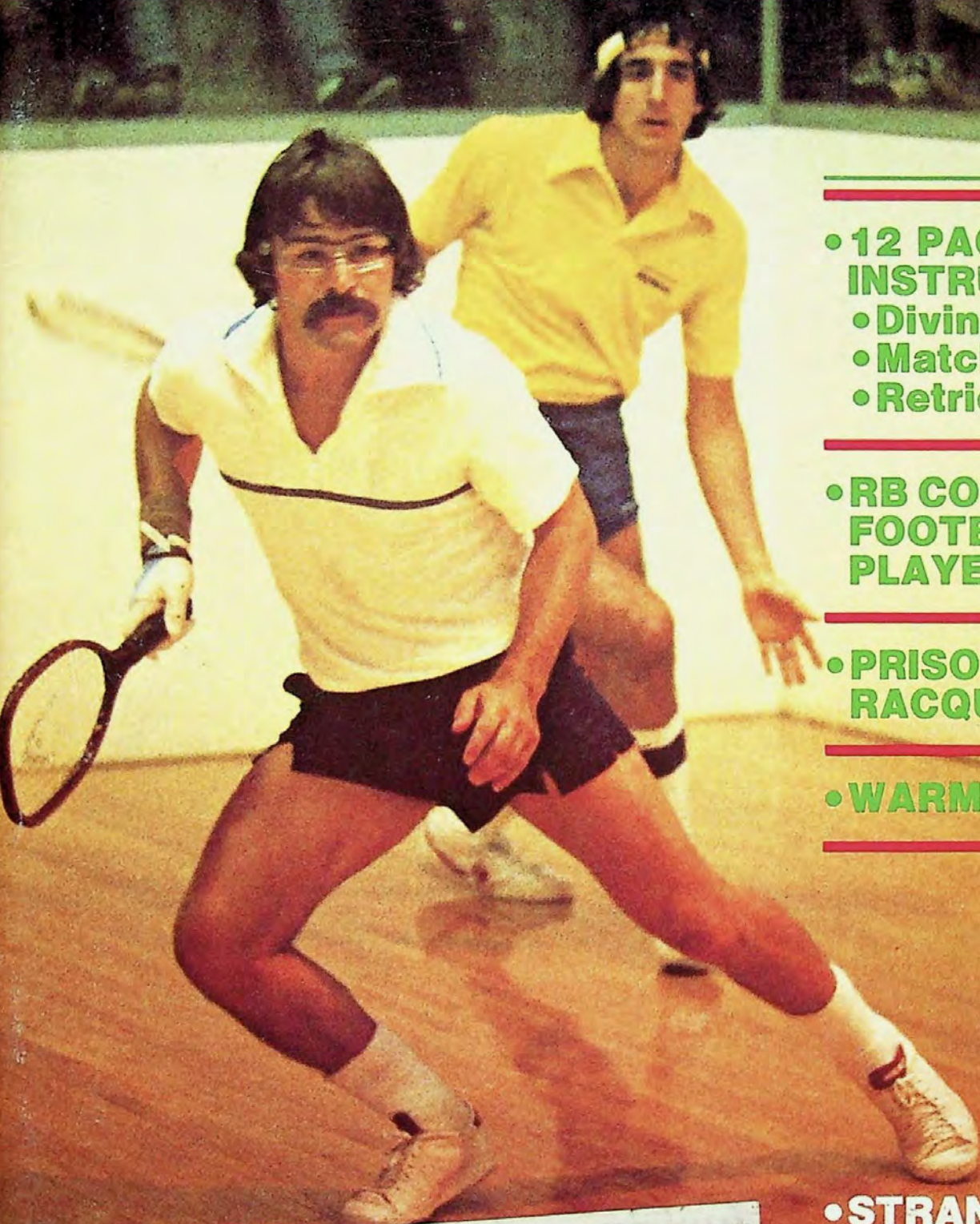


National Racquetball®

Vol. 6 No. 12
December, 1978
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 - Match Tactics
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On the cover . . .

Surprise winner Steve Strandemo shows his championship form against Jerry Hilecher in the finals of the JACK IN THE BOX Racquetball Classic — the season's first pro tour stop. Full details on page 68.

—Photo by Arthur Shay

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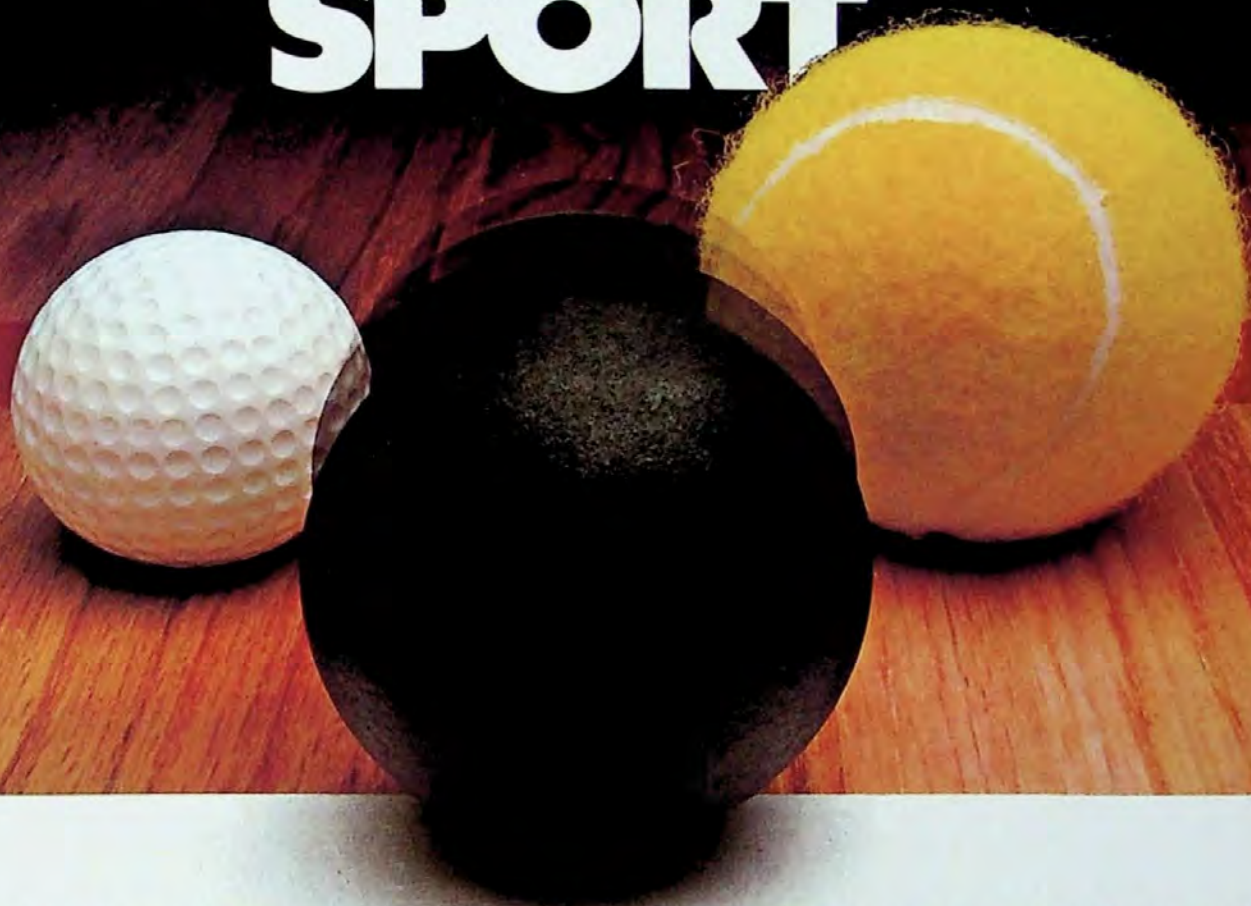


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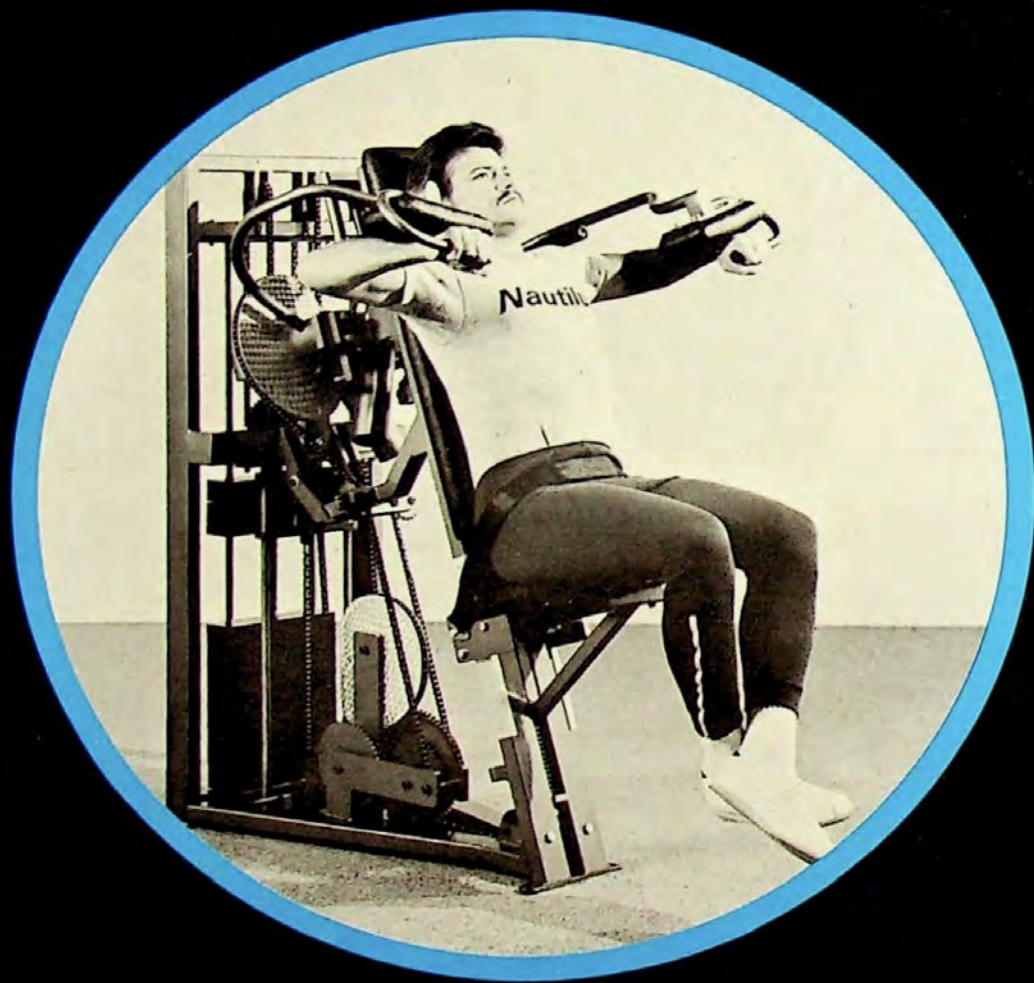
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Humpty's Great Fall

Sooner or later it had to happen. Forty years of unchallenged access to galleries everywhere came to an end for Kendler. A gal by the name of Fran Mango saw to that at our first tour stop of the season, the JACK IN THE BOX Classic at the Town & Country Racquet Club in suburban St. Louis.

The conversation went something like this, as Kendler approached the ticket taker with his wide "I am the president" grin:

"I am Bob Kendler," said I. "And I would like to sit in the gallery until our staff gets here with my tickets."

"No ticket, no seat!" was the reply.

"Excuse me ma'am - I am president of the United States Racquetball Association."

"I don't care if you are president of the United States of America. No ticket, no seat."

It was becoming apparent that politeness was not working. I decided to try intimidation.

"I'd like you to know that Sports Illustrated once called me the Czar of Racquetball."

"If you were the Czar of Racquetball, you'd have a ticket."

"You don't understand. I just want to sit in that far corner by myself and plan my day."

"You'd be better off if you plan to buy a ticket and quit acting like an amateur gate crasher."

That did it. I retreated and melted into the crowd around the draw sheets, hoping no one would see the broad look of self pity that crowned my brow. To be completely frank my pride suffered a crushing blow.

Here I was, a free spirit at all the tournaments in history, wandering in and out without tag or ticket, knowing that in my world — my grin was my passport.

Alas and alack St. Louis was no respecter of rank. On the court the mighty were falling like leaves. It is said that misery loves company. So when I realized that Hogan went down, along with Brumfield, Serot and Koltun — all early — it became a bit more bearable to cope with Kendler's going down.

In fact it became a great deal more bearable when Fran finally heard that I just might not be a gate crasher. That's when the fun began. With the persuasion only a pretty girl could employ — flavored with some very welcome pulling and patting — Fran made me again feel like an unfallen Humpty Dumpty.

No — I didn't accept the seat. This was too good to spoil. Especially after she enlisted the aid of three equally sweet girls and I tell you, being manhandled by dolls is something special.

Well that's enough of this — and Fran, I forgive you. In fact I compliment you for doing exactly what you were supposed to do. There are not many people that dedicated. And so we don't lose the moral of this story — the losers (myself included) were really winners.

Hogan will go back into training. Serot will get a new coach. Koltun won't rely on his good looks. Brumfield will come back from his honeymoon (honeymoons and tournaments never were compatible). Best of all Kendler won't be such a smart aleck.



Racquetball, you know, is growing rather rapidly, and there are some newcomers who never heard about the game's grandfather.

But just as losing may be healthy for the losers in the long run so may my losing battle at the gate. So Fran, don't feel bad. You deflated my ego and your amends were wonderful. Your cohorts Kathy Symon, Lois Klearman and Gina Dodson added the final frosting.

Believe me, they are your dear friends and promised to keep you out of trouble next time. We'll be back and I promise I'll try sneaking in again. Don't stick your head in the eye of the storm — let the thinker do his meditating.

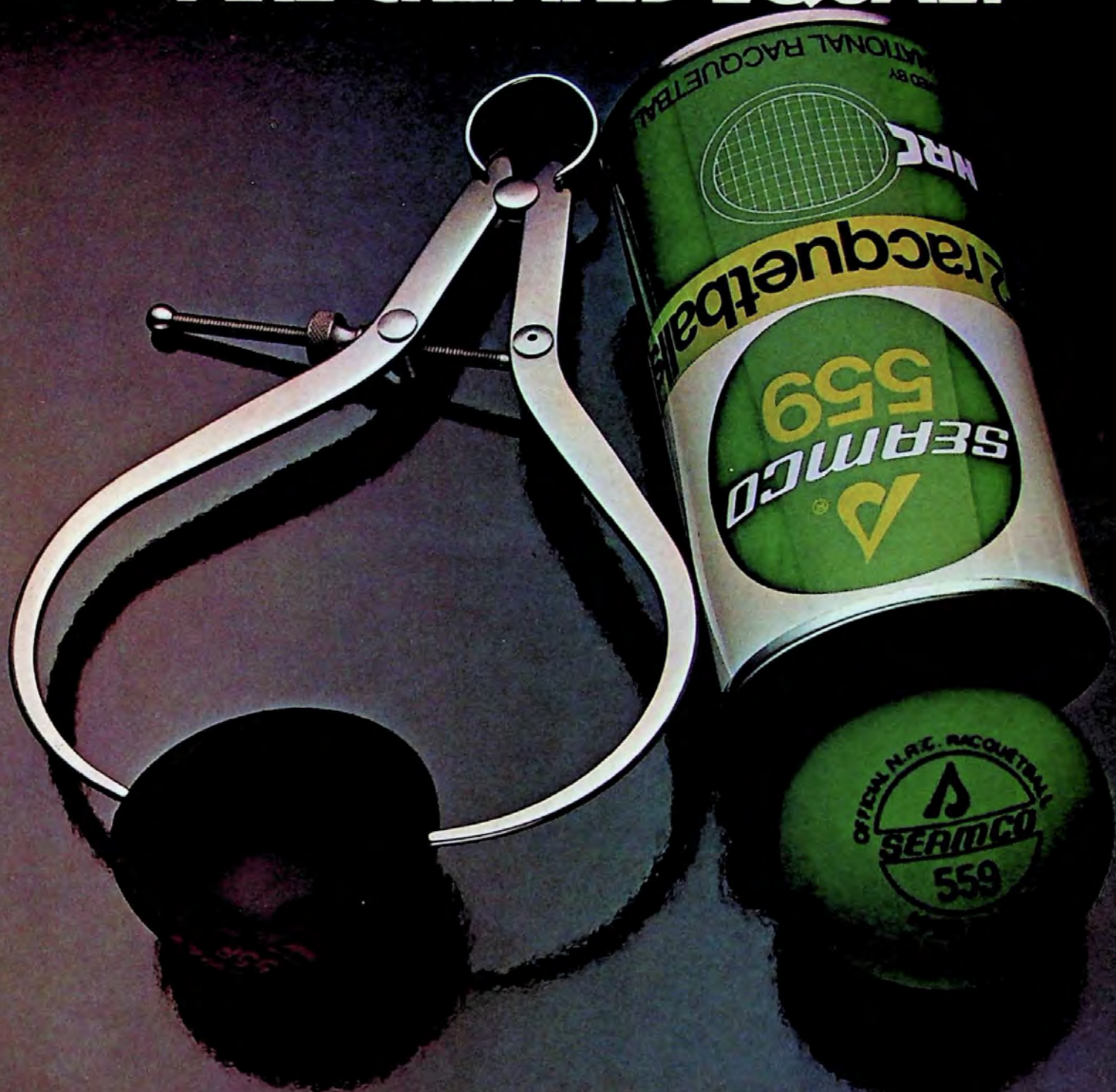
I'll promise not to look at the match, if you can find a way to put Humpty Dumpty together again. And I'll never mention the incident to Joe Morrissey. ●

Evie & Bob Kendler

Evie and Bob Kendler

It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O most High.
Psalm 92:1

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Should We Make Eyeguards A Must ?



I hear it all the time . . . from players, from court club owners. Why don't we — racquetball's governing body — make eyeguards mandatory at all USRA sanctioned events?

It's a subject we've thought about a lot here at USRA/NRC headquarters. We've seen the pictures of eye injuries in the Canadian Medical Association Journal . . . we've read the American Medical Association Journal statistics on the alarming number of injuries to the eye that occur during racquetball games. We're concerned.

We also hear remarks from players. "I know I should wear eyeguards. But they bother me when I play — they might cost me a couple of points a game. In a close game I could lose a match."

Well they know as well as I know that it's better to lose a match than their eyesight.

Beside that some of our best players claim that — once you've gotten accustomed to them — eye protectors actually help you play. Players wearing eyeguards feel more comfortable about looking back at opponents to prepare for a return. Steve Strandemo proved that point when he won the first pro stop in St. Louis wearing eyeguards.

The Society for the Prevention of Blindness is also concerned.

Jim O'Neal, the organization's safety specialist, says "Now's the time — as the game is getting so popular — to anticipate what can happen and program against it. You have to accept

eye danger, just the way football players accept other kinds of dangers, and require people to wear the equipment to protect themselves."

But how would players respond to the rule?

We checked with John Chambers, president of the Canadian Racquetball Association, which has made eyeguards mandatory at all CRA sanctioned tournaments held since Sept. 1.

"We've had no problems. We make it clear on the entry form that no one is allowed to play unless they're wearing eye protection. The tournament directors are responsible for carrying out the rule."

"Frankly we've been surprised at the ease that we've put this through. We thought we'd get more resistance. I think the major selling point is that it protects a player from getting injured, and the rule also protects a player from causing the injury. It's tough to go through life knowing you've been responsible for blinding someone."

"Our CRA board of directors took about four months to reach the decision on the mandatory eyeguard rule — then I went around to our provinces talking with our assistants. What swayed them was this idea of double jeopardy — to the person who's caused the injury as well as to the injured."

Tournament directors at Canadian meets require eye protection for all players, whether or not they wear regular eyeglasses. People who wear

glasses must put a cage type frame over their glasses or wear glasses with prescription lenses made of plastic or unbreakable glass.

Chambers, who is co-owner of the Supreme Court Racquetball Club in Vancouver, thinks that once the association sets the eyeguard rule for its tournaments, the eye protection idea filters down to all players.

"Tournament players want to practice with their eyeguards on, since that's the way they'll be competing," Chambers says. *"When the average club player sees the best at his club playing with eye gear, he'll want to copy him. Soon the rank and file will wear eyeguards as a matter of course."*

One of the surprises to Chambers was the number of Americans taking part in the Canadian tournaments despite the eyeguard rule. At the British Columbia Open many of the 400 entrants were from California, Washington and Oregon.

That might be telling us that American players are ready to accept — even welcome — a rule from the USRA that players must wear eyeguards at sanctioned tournaments.

Do you agree?

Please write or call me (4101 Dempster, Skokie, IL 60076 or 312-673-4000) giving me your opinion on this issue that's most important to every player and to the future of racquetball. ●



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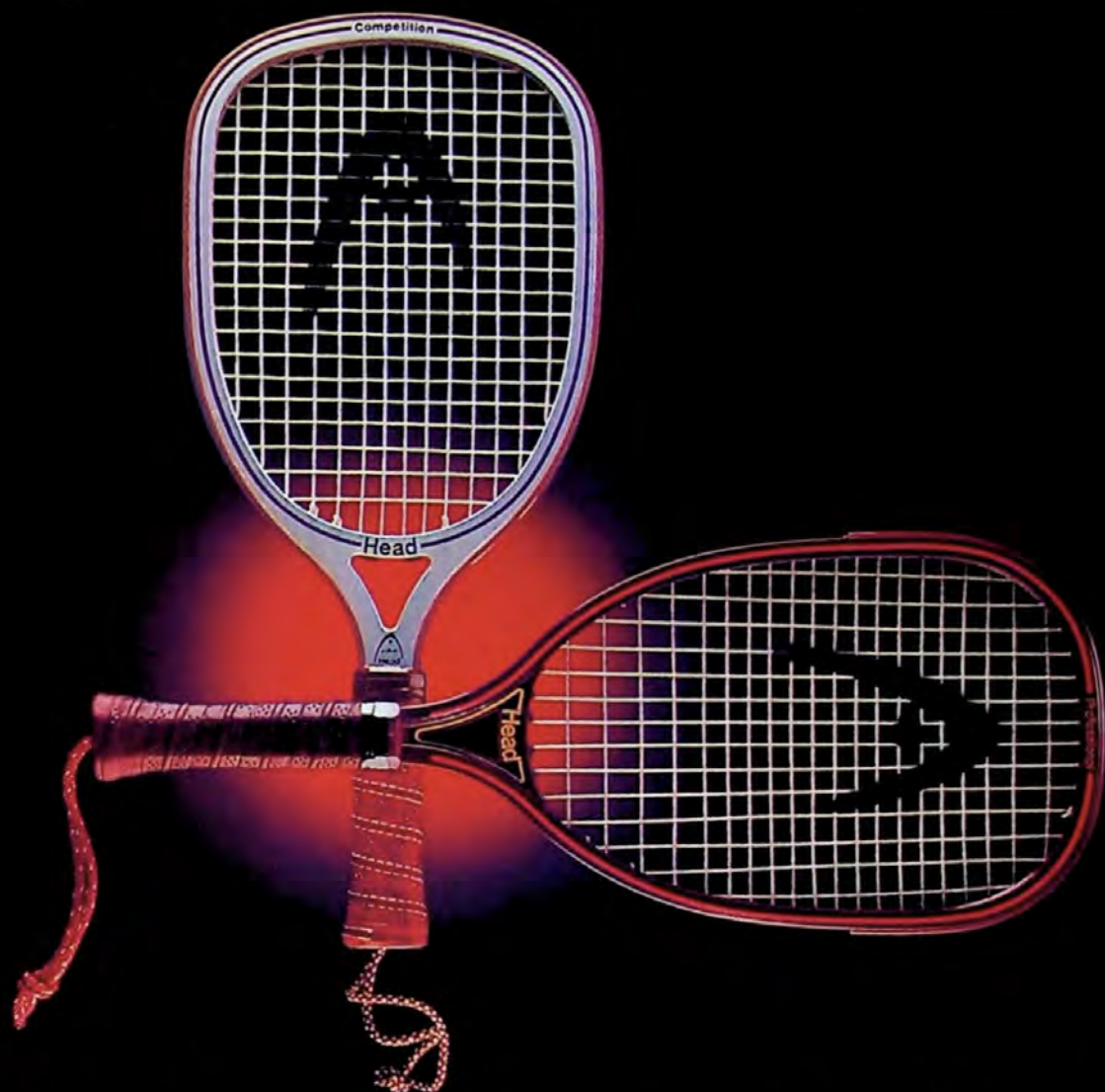
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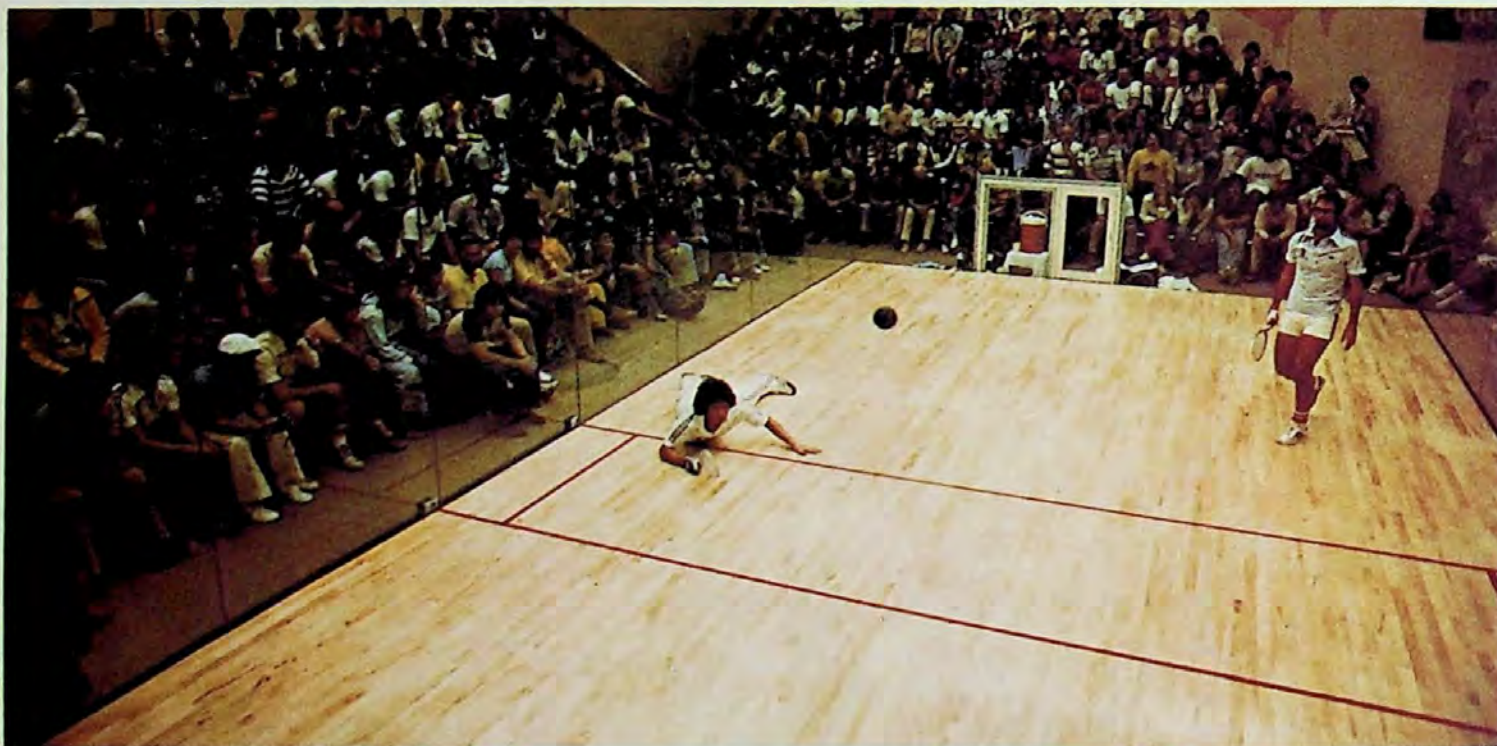
Racquetball. We meet again.

