Volume 1, Number 2

RACQUETBALL ILLUSTRATED

AUGUST 1978
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John Newcombe

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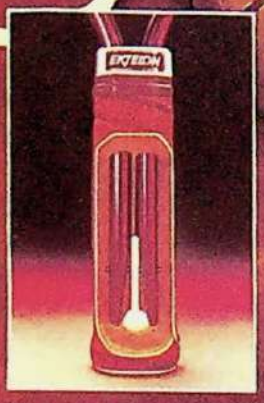

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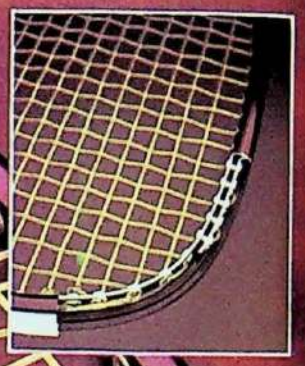

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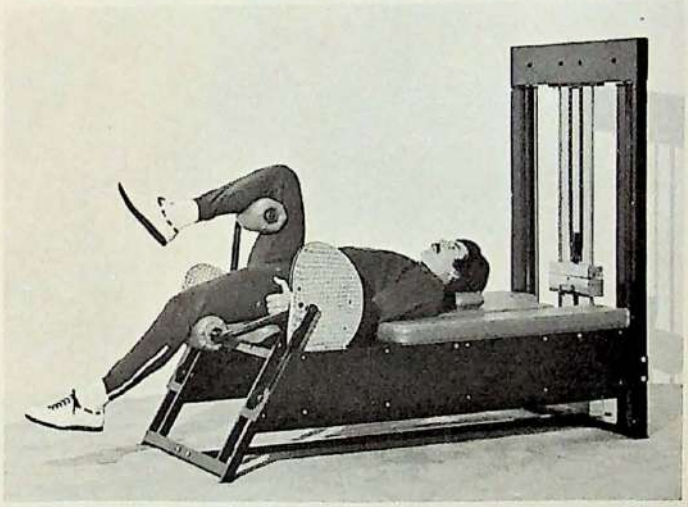

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Editor's Letter

It's encouraging to find that so many people take the editor seriously when he says, "This is your magazine."

It's even more encouraging to find that so many persons have taken the magazine home with them. Early sales reports are in and it looks like issue number one was a sold out success at a lot of newsstands in more than 600 cities around the country not to mention over a hundred clubs and courts. Thank you.

And thank you again for sending in all those subscriptions.

One of the most gratifying things which can happen to us is to find that we have created something other persons enjoy and accept. This is especially true when that something takes so many hours of research and preparation.

Another big thank you goes to those who took the time to write us their reactions about some of the stories we featured in our first issue. Almost without exception they mentioned that it was a new treat for them to find a more personal touch in magazine coverage of those athletes who have become famous in our sport. We will continue to try to reach beyond the facade into the real person. We will try, as we have, to let you know more about the people you have come to admire for their abilities on the court. We will never assume a judgemental role. Racquetball is a great game. It and its people deserve a more in-depth approach.

Every human activity leaves its mark on the participants. Each sport or game makes its particular mark on the players. The rules of each and the demands of the sport contribute to that mark. I remember quite clearly the heavy callouses on my schoolboy knuckles from playing marbles during every recess and for long hours after school each day. But, there are more meaningful marks which go far deeper than merely thickening the hide. We acquire these more lasting marks on our psyches or souls, if you will.

Everything we learn while playing or living leaves its mark on us. Winning or losing leaves another kind of mark. And learning how to win or lose gracefully is certainly an important area of life experience.

As human beings we are confronted daily with the challenges of new problems to solve, new competition to meet, creating a better product, or simply proving that the good sportsmanship we have learned on the courts can be carried over into our lives. Again, the game and its marks.

If we were asked to name the most valuable thing about racquetball many of us would answer "the life approach it can give to the careful player/observer." It isn't a game which is important only while you're playing. It doesn't merely have an effect only while you're on the court. The experience of facing the immediate realities of your physical condition, your reflexes and your stamina, and your emotional ability to handle instant success or failure by your own efforts, is invaluable.

I have a strong feeling that this is one of the subtler reasons so many new people are coming to this sport every day. This is the reason so many find racquetball gives them a solid way of achieving not only the improvement of their physical selves, but a vital reconditioning of that inner self.

In our pages we'll keep looking past the facades of the players. We'll continue trying to find out the real reasons for their being the outstanding sports men and women they are.

Thank you again for letting us share some of our thoughts with you. How about sharing some of yours with us? Drop me a note.

Bob Shultz

LETTERS

GREAT!

Your first issue was absolutely tops. It's gratifying to see a magazine so dedicated to our sport come to the newsstands.

Your articles about the players and the instructional pieces are superb.

Your broad distribution will make many thousands aware of this game and enable them to play it better.

Best of luck through the years.

signed,
Jennifer Harding
Jerry Hilecher
Mike Yellen
and the rest of the
Ektelon Pros & Staff.

Dear Nathan:

Few articles articulate the true picture of a player's ability or character.

The story about you in Racquetball Illustrated was a rare exception.

Keep up the good work.

Best Regards,
Alan Shetzer
Secretary-Treasurer
Illinois State Racquetball Assn.
East Grove Village, Illinois

The above letter was sent to Nathan Martin who was kind enough to pass it along to us. Thank you Nathan for thinking of us and thank you Alan Shetzer for those kind words. —ED.

Dr. Robert Scott,

I have a question about eye protectors. I can see many good reasons to wear them, but most players I see playing are not wearing them. Could you please give me some straight information on this topic.

Sincerely,
Jonathan Hirschfield
Huron, Ohio

Mr. Hirschfield,

See Dr. Scott's current column in this issue for an answer to your question. Any further questions can be mailed to Dr. Scott directly at this address:
Dr. Robert Scott
Southern Calif. Women's Medical Group
11600 Wilshire Blvd., Suite 424
West Los Angeles, CA 90025

Sirs:

Congratulations on an excellent first issue. I'm an avid racquetball player and was very pleased to finally find a magazine on the newsstand devoted exclusively to this fine sport. I was especially impressed with the article on Suzanne Reed, she is a very lovely lady. I would really like to know her better, is there any way that I can get in touch with her? Thanks again and I look forward to your reply.

Sincerely,
Wayne Stewart
Liverpool, England

We regret that we cannot give the address or phone number of Susanne Reed who appeared in the June issue. We agree, she is a lovely lady. We, too, would like to know her much better. However, and alas, such is life.

Don't miss our next issue when we will have another very lovely lady in our pages.

Gentlemen:

I just picked up a copy of the June issue of Racquetball Illustrated and wanted to write you for a couple of reasons. First, allow me to congratulate you and your staff on a super new magazine. Second, as a newcomer to racquetball I am not as familiar with the rules as I would like to be. I understand that there are a couple of different sets of rules, could you please send me a copy of the most current rules and regulations? Thank you and keep up the good work.

Cathy Owens
Chicago, Illinois

For the folks who sent in asking for a copy of the most current rules and regulations of this here game, we supply the entire shooting match on page 38.

Send letters to:
Racquetball Illustrated Magazine
7011 Sunset Blvd.,
Hollywood, CA 90028

This should either (a) clear up a lot of questions and arguments or, (b) create some problems that you have never considered before or, (c) send all concerned parties straight to the nearest attorney...or, (d) all of the above.

Dear Mr. Silverman:

I really enjoyed your article on Sports Illustrated Court Clubs in the June issue of Racquetball Illustrated. I am interested in finding out more about SICC and would appreciate any information you can send me such as their address, telephone number, etc. Thanks in advance and I look forward to your next issue.

Respectfully,
Walter Hadley
Memphis, Tennessee

In reply to the many letters concerning the Igal Silverman story on the Sports Illustrated Clubs in our last issue, we furnish the following:
Sports Illustrated Clubs
26300 Telegraph Road
Southfield, MI 48034

All requests for information on the clubs, their locations, rates and fees, facilities, and so forth should be sent to the above address. Or, you can telephone: (313) 358-0030.

IT'S IN THE BAG

Every day when the mailman comes to our door he wears a slightly heavier pouch. He drops off our increasingly large bundle of cards, letters, subscriptions, and customer responses, then gives a sigh to match the load and is glad to be rid of that.

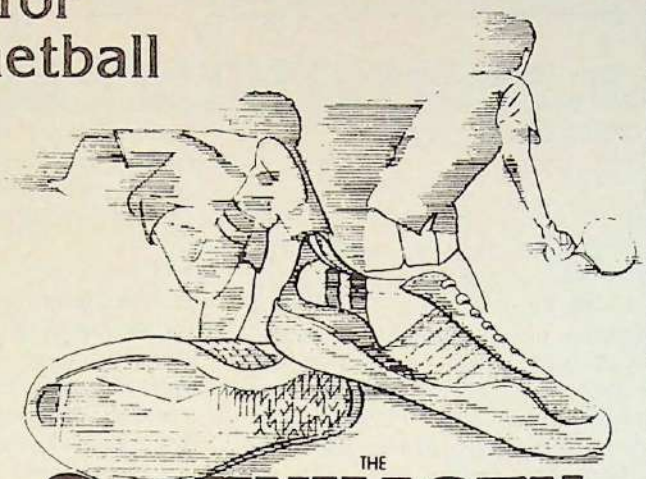
There were so many letters of congratulation that we couldn't print them all and still have space remaining for our usual content. We have picked just one of each sort to represent the stack. This is all we'll have room for this time.

To those whose letters didn't get printed, we do extend the same sincere thank you and we'll try to answer all of them personally just as soon as humanly possible.

It's sure a good feeling to be loved.

ED.

Only one shoe is made for Racquetball



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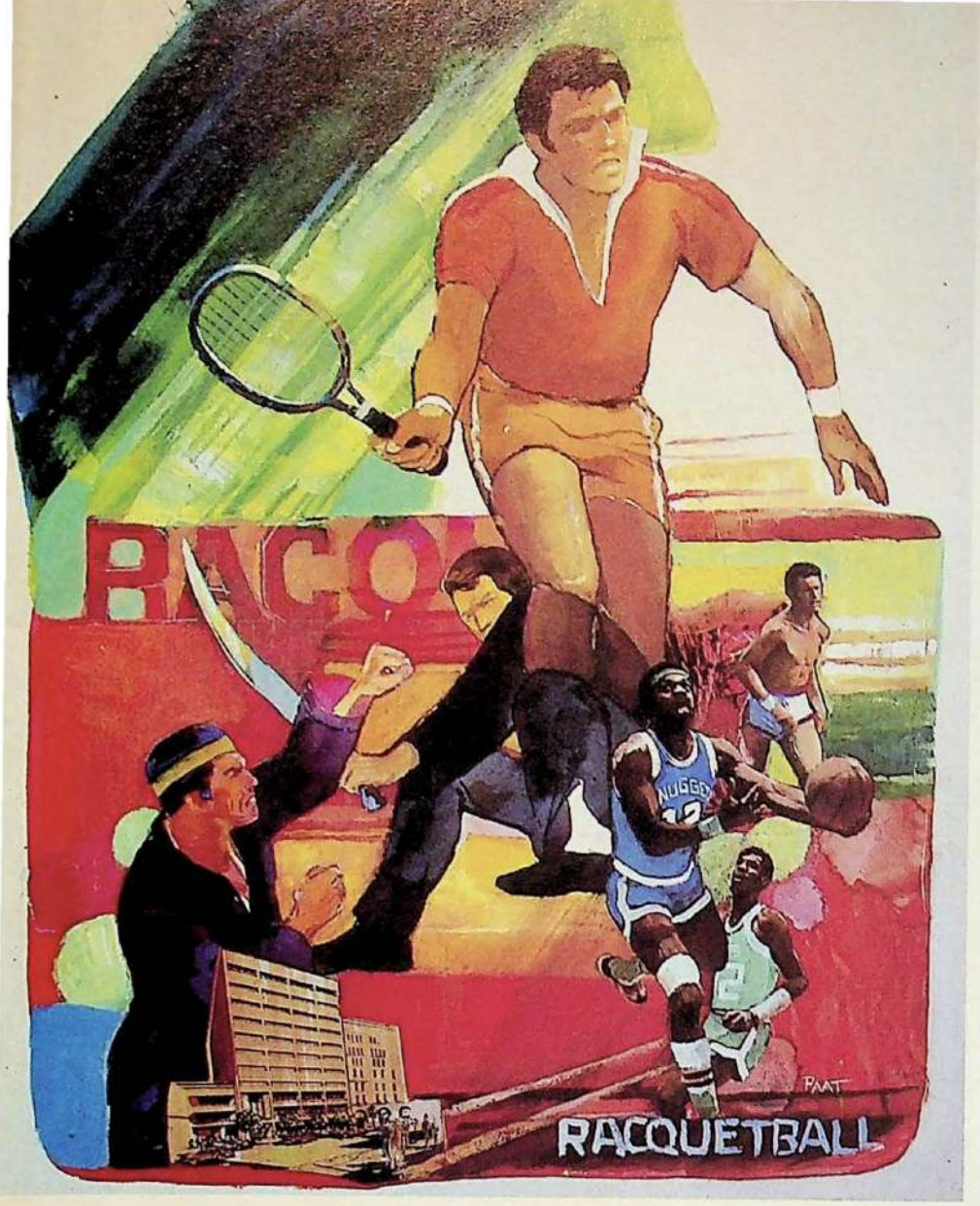

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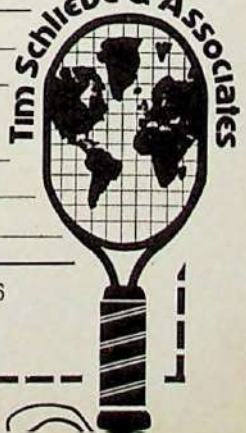


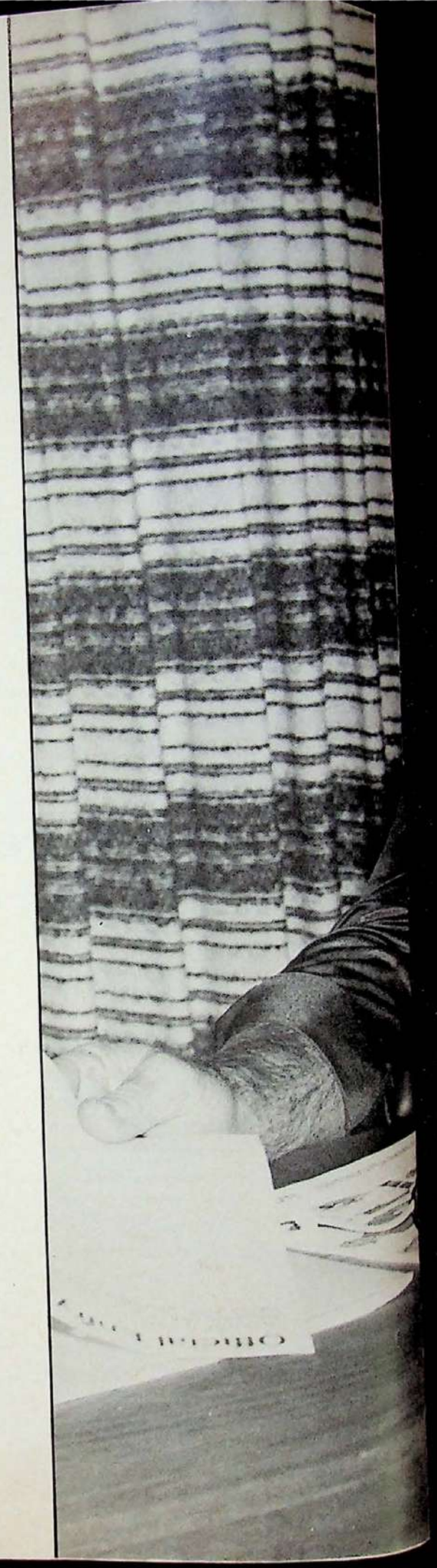
When You Say BUD...

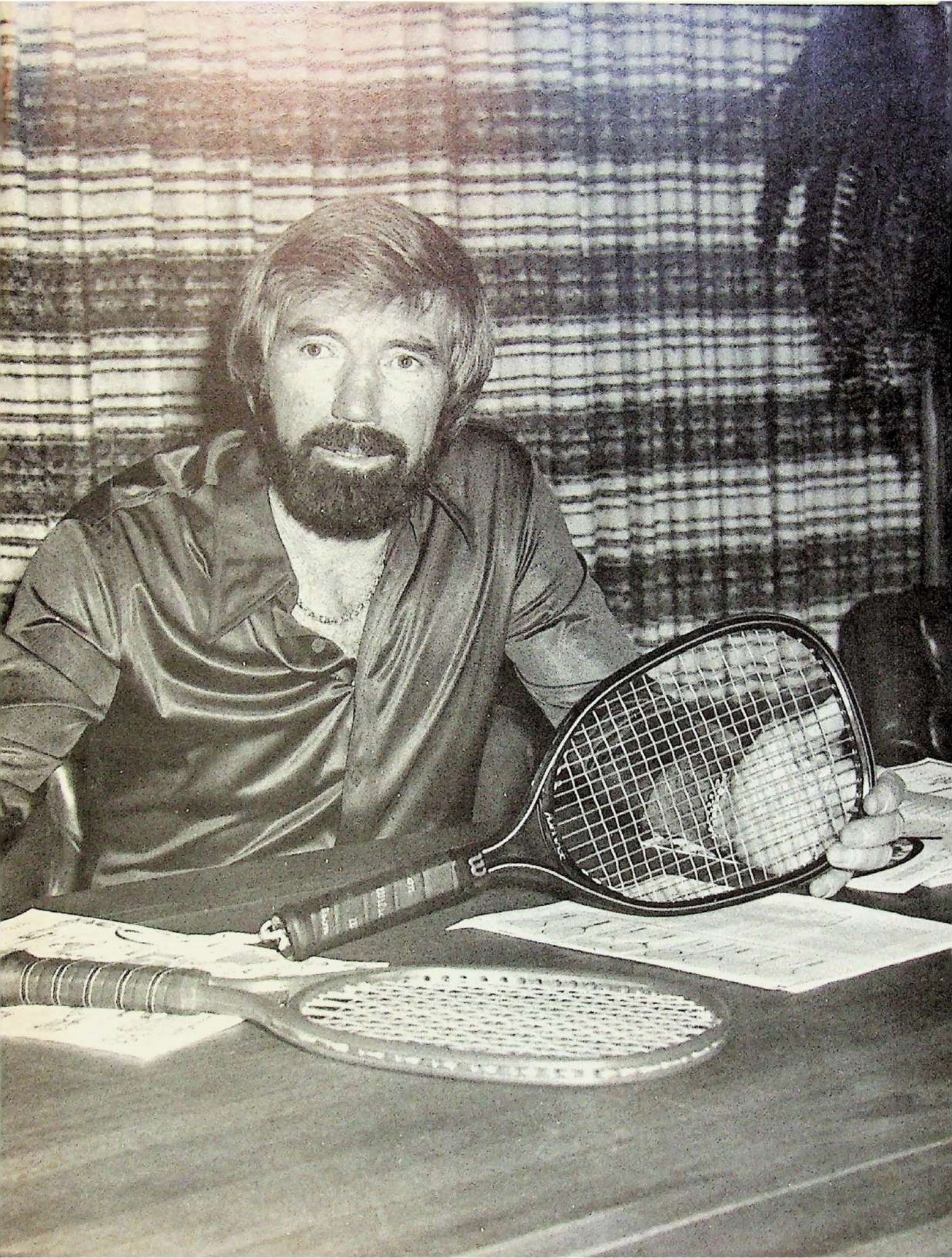
(Leach that is)

It's fair to ask, what's a nice sociologist like me doing in a place like this? The "place" is in an airplane flying a tad under 200 miles per hour about sixty feet off the ocean and perhaps 200 yards from the delights of Black's Beach in San Diego. It's all very legal, explains the pilot, but then it is also very exciting and tends to make the blood race more than usual. The pilot is Bud Leach and I'm involved in understanding the latter day sports phenomenon known as racquetball and Leach's role in its evolution.

The United States is in the midst of a long overdue health kick. We are concerned about our weight, our diet, our cholesterol and triglyceride levels, and our blood pressure, in ways never anticipated by health observers of the 40's and 50's. Along with the increase in jogging and tennis, meditation and bio-

by Thomas Gillette, PH.D.





feedback, is the stupendous increase in playing racquetball. It is literally good for the heart and at least subjectively good for the soul. An hour of average play will drop off 600 to 800 calories. Its benefits to the cardiovascular system far outweigh those of tennis. And by the 1980's it should be the most popular participative sport in the entire nation.

So that's why I'm in this place, talking with this man, Bud Leach. We're on our way to a Pro-Celebrity Exhibition Match in Westminster, California. And I'm beginning to learn what it's all about.

Leach is a quiet yet powerful man whose presence has been felt directly and indirectly throughout the world of racquetball. Granted he wasn't there when it all began in San Diego in 1887 at the San Diego Rowing Club in the form of handball. But when the racquets of today began swinging, it was in no short measure due to Leach's in-put.

Bud is a very special kind of guy. There are few of him around. He has accomplished more in his life than one hundred randomly selected men of similar age. He comes close to Maslow's concept of the "self-actualized" person. He has excelled in a variety of roles, including Inventor, Engineer, Skier, Businessman, Investor, Architect, Contractor, Pilot, and Executive. These are not brief explorations into different areas of life but a reflection of the incredible diversity of the total man.

Consider this. Bud is not only a five-time World Champion water skier, he also invented a composite water ski which continues to set a standard of performance in that industry. Not only is he an absolutely superb pilot, but he has designed and manufactured an airdraft lighting system which is still very much in use.

He is a first rate SCUBA diver and has invented underwater camera housings which are used internationally. The movie industry draws extensively upon the Leach designed-manufactured underwater sled.

Though pushing fifty, Bud has the physique of a well honed athlete in his twenties. He believes in physical fitness and practices what he preaches. Bud has played ice hockey, both professional and amateur. Successfully raced boats in the pounding Bahamas to Cuba contest. Pushed midget racers around the tracks at record speeds. Completed the one hundred mile skiing endurance race—and continues to play one of the meanest games of racquetball in San Diego.

But of more interest to us here is his creativity in the sports industry. Bud designed and manufactured the first carbon tennis racket. The first carbon golf shaft. The first plastic and the first carbon racquets of racquetball. These are still the finest racquets to be had anywhere.

Bud Leach has reached professional status in several areas...boat racing, midget car racing, one hundred mile skiing endurance run...and still a mean racquetballer.

Ask the professionals, they'll agree. These innovations helped to popularize and revolutionize racquetball.

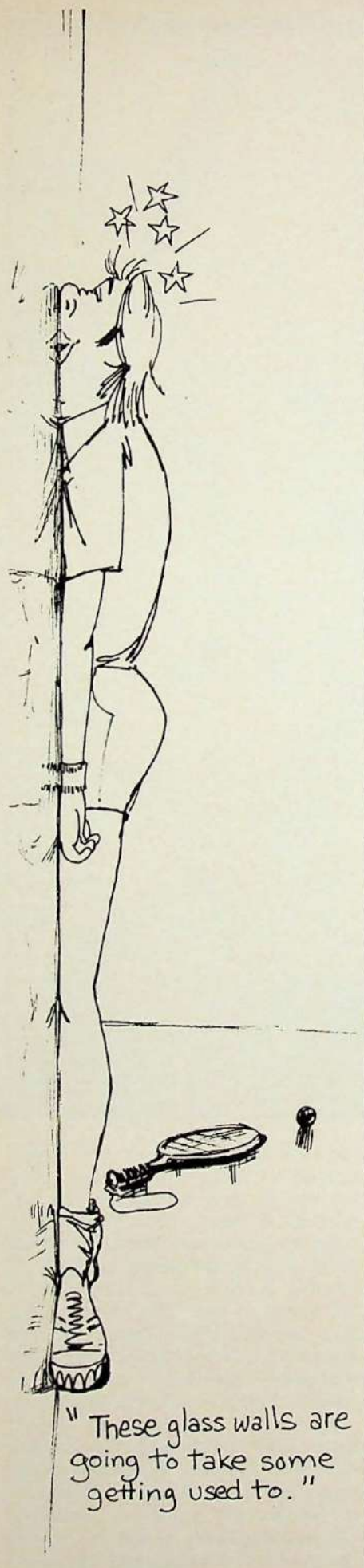
Leach didn't rest with these successes. While designing the tools of the sport, he was also busy reinventing the physical and social setting within which the game is played. Once upon a time racquetball courts were, let's face it, primitive. Sweatbox mentality. In 1970 there were about 18 courts (not centers,) in San Diego. None were airconditioned. The tops in amenities was the possibility of a hot shower. If you were lucky. Today there are at least 350 publicly available courts in San Diego, and thousands throughout the nation.

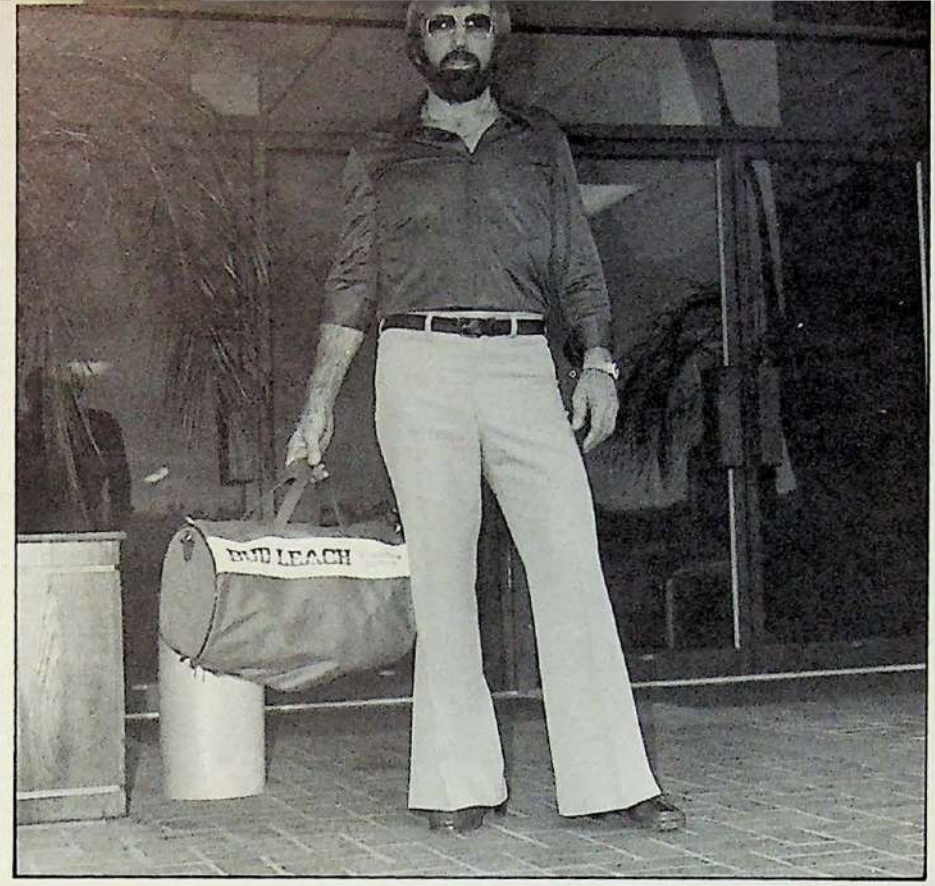
They have many of the amenities of the country clubs previously available only to the wealthy. Co-ed Jacuzzis, saunas, health bars, and on into that lexicon of what helps to make life more worth living. Leach, perhaps more than any individual, was responsible for that momentous change in the culture of the sport.

Racquetball today is the *in* sport not only for the select few, but perhaps for all of us. It attracts physicians and cocktail waitresses. Presidents of large companies and college students. Airline stewardesses and airline pilots. And all kinds of professional athletes stay in professional shape by playing racquetball.

The sport reflects a lot of what is happening in America today. For example, Women's Liberation is here to stay. Women are increasingly provided the same opportunities as men. Leach sensed that social movement and paved the way for their introduction into racquetball. At least a third of all players today are women, and that proportion is growing. It makes sense not only in terms of the new role of women, but in the spread of something known as the New Society, which encourages and supports a different kind of man-woman relationship, one which I often see emerging in the arena of racquetball.

Racquetball also helps to correct some of the defects in what sociologists term "mass society." It gets to be pretty impersonal and unknown out there. A lot of formality and sometimes loneliness. Leach sensed this social fact in his design of racquetball centers. His place-





He packs light and moves fast...with innovations reaching into Europe northward into Scandinavia, his world is expanding at an astounding rate...his twin-engined plane which he pilots gets him there on time.

ment of amenities and his consciousness of the effects of bigness have resulted in what is clearly humanistic design. He reaches for community among the players. It is all most impressive. I think, however, I am more impressed with his plans for the future.

