 21-20; Letter d. Jalbert 21-10, 21-7; Humphrey d. Chodosh 21-13, 18-21, 11-2; Lankford d. Hill 21-13, 21-7; Armengol d. Gemus 21-20, 21-20; Hellard d. Hayes 21-3, 21-7; Thomas d. Nickles 21-4, 21-16; Kortman d. Iafollo 21-8, 21-8; Celaya d. Sterling 21-5, 21-11; Austin, bye.

(Second round): Schmidtke d. Bauer 21-14, 21-6; Spiegel d. Knox 21-10, 21-12; Alvarado d. Rezendes 21-12, 21-10; Dix d. Lovell 21-13, 21-6; Aubrey d. Babkes 21-17, 21-8; Griffin d. Goodman 21-14, 17-21, 11-3; Compton, forfeit; Ehren d. Marton 21-2, 21-5; Eichinger d. Condratow 16-21, 21-14, 11-5; Berry d. Ulagalelei 21-9, 21-7; Lose d. Bible 21-15, 21-20; Letter d. Krugman 18-21, 21-8, 11-10; Humphrey d. Lankford 21-12, 9-21, 11-9; Hellard d. Armengol 21-3, 21-5; Kortman d. Thomas 21-19, 21-12; Austin d. Celaya 21-8, 21-2.

(Third round): Schmidtke d. Spiegel 21-8, 21-10; Alvarado d. Dix 21-6, 21-16; Aubrey d. Griffin 21-17, 21-18; Ehren d. Compton 21-9, 21-4; Eichinger d. Berry 21-15, 12-21, 11-8; Lose d. Letter 14-21, 21-13, 11-2; Hellard d. Humphrey 21-17, 21-8; Austin d. Kortman 20-21, 21-11, 11-9.

(Quarters): Schmidtke d. Alvarado 21-16, 21-16; Ehren d. Aubrey 15-21, 21-14, 11-4; Lose d. Eichinger 21-17, 21-15; Austin d. Hellard 21-14, 21-4.

(Semis): Schmidtke d. Ehren 21-13, 21-11; Austin d. Lose 21-7, 21-5.

(Finals): Schmidtke d. Austin 16-21, 21-8, 11-2.

Men's Veteran Senior Singles

(First round): King, bye; Ochroch d. Atkinson 21-11, 21-4; Botchan d. Brody 21-10, 21-10; Kaihlanen d. Epler 21-6, 21-3; Peterson d. Waldman 21-4, 21-15; Katchik d. Reed 21-5, 21-19; Haistings d. Hall 21-16, 21-13; Johnston d. McNabb 21-17, 21-15; Krevsky d. Carillo 21-13, 21-10; Masucci d. Robbins 21-7, 21-4; Harnett d. Stull 21-13, 21-7; Moericke d. Fijal 21-19, 8-21, 11-8; Seaton d. Pfister 17-21, 21-12, 11-0; Mansperger d. Poppino 21-7, 21-10; Celaya d. Fabry 21-11, 21-11; Garfinkel, bye.

(Second round): Ochroch d. King, forfeit; Kaihlanen d. Botchan, forfeit; Peterson d. Katchik 21-13, 21-12; Johnston d. Haistings 21-3, 21-11; Krevsky d. Masucci 21-9, 21-18; Moericke d. Harnett 21-6, 16-21, 11-1; Seaton d. Mansperger 21-17, 21-15; Garfinkel d. Celaya 21-6, 21-4.

(Quarters): Ochroch d. Kaihlanen 21-5, 21-13; Peterson d. Johnston 21-8, 21-13; Krevsky d. Moericke 20-21, 21-13, 11-4; Garfinkel d. Seaton 21-14, 21-0.

(Semis): Peterson d. Ochroch 21-4, 21-6; Garfinkel d. Krevsky 21-20, 21-5.

(Finals): Garfinkel d. Peterson 21-12, 21-9.

Men's Masters Singles

(First round): Muehleisen, bye; Wickham d. Rodriguez 21-2, 21-2; Banales d. Thee 21-15, 21-16; Bishop d. Clark, forfeit; Lerner, bye; Coyne d. Edelman 21-2, 21-18; Pudding d. Ekelman, forfeit; King, bye; Pretner, bye; Stull d. Stirtz 21-13, 21-15; Garcia d. Carpenter 21-12, 21-8; Tanner, bye; Christensen d. Hurd, forfeit; Morris d. Nowak 17-21, 21-16, 11-10; Daley d. Walker 21-15, 21-18; Krevsky, bye.

(Second round): Muehleisen d. Wickham 21-7, 21-8; Banales d. Bishop 21-1, 21-3; Lerner d. Coyne 21-15, 21-9; King d. Pudding 21-16, 21-14; Pretner d. Stull 21-3, 21-6; Tanner d. Garcia 21-13, 21-2; Christensen d. Morris 21-5, 21-3; Krevsky d. Daley 21-2, 21-8.

(Quarters): Muehleisen d. Banales 21-15, 21-8; King d. Lerner 21-16, 21-7; Pretner d. Tanner 21-17, 21-15; Krevsky d. Christensen 21-1, 21-8.

(Semis): Muehleisen d. King 21-12, 21-10; Krevsky d. Pretner 21-7, 14-21, 11-10.

(Finals): Muehleisen d. Krevsky 21-17, 21-9.

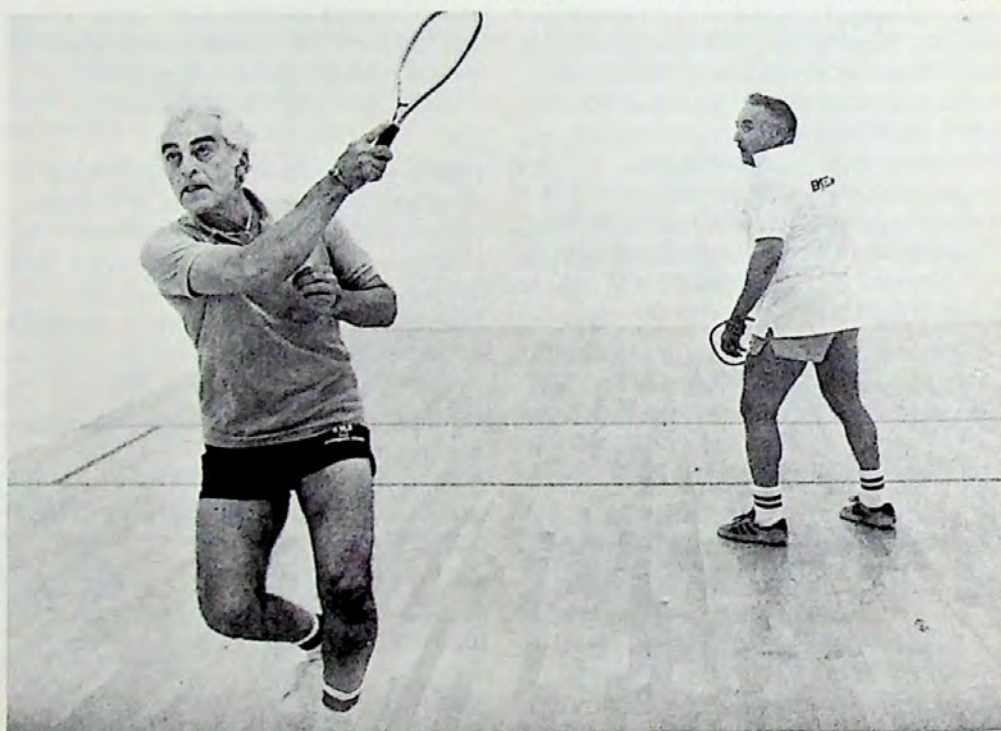
In another first-time category, Ed Lowrance readies a forehand kill against Alex Guerry in the finals of the Veteran Golden Masters division won by Lowrance.



Veteran Masters champ Bob Troyer prepares a forehand in the finals. This was Troyer's first National title.



Burt Morrow completes the front end of his "double play" as he stops Carl Loveday in the finals of the Golden Masters Singles.



Morrow and partner Les Skelton (2nd from l.) top Chicago's Jim DiVito (l.) and Sam Rizzio (r.) in the Golden Masters Doubles Championship match.



Men's Veteran Masters Singles

(First round): Troyer, bye; Gutowitz d. Held, forfeit; Karp d. Garduque 21-7, 21-3; Cox d. Stulik 21-17, 21-16; Bruner d. Epstein, forfeit; Henley d. Eckhardt 21-11, 18-21, 11-2; Pudding d. Ekelman, forfeit; Koanui d. Brandon 21-9, 21-6
(Quarters): Troyer d. Gutowitz 21-2, 21-2; Karp d. Cox 21-0, 21-1; Henley d. Bruner 21-7, 21-10; Koanui d. Pudding 11-21, 21-19, 11-7
(Semis): Troyer d. Karp 21-2, 21-11; Koanui d. Henley 21-5, 21-15
(Finals): Troyer d. Koanui 21-8, 21-9

Men's Golden Masters Singles

(Preliminary round): Short d. Capuano 21-20, 21-12; Brierty d. Hogan, forfeit
(First round): Morrow d. Lamb 21-3, 21-4; Lowrance d. Short 21-6, 21-2; Koran d. Holland 21-3, 21-2; Skelton d. Ecks, forfeit; McDonald d. Hero 8-21, 21-10, 11-3; Matthews d. Brierty 21-9, 21-12; Zitzer d. Lose 21-2, 21-1; Loveday d. Mikowitz 10-21, 21-15, 11-7
(Quarters): Morrow d. Lowrance 21-9, 12-21, 11-0; Koran d. Skelton 21-9, 10-21, 11-9; McDonald d. Matthews 21-15, 21-16; Loveday d. Zitzer 21-18, 21-17
(Semis): Morrow d. Koran, injury default; Loveday d. McDonald 8-21, 21-5, 11-5
(Finals): Morrow d. Loveday 21-0, 21-13

Amateur doubles finals find the righthanders in front court (Trent, I. and Fleming) and the southpaws in deep court (Garrigus, I. and Wright).

— Photo by Rob Garland



"Boise Bob" Peterson prepares to rip a winner in the senior doubles finals as John Lankford (l.) of the losing team prepares to cover.



— Photo by Rob Garland

Men's Veteran Golden Masters Singles

(First round): Wilde d. Sawbridge 21-8, 21-3; Lowrance d. Blitz, forfeit; Pierce d. Hickey 21-3, 21-17; Guerry d. Scott 21-3, 21-7
(Semis): Lowrance d. Wilde 21-14, 18-21, 11-6; Guerry d. Pierce 21-2, 21-7
(Finals): Lowrance d. Guerry 21-12, 21-10

Women's Senior Singles

(First round): Carow, bye; Zeller d. Leffler 21-15, 21-2; Wojcik d. Herbert 21-8, 14-21, 11-8; Stirtz, bye; Siau, bye; Armengol d. Lankford 11-21, 21-6, 11-8; McDonald d. Field 21-20, 21-14; Weed, bye
(Quarters): Carow d. Zeller 21-3, 21-4; Wojcik d. Stirtz, forfeit; Siau d. Armengol 21-10, 21-3; Weed d. McDonald 21-18, 21-14
(Semis): Carow d. Wojcik 21-3, 21-4; Siau d. Weed 19-21, 21-11, 11-4
(Finals): Carow d. Siau 21-12, 21-13

Women's Veteran Senior Singles

(First round): Graham d. Hogan 18-21, 21-13, 11-9; McDonald d. Blum 21-14, 21-14; Sloan d. Guerry 21-8, 21-11; Gutowitz d. Fleischaker, forfeit
(Semis): McDonald d. Graham 21-17, 21-11; Sloan d. Gutowitz 21-3, 21-3
(Finals): McDonald d. Sloan 21-12, 21-12

Men's Amateur Doubles

(First round): Garland/Hasted d. Wyloge/Deaton 15-21, 21-12, 11-7; Stocker/Hicks d. Gibbs/Baric, forfeit; Morris/Barrett d. Heatherington/Begert, forfeit; Zetrouer/Dubolsky d. Micheal/Georges 21-12, 21-10; Hill/Smith d. Campbell/Chiakmakis 16-21, 21-18, 11-5; Rice/Ochoa d. Witt/Golueke 21-8, 17-21, 11-6; Blystone/Remen d. Manson/Harper 21-16, 21-18; Dryer/Dawson d. Price/Hunt 21-9, 21-10; Dern/Dern d. Page/Adam 21-14, 21-19; Andrews/Kessing d. Avalos/Muffei 21-5, 21-4; Chandler/Lange d. Negrete/Altmeyer 21-16, 21-9; Merrill/Merritt d. Gutowitz/Gutowitz 21-0, 21-10; Nieves/Closson d. Sturm/Sturm 21-12, 21-7
(Second round): Kwartler/Malowitz d. Ganz/Hasey 21-0, 21-4; Bertolucci/Floye d. Garland/Hasted 21-10, 21-19; McDowell/Scheyer d. Stocker/Hicks 21-12, 21-15; Williams/Radford d. Morris/Barrett 21-9, 21-12; Wirkus/Ikier d. Zetrouer/Dubolsky 21-13, 21-5; Phillippy/Sandler d. Hill/Smith 21-11, 21-9; Elia/Capitanelli d. Rice/Ochoa 21-3, 21-9; Fleming/Garrigus d. Blystone/Remen 21-18, 21-12; Luciw/Romano d. Stoddard/Boman 21-12, 21-9; Darnell/Hildebrand d. Dryer/Dawson 21-17, 11-21, 11-6; Davidson/Martino d. Dern/Dern 21-7, 21-8; Andrews/Kessing d. Sayes/Sayes, injury default; Levine/Marsocci d. Chandler/Lange 21-6, 21-11; Merrill/Merritt d. Doyle/Reinecke 21-17, 21-12; Nieves/Closson d. Nitishin/Peck 21-19, 15-21, 11-4; Wright/Trent d. Johnson/Ward 21-4, 21-2
(Third round): Kwartler/Malowitz d. Bertolucci/Floye 21-20, 21-13; Williams/Radford d. McDowell/Scheyer 21-17, 7-21, 11-10; Wirkus/Ikier d. Phillippy/Sandler 21-8, 12-21, 11-8; Fleming/Garrigus d. Elia/Capitanelli 21-15, 21-13; Luciw/Romano d. Darnell/Hildebrand 21-19, 14-21, 11-3; Andres/Kessing d. Davidson/Martino 21-13, 16-21, 11-10; Levine/Marsocci d. Merrill/Merritt 21-10, 3-21, 11-6; Wright/Trent d. Nieves/Closson 21-7, 21-11
(Quarters): Williams/Radford d. Kwartler/Malowitz 21-16, 9-21, 11-9; Fleming/Garrigus d. Wirkus/Ikier 21-16, 21-6; Luciw/Romano d. Andrews/Kessing 21-12, 21-13; Wright/Trent d. Levine/Marsocci 21-19, 20-21, 11-7
(Semis): Fleming/Garrigus d. Williams/Radford 21-16, 21-20; Wright/Trent d. Luciw/Romano 21-12, 15-21, 11-3
(Finals): Wright/Trent d. Fleming/Garrigus 21-8, 19-21, 11-9