AMF
Head

Diving For Balls: Look Before You Leap

by Jean Sauser

Marty Hogan hits the boards in a game
against Charlie Brumfield.



— Arthur Shay photo

As a professional player, instructor and avid racquetball fan I've come to the conclusion that our sport needs another safety warning. That warning should read: CAUTION! Too much diving can be hazardous to your health and general enjoyment of racquetball. If diving is your style you should consider changing the word "style" to "last resort", and you'll probably find that you dive less, hurt less and play racquetball more effectively.

Think about it rationally for a minute. When you go down on the floor spread eagle to get a ball, you are admitting to yourself and your opponent that you are not fast enough to get to the ball on foot.

There is no question that players diving for balls in a racquetball tournament match will bring admiring ooh's and aah's from the audience every time. This is unfortunate because every time a player makes a dive to retrieve a ball he's flirting with possible injury. In this light diving is not as impressive as it is dumb and risky.

With proper anticipation a player should be able to reach almost every ball in the court on foot. A player who dives every other volley in a racquetball match is to be pitied for his lack of anticipation, not admired for his hustle.

Also when a player develops diving as a style of floor cover, he can slow his footwork down. He'll never learn to run for shots that are difficult to reach. Instead he'll dive for more shots including those easily reached on foot. It is at this point that diving ceases to be a style and becomes a bad habit.

"Diving is my style," claims one teaching pro I know. Isn't it a shame he is so misinformed about his bad habit. Recently I had the pleasure of playing racquetball with him and beating him by a score of 21-6, primarily because he was on the floor and I was on my feet.

It has been my experience in coaching a player who dives constantly that he gets lazy and misses 50 percent of the shots he threw himself on the floor to retrieve in the first place. As the diving continues, he recovers to his feet slower each time until he remains on the floor without attempting to get up. So even if he does retrieve his opponent's shot, unless he kills the ball his chances of winning the volley are slim. Through my observations and frustrations in working with these players who dive as often as they run, I've noticed over a period of time their strategy weakens along with their bodies.

This diving photo by Arthur Shay (of Jerry Hilecher off the floor against Ben Koltun) won National Racquetball a certificate of excellence in the Chicago '78 design contest. National Racquetball's design director, Milt Presler, shared honors for his use of the picture in last June's issue.



Discriminate Diving

It's a pleasure to work with a player who dives rarely. When he does dive, he usually gets the ball, gets back to his feet fast, surprises his opponent, retrieves the ball and wins the volley. In short the discriminate diver gets maximum mileage from his occasional bouts with the floor.

Admittedly there are times when diving is the only way to win a point but how can you determine if your dive was warranted? Ask yourself the following questions the next time you dive for a ball.

- Was the score at a crucial point?
- Did I get the ball?
- Did I win the volley?

If your answer is no to any one of these questions, you should remind yourself to be more selective about your diving.

If you've discovered that you dive too much, you'll want to be successful in your efforts to dive less and play better. Try to remember the following rules of thumb for cutting down on diving.

First of all *never dive in practice games*. What for? You could get hurt and not be able to attend that tournament you were planning to win. If you can eliminate almost all diving from your non-tournament play, you can concentrate on running hard for every ball. This will develop your footwork in those areas of the court that are the most difficult. You'll also retrieve shots that used to be out of your reach. If you know you're going to dive, you'll concentrate on the ball more and anticipate your opponent's shots with maximum proficiency.

In tournaments if you really feel that it's going to take the risk of diving to defeat your opponent, then take it but only when it can do you the most good. So in your tournament play try to keep diving relevant to the score as well as to the situation. Try to get to every ball on your feet, especially during the first 12-14 points in the first game of your match. Why dive and get hurt with the

score reading 6-2 your favor in the first game of a racquetball match? That injury forfeit can be as psychologically painful as it is physically. Try to remember that if you go down for a ball at all, it should be when the score reads 19-19 or 20-20 and then only if winning that game is crucial to winning the match.

Nobody has the magic formula for diving possibilities, but there are times for me in tournament play when I avoid diving at all costs. If it's the first game of a racquetball match and I feel that my strategy is superior to my opponent's I don't dive at all, even if I'm losing. I just try to sharpen myself up on my feet for game two and possibly game three.

When I am in the situation of losing the first game of a racquetball match, I often say to myself, "*Jean, don't start diving now, you won't have any skin left for the third game!*" If any diving is done at all from that point on, for me it will be at the end of the second game to win or in the tie-breaker to win.

The Dives That Made History

The perfect example of this philosophy lies in the now historic Brumfield-Hogan National title match of 1976. As a spectator to the renowned racquetball bout, I found my theories on diving reinforced.

Four time National Champion Charles Brumfield was being challenged that year by his strongest competition, Marty Hogan. If anyone was capable of beating Brumfield it was young Hogan, and the crowd knew it. The stage was set for one of the most exciting championship matches in racquetball ever.

Brumfield won the first game easily, with superior shot selection and much verbal intimidation of the temperamental Hogan. Marty won the second game with an impressive score of 21-1 after he turned his attention from Brumfield to concentrate on shooting the ball. Every shot went in.

All that was left to determine the National Champion was the 11 point tie-breaker. It was clear to every spectator, present party included, that if Marty Hogan could shoot the way he had done in the second game against Brumfield, he could easily win the title.

As the third game began, to everyone's amazement Hogan shot the ball with pinpoint accuracy while Brumfield dove for and retrieved every ball! It was a real spectacle to the fans to see defending National Champion Brumfield on the floor. Brumfield was known for various antics in the court but never as a diver. It was psyching Marty into errors and skip balls.

At this point in observing the match a thought crossed my mind. If any other male pro had been in that final — diving against Marty Hogan — it couldn't effect Hogan's concentration as much as seeing Brumfield on the floor retrieving beautifully. Charley's dives were worth 10 of the final 11 points in psyche alone!

So Brumfield's bumps and bruises paid off in his fifth National Racquetball title. It was clear to me that Brumfield had the correct theory on diving. Dive for a title. Going down on the floor for anything less could ruin your chances of ever trying again.



Diving is popular with photographers. Cliff R. Leonard took these shots of competitors in a Florida state tournament held last spring at the Jacksonville Racquetball Club.

Fewer Roller Derbies

Every player and competitor in racquetball must come upon his own "important peak" when nothing short of the all out risk, life and limb style of racquetball play will work to put him over the top. After all it's this element in racquetball competition that ranks our sport among the most exciting games in the world today. However racquetball sinks to the level of Roller Derby when bodies are senselessly thrown on the floor at indiscriminate times.

Indiscriminate diving can be a threat to players of all ages. In young players it can hinder game development and



possibly cause an injury that can prematurely end a career. In older players longevity in racquetball is threatened by careless diving.

Refereeing is playing a large part in ridding players of diving fever. Among good racquetball referees diving is not so much appreciated as it is called against.

A player who dives for a ball but fails to get up and out of the way in time can earn an avoidable hinder call. The diver creates a situation that could have been avoided when he dives and fails to get out of the way in time for his opponent to retrieve his shot.

A classic example of the avoidable hinder dive occurred a few years ago at

the 1975 Pro-Am in Milwaukee. There was one particularly exciting racquetball match going on between Steve "the diver" Serot and Steve Strandemo. Both players were making incredible shots along with spectacular retrieves. In fact both players were diving all over the court. The audience was delirious.

At one point in the match Serot dove for the ball but left it up for a set up. Instead of recovering quickly to his feet and moving out of the way Serot was still on the floor when poor Strandemo tripped over his outstretched body trying to kill the set up.

Referee Bill Schmidke called an avoidable hinder on Steve Serot. His reason for doing so was that he felt that

Serot had simply created the hinder by diving for the ball and failing to get up. Had Steve Serot been on foot and not on right rib, he may only have earned an unavoidable hinder and received a replay. The avoidable hinder call he did receive cost him an important volley.

If you begin to notice that diving for balls earns you avoidable hinders, slows your footwork, breaks down your anticipation or causes you a lot of pain, maybe it's time to switch positions in the court from your stomach to your feet. The more calculated and intelligent you become about your racquetball game, the more you'll realize that you don't have to dive. What you have to do is run. ●

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Retrieving the Pass Shots

by Terry Fancher

This article is from 40 Common Errors in Racquetball, and How to Correct Them by Terry Fancher and Arthur Shay, now on sale at pro shops and bookstores.

Mistake — Failure to Retrieve Pass Shots

It's not enough to have an understanding of the center court position as a headquarters area on the racquetball court. You must not take that position blindly and expect all your problems to be solved. In the excitement of doing something right a new player often forgets a basic principle of racquetball. You can retrieve most pass shots even though the ball gets by you.

You've made it to center court position but have forgotten to take quick head turning glances at your opponent. Wham! He shoots the ball down one side or the other and you can't get there in time, or so you think. Remember that most shots in racquetball can be kept in play. Do not react like the player in figure 1 and let every backhand cross court pass shot leave you off balance and frustrated.

Most beginning and even some intermediate racquetball players simply give up on a reasonably well hit pass shot by the opponent. What is so often neglected is the possibility of keeping the ball in play even though you are caught off ground by an effective shot.

Don't assume that because the ball gets by that there is no hope for the rally.

Figures 1



Figures 2



Figures 3



Figures 4



Correction — Be Ready to Move for Anything

Don't get set and plant your feet completely. Be ready to move at all times and, of course, keep watching your opponent. You can pick up a whole step's lead watching him set up and shoot. Even if you are late getting to the ball and can't turn and face the front wall for a normal return, do as the pictures indicate and hit the ball full force into the back wall so it will carry to the front wall and stay in play. Don't give up on trying to retrieve a pass shot.

Note in the correction sequence, figures 2, 3 and 4, that the player in deep court has been the victim of a pass shot to the left corner of the court. By reacting quickly he is able to drive the ball into the back wall causing it to reach the front wall and save the rally.

In figure 4 notice how the retriever quickly looks at his return shot and is ready to scramble back into position before his opponent can again seize the opportunity for an offensive shot.

Remember — most balls that pass you by *can* be kept in play. Make that extra effort and it should pay off.

CAUTION: Most instructors refrain from teaching this shot to beginning players because the students tend to rely on it too often and abuse the shot. It is a desperation attempt to continue the rally, but it can also save you from giving your opponent a lot of easy points and often an opposing player will be completely disheartened by the continuous diligent retrieving ability of the person he's playing. The tide of many a match has been reversed due to the pressure resulting from this tactic. It is effective. ●

Arthur Shay photos from Shay's and Fancher's book, *40 Common Errors in Racquetball and How to Correct Them*

Match Play Tactics

by Steve Strandemo

This article concludes the series *National Racquetball* has been excerpting from *The Racquetball Book* by Steve Strandemo with Bill Bruns.

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Hitting the Right Shot at the Right Time

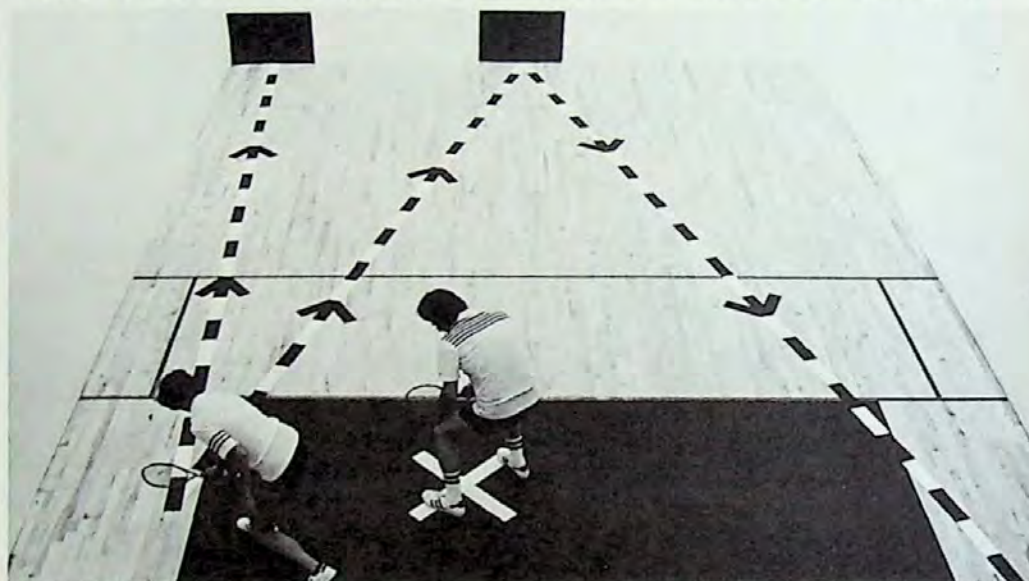
Good players try to be creative in their overall shot selection during a match; they want to keep their attack diversified so that their opponent cannot easily anticipate where the ball is going. But in doing so they should never lose sight of their center court strategy, which helps them take the correct percentage shot. Following are the ways you can narrow down your own options and decide objectively what shot to hit from different locations on the court. Let your opponent do all the gambling when it comes to shot making.

1. Learn Your Scoring Range

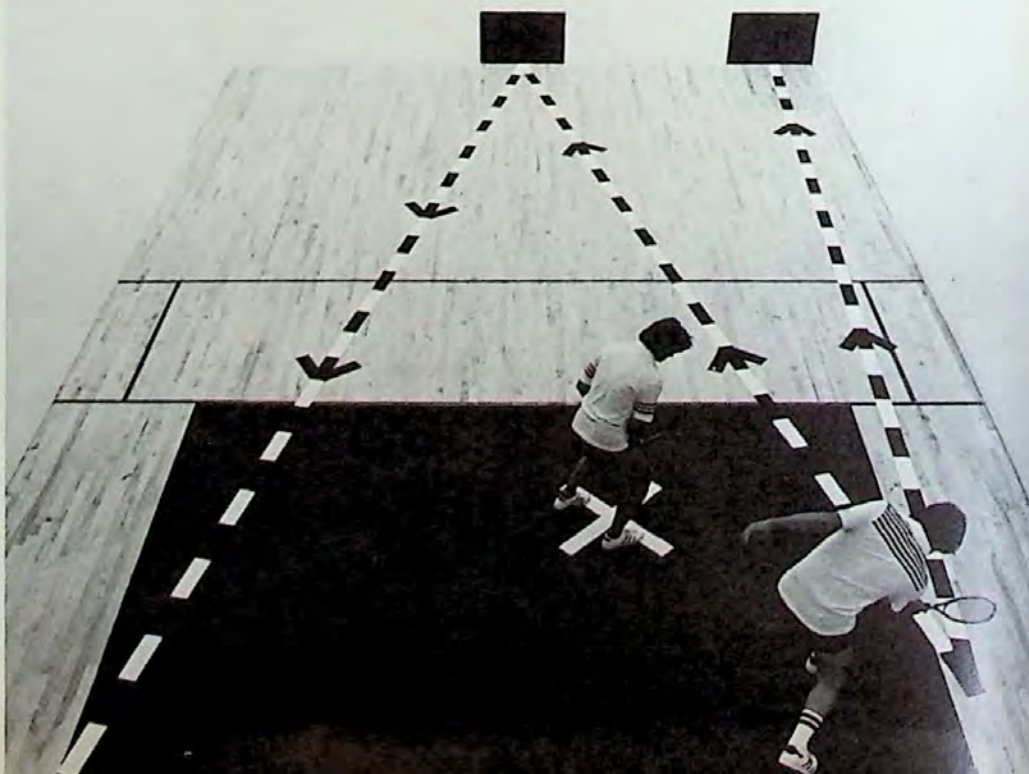
You want to play this game as offensively as possible, but only when you know your scoring potential with each stroke at varying distances from the front wall. For example when you are 25 feet away, are you capable of pinching the ball for a winner? Killing the ball straight in? Going down-the-wall for a pass? How is your accuracy affected when you move back to 30 feet? Do your pinches start popping into the middle of the court? Do your passing shots carom off the side wall, or rebound off the back wall as "plums" because you're hitting the ball too high? Is this true on your backhand, but not on your forehand until you get back to about 35 feet? How is your accuracy affected by the amount of time you have to set up properly?

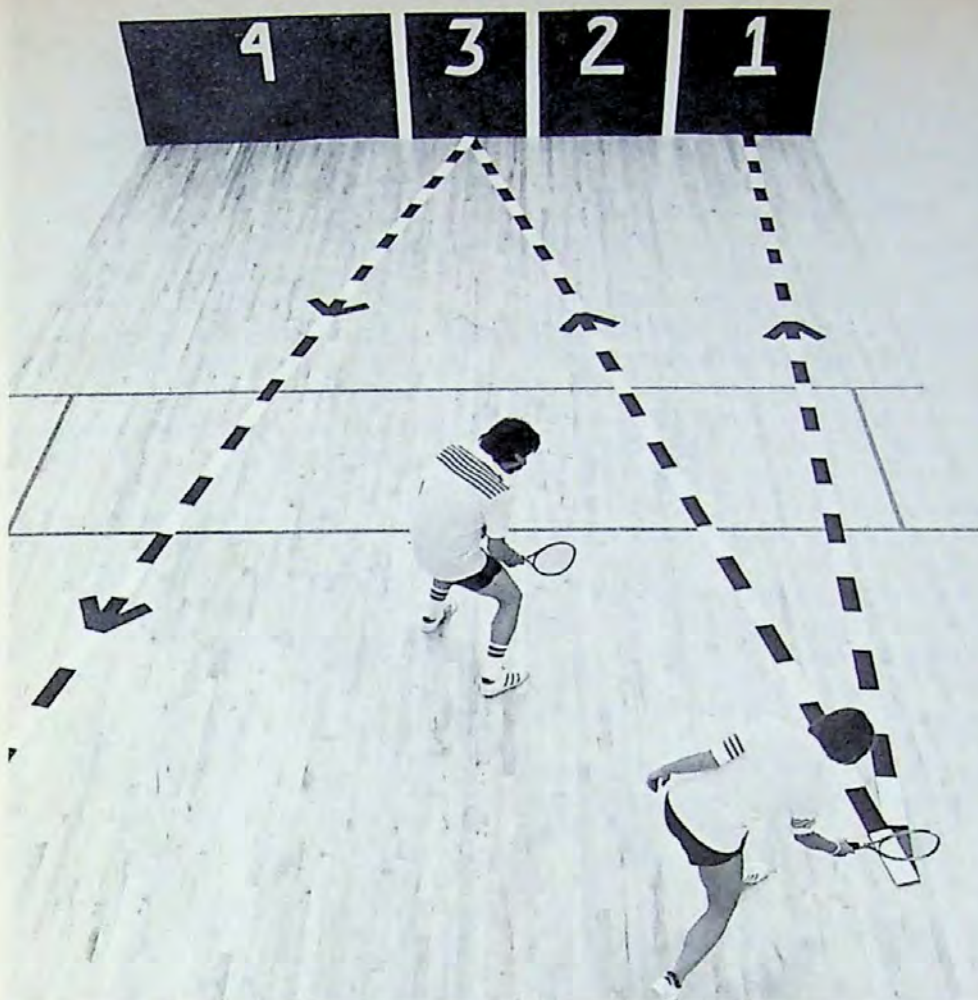
In determining your scoring range keep in mind that your shot selection strategy is the same on both sides of the court and from center court as well: drive the ball into the nearest front corner for a kill attempt or a

When you're hitting a backhand from 25 feet away and your opponent is properly located, your best offensive opportunities are: (1) a kill attempt straight into the left corner and (2) a cross court pass to the right. If your kill attempt is hit too high, it may still run down the left wall for a successful pass.



From the right side of the court, 30 feet away, with your opponent properly located, try for a kill into the right corner, but, again, realize that a down-the-wall passing shot may result. Mix in cross court passes to push your opponent into his or her backhand corner.





Hitting the ball into alleys 1 and 3 will produce good passing shots away from your opponent.

down-the-wall passing shot that dies in the back corner. If you don't have this ability, go for the cross court pass, and then the ceiling ball — in that order. There's not much else you can do if you want to play *good* racquetball. You don't want to bring the ball into the middle, and this is what you risk with specialty shots like the diagonal kill attempt, the around-the-wall-ball, the overhead and the Z ball.

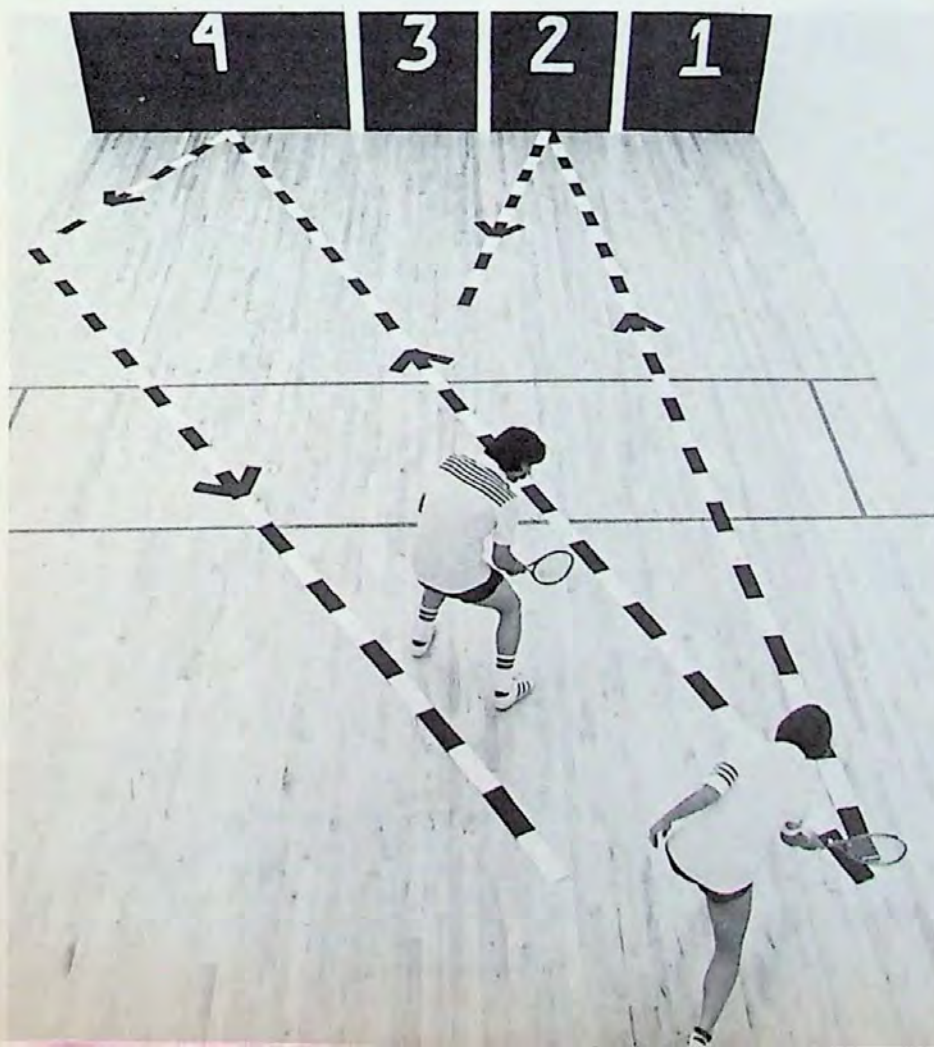
Through practice and experience your goal will be to keep moving your scoring range farther away from the front wall.

2. Diversify Your Attack

When you can mix up your kill attempts and passes on both sides of the court, you gain two advantages.

First your opponent can't predict your shot. Instead of "*cheating*" to one side of the court or the other, he must locate himself in the middle in order to cover your down-the-wall or cross court passes, and this leaves him vulnerable to accurate shots to either side.