Leach is one of the very few people in the industry who recognizes the value of the application of the behavioral sciences to the physical and social design of racquetball centers. He is now in the early stage of implementation of a design which will soon be franchised on a national basis. The first four Leach racquetball centers will open in Utah this summer, with eight more close behind. It is frankly exciting. Racquetball Centers may become a kind of central meeting place for a wide variety of Americans concerned with meeting all kinds of needs in one elegantly planned setting.

One must underline a new phase of Leach's expanding career. Bud has joined Wilson Sporting Goods as a technical consultant. Wilson is the largest such manufacturer in the world. Bud is the most creative individual in the history of the sport. The union is logical and should result in even more exciting if not explosive changes.

In addition to all this, Wilson and Leach recognize that the design of women's clothing simply has not kept pace with the technology of the sport, nor with what's happening with women and the way they want to look. The sport is special. It's lively. It's physical. It's motion. And sometimes it's sexy. The clothing should reflect that specialness. Both Leach and Wilson are doing something about this, a delightful solution to a provocative issue.

Bud is also well into a new racquet design which will once again revolutionize the sport.

You would think this would all be enough, but it isn't. Bud continues to pilot his own two-engine Shrike Commander around the country. Consulting. Seeing what's happening in big cities and small towns. And working on even more projects. For example, Leach has recently become partners with two others in the Claim Jumper Hotel in Park City, Utah. They are busy creating the ski resort facility of the future with changes that will make the folks in Aspen and Gstaad lift eyes in wonder and admiration.

And so Leach and racquetball continue to grow and change as does the larger society. Bud's innovations are now reaching into Europe and Scandinavia. Racquetball is, I believe, fast becoming a major world sport. The day is just about upon us when you'll be certain to pack your racquet along with your passport, for no matter where you go in this world, there will be a friendly nearby racquetball court. Perhaps it will even become a close encounter of a new kind. ●

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PREVENTION and TREATMENT of low back pain

by Ellington Darden, Ph.D.

Executive Program Director
Athletic Center of Atlanta, Georgia

Back pain is one of today's most common complaints among racquetball players. It's conservatively estimated that over one million racquetball players have sought relief from this nagging ailment.

Why do so many athletes suffer from back pain? In the majority of cases, the cause can be traced to weak or overworked muscles. According to back expert, Dr. Hans Kraus of the New York University College of Medicine, 80% of all low back problems are the result of simple muscle weakness or tightness in one or more of the key muscle groups that support and control movement of the spinal column.

By mechanically analyzing the basic racquetball movements, we observe that these movements actually contribute to disproportionate muscular development. In other words, while racquetball does involve the muscles of the back to a vigorous degree, it only involves them throughout a mid range of possible movement. There is little stretching of the large back muscles and very little involvement in their positions of full muscular contraction. Most racquetball movements require a tremendous amount of contraction in the mid-range area. Thus, parts of these muscles become over developed and other parts are almost totally neglected.

To better understand this concept, let's take a closer look at the spinal column and its support mechanism.

Anatomy of the Spine

Your spine stretches from your head to your buttocks. Starting from the top, it consists of seven neck vertebrae, then twelve dorsal vertebrae in the middle of the back, then five lumbar vertebrae in the small of the back, and finally the sacrum, a triangular shaped bone that connects the spinal column with the pelvis.

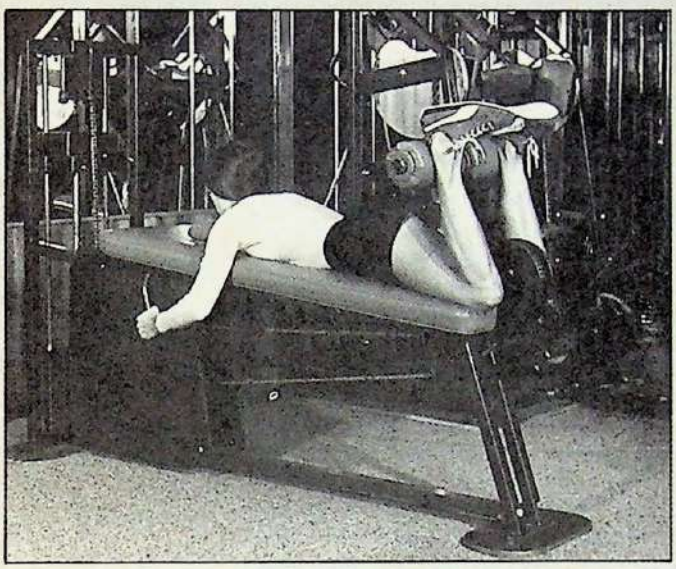
The vertebrae, the bony parts of the spine, are not directly linked to one another but are separated by ligamentous rings with a soft inner part like a jelly doughnut. These rings are known as discs.

Besides the discs, there are strong ligaments joining the vertebral bodies with one another and with the sacrum. On the back part of each vertebra is a bony ring. This holds the spinal cord. The center of this cord consists of nerve cells. Surrounding it are large cables of nerve fibers that ultimately join the lower and upper part of the brain. From there small nerve cables branch out into all parts of the body. They help conduct reflexes, and they contain all the connections to the muscles. These nerves, traveling through their cable links, transmit orders from the brain and the spinal cord that make muscles move and contract.

The normal spinal column is formed in the shape of a gentle "S". The ligaments and discs together make the spinal column an elastic structure. But in order to function correctly—and in order to offset sudden blows or strain—the spinal column needs help. This help is given by the muscles.

Did you know that over 400 muscles directly or indirectly lend support to the spine? For example, the back muscles, stomach muscles, hip flexors, hip extensors, neck muscles, and even the thigh muscles support the spinal column. They combine to keep it erect. They allow the column to move. And they protect the spine by acting as an outer guard.

When most people complain of low back pain, however, they invariably blame the back muscles. The pain is in the low back, to be sure, but the pain may be there because the stomach muscles or hip flexors are weak. These muscles are weak because they are the most inactive ones in sedentary life. Say you spend most of the day sitting down. When you sit, you still have to keep your back muscles active in order to keep



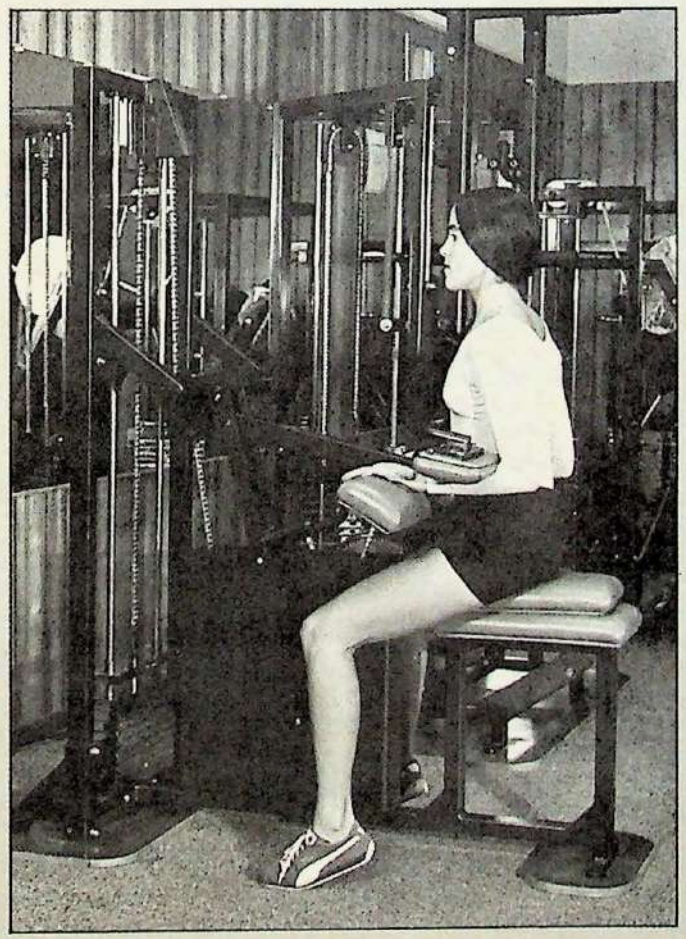


Photo above shows the correct contracted position when doing a hanging leg raise to develop the front hip and lower abdominal muscles.

Upper Right—To develop the back thigh muscles, leg curls are about the best.

Lower Right—Upper back muscles are brightly toned with proper use of this neck and shoulder machine.

from toppling over. At the same time you let your stomach muscles go slack, and your hip flexors are more or less inactive as well. This is how it should be, but if you do a lot of sitting and no exercise, these muscles are bound to become weak. And when they become weak, they impose a severe strain on the back muscles, and the back muscles simply are not up to carrying this strain of keeping your spine erect.

If the back muscles are further contracted by other stimuli (nervous tension or physical use), the additional muscle tension can lead to contracture, spasm, and pain. The pain may be localized in the muscle itself or radiated to other parts of the body by the nervous system. A tightness in the hamstrings, for example, often causes referred pain in the lower back. Similarly, pain in the lower back can be felt in the neck, shoulder, or extremities. This referred pain often leads to a curtailment of activity, and additional weakness. It is this combination of muscle tightness and weakness, that sets the stage for the first episode of back pain.

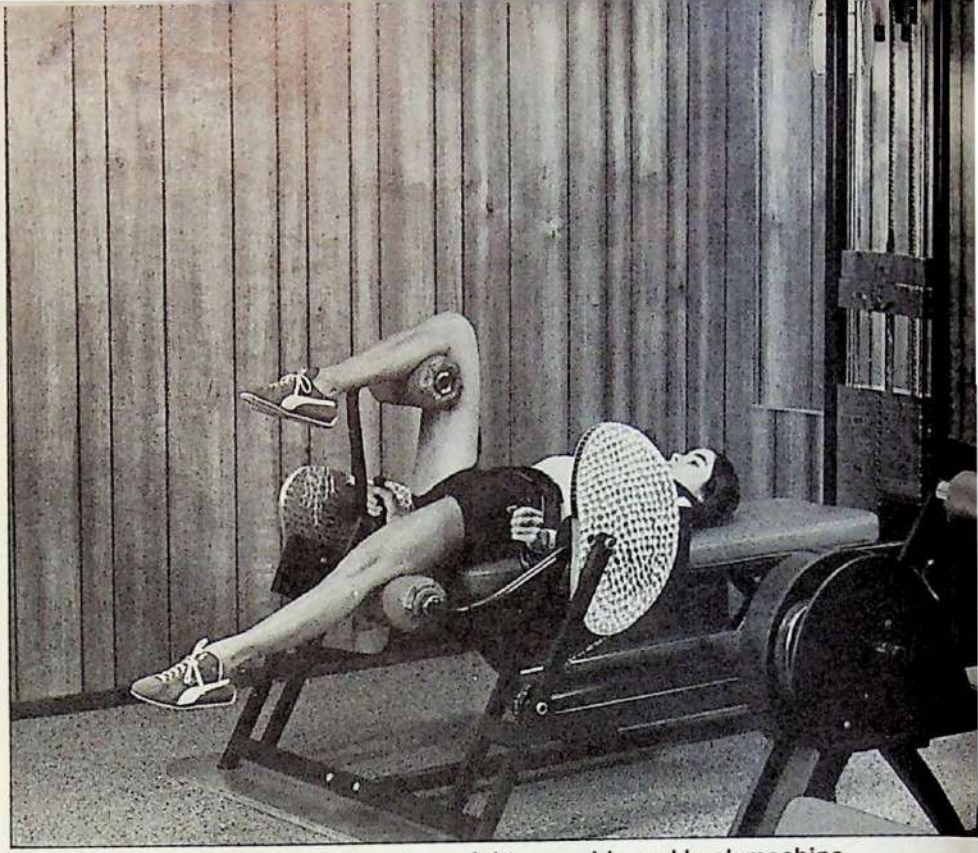
So for prevention and treatment of the back problems that many racquetball players sooner or later suffer from, a high level of strength should be developed in the muscles that surround the spinal column. In other words, you should strengthen the major muscles of your neck (sternocleidomastoids), upper back (trapezius), chest (pectorals), stomach (abdominals, obliques), lower back (spinal erectors), hips (gluteals, iliopsoas) and thighs (quadriceps, hamstrings).

What's the best way to strengthen these muscles: *Progressive resistance exercise,* whereby a muscle group is alternately stretched and contracted throughout its full range of possible movement, is the best way.

Progressive Resistance Exercise

The exercise programs that most racquetball players practice offer little in the way of progression. Without unceasing efforts in the direction of making the exercise progressively harder, little in the way of worthwhile results will ever be produced. Once having learned to spell your name, you cannot then improve your spelling by writing your name over and over again.

Much the same thing is true when it comes to improving your existing level of strength. You cannot increase your strength by mere repetition of things that are already easy. Below a certain intensity of effort, no amount of exercise will produce strength increases. Yet most exercise-minded people seldom continue an exercise anywhere near the required level of intensity. Then, they attempt to justify their easier workouts by performing more exercises or more sets of each exercise.



Buttocks and lower back muscles shape right up on hip and back machine.

But in fact, more exercise will never produce the results that are possible from harder exercise. In simple terms, best results are produced when the exercises are very hard, but very brief. In practice, one set of 8 to 12 repetitions of no more than a dozen different exercises should be performed every other day...but even more important...*each set should be carried to the point of muscular failure, where no additional repetitions are possible.*

Typical calisthenic-type exercises or stretching-type exercises that can be performed for hundreds of repetitions are not what I'm talking about. These exercises are just not hard enough. The only practical and systematic way to be progressive in your exercise is by using barbells or weight machines. With barbells and weight machines, as your muscles get stronger and the exercise becomes easier, you progressively increase the resistance. This is easily accomplished by adding a small barbell plate to each side of the bar, or by plugging in another resistance plate on the weight machine's self-contained weight stack. Now, as you progress in your resistance, your muscles also progress by getting stronger. And that's the name of the game.

Recommended Exercises

The following exercises, listed by muscle group and equipment, can be used for strengthening the muscles that support your spinal column. (Please refer to the photos for a complete description of the exercises.)

Anyone who has ever used a barbell is aware that the exercises performed on such equipment are not full-range movements. At some points in most barbell exercises, there is no effective resistance on the muscles you are trying to work—at the start of a curl, at the end of most forms of curling, at the top position in a squat or a press of any kind. If you can "lock out" under the weight in any position, then you do not have full-range resistance. In such a case you are providing exercise for only part of the muscles that you are trying to work.

Full-range resistance can only be provided by a machine that rotates on a common axis with the body-part that is moved by the muscles being worked. When this requirement is met, then it becomes possible to provide exercise that actually exceeds the range of movement that is possible for most people. Thus, while you're improving in strength, you're also increasing your flexibility. At this point in time, Nautilus Sports/Medical Industries makes the only exercise machines that actually provide full-range exercise. Therefore, if you have access to Nautilus machines, be sure and use them. You'll get faster and better results.

There is, however, a right way to use Nautilus machines (or any exercise machines for that matter) as well as barbells. Regardless of the training equipment, good results will occur if you apply

Comparable Barbell/Machine Exercises

Muscle Group	Barbell Exercises	Nautilus Machine Exercises
Hips (gluteals, Illiopsoas)	Squat	Hip and Back Hanging leg raise on Multi Exercise
Lower Back (spinal erectors)	Stiff-legged deadlift	Hip and Back
Thighs (quadriceps, hamstrings)	Squat	Leg Extension Leg Curl
Stomach (abdominals, obliques)	Sit-up Side bend	Sit-up (negative accentuated) Side bend on Multi Exercise
Chest (pectorals) Pullover	Bench press Pullover	Double Chest Pullover
Upper back (trapezius)	Shoulder shrug	Neck and Shoulder
Neck (sternocleidomastoids)	Neck harness	4-Way Neck Rotary Neck

the following rules:

1. Use as many full-range movements as possible to insure development of the entire length of the involved muscles, and to increase flexibility.

2. Stress correct form; avoid fast, jerky movements.

3. Raise the weight to the count of two —lower the weight slowly and smoothly while counting to four and repeat.

4. Perform only one set of 8 to 12 repetitions in each exercise.

a. Begin with a weight you can comfortably do 8 times.

b. Stay with that weight until you can perform 12 strict repetitions. On the following workout, increase the weight approximately 5% and go back to 8 repetitions.

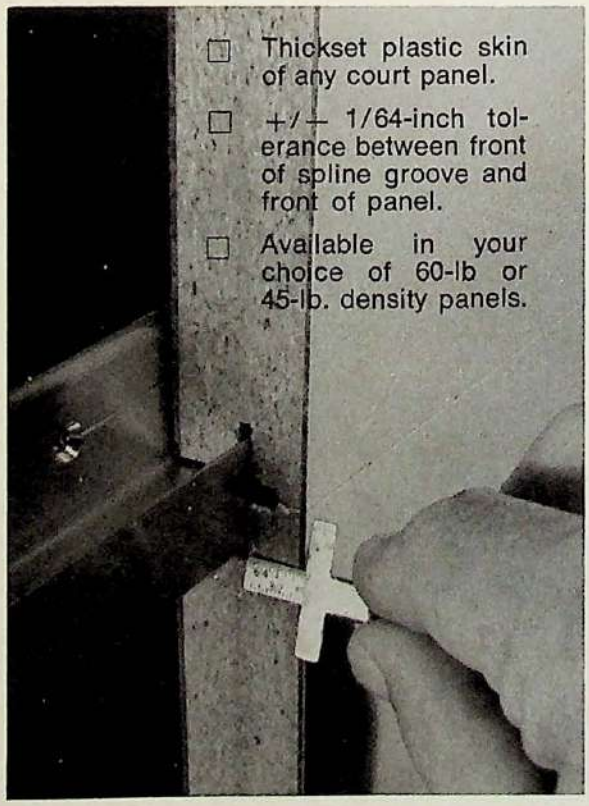
5. An entire workout should include a maximum of 12 different exercises.

6. Best results occur when there are at least 48 hours and not more than 96 hours between strength-training sessions.

When starting a strength-training program, it is advisable to allow at least two weeks for a gradual "break-in" process to take place. Light resistance should be used in all movements and the correct form should be stressed. After two weeks of light training, the weight and repetitions should be progressed in the recommended fashion.

Naturally those of you who already suffer from back problems will want to check with your personal physician before beginning a strength-building program. You may have to start on a more gradual program, but nevertheless, the key to the success will still center around progression. ●

To order Dr. Darden's new book on proper conditioning, send $3.50 to Anna Publishing, Dept. J, 500 St. Andrews Blvd., Winter Park, Florida 32792.



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WHO'S WHO

Jeff Larson

Jeff Larson believes in schedules. In 1977 he won the National Juniors Championship in the 17 and under division. This year he's an odds on bet to win a National Open title and next year you can bet he'll be playing for pro honors.

An 18-year-old native of Vancouver, Washington, Jeff is one of the most powerful serve and shoot players in racquetball. His tenacity on the court reminds many of Jerry Hilecher, his Ektelon teammate. As an amateur this year, Jeff qualified to play in several pro events. Keep an eye on him in the coming months and expect Jeff to jump onto the pro circuit full-time this fall, and just as quickly into the top 20.

Rita Hoff

Competitive, irrepressible, brassy, and fun loving are words often used to describe Rita Hoff. She's also called one of the finest professional racquetball players in the world, MALE OR FEMALE.

Currently ranked 6th on the ladies circuit, and the 9th all time money winner on the professional tour, Rita is a 27 year old native of St. Louis, Missouri.

A graduate of the University of Missouri-St. Louis with a master's degree in physical education, Rita is one of the game's strongest players.

When Rita is not playing racquetball she is teaching the game to new players as the club professional at Don Coryell Racquetball Club in St. Louis. Coryell, former head coach of the N.F.L. Cardinals, is one of the many male racquetball players that have found, through Rita's efforts, that racquetball is a sport women can compete with men on equal, if not superior, terms.

Rita's goal is to become the best female racquetball player in the nation. Based on her rookie year, and the lofty heights she has reached this season, realization of that goal may not be too far off.

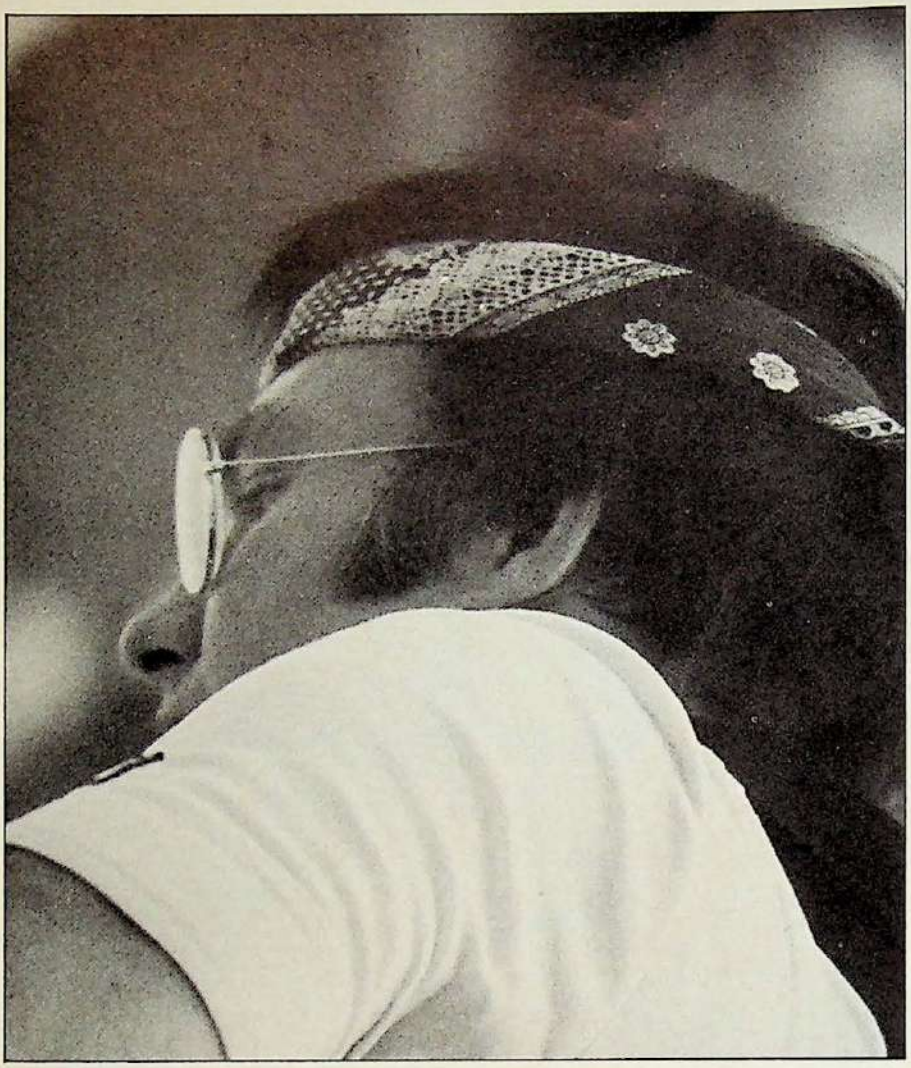
Steve Keely

One of the first things one notices about Steve Keeley is the perfect grace with which he executes some of the most difficult shots on the court. It's something akin to ballet the way he moves about with a fluidity and finesse not found in many other players. This form adds to his abundant power to make him one of the most fascinating forces on the courts.

With seven years service on the professional tours it is only natural that Steve would have a lot to say about the game. He says it with authority in his book "The Complete Book of Racquetball." It's well written and diagrammed and should add points to almost anyone's game. While it may have been one of the first books on the market to deal with this sport, the approach and the information it presents is totally valid at this time. We can hardly wait to see his next literary effort, a great book of cartoons of racquetball characters we have all met and played at one time or another. This latest, "The Kill and Rekill Game", should be a best seller.

Ranked in the top ten of racquetball for three straight years, Steve came to this game after taking the national championships in paddleball three times. A natural athlete doesn't come along very often. Steve is one of those rare persons. He actually spends less time in racquetball competition than instructing the game. As many as three clinics per month are given by this ever-in-demand player. But, this is part of his basic make-up. He likes clinics because he, "reaches more people at one time with more gratifying results." He loves racquetball and will go far out of his way to boost the game, often making personal appearances at court houses and stores just to reach people with the racquetball story.

(More Who's Who next page)



Jay Jones

Some people just seem to have the knack for fulfilling their dreams. Jay Jones is one of them.

In high school he wanted to be a four letter man. Long before graduation he made it, with athletic awards in football, baseball, basketball and track he entered college on a football scholarship. His athletic talents broadened and he transferred to a diving scholarship and went on to become a star performer.

Such versatile physical talent can't go unnoticed for long and motion pictures and television soon beckoned. With a firm mastery of his body Jay found himself called on more and more to do stunt work. Specializing in high falls, and horse falls, he became a regular with strong supporting roles in such television redoubtables as "High Chapparal", "The Man From Uncle", "Bonanza", and "Star Trek". In "The Poseidon Adventure" it was Jay who took the incredible fall through the glass ceiling. If you have watched over 10 minutes of television lately you have seen Jay as the Datsun Man. That's him behind the glistening mask.

Jay decided he needed an additional outlet for his physical self. Looking around for a sport which he could get into for fast workouts and maximum benefits he found racquetball. This was just a few years ago. As he had done in all his other endeavors, Jay threw himself into the game with complete concentration. He placed in the top 16 of the IRA Nationals and finished the 1975 season by taking the NRC National Amateur title.

Currently Jay is ranked in the number 9 spot. Aside from a pulled tendon it has been an excellent season for Jay with some solid wins over top professionals. Marty Hogan said, "Jay has the toughest serves on the tour and he is the most difficult to play."

Hart Johnson

SAN DIEGO—1978 has started off as good as 1977 ended for Ektelon's Hart Johnson of St. Paul, Minnesota. In November, Hart won the Men's B championship in the AMF Voit Classic in St. Louis Park, Minnesota, defeating 123 men

In December, Hart Johnson celebrated his 14th birthday.

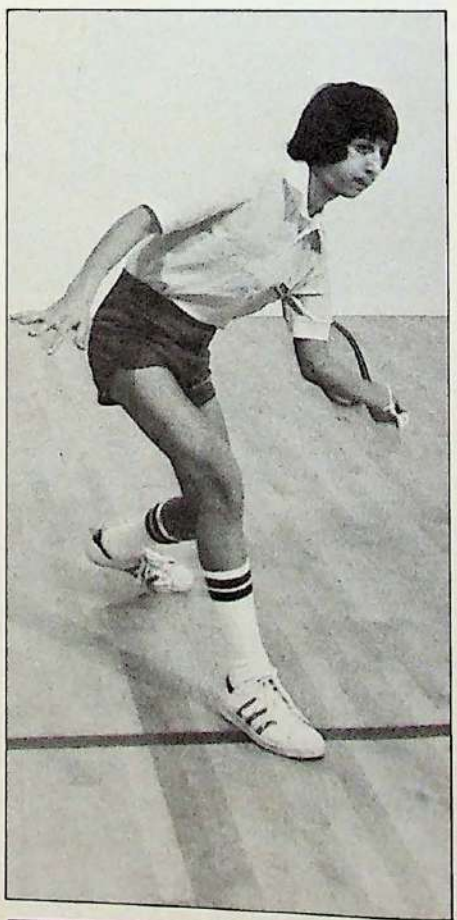
For his accomplishment at St. Louis, Hart was featured in the "Faces in the Crowd" section of the January 9th issue of Sports Illustrated Magazine.

Johnson is an eighth grader, at Highland Park Jr. High School where he is a student council member and excels at basketball, soccer and track as well as racquetball.

But, it's racquetball that has brought Hart into the limelight. And, Ektelon has been sponsoring him since he was 10.

Last year he captured the Senior Men's A division championship at the Lilydale, Minnesota, Autumn Tournament and was runner up in the U.S.R.A. National Juniors Event in Evergreen Park, Illinois.

If Hart's rate of racquetball prowess grows in the next decade as it has up to this point, it wouldn't be unreasonable to watch for a national champion.



Steve Serot

There are those persons who derive great joy from helping others. Steve Serot is one of them. He manages to spend a lot of time with many of the junior players in the St. Louis area. He gives many hours out of his tight schedule to coach and practice with them. "I help them with their game. I help them put racquetball in its proper perspective in their lives."

At 22 years of age Steve is a five year veteran of the tours and is easily one of the best. He is presently ranked in the third place category and has taken on Nationals Champion Davey Bledsoe. A tough new training schedule may partly account for the seeming upswing in Steve's game recently. Or, he may just be hitting his stride. For whatever reason, his game has improved and whether or not it's due to the long distance running or the arduous on-court practice, he is a definite threat in any tournament.

Serot and Brumfield have become a most formidable combination in the doubles arenas. The two have taken four consecutive international doubles titles and never lost a game...let alone a match. They are currently reigning as 1977 International Doubles Champions.

Steve has developed a distinct style of playing. A dynamite back-hand and an unbelievable roll-out shot serves him well against all comers.

His grades are well above average at the University of Missouri where he studies business. And one of his greatest joys there is that three of his proteges won their divisions in the 1977 Junior Nationals.