Women's Amateur Doubles

(First round): Lanfri/Hodson d. Wojcik/Blum 21-15, 21-18; Weed/Siau d. Bohling/Zeller 21-9, 21-6; Faulkenberry/Ferguson d. Loeper/Leffler 21-1, 21-6
(Second round): Stoll/Dee d. Lanfri/Hodson 21-3, 21-8; Nelson/Lewis d. Weed/Siau 21-15, 21-17; Ackerman/Fletcher d. Faulkenberry/Ferguson 21-9, 15-21, 11-9; Finkelburg/Peterson d. Visser/Keller 21-9, 21-8
(Semis): Stoll/Dee d. Nelson/Lewis 16-21, 21-14, 11-4; Ackerman/Fletcher d. Finkelburg/Peterson 20-21, 21-20, 11-6
(Finals): Stoll/Dee d. Ackerman/Fletcher 21-10, 13-21, 11-9

Men's Senior Doubles

(First round): Garlinkel/King, bye; Blitt/Spiegel d. Hunt/Celaya 21-10, 21-13; Chodosh/Katchik d. Botchan/Leber, forfeit; Aubrey/Lankford d. Constantino/Morris 21-5, 21-2; Knox/Thomas, bye; Lose/Masucci d. Griffin/Griffin 21-12, 21-15; Davis/Corbett d. Poppino/Cummins, forfeit; Babkes/Kortman, bye; Conradow/Klass, bye; Friedlander/Gessel d. Notley/Hellard 21-19, 9-21, 11-7; Street/Shetzer d. Neuf/Fabry 21-13, 21-20; Austin/Hill, bye; Conine/Ehren, bye; McNabb/Lenander d. Holden/Hollman 21-14, 21-11; Monell/Pretner d. Hayes/Sawyer 21-5, 21-11; Muehleisen/Peterson, bye
(Second round): Blitt/Spiegel d. Garlinkel/King, forfeit; Aubrey/Lankford d. Chodosh/Katchik 21-10, 17-21, 11-4; Lose/Masucci d. Knox/Thomas 21-7, 21-17; Babkes/Kortman d. Davis/Corbett 21-11, 21-9; Friedlander/Gessel d. Conradow/Klass 20-21, 21-18, 11-8; Austin/Hill d. Street/Shetzer 21-13, 21-5; McNabb/Lenander d. Conine/Ehren 21-17, 11-21, 11-9; Muehleisen/Peterson d. Monell/Pretner 21-14, 21-8
(Quarters): Aubrey/Lankford d. Blitt/Spiegel 21-18, 21-6; Lose/Masucci d. Babkes/Kortman 18-21, 21-20, 11-10; Austin/Hill d. Friedlander/Gessel 21-11, 21-16; Muehleisen/Peterson d. McNabb/Lenander 21-10, 19-21, 11-6
(Semis): Aubrey/Lankford d. Lose/Masucci 21-19, 13-21, 11-5; Muehleisen/Peterson d. Austin/Hill, 21-8, 21-11
(Finals): Muehleisen/Peterson d. Aubrey/Lankford 21-7, 21-12

Men's Masters Doubles

(First round): Daley/Banales d. Koanui/Brunner 20-21, 21-2, 11-4; Hurst/Nathan d. Holland/Brown, forfeit; Defazio/Coyne d. Stulik/Meyers 21-9, 21-5; Schaub/Mancione d. Lerner/Hanley 21-15, 6-21, 11-9
(Semis): Daley/Banales d. Hurst/Nathan 21-15, 21-12; Schaub/Mancione d. Defazio/Coyne 21-13, 12-21, 11-5
(Finals): Daley/Banales d. Schaub/Mancione 21-5, 21-12

Men's Golden Masters Doubles

(First round): Divito/Rizzio, bye; McDonald/Koran d. Deeds/Holland 21-7, 17-21, 11-6; Loveday/Brown d. Wilson/Hogan, forfeit; Skelton/Morrow, bye
(Semis): Divito/Rizzio d. McDonald/Koran, injury default; Skelton/Morrow d. Loveday/Brown 21-10, 21-9
(Finals): Morrow/Skelton d. Divito/Rizzio 21-16, 21-18

The Assassin kills!



Racquetball



Terry Fancher

Japanese Chapter — USRA

Bob Kendler, left, presents K. Akai with a plaque proclaiming that the J.R.A. is an international affiliate of the USRA.



After a year of organizational effort the Japanese Racquetball Association is formally announcing its establishment as the Japan Chapter of the USRA. Through the work of K. Akai, who will direct the Japanese Racquetball Association, a distinguished Board of Directors includes:

President: K. Akai

Robert W. Kendler, President, USRA

H. Iwase, Chief Director of YMCA Japan

S. Kotani, Former Chief Director of Dentsu Advertising Corp.

M. Ohya, President of Maruei Kigyo Corp.

T. Inada, Ex-Chief Director of Tokoyo Broadcasting System

These directors represent the good will and sporting exchange between the U.S.A. and Japan. There will be a total of 15 members from academic, government and business circles, overseeing the affairs of the newly formed association.

Akai estimates that 10 or more racquetball centers will open in Japan by next spring. Affiliate chapters of the J.R.A. will be established throughout Japan in each of the prefectures totaling almost 50. This is the system the USRA has successfully used in this country.

It was last summer that Akai visited our headquarters to discuss and finalize a written agreement with our association and formally open lines of communication between the two countries in behalf of racquetball. The J.R.A. will be the first true international affiliate and serve the same functions as its American counterpart by organizing tournaments, setting up affiliations, determining the rules for the sport and acting as the national headquarters. The J.R.A. will also guide the expansion of racquetball into other areas of the Far East, such as Hong Kong, the Philippines and Taiwan.

All J.R.A. business concerns will be directed through Akai, and the Japan Racquetball Corp., including court construction, importing racquetball goods, spreading the racquetball word through the media, technical assistance and advice, management consultant and leasing on a franchised basis.

The address of the J.R.A. is:
Japanese Racquetball Association.

K. Akai

c/o Japan Racquetball Corp.

Meiko Bldg. Annex, 1-18-2

Shimbashi, Minato-ku, Tokyo

Telephone: 03-580-7161



These Answers Are Right

Last minute deletions on the question side of the Illinois State Racquetball Association Referees Committee Test were NOT followed by deletions in the answer column in this section of our August issue of *National Racquetball*. And so — the letters poured in (rightfully so) pointing out our errors. We are printing both questions and the correct answers that should straighten out the call in those six areas where we made mistakes.

29. The ref calls a skip ball, but immediately realizes it was the wrong call, and that it really was a good kill shot. The ref should (c) change the call immediately to what is believed to be the right call.

30. If player A, on the service return, attempts to hit the ball into the back wall first, but instead hits the ball out of the court into the gallery (a) player B wins the point.

32. The server hits an ace serve, but the ref calls it short. The server appeals, and both players signify they disagree with the ref's call. (c) The server is awarded the point.

33. Injury time outs are allowed for which of the following? (a) being hit by a racquet and (c) being hit by the ball.

35. After awarding three technical fouls the referee may forfeit the game (a) true. (Editors note: It is not necessary for the ref to wait until three technical foul calls. If a ref thinks the players' conduct warrants it, he or she can forfeit the match due to unsportsmanlike conduct at any time.)

36. The ball may be legally struck by any part of the racquet (b) false.

37. The ref calls a screen serve. The player asks "Why was that a screen?" The ref should (a) give a brief explanation.

41. The server bounces the ball on his foot; the ref should call (c) nothing.

Racquetball on the Rock

Okinawa, Japan

Located about 400 miles east of the Asian mainland in the South China Sea the tropical island of Okinawa would seem to be an unlikely location for extensive racquetball activity.

Don't believe it, racquetball is flourishing among the 40,000 military men, women and dependents who call "The Rock" their home. With over 30 courts scattered around various Navy, Air Force and Marine Corp bases on Okinawa racquetball fever has struck Americans on the island and has resulted in the largest concentration of players, facilities and organized tournaments in a foreign country anywhere in the world except Canada.

"The Rock" is an Island only 65 miles long and two to 17 miles wide with a yearly 82 inch average rainfall and high year round temperatures. These somewhat unfavorable climatic conditions have resulted in courts uniquely constructed for the island. In addition to the 15 standard 20 by 40 by 20 feet indoor courts Okinawa racquetball players also utilize outdoor four wall courts with wire mesh ceilings, three wall outdoor courts and even some one walled courts captured from the declining Okinawa tennis population. The end result has been that racquetball has become one of the most popular and fastest growing sports on the island with the subsequent over-utilization of existing court facilities. This heavy court utilization can easily be verified each morning by the dozens of avid racquetball enthusiasts; men, women and children who play the telephone dialing lottery with the six Okinawa

Okinawan open air racquetball courts have wire mesh ceilings to let in the sun (and the rain). This particular court is located on the Navy base only 100 yards from the yacht basin and beach.



area gyms in an often futile attempt to reserve a court. In most cases all courts are quickly taken only 10 minutes after the gym offices open each morning.

On the island of Okinawa virtually all interservice racquetball clinics and tournaments are planned and conducted by the Okinawa Racquetball Association (ORA) which has a membership of over 100 players and supporters. One typical tournament was the islandwide, Okinawa Championships which took place at the Makiminato gym last May.

Winners were Navy Commander Glenn Allen — men's open, Navy Nurse Susan Widhalm — women's open, Glenn Allen and Bob Paredes (Navy) — men's open doubles, Ed Jones (Marines) — men's intermediate and Charles Jefferson (Navy) — men's novice.

— Glenn Allen



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National Racquetball's Most Improved Players

Here are another two winners in *National Racquetball's* first annual Most Improved Player contest. State winners receive lifetime subscriptions to *National Racquetball* (with built in membership in the USRA), certificates, Steve Keeley's *The Complete Book of Racquetball* and Leach eyeguards.

Save records of your progress through next June so you can enter the 1980 *National Racquetball* Most Improved Player contest.

Evelyn Thomas, 25-year-old New Jersey winner from Lakehurst, started playing in January of 1978 and the following summer she placed third in women's A and was consolation winner in men's doubles (with a male partner) in a tourney at Toms River Racquetball, where she plays regularly. Less than a year later she took first in the women's open doubles at the Bob Boone Open in Maple Shade.



Sean Moskwa, Illinois winner, who's from Downer's Grove, plays at the Glass Court in Lombard "at least an hour every day." The 16-year-old claims he improved from losing the second round in the '77 Junior Nationals Boys 15 and Under to coming in second in the Illinois State Singles Juniors 17 and Under (and consistently doing well in the men's open division in most tournaments) because "I'm a good watcher. My dad taught me that. I watch how and where good players hit the ball, rather than watching the ball itself." The only junior member of the American Professional Racquetball Organization for instructors Sean says he helped a friend learn by "having him watch an A player's stroke — then he won a C tournament."



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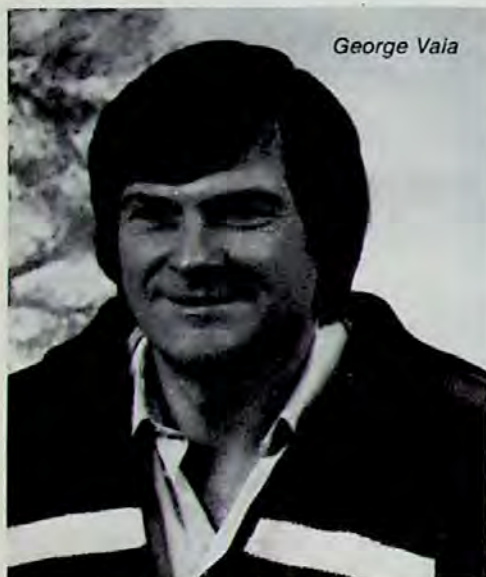
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Team Racquetball Debuts

At Canada Winter Games Coaches, Players "Happily Exhausted"

by George Vaia

Vaia, a high school English teacher, is teaching pro at Mirabel Racquet Club and coaching head of his provincial association.



What does racquetball have in common with basketball, curling, fencing, gymnastics, volleyball and badminton? These sports — along with boxing, skating, hockey, judo, skiing, swimming, table tennis, wrestling and weightlifting — were part of the 1979 Canada Winter Games, a national olympic style competition held within Canada every four years. This highly competitive athletic event brings together the finest young Canadian athletes for the most prestigious sporting event in Canada and provides the experience athletes need to carry with them into international competitions such as the Olympics.

Selection to a Winter Games Team is significant. First and foremost each person has the honor and opportunity to be a regional representative to a national sporting event and to be a part of an athletic team competing on the highest level the country has to offer. Secondly each Province pays for transportation to the Games and the federal government takes over expenses at the games themselves.

Participants also receive clothes to play in and, quite befitting the coldness of the Canadian north in winter, parkas and mitts. Team selection also carries with it, in racquetball for instance, an opportunity to receive coaching for a period of up to one year in advance of the games without cost to the players.

Since its inception in 1967 more than 300,000 athletes from all regions of Canada have sought to qualify for the Canada Games, while 14,000 were eventually selected to compete.

Racquetball became part of the Games for the first time in 1979 when players competed for five days in February in Brandon, Manitoba. Fortunately the racquetball was the indoor variety, as the average February temperatures in this community, nicely nestled in the geographic center of Canada, are from 10° to -13°F. As part of the Canada Games Complex the Canadian government built three racquetball courts, including one with glass. Two courts were also built for the competition at the local YMCA.

The 10 Canadian provincial state governments funded the selection and training of their racquetball teams and collectively they allotted more than \$36,000 for this purpose. This money was used for individual coaching, group clinics, general training expenses and practice competitions with other teams and players.

The coaches — who all had other jobs, some totally unrelated to sports — were all fairly good amateur players, ranking from low B to the top senior and master players in Canada. The coaches had the final say in team selection after tryouts, training sessions and round robins. Coaches based their choices on attitude, conditioning and skill levels.