Second you keep your opponent moving. By hitting the right shot — as offensively as possible — even your misses can force him wide or into the back corners.



Hitting into alleys 2 and 4 will funnel balls right to your opponent. If you're going to error, it's better to hit alley 2 with good velocity because your opponent will have to execute a good reflex shot in order to score from his center court position. Alley 4 represents what we term a diagonal kill attempt. It should be avoided. Not only do you risk hitting your opponent with the ball, but the slightest error will kick your shot into the middle of the court.

3. Think Offensively

You must learn to sense scoring opportunities and try to capitalize on them. When you pass up an offensive opportunity inside your scoring range (by jamming the ball up into the ceiling, etc.), you give your opponent a reprieve and time to set up for his next shot. Prolonging the rally may even give him that same opportunity you passed up — only he goes for it, and scores.

Conversely when you take the right shot and miss it a little, the velocity of the ball will many times keep your opponent from killing it, and so you haven't really lost anything; you're still in or near center court, but, more importantly, you took a scoring situation and you tried to score — you had a chance at winning the rally. That's offensive racquetball.

That's why the pinch shot is a weapon you must employ in certain situations. You hit this shot knowing that if the ball

hits on too wide an angle into either wall, or is hit too high, then it's going to come right back to your opponent for a "plum." But the pinch is one of your "must" scoring shots, and you can't avoid it. Let's say you're shooting from around 28 feet on the right side and your opponent is slightly to your left, in center court. There's no better shot from here than the pinch shot — *when it's hit low* — and you should learn to go for it, even though it has that inherent flaw, should you miss. You can't constantly shoot up and down the side wall or go cross court, because a competent opponent knows that both of these types of shots tend to land deep in the court, and then he can simply lag back a little on you. The pinch shot will keep him honest and force him to move forward. Furthermore along the way you have to go for *winners* in this game, and accept whatever happens. So practice the pinch and learn to score with it.

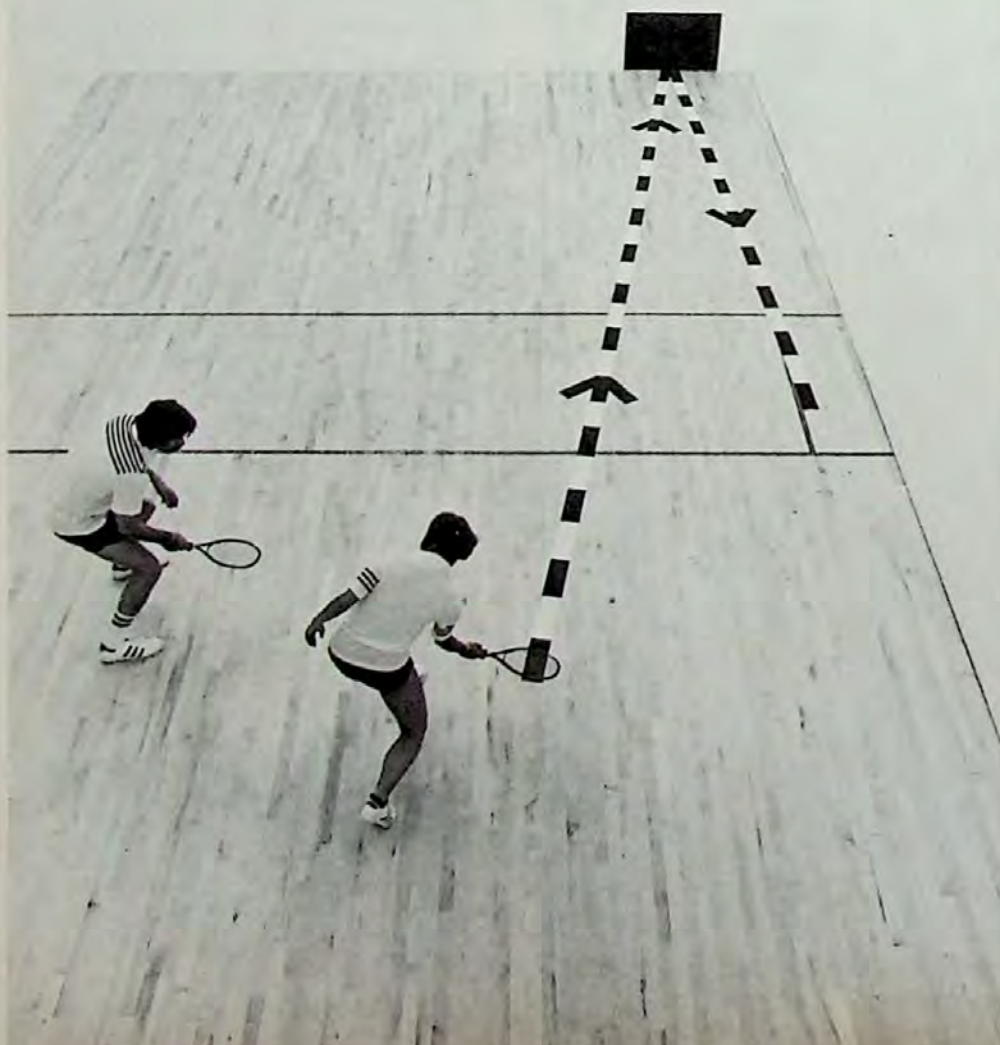
4. Keep the Pressure On Your Opponent

You apply pressure on your opponent by having good center court positioning — but you tighten the screws by letting your opponent know that you're always going to try to score from here, and that you're not going to let him off the hook by playing the ball defensively.

Here's the thinking you want to convey: *"Okay I'm going to cover the middle, and I'm going to be waiting for all of your mistakes. I'm even going to be able to cover most of your good shots. Now the pressure's on you: hit your shot. And you'd better be precise."*

That's the best psych job you can lay on your opponent. When he knows you're studying his swing and anticipating his shot, then it's tough for him to execute properly. He knows if he errors, you're going to be waiting to rip the ball low into the front wall. This forces him to hit the ball as accurately as possible, and many times the added pressure results in even more errors. Even if you fail to hit outright winners, the ball will come to your opponent low and hard, and you will either drive him off to one side to make a play or force him to execute a good "reflex" stroke in center court.

Good, constant velocity on your shots is also going to exploit an opponent with a fundamentally unsound swing. If your opponent has obvious flaws in his swing, don't give him time to get his weird little motion in gear, because he probably has it grooved pretty well. Instead keep driving the ball hard off the front wall and often he'll get caught in the middle of his swing when the ball arrives.



Scoring From Center Court

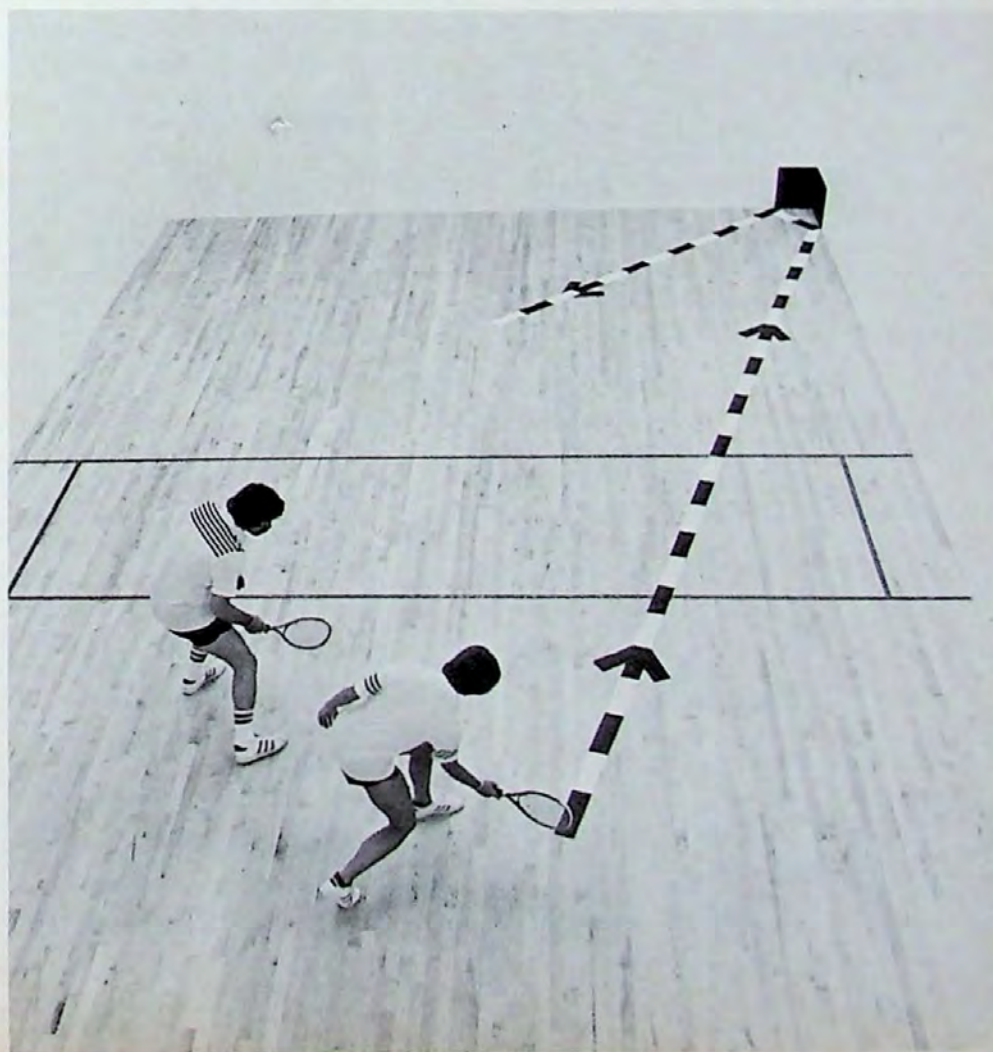
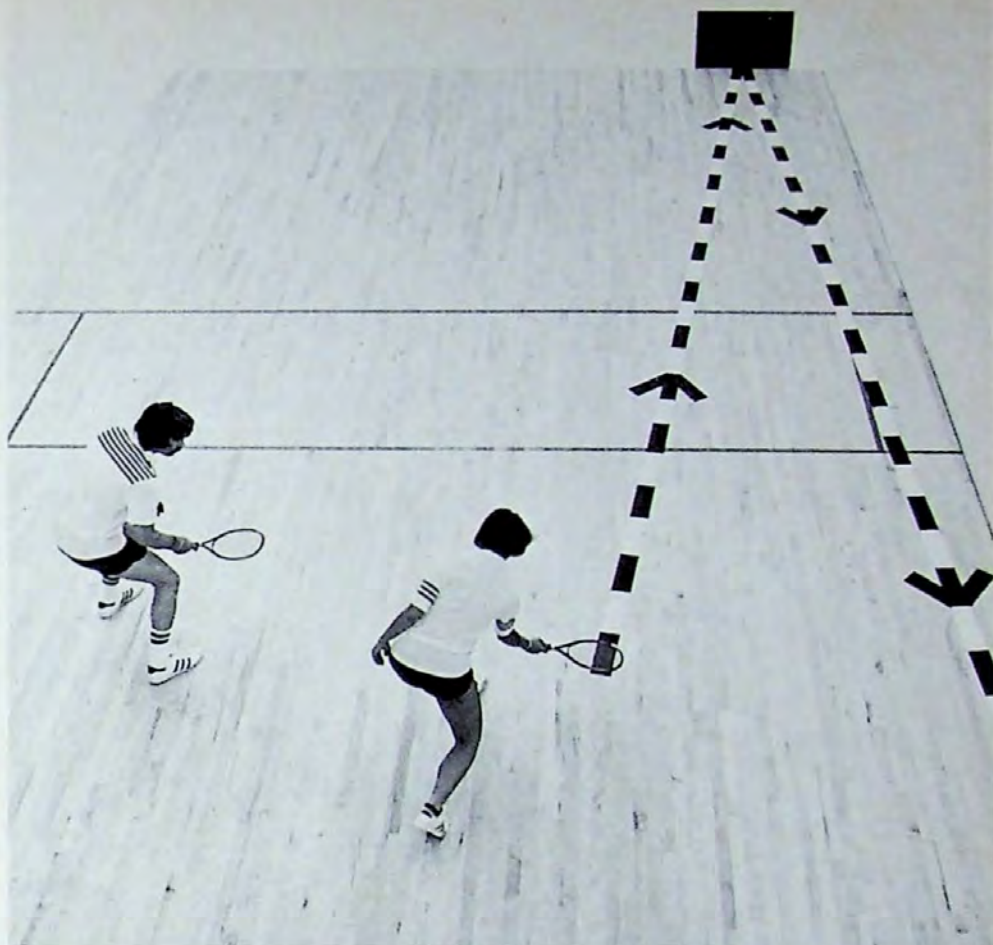
These photos show five different scoring opportunities from the heart of center court. When the hitter's opponent is on her left side, her best options are: Kill the ball straight into the front wall.

Pass the ball up and down the right wall.

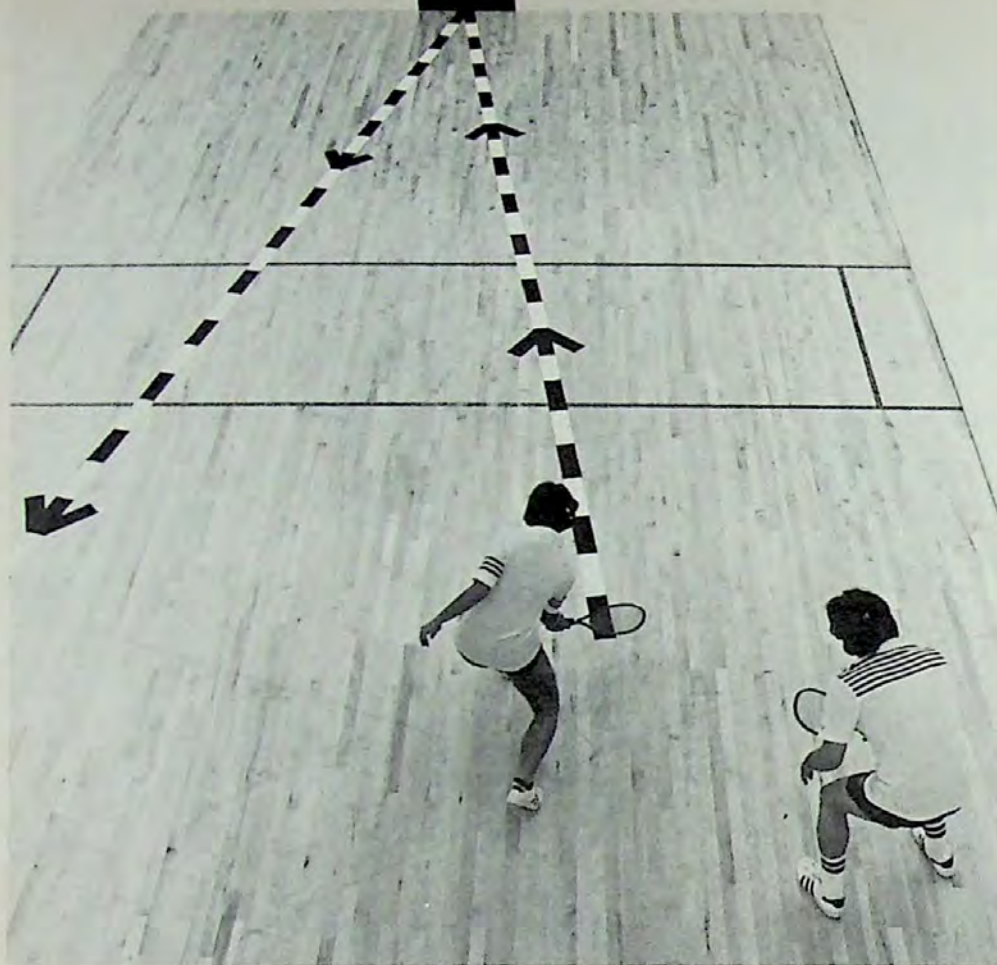
5. Other Hitting Situations

- If you're on the run and can barely get to the ball, and your choice is between the ceiling ball, the Z ball, and the around-the-wall-ball, then jam the ball up into the ceiling toward your opponent's backhand. You really won't have time to aim this shot properly, but by hitting it hard up into the ceiling you at least drive your opponent out of center court with a ball that caroms perhaps 33 or 35 feet deep, while you hustle into the middle to cover.

- Although I place a lot of emphasis on hitting the front wall first when you drive the ball, there are times when you want to use the side wall going into the front wall. This is especially true when your opponent is out of position in deep court, or is always lagging back too far. If you keep blasting the ball, then all of your velocity shots that are hit too high are going to bounce right to him. But when you can pinch the ball tight, or hit farther back on the side wall with a ball that is still kept low, then you will force your opponent to thrust forward to retrieve it.



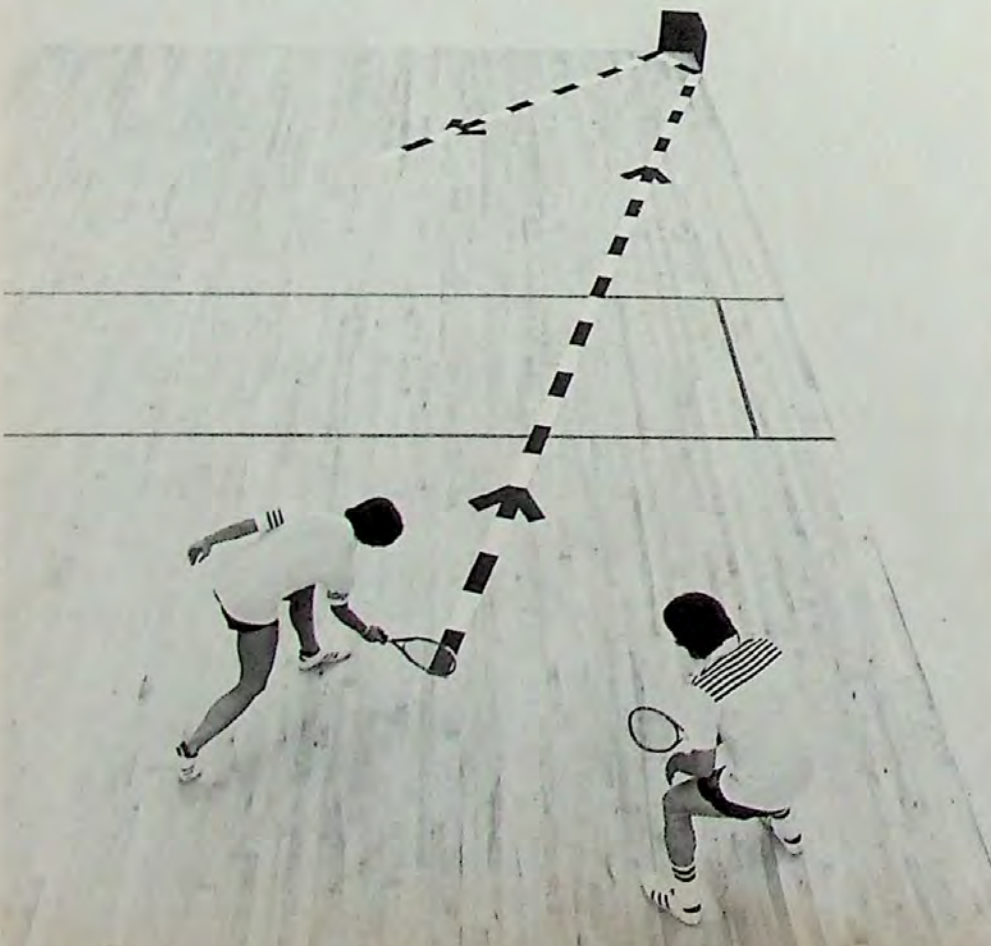
Pinch the ball tight into the right corner.



When the hitter's opponent is on her right side, she can: Hit a cross court pass down the left side of the court.

Fundamentals of Good Play

- Get warmed up properly. Have your body stretched out so there are minimal chances of muscle pulls and you feel confident about going after balls in the first rally.
- Be prepared — mentally — to play your match. If many different ideas or outside worries are on your mind during an important match, then you must evaluate your concentration powers.
- If you've never played your opponent before, then on your first couple of serves hit low drives into his backhand corner. Find out immediately if he can execute the stroke properly. He might get lucky the first or second time, but there's no hiding a weak backhand against persistent low drive serves.
- When serving concentrate on hitting those front wall targets so that you keep your opponent pinned in the back corners. Then relocate properly so that your opponent must execute pinpoint returns.
- On your service return take the offensive against your opponent's weaker serves, but learn to adjust and go to the ceiling if you are giving up too many easy points by being overly aggressive.
- Once the rally begins, vary your shots to avoid becoming too predictable. But stick to sound, fundamental shots that are dictated not by sudden whims, but by center court strategy and your position on the court in relation to your opponent.
- Try to score from within your scoring range with kill-shot attempts or with passing shots away from your opponent. Then position yourself in center court so that your opponent is forced to hit these same shots.



Pinch the ball tight into the front right corner.

- Be aggressive in gaining, maintaining and regaining center court. Don't let yourself be easily driven away.

- You are going to miss far more shots than you hit for outright winners, so strive to hit the kinds of shots that will still give your opponent trouble, even as errors.

- Don't exaggerate the angles you need to hit on the front wall for low drive serves and cross court passes. The tendency is to hit too far to one side, instead of concentrating on target areas near the middle of the wall.

- Try to make solid racquet contact with the ball. This will give you maximum velocity on all your shots.

- Keep your eyes on the ball as you are taking your stroke — and as your opponent is hitting.

- Don't let your mind go lax. Good anticipation should be a continuous part of your game.

- When you are under stress, stick to the fundamentals. But be aggressive. Don't opt for lesser shots that add very little to your game.

- Don't worry about learning psyching techniques to use against your opponent. If he likes to wage psychological warfare, just let him know early in the match that you're going to try to beat him with a solid, emotionless game; go after him with basic shots and see how he reacts. That's how Davey Bledsoe defeated Marty Hogan in the finals of the 1977 Nationals. Hogan was hitting good shots — but Bledsoe kept hitting better ones. Eventually this pressure got too great for Hogan.

- Try to maintain your own game style — the one you're comfortable with — rather than get caught up in your opponent's game style. If you're always playing off your opponent, then he can easily convert you to his style of play by simply being aggressive or slowing down the action. Then you're at his mercy.

For example let's say you prefer a driving, attacking style of game, and you meet a more deliberate soft hitter. If you're not careful, he'll get you into ceiling ball rallies that are out of your element, but in which he's quite confident; you may get so frustrated after 10 minutes that you end up losing when you should have won.

To counteract this player's strategy you must stick with your game plan by hitting the ball with velocity whenever possible and creating the action when you can. If he tries to start ceiling ball rallies, respond with overhead drives when the time is appropriate. Try to serve so low and hard that he can't go to the ceiling with his return. On all of your shots try to force him into quick actions, quick movements and quick decisions so that he doesn't have a chance to play deliberately. When he serves half lobbs and high lobbs, try to cut the ball off by volleying it in the air before it gets into the back corner — then drive the ball down-the-wall or cross court. This forces him to react quickly, and he doesn't feel comfortable playing that way. Instead he wants you to let his lob serves get into the back corners, where they are difficult to return offensively, and which thus force a defensive pace.

- Strive to keep the ball out of center court.

- Play hard.

Preparing for a Tournament

If you're entered in a Friday-to-Sunday tournament, and you are accustomed to playing three or four times a week, here's a program you might want to follow in the four days leading up to your first match.

Monday: Play a hard match. Hit all your shots and your serves, go after every ball, dive when you have to and don't even be thinking about a tournament. Just work on playing correct racquetball. If you're running on the side, continue your regular schedule today and Tuesday, but don't increase your mileage.

Tuesday: Play another tough match. Really get your mind into the game and push yourself to hustle and play hard. When you get home, make sure your equipment is in ready order. Do you have enough gloves and wristbands? Does your racquet need a new handle? Don't wait to check until Thursday night and then get all nervous when you go to the club Friday and find out they don't have any rubber grips. If you have two racquets, check your spare, as well.

Wednesday: Start resting your body for the tournament. Try to ease off and not even play. You may have three days of

hard matches coming up over the weekend. If you're so antsy that you've just got to do *something* on the court, then hit balls for 15 to 20 minutes, but don't play anybody because you're going to start to think you're already playing a match in the tournament. Save that *intensity*. Your muscles are probably tight from Monday and Tuesday, so stretch them out good, maybe twice during the day. If you wait until right before your first match on Friday, your muscles will have tightened up so much that stretching could take a lot out of you.

Thursday: REST. Put your racquet in the closet. There's nothing you can do on the practice court today that will help you win on Friday. Get off your feet, go to a movie or do whatever is enjoyable and relaxing. Many people spend too many hours on Wednesday and Thursday playing the tournament in their mind. They've already played the finals and collected their first place trophy. This only drains them, and sometimes it makes it hard to get fired up for the actual matches. If you love to play racquetball, your body will sense that you have important matches on the weekend, and it will be ready without having to hype it up.

Friday: I recommend eating a balanced meal at least 3½ hours before a tough match. Let your digestive system complete its cycle. You'll find that you play better when you're a little hungry. Give your body a complete stretch before your match so that you are ready to play hard on the very first point. From the two days of not playing your body should be raring to go. I'm sure you'll be nervous when you start to play, and you may be worried: "*Have I lost my kill shot?*" Relax. In two days you haven't lost anything. In fact you've built up more of a desire to play. After a few rallies you'll be loosened up nicely. In the tournament itself, concentrate. It will get you a long way when you're playing under pressure. ●

Strandemo's comments on winning games and tournaments have a particular ring of authority since he won the first pro tour stop in St. Louis this current season. — ED.

What's the Call?

Ask an Expert . . .

by Dan Bertolucci, USRA Associate Coordinator

Several of the least understood rules in racquetball are those that relate to the five foot line, the invisible line five feet back from the service line which is usually indicated with small marks three inches up the sides of the court.