Wayne Bowes

Canada has long been recognized for it's development of top athletes. Maurice Richard, Ferguson Jenkins and Bobby Hull are three names that quickly come to mind.

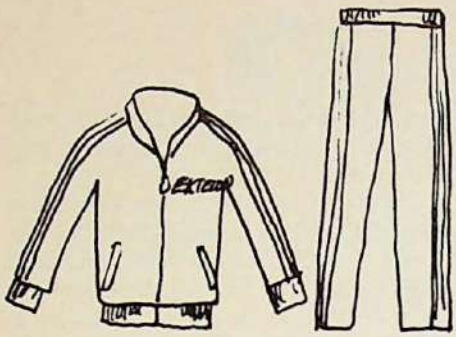
Gentlemen, move over and meet Wayne Bowes.

As great as Richard, Jenkins and Hull were in their respective sports, none dominated like Wayne Bowes has dominated racquetball in Canada.

Bowes has captured the Canadian National Singles title four times in the last five years and for a while it looked like every tournament north of the border was turning into the Wayne Bowes invitational. That is, everybody was playing for second place.

One of Ektelon's top players, Wayne's game is typified by an outstanding ability to combine the power game with a control game. That's what makes him dangerous in every tournament he enters.

At only 26, Wayne Bowes has many tournaments ahead of him.



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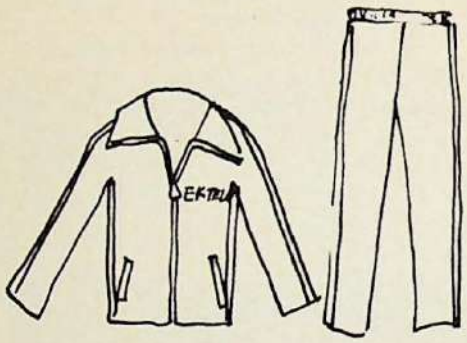

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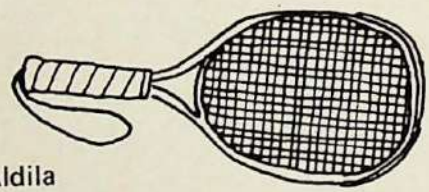

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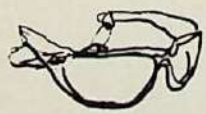

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INSTRUCTIONAL

Davey Bledsoe Shares His Service Techniques

One of the finest players in the sport and certainly one of the most well known gentlemen of this game, Wilson Pro Davey Bledsoe brings to the pages of RBI an exclusive discussion of his power-house service techniques.

His pointers on the 'how', 'when', and 'why' of this most important point getter of the game will bring fresh insight to every player and soon to be player. It's a sure bet that following and practicing his suggestions will add a number of points to your game.

RBI extends its sincere thanks to Davey for giving so generously of his time and experience. Sharing these with our readers is his way of adding to the overall stature of the game and helping those who play it for either fun or for profit. The article is entirely in his own words.

Photo Figures 1 through 4 indicate the proper positions for the "Ready" and the "Backswing" prior to impact. The position of the racquet at the moment of impact determines the exact destination of the ball. The three basic serves discussed in the text are all delivered from this basic starting position. A good "Follow-through" (fig. 5) is essential to all strokes and serves.

Let's talk first about the drive serve.

The serve is probably the most important and advantageous tool the player has, because first of all, you have control over and dictate the ensuing rally, therefore you have to consider four points:

Number one: What serve do I want to use based on my strength and offensive play?

Number two: What serve do I want to use considering my opponent's weaknesses and defensive strategy?

Number three: From what area of the service zone would I like to initiate this service?

And fourthly, we must consider what return we wish to elicit from our opponent.

The key in all four points is to predetermine what you are setting out to do rather than simply stepping into the service box and initiating the ball into

4

5 FOLLOW THROUGH

play. So many of us do this. We just walk right up, drop the ball, and hit it into play just to initiate the rally. When you do this you give away the natural advantage that you have by being in the service box.

This natural advantage comes from two things...

Number one: you'll be more precise from twenty feet than your opponent will be at 38 or 39 feet at the back wall.

Number two is from the standpoint of court coverage. You're going to be equidistant from all four points and therefore will be able to cover any return with a minimal amount of effort.

We have illustrated the points that are crucial to the delivery of the drive serve. Figure one shows the ready position just prior to your delivery. The key things to note in this photo are:

Number one: Note that the feet are placed at the back line to maximize the service area. This is extremely important to persons who have long legs. In order to get down low enough on the ball to deliver it with a maximum amount of power, you must maximize that service zone by putting your back foot on the rear line at the beginning of the serve.

Also, notice how the off hand cradles the racquet while also holding the ball just under the racquet. I have found this to be the most comfortable position, however, you may find some variations on positioning the racquet prior to the backswing.

The key here is to take a moment to think. Make sure that when you step forward to initiate the serve that you know precisely what you are going to do. What serve you are going to deliver. Do not initiate the motion prior to determining in your mind what you want to do. You know we've all done this. I've done it when I get in a hurry from time to time. I start my motion and change my mind in the middle of the delivery. Often this results in a very ineffective execution of the serve. It may prove to be a little more deceptive to our opponent...and, granted we are striving to achieve that deception in the delivery of our serve...but, we must be certain that we are deceiving our opponent and not ourselves. So, it's very important to know what you want to do before you start the deception.

Also notice that the knees are slightly flexed. And that you are bent over at the waist. Photo number 2 shows the proper backswing position. We should pay particular attention to several aspects of this position. First of all, we should consider the height to which you raise your elbow. Almost every book today tells you to get the racquet into a position similar to saluting. This means that the elbow has to be pointed down. The forearm, then, would be parallel to the side wall. However, the evolution of the serve has brought it to where the forearm is now parallel to the floor with the elbow extended upward as high as possible. This will ultimately generate a larger arc in your swing. The larger the arc, the greater the power. We see this in golf. That's why we have longer shafts to do our driving. The point is to make certain that you keep the elbow up...away from your body...so that you can generate as much power as possible.

Number two: At this point you want to move your offhand holding the ball into position to drop the ball properly. This dropping action should never be taken for granted. It's just as important in racquetball to drop the ball properly as it is in tennis to toss the ball correctly. You don't see tennis players toss the ball to the side, you see them toss it straight up or slightly leading them, so that they may initiate their serve with more effectiveness. By the same token, the racquetball bounce is ultimately as important.

The ball should be forced down so that it returns to a height very close to waist level. One of the biggest and most common mistakes beginners make is to allow the ball to just roll out of their hand over the tips of the fingers. This makes the ball bounce away from them and rebound very low. Stop to think. The higher the rebound, the more time you have to set your backswing, to set your weight, and to get ready to distribute your weight forward into the ball to generate the power necessary to hit the proper drive serve and ultimately all serves. So, make sure that you use the proper bounce. Again, to do this you must have your fingers on top of the ball and force it down so that it will rebound with the amount of force which will put it where you want it to maximize your power output.

This brings us to the point where we should consider what I like to call the "initiators of the serve or stroke." When we talk about service we are ultimately talking about the forehand stroke. But, for this time, let's use the terminology of "service".

To initiate the proper serve we must consider several things. **First,** after you drop the ball, you will step into it, however, you do not shift your weight with the stop. You extend your leading foot toward the plane in which you want to contact the ball, since the correct contact point is off the instep of the front foot. But, be sure that you do not transfer the weight forward at this point...just step out with your lead foot and maintain your weight on the back foot. If you transfer your weight at this point you will end up hitting over the ball and slamming it into the ground. It will hit the floor first the majority of the time.

Secondly, we start to bring the elbow down to generate our power arc. In doing this we jam our elbow and the butt of the racquet toward the target, laying the racquet back behind. Another way of referring to this motion would be to speak of it as an inversion of the forearm. Belly up the forearm. This will initiate the proper wrist action necessary in racquetball. So many people are confused about it being such a 'wristy' game. I think it is very important to understand that the wrist action is a complexity of leading with the elbow, using the extensor muscles of the forearm, and then snapping the wrist with control and manipulation, rather than very loosely. Now we have started to initiate our power arc.

What happens to the lower body? We have stepped forward into the ball and our weight is still on our back foot. But, as we generate the arc, we are going to move our weight forward gradually and shift it with the swing. It's important to do this simultaneously...so that your body

becomes a unit, one solid unit moving forward toward the target. The best analogy would come in water-skiing. If you have ever water skied, you will remember that when you are on the skis your feet touch the skis and your hands touch the rope. Why is it that we are not pulled forward head over feet, to fall flat on our faces? It's because we use the muscles of our body to complete a unit. We must do the same thing in racquetball... from the floor all the way up to the contact point. Our body should be one unit. All this comes about because of the unified muscle action.

Make sure that you do not just bend at the waist. Take a longer stride. All this refers back to timing and set up. If you have set the ball too close, you obviously will not be able to step very far forward into it. So, make sure that you are well behind the ball and can step far into it creating one unit, getting down low on the ball. This is the power zone. You get down by bending the knees, lowering the butt, and maintaining a curve in your back.

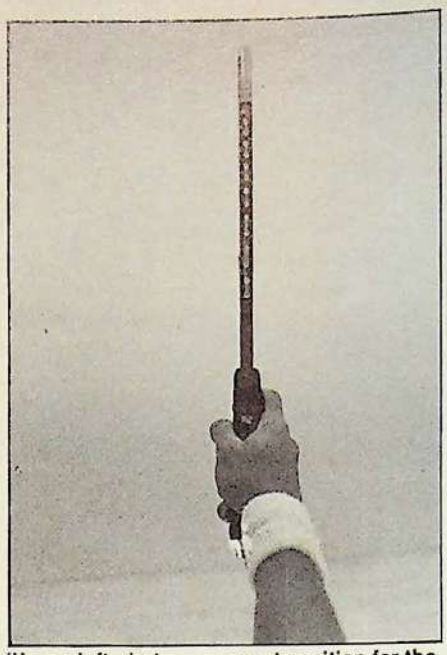
We have dealt with initiating the stroke and now we must get to the contact point...the most important part of racquetball.

One of the most often asked questions I hear in our camps and other instructional areas is, "How do you concentrate on the ball?" "Do you stare at it all the way into the strings?" You will find in racquetball, that as you assimilate motor tasks into your muscle groups to perform these particular movements and tasks, you will not have to concentrate so hard on keeping your eyes on the ball. This applies in particular to that last six to eight inches before it meets the strings.

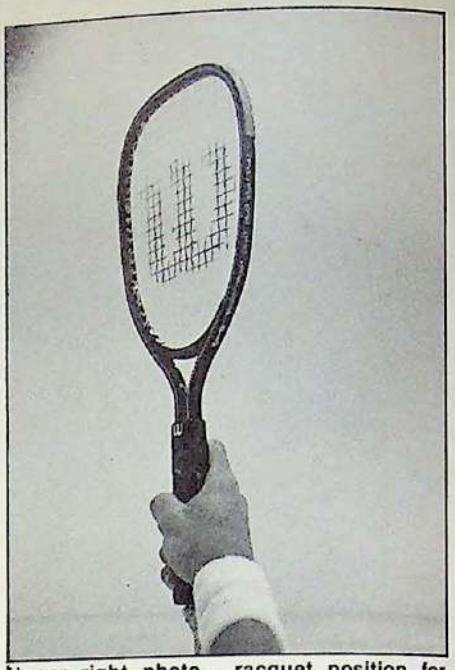
If you set up properly, and after you have hit thousands of forehand serves, it will come very naturally and you will not have to keep your eye on it right down to the last few millimeters.

If you are a beginner, however, I advocate that you concentrate on following the ball 100 percent of the time. At least, until you have become very comfortable with your stroke. What you are working toward is to have a feel for what you are doing...the serve that you are delivering. If you develop a feeling for it, it becomes instinctual. This is something that is very hard to describe. But, it is something that you will ultimately feel if you pursue racquetball.

"...maintain the aggressive stance. Don't give up the natural advantage that you have when you're in that box."



(Upper left photo...racquet position for the forehand.



Upper right photo...racquet position for the backhand.)

The contact point lies within the plane of the instep of the front foot. On the drive serve you want to contact the ball at knee level or lower...preferably lower. Again, this is in that power zone...low to the ground. Make sure that you contact the ball away from the body and that you do not shorten or cramp the arc of your swing. A lot of people move their elbow and move their swing in towards their body...they get all cramped up. They end up missing the ball, hitting it off of the rim of the racquet. Losing power in their swing is the biggest effect you'll see by cramping the arc of that stroke.

The angle of the racquet is pointing slightly down and toward the side wall... almost at a 45 degree angle with the straight line to the wall.

Make certain that when you make contact with that ball you have established and are using yourself as a unit. Be sure that you contact the ball firmly. This is something you will come to feel as you practice your game.

The last point to make on the drive serve or any serve is the follow through. Do not cut your swing short. If you do you will lose not only power but, also accuracy. Follow through fully with your swing. Contact the ball, swing through the ball, and allow the racquet to follow its natural course across your body.

There are certain instances where you will want to cut off the follow through. But, this should only be done for safety reasons. If someone was in front of you and limiting your follow through, there are a lot of times this would not be called a hinder because you had sufficient room to make the shot. It's really very hard to judge and a referee would probably not give you the benefit of the doubt in that case. But, whenever you are in doubt, especially in club play, just hold up and replay that point because, the overriding factor in racquetball and in anything we do is safety and etiquette.

So, let your racquet follow its natural course unless your opponent has hindered that.

Those are the critical points of the drive serve. The one point which does deviate, according to what serve we are going to deliver, is the contact point. There are some slight variations in the approach, but, again, we want to strive for deception and to do this we need to maintain the most common approach possible. That is, when we want to deliver a 'drive' or a 'Z' or a lob, we want to initiate that serve from the same position every time. We will work from the same spot on the court. This is not to say that we will make all our serves from the same spot, or center court, because it's very effective to move laterally in the box. What you do not want to do is move to the extreme left wall for every one of your 'Z' serves. You should have two or three variations from that position, otherwise your opponent will come to read your service. For instance, he will know that every time you go to the left it's going to be a 'Z' serve, he'll come up and cut it off...he'll either hit you in the back for a hinder ball or he'll drive the ball hard down the right side where you cannot return it. So, be very careful not to get into set patterns with your serves. Have alternatives from every service position.

You'll notice in the illustrations that the point of contact does change as you go

for different serves. Remember this is the point where you want to make the change. Don't use your body to change the angle of delivery. Use the angle of the racquet. Change this angle at the point of contact.

You can see in the photos how the angle and the face of the racquet change and you can also see the height at which we contact the ball. These change for the 'Lob' and for the 'Z' in some instances. Remember that the 'Z' serve is a very versatile serve. In it we can vary three factors: the speed, the angle, and the height. Don't be afraid to experiment with all three of these factors when it comes to your 'Z' serve.

"...you've got to consider your strengths and weaknesses and take it from there..."

There are two distinct schools of thought concerning basic serve strategy. The more traditional and conservative is similar to that we see in tennis. The Roscoe Tanner, cannon-pace serve goes with extreme top spin in order to keep the ball in. In racquetball, this is also thought to be the best theory. Avoid the double fault when you can. But, don't be afraid to be agressive on both serves. If you come up short on the first serve try to concentrate, be a little more precise and take a little bit off the second serve. But, still maintain the aggressive stance. Don't give up the natural advantage that you have when you're in that box. Part of the advantage is that you can hit the ball where you want it, at the speed you want it, and when you want to.

As far as an overall philosophy is concerned...you've got to consider your strengths and weaknesses and take it from there. If you find that you double-fault a lot with the agressive philosophy ...that is, with two agressive serves, then you may want to go with a more traditional method. Try both and determine which is best for you. Don't be afraid to adjust to another game plan if the first one isn't working. If you run up against a tough opponent you may have to work it all out as you go along.

Another important factor in the serve is, what the hell do we do after we hit the serve? Where do we go? Where do we stand? Where do we look.? Too many beginners will hit the ball and never turn around. The only part of this opponent we see after he has made his serve is his rear end coming at us. He just sticks his butt out and never turns around. Doing this he sometimes moves right into the play.

You really must turn around and watch what's happening behind you. This is important for the anticipation part of the play. This is the only way you're going to be able to pick up on what he's going to do on his return. Otherwise, you'll just be standing at center court, waiting to catch the ball peripherally, and then react.

What you should do is place your feet on the diagonal...For instance, if you have served a ball to his backhand, put your feet on a diagonal which runs from the right front corner to the left rear corner. Stand on that diagonal with your feet and lower body and turn your upper torso so that you can turn around and see what's happening.

If you're afraid or paranoid about being hit in the eye, wear safety goggles. I do recommend that. If you've seen me play in tournaments, you'll probably remember that I do not wear them. But, I've been playing the game so long that I know where the ball is absolutely 100 per cent of the time. I even know where it is if my opponent mis-hits it. Until you're capable of making this sort of judgement, wear those safety glasses. Or, you can shield your face by looking behind you through the strings of the racquet. Use some sort of real safety method. If you wear corrective glasses, make sure the lenses are shatterproof.

But, stand on that diagonal and back out after the serve with a minimal amount of footwork. There are generally two problems with new players...they either don't move their feet at all, to get into the proper backout position or they take too many steps in order to get to that position. At the very most you should take only three steps to get to that position. You want to get to center court about two feet behind the short line. In certain instances it may be to your advantage to favor one side or the other. For instance, there's a term 'zoning' in racquetball... this refers to limiting the number of possible returns your opponent can hit.

If you serve a drive serve to the left you may want to take a slight step to the left side in order to eliminate the cross-court pass and to your coverage of the possible down-the-line pass, therefore forcing your opponent to either pinch the ball in, hit to the ceiling, or resort to a 'Z' or some other miscellaneous shot.

In our next article we'll talk about what to do in the return...how you can neutralize the advantage your serving opponent has by controlling center court will be covered then.

Good luck with your game. ●

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"I can feel myself drowning sometimes...getting pulled into a role I do not want to play."

Jerry Hilecher says this not in desperation, but with a sense of awareness as keen off the court as on. Finely tuned to his environment and fully aware of his impact on others, Jerry's world is one of heightened sensitivities and ever-increasing demands on his personal life. He accepts this responsibility with a deep philosophical concern which one would expect from a much older, more mature person. "If more people look to you because of being in the public eye, you carry the responsibility for influencing others... particularly the kids."

Doubles:

Jerry & Debbie HILECHER

by Nancy Martin

Next to every good man stands a good woman.*

Even if Jerry Hilecher didn't coin that phrase, he is certainly aware of the impact his wife Debbie makes on his racquetball career. "To tell the truth," says Jerry, "I think it is Deb who has shaped me more than anyone else."

In trying to understand Jerry, one must also understand Deb. Most women shape their men...even if the man is a professional athlete. The woman does have that ability and the responsibility which goes with it.

Standing next to tall, lanky Jerry, Debbie looks even smaller and more petite. But, inside that diminutive frame she carries a huge amount of personal joy which spills over onto those she meets. A genuine smile, quick wit, ease of conversation, and her concern for those around her give this lady a quality of authenticity as a human being. A caring human being. And Jerry, having the sense that one finds in really outstanding athletes, knows all this about his lovely wife. He may not say it in words, but he expresses it in his eyes.

Debbie Hilecher is a woman who dreams for herself, for her husband, and for their life together. Her energy and intelligence mixed with her charm will allow her to succeed at any endeavor she chooses. And she approaches her own life with the knowledge of the delicate balance a bright woman brings ...the balance of three primary desires: personal development, a deep love and respect for her husband, and an acknowledgement of her maternal instincts.

The road to fulfilling those dreams is not the easiest one for either Debbie or Jerry. She stands solidly with him all the way. And they seem to gain strength from each other. This is a new sort of joy for Jerry who says, "Now, when I'm doing well in a match I can look to where Debbie's sitting and have someone to share it with." Traveling on the circuit is a chore...Jerry is aware of this and is glad for the companionship and the support. Smiling, Deb merely says, "Someone has to rub Ben Gay on those sore muscles."

Not only does Jerry react on the court with something close to superhuman speed, he also enjoys an intensity as well as maturity that goes well beyond his 23 years of age.

Constantly aware of life's unpredictability, he acknowledges that the celebrity status that goes along with success is, "Not as glamorous as a lot of people think. I understand now the problems that movie stars and celebrities face." His attitude and appreciation for those problems has undergone a change since he has come into a limelight of his own. "I realize they're all just people...image holders...marketable...part of a total product." He doesn't say this with any feeling of disillusionment, simply as an observation. "I also realize that human beings need to be themselves and do what they want in an inconspicuous manner. If playing a pinball machine blows your public image, but you like to play pinball machines, then do it in private so that you always maintain a sort of freedom to participate in all areas of life that hold your interest."

Any person living on that public level, enjoying a heightened sensitivity, requires an occasional time out. Jerry takes those times with things he enjoys...movies, kids, and games. It's particularly refreshing to see that this man knows how to take joy in living, even when he shares some deep philosophical concerns. "I can feel myself drowning sometimes...getting pulled into a role I do not want to play. I can say that I don't want that to happen, but sometimes it's awfully hard to stop."

Whether in public or in his own home, Jerry admits to being a rather private person. "There are times that I just withdraw into myself. It may be in front of the TV or whatever, but I need those alone periods."

Happily, this is an area where Debbie expresses respect for her husband's personality. "I understand that about Jerry, and his need, after a long day, to go into that inner place for a bit and relax" And Jerry does put in a long day. One of the few pros who keeps a full time job going as well as extending his career on the courts, he finds his time more than filled. His degrees in both Economics and Psychology help him understand the business world and him-

*(Footnote: While the exact origin of this phrase has yet to be determined, there was an earilier saying attributed to Thomas Dewar. "The road to success is filled with women pushing their husbands along." While this in no way relates to the beautiful relationship spoken of in this story, it does point up the fact that many men haven't been quite as lucky as Jerry Hilecher in the choice of spouse...but then, he's probably aware of that.—Ed.)

Jerry doesn't have as much time as he would like for his favorite sport . . . other than racquetball, that is. He pulled in this beauty off the coast of Kona, Hawaii.

self as he develops as professional player, businessman, husband, teacher and man.

He also has dreams for the advancement of racquetball. He feels that, "the game is following a natural evolution that all sports undergo. When any sport is young there are fewer voices. As it grows, the players begin to speak out and become some of the major voices. Those voices must be heard or change will take too long. Industry will change anyway, but I feel that the people who should speak out must or the change will take a lot longer."

Jerry's success has been self-created. Like so many other success stories, this one was the result of need. Not being able to spend his summers at camp or on vacations because of financial concerns, he would go to the St. Louis JCC to escape the stifling summer heat. There is nothing gentle about summer in St. Louis. It shimmers into town brandishing a big fiery stick. The JCC swimming pool was the most inviting source of relief for folks from non air-conditioned homes. When he was about 10 years old, the same JCC built racquetball courts. Naturally, Jerry and his friends were drawn into that four-walled room. They were also the only ones brave enough to play ball in a non air-conditioned court that was over 100 degrees. Thanks to all that tough training he's now moving toward the number one spot.

"Every National I get closer and closer. I feel good about my game." Jerry goes on to explain his training procedure. "I look to the Nationals as a goal to work toward. It's a process that I become involved in six months before. I break my game down in January and February and start to rebuild it in March. By April and May, I'm playing better...and by June, I've reached my peak. I am looking forward to the Nationals and nothing else matters right now."

But, inside him there are other concerns. He is struggling with a larger conflict, for his 23 years bring with them all the desires, emotionally and materially, that naturally follow with a young man's dreams. But, his insight and awareness coincide with those of a more mature man. His knowledge that many things in life are transient indicate a level of wisdom characteristic of an older, more experienced adult.

Whether he talks about racquetball, psychology, economics, children, or life, he speaks with a maturity which proves that while seeking fulfillment, he is aware of the stumbling blocks on the road to attainment. He refers to his development as a human being who would like to go beyond the boundary lines of fame. "It's an up and down affair. Some desire grabs at you every now and then, and you just have to push it aside. But, it might grab hard enough to pull you down."

Happiness has been defined as a sense of direction, and Jerry has a keen sense for the well-being of his marriage, for a good portion of his happiness results from the relationship that he and Debbie are building together. Perhaps they share their understanding of each other because of the obstacles they have faced together; religious differences, jointly leaving a secure home base in St. Louis, setting up a new life in an unfamiliar city, and not only having to learn to live with each other (which is difficult enough for most young couples), but also having to contend with the extra impact of instant fame on their lives.

Standing next to each other, discussing their desires for starting their own family and yet trying to develop as independent, achieving adults, one can see the love they have for each other. One can see the vision of the family they talk about. Their tomorrow seems very near when these two warm, energetic and responsible, giving human beings will create their own family.

With the love they have for each other, how promising for their children to thrive in that healthy environment. Jerry and Debbie agree that people who nourish each other nourish those around them. ●

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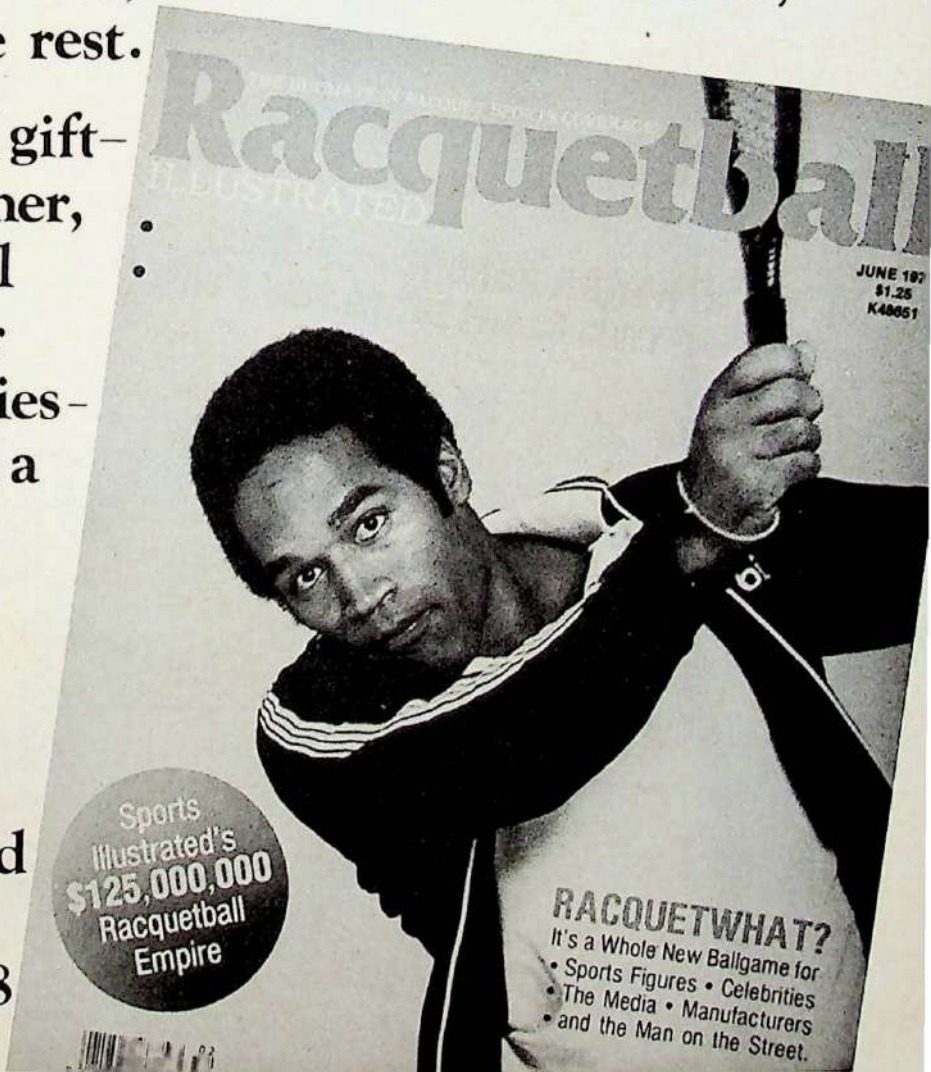


THE GIRL ON THE COURT NEXT DOOR

BY HERKOS GRAFOS

There's got to be a reason for so many pretty girls putting in their time in a racquetball club instead of doing all the things pretty girls used to do. Whatever that was. Where did they all come from? Sometimes you begin to think they developed with the sport, suddenly. Seeking an answer to these perplexing questions and a couple of others, your intrepid editorial staff roamed far and wide, sparing no expense, and at great personal sacrifice to talk to some of these lovelies.

On second thought, maybe it wasn't such a great sacrifice, after all. Perhaps it should become an ongoing feature. Maybe we should make time to do this for every issue. What do you think?

Kathy Hyre is a secretary for a local real estate board. She's perfectly happy with her job, but at 19 years of age, wants to save some money and continue her schooling. She's looking forward to a drama major.

Her days are very active because she travels a lot with her clients and when she finishes work there is a lot of tension still hanging on. She feels that there may be a few extra pounds hanging on also. So she's interested in the weight training aspects offered by the club. Working out with these, she hopes to trim an already lovely figure. The waist and the legs are areas she wants to deal with. So, the beauty bells come to the rescue again.