Male - Female Balance

Games rules provided that each Province have a balance between male and female contestants. One male and female racquetball player on each team were selected in the following categories: 15 years and under, 16 to 18 years, 19 to 25 years and 26 to 30 years. A doubles team had to be 30 or under and it could be mixed, all male or all female. As it happened all the doubles teams were male. Eligibility rules stipulated that no person deriving his primary source of income (\$1,500 or more) from racquetball during the preceeding year was eligible to compete in the 1979 Games, nor was any player who accepted prize money from playing in the racquetball tournament. Thus the design and intent of the games competition — to aid the development of quality amateur racquetball throughout Canada — was fulfilled.

The format for the competition among the Provinces was a single round robin. The eight individual players and the doubles team played their counterparts in the opposing nine Provinces one game each to 31 points. The team concept was reinforced by the fact that all players of a team played on the same court, in order by age grouping, keeping other players of the team free to give their support. Two teams per day were played with two points per match awarded for a win and one point per match for a loss. If the nine matches, for instance, were all won by a Province, it would score 18 points, while the losers would receive 9 points. If a Province won all of its matches it would finish with the highest point total possible, 162 points.

Team Quota

Those in the know expected the team competition to be a four way race with the odds on favorite being the western most Canadian Province, British Columbia, followed by Quebec, Manitoba and Ontario. As co-coach of the Quebec team I had created a statistical model which incorporated the hypothesis that the 81 matches each team played would be dominated by four of the 10 teams. I gave each player on the Quebec Team an individual quota of minimum wins which, if achieved, would assure the team of finishing in the top three. So though the players had their own individual goals, their team quota of minimum wins stressed the team concept involved in this unique competition. While expectations from the weaker players were quite modest, those of the stronger ones were extremely demanding. Hopefully the 135 points which the statistical model indicated was necessary for finishing in the top three would carry Quebec to victory if the model was correct and if the players were capable of fulfilling their quotas. For Quebec and the other nine Canadian Provinces the stage was set for Canada's first team racquetball competition.

An examination of the scores of the three top Provinces reveals the tremendous need for balance in team racquetball play. For instance each member of Team Ontario finished with a majority of wins over players from the other teams, while second place Quebec had two team divisions with 3-6 records. This weakness, plus an anomaly in the way that points were accumulated, resulted in Team Quebec finishing second even though it defeated all of its opponents in head-to-head round robin competition.

The unique nature of team racquetball competition influenced the athletes and coaches. The desire to do well for the team resulted in warm team support and encouragement.



Vaia coaches team member, 15-year-old Heather Stupp.



Team Racquetball Results 1979 Canada Winter Games

Age 15		Age 16-18		Age 19-25		Age 26-30		Doubles		Points	Ranking
M	F	M	F	M	F	M	F				
9-0	8-1	5-4	8-1	9-0	8-1	5-4	5-4	6-3	144	1.	Ontario
7-2	9-0	9-0	8-1	3-6	6-3	8-1	8-1	3-6	142	2.	Quebec
8-1	5-4	7-2	6-3	7-2	9-0	5-4	4-5	8-1	140	3.	British Columbia
4-5	6-3	7-2	0-9	8-1	5-4	6-3	9-0	8-1	134	4.	Alberta
3-6	1-8	7-2	2-7	4-5	7-2	8-1	7-2	8-1	128	5.	Manitoba
5-4	4-5	2-7	4-5	5-4	2-7	6-3	2-7	4-5	115	6.	Saskatchewan
2-7	3-6	3-6	2-7	6-3	4-5	1-8	3-6	4-5	109	7.	New Brunswick
6-3	0-9	3-6	5-4	2-7	1-8	4-5	1-8	2-7	105	8.	Nova Scotia
0-9	2-7	1-8	8-1	1-8	3-6	0-9	6-3	0-9	102	9.	Newfoundland
1-8	7-2	1-8	2-7	0-9	0-9	2-7	0-9	2-7	96	10.	Prince Edward Is.

* 6-3 means 6 wins 3 losses M = male F = female
minimum points possible 81 points (one point for each loss)
maximum points possible 162 (two points for each win)

From 8 a.m. to 11 p.m., on a continuous rotation by age, the teams played two opponents each day for five days until collectively they had completed 405 racquetball games of 31 points each. At the start of the afternoon on the last day they still battled for the first place finish. When it was all over, at 11 o'clock Friday evening, everyone felt relieved. The 100 players and 20 coaches were happily exhausted. Coaches had experienced a tension and pressure greater than any previous racquetball

experience. The joy of victory, the agony of defeat blended into the harmony of a racquetball family, which in turn blended into harmony with one's other provincial representatives and finally culminated with a feeling of oneness among the 1,300 athletes and coaches who celebrated the Canada Winter Games in the 90 minute nationally televised closing ceremonies. A new chapter in the history of North American racquetball had been written.



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Tournament Results

Please send tournaments results (and clear black and white action photos) to Terry Fancher, USRA, 4101 Dempster St., Skokie, IL, 60076. Type your results double spaced using the form you see on these pages. Use first and last names the first time you write about a player (in doubles matches, too) and last names only when you mention the player again. Allow two months or more for your tournament writeup to appear here.

Wisconsin

The third annual Terrace Sports Racquetball Championships were held April 27-29 at the Sun Prairie Racquetball Club. A huge draw forced many entries to be turned away. Jim Wirkus and Linda Frank captured top honors among the 230 players.

Results

Men's Open

Quarter-finals: Jim Wirkus d. Art Guenther 21-4, 21-5; Ken Frank d. Jon Derksen 21-5, 21-17; Scott Schultz d. Joe Bechard 21-4, 21-8; Pete Kerswill d. Bruce Thompson 21-20, 7-21, 11-7

Semi-finals: Wirkus d. Frank 21-15, 21-9; Schultz d. Kerswill 21-6, 21-10

Finals: Wirkus d. Schultz 21-16, 21-12

Women's Open

Quarter-finals: Pat Hults d. Lynn Farmer, forfeit; Sue Bechard d. Debbie Corliss 21-8, 21-15; Linda Frank d. Laura Sidello 21-18, 21-16; Julie Jacobson d. Teresa Gnewuch 21-7, 21-11

Semi-finals: Bechard d. Hults 19-21, 21-19, 11-7; Frank d. Jacobson 21-18, 21-16

Finals: Frank d. Bechard 21-12, 21-7

Men's B

Quarter-finals: Gary Legler d. Dan Mohr 21-7, 21-8; Bob Kinney d. Mike Price 21-15, 21-16; Ken Cooke d. Wayne Krueger 18-21, 21-7, 11-3; Dave Meyer d. Jim Schmidt 21-4, 21-20

Semi-finals: Legler d. Kinney 21-16, 11-21, 11-9; Cooke d. Meyer 19-21, 21-19, 11-3

Finals: Legler d. Cooke 11-21, 21-8, 11-4

Men's Class C1

Quarter-finals: Randy Kerswill d. Chet Bradley; Mike Langer d. Tom Davis; Craig Boyson d. Dave Korenec; John Gilligan d. Keith Carleton

Semi-finals: Kerswill d. Langer; Gilligan d. Boyson

Finals: Kerswill d. Gilligan 21-13, 21-3

Men's Class C2

Quarter-finals: Craig Ellsworth d. Mike Cardinal; Earl Patterson d. Mike Trewick; Bob Cairns d. Jim Rupnow; Mike Lambeseder d. R. V. Edgerton

Semi-finals: Patterson d. Ellsworth; Lambeseder d. Cairns

Finals: Lambeseder d. Patterson 21-8, 21-17

Women's B

Quarter-finals: Celeste Horvath d. Lou Bradley 21-17, 21-12; Sally Dearborn d. Sandi Farr 21-16, 21-6; Jean Strain d. Joan Schallern 21-17, 21-11; Sue Joy Sobota d. Lu Ann Mor 21-2, 14-21, 11-2

Semi-finals: Horvath d. Dearborn 13-21, 21-18, 11-10; Strain d. Sobota 21-8, 21-13

Finals: Strain d. Horvath 21-9, 21-11

Women's C

Quarter-finals: Janice Legler d. Julie Swanson; Linda Eckert d. Marilyn Smith; Lori Blau d. Kathy Brenzenski; Susan Jeannero d. Cathy Anderson

Semi-finals: Eckert d. Legler; Jeannero d. Blau

Finals: Jeannero d. Eckert 21-15, 21-11

Kansas

The USRA Midwest Junior Regionals took place July 19-22 at Dales Court in Overland Park.

Results

Boys 17 and Under

First Round: Mike Farrell d. John Wilkens, forfeit; Jon Farrell d. Courtney Drake 21-11, 21-4

Second Round: Joe Sacco d. J. Farrell 21-9, 21-6; Bob Kahn d. Scott Chadwick 21-11, 21-5; Mike Adelson d. Brett James 21-18, 21-16; Johnny Bowles d. M. Farrell 21-1, 21-4

Semis: Sacco d. Kahn 21-9, 21-19; Bowles d. Adelson 21-18, 21-14

Finals: Sacco d. Bowles 21-4, 21-9

Boys 15 and Under

First Round: David Berger d. Bob Haney 21-18, 15-21, 11-3; Greg Young d. John Fisk 21-10, 21-7

Second Round: John Klearman d. Berger 21-1, 21-1; Rodger Lindwall d. Brad Morse 16-21, 21-13, 11-3; Scott Perry d. Fred Dallas 21-15, 21-14; David Gross d. Young 18-21, 21-9, 11-3

Semis: Klearman d. Lindwall 21-4, 21-4; Gross d. Perry 21-11, 21-11

Finals: Klearman d. Gross 21-4, 20-21, 11-4

Boys 13 and Under

Round Robin: 1st — Andy Gross 4-0; 2nd — Guy Humphrey 3-1; 3rd — Dave Keltches 2-2; 4th — Billy Klearman 1-3

Girls 17 and Under

Round Robin: 1st — Cheryl Mathieu 4-0; 2nd — Laura Ogden 3-1; 3rd — Maureen Hickey 2-2; 4th — Sherry Gross 1-3

Girls 14 and Under

Round Robin: 1st — Gina Danner 3-0; 2nd — Chris Lantry 2-1; 3rd — Michelle Humphrey 1-2; 4th — Susan Lantry 0-3

Pennsylvania

A new gorilla will move into the Erie Zoo thanks to proceeds from Kings Court Racquetball Club's first annual Firecracker Open Invitational Racquetball Tournament July 6-8. The tournament was co-sponsored by Erie's Pepsi-Cola distributors.

Results

Men's Open

Semis: Clarence Stoner d. Dave Sissmore 15-21, 21-17, 11-6; Biff Kress d. Don Granahan 21-16, 21-7

Finals: Kress d. Stoner 12-21, 21-9, 11-9

Men's Senior

Semis: Don Granahan d. Jim Labrozzi 21-20, 21-19; Rudy VanHutten d. Ric Coluzzi 21-6, 21-4

Finals: VanHutten d. Granahan 0-21, 21-7, 11-5

Men's B

Semis: Tom Martin d. Lenny LoCastro 21-7, 21-7; Bill Morosky d. Keith Eller 21-3, 21-15

Finals: Morosky d. Martin 21-17, 15-21, 11-4

Men's C

Semis: Tom Wuerstle d. Ron Bennett 21-17, 21-14; Kent Moore d. Fred Thomson 21-9, 21-6

Finals: Moore d. Wuerstle 21-8, 21-9

Women's C

Round Robin: 1st — Patty DiBacco, 2nd — Diane Macloche, 3rd — Kathy Zeisler

Women's B

Round Robin: 1st — Mary Juchno, 2nd — Susan Krawczynski, 3rd — Cheryl Jones

Florida

Nancy Hamrick and Gail Willingham directed the U.S.R.A. southern regionals tournament at the Jacksonville Racquet Club July 21 and 22.

Results

Boys 13 and Under

Semis: Mitch Campbell d. Konrad Gatien 21-2, 21-1; Richard Potter d. Gerardo Jimenez 21-15, 17-21, 11-8

Finals: Campbell d. Potter 21-17, 21-12

Boys 15 and Under

Quarters: Barry Koran d. Tim Kelly 21-17, 21-20; Fred Calabrese d. Rick Shorthouse 21-12, 21-6; Bob Cuillo d. Curtis Winter 21-8, 21-11; Shawn Brown d. Cliff Ira 21-15, 21-15

Semis: Calabrese d. Koran 21-12, 21-6; Cuillo d. S. Brown 21-8, 21-16

Finals: Calabrese d. Cuillo 21-13, 21-10

Boys 17 and Under

Quarters: Sergio Gonzalez d. Bill Jackson 21-9, 21-12; Richard Smith d. Jerry Brody 21-7, 21-1, Michael Ray d. Brian Shorthouse 21-6, 19-21, 11-5; Bubba Gautier d. Phil Corrente 21-5, 21-18

Semis: Gonzalez d. Smith 21-4, 21-9; Ray d. Gautier 21-18, 21-2

Finals: Gonzalez d. Ray 21-17, 21-13

Girls 14 and Under

Semis: Lynda Kuchenreuther d. Jill Carlson 21-11, 21-11; Karen Rosenberg d. Tracy Bailey 21-2, 21-1

Finals: Kuchenreuther d. Rosenberg 21-14, 21-9

Girls 17 and Under

Round Robin: Brenda Poe d. Tracey Carlson 21-2, 21-4; Desiree Smith d. Carlson 21-5, 21-2; Poe d. Smith 21-11, 21-19

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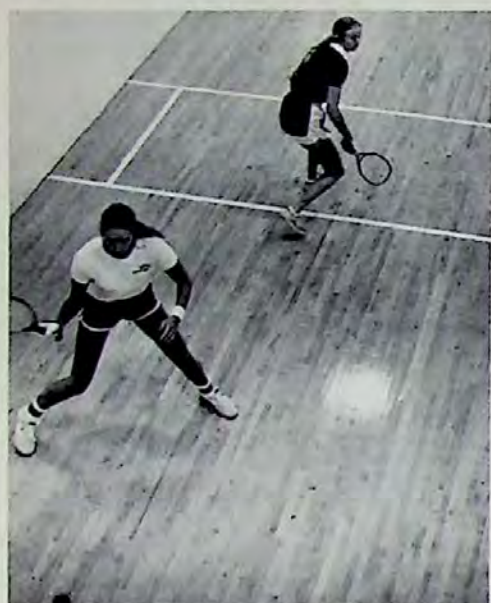
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Illinois



Kelly Swanson sets up for an off-the-back-wall shot in her final round Novice division match against Barbara Chamberlain in the fourth annual Keebler Women's Open tournament at the Northbrook Court House. Chamberlain won the match 21-12, 21-19.