The receiving line and fly return rules — both of which deal with the return of serve — can be grouped under the single heading of the five foot line because it is at that point in the court that the confusion begins.

Many players misinterpret the rule which reads *"the receiver or receivers must stand at least five feet back of the short line as indicated by the three inch vertical line on each side wall and cannot return the ball until it passes the short line. Any infraction results in a point for the server."* That's easy enough. You can't cross the line until the server hits the ball. It *does not* mean that you have to wait until the ball

passes the short line before you cross the five foot line. (If that were the case, how could one ever expect to return a serve that was hit near the crotch, just behind the short line?) All you *do* have to do is wait until the ball is struck by the server.

The purpose of the receiving line rule is to protect the server against the receiver rushing the ball on the fly. If it were not for this rule, the receiver would hit balls out of the air in front of the service box, and the chances of the server being injured by the receiver's racquet would be greatly increased. Secondly the rule allows for some order in the commencement of play because play begins only when the receiver is in the right position behind the five foot line.

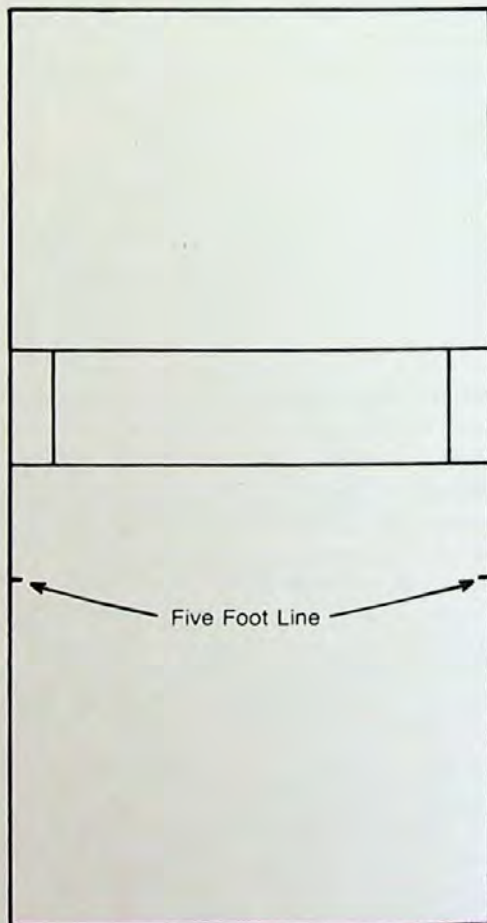
Now that we know where and when a player must wait for the serve, what

happens when he or she decides to rush the serve? That brings us to the fly return.

"In making a fly return the receiver must end up with both feet back of the service zone. A violation by the receiver results in a point for the server." This rule imposes the limits on the receiver as he rushes the serve, taking the ball out of the air. So a legal rush of the serve would go something like this: The server will bounce the ball and strike it with his racquet. As his racquet strikes the ball, the receiver — who has been standing behind the five foot line — will move forward. Once the ball has passed the short line, the receiver — as long as he, too, is behind the short line — is free to swing at the ball. As he follows through, neither of his feet may enter the service zone, and play goes on.



The receiver comes across the invisible five foot line (indicated by the small mark on the side of the court) after the server hits the ball, but the receiver's feet can't enter the service zone as he follows through.



As you can see, the rules dealing with the five foot line help prevent injuries on the racquetball court. ●

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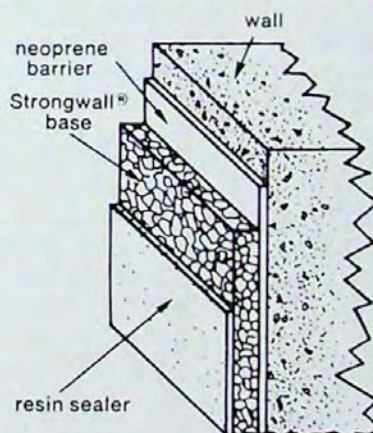


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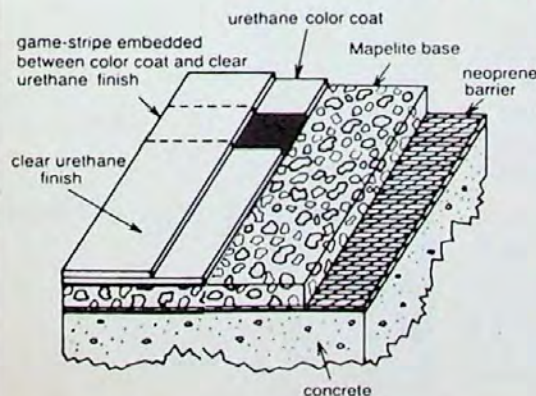


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Cowboys Use Racquetball For Football Conditioning

Verify Tie-in Between Two Sports

by Ralph Neely

Ralph Neely, vice president of Sports Illustrated Court Clubs, was an offensive tackle with the Dallas Cowboys of the National Football League for 13 years. He retired after the 1978 Superbowl which was won by the Cowboys.

It's no secret to anyone that pro athletes in all fields play and love racquetball.

When Brooks Robinson, for example, retired from the Baltimore Orioles, his teammates' farewell present was a lifetime membership in his favorite racquetball club and 37 weeks' worth of court time.

When Outfielder Al Oliver was traded to the Texas Rangers, on his first visit to Dallas he announced to the press, *"Baseball is my first love. Racquetball is my second love - and I challenge anybody to a game."*

O. J. Simpson, Yogi Berra and San Diego Chargers Coach Don Coryell are only a few of the sports figures who are identified with racquetball clubs bearing their name or who are investors in racquetball clubs — Simpson's in Los Angeles, Berra's in New Jersey and Coryell's in St. Louis.

What may not be as well known is the large role racquetball plays in the conditioning program of pro teams.

For example at least 20 of the 28 teams in the National Football League have racquetball courts in their practice facilities.

These courts aren't used much during the football season, at least not by the regular players who get enough exercise in the games and in the daily practices.

They do get lots of usage from the coaches. At the team I know best, the Dallas Cowboys, the coaches play almost every day after practice to keep in condition and to work off their tensions.

It's during the off-season that the practice facility courts come into their own with the folks for whom they were built, the guys who do the blocking and tackling and ball carrying.

Racquetball is a formally assigned part of almost every pro football team's off season conditioning program.

Off season conditioning programs are a relatively new thing in the NFL. The Dallas Cowboys were the first to have them, starting back in 1965. Then over the next 13 years they established the most consistently successful record in the NFL, going to the playoffs 12 of those 13 years and becoming Superbowl champion in 1978. Other clubs were quick to follow their lead on off season conditioning.

For the Cowboys racquetball constitutes 25 percent of the off season conditioning program and that also goes way back. They installed two racquetball courts at the practice facility back in 1971, almost as soon as the game was christened.

Ralph Neely in his Dallas Cowboy days



Racquetball's on Training List

When the Cowboys scatter after the last playoff game, trainer Bob Ward, who is a Ph.D. physiologist, hands each player an individually tailored training program.

Each of these programs is built around four components:

- Weight-training
- Endurance runs
- Sprints (20 yard and 40 yard)
- And racquetball

Most members of the team live in or near the Dallas area. Every day during the off season there will be some 25 to 30 players working out at the practice area. The racquetball courts are in constant use. The number goes up to 35 players as you get close to the regular season.

In this sequence of photos, cut from an instructional film, Carol Stewart, 1977 Michigan Women's Singles champion, starts from a set position, pivots her left foot to the left, crosses over with her right, takes a couple of forward strides and plants her left foot in readiness for her shot.



It's my impression that virtually every other pro football team has a somewhat comparable off season program, not always as intense or as formal as the Cowboys' program, but much like it. Racquetball is important in every one of these programs.

And what the football teams do formally the baseball, basketball and hockey teams do informally, or sometimes on an individual rather than a team basis.

Chicago Blackhawk Cliff Koroll, for example, who has a string of 404 consecutive National Hockey League games, plays racquetball an hour and a half every day during the summer.

Racquetball, in fact, is a part of almost every pro athlete's off-season conditioning program. I've never talked to one who doesn't play it.

Why this emphasis by the pros on racquetball?

- (1) It has the highest level of fitness plus fun of any activity I know about.
- (2) It is the ideal activity for improving agility and eye-hand-foot coordination.

As most *National Racquetball* readers probably know, racquetball has a rating of nine out of a possible 10 on the aerobic scale. Only swimming and jogging are higher. (Tennis has a rating of 4½). Playing racquetball helps improve the athlete's wind and endurance.

For most people racquetball is more fun than such solitary workouts as swimming and jogging. Even if racquetball wasn't so good for you, you would need it in an athlete's conditioning program just to break up the monotony of weight-training, sprints and endurance runs.

Racquetball = Foot Control = Body Control

Perhaps even more important to the professional athlete is the way racquetball helps him to improve agility, balance, reaction time and ability to get from one point to the next in the shortest length of time. It helps him to control his feet, which is the key to controlling his body.

This footwork is similar to the movements a football running back might use on a wide sweep to the left, a linebacker might use on a play flowing to the left, or a pulling guard might use on an end sweep or trap play moving left.

In racquetball you have constant changes in direction and quick movement in response to eye cues. You have to react in two or three tenths of a second.

Just take a look at this sequence of photos of the foot movements in racquetball. Those are the same as the foot movements that are needed in football — by an offensive or defensive lineman, by an offensive back looking for an opening, by a pass receiver or pass defender. And then translate that to basketball or hockey or any sport which involves agility plus contact and constant movement. The foot movements are the same — even if you do them on skates.

It's not just that you can feel as an athlete that you are doing the same foot movements in racquetball as in your primary sport and that your reaction time and agility are improving. The effect has been verified.

At the Cowboys all these things are measured and charts are kept over time — not only reaction time and eye-hand-foot coordination but such criteria of fitness as percentage of body fat. And the charts have established to the satisfaction of trainer and management that racquetball contributes significantly to improvement in all these areas.

Incidentally pro athletes are not necessarily great racquetball players. I was one of the better players on the Cowboys, for example, and I played an exhibition match against Jennifer Harding in which I didn't score a single point. But racquetball helps make the pros better at their own game.

And racquetball, good as it is, is not a complete conditioning program even for the recreational athlete. You need additional activities to help develop flexibility, endurance, strength. That's why most of the Sports Illustrated Court Clubs now also offer physical fitness programs and we especially urge the serious racquetball players and the beginners to take part. ●

Racquetball Behind the Walls

Illustration by Pat Huggins

by Bill Cudd

For the last two years William A. Cudd has been active in the creative writing program at the Federal Correctional Institution, Terminal Island, San Pedro, CA. The prisoners meet with Robert Dellinger, a former Terminal Island inmate whose writing credits include the Dustin Hoffman film, *Straight Time*, the story of a man under parole supervision.

Cudd, who is serving a five year and 21 day aggregated sentence for Fraud by Wire and Sale of Unregistered Securities, is one of 40 members of the Terminal Island Racquetball Club and one of 80 prisoners who play every day. Now Cudd is moving on to regulation four wall courts — his parole begins Jan. 15.

Eddy knew he was in trouble, big trouble. Even the brilliant early afternoon sunlight reflecting off 40 foot prison walls didn't diminish the chill of the ominous stare of the man behind him. Eddy wanted to turn immediately, confrontation, end it; but he knew the timing was wrong. Not now, not quite yet, hold on a little longer. Bob was too damn big, too muscular, too quick to take unless the timing was perfect. Just a little bit longer, catch him just slightly off balance if possible. He could hear the heavy breathing, his and Bob's, he was that close. Eddy sensed Bob's movement to his right. He knew his move had to be right — not too early, not too late, just right. Hold on just a little longer. He knew Bob could end the whole thing with one fast powerful stroke from that mallet-like hand. It had destroyed another man not two hours earlier; younger, bigger, stronger, faster than Eddy; totally demolished him, cruelly, ruthlessly, without mercy.

Eddy knew he had only one chance; catch him off guard, psych him somehow, set him up, and then, quickly, silently, the kill. Now! He felt it, sensed it. He turned slowly, moved slightly, feet set, perfectly balanced. Then the menace of that awesome mountain of flesh hit him. How in the hell did he get into this spot, this hole? And he couldn't run, not here. You don't run in the "joint." Now! This was it. Before he could move Bob took a step forward, grinned frighteningly, then snarled, "Serve turkey!"

That's racquetball behind the walls. The walls of the Federal Correctional institution at Terminal Island in San Pedro, California. Home for approximately 1,000 men for whatever period of time judge and jury has seen fit to prescribe by law. Terminal Island, buried so deep in a corner of the sprawling Long Beach port that most people don't realize that it is here in the

midst of a vast Navy yard, supertanker haven, between the tourist traps of the successful Ports O' Call shop mall and the not so successful but still impressive Queen Mary.

Setting contiguous with the confusion of the commercial amenities necessary to any busy seaport constructed on too little, too late, and protruding from the graceful sweeps of the Long Beach bridges like that obscene middle finger gesture flipped as an afterthought of fate. An Island within an island. An island of futility, hopelessness and despair; spawned by the inadequacies of men, promulgated by the ever increasing needs of bureaucracy and tolerated only by those working and living there.

Prison, with all the ugly connotations of the word being true, distorts the lives of far more than just the small percentage of people actually confined. But just because you go to jail doesn't mean you give up racquetball. In fact because you're doing time, it probably means you have more time for the game than ever before and since diversions for doing that time are few, racquetball has proven to be for many of us here a "con's catharsis". No panacea — time alone is the only cure all — but a unique addition to the art of doing time.

Racquetball behind the walls requires some adjustments. Our courts. Three ancient dilapidated handball courts used by the handball players at one end and by the racquetball players on the other, while the novices of both sports share center court, adding equally to the congestion and confusion. No ceiling; short eight foot side walls, faded boundary lines on rough deteriorating concrete floors, ball banged against peeling plastered partitions 20 feet high, topped by tattered chicken wire.

The three wall game we play here in this joint is not the graceful geometric challenge created by four walls and a gleaming ceiling. No scientific studied strokes or fancy footwork on finely finished floors. Here it's different. Bad bounces? We got them. On the serve you serve again. During play; shoot your best shot. Windy days, sweep the court, play until you have to sweep again or can't see, and of course allow for the wind. Avoidable hinders; here they're self-preservation. Hinders, crackback blocks and clipping prevail and are suffered and tolerated in all but the occasional tournaments. Out balls; here lines are in and because they're faded to a mirage-like finish, they create distortions in positive and negative imaginations which, augmented by a natural inclination toward winning by intimidation, tend to slow up the game.

But to date we've never had a bad ball that didn't draw blood. Games are played to 15 points; playing doubles 90 percent of the time allows more people to play. The winner stays on the court until defeated, with two to six teams waiting to challenge; waiting patiently, quietly, no coarse comments or caustic critique, only polite applause for the occasional good play. "Bolla! Bolla!", rings out continuously on the out balls, passing shots and all lobes as the ball rolls down the blacktop past player, spectator and the general population, ignored until the cry of "Bolla!" eventually gets someone's attention for the necessary retrieve. Our supply of balls is limited.

In spite of these differences what we play here has its similarities to your four wall game. Racquets, balls, walls and people and therein lies its greatest dissimilarity; the people. In a joint like this, or any prison, the population is only a small cross section of much of any of America's big city streets with the usual varieties of ethnic backgrounds, predominantly Mexican

(Chicano), black and white, with proportionate disbursement varying only with geographic location.

All streetwise and capable of survival — the educated, lawyers, doctors, accountants, top executive talent from many professions. The selfeducated, hustlers, pimps, pushers, smugglers, murderers, the mob, thieves, psychos, name it and you can find it here. Each and every one has fought Uncle's judicial system. It's expensive, demoralizing, frightening and you come out a loser in every sense. You just lost the big one on a different court, and you're now confined in a warehouse of pensiveness; a cloistered atmosphere of resentment, bitterness, hate and hopelessness, but you still share the common denominator of racquetball with players everywhere — competitiveness, and by all that is holy here, *it is competitive*. Racquetball is a release for emotions kept constantly close to the surface by the restrictions of confinement.

On the court no one cares. The crime doesn't count. No one asks. It doesn't matter. It's racquetball. That's the name of the game and if you want to play, you play with whomever, whenever and however. With radios blaring, public address system harping, guys yelling, laughing, cursing, all part of the constant controlled current of the communication of the confined.

You're oblivious to it all; it's three walls, practice balls, bad calls, argue ball: it's racquetball behind the walls. We love it.

We'll all be out of this joint someday and some of us will try your four wall game, so if you ever run into some dude who walks on to your enclosed 20

x 40 and looks around as though it were his first time on Broadway, or who, on a passing shot, instinctively starts to yell "Bolla! Bolla!" and then grins sheepishly as the ball comes back off the wall, a guy who might be lucky

enough to be serving point turns and snarls "changa baby", or a guy who looks right through you, then grins and says "serve turkey", a good guess could be he's played racquetball behind the walls. . . ●

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Women In Racquetball



Carol Brusslan

Racquetball Bites The Big Apple

Now that Bloomingdale's knows about racquetball, can the rest of New York City be far behind?

Manhattan's trendy department store where Beautiful People like Jacqueline Onassis buy the clothes the rest of the country copies now carries fashions for racquetball players, some of which you'll see when you turn this page.



— United Press International photo

In a reverse of its traditional role — leading America into crazes like disco dancing — New York City is the last place where residents are revved up over racquetball. Phone calls to the country's largest city uncovered only four standard racquetball courts in Manhattan, and none in the other four boroughs.

New Jersey and Connecticut are experiencing a racquetball building boom and courts are going up all over New York state and on Long Island. Still — Manhattan has remained a tight little island in a sea of racquetball enthusiasm.

One reason why New York City has only one racquetball court for every 1,870,250 people is that there's a construction roadblock. The standard ceiling height in existing buildings is two feet short of the 20 foot racquetball ceiling.

But we predict that player demand will overcome all obstacles. A recent Cadillac ad in *The New Yorker* magazine featuring a man and woman lunging for a racquetball indicates that Madison Avenue thinks our game stands for success and sophistication.

Which means the Big Apple is ripe for racquetball.

Will this New Yorker try the game?



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Deck the Boughs
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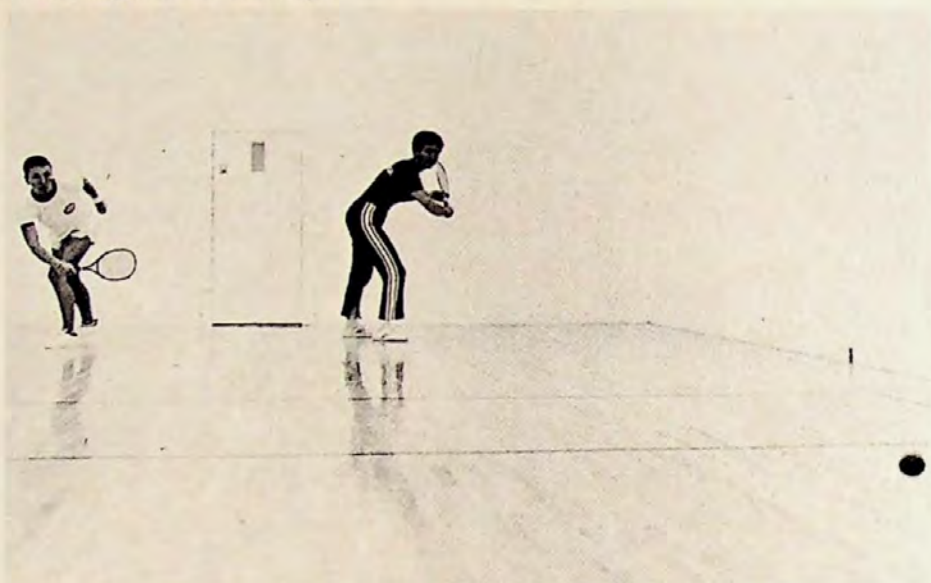
Playing Tip Number 14

Toward the end of their *Inside Racquetball for Women*, which we're serializing in this section of *National Racquetball*, Photographer Arthur Shay and Pro Jean Sauser describe 11 game strategies in the mistake-correction technique that has made their book a best seller at court clubs around the country.

Like all the information in Shay's and Sauser's volume, published by Contemporary Books, the problem pictured here is common among women players, and is easy to correct once you're aware of it.

Mistake: Hanging in Deep Court

Staying in deep court through a volley is effective only half of the time. You don't have to move too much to get pass and drive shots. But what happens when your opponent hits a low ball that drops in front court? You now have to run the length of the entire court to hit the ball, if you can get to it in time. If your opponent notices that you hang in deep court during volleys, she will start to hit side wall—front wall shots, and you will be forced to run the length of the court for them, losing most of the volleys.



Correction: Playing from Center Court

Ideally both forehand and backhand returns should be played from center court position or near the center court position. In this position you are equidistant from every possible shot your opponent can hit. If you learn to move fluidly in and out of center court during volleys, your stamina increases, you get to more balls and you win more points.



Model Racquetball Clothes Any Player Can Wear

by Stella Hart

Model Donna Jo (Donna Jo Grayson in private life) of New York City chose these fashions from Bloomingdale's active sportswear department, then tried them on for *National Racquetball* as she toured the Livingston Racquetball and Health Club in Livingston, NJ.

Donna Jo, who plays racquetball as often as she can "for fun and to relax," brought along her 17-year-old brother, Lee, two years older than Donna Jo "and a lot more serious about the game."

A model since she was three Donna Jo was six when she started using her singing and dancing talents to entertain senior citizens and handicapped persons, including disabled veterans, in hospitals and nursing homes. Her generosity, energy and spirit as a volunteer have earned her the title of Ambassador of Good Will in three states and the keys to six cities. She's even had nine days declared in her honor from Syracuse, NY, to Marion, IN.

Though Donna Jo's selections are appropriately fresh and lively for the young Graysons, the outfits will be just as comfortable and flattering for racquetball players of all ages. All styles come in sizes small, medium and large.

Loomtogs cotton and polyester deep-sky blue warmup suit (\$84) has Donna Jo jumping for joy in the club lounge. Zippered in front and trimmed in creamy white the jacket has slit pockets and the pull on elastic waisted pants have a pocket in the back. It's all machine washable.



-Don Smith photos

Lee wears this royal blue and green tank top of polyester, cotton and nylon (\$10) with nylon royal blue shorts that have slit sides and an elastic waistband (\$11). The machine washable separates are made by Guts.

Donna Jo's two piece nylon royal blue short set by Streaker has a sleeveless shirt with a scoop neck trimmed in white (\$9). The matching shorts are pocketed with an elastic waistband (\$8). The outfit is machine washable.



Lee relaxes in a cream warmup suit by Jelenk (\$36). With black trim the suit is made of acrylic and nylon with the jacket zippering up the collar. The pants, elastic waisted, are also trimmed in black and stitched in front. The outfit is machine washable.

Donna Jo wears a green Jelenk warmup suit made of acrylic, polypropylene and nylon (\$38). The jacket is zippered in front, also to the collar, and the entire outfit is trimmed in white and blue stripes, and is machine washable. The elastic waisted pants are pull up, trimmed with the same stripes as the jacket and are stitched in front.

All sports clothes are available at Bloomingdale's stores.

You can also find these fashions at selected Federated stores throughout the country. To find the name of the store nearest you write to Stella Hart, P. O. Box 416, Mt. Freedom, NJ 07970.

Deck the Halls with Serve and Volley

Fa la la la la la la la!

by Judith Neisser

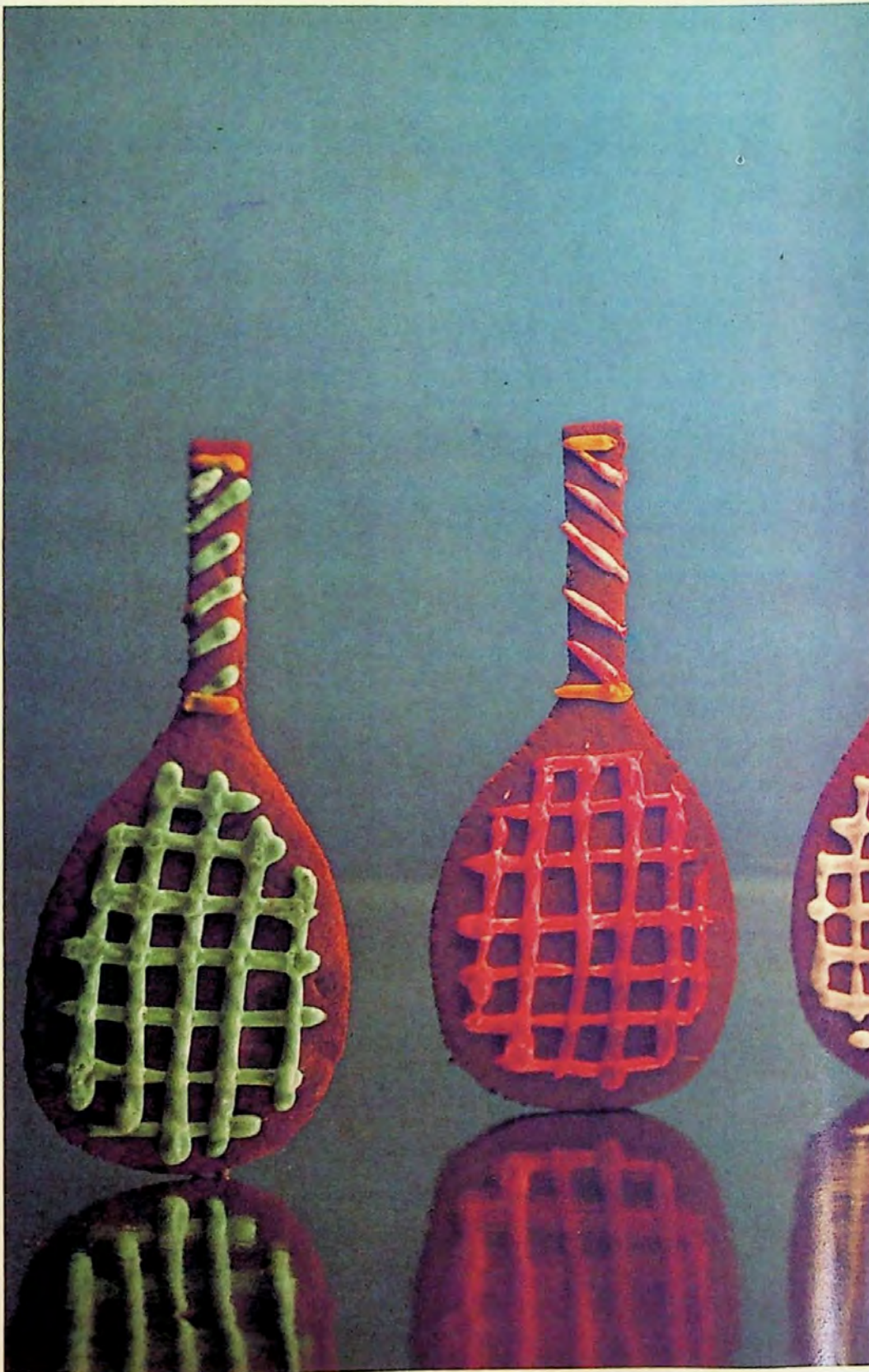
Although Santa Claus, angels, Christmas trees and reindeer are typical motifs identified with the holiday season, we at *National Racquetball* decided to create a special Christmas surprise for racquetball aficionados.