"I think the reason this is taking so long is that I just love to eat."

She's just getting into racquetball and is working hard to improve her game.

Georgeanne Durda finds racquetball to be a very exhilarating sport. "Everyone needs one sport to bring out their energies," she says. "Racquetball helps not only with physical fitness and firmness, but, there is such concentration required that it relaxes your mind. That's why I come here. I need that relaxation. My job is very strenuous and demands a great deal of mental energy through the day." Georgeanne sells government securities and bonds. The people she deals with make such heavy withdrawals from her mental reserves that she needs these moments to herself. Jogging, running, and racquetball bring her back to a more realistic way of living. "You can really take out a lot of your daily

MARJIE GARCIA

frustrations on that ball. I tried tennis... but, I'm a very impatient person. I could never make myself go through the learning period it takes in that game." A former ballet dancer, Georgeanne feels the need to express herself physically and she wants to keep her legs toned to the point where they feel right to her.

28 year old Marjie Garcia (Mrs.) gave us an entirely fresh reason for being in the health and racquetball club.

Just 8 months ago she became a mother for the first time. Feeling that there had to be a better way of getting back in shape she turned to the club. Now a regimen of exercise and racquetball have toned her body and given her a great outlook on life. It seems that this routine has given the mothers of our country a new tool to fight the old 'post-partum blues'.

Marjie puts in some time every day and says that she feels much better and that her mental and emotional outlook has improved greatly for it.

GEORGEANNE DURADA

We were happy to run into Denise Dupuy again because she's such a lovely lady. At 27 years of age she feels that racquetball has a lot to do with her being in such great shape and feeling so well. "I feel that any woman who is approaching 30 should be doing something active. The everyday routine, getting up doing the housework, going to a sit-down job, doesn't really do much for the body. But, racquetball is something women can do and do well."

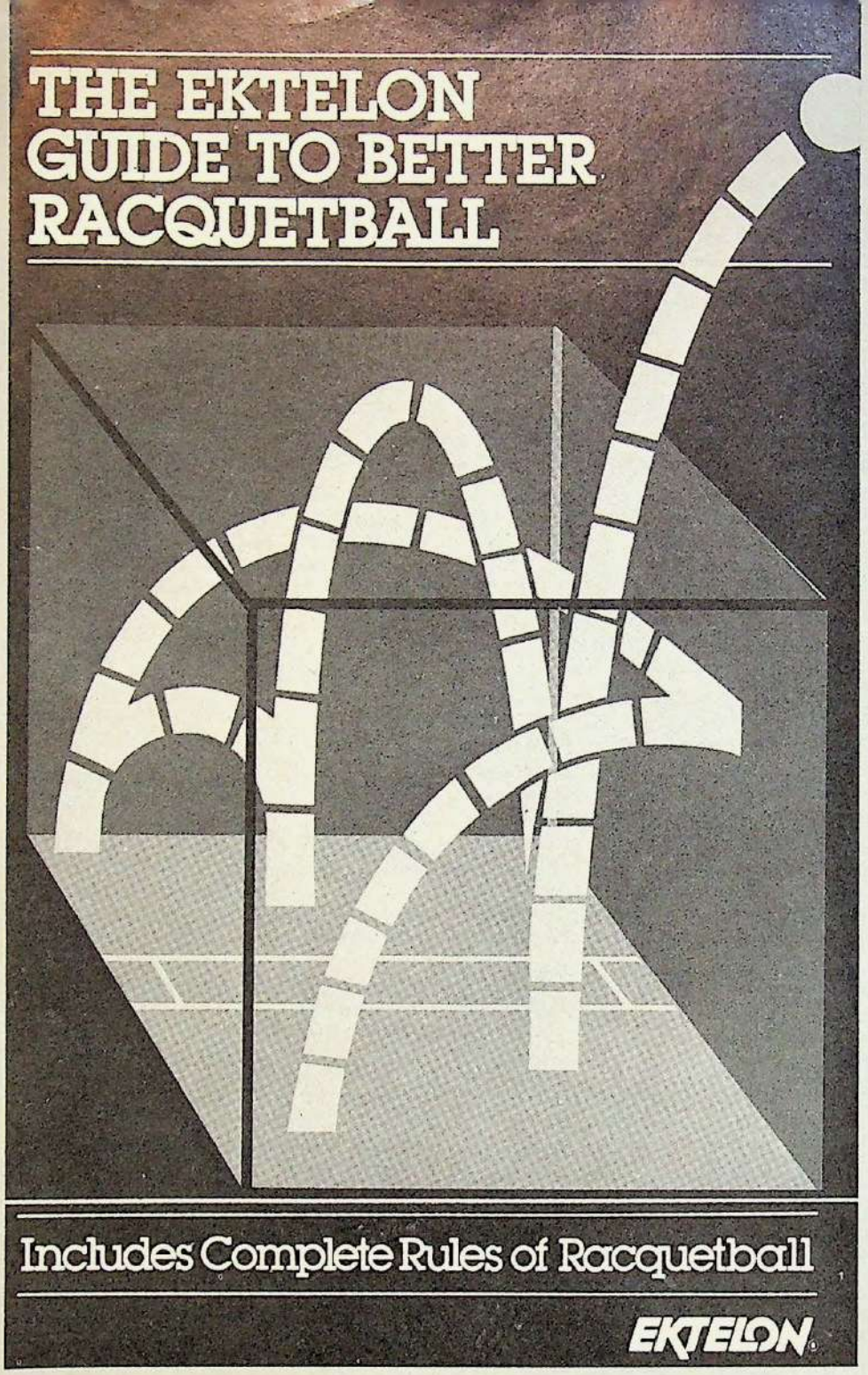
KATHY HYRE

Talking about the social aspects of club life Denise feels, "Guys who keep themselves in shape are just as great as girls who stay in shape. I think you can find a lot of interesting things in the sports world. I like a guy who keeps in shape because I keep myself in shape. I work out and exercise every night and I like a guy who does the same. Racquetball is a game where the gals can actually beat the guys. Of course, they have a little more strength. But, if you're in good shape and move around well, you can distract him a little."

Shari Slate is a Registered Nurse who specializes in terminal stress cases. This profession brings about its own stress in those who practice it. Being around the terminally ill for eight or more hours a day can bring some very depressing thoughts and attitudes into the individual. Shari feels that, "the extremely physical activities found in the clubs and especially on the racquetball courts helps to offset the negative side of (her) job and the stress generated there." While there is a tremendous amount of satisfaction to be had helping people, there isn't much you can actually do in some terminal cases. Sometimes you just have to sit and watch. These helpless times are the ones which hurt the most...this is when the physical outlet gives the greatest release from all the thoughts and feelings which accumulate during the long watchful hours.●

DENISE DUPUY

SHARI SLATE



This is the first of a two part series on racquetball rules. Part two will be featured in the October issue of RACQUETBALL ILLUSTRATED MAGAZINE. These rules were reprinted courtesy of Ektelon. To obtain a free copy of The Ektelon Guide To Better Racquetball simply fill out the handy coupon on page three.

PART I. THE GAME

Rule 1.1—Types of Games.
Racquetball may be played by two or four players. When played by two it is called 'singles', and when played by four, 'doubles.'

Rule 1.2—Description.
Racquetball, as the name implies, is a competitive game in which a racquet is used to serve and return the ball.

Rule 1.3—Objective.
The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a side makes an error, or is unable to return the ball before it touches the floor twice.

Rule 1.4—Points and Outs.
Points are scored only by the serving side when it serves an ace or wins a rally. When the serving side loses a rally, it loses the serve. Losing the serve is called an 'out' in singles, and a 'handout' in doubles.

Rule 1.5—Game.
A game is won by the side first scoring 21 points. See exception under Match in Rule 1.6.

Rule 1.6—Match.
A match is won by one side winning the first and second games. If each side wins a game, a tie-breaker game is played. NRC rules prescribe the tie-breaker as an 11 pt. game and IRA rules prescribe a 15 pt. game.

PART II. COURTS & EQUIPMENT

Rule 2.1—Courts.
The specifications for the standard four-wall racquetball court are:

(a) Dimension. The dimensions shall be 20 feet wide, 20 feet high, and 40 feet long. with back wall at least 12 feet high.

(b) Lines and Zones. Racquetball courts shall be divided and marked on the floors with 1½ inch wide red or white lines as follows:
(1) Short Line. The short line is midway between and is parallel with the front and back walls dividing the court into equal front and back courts.
(2) Service Line. The service line is parallel with and located 5 feet in front of the short line.
(3) Service Zone. The service zone is the space between the outer edges of the short and service lines.
(4) Service Boxes. A service box is located at each end of the service zone by lines 18 inches from and parallel with each side wall.
(5) Receiving Lines. Five feet back of the short line, vertical lines shall be marked on each side wall extending 3 inches from the floor. See Rule 4.7 (a).

Rule 2.2—Ball Specifications.
The specifications for the standard racquetball are: the ball shall be 2¼ inches in diameter; weight approximately 1.40 ounces; and at a temperature of 70-74 degrees F, with a 100 inch drop, rebound is to be 68-72 inches; hardness, 55-60 durometers; and internal pressure 2-4 pounds.

Rule 2.3—Ball Selection.
The ball shall be selected by the referee for use in each match in all tournaments. During a game the referee may, at his discretion or at the request of either player or team, select another ball. Balls that are not round or which bounce erratically shall not be used.

Rule 2.4—Racquet Specifications.
(a) Dimensions. The racquet will have a maximum head length of 11 inches and a width of 9 inches. These measurements are computed from the outer edge of the racquet head rims. The handle may not exceed 7 inches in length. Total length and width of the racquet may not exceed a total of 27 inches.

(b) The racquet must include a thong that must be securely wrapped on the player's wrist.

(c) The racquet frame may be made of any material, as long as it conforms to the above specifications.

(d) The strings of the racquet should be gut, monofilament or nylon. Metal or steel strings are permitted only if they do not mark or deface the ball.

Rule 2.5—Uniform.
The basic body of the uniform must be a light or bright color so as not to blend in with the black ball when it passes close to the body of the player. The uniform trim and shoes may be of any color. The front of the pants and shirt may contain a decal not measuring over five inches in any dimension. The decal may contain a club insignia or commercial advertising of any kind. The back of the uniform must be completely unadorned except that a player's name may be placed in one horizontal line across a shirt in letters not over three inches high. Doubles teams should wear similar colors to ease problems of referee identification. Warmup suits not worn in actual play may be of any color and may have any insignia anywhere. Players may not play without shirts in tournament competition.

PART III. OFFICIATING

Rule 3.1—Tournaments.
All tournaments shall be managed by a committee or chairman, who shall designate the officials.

Rule 3.2—Officials.
The officials shall include a referee and a scorer. Additional assistants and record keepers may be designated as desired.

Rule 3.3—Qualifications.
Since the quality of the officiating often determines the success of each tournament, all officials shall be experienced or trained, and shall be thoroughly familiar with these rules and with the local playing conditions.

Rule 3.4—Rule Briefing.
Before all tournaments, all officials and players shall be briefed on rules and on local court hinders or other regulations.

Rule 3.5—Referees.
(a) Pre-Match Duties. Before each match commences, it shall be the duty of the referee to:
(1) Check on adequacy of preparation of the court with respect to cleanliness, lighting and temperature, and upon location of locker rooms, drinking fountains, etc.
(2) Check on availability and suitability of all materials necessary for the match such as balls, towels, score cards and pencils.
(3) Check readiness and qualifications of assisting officials.
(4) Explain court regulations to players and inspect the compliance of racquets with rules.
(5) Remind players to have an extra supply of adequate racquets and uniforms.
(6) Introduce players, toss coin, and signal start of first game.

(b) Decisions. During games the referee shall decide all questions that may arise in accordance with these rules. If there is body contact on the back swing, the player should call it quickly. On all questions involving judgment and on all questions not covered by these rules, the decision of the referee is final.

(c) Protests. Any decision **not** involving the judgment of the referee may on protest be decided by the chairman, if present, or his delegated representative.

(d) Forfeitures. A match may be forfeited by the referee when:
(1) Any player refuses to abide by the referee's decision, or engages in unsportsmanlike conduct.
(2) After warning, any player leaves the court without permission of the referee either during a game or between the first and second games.
(3) Any player for a singles match, or any team for a doubles match fails to report to play. Normally, 20 minutes from the scheduled game time will be allowed before forfeiture. The tournament chairman may permit a longer delay if circumstances warrant such a decision.
(4) If both players for a singles, or both teams for doubles fail to appear to play for consolation matches or other playoffs, they shall forfeit their ratings for future tournaments, and forfeit any trophies, medals, or awards.
(5) A third technical foul is assessed to anyone player or team during the course of a match. See Rule 4.13.

Rule 3.5
(e) Referee's Technical. (NRC Only) The referee is empowered after giving due warning, to deduct one point from a contestant's or his team's total score when in the referee's sole judgment, the contestant during the course of the match is being overtly and deliberately abusive beyond a point of reason. The warning referred to will be called a 'Technical Warning' and the actual invoking of this penalty is called a 'Referee's Technical.' If after the technical is called against the abusing contestant and the play is not immediately continued within the alloted time provided for under the existing rules, the referee is empowered to forfeit the match in favor of the abusing contestant's opponent or opponents as the case may be. The 'Referee's Technical' can be invoked by the referee as many times during the course of a match as he deems necessary.

Rule 3.6—Scorers.
The scorer shall keep a record of the progress of the game in the manner prescribed by the committee or chairman. As a minimum the progress record shall include the order of serves, outs, and points. The referee or scorer shall announce the score before each serve.

Rule 3.7—Record Keepers.
In addition to the scorer, the committee may designate additional persons to keep more detailed records for statistical purposes of the progress of the game.

Rule 3.8—Linesmen.
In any sanctioned tournament linesmen may be designated in order to help decide appealed rulings. Two linesmen will be designated by the tournament chairman and shall, at the referee's signal either agree or disagree with the referee's ruling. The official signal by a linesman to show agreement with the referee is 'thumbs up.' The official signal to show disagreement is 'thumbs down.' The official signal for no opinion is an 'open palm down.' Both linesmen must disagree with the

referee in order to reverse his ruling. If one linesman agrees and one linesman disagrees or has no opinion the referee's call shall stand.

Rule 3.9—Appeals.
Calls which may be appealed when using linesmen are 1) kill shot (whether good or bad); 2) short serves; and 3) double bounce pick-ups. Hinder calls or technicalls may not be appealed.

PART IV. PLAY REGULATIONS

Rule 4.1—Serve, Generally.
(a) Order. The player or side winning the toss becomes the first server and starts the first game, and the third game, if any.

(b) Start. Games are started by the referee calling 'play ball.'

(c) Place. The server may serve from any place in the service zone. No part of either foot may extend beyond either line of the service zone. Stepping on the line (but not beyond it) is permitted. Server must remain in the service zone until the served ball passes short line. Violations are called 'foot faults.'

(d) Manner. A serve is commenced as the ball leaves the server's hand. The ball must bounce on the floor in the service zone and on the first bounce be struck by the server's racquet so that it hits the front wall first and on the rebound hits the floor back of the short line, either with or without touching one of the side walls.

(e) Readiness. Serves shall not be made until the receiving side is ready, or the referee has called 'play ball.'

Rule 4.2—Serve, In Doubles.
(a) Server. At the beginning of each game in doubles, each side shall inform the referee of the order of service, which order shall be followed throughout the game. Only the first server serves the first time up and continues to serve first throughout the game. When the first server is out—the side is out. Thereafter both players on each side shall serve until a hand-out occurs. It is not necessary for the server to alternate serves to their opponents.

(b) Partner's Position. On each serve, the server's partner shall stand erect with his back to the side wall and with both feet on the floor within the service box until the served ball passes the short line. Violations are called 'foot faults.'

Rule 4.3—Defective Serves.
Defective serves are of three types resulting in penalties as follows:

(a) Dead Ball Serve. A dead ball serve results in no penalty and the server is given another serve without canceling a prior illegal serve.

(b) Fault Serve. Two fault serves result in a hand-out.

(c) Out Serves. An out serve results in a hand-out.

Rule 4.4—Dead Ball Serves.
Dead ball serves do not cancel any previous illegal serve. They occur when an otherwise legal serve:

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RULES continued

(a) Hits Partner. Hits the server's partner on the fly on the rebound from the front wall while the server's partner is in the service box. Any serve that touches the floor before hitting the partner in the box is a short.

(b) Screen Balls. Passes too close to the server or the server's partner to obstruct the view of the returning side. Any serve passing behind the server's partner and the side wall is an automatic screen.

(c) Court Hinders. Hits any part of the court that under local rules is a dead ball.

Rule 4.5—Fault Serves.
The following serves are faults and any two in succession result in a hand-out:

(a) Foot Faults. A foot fault results:
(1) When the server leaves the service zone before the served ball passes the short line.
(2) When the server's partner leaves the service box before the served ball passes the short line.

(b) Short Serve. A short serve is any served ball that first hits the front wall and on the rebound hits the floor in front of the back edge of the short line either with or without touching one side wall.

(c) Three-Wall Serve. A two-sided serve is any ball served that first hits the front wall and on the rebound hits two side walls on the fly.

(d) Ceiling Serve. A ceiling serve is any served ball that touches the ceiling after hitting the front wall either with or without touching the floor.

(e) Long Serve. A long serve is any served ball that first hits the front wall and rebounds to the back wall before touching the floor.

(f) Out-of-Court Serve. Any ball going out of the court on the serve.

Rule 4.6— Out Serves.
Any one of the following serves results in a handout:

(a) Serving Time. The server is required to put the ball into play within 10 seconds after the referee calls the score.

(b) Missed Ball. Any attempt to strike the ball on the first bounce that results either in a total miss or in touching any part of the server's body other than his racquet.

(c) Non-Front Serve. Any served ball that strikes the server's partner, or the ceiling, floor or side wall, before striking the front wall.

(d) Touched Serve. Any served ball that on the rebound from the front wall touches the server, or touches the server's partner while any part of his body is out of the service box, or the server's partner intentionally catches the served ball on the fly.

(e) Out-of-Order Serve. In doubles, when either partner serves out-of-order. Any points which may have been scored during an out-of-order serve will be automatically void with the score reverting to the score prior to the out-of-order serve.

(f) Crotch Serve. If the served ball hits the crotch in the front wall it is considered the same as hitting the floor and is an out. A crotch serve into the back wall is good and in play. A served ball hitting the front wall-side wall crotch is an out serve.

Rule 4.7—Return of Serve.
(a) Receiving Position. The receiver or receivers must stand at least 5 feet back of the short line, as indicated by the 3 inch vertical line on each side wall, and cannot enter into this safety zone until the ball has been served and passes the back service line (shortline). At that point the receiver may enter the safety zone to return serve, however, neither his racquet nor his body may infringe on the imaginary plane marked by the short line. A violation of this plane would result in a point for the server.

(b) Defective Serve. To eliminate any misunderstanding the receiving side should not catch or touch a defectively served ball until called by the referee or it has touched the floor for the second time.

(c) Fly Return. In making a fly return, no part of the receiver's body or racquet may enter into the serve zone. A violation by a receiver results in a point for the server.

(d) Legal Return. After the ball is legally served, one of the players on the receiving side must strike the ball with his racquet either on the fly or after the first bounce and before the ball touches the floor the second time to return the ball to the front wall either directly or after touching one or both side

walls. The back wall or the ceiling, or any combination of those surfaces. A returned ball may not touch the floor before touching the front wall. It is legal to return the ball by striking the ball into the back wall first, then hitting the front wall on the fly or after hitting the side wall or ceiling.

(e) Failure to Return. The failure to return a serve results in a point for the server.

Rule 4.8—Changes of Serve.

(a) Hand-out. A server is entitled to continue serving until:

(1) Out Serve. He makes an out serve under Rule 4.6 or;

(2) Fault Serves. He makes two fault serves in succession under Rule 4.5 or;

(3) Hits Partner. He hits his partner with an attempted return before the ball touches the floor a second time.

(4) Return Failure. He or his partner fails to keep the ball in play by returning it as required by Rule 4.7(d);

(5) Avoidable hinder. He or his partner commits an avoidable hinder under Rule 4.11.

(b) Side-Out. In singles, retiring the server the side. In doubles, the side is retired when both partners have been put out except on the first serve as provided in Rule 4.2(a).

(c) Effect. When the server or the side loses the serve, the server or serving side shall become the receiver; and the receiving side, the server; and so alternately in all subsequent services of the game.

Rule 4.9—Rallies.

Each legal return after the serve is called a rally. Play during rallies shall be according to the following rules:

(a) One or Both Hands. Only the head of the racquet may be used at any time to return the ball. The ball must be hit with the racquet in one or both hands. The use of any portion of the body is an out.

(b) One Touch. In attempting returns, the ball may be touched only once by one player on the returning side. In doubles both partners may swing at, but only one may hit the ball. Each violation of (a) or (b) results in a hand-out or point.

(c) Return Attempts.

(1) In singles, if a player swings at but misses the ball in play, the player may repeat his attempts to return the ball until it touches the floor for the second time.

(2) In doubles, if one player swings at but misses the ball, both he and his partner may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to return the ball.

(3) Hinders. In singles or doubles, if a player swings at but misses the ball in play, and in his, or his partner's attempt again to play the ball there is an unintentional interference by an opponent it shall be a hinder. (see Rule 4.10.)

(d) Touching Ball. Except as provided in Rule 4.10 (a)(2), any touching of the ball before it touches the floor the second time by a player other than the one making a return is a point or out against the offending player.

(e) Out of Court Ball.

(1) After Return. Any ball returned to the front wall which on the rebound or on the first bounce goes into the gallery or through any opening in a side wall shall be declared dead and the serve replayed.

(2) No Return. Any ball not returned to the front wall, but which caroms off a player's racquet into the gallery or into any opening in a side wall either with or without touching the ceiling, side or back wall, shall be an out or point against the players failing to make the return.

(f) Dry Ball. During the game and particularly on service every effort should be made to keep the ball dry. Deliberately wetting shall result in an out. The ball may be inspected by the referee at any time during a game.

(g) Broken Ball. If there is any suspicion that a ball has broken on the serve or during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken or otherwise defective, a new ball shall be put into play and the point replayed.

(h) Play Stoppage.

(1) If a player loses a shoe or other equipment, or foreign objects enter the court, or any other outside interference occurs, the referee shall stop the play.

(2) If a player loses control of his racquet, time should not be called until after the point has been decided, providing the racquet does not strike an opponent or interfere with ensuing play. ●

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Shannon Wright:

"Everything I've Ever Dreamed Of"

If a lady has everything a gentleman can't even offer her a Tiparillo. That's the way it looks about now for Shannon Wright. The lady is doing very nicely.

There's something sparkling in the way she says, "I've got everything I want right now." The words hold a natural elation which isn't heard very often. It comes from someplace deep inside and splashes around the room like sunshine.

There are some solid reasons why Shannon can say this with real conviction. She does have things pretty well lined up. She has worked hard. She's in a good spot. And, she's bright enough to know it.

Her year long relationship with Wilson has given her the base she needed to bring off a number of other things which will prove even more profitable and satisfying further down the line. "I'm on the advisory staff at Wilson. My autograph racquet is coming out next week and I do all kinds of promotion for them."

She sees this as an ongoing relationship which will only mellow and grow through the years ahead. "My career could probably go on like Jack Kramer's. He's been working for Wilson Sporting Goods for like 30 or 40 years. I'm not really sure how long. It could very easily be a lifetime career for me. They're about number one in everything they do. They've taken on racquetball, they're bound to be number one in that, too. I believe they will."

For starting in racquetball just 6 years ago when she was 15, Shannon has done quite a bit. She's come a long way from Ft. Worth. But, the Texas charm is still in her speech and the future holds a lot of promise for her.

Right now she and her manager, Jim Willis, are putting in some long hours over the drafting table with their architect. They're planning something big for Las Vegas where Shannon makes her home when she's not on the circuit or conducting racquetball camps for Wilson.

"He and I are putting together a racquetball facility here in Las Vegas. It's going to be called 'Championship Racquetball'. It's going to be strictly for clinics and tournaments." The excitement in her voice mounts as she continues. "When we get our club opened,

by Bob Shultz

I'll be doing a lot more teaching...but, it will be in my own club." There's a great note of pride and anticipation in her voice.

Can she get much more excited? You bet she can.

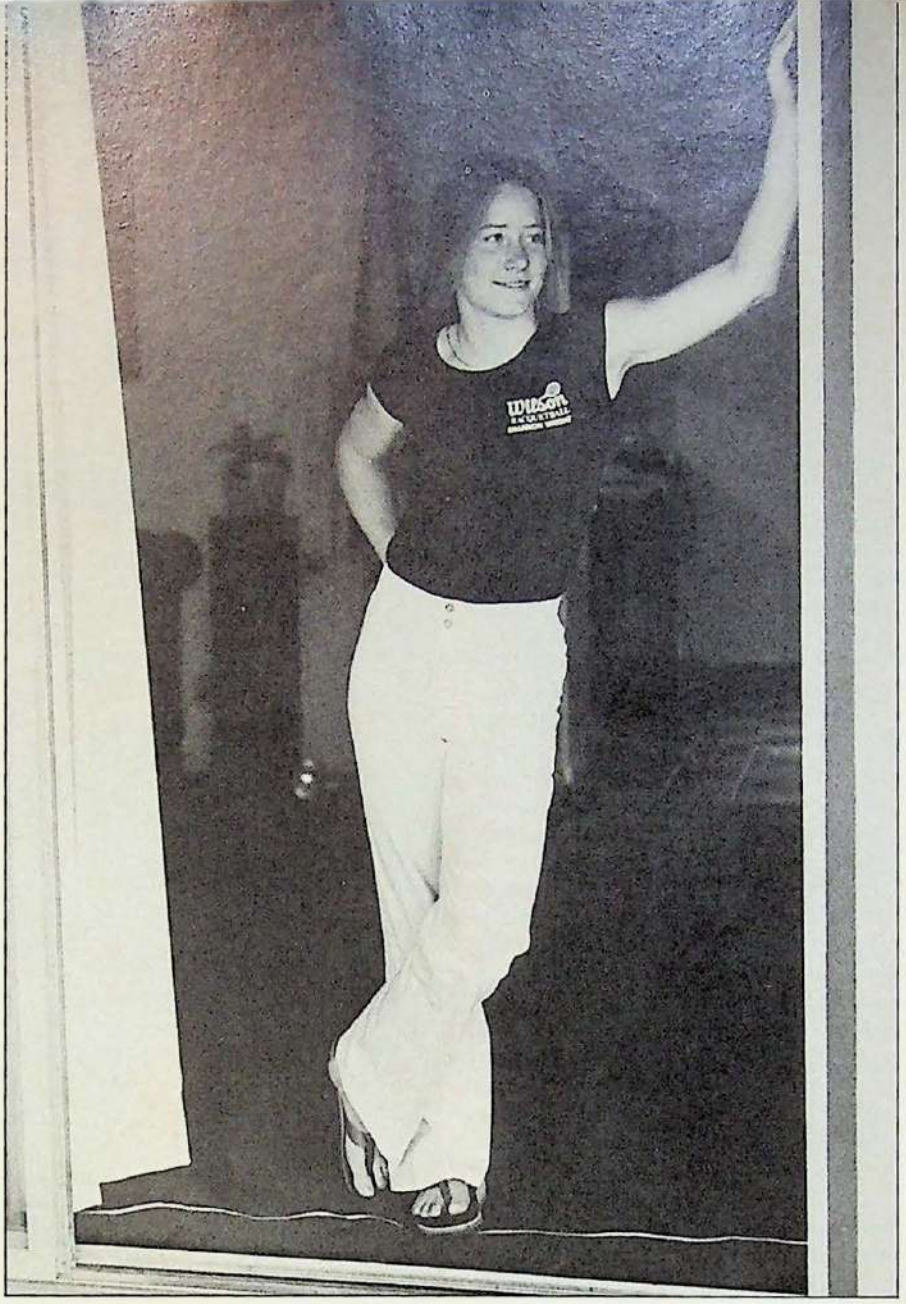
Asked about the details of the new courts she poured out the information non-stop. "We're going to have four glass courts. One of them is going to be all glass...the other 3 will have three glass walls. It's going to be a dynamite facility. It's going to be in a big circle with theater type chairs. And the front wall and the back wall will be glassed. What happens is after the first game, they switch front walls so the crowd can see the players from both ends. The first game, one end will be the front and the second game, the other end will be the front. We'll have seating for about 600. If we had those bleacher type seats we could probably seat about 1200."