The turnout for the fourth annual Keebler Women's Open July 27-29 at the Northbrook Court House was a record 223.

Results

Open: Glenda Young d. Sue Carow 21-13, 21-10
A: Colleen Shields d. Linda Schwartz 21-11, 21-10
B: Chris Evon d. Grace Touhy 21-10, 21-14
C: Sue Varichik d. Pat Tarzon 21-9, 21-18
D: Nancy Schutz d. Linda Shafer 21-18, 17-21, 11-4
Novice: Barbara Chamberlain d. Kelly Swanson 21-12, 21-19
Senior: Bev Franks d. Hope Schwartz 21-20, 21-11
Senior C: Velma Sergeant d. Marilyn Fisher 21-16, 18-21, 11-6

Iowa

The second annual Sioux City YMCA — Rivercade Racquetball Tourney was held July 20-22 with 44 players competing in three divisions. Jim Brown captured the A Singles crown over Tracy Frank 21-10, 21-8. Lee Hansen defeated Wayne Nelson in a thrilling B Singles final which went to a third game tie-breaker. The scores were 14-21, 21-1, 11-8. The Women's Open final saw Myrta Hansen defeat Donna Elgethun. The scores were 21-15, 21-6.

Louisiana

Racquetball players from Alexandria and Monroe grabbed most of the top honors July 27-29 at the Bryant-West Insurance Agency — Muscular Dystrophy Association Racquetball Tournament at the West Gym in Natchitoches.

Results

Men's Open Singles

First round: Don Ryan d. Richard Ellis 21-13, 21-7; Sam Coker d. Joel Braud 21-17, 12-21, 11-5; Asif Masood d. Lynwood Powell 21-2, 21-2; Walter Ledet d. Rick Calvert 21-5, 21-8
Quarter-finals: Ryan d. Wallace Hardy, default; S. Coker d. Larry Hunt 21-3, 21-5; Masood d. Bennie Barron 21-12, 21-3; Fred Guillot d. W. Ledet 21-20, 21-4
Semis: Guillot d. Masood 21-13, 21-4; Coker d. Ryan 21-13, 21-17
Finals: Guillot d. S. Coker, default

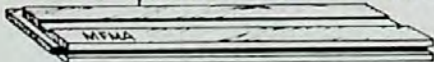
Men's A Singles

First Round: Don Parker d. Terry Moreau 21-9, 21-3; Ted Ledet d. Ed Evans 21-10, 21-3; Dhu Thompson d. Landy Hall 21-8, 21-4; Wayne Westerman d. Bill Hochstetler 11-21, 21-8, 11-8
Quarter-finals: S. Coker d. Parker 21-9, 21-3; T. Ledet d. Calvert Westerman 21-5, 21-9
Semis: Coker d. T. Ledet 21-5, 21-13; Thompson d. Masood 7-21, 21-8, 11-8
Finals: Thompson d. S. Coker, default

Men's B Singles

First Round: David Sparks d. Ted Gardiner 21-2, 21-3; Rodney Harrington d. Randy Richard 21-11, 21-13; Terry Moreau d. Bubba Bruning 21-3, 21-4; Claude Patrick d. Fred Macias 21-5, 21-8; David Coker d. John Luster 21-0, 21-15; Kevin Chatelain d. Ragan Nelson, default; Kenny Kaufman d. Carey Dowden 21-1, 21-4; Keith Runion d. Jerry Markham 21-14, 21-6

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Quarter-finals: Harrington d. Sparks 21-15, 17-21, 11-8; Moreau d. Patrick 21-16, 15-21, 11-3; D. Coker d. Chatelain 21-12, 21-9; Runion d. Kaufman 21-4, 21-6

Semis: Moreau d. Harrington 21-10, 21-6; Runion d. D. Coker 21-10, 21-10

Finals: Moreau d. Runion 6-21, 21-7, 11-3

Women's A Singles

First Round: Shirley Craig d. Barbara Davis 21-16, 21-4; Judy Lynch d. Lola Miller 14-21, 21-11, 11-6; Cissie Texada d. Janice Jones 21-9, 21-3

Semis: Craig d. Lynch 21-12, 21-14; Texada d. Janelle Nelson 21-7, 21-2

Finals: Craig d. Texada 21-12, 21-3

Women's B Singles

First Round: Ginger Parrish d. Chris Evans 21-10, 21-9; Nancy Peace d. Vickie Williams 21-6, 21-5; Debra Pfiel d. Valerie Cook 21-1, 21-10; Janelle Nelson d. Janice Jones 21-3, 21-2

Quarter-finals: Barbara Davis d. Parrish 16-21, 21-15, 11-4; Judy Lynch d. Peace 21-9, 21-10; Lola Miller d. Pfiel 21-9, 21-7; Texada d. Nelson 21-5, 21-4

Semis: Davis d. Lynch 21-4, 21-14; Texada d. Miller 21-15, 21-6

Finals: Texada d. Davis 21-18, 21-13

Men's A Doubles

First Round: Rick Cunningham/ Parker d. Rick Calvert/ Masood 21-7, 21-11; Braud - Jack Warner d. Ledet/ Ledet 21-15, 21-9; Runion/ S. Coker d. Robert Rector/ Richard Rogers 21-8, 21-14; Ryan/ Barron d. Larry Hunt/ Richard McKee 21-20, 21-6

Semis: Cunningham/ Parker d. Braud/ Warner 21-4, 21-8; Runion/ Coker d. Ryan/ Barron 17-21, 21-6, 11-6

Finals: Cunningham/ Parker d. Runion/ Coker 21-7, 21-7

Men's B Doubles

First Round: Harrington/ Kaufman d. Macias/ Ronald Nugent 21-7, 21-5; Richard/ Chatelain d. D. Coker/ Gardiner 21-19, 21-9

Semis: Harrington/ Kaufman d. Davis Sparks/ Daniel Sparks 17-21, 21-5, 11-3; Markham/ Westerman d. Richard/ Chatelain 21-11, 21-10

Finals: Markham/ Westerman d. Harrington/ Kaufman 20-21, 21-8, 11-7

Women's A Doubles

First Round: Davis/ Lynch d. Jane Simpson/ Nancy Peace 21-6, 21-3

Semis: Miller/ Texada d. Jan Harrington/ Harryette Bruning 21-8, 21-0; Davis/ Lynch d. Judy Beebe/ Donna Hardwick 21-14, 21-8

Finals: Davis/ Lynch d. Miller/ Texada 21-20, 21-15

Women's B Doubles

First Round: Harrington/ Bruning d. Jill Fontenot/ Angie Hebert 21-4, 21-6

Semis: Parrish/ Pfiel d. Beebe/ Hardwick 21-10, 21-16; Harrington/ Bruning d. Peace/ Simpson 21-20, 21-17

Finals: Parrish/ Pfiel d. Harrington/ Bruning 21-18, 21-11

A Mixed Doubles

First Round: Masood/ Hardwick d. Moreau/ Beebe 21-2, 21-6; Guillot/ Nelson d. Cunningham/ Craig 20-21, 21-19, 11-9

Finals: Guillot/ Nelson d. Masood/ Hardwick 16-21, 21-10, 11-2

Missouri

More than 800 entrants participated in the fourth annual Spaulding Racquetball Mid-States Open Tournament June 29 - July 2 in St. Louis.

Results

Men's Open: 1st — Dennis McDowell, 2nd — Doug Cohen, 3rd — Ken Wong

Men's A: 1st — Rich Montoya, 2nd — Terry Huggans, 3rd — Rich Russell

Dennis McDowell slams a shot in the Open Men's finals against Doug Cohen.



Men's B: 1st — Jeff McDowell, 2nd — Neil Smith, 3rd — Cornie Bibb

Men's C: 1st — Mike Nobis, 2nd — David Valinetz, 3rd — Larry Simonson

Men's D: 1st — Richard Suriani, 2nd — Kelly Morgan, 3rd — William Atherton

Men's Novice: 1st — Mark Dowling, 2nd — Bill Purington, 3rd — Tim Timmons

Men's Masters: 1st — Ken Retzer, 2nd — Dan Davey, 3rd — Max Scharf

Women's Open: 1st — Pam Prina, 2nd — Linda Hogan, 3rd — Mary Dee

Women's A: 1st — Gail Burden, 2nd — Nancy Snarr, 3rd — Paula Morabito

Women's B: 1st — Nancy Blindbeutel, 2nd — Laura Doak, 3rd — Margaret Laster

Women's C: 1st — Kathy Pogue, 2nd — Jean Herrin, 3rd — Dee Ann Koontz

Women's D: 1st — Kim Aydt, 2nd — Cathy Connelly, 3rd — Anne Weingold

Women's Novice: 1st — Nancy Harrison, 2nd — Donna Dorynek, 3rd — Grace Gratchner

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Florida

The USRA Florida Championships at The Sportrooms in Coral Gables June 1-3 were the largest state tournament held in Florida.

Results

Men's Open: — Bob Bos d. Mike Fatolitis

Men's B: — Charles Lopes d. Carlos Diaz

Men's C: — Marty Berger d. Geoff Hunter

Men's Novice: — Bruce Myer d. Tim Tracy

Men's Seniors: — Fred Blaess d. Blackard

Men's Masters: — Mike Whol d. Gordon Ira

Men's Jr. Vets: — Steve Squire d. Massey

Boys 15 and under: — Sergio Gonzalez d. Cuillo

Boys 17 and under: — Gonzalea d. Laso

Women's Open: — Dee Lewis d. Green

Women's B: — Grosanicker d. Poe

Women's Novice: — Susan Torkleson d. Fernandez

Jrs.: — Brenda Poe d. Smith

Women's Doubles: — Simton/Lewis d. Zetrouer/Green

Men's Open Doubles: — Dubolsky/Zetrouer d. Fatolitis / McDonald

Men's B Doubles: — Dunn/Montano d. Burns/Bozek

California

The first annual Santa Barbara YMCA/Semana Nautica Racquetball Tournament took place June 22 - 24.

Results

Men's Open Singles: 1st — Jon Woodard, 2nd — Billy Gould, 3rd — Cliff Minter

Men's Open Doubles: 1st — Woodard/ Doug Thompson, 2nd — Minter/ Jeff Jensen, 3rd — Joe Peinada/ Russ Banko

Men's B Singles: 1st — Ron Adams, 2nd — Nino Maiani, 3rd — Jeff Campbell

Men's C Singles: 1st — Stephen Drake, 2nd — Mark Brown, 3rd — Stan Snyder

Men's Novice Singles: 1st — Burt Carlson, 2nd — William Arnett, 3rd — Jim Gutierrez

Women's Open Singles: 1st — Wendy Ayala, 2nd — Kathy McNally, 3rd — Terri Olgy

Women's C Singles: 1st — Elssa Frolenko, 2nd — Brenda Cole, 3rd — Stephanie Eldridge

Women's Doubles: — Simton/Lewis d. Zetrouer/Green

Men's Open Doubles: — Dubolsky/Zetrouer d. Fatolitis / McDonald

Men's B Doubles: — Dunn/Montano d. Burns/Bozek

Arkansas

Pleasure Park Racquetball and Health Club in Hot Springs was the site of the first Annual Trimmble/Gammill, Pleasure Park Fun Festival Open June 15-17 with 60 participants in seven classes of play.

Results

Men's Open

Quarters: Fred Aylett d. Clovis Sweeney 21-13, 19-21, 11-2; John Greer d. Ted Berry 21-16, 19-21, 11-5; Gary Mills d. Terry McRae 21-9, 21-9; John Ware d. Jerry McKinnis 14-21, 21-14, 11-5

Semis: Greer d. Aylett 21-13, 19-21, 11-5; Mills d. Ware 21-6, 21-8

Finals: Greer d. Aylett 14-21, 21-12, 11-2

Consolation: Berry d. McKinnis 21-16, 21-5

Men's B

Quarters: Bing Priest d. Alan Janske 21-11, 21-6; Terry McRae d. Chester Phillips 21-3, 21-6; Steve Edwards d. Roger Moore 21-15, 21-19; Jim Thompson d. Doug Johnson 21-14, 8-21, 11-3

Semis: McRae d. Priest 21-15, 21-7; Thompson d. Edwards 21-8, 21-4

Finals: McRae d. Thompson 21-12, 11-21, 11-5

Consolations: Eugene Townsend d. Don Blakey 21-7, 21-10

Men's C

Quarters: Larry Cole d. Roger Moore 21-10, 21-12; Guillermo Monslave d. Otto Beck 20-21, 21-16, 11-7; Norm Gourley d. Jon Starr 20-21, 21-6, 11-9; T. J. Sweet d. Blakey 21-7, 21-12

Semis: Cole d. Monslave 21-15, 21-12; Sweet d. Gourley 21-16, 21-3

Finals: Cole d. Sweet 21-10, 21-19

Consolations: Dave Wornock d. Beck 21-11, 21-15

Men's Novice

Quarters: Randy Beck d. Larry Appen 21-6, 21-1; Ron Hutchingson d. Jose Morales 21-20, 15-21, 11-5; Sammy White d. Matt McKinnis 21-0; 21-0; Eric Bremmer d. Otto Beck 21-16, 13-21, 11-3

Semis: R. Beck d. Hutchingson 21-15, 21-20; White d. Bremmer

Finals: R. Beck d. White 21-6, 21-11

Consolations: Jon Starr d. Jerry Ashburn 21-17, 10-21, 11-10

Women's C

Semis: Vickie Dailey d. Dot Carr 17-21, 21-11, 11-3; Debbie Wellington d. Diann Carlee 21-1, 21-2

Finals: Dailey d. Wellington 21-6, 21-8

Consolations: Joann Scott d. Robin Harrison

Women's Open

Round Robin: 1st — Tona Wright, 2nd — Jane Parsons

Women's Novice

Round Robin: 1st — Allison Borland, 2nd — Dolly Beck

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Court Shorts

Sports Illustrated Court Clubs, Inc. acquired the 18 percent of the company's common stock previously held by Time, Inc. The new corporate name is Standard Court Players Corporation . . . Scholl, Inc.'s new Pro Comfort line helps combat amateur players' weekend aches and pains. Products include insoles, knee and elbow supports and grip tape and reusable bandages . . . Ektelon, San Diego manufacturer of racquetball equipment, was awarded the American Marketing Association's President Cup . . . Yet another sign of racquetball's rise: *Tennis Trade* magazine has changed its name to *Tennis Racquet Trade* magazine . . . Greg Forbush is eastern regional sales manager for Seamco Sporting Goods . . . Leonard



Greg Forbush



Leonard Kanarvogel

Kanarvogel has joined Ektelon as merchandising manager . . .