We have created a racquet shaped cookie fashioned out of a dough traditionally used for gingerbread men. Adorned with strings and handle grips of colored icings, these holiday sweets should provide racquetball enthusiasts with a delightful diversion from the season's customary shapes. After all, we know that racquetball players are special and like all other groups, they deserve their own cult symbols which they can form into culinary treats to be served on festive occasions, especially during the holiday season.

It is not necessary to restrict these decorative edibles to the dining table. They can also ornament gift packages or hang from the Christmas tree by their wrist thongs made from colorful string added after baking.

The following recipe is both fun and easy and if executed carefully will result in the delicious and visually appetizing yuletide confections seen on these pages.

Happy holidays and bon appetit!



-Isaac Jo photo



Gingerbread Racquets

16 to 18 thin cookies

Pattern:

Draw the outline of a racquet (approximately 7¼" long x 3" wide at broadest section of racquet head) on lightweight cardboard. Cut out the pattern with a sharp scissors.

Cookie Dough:

1 stick unsalted butter
½ cup brown sugar
½ cup dark molasses
3½ cups sifted flour
1 teaspoon baking soda
½ teaspoon ground cloves
¾ teaspoon cinnamon
1 teaspoon ground ginger
½ teaspoon salt
¼ cup water

Icing:

½ cup confectioner's sugar
a few drops of water
a drop or two of food coloring

Blend the butter and brown sugar in an electric mixer or by hand until creamy. Beat in the dark molasses. Resift the flour with soda, cloves, cinnamon, ginger, salt and add to the butter mixture in 3 parts alternately with ¼ cup of water. If too stiff, add a little more water until the consistency of the dough is correct. It should be stiff but workable.

Lightly knead the dough until smooth and divide it into three equal parts. Grease the bottom of a baking sheet and roll the pattern which has been greased or floured on one side on the rolled dough and cut around the outlines with a sharp, lightly floured paring knife. Remove the scraps of dough between the racquets and use them over again to make more cookies. With a sharp knife make a hole near the bottom of the handle so you can add the wrist thong after baking.

Bake the cookies for about 8 to 10 minutes. Test for doneness by pressing the dough with your finger. If it springs back, the cookies are done. Cool on a rack.

When COOL, decorate the cookies (adding strings and handle grips) with icing. For icing: combine the confectioner's sugar, a few drops of water, and a drop or two of vegetable coloring in a bowl. It should be the consistency of a thick, smooth paste.

Decorate the cookies by forcing the icing through a pastry bag fitted with a metal tube ⅛" in diameter.

Push a 7" piece of string (in a color that compliments the frosting color) through the hole and tie together the two ends of the string.

Who's Playing Racquetball?

Patti Fall: Goldsmith

"I arrange my life so that I have work time, play time and racquetball time," says Patti Fall, an almost-daily court freak who makes jewelry to support her habit.

Hailing from Aptos, CA, Patti plays racquetball at the Cabrillo Court House in Santa Cruz the way other people eat and sleep. *"I usually play at 6 a.m. because if it's a nice day I won't want to be inside later on," she says. "Also that way I can work out, play a good game, shower and still get to my job on time."*

Working out to Patti means at least 20 minutes of yoga type stretches and ski exercises. Suffering from an old motorcycle injury she feels it is important to keep herself and her legs loose.

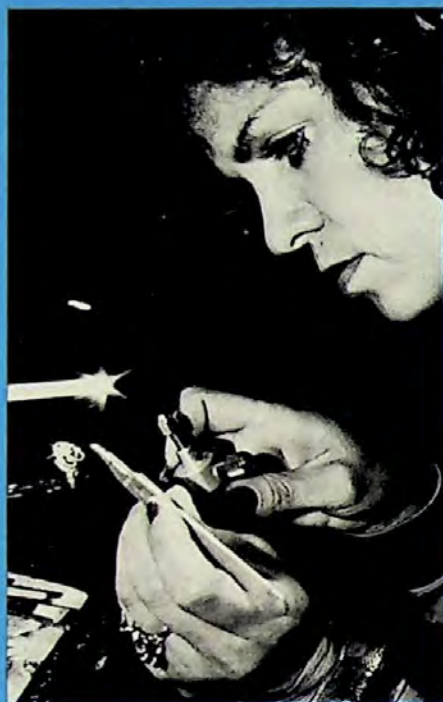
As for the game itself Patti likes the competition and the pace. *"I feel I've had a good game if I'm dripping wet after 40 minutes," she stipulates. And she also likes the release. "I just completely forget whatever else is happening in my life ... it's a perfect fantasy."*

Part of Patti's need for a pressure-reliever stems from a job with a rather specific sort of tension. As one of three goldsmiths at Craig Marinovich Jewelers in Capitola her work takes total concentration.

"When I'm hammering on a \$20,000 jewel — one that has been with a family for generations — I'm not exactly feeling relaxed," she says.

"Racquetball," she adds, "gives me a chance to forget all that ... At work I have to sit all day, and it's a perfect complement."

By making use of the lost wax casting method Patti usually spends between five and six hours from the time she begins the sketches until she completes her final product. Although she can create almost anything a customer suggests, she says the most popular requests are for rings and pendants with gem settings. Among the more unusual orders she has encountered — and



Stretching exercises and racquetball put Patti Fall in gear for her exacting job as a goldsmith setting stones worth tens of thousands of dollars.



filled — are assorted nose rings and a Mickey Mouse casting in gold.

Previously an art teacher and art education teacher Patti moved to Aptos from San Diego a little more than a year ago. She now works three days a week and divides the rest of her time between her own studio and frequent travel. *"I camp a lot," she says. "And I'm about to start flying lessons."*

Patti attributes some of her current racquetball enthusiasm to the move north. *"I used to be into long distance motorcycle racing, but there's really nowhere to do that here."* Mundane as it may sound in comparison, Patti points out, racquetball is just as competitive in its own way.

— Jennifer Alter



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

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Warm Up

by John Chelucci

Everyone is familiar with the story of Samson, the biblical strongman, and his final feat of strength, pulling down the temple pillars. Few know how this divinely inspired act was accomplished, however. Here is how I picture it . . .

Two burly guards enter the dungeon depths to get their legendary charge. As they somewhat cautiously enter his cell, they find him furiously knocking out push-ups on the stone floor—808, 809 . . .

"Hey Samson," one whispers in amazement, "what are you doing?"

"Warming up," puffs the hairy giant.

"What's warming up?" growls the other.

"Oh, you'll see," smiles our hero.

What's Warming Up?

Warming up is that process by which an athlete raises his body temperature to achieve initial muscular efficiency. This body temperature rise can increase speed of movement, strength, muscular endurance, circulorespiratory endurance, and power; it can be achieved by both metabolic (active) or nonmetabolic (passive) methods. Let us first examine metabolic warmup.

Who has not marveled at the body's response to entering a cold court without warming up? The eye and brain seem to work quite well, as the ball skitters and darts about the court. But just try to connect with it! The brain screams, "It's a backhand, a backhand," then groans as the muscles slowly draw the arm back, and even more slowly uncork that awesome backhand . . . a full second after the ball has winked by. Fortunately the embarrassment is short lived, as warm blood entering the muscles closes the gap between nervous stimulus and muscular response. Some of the biochemical phenomena responsible for this enhanced efficiency as temperature increases are:

Lindsay Bloom should follow the whirlpool with a cold shower if she's using this passive warmup method to get her muscles ready for a racquetball game.



- (1) Muscle contracts and relaxes quicker as it is warmed.
- (2) Both hemoglobin (carries oxygen to the cell) and myoglobin (transports oxygen within the cell) release oxygen more readily.
- (3) Viscous resistance of both muscle and blood flow decreases.
- (4) All cellular activity increases, as well as metabolism.

An area of concern not so clearly defined is the amount of warmup needed. Although an increase of one to two degrees in core and body temperature has produced optimal results, the time it takes an athlete to achieve this increase depends on the intensity of the warmup, environmental temperature and state of conditioning. Untrained school children showed a significant increase in the vertical jump following one to two minutes of bench stepping, but a decrease in performance after three minutes of this warmup. On the other hand a warmup jog for highly trained milers was still producing better mile times after thirty minutes.

If the important factor in improved initial performance is merely elevated core and muscle temperature, why can't a passive source of heat, such as a sauna or hot shower do equally well? It can! This passive, or nonmetabolic warmup is, however, a fragile process. Too little only warms the surface of the body, removing blood from the muscles to the skin; too long a passive exposure results in excessive fluid loss and body temperature rise, and muscular weakness. Although hot baths of 15-18 minutes have resulted in improved swimming and running times, they provide no training effect, and therefore appear less suited for activities requiring neuromuscular skills.

An additional benefit of both active and passive warming up is increased flexibility. This intrinsic property of muscle to stretch more when warmed both enhances performance and reduces the chance of muscle and tendon injury.

From the preceding theories the following is a warmup especially tailored for the racquetball player:

"I play Racquetball to Win!"
"I play in Copenhagen!"

The Racquetball Warmup

A. Get into a court — Although rope jumping, jogging or calisthenics can all result in temperature increase, only by simulated play can both a training effect and the correct distribution of blood-flow to the appropriate muscles be assured.

B. Increase the tempo gradually — "Warmup the warmup."

C. Don't forget the legs — Too often the upper body receives all the attention. Jog about, retrieving your own shots. Research has shown that localized warmup (the arm only) results in earlier fatigue in that area due to improper blood distribution.

D. The heart needs warmup too — EKG recordings of athletes engaging in strenuous activity without prior warmup show abnormal waves during the first few minutes which disappear when preceded by two minutes of jogging.

E. A warmup, not a burn out — You are seeking a one to two degree body temperature rise. As your shots become more crisp and effortless, your body movements more fluid and you feel ready to really start — STOP! You should notice the beginning of generalized sweating.

F. Rest — Here's the best part. A thorough warmup maintains elevated core temperature from one-half to one hour. Take advantage of this to allow your body time to repay any oxygen debt, replenish energy stores and allow surface blood to recede back to where it is needed, the working muscles.

The total time needed for this warmup will vary from five to twenty minutes. If your club situation does not allow for the warmup to take place on the court, consider other *active* forms of increasing body temperature such as jumping rope, or a *passive* form such as a long, hot shower. In the latter case a beneficial trick is to turn the water to cool for the last few seconds to drive the blood back into muscles.

If you have never considered a thorough warmup as an essential part of your court play, try it, and maybe, like Samson, you too will bring the house down! ●



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Driving Racquetball Crazy

by Nick Longhurst

Sandy Kaufman takes his racquetball court on the town.



Now we know that Californians are mostly a little crazier than the rest of the country, but 22-year-old racquetball instructor, Sander Kaufman, even has the suntanned surfer seen-it-all set wowing over his new van.

Not one to hide his favorite sport in the conservative bumper sticker, license plate surround style of self promotion, Sandy went all out to tell people about racquetball.

After posing for a photograph used to illustrate a racquetball story in the Hughes Air West Magazine, *Sundowner*, with his boss at the Supreme Court in Van Nuys, CA, Steve Lubarsky, Sandy just went and had the whole scene transferred to both sides of his Volkswagen camper van.

There is Sandy, showing his best style, getting ready to start a rally with Steve, Supreme Court part owner and general manager.

"I have a friend who is a wizard with an airbrush, so I went to him and he jumped at the idea," explains Sandy.

Within a few days the friend, Dennis Martin, of Van Nuys had copied the photograph on four foot by four foot murals on each side of the van.

"It really blows people's minds. I get compliments every time I drive the van

to work," adds Sandy. *"Sometimes people stop and ask me what it's all about . . . and, that gives me a great chance to explain racquetball to them, and also to tell them about our great club."*

So it's no big surprise to know that as well as instructing at the club Sandy is also — director of sales. ●

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Soap Fans' Love — Tony Craig — Loves Racquetball

by Stella Hart

Bachelor Tony Craig thinks the racquetball club is "a great place to meet women."

Mike Karr, left, (Forrest Compton), discusses with lawyer Draper Scott (Tony Craig) the case for the defense during a scene on *The Edge of Night*, which airs Monday through Friday (4 - 4:30 p.m., EDT) on the ABC television network.



— Paul Lane photo

"You did it to me Stella, I'm hooked," says Tony Craig, who, as Draper Scott on ABC's hit daytime television soap opera *The Edge of Night* has won the hearts of thousands of women throughout the country.

"I've been playing racquetball at least three times a week ever since you introduced it to me."

Craig began his love affair with racquetball when I contacted him to make an appearance at the grand opening of a new racquetball club in New Jersey. He was a natural. He picked up a racquet and it was love at first sight.

Racquetball is more than just spending an hour away from the studio to Craig, an avid sports enthusiast who, because of a knee injury, gave up his first love of baseball for acting.

"I get a terrific workout," the 6'3", 170 pound actor says enthusiastically. "I



tend to put on a great deal of weight and just don't enjoy running or a daily exercise routine. I bore easily. But racquetball offers me the excitement of competition and a great opportunity to burn off all that excess junk in my body."

"And it is so easy to learn," Craig says. "That was what impressed me from the very beginning. Here was a sport I could enjoy, and enjoy I do."

One of daytime television's most adored actors Craig was born and raised in McKeesport, PA. As a youngster he attended parochial schools, became a student of American literature and received his degree from Mansfield State College.

He then attended Ohio University where not only did he get his master's degree in theatre, but he was also able to take part in another of his favorite pastimes, reading.

"I love reading," Craig says, "I read at least four books a week."

A teacher of English in Baltimore and in Brentwood, NY, when he realized his goal was acting, Craig turned to television commercials as well as modeling for national advertisers to help himself financially while working toward that goal.

"I starved for about four and a half years, waited on tables, drove cabs and tended bars as well," he says.

Under Fives First

"And I did some under fives for television." These, he explains are speaking roles of under five lines.

"Finally I got the opportunity to try out for the part of Draper Scott in *The Edge of Night*. Me, and some 200 other actors."

Initially the producers wanted a more mature actor Craig says, "but, after seeing my audition they rewrote the part."

Craig arrives at the studio at 8 a.m. after having spent some two to three hours on the week's script at home.

"The first thing we do when we arrive is to go through the motions of where everyone is to stand or move. The blocking.

"Then we have doughnuts and coffee and discuss the script more fully. That's where my trouble begins."

Craig says that those in-between-meal snacks and junk foods are why racquetball has proved to be so important to him.

"Even though I try hard not to eat junk foods, I find myself devouring them at almost every chance I get. I try to limit my carbohydrates, but dieting is not easy for me, and I admire people who can, but I have a tendency to want to eat a lot of junk foods. I guess they're a convenience."

A bachelor Craig notes that because he lives alone he does eat out a great deal and while working spends many of his quarters on pies and cakes readily available in machines.

"So spending my time playing racquetball has helped me to easily maintain my weight," he said.

"I don't mean to say that I go overboard in my eating," he continues, "that would be foolish. What I do mean is that I can continue living as I have done in the past trying to maintain my diet and, for exercise, play racquetball. Why not have fun while you're losing or maintaining your weight?"

A serious actor Craig noted that mornings on the set "after our doughnuts and coffee" mean "talks with the director and more blocking.

"After lunch and a run-through with all of the actors, there is a dress rehearsal and a final taping."

\$4,000 a Show

Having little patience with actors who feel television does not allow them enough rehearsal time, Craig says "when you're making \$4,000 a show for 13 weeks, you can afford to learn your lines at home." The show, which is seen over ABC television, is aired daily Monday through Friday at 4 p.m., EDT.

Craig considers himself one of the few actors who is truly content working in front of a camera, though you can find him emoting on theatre stages throughout the country from time to time. Most recently he appeared with Maureen O'Sullivan in "*Barefoot In The Park*" in the Poconos, and in Sullivan, IL, where he played in "*The Star Spangled Girl*" at The Little Theatre On The Green.

He is a staunch defender of the television media and believes that "violence on television as a complaint is lacking. If parents don't like a particular program and feels it may influence a child, then they should turn it off."

Reminiscing about his years as a teacher Craig says "there's no discipline in the home any more. As a teacher you play the role of the bad guy. It is so important that there be control in the home. Parents should have the last word in everything, including television watching."

The former teacher turned television star says "one way parents as well as their youngsters can let out their frustrations is by hitting that ball on the racquetball court. Believe me, it works.

"I love the game, as well as the saunas, and after a day on the set, I find it invigorating."

A quiet young man the dark haired, dark eyed actor also finds that meeting people at a racquetball club "really is a good deal easier than in most other social situations. Everyone is so comfortable and friendly. In fact it's really a great place to meet women."

Craig, who as Draper Scott plays a polite attorney, says he can relate to his character to some extent. "He is well dressed and I like clothes. In fact I wear my own clothes for the role. And I like to think of myself as being polite



The star of *The Edge of Night* considers racquetball his antidote for between-meal pies.

too," he says, "but, the character of Draper Scott takes too long to do anything positive about a situation. I would never do that."

A film buff Craig has an extensive library on film history and is a collector of first editions but, the attractive soap opera idol said, "the one thing I hate to do is to cook. I guess that's why I'm always eating junk foods."

As well as playing racquetball Craig rides horseback and plays basketball. But when asked about which he enjoys most he said, "I can honestly say, for the kind of workout I'm looking for, it's racquetball. And that's all your fault, Stella." ●

Stella Hart is a New Jersey journalist, publicist and TV talkshow producer.

Giving Women More Than Racquetball

When racquetball was very young, a bare bone facility containing courts, locker room and showers was an instant success. Players filled the few available courts as fast as investors could find a cheap, quick way to build a club.

But, as veteran court club architect, Joseph M. Pisciotta of San Diego explains, "today things are considerably different. Competition has emerged. The playing public is



Club Pro Bob Benthein supervises pre-racquetball sessions on the exercise equipment and the jogging track before the lesson and game . . .



Maddie Heller, left, and Dolores Bonanno arrive at Off the Wall Sports Center with son, Gregg, and daughter, Jennifer, ready for the child care center. Gregg is dressed to play in case someone's looking for a game.

-Bob Bonanno photos



And lunch at Off the Wall Sports Center's restaurant, where a salad tops off the whole fitness routine, before children join mothers and head for home.



Followed by the weigh in, massage, sauna and whirlpool . . .



more sophisticated and demanding. They want more than racquetball; they are demanding a full service athletic club."

An ever growing percentage of that playing public consists of women who take full advantage of the full service club. Recently Tony Boccaccio, a court club consultant, set up a photo session at Off the Wall Sports Center in Parsippany, NJ, to demonstrate how a club can provide a racquetball break with extras that keep women coming back week after week during those hard-to-fill non-prime hours. ●

New Court Club Listings



Bill's Gym Place
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Lake Odessa, MI 48849

Center Courts Ltd.
7667 Day Drive
Parma, OH 44129

Racquetball Five-O
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Framingham, MA 01701

Racquetball of Yankton
507 W. 20th St.
Yankton, SD 57078

Racquettime USA
2420 Bethlehem Pike
Hatfield, PA 19440



Racquetball

New Instructional Film Almost Ready

This coming January a new set of racquetball instructional films will become available at long last. The project was completed this past August at the Evergreen Bath and Tennis Club in suburban Chicago, and the film is now in the final editing and narration stages.

Sponsorship for the films comes from a group of racquetball manufacturers, including Seamco, and from USRA/NRC President Bob Kendler. The USRA provided technical supervision for the shooting and assisted with the final script. It was the feeling of all those who supported the series that there was no really good set of instructional films in existence. This makes it difficult for people in areas where racquetball is new to become familiar with the sport and learn correct techniques and proper equipment use and rules.

The series was organized and filmed by the Athletic Institute, a non-profit organization which provides information and instructional films for most sports to high schools, colleges, national sports organizations and court clubs. The A.I.'s expertise in sports filming was crucial. Director Jim Hotchkiss and his capable staff shot footage from all angles on the court and at ultra slow motion and normal camera speeds to capture the game completely for those who want to learn about the sport.

Four ten-minute films were the final result — 40 minutes of any topic in



Terry Fancher

which a beginner or intermediate player might need clarification or assistance. Subjects range from how to hit a forehand to how to play mixed doubles, all described in understandable narration. Filming from the front wall through a glass porthole allowed cameramen to obtain some particularly effective demonstration footage.

Players used for demonstration purposes were headed by Steve Strandemo, veteran professional racquetball player, author and instructor. Steve's technique, developed through years of practice and play, was the main illustration of proper strokes and strategy on the court. Other key demonstrators were Jannell Marriott and Kathy Williams, top women pros. Bob Van Tuyle of the Illinois State Racquetball Association and Danny Bertolucci and I, representing the USRA, also lent assistance. Charlie Rish and John Lynch played a doubles exhibition for the film against the Strandemo/Fancher team. Jockey contributed players' clothing.

Still shots from the film, as well as information on ordering the color movie in either 8 mm or 16 mm reels, will be included in an upcoming USRA section of *National Racquetball*.

Meet Your State Chairman

Eric Faddis - Delaware



Racquetball Starting to Organize

"No question about it, Racquetball is Delaware's fastest growing sport," a Wilmington Sunday News Journal reporter wrote on Sept. 3.

"Several hundred people are playing now at 28 existing courts in the state. By the end of the year the number of courts will grow to at least 57 and the number of participants will top the thousand mark."

With the growth of racquetball — or because of it — will come organization. Eric Faddis has been appointed USRA state chairman for the Delaware Racquetball Association and along with Paul Muoio, president, Terry Arnold and John Chelucci, has incorporated the non-profit organization.



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K1L 8B9
613-745-1247

According to Faddis an eight member board of directors was chosen at a recent meeting to include the four incorporators — Debbie Walther, assistant secretary; Charles Robertson, treasurer, and Jack Chelucci and Dan Little, at-large members.

According to the *Sunday News Journal* "The purpose of the Delaware Racquetball Association, Faddis said, are to promote the sport, tournaments and clinics, and to regulate the sport's growth and participants." Faddis said he expects the DRA to sponsor as many as five tournaments a year, starting in 1979.

"Present courts include 10 at the University of Delaware, five at the Kirkwood Fitness Club's branch on the Kirkwood Highway near Newark and five at its US-202 branch, three at the Wilmington YMCA, four at Dover Air Force Base and one at the Christiana Millcreek Racquet Club. Under construction and scheduled for fall openings are the Greenville and Branmar racquet clubs."

Eric Faddis is a life insurance salesman and a graduate of Wake Forest College. Eric and his wife, Jean, have two daughters, Lori, 16, and Erica, 14.

"I want racquetball to get off to a good start by benefiting from the success of others — I can gain this through the USRA," says Faddis. "There are a lot of pitfalls in any new activity, and with a good, strong organization we can guide people through these so everybody profits from a well organized effort."



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Upcoming Events

USRA Regional Championships Set for April 5 - 8

A total of 10 USRA Regional Championships have been scheduled for the 1979 season.

The 1978 participants numbered over 3,000, and as many as that are expected this season. Changes include the offering of B and C brackets of play for both men and women and deletion of the juniors categories.

In the summer of 1979 there will be 10 separate USRA Regional Juniors Championships as qualifiers for the National Juniors in August of 1979. All juniors players are encouraged to enter B, C or Open divisions at the Regionals.

Round trip coach air fare to the Nationals will be awarded to all men's and women's Open division regional champions.

Complete details will follow in future issues of *National Racquetball*.



"MANAGEMENT"

Club owners who are looking for outstanding personnel,
Contact: R.A. Cathro, 18992
Florida Street A21, Huntington
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Racquetball club manager,
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P.O. Box 23166,
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Tournament Results

Arkansas

The First Annual Greater Little Rock Open Tournament was held Aug. 24-26 at the New Southwest Tennis and Racquetball Center in Little Rock. There were over 60 entrants in seven different divisions. Manager/Pro Darrell Snively and his wife, Vickie, along with their staff, did a superb job of managing the tournament on the four courts. Wick Marvin and Tim Marvin helped by officiating continually throughout the tournament.

The Men's Open division found a new supreme commander in Bob Daniel. Since Bob has become the racquetball pro at the host club, his game has blossomed until he's become the most complete player in the state. His court strategy, accuracy, shot selection and eye contact seemed flawless throughout the tournament as no one ever came close to knocking him off.

The Women's Open division never developed as Lisa Collins, the only entry, moved into the Men's Novice division and finished third there.

— James Bixler

Bob Daniels, right, defeated Gary Mills to win the Men's Open title at the Greater Little Rock tournament.