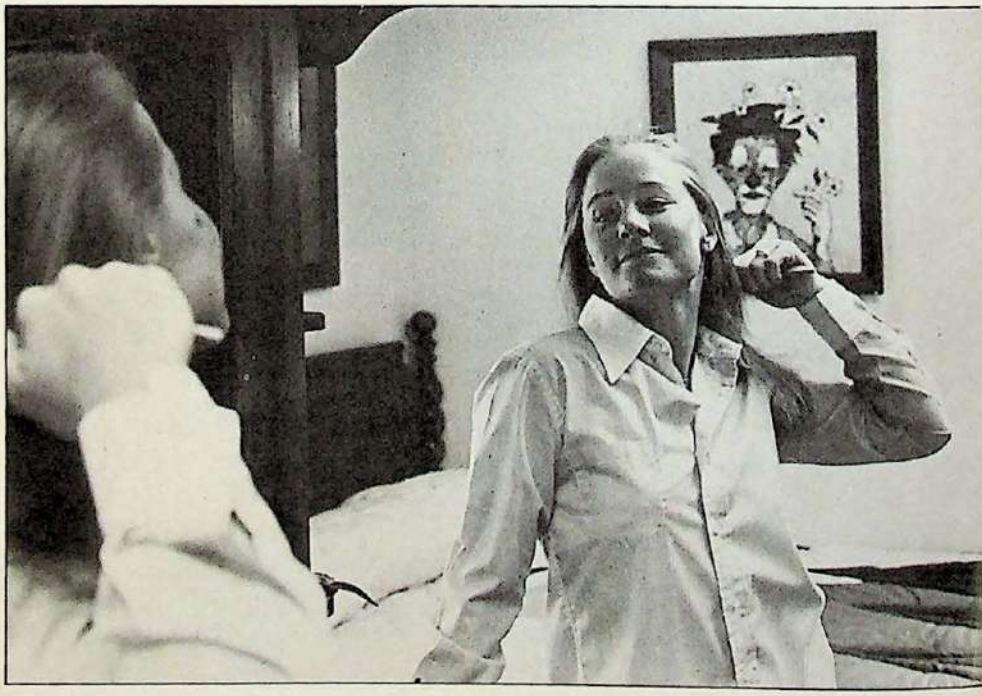
This may be the first court to have all four walls made of glass. At least, Shannon says she has never seen or played on one...and she's played just about every major court in the country. They also have plans to improve the general lighting on the courts. "We're going to have theater lighting in the main court arena. This way I think you can get more light on the court without it seeming overly bright to the players. It won't hurt their vision."

Even the glass will be of a new type which appears white from the inside, but allows the audience to see through from the outside. "There's a whitener in the glass...looking from the inside, the glass seems opaque. The players won't have the problem of judging the distance like they do now in some of the courts. It looks like a solid plaster wall."

Shannon isn't carrying picket signs or burning her bra or doing any of the things some of the more demonstrative ladies did a few years ago to draw attention to things they felt were wrong. But, she does have a few thoughts about the role women play in racquetball today. "Prize money is going to go up. Conditions in the clubs we play are going to get better and better. I think women have a unique opportunity right now to actually get ahead of the men. They're not getting paid as much as the men, but I think they could be very easily. Women could attract bigger audiences than men."

"And one thing I think women have way over the men," she goes on, "is





sportsmanship. Women just can't get by with the things men can. We can't go out on the courts and cuss and say terrible things and shoot the bird like some of the men. Society condones these things much more for a man."

There's no anger or even a trace of the bitterness which was heard in so many of the women who were saying similar things a few years back. She says these things so simply and quietly that the absolute logic comes right through. "I'm a professional athlete...that's much tougher than being a male athlete. We still have to stay inside society's image of the female. The limitations on a woman are a lot tougher than those on a man. A woman has to remain a lady, but a man doesn't have to remain a gentleman. It's nice when you see a male athlete remain the gentleman on the court, but they don't have to. They're not criticized harshly by the other players if they don't. They forgive a man if he gets out of hand. But, for the woman, they don't forget things like that very easily."

Nor does she scream and yell about some of the things she believes are inequitable right now. She says them like a lady. "I think that a woman who does just as good a job as a man should be paid the same. I think that people ought to be treated as people whether they are a woman, a black, or a white...just because we're human beings."

Speaking of some tournament prizes for women being noticeably smaller than those for the men, Shannon says, "It's really sad because I can tell you that I work just as hard as any of the other racquetball players and racquetball players probably train harder than most other professional athletes. I think the pay should be based and determined on whoever draws the largest audience." This brings another area of inequity to mind...she expands on it. "Tournaments always give prime time to the men and they stick the women in beforehand or something. They have the women play at 12 o'clock on Sunday when everyone has gone to church. They let the men play later in the afternoon when everybody's back and ready to relax for a while. I think the thing that should determine who gets the biggest money should be who gets the biggest audience. I hope that some of the people who are going to be sponsoring some of the big tournaments, some of the big companies, will realize the value of and the appeal of the women. If they do, they'll be putting up more money and things might change."

Shannon also plans to bring out her own line of clothing sooner or later because she feels that most of what is shown now isn't properly designed for both action and beauty. "I'm working on them now. I'll probably wait until after the Nationals to wear them."

Shannon has worked her little shoes off to get this far at such a young age. But, she feels she still has a long way to go. "I think by the time I play for another ten years, I'll just about have all the basics down. In another 4 or 5 years I still won't have reached my peak. I believe women athletes tend to peak about 27 or 28. Don't they? I should keep getging better and better because I will have the basics and the tournament experience from playing over the years."

Shannon works hard to maintain her body in the condition she feels necessary to play her best game. To keep her wind good and her legs strong she runs a lot. "I ran half a marathon last July 4th in Coronado, California. It was 13 miles long and there were about 2500 people in the race. I came in number 1203. It's an amazing experience. You don't get a starting position...you just get what you can. It took me five minutes just to pass the starting line. But," she laughs, "it wouldn't have mattered if I was five minutes ahead...I still wouldn't have won. If I had been ten minutes ahead, I wouldn't have won. Even if I had been an hour ahead, I still wouldn't have won. There are some really fast guys in that race." ●

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100 Hours of Racquetball

A NEW GUINNESS WORLD RECORD

by Don Cox

Phoenix tv personality, Pat McMahon is added to lengthy list met by new Guinness Book of World Records winner, Gerry Corcoran.

Motivation is a characteristic hard to pinpoint in the total physical makeup of an athlete.

But it alone often pushes bone and muscle to their limits—and beyond. It's the fuel for hitting 60 home runs during a single six-month baseball season, or running the mile in less than four minutes. In the language of locker rooms it's called guts. On the playing field an individual's performance is often measured against someone else's notion of intestinal fortitude. Athletes, like a lot of others, are constantly striving to achieve goals set by someone else.

Gerry Corcoran, however, defined his own effort. The 26-year-old Phoenix, Ariz. elementary school teacher and coach lived up to a self-imposed standard. Within the four-wall confines of a racquetball court, Corcoran transformed a fund raising publicity gimmick into a very personal achievement.

During five days spanning the end of April and the beginning of May, Corcoran hit enough backhands and pinch shots at enough opponents to set a new world record of over 100 hours for continuous racquetball play. To be exact, Corcoran finally stopped after 100 hours, 13 minutes and 13 seconds of taking on all comers in the main spectator court at the Metro Racquet Club in Phoenix. Corcoran smashed the listed Guinness Book of Records of 61 hours, 10 minutes by nearly 40 hours. The old marathon mark was established in 1977 by Jim Easterling at the Racquetball Plus Racquetball Club in Grand Rapids, Mich.

"I wanted to set a record no one would try to break," declared Corcoran. Throughout the marathon Corcoran raised his objective—first from 62 to 72 hours, then 80, and finally 100.

Corcoran, a teaching professional at Metro Racquet club, began his record assault April 28 as part of a two-man team. He and Bruce Frankie, a Phoenix-area track coach, had planned to surpass the 61-hour mark as a doubles team. More than 30 local media, sports and government celebrities were scheduled to play the pair. Anyone who played Corcoran and Frankie payed $3 per game for the privilege, with all proceeds going to Frankie's Phoenix-based Amateur Athletic Union track team. But Frankie dropped out of the competition after 23 hours with a knee injury, leaving Corcoran to carry on.

He was well prepared for the ordeal. The record try was no spur-of-the-moment lark for Corcoran. He'd spent three months planning and training for the event. Since February, Corcoran's daily routine had included four hours of hard racquetball competition and a two-mile run. A week before the actual record attempt Corcoran played for 12 consecutive hours as a sort of trial run.

Meanwhile, the staff at Metro Racquetball Club made all necessary paperwork arrangements with the Guinness Book of Records. "We started the correspondence three months ago," explained club manager Joanne Walters. "It was fun getting mail from England. We found out the postage was 80 cents. It's been an interesting few weeks around here."

Marathon rules stipulated that play be continuous. Regulations did allow Corcoran a five-minute break each hour. During the five days Corcoran let his rest time build before taking extended breathers ranging from a 40-minute shower and dinner period to a couple of hours for sleep.

Corcoran's 100 hours of racquetball began on a Friday, April 28th at 6:30 a.m. and ended the following Tuesday. Here are a few of the highlights in between:

April 29 (Saturday), 3:30 p.m.—Corcoran has played for 33 hours. "I'm shooting for 72 hours," says Corcoran. "Bruce (Frankie) had to drop out after 23 hours. He hurt his knee. He went after a shot he should have never tried for."

Corcoran has played 96 games and won 95. "I played Tom Van Arsdale (former National Basketball Association player with the Phoenix Suns)," he comments. "He really wore me down. I've been on the court since yesterday. Hopefully I'll go 80 hours, if I'm still standing. I'll make it if nothing breaks down. I'll rest two or three

hours Sunday."

April 30 (Sunday), 3:30 p.m.—Corcoran has reached 57 hours. He's won all but three of 166 games. "I've been playing singles to reduce the chance of injury," he points out. In hour 58 Corcoran beats Phoenix radio personality George Allen 21-13.

April 30 (Sunday), 7:30 p.m.—Corcoran is taking his first extended break since a two-hour nap early that morning. He's played 61 hours and is just 10 minutes away from breaking the existing world marathon record. "I feel like I can go 100," smiles Corcoran. "I'll see what I feel like after 72 hours."

After taking a shower Corcoran passes the record while sitting down to a spaghetti dinner. "What I'm trying to do is get a balance. I ate steaks at first," he explains. "If you have too much protein and not enough carbohydrates, it isn't good. It's amazing I'm carrying on a conversation. I can't believe it. I feel good."

Corcoran is examined by Phoenix chiropractic specialist Dr. William Heath. "Without him (Heath) I'd have been out after 40 hours," Corcoran insists. "I'd be a zombie. My energy level is the same as when I started. He's been examining me every four hours. Why break the record by just a couple of minutes? I want to set a record people won't want to try and duplicate. The only thing that will stop me will be a mechanical break. That's why I stopped playing doubles.

"My wife said as soon as I started to look bad I had to quit," he adds. "So, I'm trying to look good."

Corcoran's won-loss record for 61 hours is 175-3. Returning to the court for hour 62 he receives an ovation from a small crowd gathered in the club's lobby. Corcoran responds with a 21-7 win over Phoenix radio sportscaster H.G. Listiak.

May 1 (Monday), 2:30 p.m.—After 80 hours Corcoran's record is 229-9.

"No matter how I feel then, I'm quitting after 100 hours," he declares. "Even if I feel just like I do now. I'd feel guilty about setting a world record if I didn't play the best I could. I'm starting to feel something now and I'm glad.

"I'm starting to feel good about it," Corcoran continues. "I have something to be proud of."

May 2 (Tuesday), 10:43 a.m.—Corcoran stops after 100 hours, 13 minutes and 13 seconds of racquetball. "That's because 13 is my lucky number," he laughs. "I feel like I could have gone 150 hours, but I didn't see any point in it."

Corcoran's final game is a 21-20 doubles victory with brother Terry against Listiak and AAU trackster Hoyt Parker. His marathon record is 268-10.

Looking nearly as fresh as he did when the marathon started, Corcoran celebrates by eating a steak, then some cake. He sleeps eight hours, then returns to his school teaching duties the next day. ●

The LEGEND Aces the MYTH

by Charles Lucas

Good Grief, the fury is mounting on both sides and there hasn't been a distinctly definitive answer given as yet. There has been a lot of yelling and screaming from all the interested parties ...but; no one has given an obviously well thought out answer.

John Newcombe feels that the argument made against switching from tennis to racquetball and back and forth is much like the argument made against switching from one musical instrument to another related instrument. Like going from the clarinet to the saxophone or from the piano to the organ. Some say it ruins the musician for both instruments.

But, 'taint so with racquetball and tennis.

"There are two things that are different about racquetball. First your racquet is a much smaller size. That's not going to affect you very much, if you play racquetball very well. But, if you play racquetball very well, you have to use a lot of wrist, and that is very bad for tennis." To this point it sounds like the judge might give the decision to the anti-mixing side of the argument. But, don't bet on the outcome yet.

"But, if you're an average player," the Newk continues, ". . . an average tennis player and an average racquetball player...I don't think it's going to hurt that much." How was that for a quick turn around. Well, Newcombe is noted for that on both the tennis courts and the racquetball courts.

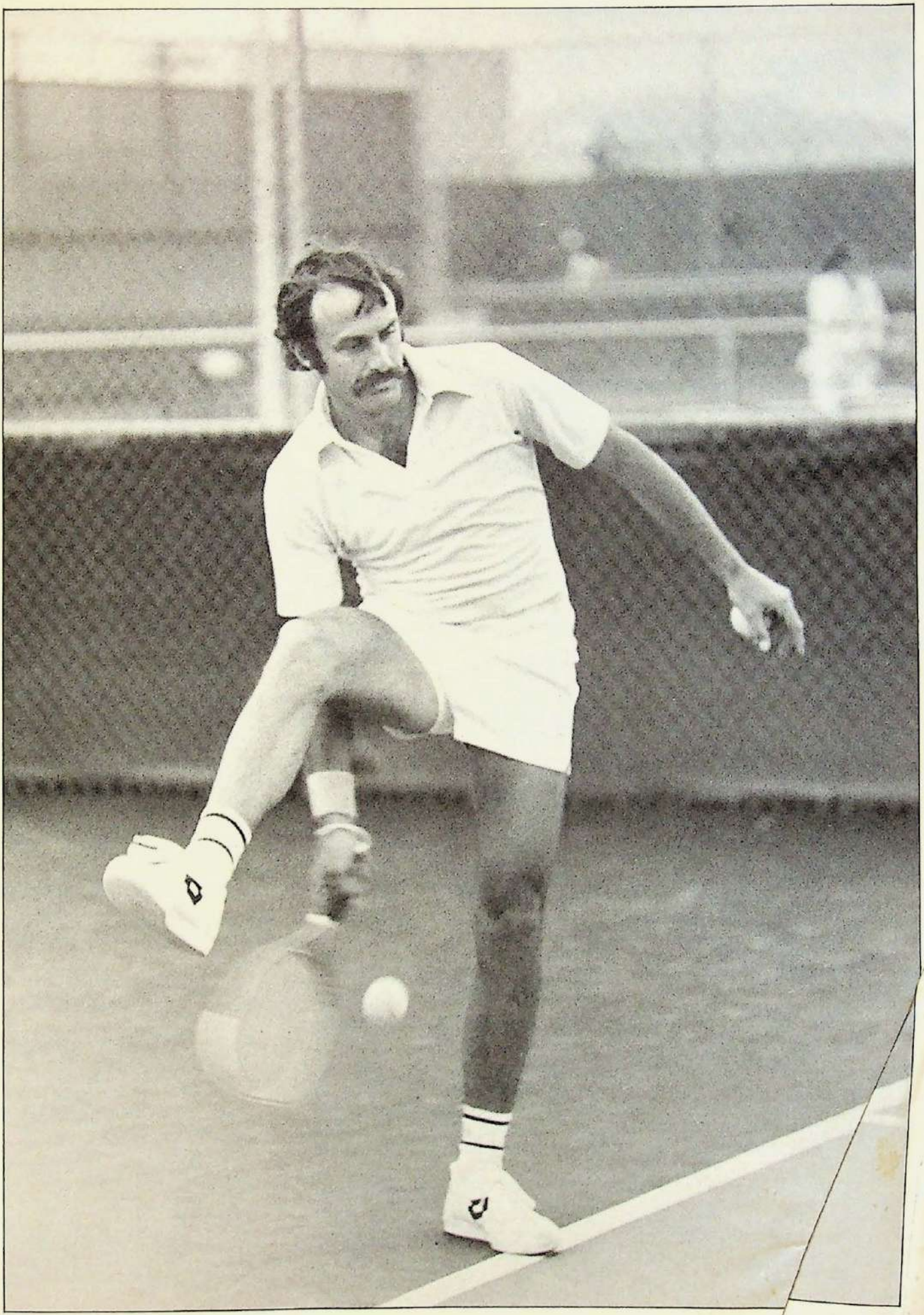
Newcombe came to racquetball rather recently, early 1978. "I play mainly for relaxation. I don't play regularly, mainly because I'm too busy."

Readers may wonder about John Newcombe's bona fides. If you are in that limbo, you have been in Never Slovobia for several decades. And your grasp of tennis is limited to such names as Tilden and Moody. You may even think that Davis Cup is what a former Los Angeles Police Chief uses for his morning coffee. Not so. It is to tennis what the Oscar is to the motion picture industry.

John Newcombe's tennis education started in Sydney, Australia, when young John was nine years old. The son of a dentist, John had exceptional athletic ability even then. It was a family characteristic. When John was only 11, his parents were worried because he spent much too much time playing tennis. But John Newcombe proved to be even more headstrong than they were. He concentrated more and more on tennis. By the time he was 16, he was the third youngest player ever named to an Australian overseas tennis team. Fresh out of high school, John traveled seven months with the team.

The pieces fell into place for him right down the line. At 17, he played in England at Wimbledon. Two years later he was on the Australian Davis Cup team. The soft spoken athlete, with his charming Down Under accent, played with all the speed and subtlety of a runaway buzz saw. But he was a winner and a champion. He still is. In 1965, Newcombe won his first major victory in a doubles match with Tony Roche. They retained the Davis Cup for Australia. They repeated their triumph in 1967. But Newcombe also won the singles title. He captured his first Wimbledon in 1967, as an amateur. He turned pro in 1967 and took Wimbledon again in 1970 and and 1971. In 1967 he also took the U.S. singles crown at Forest Hills. In 1972 he was ranked among the six best tennis players in the world.

Now 34, Newcombe has been in and out of all the pro circuits. But when he turns on the steam, he heads straight for the top. In December, 1977, Newcombe was a low ranked number 265 in the world ratings. He attributes it to his failure to play for a couple of years. In less



than five months he was ranked back up at number 16 in the world ratings, and he's still climbing. For the summer he has tournaments scheduled against the top players of the world. His game now is said to resemble the sleek power, style, reserve and subtlety of a Rolls Royce unleashed on a country road. Who says tennis or racquetball is for the under 30s crowd.

In 1972, Newcombe went into the over $100,000 per year mark for tennis earnings. Also gifted with a shrewd business sense, Newcombe invested wisely and began a series of rather bold business ventures that are thriving today.

Newcombe has four tennis centers in Hawaii, one in San Antonio, Texas, one in Houston, John Newcombe's Vacation Resort in Orlando, Florida and the John Newcombe Tennis Center at Stratton Mountain, Vermont. They compete with tennis for John Newcombe's time and energy. But he still finds time to relax by inventing ways of beating roulette. Some friends claim that his system actually does work—at times.

Does Newcombe have any tips on training for either the tennis player or the racquetball player? Indeed, yes. "I have a routine I had especially planned and written out by someone in Australia. I do it everyday in the gymnasium, and it takes about an hour non-stop. I concentrate on the stomach, arms and legs. I work out with light weights, nothing heavy. And I jog about two or three miles. Then I do wind sprints. My best distance for wind sprints is about 60 yards.

"I do about 60 yards and then jog back, do the wind sprints again, and I keep that up for about 10 or 12 times. I think this is one of the best things anyone can do because, you see, it builds recovery. Of course, it builds wind and strength, too. But racquetball and tennis are fast, start-stop games with lots of turns and quick moves. Recovery is vital to survival. It's tough on legs, the side muscles on the legs take a hell of a beating. But I should emphasize that the best conditioner of all is just playing. That's true of all the games: tennis, racquetball, squash, whatever. That's where you get your timing and your best all around conditioning, Newcombe insists.

Generally Newcombe uses a balanced healthful diet. But once in a while he has a pizza or a beer, just because he feels like it.

Of special interest to readers is a half hour TV series packaged and hosted by John Newcombe. The show, called *The Good Life* had over 35 episodes filmed and on tape, ready for a September 1978 debut, at the time of *Racquetball Illustrated's* interview with him. The show focuses on health, diet, nutrition, general health, how to get in shape and stay there, and, of course, sports. Among the celebrities interviewed are ex-President Gerald R. Ford, famed heart surgeon Dr. Michael DeBakey, actors, actresses, astronauts, flight directors, & nutritionists and celebrities of every type. The show could be either syndicated or on the networks, so watch for it on your home screen.

The young tennis player today might profit by some investigation of the three "Ts" of tennis. The world is divided into three circuits for the tennis players. First is the big tournament circuit of the over $175,000 caliber. Then there's the $50,000 bracket and then the satellite circuit for the younger player. Through that you can perfect your game and really go for the big time.

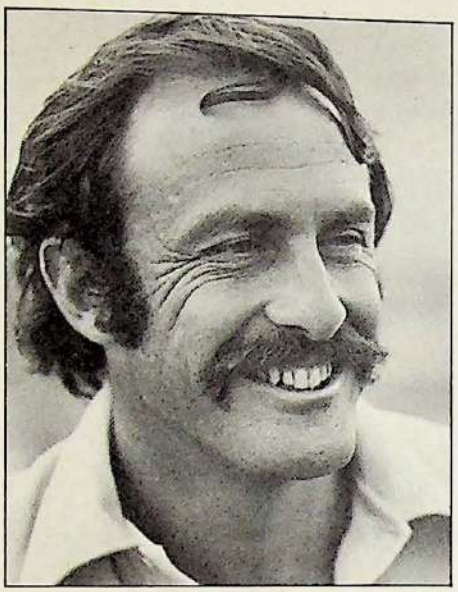
It'll all keep the players sharp. Then they'll look about and get into something that really clicks. Like right now, John Newcombe is marketing a line of racquetball shoes.

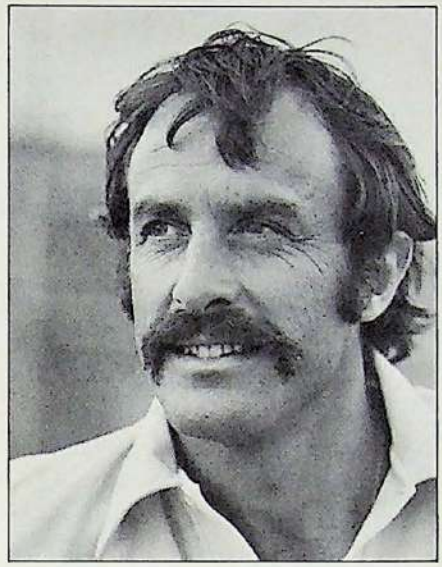
Two years ago, about the same time racquetball passed the pain threshold and started an unprecedented kick, our three time Wimbledon champion was mounting another one of his many charges in the business world. Newk, together with Italian shoe manufacturer, Lotto, brought a line of tennis shoes to the United States which is now curling his mustache logo even thicker.

Included in a wide range of tennis shoes was one that didn't have the mustache. What it does have, however, are the lines and construction which have come to fill a void in athletic footwear. Racquetball finally has a technically designed shoe of its own to meet the inherent demands of the sport.

Lotto pioneered their racquetball shoe in Europe some years ahead of its introduction here, mainly as a handball or squash shoe. By nature, these sports are similar to racquetball in that all are played on a hardwood surface and each is characterized by quick starts and stops and considerable left and right movement. Most important, the demands the sports make on the player's feet are identical.

It seems clear that racquetball has caught the intense professional interest of John Newcombe. And it would be rather an easy assumption to make that his interest may go well beyond playing it, "just for relaxation." ●





Anyone who makes it to the $100,000 per year mark can afford to fool around a little bit on the courts. Even with the smaller racquetball racquet, John Newcombe puts 'em where he wants 'em.

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Let's Look at Eye Injuries & Gaining Real Energy

by Robert Scott, M.D.

Eye Injuries

Because so many racquetball players are getting into power playing, with balls reaching tremendous velocities, I must say a few words about eye injuries.

If you'll gently touch a racquetball to your eyeball, a new appreciation of the potential damage of a ball hitting the eye will quickly dawn on you; even this gentle touch results in momentary blurring of vision in the eye. Though serious eye injuries are said to be infrequent, with more than 5½ million people playing racquetball, and the number growing every day, a small percentage of injuries will inevitably result in disaster for a significant number of people.

J.L. Blonstein, reporting on "Eye Injuries in Sports", stated that eye injuries occur in most sports, and reported six cases of detached retina in squash between 1946 and 1975. In each instance the injury was caused by the ball striking the player in the eye. All were very aggressive players. All required surgery, but with just satisfactory results. Two of the players were out of play for six months, and when they returned, developed a detached retina in the other eye due to the same cause—the ball striking the eye. No eye protectors were worn. Cuts and abrasions around the eyes were much less serious; most were simply sutured and developed no further complications. He also reported on four players whose eye glasses were broken; two suffered permanent scarring of the eye.

Dr. Doug Jackson, reporting on eye injuries in handball at West Point, stated that most injuries occurred as the result of an unpredictable shot. He also described the "close calls", where the ball struck the face around the eye and resulted in bleeding inside the eye, as an extremely dangerous condition that can lead to partial or complete loss of vision. He reported seeing two players with paral loss of vision and one player with complete loss of vision in one eye. The damage can run from a mild contusion of the cornea, to separation of the retina.

If a player is struck in the eye (or around it) and experiences pain in the eye and interference with normal vision, or experiences the impression of a "floating curtain", here's what you do...

He or she must be removed from the court at once and kept very quiet. Any type of movement is to be avoided because of the danger of starting further bleeding inside the eye. An ice pack should be made up promptly, and gently applied to the head on the injured side, over the eye. That's all, *do not apply pressure. Do not offer him aspirin* for the pain; aspirin can promote more bleeding by interfering with blood clotting. Don't let the injured player move any more than necessary. He should be transported to the hospital emergency room as smoothly and promptly as possible, because delay in getting professional care can result in more severe complications from this type of injury.

What can we do to avoid serious injuries like this? They're unnecessary and usually avoidable. I know there is a good deal of resistance to wearing eye guards. Players complain of interference with peripheral vision and with increased trouble from sweat getting into their eyes. Also, some people think it "uncool" to wear protectors. There are several types of eyeprotectors available, including regular eyeglasses with safety lenses, with or without a prescription. These lenses are said to be unbreakable and are much safer than regular glasses. Use a head band with all models to make sure they stay on.

Another thing that can be done to prevent injuries is to encourage the right kind of play on the court, including seeing to it that the many beginners have a little instruction in the fundamentals of the game before turning them loose with potentially dangerous racquets and balls. Turning to face your opponent as he strikes the ball so that you can watch where he is going to hit the return is a definite "No No." You've got to "sneak a peek," but that's all. Some players raise a shoulder and look under their arm for partial protection when looking back.

You may have a little more difficulty with your "peripheral vision" while using eye protectors, but it's preferable to an eye injury. Just take a little time getting used to the visual limitation of the protective gear. I think you'll soon get used to it.

As a physician who has spent his share of time responding to emergency room calls because of serious injuries incurred in our fast, complex society, I can't urge you strongly enough to protect your vision. It is your priceless birthright, and is not to be squandered carelessly because you "forgot" to wear protectors or because they "hinder peripheral vision" or "look silly." Any of us will look much worse wearing an eyepatch. And don't forget that when vision in one eye is seriously impaired, there often occurs a similar loss in the other normal eye. This is the worst of all possible disasters to your racquetball playing future, not to mention everything

else you do that depends on good vision. I hate to nag, but if it will get your attention on this critical subject, then it's worth it.

Energy for Racquetball

A key element to playing winning racquetball is sufficiently stored and gradually released energy! Energy is obtained for the body by burning food in the presence of oxygen. Dr. Kenneth Cooper, of the Dallas Aerobics Center, states that delivery of oxygen to body tissues in large amounts is the key to fitness and endurance. Where does the oxygen come from and how does it get to the place where the body makes use of it? It comes from the air we breathe, through the lungs to the heart, then out to the rest of the body. The basis of Cooper's successful Aerobics philosophy is the maximal utilization of training and conditioning to achieve optimum use of oxygen. He has written two successful books on this subject and I recommend them to you. (*Aerobics* and *The New Aerobics* both by Bantam Books)

Here are some tips on how you can change your eating habits with the aim of getting increased energy for racquetball. It used to be an article of faith that athletes loaded up on big protein meals while in training for competition, but more and more now we are beginning to understand that this may be the wrong thing to do. Animal proteins with their high fat content are digested slowly and with more difficulty than plant—manufactured carbohydrates contained in vegetables, potatoes, fruits and whole grains. While it is true that fatty tissue in the body is an essential energy store especially useful after the depletion of glycogen in a hard-fought match which goes over an hour, our most immediate energy source is glucose, stored as glycogen in the muscles and the liver. Glycogen gets there from the dietary carbohydrates (e.g., fruits, vegetables, whole grains, seeds and nuts) and very little from the proteins. A careful look through nutrition's current literature shows a growing disillusionment with old ideas about proper diet. Less than 15% of our total energy is supplied by protein breakdown. Specifically, respected nutrition writers like Frank Katch and William McArdel *(Nutrition, Weight Control and Exercise*—Houghton Mifflin) are counseling us to reduce our intake of proteins and to increase the percentage of carbohydrates in our daily diet, so that we can develop more energy and an increased sense of well-being. This, in turn should lead to better performance in sports like racquetball.