Glumatic is a new pen that applies metered drops of instant glue that can put your unraveled grip back on your racquet . . . Gale Alley has been promoted to vice president of Court Management Company, Miamisburg, OH, which holds a seminar Nov. 2-4 on financing a racquetball club . . . Midwest Swiss Embroideries, Chicago, can supply fusible bonded embroidered emblems that can be heat sealed to a garment . . . Gene Buwick, director of racket sports promotion for Wilson Sporting Goods, Inc., heads the Sporting Goods Manufacturers Association Racket Sports Committee . . . Crosswinds Corporation in Fenton, MO, is putting out a series of 9 by 12 inch racquetball cartoons . . .



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Court Clubs

Dear Neighborhood Banker:

We're Dealing with More Than a Fad

by Dick Squires

"Racquetball is probably a fad that will go the way of bowling alleys, tennis and Hula Hoop." How many people have you heard make that dogmatic statement?

What isn't a fad? Name *anything* (besides our Federal Government's deficit spending) that continues to grow at 50 to 100 per cent every year ad infinitum!

Sure there was a national craze for bowling back in the 50's, then golf in the 60's and tennis in the 70's. And sure plenty of people and lending institutions were singing when a certain number of alleys, courses and clubs "went south."

It is grossly unfair, however, to condemn all "sports-oriented complexes" as being "highly speculative" because of the inherent caprice of the American public. It is also wrong to say that *all* indoor tennis clubs or bowling lanes or semi-public golf courses are "risky investments."

What the "doomsday, downsiders" seem to ignore is the high percentage of clubs that have done really well, have repaid the monies borrowed, have expanded their operations and are now established, viable and profitable business entities. And not so incidentally they have made many individuals and innumerable companies quite wealthy.

Vigorous exercise is no longer a lavish luxury reserved for the affluent few. In 1978 almost one out of every two adult Americans treated their bodies to some form of healthful activity - *twice* the number who were interested in participatory sports back in 1960.

Is this physical fitness mania just another fad? Extremely doubtful! Barring a national calamity (war, depression) the majority of Americans are going to have more money in their pockets and purses, more time on their hands and will have a continuing desire to perpetuate their youthful looks, preserve their bodies and have a sense of well being. The leisure and sports industry is one of the largest segments of our free enterprise economy, and certainly will continue to be.

There is an inexplicable and ironic dichotomy stigmatizing the marvelous game of racquetball. Primarily due to its meteoric expansion of the last six or seven years many supposedly knowledgeable marketing "experts" and financial "geniuses" are already predicting the inevitable *demise* of the sport. "It is growing too fast. It has to be a fad."

Webster's dictionary definition of a fad is: "A practice or interest followed for a time with exaggerated zeal." The key words are "for a time." It is during that time, whether it be a clothing fashion for a particular season or something that is in vogue for a year — or decades, that the people who have become involved with that "fad" should have the opportunity to "cash in" on it.

Let's examine specifically the proven, innate appeals of racquetball *per se* and attempt to ascertain whether its qualities are lasting or fleeting.

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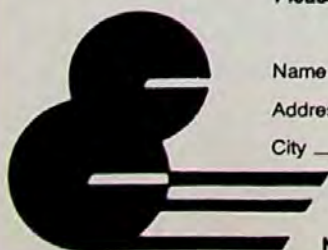
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Irish Ancestors

First of all let it be clearly understood that while the sport is only a few decades old, its origins go back to handball which began in Ireland several centuries ago. So when you hear the skeptics say, "It's too new," you now have a sensible rebuttal.

The small room, lively ball, foreshortened racket all combine to offer racquetball's participants a fairly *simple game*. So does the absence of lines within which you must place the ball (as in most other racket and paddle games), no net or "telltale" to hit the ball over, and any of the walls are playable — even the ceiling. The elementary simplicity of the game seems to be tailor-made to Americans' desire for instant gratification and self indulgence.

An hour of racquetball is tantamount to jogging three miles (calorie loss — 800 for a vigorous game), so it truly offers more *strenuous exercise* than most of the other popular participatory sports — including tennis. So much activity attained in so short a period of time is what many of us want nowadays. And there are no hostile neighborhood hounds to nip at you — a jogger's ever present plight.

The sport is *social*. Slightly over one-third of all racquetballers are *women*. They can learn the game faster and hold their own better against the opposite sex than in practically any other games calling for skill, coordination and power. Plenty of mixed singles and doubles contests can be seen on the courts, especially during the evening hours. The giggles and the exercise are fun, healthier and less costly nowadays than trysting in expensive bars and restaurants.

To play the game is, indeed, quite *inexpensive*. Most commercial clubs and Y's have nominal dues structures and court fees — between one-third and one-half the rate for the enjoyment of indoor tennis. The

"*getaway costs*" for equipment; i.e. racquet and balls, playing attire, are very low. The most expensive item is a racquet, and most clubs will rent them for all of a dollar.

Midwest Money

The number of commercial racquetball clubs has grown from zero to well over 1,000 in less than seven years. This is phenomenal expansion! Many other clubs are presently being planned, but financing is still a problem in geographical areas where the sport is just getting started; i.e. east coast and the south. A club builder in New England recently received 80 percent bank financing, but had to negotiate the loan with a *midwestern* bank. This in spite of the fact that failures are extremely rare. To my knowledge, *no* racquetball club has actually folded and gone into receivership — which really is quite amazing.

When you can install six racquetball courts in the same space as a single tennis court, a financial wizard is not required to compute the attractive economies of the sport. At charging *one-half* the court fee the return for racquetball on a per square foot basis is *three times* that of a tennis complex.

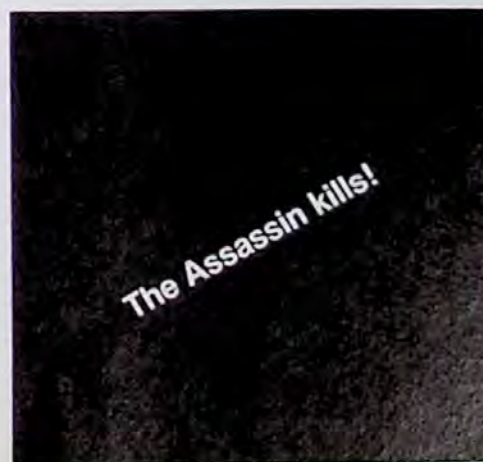
In addition to being an indoor sport little or no court revenues are lost due to the fickleness of Mother Nature. As a matter of fact the more miserable the weather the greater the play is on the courts.

Yes the appeals of racquetball are real, timely and lasting. The economics of commercial clubs — both from the standpoint of return-on-investment and their track records to date — are impressive and sound.

There are a few additional comforting factors which should be made known. During the last National Intercollegiate Racquetball Championships (held at the University of Illinois) 33 colleges and universities were represented.

Many other learning institutions are installing (or planning to install) racquetball courts. Several of the individual competitors were products of well planned, extensive state and regional junior development programs. In August of this year the National Junior Tournament (in Tucson) had close to 200 kids competing in five different age categories — one of them being 13-year-olds and younger!

The United States Racquetball Association presently has affiliations in 48 of the 50 states. This amateur governing body for the game is doing a great job in promoting and exposing the sport to the youth of this country — which surely omens well for the future of racquetball. The solid success of tennis, with champions getting younger and younger, has been precipitated and cemented by broad and well planned instructional clinics for children.* The "*grass roots*" efforts at state, regional and sectional levels are an absolute "*must*" for any sport to grow — let alone survive. Racquetball ranks high in this important category.



New Court Club Listings

Armed Entry

All of these facts should be presented to your "friendly neighborhood banker" when you are seeking financial assistance for a new racquetball club. You should also be armed with very specific information that will lend credibility to your request for funding; e.g. the *location* of the proposed club, the *people* who are involved, proof there is a *market* in your area, an analysis of the *demographics* of that market, what happens when future *competition* comes in, who is actually going to *manage* the club, what *controls* will be implemented, etc. In other words be at least as prepared as any builder and/or developer of a commercial real estate venture must be when approaching the lending organizations for financing.

Perhaps it is somewhat of a blessing in disguise that banks and insurance companies are wary and worried about the future of racquetball. Such conservatism will prevent a lot of people who should *not* build clubs from building them. During the recent tennis boom far too many indoor clubs were constructed with minuscule thought given to location, competition, need or the future. Many of them were owned by wealthy individuals looking for tax write-offs and shelters. Absentee ownership and weak management were the rule rather than the exception. Overexpansion and supersaturation too often occurred in many areas across the country. The inevitable and ultimate shakedown, dropouts, foreclosures and dismal failures just had to happen.

This miserable situation should not be allowed to occur with racquetball. We all should learn lessons from the past. The present owners and operators of racquetball clubs should see to it that it does not happen. They, more than anyone else, should meet with the bankers and educate them about *both* the up and down sides of their business. This will do much to enlighten and impress those loan officers whose somewhat negative attitude toward racquetball is born and bred primarily out of, yes, being singed in the past, but also out of just not being familiar with the sport of racquetball.

The game may well be a "fad," but one that will continue to expand and prosper for a long time to come — if the people involved (and those who will become involved in the future) employ the good, practical judgment and business procedures that are axiomatic to all successful, profitable commercial activities.

Whether racquetball is a "fad" or not is really academic and not pertinent. The answer will become known during the forthcoming years of expansion. The determining factor will *not* be the sport, for it has already proven itself. The real variable will be the *human* element. ●

*Watch *National Racquetball's* Court Club section for a story on children's programs that work - coming soon.

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Hot Springs Club
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Lindenwood Racquetball
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Howard Beach, NY 11414

**Knoll Indoor Tennis/
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Lynmar Racquet Club
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Colorado Springs, CO 80918

Mequon Racquet Club
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Mequon, WI 53092

Moffat Athletic Club
580 Pershing
Craig, CO 81625

Muenschler Athletic Courts
13018 Meridian St.
Puyallup, WA 98371

Oak Creek Racquetball Club
6612 S. Howell Ave.
Oak Creek, WI 53154

The Racquet Ball Club
1530 E. Moreland
Waukesha, WI 53186

The Racquet Ball Club
8940 N. 85th St.
Milwaukee, WI 53224

**Racquetball International
of Burlington**
14 "A" St.
Burlington, MA 01803

Racquet's Edge
4 Morse Dr.
Essex Junction, VT 05452

Rocky Mountain Health Club
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Loveland, CO 80537

Southridge Racquet Club
6815 W. Edgerton Ave.
Greenfield, WI 53220

Vail Athletic Club
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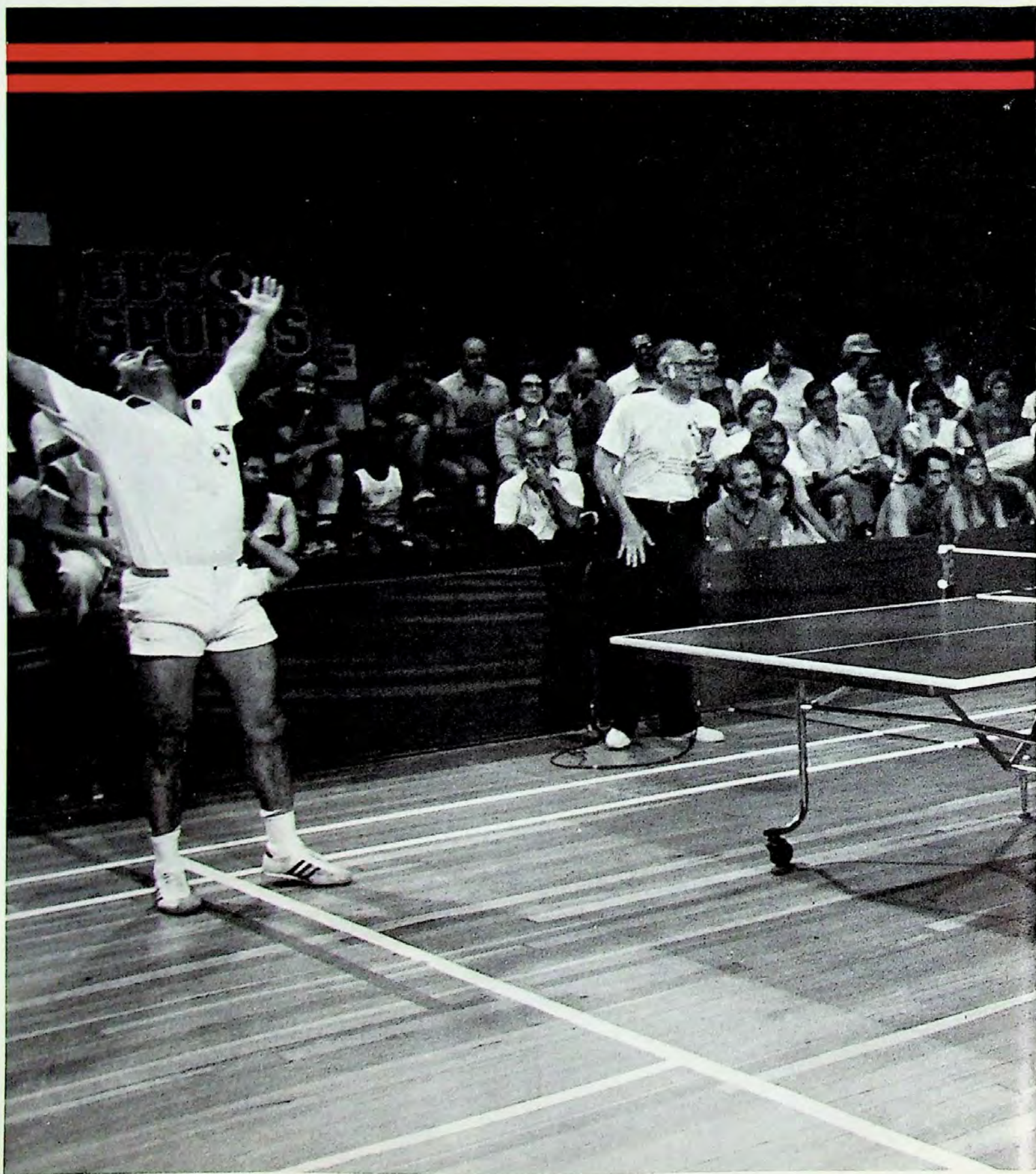
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The moment of truth The facial expressions at the end of the table tennis match between Hogan and Sharif Khan tell the story. With the score at 21-18 Marty Hogan has just lost out in his bid for the title.

Tables Turn on Hogan

Table Tennis Costs Marty Racquet Championship

Marty Hogan, Capo di Tutti Capi in the world of racquetball, took a weekend out in San Diego to make a takeover bid—for the top title of King of all the Racquet Sports.