MANAGER WANTED

Large Racquetball club in northern New Jersey. Must have promotional experience. Salary open. Send resume to:
Apt. 202, #6 Horizon Rd., Fort Lee, NJ 07024



John Greer, left, upset James McCoy for third place in the Arkansas competition.

Results

Men's Open Singles: Bob Daniel d. Gary Mills 21-13, 21-7; Third — John Greer d. James McCoy 21-13, 21-7; Consolation — James Bixler d. Bill Misiak 21-8, 18-21, 11-10.

Men's B Singles: Hugh Groover d. Jerry McKinnis 21-7, 21-17; Third — Bixler d. Dewitt Shotts 21-8, 21-11; Consolation — Dean Priest d. Ross Cox.

Men's Novice Singles: Roger Moore d. Robert Butler 14-21, 21-20, 11-9; Third — Collins d. Eugene Townsend (default); Consolation — Allen Koregay d. Larry Pior 21-13, 21-5.

Women's B Singles: Susan Utley d. Paula Marvin 21-2, 21-8.

Women's Novice Singles: Sally Faulkner d. Carolyn Smith 21-6, 21-7.

Men's Class B Doubles: Ted Berry/Fred Aylett d. Terry Baskin/Chris Laux 16-21, 21-20, 11-9.

Women's Class B Doubles: Utley/Marchelle Jones d. Faulkner/Sandee Lively 21-7, 21-4.

California

The Vista Courthouse in Vista held the first annual California Racquetball Club Championships Aug. 4-6, with entrants from about 40 California racquetball clubs. Under the tournament format any player in any event reaching the quarter-final round received five points for the club he or she represented. Semi-finalists received 10 points, finalists 20 points and winners 30 points. The top two clubs received trophies which many participants described as "the best looking trophies of the year."

Results

Club Standings

(Top 5 clubs): 1st — Courtsports, San Diego, 355 pts; 2nd — The Courthouse, Vista, 350 pts; 3rd — Racquet Time, San Marcos, 275 pts; 4th — King's Courts, Westminster, 125 pts; 5th — Santana Courts, Santa Ana, 100 pts.

Individual Events

Men's Open: 1st — Larry Meyers, Racquet Time, 2nd — Lindsay Myers, Courtsports.

Men's C: 1st — Pete Peters, Another Racquet, Encinitas, 2nd — Larry Mendoza, Racquet Time.

Men's Novice: 1st — Steve Felming, King's Courts, 2nd — Jim Byars, The Courthouse.

Men's Beginner Novice: 1st — Tim Sinton, NCAA, Paso Robles, 2nd — Lance Lundberg, The Courthouse.

Men's B Doubles: 1st — James Schorr/Eric Foley, Courtsports, 2nd — Steve Paulos/Lee Ellis, Riverside Racquet Club, Riverside.

Men's Juniors: 1st — J. Schorr, Courtsports, 2nd — Victor Castaneda, The Courthouse.

Men's Seniors: 1st — Wayne Emerick, Oakwood Racquet Club, Saugus.



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California

The weekend of Aug. 24-27 found over 260 players competing in King's Second Annual Joust for the Bank of Newport Cup. This event sponsored by the Bank of Newport, Century 21, Irvine and Associates and AMF Voit, saw pros Rich Wagner, Jerry Hilecher, Lindsay Myers, Mike Yellen, Ben Koltun, Mark Morrow, Karin Walton and Marci Greer competing for \$2,000 worth of prize money in the open events. Besides the open events which included singles for both men and women, there was also a Men's Open Doubles draw which provided a lot of exciting action.

The open events provided much of the action as top seeds Ben Koltun and Mike Yellen were defeated in the earlier rounds by Lindsay Myers and Rich Wagner. Lindsay then lost to Jerry Hilecher in the semis, thus setting up a finals match between Hilecher and Wagner. Jerry Hilecher played a great opening game, but tired from his previous match in the Men's Open Doubles, in which he and John Davidson of Kings emerged victorious to defeat Bill Hildebrand and Brian Cloud. In the finals Rich Wagner took the last two games and the match to win the Bank of Newport Cup and the \$1,000 first prize.

In the Women's Open Karin Walton as the top seed was tested in her finals match against Marci Greer and finally pulled it out in the tie-breaker by a score of 11-6. Earlier in the day Karin Walton had defeated Laura Martino and Marci Greer bested Diane Heims in the semi-final matches to set up the Walton-Greer confrontation in the finals on Kings Royal Court.

Missouri

The second annual Spaulding Racquetball Labor Day Tournament was held Sept. 1-4 at the Spaulding Racquetball Club in Merriam, KS. The tournament was sponsored in conjunction with Sunset Racquets, Vittert Sports, and radio station KCMO.

First place winners of the tournament were Men's division: A — John Gardner, B — Bob Brundage, C — Cornelius Bibb, D — Bob Bishop, Novice — Jim Brannon; and Women's division: B — Kathie Mahan, C — Mona Bibb, Novice — Laura Luge.

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Gail Klein Senior Women's winner in Wyler's Women's Open.

Illinois

It's axiomatic that the longer a tournament has been established, the more entrants it attracts each year.

Certainly this is the case with the Wyler's Women's Open now in its third year at The Court House in Northbrook.

"What started out as a Wyler's employee tournament in 1976 has grown into a big event. Players came from five states outside Illinois this year," said Jim Verhaeghe, the club's manager and co-director of the tournament with Phil Klintworth, the club's head pro. *"Actually, we've doubled the number of participants each time we've held the event. More than 200 entered this year and to accommodate the growing number of women in the game, we added two new divisions—a junior and a seniors. Both had good draws."*

Results

Open: Glenda Pommerich Young d. Hope Weisbach 13-21, 21-19, 11-6.

B: Pat Klinger d. Sue Prisching 21-19, 20-21, 11-7.

C: Mary Trousdale d. Mary Andrews 21-7, 21-10.

Seniors: Gail Klein d. Hope Schwartz 21-15, 21-19.

Juniors: Betsy Koza d. Vicki Carr 21-8, 21-7.

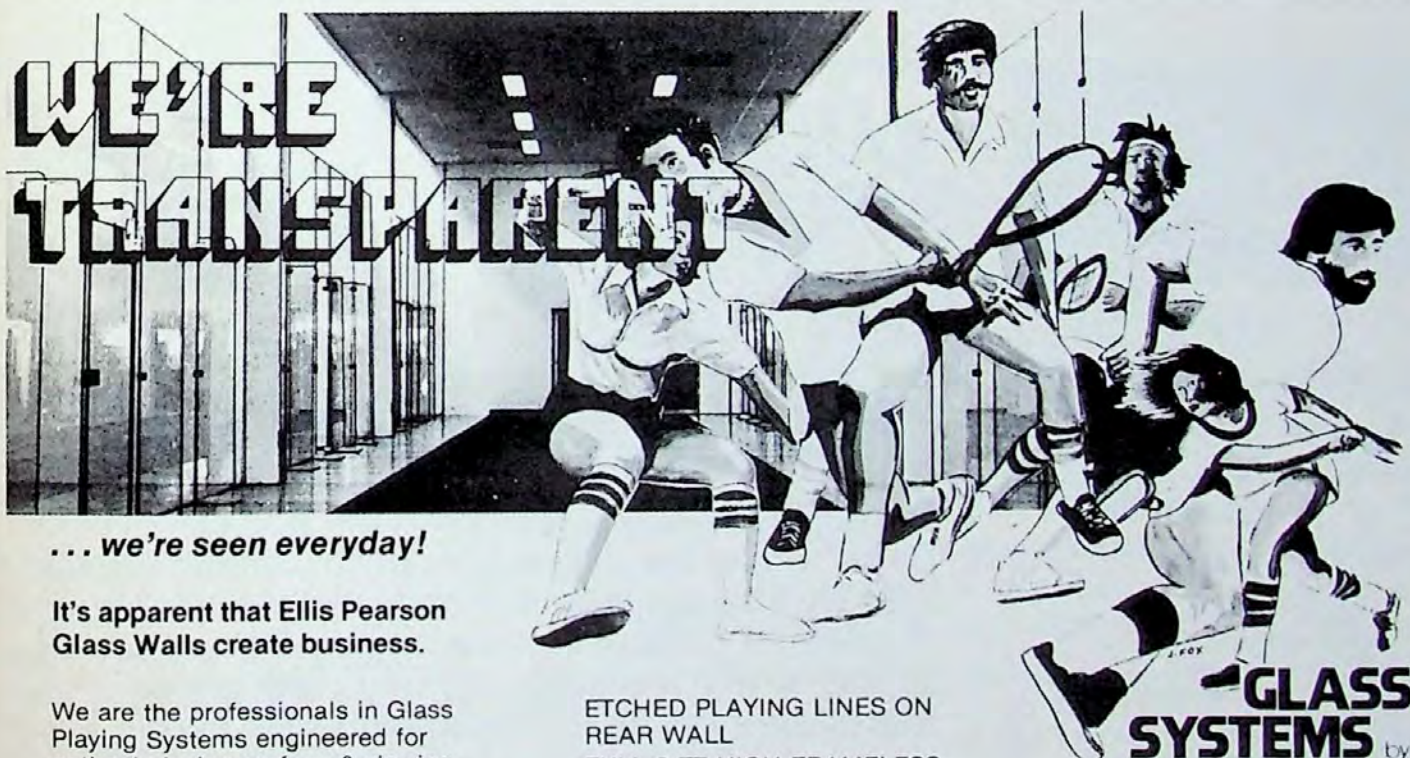
Arizona

Ken Garrigus beat Paul Darnell 21-2, 17-21, 11-7 to win the Men's Open at the Coca Cola Metro Racquetball Tournament Aug. 1-6 at the Metro Racquet Club in Phoenix. Steve Ludick took third by defeating Paul Banales 21-14, 21-7.

In the Junior Boys 13 and Under Gary Bucklin took first over Mike Glawe with a 21-6, 21-8 score, and Chris Glawe came in third beating Mike Callaghan 21-9, 11-21, 11-10.

Jack Nolan won first in the Junior Boys 14-17, defeating Pat McAvin 21-12, 21-14. Third went to Scott Tyrell over Don Bigler, Jr. 21-15, 21-3. Joel Bolan was consolation winner over Vince Razzano.

Gerry Corcoran took the Men's Open consolation match, defeating Richard Bedoya.



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Kentucky

A shootout was promised in the Women's Open Division of the Lexington Summer Open Aug. 4-6. No one went home disappointed. Beth Mowery, of the host club, played giant killer early as she easily defeated Emily Burke and Lu Ann Gifford. Both Burke and Gifford had been seeded ahead of Mowery, but Beth's speed and concentration prevailed. Her balloon, however, was punctured in the semis by top seed Holly Rentz.

Therein lies the main thread of this tale. Holly and Lynn Simon have been the two standout women players in Kentucky the last two years. Yet Lynn has never been able to defeat Holly, last losing in the finals of the state closed. Holly has since moved to Iowa. Lynn is a college sophomore. This figured to be her last chance for some time.

After both moved fairly effortlessly through the field, the main event began in the last round. Simon, combining speed, hustle, and a devastating drive serve, finally broke the string 21-20, 21-13. The first game was the fulcrum. Lynn led 20-13. Holly crept back to serve for the game at 20-20. That one point was the match. Lynn got it.

The Men's Open was ho-hum by comparison. Bryce Anderson destroyed everybody in his path, never once being taken to three games. He smiled as he did it, but Dean Sorg, Fred Michels,

Eric Gilbert, David Fleischaker and finally Bob Dabney all fell to a game built around anticipation, concentration, and an unerring ability to capitalize on the first mistake. Bill Bauer deserves special note. Bill has probably improved as much as any player in the state, and showed it when he beat fifth seed Tom Shivel in the 16s and barely lost in three in the quarters.

Tom Marr and Donnie Harris had a point-counter-point match in the finals of the Bs, probably the best field, top-to-bottom in the tournament. Donnie blasted, Tom retrieved and dinked. Donnie will be heard from soon again, but this one belonged to touch, maturity, and gray power. Marr won the thriller 18-21, 21-6, 11-5. Will it be Open or Seniors, Tom?

After eons of frustration and sweaty toil Southpaw Dan Sanders won the Men's C over Al Peterson in another three game. Other division winners include a tremendously improved Christy Dunham in the women's B, Dave Fleischaker in the Seniors and Linda Thompson in the Women's C. The tournament had 160 participants.

— Dave Fleischaker

Results

Men's Open

Quarters: Bryce Anderson d. Eric Gilbert 21-8, 21-14; Dave Fleischaker d. Bill Bauer 19-21, 21-9, 11-4; Mike Sipes d. Dave Brown 21-19, 21-13; Bob Dabney d. Mark Thomas 21-8, 21-15.
Semis: Anderson d. Fleischaker 21-6, 21-6; Dabney d. Sipes 21-16, 21-9.

Finals: Anderson d. Dabney 21-15, 21-9; Third — Fleischaker d. Sipes 21-14, 21-18; Consolation — Jon Fleischaker d. Shivel 21-15, 15-21, 11-7.

Men's B

Quarters: Donnie Harris d. Scott Pollen 21-12, 20-21, 11-3; Doug Layne d. Mike Lykins 21-17, 21-19; Tom Marr d. Jim Knickerbocker 21-18, 21-6; Paul Merkel d. Ron Pitt 21-12, 21-19.
Semis: Harris d. Layne 21-8, 21-14; Marr d. Merkel 21-18, 21-12.
Finals: Marr d. Harris 18-21, 21-6, 11-5; Third — Layne; Consolation — John Pollio d. Lee Wild 21-17, 21-7.

Men's C

Quarters: Ed Sword d. Charlie Mackey 21-14, 21-8; Dan Sanders d. Steve Cain 21-9, 21-15; Al Peterson d. Steve Payne 21-18, 21-13; Jim Henneman d. Steve Campassi 21-15, 21-15.
Semis: Sanders d. Sword 21-9, 9-21, 11-2; Peterson d. Henneman 21-10, 9-21, 11-10.
Finals: Sanders d. Peterson 21-12, 14-21, 11-8; Third — Sword d. Henneman 21-18, 21-8; Consolation — John Logan d. Gary Chapman 21-8, 21-17.

Seniors

Quarters: Fleischaker d. Lew Whipple 21-11, 21-14; Leigh Jones d. Bob Bradley; Harold Huff d. Bill Emmett 21-15, 21-12; Len Wilson d. Don Detjen 21-10, 21-10.
Semis: Fleischaker d. Jones 21-18, 21-9; Huff d. Wilson 21-19, 21-17.
Finals: Fleischaker d. Huff 15-21, 21-15, 11-4; Third — Wilson; Consolation — Whipple d. Detjen 14-21, 21-14, 11-4.

Women's Open

Quarters: Holly Rentz d. Micki Anderson 21-4, 21-10; Beth Mowery d. Lu Ann Gifford 21-9, 21-13; Lynn Simon d. Brigitte Huff 21-16, 21-13; Christy Dunham d. Suzie Retterer 21-15, 21-12.
Semis: Rentz d. Mowery 21-18, 21-11; Simon d. Dunham 21-9, 21-7.
Finals: Simon d. Rentz 21-20, 21-13; Third — Mowery d. Dunham 21-6, 21-5; Consolation — Gifford d. Emily Burke.



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Women's B

Quarters: Barbara Brooks d. Ann Mucio 21-1, 21-3; Pam Holien d. Emily Pinto 21-6, 21-19; Patty Burden d. Dotli Knickerbocker 21-6, 21-14; Christy Dunham (bye).

Semls: Holien d. Brooks 21-20, 21-17; Dunham d. Burden 5-21, 21-16, 11-1.

Finals: Dunham d. Holien 21-6, 21-6; Third — Brooks d. Burden 20-21, 21-9, 11-0; Consolation — Mucio d. Pinto 21-14, 21-15.

Women's C

Quarters: Chris Warren d. Vi Ringo 21-19, 21-13; Tina Kletter d. Ann Sabbatine 15-21, 21-17, 11-5; Ellie Hawse d. Peggy Kilgore 20-21, 21-16, 11-6; Linda Thompson d. Cindy Hall 21-17, 21-16.

Semls: Kletter d. Warren 21-6, 21-0; Thompson d. Hawse 21-18, 21-14.

Finals: Thompson d. Kletter 20-21, 21-16, 11-4; Third — Hawse d. Warren 21-9, 21-9; Consolation — Cheri Turner d. Judy Dick 21-14, 21-4.

Ohio

The Middletown Racquetball Club in Franklin held its First Annual Summer Tournament August 11-13.

Results

Men's Open: 1st Mike Sipes, 2nd Rick Taylor, 3rd Toby Thompson, Consolation Jim Curry.

Men's B: 1st Randy Morningstar, 2nd Ron Wilson, 3rd Ed Evans, Consolation Dick Farkas.

Men's C: 1st Greg Patrick, 2nd Mark Viars, 3rd Brian Lloyd, Consolation Jim Carter.

Men's Open Doubles: 1st Sipes/Mike Simons, 2nd Jim Warren/Mike Langdon, 3rd Curry/Roy McKay.

Women's Open: 1st Lou Gifford, 2nd Patty Zellner, 3rd Lucy Henson, Consolation Pat Sweet.

Women's B: 1st Chris Warren, 2nd Linda Bowen, 3rd Maria Bowman, Consolation Debbie Constantine.

Florida

The first Labor Day Tournament held at the new Racquetball Center of Pensacola drew 138 entrants and of these 63 were from outside the greater Pensacola area.

Results

Men's Open: Joe Icaza d. Jim Cullen 21-11, 21-20.

Women's B: Terri Mele d. Evelyn Barnes 21-10, 21-14.

Men's B: Jerry Wickliffe d. Woody Burkhalter 21-11, 8-21, 11-7.

Women's C: Jean Jarvie d. Darlene Pritchett 21-1, 21-11.

Men's C: Bill Hernandez d. Terry Peek 21-16, 21-7.

Boys 17 and Under: Rick Taylor d. Lance LaCour 21-3, 21-0.

Men's Senior: Roger Wehrle d. Mike Mojer 21-19, 21-20.

Men's Masters: Don Donaghue d. Bill Hepworth 21-10, 20-21, 11-3.

Men's Open Doubles: Joe Icaza/Bobby Siegel d. Jim Cullen/John Parks 21-14, 21-14.

Men's B Doubles: Roger Wehrle/Mark Carpenter d. Hernandez/Ed Medellin 21-15, 21-9.



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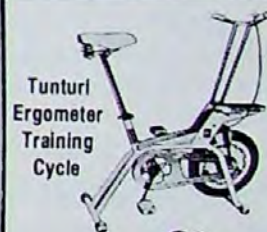
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Racquetball in the News

Racquetball Etiquette — What It Is Is Racquetball

by Leroy Joey Colter

The author, who bills himself as "the best 42-year-old racquetball player in Baton Rouge," wrote this story for *Gris-Gris* weekly southern Louisiana newsmagazine. *National Racquetball* is reprinting the article with permission of the publisher.

Racquetball, in case you didn't know it, is a comer.

Invented in 1949 by a Connecticut Yankee who got tired of chasing errant tennis balls, the sport now claims over six million players in the country, none of whom have the cool politeness of a golfer, the independent aloofness of a handball player or the good sportsmanship of a tennis player.

It's not hard to understand that such a fast-growing sport would naturally have to forfeit something for its development. Racquetball, besides being so popular, provides maximum exercise in a minimum amount of time.

An hour of racquetball equals or exceeds the calories burned in a few hours of tennis.

Before you decide that you don't want to end your temporary stay here on earth with a racquetball court, remember: don't be alarmed. It's also a sport that can be only as artery-pulsating as you want it to be. The better you play, the faster you play, the better condition you get into, etc., etc., etc.

First, a few basics:

The rules and scoring are eventually the same as handball. That is get the ball back to the front wall before it

bounces twice on the floor. The court, an enclosure measuring 20x40x20, is not merely there to keep you from running after the ball like those dumb tennis freaks do. The walls, ceiling and floor are all in play.

Two, three or four players may participate. The server starts the game by bouncing the ball on the floor and hitting it to the front wall. The rally continues until one player fails to make a return. A player can gain points only when he or she is serving. If the server loses the rally, the opponent gains the privilege of serving. First player or team to reach 21 points wins.

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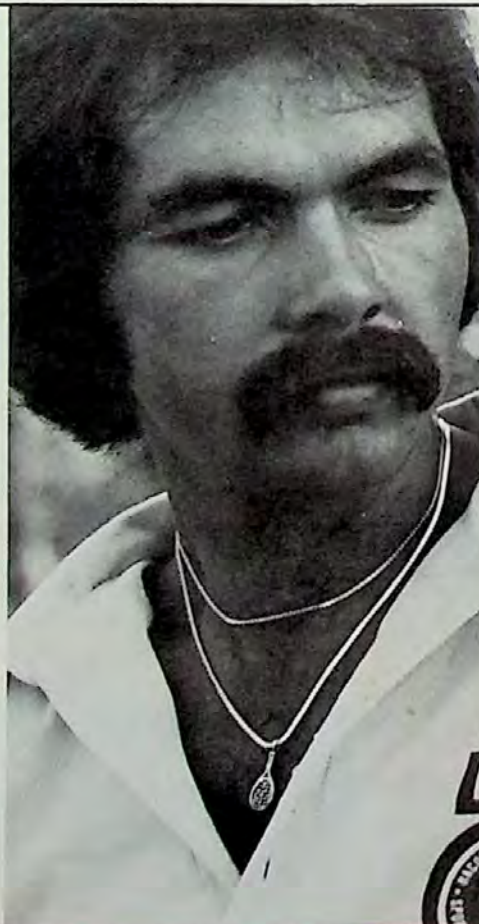
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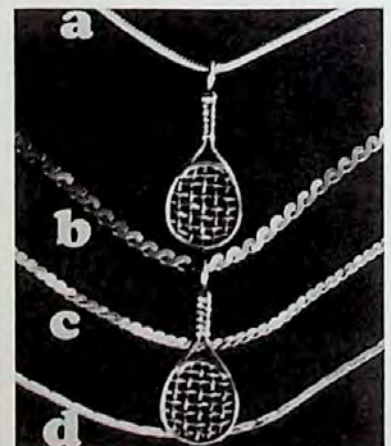
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That's all there is to it. Basically.

There are other small, insignificant subtleties and rules to the game, but generally nobody pays much attention to them anyway, so I'm not going to either.

Now that you're playing racquetball, you've got to learn to *talk* racquetball, so I've taken the liberty of providing a glossary of racquetball phrases, words and expletives.

Kill Shot. Not what you might think. If, when playing with strangers, your opponent(s) yell "*kill the*," do not take offense. They are talking about the ball, not you. A shot which hits the front wall so low as to dig its own furrow on the way out and one which you couldn't get with a sharp-shooter is a legitimate "*kill shot*." Finesse players also use the term when they've made you run to the back wall after a shot, pat the ball lightly anywhere on the front wall and it bounces twice before you can get your head unstuck from the hole you've made in the rear wall. Veteran players also use the term to mean the last drink before the bar closes.

Passing Shot. You got it. A shot which passes you and bounces twice before you can get it. A term picked up from the old days at the LSU library during squirrel season. Its effect can be devastating to your game because the perfect pass looks as if you could get it—but you can't, even if you were Plastic Man. Finesse players use it more than the kill shot because the percentages of hitting it are better and besides, finesse players get a weird thrill out of watching you make an ass out of yourself. Veteran players also use the term to mean the pint you share in the parking lot after the bar closes.

Ceiling Shot. The perfect one hits the ceiling about one yard from the front wall, hits once near midcourt, and the second time after it's gone over your head it hits exactly where the back wall and floor meet. Sometimes called a "*redskin*" shot by virtue of what it does to your opponent if hit right and what it does to you if hit wrong.

Waffle. A strange phenomenon which attacks all racquetball players at one time or another. A pattern appears on the outer surface of the body which resembles a racquetball racquet, which make sense, because that's what caused it. Finesse players sometimes use it as an offensive maneuver. That is after one waffle it's a

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pretty good bet you'll miss the next close one. Veterans are used to the waffle, wear it as proudly as a Texaco star and at the drop of a beer, will tell you in detail how each string imprint felt.

The Hinder. Any nogood, dirty, rotten, low life fink that gets in my way when I'm hitting a shot is committing what is commonly called "a hinder." There are two general types of hinders, an unavoidable hinder and an avoidable hinder. If the previously mentioned individual gets in my way it is an avoidable hinder and he should be penalized. However if, through some quirk of nature, some unforeseen momentary loss of balance, or a misjudgment on my opponent's part, I should get in his way, it is an unavoidable hinder. Good finesse players sometimes build their entire offensive game around the hinder. Veteran players never call one on an opponent; they just go on and hit you with the racquet.

The Harvey Wallbanger. Some novice players, either through temporary lapses in temperamental control, or as the lesser of two evils, instead of hitting you with their racquet—hit the wall with it. This is not recommended. Racquets can cost anywhere from \$10-\$60 and are constructed somewhat similar to a dragline boom, with one major difference. The pressure point is supposed to be on the strings, not on the end of the racquet. It also makes court owners, managers and pros hopping mad when you scar up their nice white walls.

A Judgment Call. See the Hinder. Essentially any call that goes your way is a judgment call. Any call that goes against you is a bad call. A judgment call is an especially effective tool if the score is tied 20-all. Finesse players will let you know if they distrust your judgment by placing their hands on their hips and looking at the ceiling. Veteran players do not like to have their

judgment questioned. Judges and lawyers who play racquetball sometimes stop the game and poll the other players before continuing.

A Seamco Shot. You pays your money and you takes your chances. It is inevitable that during the course of a racquetball game, either through bad court savvy on your part or overaggressiveness on the part of your opponent, the ball will strike you first instead of the front wall. When it does so with such force as to allow you to read the label and patent markings on your skin, it is called a "Seamco Shot." There are many variations of the shot, depending on which part of your anatomy the ball strikes, ranging from the "backshooter" through the "earsplitter" all the way to the "classic blue-veiner," which you will immediately know the meaning of when one hits you.