This new and widespread emphasis on including the carbohydrates in our diet has led to a new phenomenon called "carbohydrate loading". This can be done with or without a preliminary period of high protein, low carbohydrate glycogen-depletion dieting. In essence, "the loading" is meant to increase the muscle and liver stores of glycogen which are so important to an athlete's performance. The "muscle" glycogen is used directly in the production of muscle activity. The "liver" glycogen is converted to blood glucose and supplies energy to the brain and to the rest of the body. The depletion of this glycogen and the resulting hypoglycemia may well be the "wall" that marathoners complain about running into between the 20th and the 26th mile of endurance events.

To sum up, it's the combination of an efficient oxygen-use capacity plus a high carbohydrate diet, that seems to offer the best chance for high energy production for racquetball. I don't mean the carbohydrates in sugar, junk foods and soft drinks. Eating such foods can quickly undo a carefully planned diet. ●

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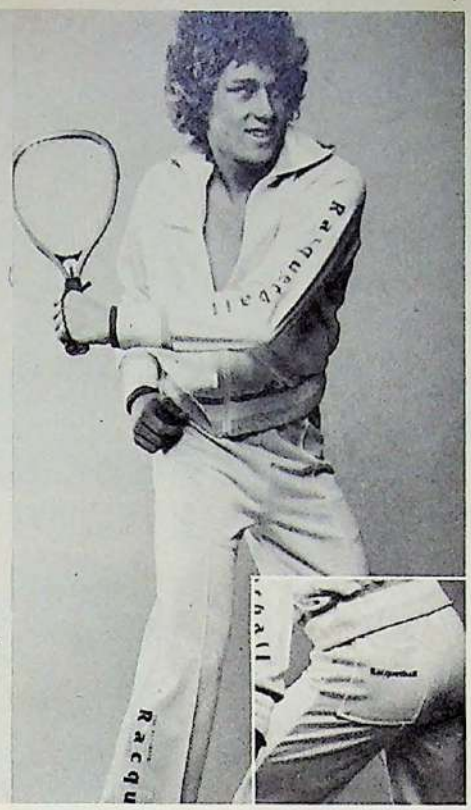

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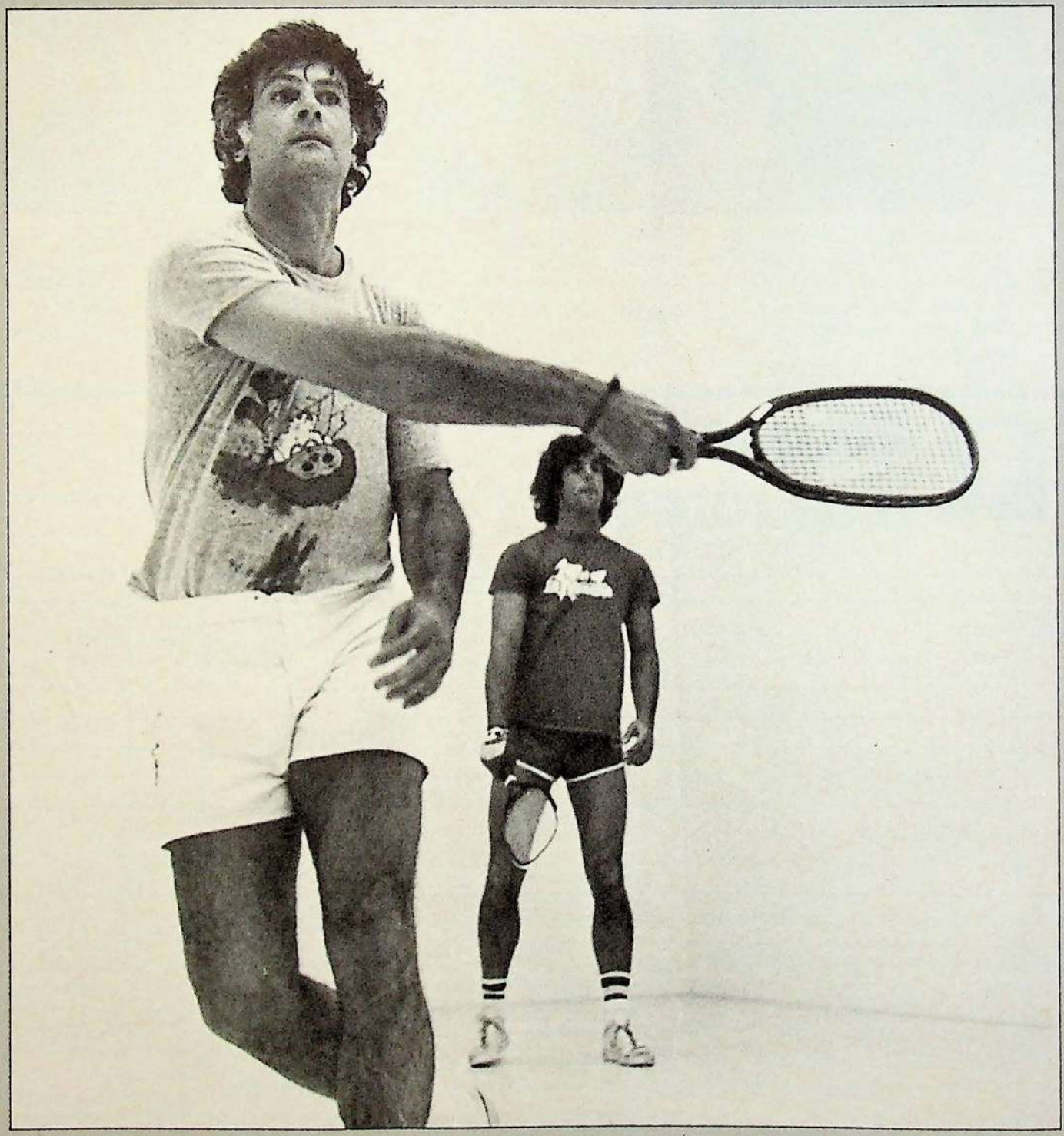


"You could lose your head over a game like this."

By Eileen O'Neill

Ever lose your head over a game—a game of athletic challenge—a ball game? In a moment of weakness one might admit to having thrown an occasional racquet or having kicked a cat, but usually nothing heavier than that.

However, if you lived in Central America in the pre-Columbian Mexicano period (1000-1250 A.D. for the history buffs) of the Mayans and Toltecs in Yucatan and were into competitive ball sports, you might have indulged in something much heavier than that. For then, if you lost your head over a game, it might well have ended up on a platter—a heavy price to pay for being defeated in a ball game.

But, these early players deemed it an honor, for they believed it meant they would return to life as a "prince" or, at the very least, a most "honorable" person. In vying for this valor, it is further reckoned that the players could use any part of their body except their hands, much like soccer today, to put a hard, six inch rubber ball through a high, eight-inch-in-diameter ring. The victors won all the clothing and decorations of the spectators and the vanquished—well—the vanquished vanished.

So legend has it, and legend comes "honorably" reported to Racquetball Illustrated in a "princely" fashion from a six-foot-two-inch handsome and very much "alive" Lou Spitz who recently returned from an exploration of the pyramids and ancient ball courts of Chichen Itza (Chi meaning "mouth," Chen meaning "well," and Itza, a branch of the Mayan tribe who settled there).

Hazel eyed Lou, in a warm and informative tone, further embellished the legend, "The ball court is quadrangular with a circular ring elevated about twenty five feet up in each of the two 150 yard long walls. The Temple of the Bearded Man and the Temple of the Jaguars flank each end, and from the tops of these structures, the acoustics were such that the high priests, while speaking in a normal voice, could be distinctly heard at the opposite end of the court by those

officiating the fate of the players."

At this point, Lou breathed a sigh of relief that the consequences of his favorite game are not as rigid, although his initiation into the nation's fastest growing sport was, in fact, tainted with trauma.

"I never knew the game of racquetball existed until three years ago when I joined the Century West Club here in Los Angeles. On my first day, I was introduced to and fell in love with racquetball. Two days later, when I came back to my 'one and only,' I found the Playboy-LA Open occupying the courts. I wanted to play so badly that I entered the tournament and won the first game. My second opponent, however, who stood about five feet tall, started firing 'missiles' past me. While trying to retrieve one, I collided 'heels over head' with the wall and pulled an Achilles' tendon which put me out of action for seven months. When I was feeling better, I went back unprotected by eye guards and was hit by the ball in my eye. I was beginning to wonder about my love affair with racquetball. Fortunately, our little squabble caused no serious damage so, after a recuperation period, I hastily returned to the court, but without the recommended warm up. As you may have guessed, I pulled a little something in my back. I came to realize that one must have respect for any sport and keep enthusiasm in check. This way you can be aware of the possible mishaps and take the necessary precautions. Now, of course, I always limber up before playing."

Lou plays religiously at 7 am, 5 days days a week. He had tried scheduling racquetball in the afternoons, but business seemed always to interfere with his game and he began suffering from a malady he's pegged as the "Jewish Racquetball Guilt Syndrome." To remedy this, he plays before the trials of the day can thwart his efforts.

"My whole system likes being regular. I got rid of the indigestion and the nervousness that was beginning to plague me. Plus, I dropped ten pounds, so now I'm down to the same weight I was in college." While attending UCLA, Lou's 192 pounds wowed 'em on the football field as an end and a safety. Later as a Beverly Hills bachelor father, who has custody of his four children, he became distraught over the inferiority of the local school's football program.

"If I don't like something, I don't believe in sitting around griping. I try to do something about it. So, I utilized my coaching credentials to complete a 'full turn'." Translated, a 'full turn' for Lou comes as a result of learning something well, teaching it to someone and watching them do it. "It's my credibility for myself. In a way, it's selfish. If I teach someone something, they perpetuate part of me whether they like it or not." So, Papa Lou coached, sons Steve and Jeff played, another son Doug was water boy and daughter Suzanne, a cheerleader. This transpired for six years and now they've added racquetball to their curriculum.

"The beauty of racquetball", Lou beams, "in addition to the competitiveness, is the fast movement of the ball against the many walls. With a ceiling, the floor and four walls in play, it's never boring. When a ball passes you, if you can read the velocity of it, you can get another shot 'on the fly' which is great fun. And, in relationship to football, my son Jeff who's now playing varsity at

On the preceding pages Lou and son, Doug start hitting the ball in the very early hours at the Century West Club in Century City. this leaves the remainder of their day open for other activities, like work and other ugly things. In the ball court at Chichin Itza, Steve ponders the stone ring high on the wall. The object of the sacred game was to bounce a raw rubber ball through the ring. (See story)

(Above) In his Crown Jacket Factory, Lou demonstrates that he still knows how to run a cutting machine.
(Right) Lou and daughter, Suzanne, model some of their latest OEM jackets.

This temple wall carving clearly shows the consequences of being the loser in one of the ancient games. Presumably, a priest is shown holding the freshly removed head of one of the members of the losing team. This game would seem to have been head and shoulders above racauetball for roughness. If their entire civilization hadn't vanished, they would have had at least a head start on most of the ball games played today. Perhaps we remember them in a phrase which is still bo be found in most of our sports... *"He's the head coach of the team."*

By the 4th Century A.D. Rome was ready to begin a long, decline into oblivion as a world power. Her internal problems and the constant battering upon the Empire by more energetic and less civilized tribes from the north would soon bring about a fall from which she would never recover.

But, 6000 miles to the west, on a continent the Romans never dreamed existed, another civilization was reaching its peak. In the dense rain forests of southern Mexico the Mayas had begun to build one of the most astounding groups of temple-cities in the western hemisphere. Stucco faced pyramids glowed in the dark forests and reached hundreds of feet above the dank jungle floor.

Honoring an incredible host of deities —dragons, flying serpents, and earthly monsters—these structures lasted until the builders themselves vanished almost as mysteriously as they appeared there in the green mists.

The Maya connected their cities with roads which were paved in a manner similar to the great Roman Highways. They are still to be seen in those jungles. Maya pilgrims traveled those roads to attend religious festivals and ball games in their great cities.

Their artists used the white walls of the temples as areas for murals glorifying their gods. Most of what we know about these people comes from the murals and stone and wood carvings.

The Mayan knowledge of astronomy was great and their accurate recording of eclipses, solstices, equinoxes and the course of the sun and moon were far ahead of any used by the Europeans of that time. Their calendar was far more accurate.

Strangely, it wasn't until several hundred years after the unexplained and mysterious collapse of the Mayan Empire that a Spanish conquistadore, searching for slaves, would stumble upon massive ruins in the jungle and bring word of the lost civilization to a world trying to re-find itself. ●

Berkeley told me the coach is encouraging the team to play racquetball in order to acquire quick finesse and bursts of speed. Quickness is the biggie, the speed is secondary. Racquetball is a good stop-start game, a great conditioner."

Lou, who is a firm believer in experiencing by touching, does not wear a glove when playing. "If I can feel something, I can do it much better." With this propensity for touching, it was only natural that he should follow Grandpa Lou Spitz, pioneer of Allied Department Stores for whom he was named, into the clothing industry. However, after a two year stint in the Air Force, Lou temporarily side-stepped his heritage in favor of a seven year contract with movie producer Jerry Wald. Mr. Wald gave Lou the screen name 'Steve Gant', and subsequently introduced 'Steve' to the public in Cinemascope's "Love and War," which was also indoctrination grounds for another newcomer, Mort Sahl.

"There was a big splash in the press. I did the usual talk shows. The momentum for the career had started. Around this time, Jerry's doctor advised him to leave the business. But, he didn't pay heed and proceeded to make the movie "The Best of Everything" in which I appeared." Three months later, Jerry Wald was dead, and with him was buried the movie career of Steve Gant.

Lou went back to using his real name and since he was married at the time with one child and another on the way he was forced to seek employment elsewhere. During his sojourn with a uniform company, he learned everything there was to know about the business. But, working for someone else does not build equity or ownership, so ten years ago he founded his own company. As president of Crown of California, Lou has experienced his own "Best of Everything" by reigning as "king" of customized imagewear for original equipment manufacturers (OEM's in the trade) of motorcycles and automobiles worldwide.

He "touched" upon an "untouched" market by designing personalized jump suits for sports car racer Carroll Shelby and his pit crew. Today, his colorful Crown jackets bear easily recognizable logos of giants such as Honda, Suzuki, Kawasaki, Datsun, Jaguar, Porsche, Chevrolet, Pontiac, etc., etc.

Lou plays ball with the big boys, but unlike his Mayan predecessors who lost their heads, Lou has grasped the ring of a winner—in business, in life, and in racquetball. His reward is the thrill of seeing someone riding down the highway in a jacket he's designed.

"While he's getting his kicks atop his motorcycle, he doesn't know it, but I'm getting mine, too! It's my 'full turn.'" ●

Street Ball Anyone?

by Laurie Paine

Photos by—
Christine Sloat

We call it "street ball" here.

Folks don't dress in all-whites, and we don't pay to play, either. You'll see an occasional fist fight on the courts. And we cuss and scream and smash racquets to make a point when we don't make a point. Except for the name, it's pretty much like racquetball everyplace else. There's one more difference... we'll come to that in just a while.

"The beauty of it all here in Gainesville, Florida," as one of the regular fanatics put it, "is that racquetball here is like a giant sandbox for adults." It's a hodge-podge. A melting-pot, where millionaires challenge pauperized students from the University of Florida. But, on the courts, nobody cares where you come from or what you do for a living. If you're carrying a racquet and a ball, you're in... no questions asked. Democracy rules and comradery overcomes, pure and simple.

Oddly enough, though, it may well be that Gainesville, Florida, is the largest center for outdoor racquetball in the country. With some 90 handball/racquetball courts in the city, it seems there are still not enough to go around.

At this time there are no indoor public facilities. None. Still, the Gainesville Clan is satisfied with playing in the sunshine nearly 340 days out of the year. This bunch knows no better. But, come October, the Gainesville Racquetball Club will open, and the scene and sentiments may change.

Despite the fact that there are no regulation courts here, it is the home of at least one nationally top-ranked player, Martha Byrd. She placed second in the women's pro-singles division at the recent NRC-USRA Philadelphia Pro-Am Tournament. Not bad for a young lady who got her start playing 3-wall ball and who practices on nothing but 3-wall courts. Some have called it amazing.

Martha's been playing for about 5

Well-tanned bodies attest to 340 days of sunshine every year in Gainesville, Fla.

years in Gainesville. An on-again-off again student, she dropped out of her pre-Med program at the University because, she says, "I got so wrapped up in this silly sport."

And that was the start of something big. Among her many achievements, Martha held the 1977 USRA Southeast Regional Singles title; she was the national 3-wall champ in '76 and runner-up in 1977; and her state titles are too numerous to mention.

This sort of talent can't go unrecognized for long. With Ektelon's sponsorship, Martha has joined the elite ranks of the pros. If her recent performance in Philly is any indication, she's headed for the top, and knows it. She demands a lot of herself and doesn't hesitate to assay her position as honestly as she can. "A lot of people have had a lot more experience in terms of facilities, coaching, etc...and have done a lot less."

The queen of Gainesville racquetball has one goal: to be the best woman professional and the number one outdoor player in the nation...all at the same time. "And, that's reasonable," she smiles, "I don't know of anyone else who could do it."

Neither does Dr. Rick Stevens, a local optometrist, and president of the USRA Florida division, who recognized her talent four years ago. "The first time I saw her play, I told her she could be the best woman player in the country, and from that point, she just got better and better." He sticks by that today. "Martha has better potential and better skills than any other woman in the country. She's a world-class athlete."

Martha, in turn, credits Stevens with bringing 4-wall racquetball to Gainsville, and she says he has influenced her greatly. "If it weren't for Rick Stevens, we'd still be playing nothing but 3-wall."

That's probably true. Stevens had been playing racquetball in Memphis while he was going to optometry school there. When he returned to his native Gainesville, Stevens turned the 4-wall handball courts into racquetball arenas. And this no-ceiling version of the game spread like wildfire throughout the town.

It was Stevens' enthusiasm that ultimately organized the sport in Gainesville. "We rented a film and called a meeting. I thought there'd only be a few people there, but 70 showed up!"

In came the Gainesville Racquetball Association. That was four years ago, and today the association, which hosts four city tournaments a year, has an active membership of over 400. "And it's going to get a lot bigger," Stevens is confident in saying "as racquetball continues to grow in popularity here."

In addition to his devotion to Gainesville racquetball, Stevens is acting president of the USRA Florida Division. This organization hosts two tournaments a year, and sanctions other tournaments throughout the state. "Wherever there are facilities," Stevens says.

'Facilities'...that's where part of the problem comes in because Florida has only about a dozen or so indoor racquetball clubs. Most of them are located in Miami, Ft. Lauderdale, Tampa, Orlando, and Jacksonville. Gainesville has none... yet. Stevens admits that Gainesville, "is sort of behind the rest of the country," in that respect.

Nonetheless, Gainesville isn't lacking in talent when compared with more facilitated cities. Seven of the state's top players live here. "An outdoor player can go indoors and make a better showing than an indoor player can going outdoors," that's how one veteran Gainesville racquetball player sees it. Larry Swanson, who sells building supplies when he's not playing the game, says he's not "spoiled by perfect conditions."

"It's a lot different playing outdoors," Swanson explains. "It's deathly hot in the summer and deathly cold in the winter. The sun gets in your eyes when you serve. You've got shadowy walls, sunny walls, and sand on the courts, sometimes. The ball makes different sounds coming of the wall, and you can't dive for it like you can indoors. But," he chuckles, "you learn to live with these things for the experience of playing outdoors...with the air and the oak trees."

"Yep, these oak trees are beautiful," smiles Darryl Deaktor, a member of the law faculty at the University. "But, of course we could always paint them on the ceilings."

Deaktor and a group of local business men are Gainesville's first, soon-to-be successful racquetball club entrepreneurs. They're first because countless other developers have tried and failed to build clubs in this town. "People have come in with very grandiose plans, and the banks just aren't receptive. We're being realisitc, and that's why we were able to get the financing."

Their soon to be completed Gainesville Racquetball Club will have six courts, locker rooms and a nursery initially, with room to expand the facilities, "to the extent members demand," Deaktor promises.

This new, indoor setting will change the racquetball scene in Gainesville...at least Deaktor hopes it will. "But, physical facilities can only do so much," he says. "It's the people that make the club. And we have the right kind of people here in Gainesville."

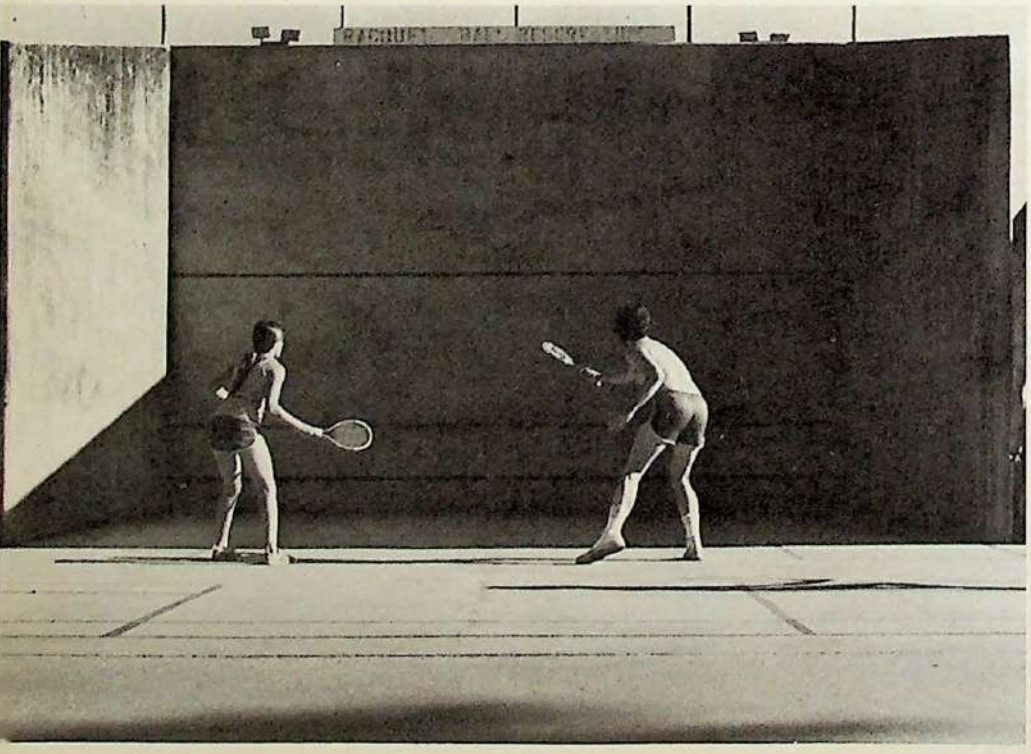
Deaktor goes on about his baby: "The courts will be playable in cold or hot weather and at night. They'll be clean, and people won't have to call a time-out for band-aids." When you slip on sandy, concrete outdoor surfaces, that's exactly what you need.

So, with the likes of Martha Byrd and Rick Stevens, Larry Swanson and Darryl Deaktor, racquetball should continue to thrive in Gainesville.

Who knows, maybe someday we won't call it "street ball."

But, comradery will always be the unwritten rule and the folks of Gainesville will at least have a choice. ●

"The ball flies in and out of the shadows—sometimes it's pretty hard to see—"



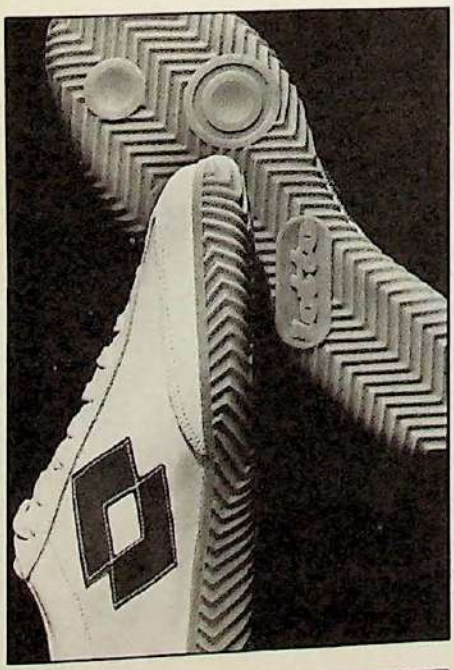
NEW PRODUCTS

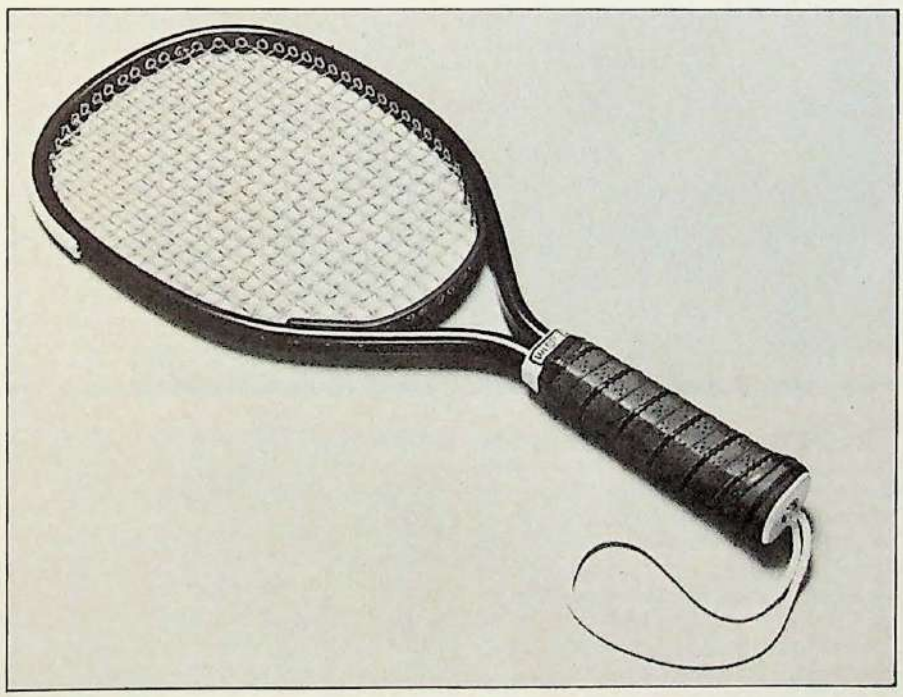
Cramer® Quickick® Sports Gum, a new thirst-quenching chewing gum, especially formulated with saliva-stimulators to alleviate the discomfort of "cotton mouth" often experienced during sports activity. The gum also contains dextrose and fructose as natural energy sources, as well as potassium and sodium as replacement for body salts lost through perspiration during sports activities. Cramer Quickick Sports Gum comes in a choice of four deliciously tart fruit flavors: orange, cherry punch, grape berry, and lemon-lime, 25 individually wrapped pieces per box. Cramer Quickick Sports Gum is sold at local sporting goods stores, pro shops, and sports specialty stores throughout the country.

With a low profile and light weight uppers, these fine shoes feature a revolutionary new sole designed especially for hardwood courts. The radical suction cup and chevron pattern tread keeps you on your toes with such a positive grip that you can practically scale the walls. And Lotto's radial bias sidewalls protect against ankle roll-over by actually giving traction on the sides of the shoe.

Built with the same fine craftsmanship and quality raw materials as all other Lotto shoes, the Racquetball special offers the player a fine shoe to improve his game.

At better pro-shops and dealers everywhere.





Ektelon's Wisp II combines the maneuverability of a lightweight racquet with the large hitting area of the company's heavier models.

It is ideally suited to the woman player, and to juniors who prefer a lighter racquet and a smaller grip.

The 260-gram racquet now is available with an extra-small grip—3 15/16"—as well as three larger sizes—small (4⅛"), medium (4½") and a large (4 15/16").

Ektelon is the only racquet manufacturer that offers more than two grip sizes on any of its models.

The Wisp II, though even lighter and easier to handle than the original Wisp, retains the modified rectangular head shape that enlarges the racquet's "sweet spot."

It is the same head shape Ektelon uses on its XL Bill Schmidtke model, which is a power player's racquet. Its use on the shorter (18¼") Wisp II preserves considerable power potential despite the decreased racquet weight and length.

The suggested retail price of the Wisp II is about $38.00 at all regular dealers.