Armed with hours and hours of practice in squash, badminton, tennis and table tennis the 21-year-old racquetball chieftain was gunning for the head men in each of those sports in the 1979 World Invitational Racquet Championships, a prime time televised event which carried a \$15,000 first prize.

And he almost made it.

Hogan, whose awesome power and racquetball reflexes make him a hard man to beat on the business end of a Seamco 559, showed a vast improvement on the form he displayed last year in the Championships, which are sponsored each spring by Bristol Myers/Vitalis. Then he could manage only a third place. This year he ended the two day event just a technicality away from victory.

At the start of the championships, held at the Atlas Health Club in San Diego, Marty showed that he was OUT TO WIN. In the weeks previous to the tournament he had spent probably more time on the tennis court than he had playing racquetball, and he had been walking around hefting a featherlight badminton racquet like he really knew what to do with it.

But he was facing the best in the world in the event, including his nemesis, Pakistan born Sharif Khan, the long time national squash champion and the odds-on favorite to win.

The format of the tournament is simple: pit the top five exponents of the five most popular racquet sports together, with each of them playing every sport other than his own. Eight points scored for first place, three for second and none for the rest.



Tennis

The sun was shining brightly on San Diego and on Hogan as he cranked up his serve for the first competition of the day, a showdown with Khan on the tennis court.

Khan was expected to win this event easily from his previous years' showings, but the wiry Pakistani was used to playing indoors, with no wind and no bright sunshine.

But with the score soon at 0-3 Hogan suddenly galvanized a little action and started to fight back.

In the first four games Marty, who had been playing some faultless ground strokes, found that to win he needed to attack. And his attacking game was spotty. Too often he rushed the net to find himself passed by Khan's hard forehand shots.

Then he started playing much more aggressively and brought the score back to evens before taking the game 7-5.

With that hurdle over and done with his finals match against table tennis champion, Dan Seemiller, seemed anti climactic and he allowed only three games to Seemiller, despite his confusing, serve-right-handed-and-switch-to-the-left-hand-for-rallies style of play, on his way to a 6-3 victory.

That win gave Marty eight points while Khan, who had lost in the semi-final, still had to get on to the points ladder.

Squash

Next event on the card was squash.

In terms of popularity, squash has experienced a rise similar, if not so meteoric, to racquetball.

Squash as a game is around 100 years old, having descended from an older, but similar game called rackets, which was nurtured in two dissimilar places.

It was played not only in some expensive, high class English schools, but also by the poor unfortunates who found themselves incarcerated in London's notorious Debtors Prison in Fleet Street.

It gets its name from the "squashier" texture of the ball, which only begins to perform when it gets warm. The game has several different versions, some called for in international play, others idigenous to the American game. The balls have four grades of bounce and in a total switch from racquetball, beginners play with the fastest and experts content themselves with the slowest one.

The fact that the squash accomodations at the Atlas health club are non-existent meant that the version played in the championships wasn't really similar to anything.

A squash court is 32 feet long, and the extra eight feet of a glass fronted Atlas court made for some wide open spaces.

Even so a little red tape and a "tin" — the 17 inches of dead space on the bottom of the front wall which prevents the rollouts — gave the Atlas game some of the characteristics of the real thing.

Marty was in no mood to trifle around with the 20-year-old tennis star, John McEnroe, when he dusted off his backhand and pinched his way to a quick and easy 15-7 victory.

In the other side of the draw Chris Kinard, the North American badminton champion, showed he could handle a racquet similar to the size of his own as he trounced Dan Seemiller 15-4.

So Hogan and Kinard faced each other in the finals in what seemed to be an even draw. Kinard had the advantage in racquet size and Marty knew the walls, but it was Hogan's court room savvy which came out on top.

Hogan was down two points right from the start, but then the score evened up 2-2. In squash, unlike racquetball, every rally scores a point and Hogan soon found himself ahead. He ran on four to go 6-2 ahead, before Kinard stopped him to make it 3-6. Marty came right back and in a long, long rally which drew applause from the packed audience, he took the next to make it 7-3 and carried on to 12 before Kinard could get back in the game.

Another brief one point stand was all he could manage and Hogan came right back tacking on two more for match point. Kinard did the same thing again, taking the serve and one point before Marty delivered the coup de grace.

Racquetball

Next up was racquetball, a game which one of the CBS cameramen filming the event will remember for a while.

As the court was prepared for racquetball, one cameraman was dispatched into the ceiling above the court where one ceiling tile five feet out from the front wall had been removed to give a new and interesting camera angle.

It worked well until one rally saw the ball disappear into the hole at full speed, a shot which television viewers were treated to later.

Sharif Khan, able to use his squash court knowledge despite the fact that he couldn't roll the ball out, was confident he could beat Seemiller.

This was Hogan's speciality game so he had to sit by and watch Khan pinch his way to victory.

Seemiller scored the first point before letting Khan in with a run of five. With the score at 2-5 they traded places twice before Khan, drive serving to Seemiller's backhand, walloped in three more to go to eight.

Hogan and Charlie Brumfield, far right, talk about racquetball for CBS viewers who were treated to a 90 minute program on the World Invitational Racquet Championships.



Another brief change of server ended when Khan ran to 13 uninterrupted, then with the score at 13-6 he cranked on to 19, then he conceded only two more points before winning the match 21-8.

Half way through an hour long game John McEnroe shouted *"I'm sweating. And I never do that when I'm playing tennis."*

That probably explains why losing weight is part of racquetball for McEnroe, who was just as unable to make a ceiling ball as he was to hit the front wall less than five feet up.

He slugged and pounded his way to a 21-10 victory leaving him totally exhausted for the finals which followed a few minutes later.

This time it took only 15 minutes for Khan to get onto the score card with a 21-10 win over McEnroe to end the first day's competition.

Badminton

As Marty Hogan went into the second day's matches, victory was staring him right in the face. Even the most knowledgeable experts were admitting that Khan and Hogan were equal in the two finals sports, badminton and table tennis, with maybe Marty having a slight edge in table tennis because he had the confidence needed to win.

But Hogan's sunny Saturday was about to turn into black Sunday as he watched Khan eat into his eight point lead.

First up was badminton and the draw was set up so that Hogan would meet Seemiller in one semi-final, McEnroe and Khan disputing the other. That way, whatever the outcome of the finals, one or the other would collect three points for runner-up, three points which would make a great deal of difference.

Name a sport which has just turned professional, which is played all over Asia, is the national game of Denmark and which has its American roots in the orange grove setting of Pasadena, CA.

That is badminton, a sport named after the estate of the Duke of Beaufort in England where it developed in the 1860's.

Originally developed from the English children's game of battledore and shuttlecock it retains the shuttlecock, a feathered cork, as the "ball".

And just as Hogan can whack a racquetball at over 140 miles per hour, a badminton champion can hit that feathered "bird" at over 100 — faster than the eye can see.

That "bird" flies along fast until caught by the air, then it stops — dead — and does strange things as it floats to earth like a parachutist.

Badminton skills make for great conditioning; the two major attributes for a good player are tremendous fitness and cunning.

There are three shots commonly used in the game—the “smash,” in which the shuttlecock is powered over the net at century speed; the “clear,” which—like the serve—is used to float the shuttlecock high over the baseline of the 44 foot long court, and the “drop” shot which is used to dunk the shuttlecock just over the five foot high net so close to it that it is unreturnable.

Hogan has the conditioning and the power, but when he met Khan in the finals after destroying Seemiller 15-4, it was Khan who had the finesse.

The finesse counted right away, for no sooner had the game begun than Marty found himself at the debit end of a 7-3 score.

He was using his power to smash the floating shuttlecock down. But the sight of the feathered bird floating within hitting reach was too much of a temptation, and time and again he would send it into the net.

At one point a powerful Hogan forehand connected with the wrong end of the shuttlecock. It came to earth like a pigeon on the receiving end of a 12 gauge blast, showering Hogan with feathers and prompting an astute comment—*“This bird just died. Let's get another.”*

He got back to 5-7 before losing the serve and Khan tacked on one more. Hogan smashed down Khan's high serve, once, twice, then a third time as the Pakistani struggled to make the returns. This time his power paid off when Khan ended the rally dunking the shuttlecock right into the net.

Khan was having a problem driving the ball down from Hogan's high lofting serve and Marty pulled back to 8-8. At that point he could have won the game. Could have and should have.

But he errored three times in succession, conceding three more points and virtually any hope of winning.

Khan ran the score to match point—14-8—but Marty made one last stand and got it back.

But his serve was too long—and Khan grinned as he picked up the shuttlecock for what he thought would be the last time. That was until Marty took a sky hook and blasted the shuttlecock down out of Khan's reach.

8-14 again and Marty started to come back — that is until another blasting smash failed to clear the net and Khan found himself with the victory, gifted to him at 15-8.

Table Tennis

And that, folks, set the stage for the grand confrontation, High Noon all over again across the puny nine by five of a table tennis table.

The figures are mind boggling. There are 124 national table tennis associations, one of them—Red China—itself has over two million members.

It's a game which demands hair trigger reactions—that little celluloid sphere can hit speeds of up to 120 miles per hour.

The outcome of the whole tournament depended on the semi-final game. Hogan had to win. If he didn't, Khan would still win the whole tournament based on the technical interpretation of the rules.

If Khan won, both men would have won two events each, tied for the number of points, but Khan would have beaten Hogan more times than Hogan would have beaten Khan. And that constituted the winner.

Marty recognized his failing in the game, and started out trying to make good every return, blocking every one of Khan's forehand drives across the court to his backhand.

In the early early stages of the game the strategy worked, Hogan at the end of Khan's first round of five serves leading by one point 3-2. And that is where any player wants to be, on top going into his all important serve.

Marty won the next point to go ahead 4-2 but lost the next two with the score tied at 4-4.

When Khan came back in to serve it was 6-4 but Marty, whose game still doesn't change fast enough, stayed on the defensive, holding his bat too high over the table on his block shots. That meant that the ball has a much greater chance of disappearing over the end of the table. Soon it was 8-5 Khan, then 12-8 Khan.

When Marty got back, it was 11-14 as Khan mishit a Hogan serve which floated out of the table, out of the arena and into the crowd. Marty, using a bat which is designed to spin the ball, backhanded a serve—a winner for 13-14. Then, attacking to Khan's forehand which is what he should have been doing sooner, Hogan tied it at 14-14.

The crucial point arrived at 16-18. Hogan needed number 19. That point, coupled with the serve, could take him to victory.

And there, ladies and gentlemen, Mr. Marty Hogan blew it.

The tension shows on the faces of Hogan and Khan in their semi-final table tennis clash. Whoever wins the game wins the title. Hogan decided to play defensively, a fact which eventually cost him the title.

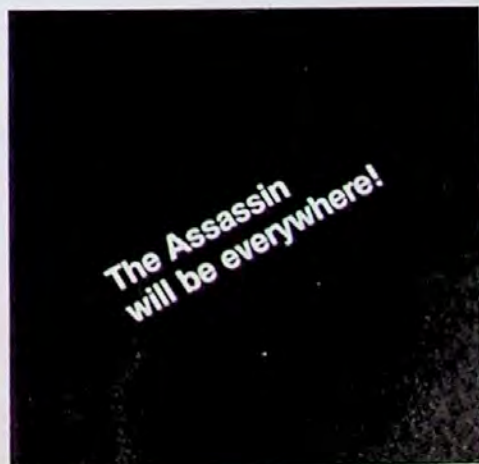


His blocking, too high to be effective, set the ball over the end of the table to end the rally at 17-18. The next went the same way at 18-18, another floater which failed to find the plywood end zone went for 19-18, the next went the same way for 20-18 and then Khan, making a hard driving return in the next rally, saw his ball strike the net with enough force to pop over, bounce twice and destroy Marty's hopes of the title.

Khan lost in the final, to give John McEnroe his only victory of the tournament, but his win was enough to ensure that the \$15,000 first place check had his name on it.

Marty collected \$10,000 with the words "It all came down to one point. In these types of events that is what seems to happen quite a bit. In this case 18-16, where if I had won that 19th point I would have been in command. But I rushed things. I just kept on playing without thinking out the situation. The same thing happened in badminton. When I caught him at 8-8, if I had gotten one more point for the lead, I think he would have buckled.

"I'm frustrated to death, but I figure I was third last year, second this, so next year should be my time to win."



Five Racquet Greats

Sharif Khan

Sharif Khan has been the North American squash champion for 10 of the past 11 years. With his father, Hashim, he has dominated world class squash for over 30 years. And Sharif, who lives in Toronto, Canada, is the end of the line. No other Khan has yet reached the same peak of athletic excellence.

"The great Allah was with me. I never felt so much relief as when Marty popped those two points away in the table tennis."

"Honestly there was more pressure than in a championship squash match. This was the toughest competition for me yet because the issue of the winner was in doubt right down to the last competition."

"It was a black Saturday for me when Marty beat me at tennis, but I gave him a black Sunday. There was one point in the table tennis match when I told myself it was all over. I was just about to throw in the towel."

"But I'm a competitor. All those years of squash have taught me that there is never a time to give up and give in. It is better to go down fighting for the very last point than to hand over the match to your opponent."

"It is ironic that the championship was decided in the event which Marty and I decided we were both not very good at. I felt very vulnerable in table tennis. Badminton I had played in England when I was at school. I could dink it around or smash it from time to time, and I was confident that I could win the tennis."

"But that is where Marty gave me a big setback. I was so confident I could win it. But he improved tremendously from last year. I am used to playing indoor tennis in Toronto, there the conditions of play are very sterile."

In San Diego the court was on top of a hill and there was a strong wind gusting from one end. It wasn't Marty who beat me in the tennis, the weather did."

Marty Hogan

"Wow, I blew it. In the table tennis all I needed was one more point. Then I would have had a 19-16 lead going in to serve. That one point, that was all I needed."

"I just didn't take the time out to analyze the situation. I was winning 18-17, then all of a sudden, just in a flash it's 19-18 to him and I lost both of those points with stupid shots. Oh I just wanted to win that doggone set."

"I thought that badminton was my strongest game because I have lost power from my racquetball game and from practicing I thought I had a reasonable chance of powering some points past Sharif Khan."

"I guess I could have used a little more finesse but it's hard in this one game"

situation to concentrate. You can play well for a whole game and then just blow it for one or two points and the whole title is gone."

"The table tennis I thought I could win. I have been playing it quite a bit and I should have won it. I just kept making one mistake, I kept holding my bat too high off the table. The guy I have been playing kept telling me the same thing. I would block a shot, only to see it go right over the opposite end of the table."