The Green Apple Quick-Step Shot. This shot requires the patience of an 80-year-old bride, the dexterity of a professional bullfighter and the intestinal fortitude of a graverobber. Basically it is a low shot hit at an angle into the corner so as to come right back to the hitter, whereupon at the last possible second he steps out of its way, leaving his opponent looking like he missed the last liberty boat. Finesse players who use this shot consistently can be identified by multitudinous racquet marks on the back of their calves. Veteran players will take the shot away from you by killing the return shot, sometimes taking your shoe, sock and lower leg with it, giving you the then very tough decision of which of the four you will attempt to "get."

Enough with the definitions. With the knowledge gained from this article, you should now be sufficiently schooled in racquetball to improve your game threefold. The rest will depend on your individual skill, temperament and aggressiveness — how badly you want to win.

I recommend it highly for it's a comer. ●

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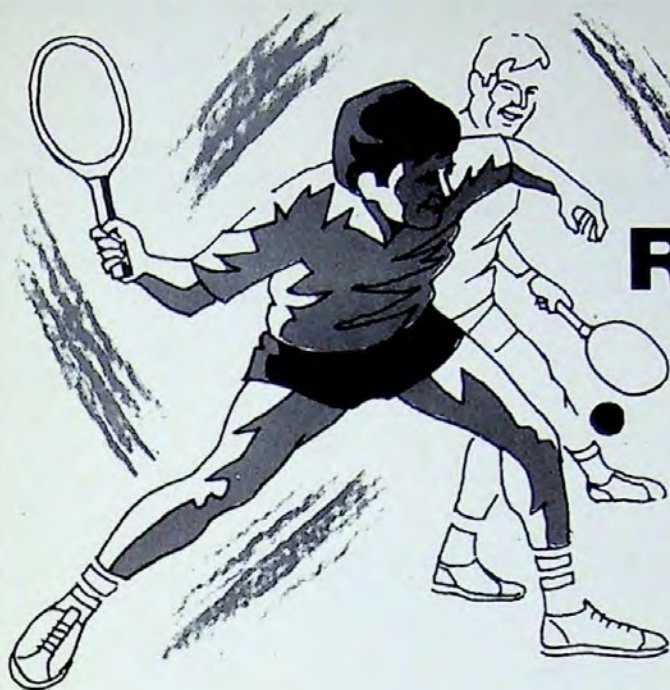
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Beyond the Open

Life with a Racquetball Father

by Carolyn Priest

Dean Priest, senior and junior



How can one small ball, one sawed off racquet and a four wall court change life so drastically for a family of seven? I contrast life at our house as it was two years ago with life as it is today and marvel at the impact of this game.

Prior to the introduction of this all engrossing sport my husband was

content being a mathematics professor at Harding College in Searcy, AR, and a sports spectator. When other wives complained of their deterred dinners due to a last minute tennis match or an extra hour spent on the golf course, I could proudly boast of a husband who would come directly from his math

office to a prompt six o'clock meal. Despite the faculty basketball games being played at night I could smile inwardly, assured that Dean would be sitting in his easy chair, glued to his football game, contentedly eating his ice cream with hot fudge sauce.

But that all changed abruptly. When the college's new athletic center was finished, a coaching friend invited him to try out the new racquetball courts one evening. Feeling inept at sports he reluctantly agreed. To make the game more enticing and to add extra incentive his righthanded friend played with his left. Determined to give enough opposition to force him to play with his right hand Dean challenged him to game after game. He arrived home weary and spent, but instead of collapsing into his easy chair he pensively replayed all the games, concentrating on the angles of the shots and the returns he should have given. I was a little concerned over his enthusiasm for this new sport but went to bed assured that he would forget it by morning. I was wrong. He was back at the court the next day, trying out those shots he should have made, trying to discover a backhand stroke and seeking further instruction. When this continued day after day, I became alarmed. Was he actually becoming a racquetball enthusiast? He, who in years had played nothing more physical than rook?

Challenge Change

Then I saw many changes taking place. His reading material was changing. The weekly news magazines and math journals were gradually taking second place to *National Racquetball* magazine and Steve Keeley's *Complete Book of Racquetball*. His reputation was changing, too. The students who had previously stopped me to comment on his ability as a math teacher were now stopping me to comment on his ability as a racquetball player. Their calls at night were no longer in interest of the challenge of a mathematic problem but rather in the challenge of a racquetball game. He even began to smell different. His arrival home in the evening was preannounced by his dirty gym bag bearing all of his sweaty, smelly gym clothes. My work load changed, too. The mountains of laundry that piled up were enough to dishearten any mother of five.

As if it were not enough to center his evenings around racquetball, his early mornings were given to the phone calls necessary to reserve the courts and line up players for the afternoon. We no longer became alarmed when these calls brought loud laments because we soon learned that the bad news was probably not the death of a relative but a cancelled racquetball game or a fully scheduled court.

Our everyday lives were changing and so were our special days. Those few quiet Christmas days spent with my parents in Tennessee gave place to several frantic 150 mile roundtrips to the nearest racquetball courts in the middle Tennessee area — a small price to pay for staying in shape during the holidays, I was told. No longer were the usual clothing items appropriate for birthday and Christmas gifts, but there were the more desired gym bags, gym shoes, warmup suits and racquetballs. Then there was our eighteenth wedding anniversary when I was presented a lovely package bearing, not the expected sheer night gown, but — you guessed it — a set of his and her aluminum racquets. Accepting this as my clue to learn more about the game I began a light schedule of three hours a week and soon became invigorated, more alert and above all better able to communicate with my husband on his favorite subject. Our recreation, which had consisted of a late TV movie, a game of cards or a visit with friends, was becoming centered around racquetball. A game of doubles now took precedence over any other evening of fun. Our conversation topics were turning to ways we could improve our game.

Where Is Dear Old Dad?

My peak of concern over the extent to which racquetball had invaded our home was reached late one night when we had returned from a game of mixed doubles. After turning off the light and collapsing into bed Dean was whispering a "sweet nothing" in my ear. I barely caught the words

"Remember, dear, your overhand shot is a low percentage shot." It was then that I knew he was completely possessed. I turned on the light to look at him. He didn't even look the same. His 180 pounds had diminished to 155, just what he weighed when we married. His muscles were firm, his waist had gone from 36 inches to 33½ inches and his eyes were sparkling with the thrill of a new challenge. I turned off the light and resigned myself to no longer being married to a sports spectator but rather to a sport enthusiast.

It was not a surprise when he announced that he was entering the racquetball tournament in the novice doubles with his coaching friend. Nor was it surprising when he came in proudly bearing the first trophy ever won in his 38 years. Nor will it be surprising when he announces that he will enter this year or next or the next.

The gleam in the eye of our seven-year-old son when he saw that trophy let me know that racquetball has not yet run its full course in our family. He was soon begging to learn the game and one of his main joys is going to the courts with his daddy to get a few pointers. Our 15-year-old daughter became intrigued with the game and placed second in her high school racquetball tournament. Even our 12-year-old daughter has an uncanny interest in racquetball and her main request now is for a racquet of her own just like her daddy's. There are seven members of our family and each of us has an interest in the game in varying degrees. Who would have thought that all this athletic activity started with a man who had not participated in sports since junior high football?

As I think back on the "good ole days" before racquetball was introduced to our family, I am not so sure they were all that good after all. We were a bit duller, a bit fatter, and a good bit less happy. So I reluctantly relent to the resplendence of racquetball! ●

National Racquetball

EXTRA!

Ciarco Sets 102 Hour Plus Marathon Record With Three Seamco Balls

Phil Ciarco, a 34-year-old Lyndhurst, NJ, businessman who considers himself "less than an outstanding player," broke all previous records by playing racquetball continuously from Monday, Aug. 28, at 5 p.m. to Friday, Sept. 1, at 9:45 a.m. at the Courtime Meadowlands Racquetball Club. Three Seamco balls took Ciarco through the entire record-breaking event.

During the 102 hours, 58 minutes and 30 seconds Ciarco played he faced 126 opponents and won 243 out of the 286 games.

The marathon was one of a series around the country that raised money for the Muscular Dystrophy Foundation. Ciarco's feat brought in \$4,000, while marathon attempts in Miami (Sportsrooms of Sabal Chase) and Dayton (Court House) raised another \$1,200 from opponents who donated money for each point scored against them or for the hours of racquetball play completed.

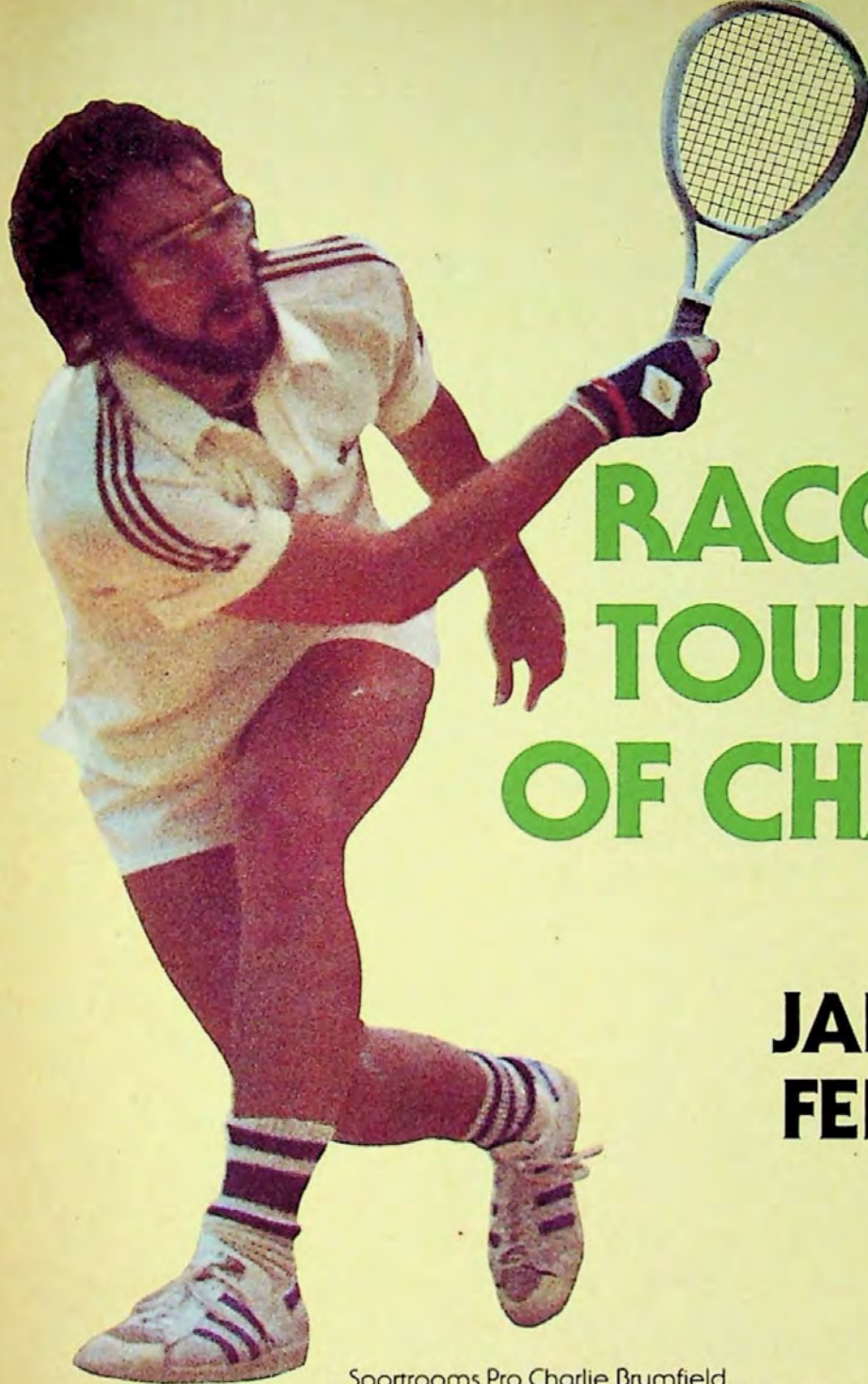


Ciarco's final opponents was record that Dave Brown, Art Diemer, Courtime pro Don Freeman, Mark Heiart who introduced Ciarco to and Ian Smith had set last racquetball only eight months before he broke the June in Mercerville, NJ.

Ciarco, who sent data on his marathon to the *Guinness Book of World Records* in hopes that it would be included in the April Sports Edition, observed the following rules:

1. The player is allowed a two minute break after each game. This time cannot be accumulated and is designed for changing clothes, sneakers, etc.
2. The player is allowed a five minute rest period after each hour of play. This time can be accumulated and used for eating, sleeping or adding onto the final elapsed playing time.
3. Each opponent must personally sign a register with the starting and ending time as well as the game scores. No more than six games to be played in one hour.

National Racquetball reminds players who are trying to establish a marathon record to check with Carol Brusslan at the USRA (312-673-4000) for information on the latest record.



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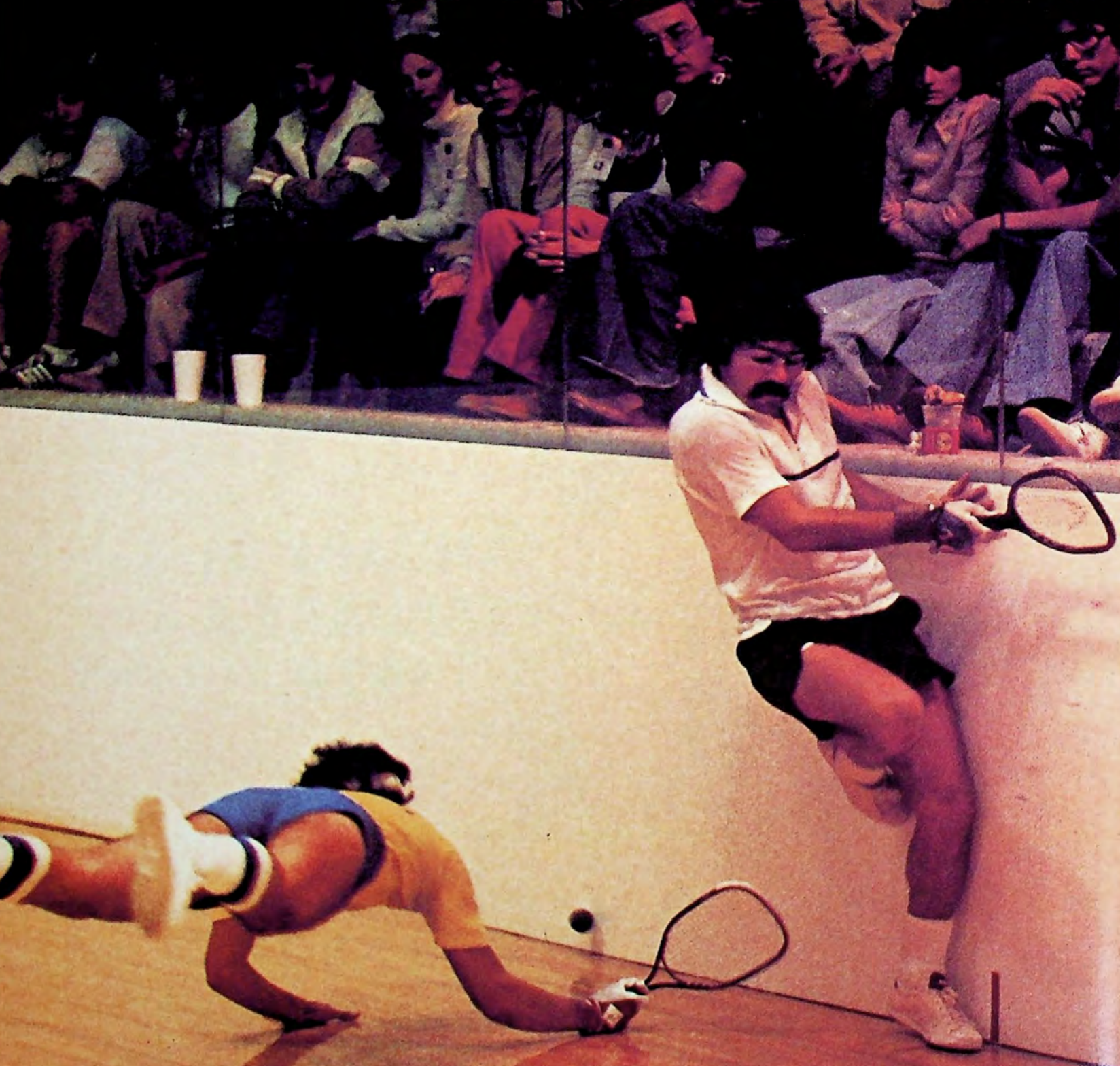
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Strandemo



The intensity of the championship match at the JACK IN THE BOX Racquetball Classic is shown here as Hilecher goes all out with a diving retrieve attempt of a Strandemo pass down the left wall.

Strandemo sets up for a backhand as Hilecher moves cross court to cover the shot in their outstanding final match.

Pops

Out Of The Box

As hard as it might be to imagine, there was a professional racquetball tournament in which all the top players competed and none of the top seeds reached the finals. Not Marty Hogan, not Charlie Brumfield, not Steve Serot, not Ben Koltun, not Shannon Wright. None of them reached the finals.

Steve Strandemo did. In fact Strandemo, who a year ago thought he might never play again due to a serious kidney illness, not only won the tournament, he won it coming from the almost impossible number 16 seeded position. He bested top ranked and national champion Hogan in the second round, Craig McCoy in the quarters, Richard Wagner in the semi's and finally Jerry Hilecher in the championship match.

The tournament was the JACK IN THE BOX Racquetball Classic, the first stop on the Colgate pro tour, which is co-sponsored by Seamco/Leach. The NRC-sanctioned event was held at the Town & Country Racquet Club in suburban St. Louis, which made the results all that more interesting.

Hilecher, whose draw was nearly as tough as Strandemo's, was the only St. Louis player to survive the rigors of the season opener. Jerry's well tooled



All photos of JACK IN THE BOX Racquetball Classic at St. Louis by Arthur Shay.

game found easy wins over Steve Keeley, Mike Yellen and Davey Bledsoe before being derailed by Strandemo in the finals.

But such good fortune did not befall Hilecher's home town buddies. Hogan's defeat at the hands of Strandemo on the tournament's first full night was a shocker. So was Serot's loss to unseeded Steve Chase in the first round, and Jerry Zuckerman's loss to qualifier Dennis McDowell in the 32's.

Koltun, who barely escaped a first round tussle with National Amateur Champ Jeff Bowman (11-9 tie-breaker), was unable to stop Yellen in the 16's.

It was truly an amazing weekend of racquetball, with each match offering new surprises — like Bledsoe, whose performance in the Nationals this past June was a round of 32 loss, coming back to best Brumfield in the quarters 21-19, 21-19 in the JACK IN THE BOX Classic.

"It appears that some of the players took it a little too easy over the summer," said Joe Ardito, National Commissioner of the NRC. *"The guys who worked hard on their game are the guys who took home the money."*

And the money was substantial. Thanks largely to the sponsorship of JACK IN THE BOX the men played for \$15,000 in cash, with winner Strandemo taking home \$4,500 and runner up Hilecher cashing a \$2,500 check.

The victory was worth more to Strandemo than his entire 1977-78 season winnings, a season he would prefer to forget. It was at last year's first tour stop, when he became ill during a match and found himself hospitalized, the beginning of treatments that eventually led to the famous Mayo Clinic in Rochester, MN.

"I never gave up hope of playing again," said Strandemo. *"A lot of people gave up on me, but I never did."*

The guts and determination proved to be the ingredients of victory. In the finals against Hilecher the match went down to a thrilling tie-breaker after the two players split lopsided first and second games.

The points came tediously in the third game. Strandemo scored only once each of his first four times in the service zone for a 4-0 advantage, only to have Hilecher, whose game was its sharpest in almost two years, come back to take an 8-6 lead.

"At 8-6 I thought I was in trouble," said Strandemo. *"I knew Jerry was playing very tough. He has the ability to serve out on you at any time."*

But Strandemo dug in deeper, and after neither player was able to score in the eighth inning Strandemo rallied for four crucial points to turn the match around and grab a 10-8 lead. Only the 10th point was a gift (a forehand back wall skipped shot by Hilecher), but the first three out of four in the streak were absolute Strandemo winners.

Point seven was a backhand kill into the left corner, a shot that was "on" for Steve all week. Point eight came on a forehand cross court kill and nine was a forehand pass cross court to the right.

But Hilecher, the last St. Louis hope, dug in himself and for two innings the players were unable to score. Then, after a furious rally, Strandemo earned a forehand setup which he hit for a kill shot winner down the line to the right for a 21-7, 12-21, 11-8 victory.

But all the drama and excitement of the championship match could not top the sweaty palms administered during the Strandemo-Hogan second round battle. The eventual loss by Hogan marked the first time the champ has not reached the final round since the first Tournament of Champions in Peoria, IL, in April, 1976, when he lost to Steve Serot as a 17-year-old tour rookie.

Strandemo's history was just the converse, having not won a major tour stop since January of 1975 in Sunnyvale, CA, in the pre-Hogan era.

Game one of this remarkable round of 16 match was a 21-17 win for Hogan, who had to battle from behind an 11-6 deficit to take the game. At 19-17 with Hogan holding the serve Strandemo committed one of his few mental errors, shooting the serve return resulting in a skipped ball and point 20. Hogan then served up an ace on a drive serve to the left for game point.

Game two was all Strandemo. Steve kept his concentration, shot the ball when opportunities existed and took an impressive 12-3 lead. Hogan struggled to get back into the game, but could only close to 14-7 before Strandemo coasted in 21-13.

Steve kept up the pace in the tie-breaker, frustrating Hogan with perfect shot selection and taking a 5-0 lead, forcing a rare Hogan time out, during which Marty stewed over his inability to put his shots where he wanted and Steve's ability to control the play.

That frustration erupted during the next rally, when a collision in center court found Hogan going for a tag team takedown during the hinder. Instead of wrestling's two points Hogan received a technical foul and the score stood at 5 to minus-one.

Strandemo held on to 9-5 before Hogan mounted the anticipated comeback attempt, closing to 9-8 which became the crucial score of the match. Three times each player served at 9-8 with neither able to dent the scoreboard. Finally it was Hogan who succumbed to the pressure, skipping in a forehand kill attempt from about three-quarter court, making it 10-8 Strandemo.

After another Hogan time out Strandemo sealed the win by re-killing a forehand into the right front corner for the 11-8 victory.

There were many highlights in addition to the Strandemo/Hogan match at this first tour stop of the season. A major one certainly was the play of unseeded and unranked Dennis McDowell, the Bloomington, IL, righthander, who came from nowhere to finish in the quarter-finals, the best showing for a qualifier since the NRC instituted qualification rounds on the tour.

McDowell was seeded fifth among those attempting to qualify and when he did so, found himself against 14th ranked Jerry Zuckerman. McDowell handled the situation with the calm of a veteran, and took hometown Zuckerman to task 21-15, 21-11, moving into the round of 16.

There he was expected to be sent home with a \$300 second round check, since all assumed his foe would be number three ranked Steve Serot. But somebody forgot to get the information to Steve Chase, who upset Serot in the first round by the amazingly wide margins of 21-8, 21-16.

Thus Chase and McDowell fought for the right to go to the quarters and it was McDowell who took the match 10-21, 21-14, 11-5, to assure his best career performance by far.

There were other outstanding matches in both the first and second rounds, as the competitive level of play continues to rise drastically almost from one tournament to the next. Strandemo, the eventual winner, had to go three games in four of his five matches, including a first rounder against qualifier Steve Peck.

Veteran Mike Zeitman, showing a vastly improved game, was able to barely beat back the determined effort of newcomer Lindsay Myers, a tour rookie making his first professional start, 13-21, 21-16, 11-8.

Zeitman then went on to challenge seventh ranked Craig McCoy in the 16's and was looking strong after taking a 21-17 first game win. But McCoy came back stronger, taking game two 21-8 and the tie-breaker 11-4.



A pensive Hogan takes time between matches to consider his plight — the first time in over two years he wasn't on the court when the finals came.

That set up the McCoy-Strandemo upper bracket quarter-final, the first time in over two years that there hasn't been a Hogan in that bracket. It turned out to be as difficult a match as Strandemo had to play all week.

"I didn't want people to say that I beat Hogan and was satisfied with that," said Steve. "In order for the win over Hogan to mean anything, I had to go all the way."

"The match with McCoy was the most mentally tough. A letdown after the Hogan victory would have been easy."

Strandemo and McCoy played the first two games even, with Strandemo dropping the first 21-19 and winning the second 21-18 in a confrontation that either player could have won in two. In the tie-breaker it was Strandemo's mental toughness which gave him the concentration needed to stop McCoy's lefthanded bullets 11-4.

McDowell meanwhile faced Richard Wagner, who had yet to break a sweat in the tournament, besting the likes of Rick Dern and David Fleetwood en route to the quarters. Here McDowell ran out of miracles and Wagner in convincing fashion moved to the semi-finals overwhelmingly 21-8, 21-8.

"When you're in Hogan's bracket and somebody else knocks off Hogan," said Wagner, "you'd better take advantage."

In the bottom bracket it looked like a repeat of the draw sheet from the June National Championships as many of the matchups came up again. Larry Meyers, who beat defending champ Davey Bledsoe in June, was in a position to take another crack at Bledsoe, except that Mark Morrow stood in his way.

Morrow, ranked 12th going in, stopped the former National Junior Champ 17-21, 21-8, 11-1 to have his turn at Bledsoe. Davey was up to the task, though, and took an easy win to the quarters 21-7, 21-15.

One matchup that did repeat was the Don Thomas-Charlie Brumfield encounter, which was an 11-10 thriller in the Nationals. In St. Louis, however, it was all Brumfield in this round of 16 battle. The Brum, showing an abundance of reverse pinch kill shots (*"my new style"*) easily took the match 21-9, 21-9.