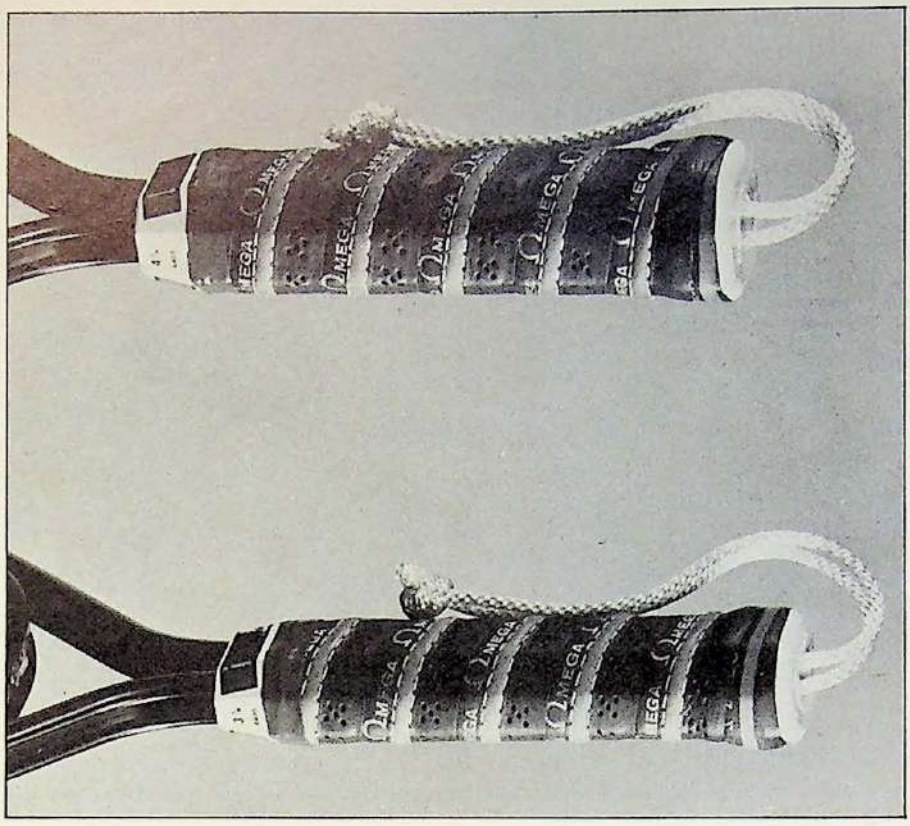
More New Products...next page

(New Products continued)

A new, smaller serving size of this tasty way to restore the body's electrolyte balance. Quickly absorbed into the system, it helps athletes to retain sharper reflexes, to prevent muscle spasms and heat cramps, and to prevent heat illness brought on by electrolyte loss through perspiration. Cramer Quickick Action Drink comes in four deliciously tart fruit flavors: lemon-lime, fruit punch, orange, and grape. Each 2.82-oz. packet of the concentrated powder mix makes one quart of the tasty drink.

Also available from Cramer is a handy quart-capacity squeeze bottle for sanitary dispensing of the drink. The built-in spout stays with the bottle, and the large-mouth opening at the top accommodates ice cubes.

Cramer Quickick Action Drink and the Cramer squeeze bottle are available at sporting goods stores, pro shops, and sports specialty shops throughout the country.



Omega Sports continues its innovation in the racquetball industry with the addition of the smallest grip size offered by any manufacturer. The new 3⅞" circumference grip is presently offered on three Omega racquets: the Pro-II, MTD and Esprit. Omega has developed this grip size in response to the trend for better players to use smaller grips in order to achieve easier and more powerful wrist action.

Until recently, most players followed the direction that "the larger the hand, the larger the grip". This is a carry over from tennis which requires a stiff wrist with no snap. With experience, however, racquetball players have discovered that the smaller grips allow more power through better wrist snap.

In addition to the 3⅞" grip, Omega's top-of-the-line racquet, the Pro-II also offers another exclusive: the only 5-year warranty available in the industry.

Omega offers a complete line of racquets for all levels of play. For more information, contact Omega Sports, 2366 Schuetz Road, St. Louis, Missouri 63141 or call (314) 872-9007.

Solari Sports Products has a New Patented concept in eye protection for Handball, Racquetball, Tennis, and Squash Players. The Vertical and Horizontal Fields of Vision are virtually unobstructed. The Revolutionary Patented Design is based on protecting the eyes with Unique Vertical Split Bars that deflect the ball.

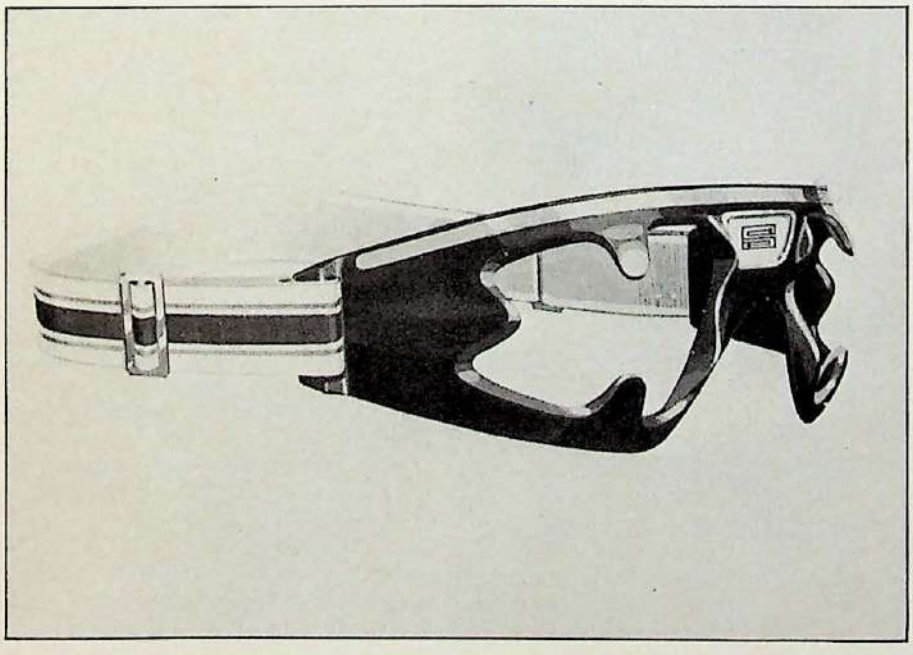
The Vertical Split Bars, virtually unseen when worn, are nearly invisible. Solari Eye Guards, made of Space Age Super Strength Poly-Carbon, offers complete eye protection with functional style and flattering fashion looks.

One size fits all faces.

The Exclusive Resilient Wrap Around Design extends back for temple protection.

The Solari Eye Guards, packaged in handsome clear acetate boxes, are available in a variety of colors, models, and prices for men and women.

Inquiries should be made to Solari Sports Products...1670 Cordova Street, Los Angeles, CA 90007. Telephone (213) 731-6313



Two Boys From Tempe

by Don Cox

Two youngsters darted around the glass-walled court, serving and shooting as the sweat soaked through their identical white t-shirts.

One floor above the playing surface, in the lounge of the Arizona Athletic Club, Neal Asprea watched the action from behind a plate-glass viewing window. Suddenly, the Tempe, Arizona construction executive burst into a wide grin. His smile, breaking through a drooping, walrus-like mustache, gave Asprea the satisfied glow of a proud parent.

In a way, Asprea was exactly that.

"Let me tell you something," his voice softens leaning forward from his chair. "I don't like to talk about this in front of Bobby. But his father was killed in a helicopter crash in Vietnam. It was 1970 and he was in the Army. You see, Bobby doesn't have a father and I don't have any children. I really like the kid."

Asprea first met Bobby Bolan on a racquetball court. Bolan was still in high school at the time. But the teenager and businessman struck up a friendship. That initial relationship has resulted in a unique bond.

Now Asprea serves as Bolan's manager, advisor and sponsor. Bolan, 18-years-old and only recently graduated from high school, is in his first season of regular competition on the National Racquetball Club Professional tour.

He, along with friend and fellow NRC competitor Don Thomas, are under contract with Asprea and his Tempe-based Twin-County Concrete Corporation.

Asprea picks up the tab for Bolan and Thomas every time the pair play an NRC date. And expenses are high. The bill, including hotel, meals and transportation, can run $1,000 for a three-day tourney. So far this season, Bolan and Thomas have played nearly every date on the NRC circuit. They competed at San Antonio last month.

Neither Bolan or Thomas are big money pros—yet. So, Asprea's interest and assistance is a plus. "I can remember what it was like," Asprea pointed out. "I tried the professional bowling tour when it was just getting started. There wasn't much money. To be good at something like that you have to practice a lot, and that takes time. But I also had to make a living. I didn't have time for both, so I had to make a choice between bowling and business. I took business."

> "To be good at something like that you have to practice a lot, and that takes time...but, I also had to make a living"

Asprea doesn't want Thomas or Bolan to be forced to confront a similar decision.

"It started with Bobby," Asprea recalled. "We live in the same area. I was playing handball at our club and I started watching him play racquetball. We got to know each other."

The partnership grew quickly. "We were driving to Scottsdale one day," Asprea noted. "I asked Bobby if he had a car. He had a skateboard. So, I got him a Corvette."

Later, Asprea supplied Thomas with a van the three now use on all tournament trips.

Bolan started playing racquetball at age 14. In 1975 he competed in the Junior Nationals and lost to eventual champion and current number-eight ranked pro Ben Koltun.

"Last October I watched Bobby and Donnie play in a local tournament," Asprea continued. "Then Bobby wanted to play in an amateur tournament in Las Vegas, so, I backed him. He won."

Later, Asprea added Thomas to the Twin-County fold. "Right now they play in both the pro and open amateur class. But who knows, one might end up becoming the next Jimmy Connors or Marty Hogan," Asprea enthused. "If that happens, I want to be in a position to help them make a good deal."

The professionals on the NRC's current top-20 list are all sponsored by various sporting goods and equipment firms.

Bolan and Thomas work for Bella Masonry Corporation, a sister company of Twin-County.

"They are under contract," Asprea explained. "They work a certain number of hours and practice a certain number of hours." The pair play out of the Arizona Athletic Club.

Both were all-around athletes in high school. Thomas played football during his undergraduate days in Mesa. "I started playing racquetball when I was 16," said the 21-year-old Mesa native. "I played in a few tournaments. Then I really got interested a couple of years ago. I played a couple of tournaments last year and worked in construction. But, I've played in every (NRC) tournament but two this year."

Bolan and Thomas tried their luck in the pro bracket at February's Arizona Athletic Club NRC stop. Bolan won twice to qualify for the men's regular tourney. He lost a tough first-round match to fifth-ranked Steve Serot 21-8, 11-21, 4-11.

"That was a great match," Asprea grinned. "After that first game, I thought Bobby might do it."

Asprea smiled at the thought of what might have been, then turned his attention to the future. "Yes, we are going to make San Antonio," he declared. "That should be a good one." ●

Down Home With Peggy Steding

P.S., We Love You

by John Mullin

Hers is the quiet way, being too busy doing things to spend time crowing about accomplishments. But if Peggy Steding is anything, she is what legends are made of.

She did not begin playing racquetball until she was 35 years old. Now, seven years later, this modest Texas lady can point to a career few players, man or woman, can ever hope to eclipse.

From 1973 through 1976 she was the women's national champion. She did not lose a match in tournament competition until October, 1975 and her string of 200 straight match wins in the 1973-1975 period is perhaps the record she looks at with the greatest pride.

"The way the sport's growing I don't think anyone will be able to match my record in the nationals and it seems impossible that anybody will be able to match the 200 streak either," she says.

But records were not what she had in mind when she first started playing the sport at the Odessa YMCA. "I had played tennis for about 27 years, even went two years undefeated at Odessa Junior College on a tennis scholarship," she recalls. "I've always liked the faster sports and just started racquetball because it looked like fun. I'm saving golf for my old age," she adds with a laugh.

She played smaller tournaments at the 'Y' against predominantly male opposition. Then several top handball players visiting Odessa saw her and suggested she try the national competition circuit.

"So in 1973 I decided I wasn't getting any younger and I entered the IRA Nationals in April and won both singles and

Photos by Paul G. Tittle, Jr.

doubles," she says.

"It was always my dream to play a sport professionally but the first two years for me ('73 and '74) there wasn't any money at all in women's racquetball. In 1975 there were two that were money tournaments and in 1976 it was to where there was maybe $250 for a first place. Now it's up to $1000 for some events."

She pauses, then adds with mock seriousness, "I keep tellin' 'em to hurry up with the big money. Otherwise I'm going to look real funny out there, all old and grey, trying to win tournaments."

Peggy Steding became the first woman in professional racquetball when Vittert Sports asked her to join their pro advisory staff. She is currently the only woman to have a racquet bearing her name and she is happy to see support coming from companies like Vittert for the sport itself. The game will be promoted by keeping its stars visible through tournaments, exhibitions, and clinics, even if it means some time away from home for people like Peggy.

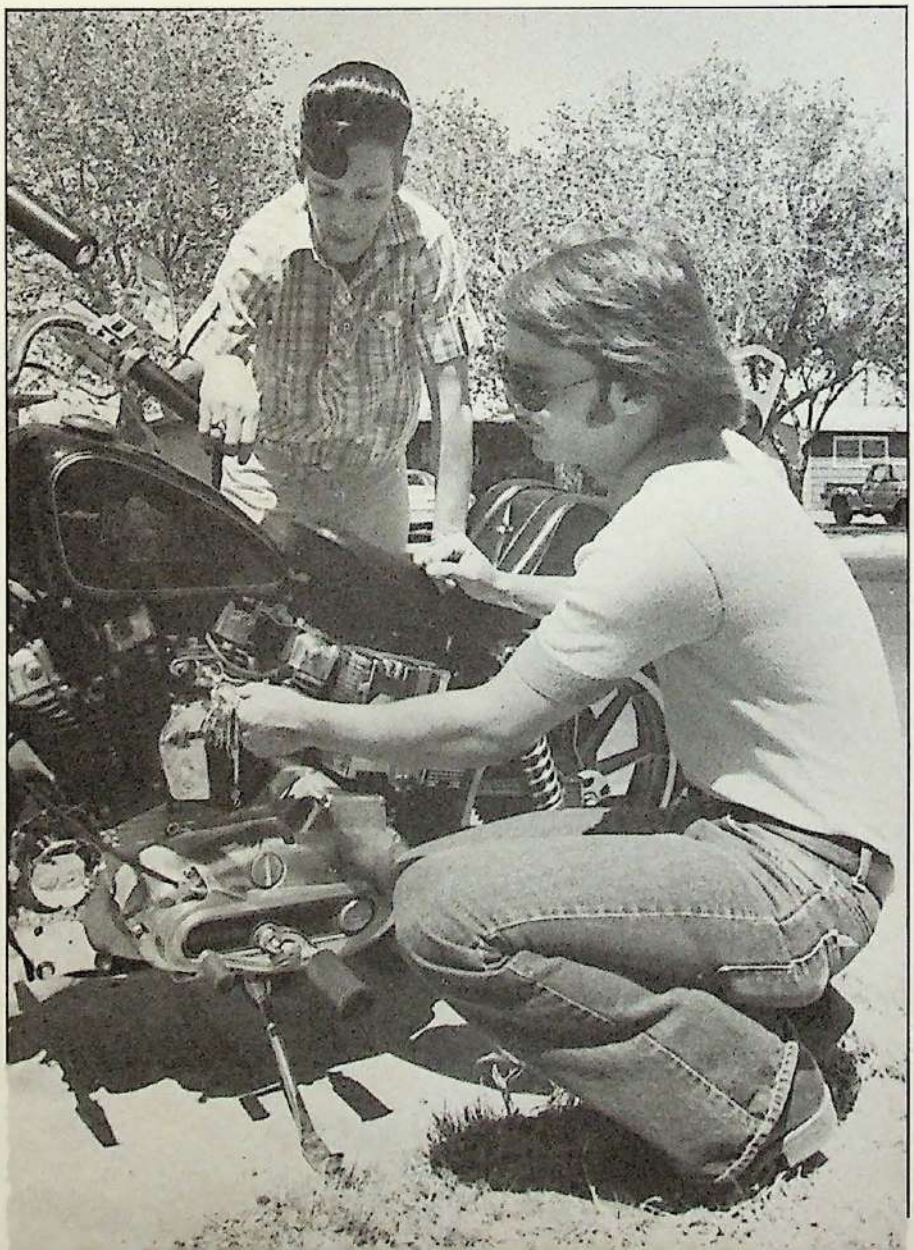
"My travel demands aren't really too bad," she concedes, "but sometimes, maybe when I don't feel like leaving home for some event, my husband will help by encouraging me. He just reminds me that when you're a national champion people expect to see you. Of course, he likes sports too and his support is just so nice."

Peggy married George Steding, her high school sweetheart, 23 years ago. The marriage not only hasn't suffered because of a professional sports career, it seems to have grown with it. "George is such a secure person in his own right," Peggy says warmly. "He's a pilot for a corporation, a good pilot, and he and Bo (the couple's 18 year-old son) are just as proud as can be of me."

She plays racquetball at least four times a week at the Odessa YMCA for up to 1½ hours a day but that schedule has not interrupted her home routine. "All of this hasn't altered me or my life at all and that's good," she says. "I'm old-fashioned I guess, but I really like working around the house, especially outside in the yard. I even like cutting the grass."

"I don't do anything besides racquetball to stay in condition. As far as playing sports I guess I've always had a lot of natural ability. I've been blessed with good quickness and speed and that helps." At 5'4", 118 pounds she relies less on power than some of the stronger players but never lets herself get out of shape and forced to carry any extra weight around the court.

She has not confined her athletic ability to racquet sports by any means. Besides compiling an impressive record



Making time to share in the interests of husband George, and teen age son Bo, helps hold the family together. That's a 1974 IRA Title Plaque she's dusting.

as a softball pitcher, Peggy coached and starred on a women's basketball team and like any loyal Texan, she has a warm spot in her heart for football, her favorite sport as a youngster.

But at this point in her life Peggy Steding is a racquetballer—and she couldn't be more pleased. "Racquetball has been good to me and I don't regret anything that's happened to me in the game," she reflects. "It really has enriched my life a lot. Oh, I'd like to make money at it just as much as the next guy but it's been so much more than that."

"The people in the game are almost all such good people. There is a lot of sportsmanship still in the game and it hasn't become a dog-eat-dog thing yet. Of course, I hope it never does."

She is usually at least 15 years older than her opponents and, incredibly, twice the age of Shannon Wright, the 1977 women's national champion. But Peggy is hardly one to look over her shoulder to see who might be gaining on her.

"I hope I'm like good wine, getting better with age," she laughs. "Really though, it has been a pleasure just to be able to compete against girls 15-18 years younger than me. I don't let myself get pressured about winning because I think pressure can hurt you more than help. It's hard enough to win without getting all worried about it too."

"I think being a little older might actually help me at being able to keep my cool on the court better. The only thing that really upsets me is when someone cheats you, but most of the women are the kind you could play without a referee."

Her one encounter with pressure had a humorous ending. Ironically it came after her 200 match win streak was broken and she arrived at the next tournament on the tour to find herself seeded second. There was an article in the tournament program asking "Is 39 Too Old For The Pro Tour?", a question her opponents wished hadn't been asked.

"That sort of made me mad," she says with a little gloating chuckle, "so I went out and won the tournament. I guess it wasn't too old after all."

What is too old? Peggy doesn't have an answer for that yet. "I keep saying every year that I'll just play a couple more years and see how it goes. But I don't want to be playing until I'm down at the bottom. I think that's sad when I see athletes doing that and I know I couldn't stand that mentally."

"I still take all my matches and tournaments one at a time. It's all been so good. I've just been real lucky, that's all."

Racquetball has been lucky too. Lucky for having Peggy Steding. ●

TOURNAMENT/NEWS

ILLINOIS STATE RACQUETBALL ASSOCIATION SINGLES TOURNAMENT

ISRA Singles Tournament held recently in Chicago, Illinois, may well have set a few records of it's own considering the following facts:

Billed as the world's largest racquetball tournament it attracted a record of 803 contestants in 17 divisions and more than 1200 matches were played during the four day affair.

Over forty hours of continuous play from 7:00 A.M. Saturday morning until about 10:30 Sunday evening found more than sixty dozen balls torn up during the furious playoffs.

To climax the festivities and in recognition of his contributions to the sport of racquetball, Tom Street, ISRA's president was awarded the first Louis Zann Memorial Cup/Governor's Award.

Between 4,000 and 5,000 persons attended one or more of the exciting events which brought racquetball to new heights in Illinois.

RESULTS

Men's Open Division:
Bob Deuster, Mt. Prospect, defeated Steve Sulli, Elmhurst 21-19, 21-16

Men's B
Devin Semenas, Mt. Prospect, defeated Herb Grigg, Loves Park (suburb of Rockford), 21-17, 8-21, 11-4 Deuster & Semenas are cousins.

Men's C (Largest division—192 entries)
Jim Cartwright, Arlington Heights, defeated Ed Burnes, Evanston, 21-19, 18-21, 11-5

Novice
Stuart Dubin, Chicago, defeated Walter Mah Evanston 21-20, 18-21, 11-6

Juniors (17 & Under)
Boris Carvallo, Oak Park, defeated Gordon Gallagher, Evanston 21-20, 21-16

Juniors (15 & Under)
John Slazas, Park Ridge, defeated Jack Newman, Morton Grove 21-3, 21-16

Seniors
Jim Clemons, Chicago, defeated Shelly Clar, Northbrook 21-10, 21-8

Masters
Bob Troyer, Lake Bluff, defeated Roger Eggert, Arlington Heights 21-10, 21-11

Golden Masters
Ralph Shively, Lake Bluff, defeated Courtney Gerrish, Evanston 6-21, 21-18, 11-1

Women's Open Division
Glenda Pommerich, Chicago, defeated Sue Carow, Glenview 18-21, 21-7, 11-10

Women's B
Mary Tordella, Peoria, defeated Susan Yovic, Chicago 21-15, 16-21, 11-4

Women's C
"Smokin' Sue" Prisching, Chicago, defeated Connie Volkodav 21-17, 21-9

Novice
Linda Eddington, Matteson, defeated Janis Taylor, Highland Park 21-18, 12-21, 11-10

Juniors (Combined both age groups because of small draw)
Karen Paice (age 13), Arlington Heights, defeated Barbara Allweiss, Glenview, 21-19, 21-19

Seniors
Fran Deuster (mother of Men's Open champion), Mt. Prospect, defeated Georgia Muskalunas, Prospect Heights, 21-11, 21-8.

BRUMFIELD MASHES HOGAN IN WESTMINSTER, CA.

"I stayed off the road to practice for a month prior to the tournament and it paid off," Brumfield said after soundly defeating Marty Hogan in the Tournament of Champions held in Westminster, California, May 11-14.

This was the final event in the Kunnan-Leach Tournament of Champions whose $20,000 purse was the largest offered in the history of racquetball.

Brumfield, a former San Diego attorney, slashed back from a 19-11 deficit to thrash Hogan 21-19, 21-14. For his efforts Brumfield carried away $9500 and Hogan, who, in our last issue had referred to Brumfield as "old sausage legs", was forced to take lessons and bank a lesser $4500.00.

A calm Brumfield remarked, "This is my second consecutive win over Hogan and I don't think anyone has been able to say that for a long time."

Brumfield met Hogan at the Gresham, Ore. pro stop last January where he handed the younger San Diegan his only defeat on the 1977-78 Leach-Seamco tour.

The Tournament of Champions field was invited on the basis of individual records during the Leach-Seamco tour as well as consideration of previous pro performance.

Brumfield survived three 11-point tiebreakers to reach the Tournament of Champions finals. He defeated Steve Keeley, Lansing, Mich. in the semi-finals, 21-13, 19-21, 11-3; Ben Koltun, St. Louis, in the quarters, 16-21, 21-6, 11-10 and Mark Morrow, Los Angeles, in the first rounds, 16-21, 21-10, 11-10.

Hogan had an easier time getting to the finals, downing Rich Wagner, San Diego, 21-15, 21-13 in the semi-finals, Jerry Hilecher, San Diego, in the quarters, 21-13, 21-15 and Steve Strandemo, San Diego, 21-17, 21-14 in the first round.

Keeley pulled a classic upset in his first round victory over third-seed Steve Serot, St. Louis, 21-8, 8-21, 11-8 and continued on to the quarter-finals where he downed current national champion Davey Bledsoe, San Diego, 21-13, 13-21, 11-7. Keeley's winning streak ended when he met Brumfield in the semis.

Hogan, who had competed the previous week in the World Racquets Championship felt that his involvement in that event hurt his Tournament of Champions performance.

"My game was off because I spent so much of my time practicing on other racquet sports," said Hogan. "I didn't have sufficient time to recover before the tournament.

"I wasn't playing well and it really showed in the finals. Charlie was definitely the better player—this time."

RESULTS

First Rounds—Brumfield d. Morrow, 16-21, 21-10, 11-10; Keeley d.Serot, 21-8, 8-21, 11-8; McCoy d. Jones, 21-6, 21-13; Hogan

d. Strandemo, 21-17, 22-14; Bledsoe d. Strandemo, 21-9, 21-15; Koltun d. Jones 21-14, 21-14; Hilecher d. Keeley 21-16, 21-14; Wagner d. Morrow, 21-6, 21-13.

Quarter-Finals—Brumfield d. Koltun, 16-21, 21-6, 11-10; Hogan d. Hilecher, 21-13, 21-15; Wagner d. McCoy, 21-4, 11-21, 11-3; Keeley d. Bledsoe, 21-13, 13-21, 11-7.

Semi-Finals—Brumfield d. Keeley, 21-13, 19-21, 11-3; Hogan d. Wagner, 21-15, 21-13.

Finals—Brumfield d. Hogan, 21-19, 21-14.

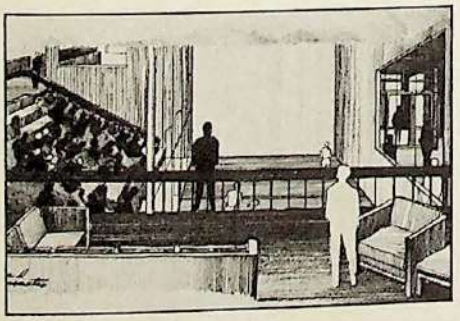
Coors All-Pro Racquetball Tournament

Las Vegas...Some of this nation's most outstanding hockey and basketball players will be swinging their hearts out at the second session of the Coors All-Pro Racquetball Tournament July 9-14.

The Sahara Hotel will shelter the sometimes unruly group which will put in its work time at the Las Vegas Racquetball Club where they will be vying for some $20,000 total prize money per qualifying event and looking forward to the Grand Finals which will see $100,000 carried away by the elated winners.

Contestants come from the professional ranks of many different sports to try their hands at one of this country's most rapidly growing sports.

Full results and stories will be found in the next issue of RBI.



GROUND-BREAKING CEREMONIES SET FOR NATIONAL CHAIN 21st POINT RACQUETBALL CLUBS IN YOUNGSTOWN AND CLEVELAND

Youngstown, Ohio—REC Enterprises, Inc., a new corporation formed recently by Edward J. DeBartolo, Jr. and associates Dr. John F. Geletka, Attorney Carmen A. Policy and William D. Moses, today announced it would break ground for the first of 32 nationally planned racquetball clubs named "21st Point Racquetball Club".

Youngstown and Cleveland are the chosen sites where four of the racquetball clubs will be constructed simultaneously with two clubs in each city. Groundbreaking ceremonies are scheduled for May 29, and each $1,100,000 facility should be completed between October and December of this year. All the clubs are pinpointed strategically near the regional mall developments of the DeBartolo Corporation.

The Youngstown area clubs will be located at the southwest corner of Mahoning Avenue and Westchester Drive near Routes 18 and 11, on the west side of Youngstown. The other facility will be located near the Southern Park Mall area at the intersection of McKay's Corner and Route 224, near I-680. The Cleveland area clubs will be located adjacent to the Randall Park Mall, on the Cleveland east side and at the Great Lakes Mall located in Mentor.

K. Anthony Hayek and Associates are the architectural designers of the bi-leveled 31,000 sq. ft. racquetball clubs. Hayek says he has studied and visited several racquetball clubs throughout the nation and has learned from their mistakes and accomplishments which has enabled him to believe he has discovered the ultimate in racquetball club design. Hayek has come up with a design that will induce prominence and national recognition for the 21st Point Racquetball Clubs.

The strongest feature of 21st Point Racquetball Clubs is an exhibition glass-walled tournament court designed exclusively for spectacular audience viewing. The tournament court will be equipped to handle television viewing along with a 250 spectator gallery. The tournament facilities will be designed with ramps to accommodate handicapped spectators.

Other features of the racquetball complex include: an exercise room equipped with the latest in Nautilus exercise equipment, steam, sauna and whirlpool baths, a supervised child-care center, health food bar facility, pro shop, and television viewing area. The men and women's locker room areas will each consist of a fully-equipped grooming and shower area.

Commented Edward J. DeBartolo, Jr., owner and President of the San Francisco 49ers, "The 21st Point Racquetball Club facilities will be oriented for family participation as well as social sporting events for singles ...it will be a place where all people, young and old, can exercise, relax and compete within a healthy atmosphere", stressed DeBartolo.