"But I'll win it next year."

Dan Seemiller

"From my past experience I thought that Sharif Khan would win easily, so when Marty beat Sharif in the tennis I thought I had my chance."

"I know that Marty is pretty erratic — I'm not a great tennis player but I can keep on playing without making too many mistakes."

"And also I have been in this competition three years running; the experience helps. I know that I have to be on all the time. Since every competition is to only one game there is no room for someone who can't get right on the ball. You have to go out and attack — it doesn't work to patiently wait for your opponent to make too many mistakes — they just don't happen."

"I have been playing table tennis for 14 years. As a game it ranks behind soccer as the largest participant sport in the world."

"Last year I earned \$8,000 in prize money — but most of my income came from clinics and endorsements. I'm ranked number one in America and I have held that title for the last six years. In the world I'm ranked around 22, but that's not representative."

"To get a good world ranking I would have to travel to Asia for seven months of the year. I'm already on the road for 10 months a year, so I couldn't do it. But most world class players rate me in the top 10."

John McEnroe

John McEnroe, the tennis sensation from Douglaston, NY, handed out a pasting to tennis champ Bjorn Borg and on the strength of his current tennis performance he was invited to participate in the racquet championships.

"Racquetball, I never played that at all until the day before the tournament. Badminton, I never really played that either. Just fooled around with it a couple of times a few years ago. Squash I only played once and ping pong is the only other sport I played."

"So you might say that I really came to this tournament totally prepared."

"Yes ping pong I have played at the house maybe four times in the past four years. I was"

pretty confident. Most of the games use a lot of wrist and I play quite a wristy tennis game. But it certainly is a problem playing any of these games when you don't know the rules."

"I didn't even know how to serve in badminton. I probably wouldn't have practiced even if I had time because of my tennis game. I have just about the same sort of hobbies as everyone else, dancing and music."

"Nothing strenuous, if I did something like climbing a mountain for recreation . . . I'd probably fall off."

Chris Kinard

Chris Kinard, of Pasadena, CA, is champion of badminton which has just been voted a professional sport.

"I won my first national title in 1972 when I was 21 years old and I have won the nationals five more times since then. And I'm number one ranked in America, too — have been for the last eight years."

"I know that every guy who didn't do well in this tournament would basically say that he didn't have time to practice. I got back from the nationals two weeks before the tournament, so I only practiced these sports for 14 days."

"In the order of my preference I rate racquetball, squash and tennis as my best three, with table tennis the most difficult. I knew that from the beginning. It's the same for all of us, though. We all play sports which use a large court area. When you switch down that small it's a problem."

"I'll be going for it next year, though. My family at home in Pasadena still play a lot of tennis so I get quite a lot of practice with them. Badminton and squash are similar in that the racquet has a long shaft and requires about the same amount of coordination and wrist . . ."

"It certainly shows where Marty has been practicing all the sports . . . His performances really improved. I'm not taking anything away from the guy because he knew what he had to do and he did it. It's just that with the timing of the event, the others all have their own nationals just beforehand. Dan Seemiller only got back from the World Table Tennis Championships the day before."



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SPALDING

How to Behave in the Balcony

Close Quarters Fan

by Robert J. Van Tuyle

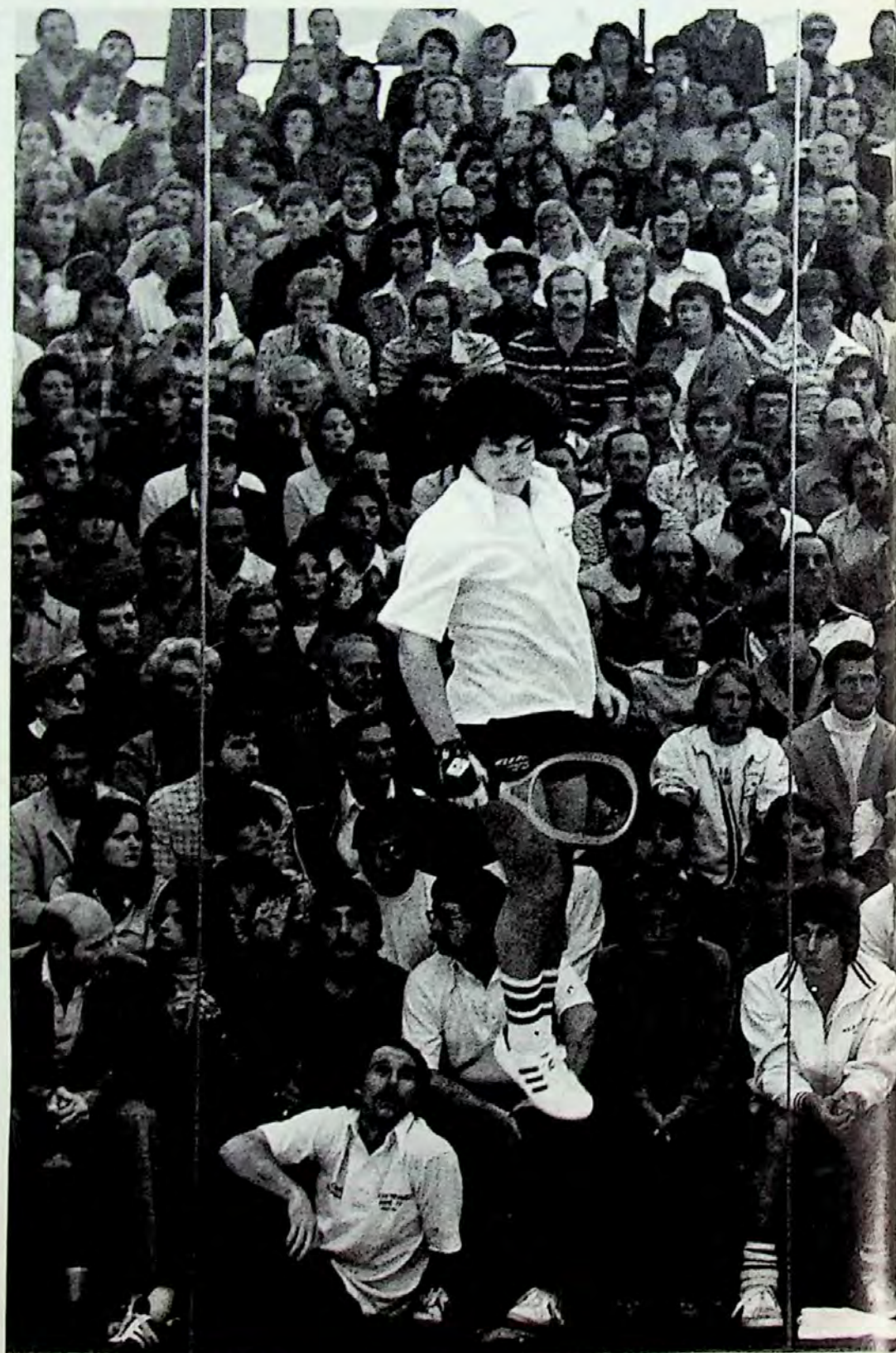
FANATIC: A person who is carried away beyond reason by his beliefs. 2. Enthusiastic or zealous beyond reason.

When was the last time you saw someone rip off the back of his chair and throw it on to the ice from the second balcony? Have you ever heard of the South American referees killed by angry spectators at a soccer game? Did you see Reggie Jackson fighting his way into the locker room after the final game of the 1977 World Series? Almost any sport, at the right time, can illustrate clearly where the informal noun "fan" has its roots.

Now this is not to say that all those who attend sporting events are brain crazed loonies, nor do all sports encourage fanatic cheering. The same behavior that brings laughs from your friends at a basketball game may get you lobbed into the parking lot at a tennis match. Each sport generates its own excitement and each sport from auto racing to bowling has its own singular fans.

There is no denying the importance of the fan. We see a mad scramble for "Home Field Advantage" every time there is a playoff in a major sport. Owners try to orchestrate the crowds with giant, instant replay scoreboards, men dressed up in crazy bird costumes and women dressed in hardly any costumes at all.

Now just where does racquetball fit into all this? Racquetball is not hockey or basketball or golf or even tennis (no matter what the racquet looks like). Racquetball is unique because of the relatively small crowds and close quarters — there is an interaction among fans, officials and players. This makes for some very interesting situations.





It is much easier to scream that the ump is a knucklehead (or worse) from the 21st row of the grandstand than to whisper the same thing when the ref is two feet away. The players, too, hear much of what is said in the gallery and vice versa. It seems that often the fans don't quite know what to do, how to react, while watching a racquetball match. This is understandable since the game is fairly new and many people are unfamiliar with tournament play.

Here are a few ideas that may make the game more exciting for you to watch and more enjoyable for the players on the court.

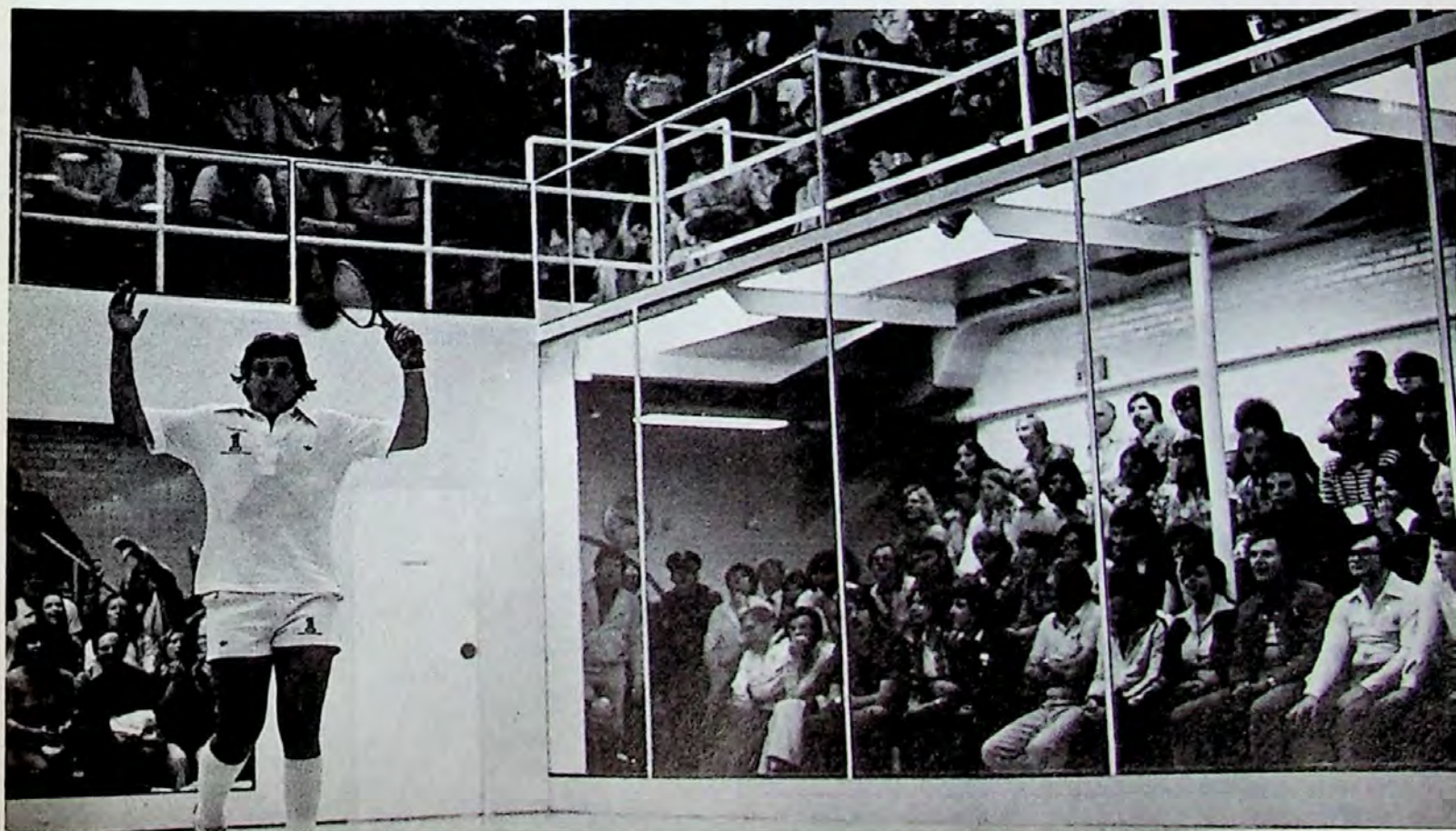
Know the Rules

The first thing to do, of course, is to become familiar with the rules. This makes sense not only as a fan but as a player as well.

Know When to Keep Quiet

The second thing to know is WHEN. When to cheer, and as importantly when not to. Obviously you're not going to shout "Go for it!" as the server winds up for his crack ace. This is a definite "no, no!" Generally, as soon as the rally ends — after the referee has made his call — applause or comment is appropriate. Conversation and lengthy

analysis of the match should be kept out of earshot of the referee and players since these people are trying hard to concentrate. This does not mean that silence should prevail, far from it. There is no reason in the world why, if the spirit of the game grabs you, you shouldn't yell and scream and jump up and down like a jack-in-the-box. From a players point of view, too, there is nothing more discouraging than hitting a 39 foot, desperation reverse pinch off a freak bounce between your legs for a winner and have 30 people stare at you as if you were invisible.





It is important to remember that the majority of the matches you will see in club, local and state tournaments are strictly amateur. The only reward the players get is a trophy and all the recognition they deserve, neither one of which will buy court time. A lot of time and effort goes into that smooth backhand cross court pass, and if you like what you see, let the players know. Applaud after the rally, say *"Nice shot"* loud enough to be heard (especially if your husband or wife is doing the shooting). Don't confine your comments to one player either. The people on the court are opponents, not enemies, and a brilliant retrieve is a thing of beauty even if your best friend is on the losing end of it. Let both players know you appreciate their efforts by applauding not only good play but good sportsmanship as well.



Find the Right Words

Knowing what to say is as important as knowing when to say it. Again concentration may be a tenuous thing for a player, and telling your wife that she has just hit a stupid shot can't do her a bit of good. Be positive. When your buddy wiffs the ball to lose the serve, it's often better to say something innocuous like *"Get it back now"* or *"Forget it, get tough"* than to snicker and call him names. Keep your comments short and to the point. A player's concentration won't be disturbed if the cheering is positive.