Thus a Bledsoe-Brumfield quarter-final ensued and the match was of near classic proportions as the two former champs battled for the first time in almost 10 months. Both were hitting

Bledsoe takes a rip at a forehand in his semi-final against Hilecher, who appears ready to retrieve upon landing on the floor.

well, particularly Bledsoe, whose concentration and confidence finally seem to be regained.

In the first game ties at 10, 14, 16 and 18 show how close the two played. Serving at 18-all Bledsoe connected on a forehand right corner kill off the back wall for 19-18 and then accepted a key Brumfield error (forehand skip from center court) for a 20-18 lead. But reaching 21 on Brumfield is never easy. Three times Charlie held off game point, but he was able to add only once to his total.

Finally Bledsoe ripped a V pass attempt that was too hot to handle for Brumfield and the game was his 21-19.

Game two was incredible. Bledsoe, blasting his serve like the Bledsoe of old, and Brumfield, appearing to age by the minute, seemed to be engaged in a mismatch of huge proportions, as Davey took an 11-1 lead.

Suddenly Brumfield awoke as if prodded with a cattle iron. His serves became crisper, his execution more precise and the points began to mount. Coming in to serve at 2-11 Brumfield didn't leave the service zone until the score was 18-11 his favor!

And what is even more amazing about the incredible 16 point inning is that it did not lead to victory. It led to defeat, for Charlie was unable to reach 21.

Bledsoe battled back with four kills sandwiched around an avoidable hinder for a key five point inning narrowing the deficit to 16-18. When Brum didn't score, Davey tallied three more to make it 19-18 and an inning later, after Brumfield tied it 19-all, Bledsoe hit a forehand right corner kill, the shot that was missing last year, to take a 20-19 lead.

We'd love to tell you how the final rally was one of those all timers where the old pros delve into their bags of tricks to take another winner. But alas, the final rally was, in fact, a Brumfield unforced error, a forehand skip to give the victory to Bledsoe 21-19 and a spot in the semi's.

There Davey met Hilecher, whose victories over Keeley and Yellen were surprising by their ease. Keeley went down meekly 21-9, 21-3, and Yellen in the quarters was unable to cope 21-11,



Strandemo shoots from deep court against Wagner in their semi-final encounter, a surprisingly easy Strandemo win.



21-14. It was a disappointing loss for Yellen, who had topped number four Ben Koltun in the round of 16 21-15, 10-21, 11-6 to reach the quarters.

But the night of the semi-finals belonged to Hilecher, whose sometimes questionable backhand was flawless. As Jerry continued to shoot the backhand, Bledsoe continued to feed it and the result was a 21-5, 21-8 win for Hilecher, much to the delight of his vocal supporters.

In the upper bracket semi-final it was Strandemo and Wagner in a dogfight to see who would go after Hogan's money. The key in this match, like the other one, was the backhand shooting of the winner — Strandemo. Shooting the backhand corner and making it stick was the name of the first game and after an 18-9 lead Strandemo coasted in 21-14.

Wagner seemed much more intense in game two running a quick 7-0 lead to 11-4, whereupon he stalled. Serving at 4-11 Strandemo ran the next 11 points, six of which were Wagner errors and all of them in one inning without the aid of a Wagner time out until 13-11.

Strandemo, one of the game's masters of momentum, began to smell the 21st point and continued the momentum to a 21-13 win.

Men's Pro Results (Qualifiers): Peck, Wirkus, Wickham, McDowell, Cohen, Larson, Fox.

(First Round): Hogan d. Bolan 21-10, 21-10; Strandemo d. Peck 19-21, 21-5, 11-4; Zeitman d. Myers 13-21, 21-16, 11-8; McCoy d. Wirkus 21-6, 21-12; Wagner d. Dern 21-4, 21-5; Fleetwood d. Wickham 21-8, 21-11; McDowell d. Zuckerman 21-15, 21-11; Chase d. Serot 21-8, 21-16; Koltun d. Bowman 20-21, 21-12, 11-9; Yellen d. Cohen 21-15, 21-8; Keeley d. Schmidke 21-10, 21-12; Hilecher d. Larson 21-7, 21-13; Bledsoe d. Wright 21-18, 21-18; Morrow d. Meyers 17-21, 21-8, 11-1; Thomas d. Fox 20-21, 21-8, 11-2; Brumfield d. Stephens 21-15, 21-13.

(Second Round): Strandemo d. Hogan 17-21, 21-13, 11-8; McCoy d. Zeitman 17-21, 21-8, 11-4; Wagner d. Fleetwood 21-13, 21-19; McDowell d. Chase 10-21, 21-14, 11-5; Yellen d. Koltun 21-15, 10-21, 11-6; Hilecher d. Keeley 21-9, 21-3; Bledsoe d. Morrow 21-7, 21-15; Brumfield d. Thomas 21-9, 21-9.

(Quarter-finals): Strandemo d. McCoy 19-21, 21-18, 11-4; Wagner d. McDowell 21-8, 21-8; Hilecher d. Yellen 21-11, 21-14; Bledsoe d. Brumfield 21-19, 21-19.

(Semi-finals): Strandemo d. Wagner 21-14, 21-13; Hilecher d. Bledsoe 21-5, 21-8.

(Finals): Strandemo d. Hilecher 21-7, 12-21, 11-8.

Better Than A



Harding readies a backhand re-kick attempt from perfect center court position as Steding tries to get back to a coverage pattern from deep court.

Peggy drives a forehand toward a pass down the right line as Harding watches the sphere go by.

Super Taco



Jennifer Harding, who hadn't won a pro tour stop since the famous television tournament in November of 1977, captured the JACK IN THE BOX Classic, the first stop of the '78-'79 Colgate Tour.

Along the way Harding shocked current national champion Shannon Wright 21-18, 21-16 in the semi-finals, before trouncing former champ Peggy Steding in the finals 21-6, 21-14 for the \$1,300 first place check in the Seamco/Leach co-sponsored event.

"It's great to win early in the season," said Harding. "I hope my momentum carries me through the rest of the year."

The championship match proved Harding's domination of the tournament as she blasted Steding, who had stopped Karin Walton in the semi-finals.

In game one of the finals Jennifer's forehand was red hot and her overall control presented solid offensive

opportunities for that forehand. The result was an incredible 15-0 lead gained primarily on forehand corner kills and an abundance of Steding backhand errors.

The backhand, long Harding's nemesis, showed itself as vastly improved over the course of the tournament, another key ingredient to her success.

"I've been working hard with (fellow pro) Jean Sauser to improve both of our games," she said. "The backhand has been one of my main concerns."

The first game final score ended 21-6 and game two was much of the same. Harding jumped out to an 8-2 lead and increased it to 15-3 before Steding showed any life at all. At 17-5 Peggy began a belated comeback bid which closed to 18-13, the closest she came.

A fitting end to the match was a Harding ace serve to the crack just behind the short line to the left for the 21-6, 21-14 win.

Harding's win upped her from number four to number two rank assuring that she'll be in the opposite bracket from top ranked Wright next time around. But the way she handled the champ was enough to convince onlookers that she's made up a lot of ground.

It was just three months before that Wright had humiliated Jennifer in the finals of the Nationals by the embarrassing scores of 21-3, 21-8, and Harding had a score to settle.

The method Jenny used was a combination of effective drive serves and a solid backhand, two key ingredients to winning any professional match.

Game one found her staying just off Shannon's shoulder, down by two or three points until the mid-way point. Then Jennifer's serves began to click — crisp drives down the left line and ripping drives cross court to the right. The serves resulted in aces (three) and weak returns (many) which led to a 20-18 first game lead.

A friendly pat on the rear along with the traditional handshake is Harding's reward from Wright in her stunning semi-final victory over the national champ.

Faced with the pressure situation Wright was unable to handle it and the game winner came on a mis-hit ceiling ball that never reached the front wall for the 21-18 final score.

Game two seemed just the reverse. Harding held the early advantage building her lead to an impressive 15-10 only to have Shannon begin to display the talents that led her to her title.

As Wright began to shoot more she scored more as well, coming back to tie the game at 16-all on a forehand kill into the right corner. But the momentum stopped there as again Wright was unable to execute down the stretch, with an error coming after a Harding ace to the left for an 18-16 Harding lead.

Point 19 was a forehand pinch kill left to right for Harding and that was followed by another Wright mis-hit ceiling ball and a skipped center court forehand setup for the match 21-16.

In the bottom bracket semi another rematch of the Nationals wound up differently as Steding topped Walton by the convincing scores of 21-16, 21-9. Walton had upset number two seeded Janell Marriott in the quarters, but couldn't reach the finals, thanks largely to Steding's outstanding play.

It looked at times like the Steding of old in this match, much to the dismay of Walton. Karin never truly got into the battle, quite the opposite of her thrilling three game victory over Peg at the nationals.

In St. Louis it was all Steding. Shooting well and driving her serves deep to Karin's backhand, Peggy was in command the whole way. The 21-16 first game win was not as close as the score indicates, with Steding dominating center court with flyshooting and driving passes, particularly to the backhand side. Peggy took an early lead and was never truly threatened.



At the outset of the second game Walton appeared to be making a run, taking an early 6-2 lead, only to have Steding come back with a streak of 17 straight points for an insurmountable 19-6 advantage. The final tally was 21-9.

It was a lot tougher for Steding in her quarter-final match with resurgent Sarah Green showing the spark that had left her game for many months. After Steding galloped away with the first game 21-4, Green held off match point long enough to capture the second game 21-20, forcing a tie-breaker.

The early going was back and forth in the 11 pointer, and Green, holding a narrow 7-5 lead, was certainly headed in the right direction. But the experience and savvy of the veteran Steding won out, and with a flurry of passes and kills she ran the next six points for the 11-7 win.

The Walton-Marriott quarter was the only other one to go three games, and like the Green-Steding encounter it ended in much the same way. Marriott captured the first game 21-18 and



Walton drives a forehand to the ceiling along the left wall against Steding in the semi's. Peg grabbed some revenge for a loss to Karin in the Nationals.

The final quarter-final match involved Wright and Kathy Williams, who for the 700th time reached but could not get by the quarters. Shannon's game showed none of the weaknesses she would display in the next night's match, and she took Kathy 21-13, 21-13.

Other good performances included qualifier Marci Greer's narrow loss to Walton in the 16's 21-13, 8-21, 11-6; Sue Carow's three game defeat at the hands of Marriott 18-21, 21-2, 11-0, and Jan Pasternak's 21-20, 21-17 loss to Harding.

Other qualifiers were reigning amateur champ Alicia Moore, who failed to get by Williams, and Jan Matthews, making a comeback bid on tour, playing well in a losing effort against Green 21-20, 21-12. Both Moore and Matthews had to battle tough foes to qualify as Alicia topped Sally Murphy 10-21, 21-15, 11-8 while Jan stopped Jean Oeschger 17-21, 21-10, 11-8.

Women's Pro Results (Qualifiers): Moore, Schmidt, Matthews, Greer.

(First Round): Wright d. Hoff 21-12, 21-7; Williams d. Moore 21-10, 21-8; McDonald d. Schmidt 21-20, 14-21, 11-6; Harding d. Pasternak 21-20, 21-17; Steding d. Sauser 21-17, 21-11; Green d. Matthews 21-20, 21-12; Walton d. Greer 21-13, 8-21, 11-6; Marriott d. Carow 18-21, 21-2, 11-0.

(Quarter-finals): Wright d. Williams 21-13, 21-13; Harding d. McDonald 21-11, 21-7; Steding d. Green 21-4, 20-21, 11-7; Walton d. Marriott 18-21, 21-12, 11-6.

(Semi-finals): Harding d. Wright 21-18, 21-16; Steding d. Walton 21-16, 21-9.

(Finals): Harding d. Steding 21-6, 21-14.

Walton evened the match with a 21-12 second game win. Marriott raced to the initial tie-breaker advantage, holding a sizeable 6-3 lead, only to have Walton close out the match with eight straight for an 11-6 victory.

Both of the upper bracket quarter-final matches were routine in nature. Harding stopped Martha McDonald 21-11, 21-7 in a disappointing match by its lack of closeness. McDonald, who was forced to a nailbiting 21-20, 14-21, 11-6 match in the 16's by Pat Schmidt, just wasn't able to cope with Harding's game.

Notes of the Tournament . . .

The Town & Country Racquet Club turned out to be an outstanding host facility as Kathy Symon, Gene Fluri and Luigi Tucci all complemented the USRA/NRC staff to ensure a well run affair. It marked the first time that the Colgate/Seamco/Leach tour has entered the well known St. Louis market, home to so many of today's tour stars. . . . Club owner Joe Morrissey and his lovely bride brightened the glass court arena, along with USRA president Bob Kendler and his charming wife Evie . . . Other bigwigs in attendance included Seamco prez Al Mackie and newly-promoted Art Orloski plus Leach Industries chief executive Charlie Drake with Dave Armstrong . . . Good jobs put in by so many workers, including Dave Prym, Andy "The Colonel" Witt, Clyde Senters, Denise and Steve Link and many, many others . . . Rita Hoff threw a nice get together one evening of the tourney for many of the players . . . And, of course, the people who made it all possible — JACK IN THE BOX so ably represented by Sam Michael, National Promotions Manager who made the trip from Foodmaker headquarters in San Diego, plus Area Coordinator Jim Beemer and Area Marketing Representative Diane Kelly. We look forward to working with the same folks next year. ●

Colgate Pro/Am Tour Schedule of Events

Date	Sponsor	Prize Money	City	Club
Jan. 31-Feb. 4	Kunnan Leach	\$27,500	Miami	Sportrooms of Sabal Chase
Feb. 21-25	Coors	\$30,000	Denver	The Sporting House
March 28-Apr. 1	Catalina	\$30,000	Los Angeles	King's Racquetball Courts
April 25-29	Seamco	\$17,500	undecided	undecided
May 16-20	undecided	\$30,000	Chicago	undecided
June 9-16	Colgate	\$50,000	Tempe, AZ	Arizona Athletic Club

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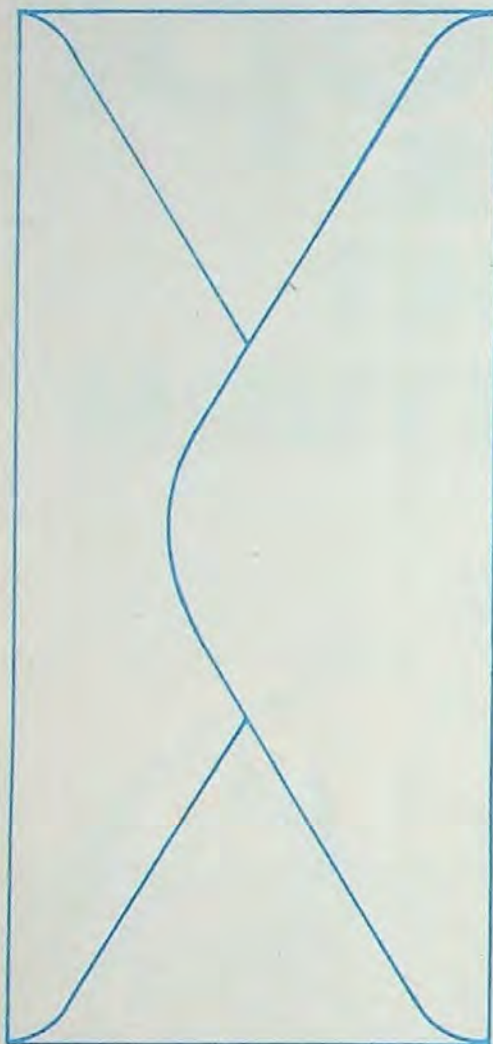
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NR



"Roll Out" Shirt For the Governor's Daughter

Dear Evie and Bob:

On behalf of Samantha Jayne thank you for the darling "Roll Out" T-shirt which you sent her. It is adorable and will look terrific on her if her daddy doesn't swipe it!

Jim and Jayne Thompson
Springfield, IL

The Story Made Her a Star

Dear Jennifer (Alter):

When I came back from a vacation and played at the Bay Club, the owners and friends greeted me with "Who's that movie star?" They'd all read and liked your story on me in "Who's Playing Racquetball?" in the August women's section. Thanks for a beautiful article.

Cathy Barrett
San Francisco, CA

Hello From Beth and Family

Dear Chuck:

I sure did have a nice time at the Junior Nationals, even though I was upset at myself for playing the way I did.

Hope all of you there at USRA are fine. I guess things are quite hectic, with the busy racquetball season here again.

My family says hello and send their best regards. Please tell Dan, Primo and all the rest I asked about them.

Beth Latini
Wayne, PA

Should There Be a C/Novice Slot For Players 35 and Older?

Dear Chuck:

I suggest that district, state and national tournaments should include a class for 35 plus C and Novice combined, for both men and women. As you state in your magazine and as I've observed as a Y staff person, more and more men and women over 35 are turning to racquetball.

Even if a few B or B- players would get in a true C/Novice division, at least they would have age as a common element. The true C or C+ player who goes to big state tournament and gets blown off the court probably wouldn't feel so bad if the ages were about the same.

I'd like to hear what other 35+ players have to say about a true C/Novice state and national class.

Dick Chapin
Quincy, IL

So would we. Send us your comments. Player demand is what creates new divisions at USRA tournaments. ED.

Warm Hearted Peg Helps Out

Dear National Racquetball:

We recently held a benefit racquetball tourney at Orange Coast College to raise dollars for our children's center. Peg Steding was on our mailing list and — to our surprise and pleasure — she sent us a note saying she was unable to attend, but was sending money to help out. So we'd like to publicly thank her for her donation.

Dear Peggy Steding:

Thank you so much for your donation. We posted your letter at the tournament, and everyone's comment was "what a warm hearted lady." It was a hectic tourney — 386 entries and 13 divisions ... but we made \$1,000 profit. We're sending you a tournament T-shirt, and again — thanks to a special lady.

Fran Cloud and Jim Carson
Huntington Beach, CA

The Greeks Would Have Approved

Dear Carol:

A word of thanks for the great feature on mother-daughter racquetball.

The Greek philosophers always emphasized the relationship between mind and body, and perhaps our society is maturing to the extent that we can accept this philosophy.

Yours for responsible political leadership AND keeping in shape.

Joanne H. Alter
Chicago, IL

Jo Oliver's Done Her Part for Racquetball

Dear Carol:

Thanks for calling attention to the NAGWS Guide in your "Women in Racquetball" section. I became involved when Karen Johnson, executive secretary of the National Association for Girls and Women in Sports — who had taught PE at CSU, Los Angeles — asked me to produce the racquetball section of the 76-78 NAGWS Guide.

My interest in racquetball began in the fall of 1970 when I was at Oklahoma State for graduate work. Then, in the summers of 1971 and 1972, I taught racquetball on an informal basis to as many of the participants as possible in the California Women's Physical Education Workshop at Cal Poly, San Luis Obispo. At the 1973 workshop I taught racquetball classes which have been continued each session since. Through this kind of "teaching of teachers" I believe instructional classes taught by women have multiplied in high schools and colleges. As I hear from these women, most are still playing racquetball and teaching it at their school courts or at private clubs.

My latest endeavor to expose women and men who desire basic instruction in racquetball has been through teaching classes in our extension program at Cal Poly, Pomona. And I teach regular PE classes in racquetball when my schedule will allow it.

One individual who particularly influenced my teaching of racquetball was the late John Halverson from the San Diego area. He and his wife attended the Cal Poly Workshop and he was most enthusiastic about helping other Workshopers with their games. His devotion to the teaching of the sport and the effectiveness of his techniques will not be forgotten by me.

Jo Oliver
Pomona, CA

The Door Needs a Whitewash

Dear Carol:

One of the things we try to avoid in the court is non-playing hinders.

I noted in the racquetball on campus feature in the October issue that the door of the court play area on page 19 was a natural dark wood color. You can be sure that any ball going to that area will be most difficult to pick up.

My advice to Ohio State University is to go out and get a can of white paint.

We would also suggest that socialized racquetball on campus always be played with the lights on.

Mort Leve
Scottsdale, AZ

The Gar's Glory

Dear Carol:

I was very pleased by the fine job Mike Hogan did on yours truly in the October issue of *National Racquetball*. It caught THE GAR in all his glory.

Charlie Garfinkel
Buffalo, NY

Repeating a Good Thing

Dear Mr. Bertolucci:

I would like to take this opportunity to thank you and the USRA for your invitation to the 1978 Junior Nationals.

I found the trip around Pennsylvania very educational. I enjoyed Great Adventure Amusement Park and the fellowship of the other competitors. The hospitality at King of Prussia was excellent.

I hope my future tournament results will qualify me for next year's Junior Nationals.

Gina Waldron
Sheboygan, WI

Hot but Fun

Dear Dan:

Thanks for inviting me to the Junior Nationals tournament. I really enjoyed myself. The amusement park was a little hot, but it was a lot of fun. And it was one of the only tournaments where the matches started on time. Thanks again for everything.

Craig Davidson
Oceanside, CA

Oops!

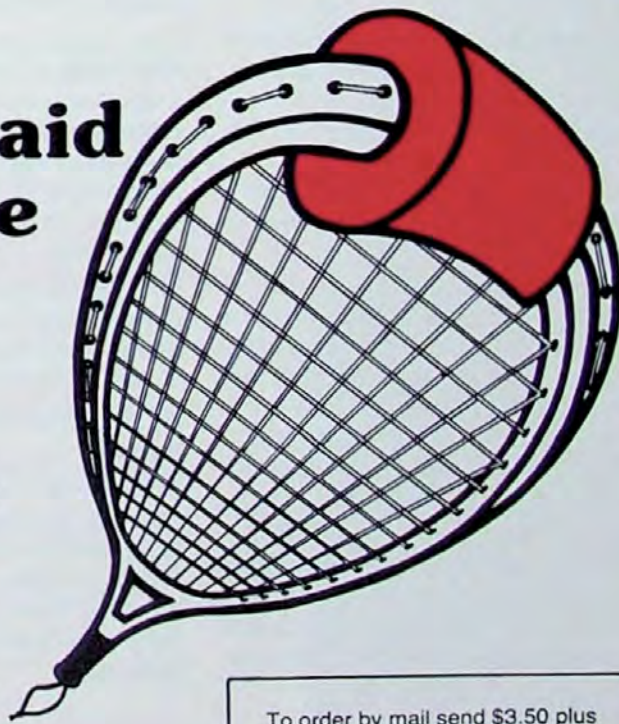


Our apologies to Liz Alvarado (pictured here), whom we falsely identified in the October issue. The photo that appeared on page 75 of that issue was Linda Hogan against Lynn Wojcik from the semi-finals. Liz, who finished second and Lynn who finished fourth, are both to be congratulated on their fine performances.



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Foot Fault Solution

An end has come to one of the stickiest of all racquetball refereeing problems — the foot fault. That little ol' rule for your little ol' foot has been a source of major concern over the past few seasons as increasing numbers of players and referees have chosen to ignore the rule, rather than attempt the most difficult task of trying to enforce it.

Before identifying the solution let's take a look at the problems that the solution has solved. The obvious and immediate problem has been the blatant back turning on the foot fault rule. Players not only have ignored the front service line, they also have begun to work into their game plans the abuse of that line.

The emergence of the power style of racquetball has led to the big serve, blistering drives hit virtually at maximum strength by the server. To increase one's power the server needs as much leverage as possible, the big step and hip rotation being a major part of that style.

This is not to condemn the power servers. But if a receiver is aced on a power serve that was actually illegally hit due to a foot fault, and that foot fault was not called by the referee (for whatever reason), the receiver has received the short end of the rule book.

But have some sympathy for the much abused and maligned referee. The advent of power serving in racquetball makes the foot fault call a particularly hard, if not impossible, determination to make, and for a number of reasons.

First it takes intense concentration for a referee to just judge a call of short or not when power players are executing drive serves. Most such drives hit just behind the short line and with the aim of many top players, especially pros, the difference between an ace and a short serve is often in inches at over 100 mph.

Having refereed more matches for top players than probably anybody in racquetball, I can tell you that the short serve call is the key to the entire rally — and it's not an easy call to make. Added to the above often referees' vantage points are far from bird's eye views, with jostling spectators, players crossing between your view and more.

Thus most referees (and all on the NRC/USRA staff) are instructed to make the call of short or ace the primary call of the rally. In concentrating on that call it is virtually impossible for the human eye to see whether or not a foot fault was committed.

For casual spectators sitting in the gallery, however, it is an easy call to make, and one that draws a great deal of commotion when not called.

So we decided to do something about it.

At the JACK IN THE BOX Racquetball Classic, the first stop on the Colgate/Seamco/Leach professional tour this season, the NRC began allowing linesmen as well as the referee in each match to make a foot fault call.



The linesmen, who have been calling (on appeal) short serves, skip balls and double bounces anyhow, were equipped with air horns and when they observed a foot fault let out a blast on the horn. Play was immediately stopped, as the horn was heard into the next county, and the foot fault call made.

The system worked easily and simply. The effect has been to enforce existing rules as well as to take a little steam out of the go for broke servers. These players can still go for broke, but they must now do it within the framework of the existing rules.

And the solution could not have come at a better time. With the scrutinizing eye of television on the near horizon, it behooves all of racquetball to see that all rules are adhered to, and if any rules cannot be enforced, they should either be changed or additional officials be added to ensure their enforcement.

As for the foot fault rule the linesmen do the job perfectly. Word will now be spread to all USRA state chairmen and all regional and national hosts that in any tournament match in which linesmen are used those linesmen will have the authority to call foot faults. If air horns are not available, referee's whistles will serve the purpose.

The foot fault problem, my friends, is solved. ●



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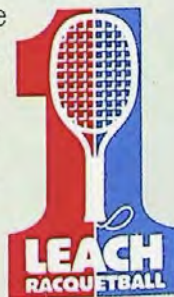
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