Though there are those players who thrive on hostile crowds, everyone appreciates a *"Let's go now"* or *"Fire up!"* once in a while. On the other hand unsolicited coaching can be irritating, especially to the losing player. (And no one yells *"Hit to the backhand stupid"* to the winners.) The time to offer advice is between games or during time outs when a player can bury his head in a towel and LISTEN to (or ignore) what you have to say. And don't get upset if your perfect strategy is ignored. Remember the game is a piece of cake when played outside the court.

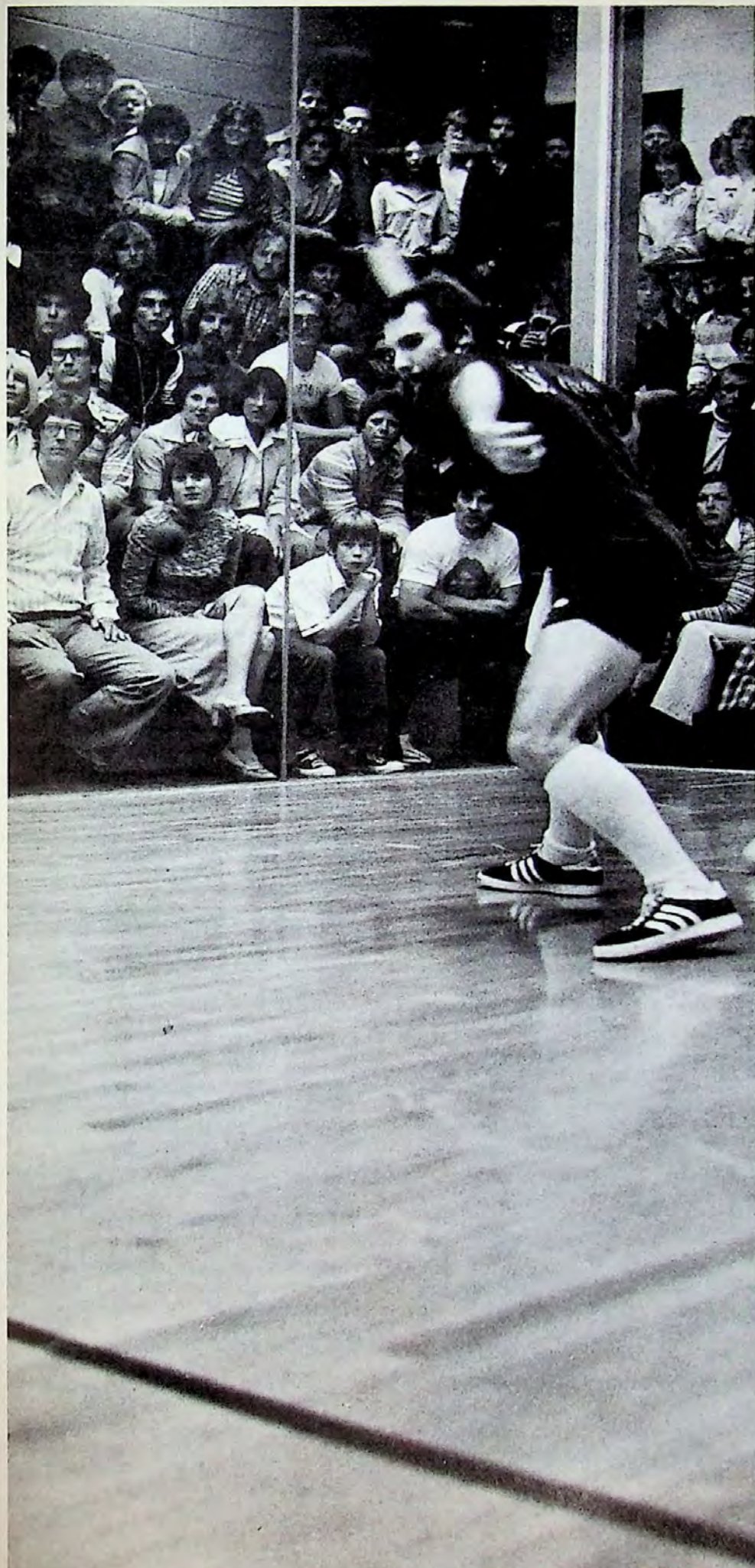
Be Specific

Actually cheering is only one small part of being a racquetball fan. If there is a particular player whose style you like, tell him or her what it is you are taken with. If you wonder why a player uses an *"around the wall shot"* instead of a ceiling ball ASK him. Generally players love to talk about their games and the more knowledgeable you are, the more they will offer. As a fan you can pick up many helpful ideas that will benefit your own game too. You may even be let in on some pregame planning so you can look for a special strategy or shot selection as the match progresses. Your friends will be amazed when you correctly predict that *"Joe Blow will cut off that Z serve"* whenever he can.

Watch for Early Round Upsets

As you become a sophisticated fan, you'll recognize certain matchups that promise exciting displays of stamina, retrieving or shooting skills. This is particularly true in the early rounds when the players are fresh. The early rounds, too, are the place to watch for upsets. The hotshot seeds may have trouble getting *"up,"* and a hungry newcomer may provide the best match of the tournament. The draw sheet doesn't tell the story of how the contestants got where they are, and when you've followed the players from match to match the finals take on a new aspect, especially when your support may have helped your favorite through a critical game.

A word about getting on the ref. It's a tough job. Volunteer to take over before you get on his or her case.



No Smoking, Please

Finally a few points of courtesy. At the risk of offending those who smoke cigarette and cigar smoke inevitably seems to waft into the courts from the open galleries. This is often bothersome to the players who are usually nonsmokers and are hyperventilating to boot. The drinkers should avoid spilling beer from the ledge, at least during play even if your favorite player is about to lose match point.

Being a racquetball fan can be as intricate and enjoyable as being a player. In fact many people are both. The enthusiasm generated by the fans becomes contagious and the players feed off the energy. An appreciative crowd also brings out the show person in many players that is often missing at other times. Good fans can inspire good racquetball.

So "FIRE UP!" Be a racquetball fan. But don't go overboard — Be a fan, not a fanatic. ●

The Assassin wants you!

Letters

Who to Believe?

Dear Editor:

I'm an A player always trying to improve my game, so I read all of the instructional stories in *National Racquetball* very carefully. I've noticed that you have a couple of top pros telling players what to do and that often one pro will tell you to do a certain thing, and then the next pro will suggest the opposite. In Charlie Brumfield's stories he even contradicts himself! I feel as if I'm up in the air.

Bob Ford
Plantation, FL

Racquetball techniques change constantly as pros discover new ways to beat opponents. National Racquetball likes to report these discoveries when the pros find them, and then print stories on newer ways to win when those are discovered. As Charlie Brumfield reminds us in all his stories, the game of racquetball — since still in its infant stages — is always changing. (Brumfield's own game never stays the same.) National Racquetball recommends that advanced players like you read the stories carefully (glad you're taking that step) and then try out techniques alone in a practice court or with an understanding friend. Among all those tips you'll find the ones that will improve your game. ED

A Natural

Letters to the Editor:

Regarding: Charlie's Articles

Although very informative, what money making teamwork. Charlie, totally obsessed with Hogan's "power," analyzes and dissects every motion, and Hogan just seems to nonchalantly "do it naturally."

Jean Oeschger
Sunnyvale, CA

Racquetball in Olympics?

Dear Editor:

What are the chances of adding racquetball to the Olympic games? Is there a committee working on this?

Keep up the good work on the magazine.

Linda Brokow
Anaheim Hills, CA

You and other interested amateur racquetball players can compete in the Olympics when at least 40 countries have substantial numbers of players using standardized rules and equipment. Those are the minimum requirements for an Olympic sport. ED

Praise to the Master

Dear Editor:

For close to two years now I have been enjoying the many interesting and informative articles published in *National Racquetball*. My brother and I have recently opened the Omega 40 Courts, where your magazine is common reading material and is seen about every place a person can sit or stand to read.

We all agree that "Inside the Master's Mind," by Charlie Brumfield is one of the best series ever to appear in your magazine.

Tasso C. Kiriakes
Ormand Beach, FL

Ref Quiz Corrections

Dear Editor:

In regard to your Illinois State Racquetball Association test, part one, in the August issue, we found numerous inconsistencies with the conventional rules of racquetball. We feel that a magazine of your quality should strive to be the acme in rule clarification and not contribute to misunderstandings in a growing sport.

We realize that the mistaken information was the result of improper editing or poor proof reading. But a magazine of your quality should strive for quality!

Bob Szuch
Gary M. Charette
Southfield, MI

Dear Mr. Kendler:

I enjoyed the presentation of the Illinois State Racquetball Association Referees Committee Test in your latest issue. It was both enjoyable as well as educational. However I believe there was an error in the correlation between some of the questions and the answers. Perhaps you could reprint the correct answers in the next issue of *National Racquetball* magazine.

Michael D. Klein
La Mesa, CA

Last minute deletions of some questions led to the errors, first noticed by Phil Simborg, the man who put the test together. Our apologies — we hope we can restore your faith in us. For starters Terry Fancher double checked the quiz in September (all was well) and we're printing the corrections for the August mistakes in this issue's amateur section. ED

THE GRIP THAT GRIPS BACK.

Pros have already discovered Supreme Grip. Now it's your turn. When you first get your hands on it, you'll think it's suede. But its unique poromeric structure absorbs sweat far better than leather. In fact, the more you sweat, the better your grip actually becomes. And because Supreme Grip



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Let Illinois Set the Example

Dear Terry [Fancher]:

I am writing to thank you for the very complimentary article about my work with the Illinois State Racquetball Association's Referee Committee. What you failed to mention in the article is that you and Dan personally helped and encouraged the formation of the committee, and it was your presentation of the USRA's Referee Guide that got us started in the first place.

For what it's worth I was quite impressed with the high quality of reffing provided for the pros at the Nationals (and other pro stops), and I'm confident that we're well on the way to providing consistent, good reffing for the amateurs as well, thanks to your competent leadership and the formation of committees like we have in Illinois.

Phil Simborg
Elk Grove Village, IL

When's the Next Ref Clinic?

Dear Dan [Bertolucci]:

Our members at Wyndmoor and visitors from other clubs are still talking about how much they enjoyed and benefited from your referee clinic. The way you conducted it and got everyone to participate was just great. Those who were unable to attend have been asking when and where the next one will be.

It was a pleasure for me to finally meet you, Dan, and on behalf of the Club and our members I want to thank you most sincerely for the effort you made to be with us.

Rita Gallagher
East Brunswick, NJ

She's Looking for Women over 70

Dear Carol [Brusslan]:

I was tickled to see my face once more in the *National Racquetball* magazine for July.

Do you think we *could* have a nationwide search for women players over 70? I just can't believe there are so few.

I was thinking what fun it would be if we *could* get eight together and one friendly club could sponsor a meet for two days. We'd have a wonderful time and maybe a fashion show to promote really well cut shorts instead of those flippy little things all the young wear which reveal quantities of thigh; also well cut shirts with necklines guaranteed to hide the wrinkled necks!

We were in Colorado last summer and I was playing racquetball at a club called Rallysport. I played nearly every day with some very good intermediate players, but missed the extreme drive and dedication to the game that exists in the middle west.

Best wishes. Do find some more old ladies!

Dora Mitchell
Madison, WI

Backing Education

Dear Association Members:

On behalf of the students, faculty and staff at Memphis State I thank you for the scholarship assistance you have directed to a student at this University.

In granting this award you are not only providing a very deserving young person with the opportunity for an education, you are also investing most meaningfully in the future progress and educational efforts of this institution.

Again, thank you so much for your concern for the quality of education at Memphis State University.

Billy M. Jones
Memphis, TN



Introducing "THE RACQUETEER" A Racquetball Practice Machine



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There Comes A Time . . .

This is my last column. There comes a time when every person must move on in life and this is my time.

For nearly 10 years I have had the privilege of serving the racquetball community from the headquarters here at 4101 Dempster Street. It has been as rewarding and meaningful as any career could possibly be.

I owe any of my racquetball achievements to two men. My father, who initially urged me to take a chance on racquetball, and Bob Kendler, whose leadership, wisdom and patience have been my guiding lights for a decade.

I owe a great debt to these men for I have been educated far beyond what one might absorb in an institution of higher learning. That education includes the worlds of business, and journalism, sports, marketing and promotion.

I have learned that any organization, no matter what its structure, must be built on a solid financial base — that only when that has occurred can meaningful growth follow.

I am proud that the USRA, NRC and *National Racquetball* are all on a stronger footing now than when I began. My efforts have been entirely for the good of racquetball for I truly believe in racquetball as the sport that brings health and well being to its participants.

We started from nothing and built an industry whose growth currently outpaces every other segment of sports. We hold over 600 tournaments a year where 10 years ago there was but one.

We've organized affiliates in all 50 states; a pro tour of nearly \$300,000 in prize money; the first monthly racquetball magazine.

We've established regionals, junior regionals, intercollegiates, scholarships and paid referees. Even television.

Any successes I might have had during these 10 years, I owe to the team that has been responsible. Joe Ardito, who burned his fingers continuously pulling me out of fires; Terry Fancher and Dan Bertolucci who have relieved a great deal of the pressure on the pro tour. And my wonderful magazine staffers, Carol Brusslan and Milt Presler, for without their efforts, we'd all be reading a lot of blank pages every month.

I have accepted the executive directorship of the National Court Club Association, the organization that represents racquetball club owners. Therefore I'll continue to work in racquetball, promoting the sport in which I believe.

But most of all I believe in you, the players, for it has been your support down the racquetball road that has made all of our successes possible. You are the heart and soul of this sport.

Some of you may have liked what I've written, some may not, but I've cherished the opportunity to provide you with my insights and I have valued your reaction. It makes me proud to know that there are millions of you today where there were barely a few thousand when I first sat at this desk.



If in some small way I have been partially responsible for providing you with the opportunity to enjoy yourselves and your lives a little more — then my goals have been achieved.

Sure, I'll miss the pro tour and running tournaments. I'll miss meeting deadlines and covering events. I'll even miss refereeing. But I will continue to be involved in our great sport, the sport I truly believe will become *the* sport of the 80's.

There are great things ahead for racquetball and the USRA/NRC. Bob Kendler's leadership is crucial to the ongoing success of this sport and its future development. Every sport needs a strong governing body to steer the ship through what often is a hazardous course.

Nothing can stop the greatness of racquetball. My friends can be sure that I'll see them somewhere along racquetball's road. As for any enemies, well, don't think you've gotten rid of me yet!

So from paddle racquets to white glass and everything in between — thank you. It's been my pleasure!





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Shaving fifteen to twenty grams off a racquet is no easy job. But after months of redesigning, we finally found the answer: a lightweight new double-wall extrusion.

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