Display booths featuring floor plan renditions, a sound slide show and sign-up flyers will be appearing soon at the DeBartolo Malls. The first 500 people to sign up and pay their first year's membership will receive a free racquetball racquet, compliments of the 21st Point Racquetball Club.

REC Enterprises, Inc. has 50 choices of sites for the 32 planned facilities. DeBartolo hinted that Florida would probably be the next area for groundbreaking and speculates construction will start in June on four locations in that state—two in Tampa, one in Orlando and one in Daytona Beach which will bring the total of seven 21st Point Racquetball Clubs operating in the nation and five to seven more under construction by January 1, 1979.

WILSON, COURT CLUB ASSOCIATION TO SPONSOR NATIONAL AMATEUR RACQUETBALL TOURNEY IN U.S.

RIVER GROVE, ILLINOIS,

Wilson Sporting Goods Company and the National Court Clubs Association have announced they will co-sponsor what they describe as "the first truly national amateur racquetball tournament." The tournament, to be named the National Amateur Racquetball Championships, will be open to all classes of players at the "grass roots", local club level.

Lee Steele, Wilson's racquetball business manager said the co-sponsors expect about 15,000 players to participate in the new nationwide competition for A, B, and C level players—both men and women—who are members of NCCA court clubs.

"This is the only racquetball tournament, national in scope, that's been organized with the interests of the local club player at heart," Steele said. "First round matches will actually be played at local NCCA-affiliated clubs, instead of regional sites as with other national amateur racquetball competitions. Contestants won't have to travel to distant cities to compete."

Local club elimination contests are scheduled to be held between June 15th and July 30th, with three regional tournaments slated for the month of August and the finals set for September in Chicago. Sites for the western, central and eastern regionals will be announced at a later date. John Wineman, president of the NCCA and one of the owners of Chicago's Court House court club chain, said regional and national winners in the new tourney will be awarded merchandise prizes with a total retail value in excess of $24,000.

To be eligible to participate, racquetball players must be members of an NCCA-affiliated court club and pay a $17.00 entry fee. The fee covers all court time for tournament games, and in addition each contestant will receive a National Amateur Championships gift package including Wilson Tote bag, tailored men's or woman's official tournament shirt, and souvenir sew-on patch. Wilson will also furnish balls for all tournament play.

In a joint statement, Wilson and NCCA officials said they believe the new tournament, and publicity about local, regional and national matches, will help stimulate public interest in the many health and recreational advantages of racquetball. Wineman also stated:

"The tournament will also offer NCCA clubs the chance to offer an exciting event for *all* their members by enabling them to compete in a truly national championship event for amateur racquetballers. Since the number of participants is so large, the six national class winners will represent the absolute tops in amateur racquetball. We expect these championships to be truly meaningful in the world of racquetball right from the start."

[*Racquetball Illustrated will be happy to give as much coverage to these matches as we can. —ED.*]

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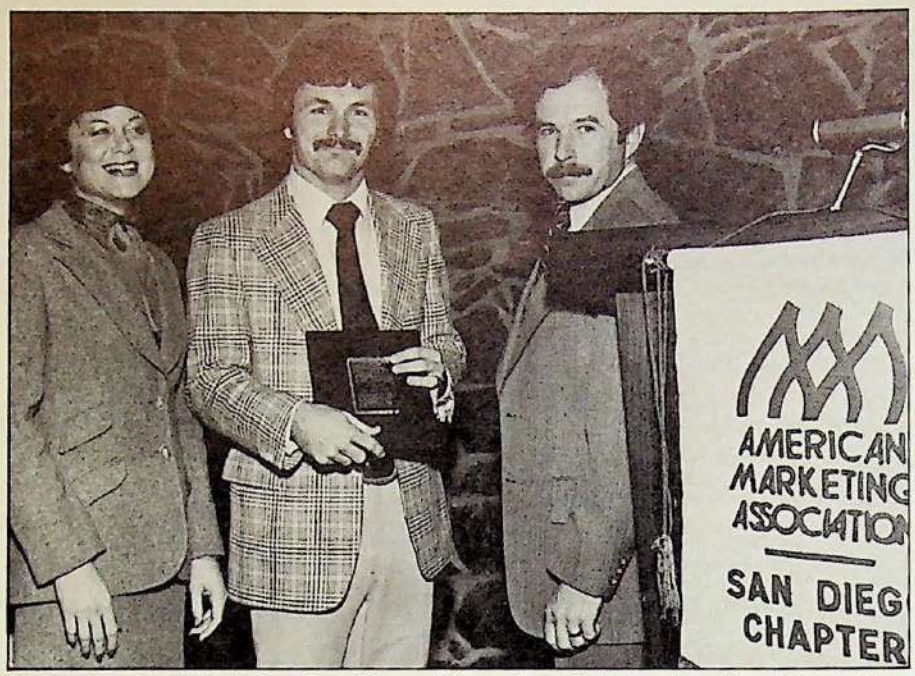

Ektelon director of Marketing, Ron Grimes (C), receives Marketing Excellence Award from A.M.A. President, Ilene Steiman and Vice-President Tom Shipman.

EKTELON Presented Marketing Excellence Award

SAN DIEGO, CA—Ektelon, San Diego-based manufacturer of racquetball racquets and accessory equipment, has been presented an award for marketing excellence by the American Marketing Association's San Diego Chapter.

"Ektelon, founded in 1968, is a classic example of effective marketing," said AMA President Ilene Steiman. "Ektelon sales have increased fivefold in the last three years."

Steiman presented the award to Ron Grimes, Ektelon's director of marketing, at a recent gathering of the AMA in San Diego. One of six such awards presented by the AMA during the year, the achievement makes Ektelon a candidate for the San Diego AMA's "Marketing Company of the Year Award" for 1978.

Steiman said that the marketing award was in recognition of Ektelon's success during the past three years.

"We are particularly pleased to win an award of this kind in the San Diego marketing area," said Grimes, "where the competition to market racquetball equipment is probably more heated than anywhere in the country."

Grimes attributed Ektelon's success to the dedication of its employees and the vision of Bud Held, its founder and president.

"Bud's insistence on world-class quality in all of the products we manufacture," he said, "has spilled over into our marketing techniques and resulted in a continuous refinement of programs and practices.

"We not only want to build Ektelon's brand awareness among racquetball players, but to maintain the position Ektelon has as the Cadillac of racquetball racquets and accessory equipment."

A 26-year-old San Diego resident, Grimes joined Ektelon in June 1975 as Held's assistant but was promoted to marketing director five months later. He graduated magna cum laude and Phi Beta Kappa from the University of California at Los Angeles and earned his MBA there.

Held, who formed Ektelon in 1968 to sell a racquet stringing machine of his own invention, designed racquetball's first aluminum racquet a year later.

The two products have formed the nucleus of Ektelon sales ever since, although in recent years Ektelon has branched out into clothing, protective equipment and other racquetball accessories.

SICC RANKED NUMBER ONE

Sports Illustrated Court Clubs vaulted into the number one ranking in size among racquetball organizations with the opening of five new clubs in May.

SICC now operates 10 clubs totaling 122 courts. Its total membership as of June 1 is over 20,000.

And six more SICC clubs are under construction with openings scheduled before the chain's second anniversary in October.

The clubs already opened or under construction represent a total investment of approximately $19 million. However, they mark only the beginning of Sports Illustrated Court Clubs' growth plan.

Chairman Craig Hall says he expects to have at least 10 more clubs under construction, and some completed, before the end of 1978.

Almost every state in the union is under consideration in SICC's long-term plan which envisions at least 125 clubs open by 1981.

Of the facilities now open, two are in Indiana, in Fort Wayne and South Bend; and eight are in Michigan—two each in Kalamazoo and Lansing, and one apiece in Flint, Saginaw, Van Buren Township (Lemontree) and Ypsilanti.

The clubs in progress are in Birmingham, Alabama; Atlanta, Georgia; Flint, Michigan; Charlotte, North Carolina; and Philadelphia and Pittsburgh, Pennsylvania.

Such rapid growth creates an extraordinary demand for capable managers and teaching pros and SICC has found the answer to that, too: its unique Off-the-Wall U. which provides intensive professional training to potential managers and other club staff.

RIC 'SPORTROOMS' DEVELOP IN FLORIDA

MIAMI, Fla.—Racquetball International Corporation, developers of a proposed chain of racquetball clubs and fitness centers, called the Sportrooms, has acquired the services of two of the top professional athletes in America.

Four-time national handball singles champion Fred Lewis is the resident teaching pro for the Sportrooms of Sabal Chase, in the southern portion of Dade County.

The Sabal Chase facility is the first completed by RIC in Miami. RIC's other clubs in Alabama, Georgia and Florida will be the subject of a feature in the next issue of Racquetball Illustrated.

In addition to Lewis, five-time national racquetball singles champion Charlie Brumfield is the touring pro for the Sportrooms.

Lewis, a native of Miami Beach, where he grew up playing handball, is still quite active on the national circuit. But the major portion of his time these days is spent at the Sportrooms designing programs, offering instruction in both racquetball and handball, running leagues, bringing in pro tournaments and working on his own game when time permits.

"Although we've got a terrific system already employed at the Sabal Chase Sportrooms," says Lewis, "it is, in some ways, a testing ground for our future clubs. We run nothing but first class programs here but there is always room for improvement and we're always looking for that room. As we get involved with more and more operations, we know we'll have a system that has worked for a considerable period of time in at least one of our clubs.

Brumfield, one of the leading players on the professional racquetball circuit, is responsible for bringing professional competition into RIC facilities, implementing programs with Lewis and telling prospective developers about RIC and the Sportrooms as he travels around the country.

"I have been approached by all kinds of

(continued)

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(continued)

developers who wanted to use my name in nearly every form imaginable, but I liked the approach used by RIC. They wanted me for my skills as well as my name. Their approach is refreshing and straight forward. Their knowledge of the field is more complete than any other developers of clubs I have run across. I look forward to seeing Sportrooms from coast to coast. I'll have the home court advantage in every tournament I play in."

Brumfield will visit each Sportrooms regularly, providing clinics for members.

Ed Torkelson, president of RIC says, "We are extremely fortunate to have two athletes of this caliber on our team. We believe their interest in joining us is a reflection of the excelence we strive for in designing, building, and operating our clubs.

(watch RBI next issue for an exciting in-depth article on the Miami story.—ED.)

SITE SELECTED FOR NATIONAL JUNIORS TOURNEY

The Sports Illustrated Court Club in Belleville, Michigan, has been selected as the site of the Ektelon/Pony/IRA National Juniors Tournament Finals to be held the weekend of July 14, 15 and 16.

Luke St. Onge, tournament director for the International Racquetball Association (IRA), said that regional tournaments have been held in a dozen cities across the country to determine who will qualify for the finals in Belleville.

Approximately 72 male and female amateur junior players will attend after winning all-expense paid trips to the finals, St. Onge said. They will compete in either boys' or girls' 17 years and under, 15 years and under or 12 years and under age divisions.

It will be one of the first major tournaments for the Sports Illustrated Court Club in Belleville, according to club manager Jerry Boehms.

The recently completed 12-court facility is one of the country's most modern and features a three-glass-wall court in an amphitheatre setting which seats 450.

"It's a dynamite club, a super club," said Boehms, "and we also have four more courts with glass-back walls where all the matches above the quarter finals will be played."

Winners of both the boys' and girls' 17 and under finals will win $1,000 scholarships to the colleges of their choice, said St. Onge.

Sponsored by Ektelon, a San Diego-based manufacturer of racquetball racquets and accessory equipment and Pony Sports & Leisure, Inc. of New York, maker of athletic footwear, the tournament is sanctioned by the International Racquetball Association and will be played under IRA rules.

Cities in which qualifying tournaments were held on the weekend of June 9, 10 and 11 include Detroit, Minneapolis/St. Paul, St. Louis, Chicago, Denver, San Francisco, Los Angeles, Dallas, Atlanta, Seattle, Boston and Meadowlands, New Jersey.

EKTELON, NATURAL HOLDS U.S. RACQUETBALL CHAMPIONSHIPS

Racquetball, the most exciting, dynamic participant sport in America, got a big boost this year with the creation of the "Ektelon/Natural Light Beer Racquetball Championships" in some 30 U.S. cities.

Ron Grimes, of Ektelon said, "This association of Ektelon and Natural, both leaders in their own fields, brings added credibility to the sport of racquetball, and is another progressive move for the advancement of this great sport."

Jack MacDonough, of Natural, Anheuser Busch's Light Beer commented, "We at Natural are glad to be taking the lead with Ektelon in helping this tremendous sport gain the national attention it deserves. Last year, there were nearly six million people playing racquetball, which is incredible in light of the fact that the sport didn't even exist until the late 1960s."

The tournaments introduced hundreds of competitors to the first-time thrill of tournament racquetball competition and produced the best amateur players in each city. RBI will carry the results and behind the scenes stories of this series of tournaments in our next issue.

Sites scheduled for the local tournaments were San Diego, Los Angeles, Orange County (Calif.), San Francisco, Portland, Seattle, Phoenix, Las Vegas, Denver, Kansas City, Dallas, Houston, St. Louis, Chicago, Milwaukee, Minneapolis, New Orleans, Detroit, Cleveland, Buffalo, Pittsburgh, Boston, Fairfield (N.J.), Philadelphia, Sacramento, the Washington, D.C. area, Atlanta, Orlando, Miami/Ft. Lauderdale, and Oklahoma City.

REPORT FROM CINCINNATTI

by Michael Sipes

The 2nd Annual Semi-Pro/Am Racquetball Tournament was held at The Court Yard in Cincinnati, Ohio on April 14, 15 & 16. One hundred and thirty-two players entered in seven divisions and each was treated to plenty of food and drinks as well as consolation rounds for all of the first round losers. Play started on Friday at 4:00 and ended Sunday at 5:00.

In the Men's Semi-Pro division the round of 16 showed only one upset, as Michael Sipes (not seeded) beat David Fleischaker (#8 seed). The rest of the seeded players rolled into the round of eight. In the round of eight, Danny Clifford, Cincinnati, Ohio, upset Indiana State Champion Ron Johnson, Indianapolis. Again, the other seeds shot their way to the semi-finals. In the semi-finals, despite Marc Fried's excellent gets and court coverage, Clark Pittman (Mansfield, Ohio) was too much for him as he out shot and passed his way into the finals 21-7, 21-7.

In the other half of the bracket, Larry Fox, Cincinnati, overpowered Danny Clifford in the first game as Fox downed Clifford 21-8. In the second game Clifford turned on but it was too late as Fox captured the second game 21-18. The stage was set for the finals. Up to this point, Fox and Pittman had met three times, Pittman winning each time. This time the tables were turned as Fox hit shots from everywhere on the court. His around-the-wall balls off the ceiling rallies had Pittman shooting from back court, but Fox was too quick in the front court, covering everything that didn't roll out. The final scores were 21-16 and 21-7 but the match was closer than the scores indicate.

In the Women's Semi-Pro Division, the top four seeds worked their way out to the semi-finals. In the semi's, Camile McCarthy downed Irene Ackerman of Dearborn Heights, Mich., 21-12, 21-7. In the other half of the bracket, Gerri Stoffregen, Cincinnati, Ohio, beat Dana Cornblath, Columbus, Ohio, 21-15, 21-10.

In the finals Stoffregen jumped out to an early lead to take the first game from McCarthy 21-16, but McCarthy fought back to put together a chain of strong serves to take the second game 21-14.

In the tie breaker, McCarthy shooting well drew Stoffregen to front court and then started passing to take the tie breaker 11-6. For third place, it was Irene Ackerman over Dana Cornblath. The women's Semi-Pro consolation division was won by Trish Morphew, Athens, Ohio, beating Lu Gifford, Cincinnati, Ohio, 21-2, 21-12.

PRO HILECHER TO HOLD CAMP INSTRUCTION DETROIT, MICHIGAN ...LEMONTREE

Touring pro Jerry Hilecher will conduct a racquetball camp at Sports Illustrated Court Club-Lemontree in suburban Detroit in July and August.

The camp will be offered in two versions, each running six days.

One, a commuter camp, to be held the last week in July, will offer a choice of morning or afternoon sessions plus a full day on Saturday, a total of 21 teaching hours.

The second, an all-day camp which will provide hotel accommodations for registrants, will be held the first week in August. It will provide a total of 30 teaching hours plus an all-day tournament on the final day. Between teaching sessions tennis, golf, swimming and boating will be available on the adjacent Lemontree complex.

The commuter camp will be limited to 50 registrants and the all-day camp to 35. Players of all ages and levels of skill are eligible. Fees are $125 for the commuter camp and $195 plus accommodations for the all-day.

Hilecher will be assisted by two other tournament pros, a man and a woman. Practices will be videotaped. Instruction will be given on advanced, intermediate and beginner levels, covering the various strokes and shots, court strategy and tournament preparation. Sessions will also include agility drills and stretching exercises. ●

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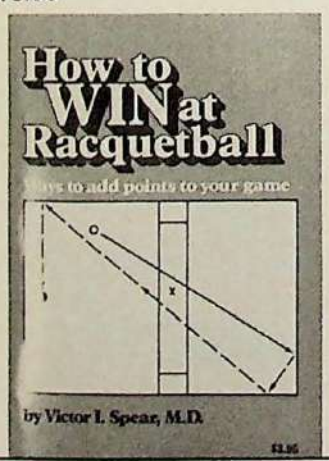

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Chula Vista Racquetball Club
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Marina courts
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(805) 487-5118

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Sun Oaks Racquet Club
3452 Argyle Road
241-2613

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Riverside Racquetball Club
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Courtsports
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(714) 294-9970

San Diego

Racquet Time, San Diego
1764 San Diego Avenue
294-9933

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

San Francisco

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

Simi Valley

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

South San Francisco

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

Spring Valley

Spring Valley Racquetball Club
589 Sweetwater Road
(714) 462-4260

Stockton

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

Van Nuys

The Center Courts
8141 Orion
(213) 786-6216

Van Nuys
Coast & Valley Spa &
Racquetball
8638 Woodman Ave.
(213) 892-8250

Ventura

Ventura Courthouse
3760 Telegraph Road
(805) 642-2131

Visalia

Visalia Racquet Club
909 N. Demaree
733-1041

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

COLORADO

Aspen

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

Denver

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

Englewood

Denver Sporting Hous
5151 DTC Parkway
(303) 779-0700

CONNECTICUT

Avon

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

FLORIDA

Ft. Lauderdale

The Courtrooms
940 N.W. 7th Terrace
(305) 764-8700

Ft. Lauderdale

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

Miami

The Sportrooms
10680 S.W. 113 Place
(305) 596-2677

GEORGIA

Marietta

Courthouse I
1990 Delk Ind. Blvd.
955-2120

ILLINOIS

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

Calumet City

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

Chicago

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

Fairview Heights

Fairview Racquetball Club
5925 N. Illinois Street
(613) 277-0200

Godfrey

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

Mt. Vernon

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

Olympia Fields

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

Palos Heights

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

Richton Park

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

INDIANA

Evansville

Tri-State Racquet Club
555 Tennis Lane
479-3111

Indianapolis

Racquetball West
6355 Westhaven Drive
(317) 299-4206

Muncie

Full Court Club
3501 N. Chadam Lane
286-0676

Fort Wayne

Court Rooms of America
1404 Kerrway Court
(219) 422-1564

IOWA

Bettnedorf

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

KANSAS

Overland Park

Dales Courts
11301 West 88th
(913) 888-9247

KENTUCKY

Lexington

Racquet Time of Lexington
151 West Zandale
276-3587

LOUISIANA

Baton Rouge

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

Baton Rouge

Wallbanger Court Club
10473 Olo Hammond Hwy.
(504) 923-2793

MARYLAND

Timonium

Padonia Court Club
212 W. Padonia Rd.
252-5280

Towson

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

MASS.

Braintree

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

MICHIGAN

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

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

Grandville

Racquetville Court Club
3380 Fairlane Avenue
(616) 531-4230

Kentwood

Racquetball Wizard
4620 Kalamazoo
455-6560

Port Huron

Huron Court Club
2900 Krafft Road
(313) 385-4469

Rochester

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

Roseville

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

Sterling Heights

Parkside Racquet Club
42140 Van Dyke
254-1012

Trenton

Racquet King Courts
1630 Fort Street
676-5850

Troy

The Troy Courts
3863 Rochester Road
(313) 689-5415

Utica

Courtland Racquetball
45100 Mound Rd.
(313) 254-1056

MISSOURI

Creve Coeur

The Racket Man, Inc.
11048 Olive Blvd.
(314) 567-0873

NEVADA

Carson City

Capitol Courts, Inc.
3448 Bernese Court
Carson City, Nevada
(702) 882-9566

Las Vegas

Las Vegas Sporting House
3025 Industrial Road
(303) 779-0700

NEW MEXICO

Albuquerque

Supreme Courts
4100 Prospect NE
(505) 266-7781

NORTH CAROLINA

Greensboro

Sportime Racquet Club
P.O. Box 21687
(919) 275-2521

Winston Salem

Racquetball & Handball Club
of Winston Salem
301 Executive Park Blvd.
(919) 765-0691

NEW JERSEY

Bricktown

Kangaroo Courts
193 Chambers Bridge Road
(201) 477-8500

Randolph

Randolph Park West
(201) 328-0660

Tom's River

Racquetball of Tom's River
671 Batchelor Street
(201) 349-6100

NEW YORK

Buffalo

4 Wall Courts
580 Cayuga Road
(716) 632-1894

Cedarhurst

Executive Courts West
395 Pearsall Avenue
(516) 239-3500

Hauppauge

Off the Wall Racquetball, Inc.
230 Oeser Avenue
(516) 249-0828

New York City

Manhattan Squash Club
1114 Avenue of Americas
(212)869-8969

Rochester

Winton Racquetball Club
3120 South Winton Road
(716) 271-3700

Westbury, L.I.

Health n' Sports
1020 Old Country Road
(516) 997-8855

OHIO

Cincinnati

Pat Matson's Racquetball/
Handball Fitness World, Ltd.
4780 Corwell Road
(513) 791-9116

Columbus

Arlington Court Club
5005 Arlington Center Blvd.
(614) 451-1930

Columbus

Countryside Racquetball &
Handball
1635 E. Doublin-Grandville
(614) 885-BALL

Columbus

Harvey's Wallbanger
6555 Kings Mill Court
(614) 436-1261

Columbus

Racqueteer Club
2400 Park Crescent Drive
(614) 864-7676

Dayton

Dayton Circuit Courts Assoc.
1497 Shoup Mill road
(513) 276-5959

Holland

Spring Meadows Court Club
6834 Spring Valley Road
(419) 866-1101

Kettering

Court Management Co., Inc
1240 Ridgeview Ave.
(513) 294-5830

Kettering

Dayton Circuit Courts No. 2
5600 Kentshire Dr.
(513) 435-3113

Madiera

Court House East Ltd.
8229 Camargo Road
271-3388

Massillon

Glove & Racquet
3885 Wales Road, N.W.
(216) 837-9602

Moraine

Dayton Court House
2750 Bertwynn Dr.
(513) 294-0700

OKLAHOMA

Stonewater

Montclair Racquet Time
Box 809
(405) 372-8655

OREGON

Eugene

Court Sports I
2510 Oakmont Way
687-2811

Medford

Medford Superior Courts
727 Cardley Avenue
772-3194

Portland

USA Oregon Athletic Club
8333 NE Russell
254-5546

PENNSYLVANIA

Erie

Forest Hills Athletic club
3910 Caughey Road
(814) 833-2468

Harrisburg

Bentley Club and Courts
2301 Grimes Drive
(717) 545-4231

Lower Burrell

Hillcrest Racquet Club
No. One High School Drive
(412) 339-7100

Southampton

Fox Racquetball Club
Second Street Pike & Jaymor
Rd.
(215) 322-8080

TENNESSEE

Memphis

Center Courts, Inc.
2611 S. Mendenhall road
(901) 794-6000

Memphis

Don Kessinger Court Club
1010 June Road
(901) 682-6661

TEXAS

Corpus Christi

Corpus Christi
Racquetball Club
1017 Barry Street
(512) 855-4175

Dallas

Racquetball at Northpark
8878 N. Central Expressway
(214) 692-6000

San Antonio

Racquetball & Handball
Clubs of San Antonio
7700 Torino Drive
(512) 349-8596

WASHINGTON

Spokane

The Spokane Club
West 1002 Riverside Ave.
838-8511

Tumwater

Tumwater Valley Racquet Club
4833 Tumwater Valley Drive
(206) 352-3400

WISCONSIN

Menomomee Falls
Falls Racquetball Club
1485 W. 15960 Appleton Ave.
(414) 251-1420

Milwaukee

North Shore Racquet Club
5050 N. Glen Park Road
(414) 351-2900

Milwaukee

South Shore Racquet Club
4801 S. 2nd Street
(414) 482-3410

West Allis

The Racquet Ball Club, Inc.
1939 S. 108th St.
(414) 321-2500

WYOMING

Laramie

Slim & Swim Health club
411 S. 20th Street
(303) 742-4760

BRITISH COLUMBIA

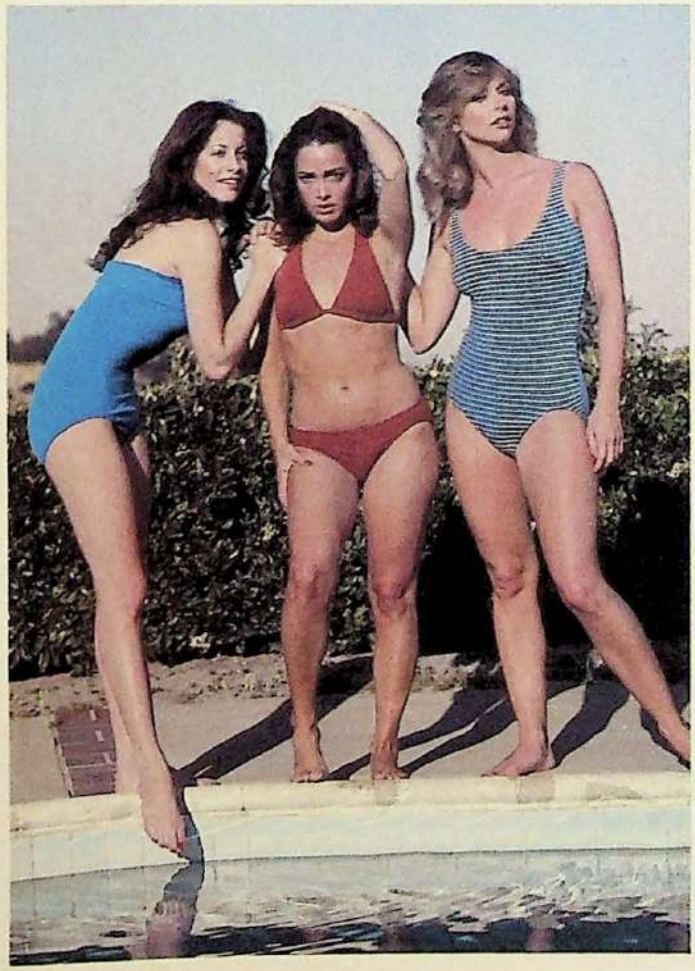
Vancouver

Supreme court
Racquetball Club
1114 Alberni Street
(604) 669-3636

ONTARIO, CANADA

Oakville

Aidenlea Racquetball
(Oakville) Limited
474 Iroquois Shore Rd.
(416) 842-2366



FASHION RAC

Models Cathryn O'Neil, Jenny Sherman, and Brianne Leary show why the name *Going Places* is so appropriate for this brand new line of racquetball and sports togs.

Whatever your game may be, there's no faulting these fashion aces. With lines to flatter the feminine form and distract the most dedicated male player, these nifties come in sizes and colors to please.

(In above photo - l) Somehow the running white stripes across the chest of this cap-sleeve T-shirt lend another dimension to the game. The poly/cotton combination which is so popular comes in both almond (as shown) and cobalt. Happy drawstring shorts in white make a thumbs up pair. Suggested retail: Cap-sleeve T-shirt, $18.00; Drawstring shorts, $14.00.

(Center) A high-neck tank-top, cut to fit properly across the breasts, shown in bright cobalt blue, adds allure by slightly covering up the facts. Shown with popular drawstring shorts, this cotton/lycra combination keeps it all moving well. Suggested retail: High-neck tank-top, $24.00; Drawstring shorts, $14.00.

(R) The scoop-neck tank-top gives plenty of leeway for wild action. Shown in almond and natural colors, it's fashioned of a wearable blend of poly/cotton/lycra. Here with matching drawstring shorts, also cut for full swing, this combination is bound to keep things bouncing on the courts. Suggested retail: Scoop-neck tank-top, $24.00; Drawstring shorts, $14.00.

That's Cathryn swinging along in the running stripe, cap-sleeve T-shirt with the matching cobalt blue wrap-around skirt. In sizes P-S-M-L and made of poly/cotton/lycra combination it's suggested retail is $18.00, the skirt is suggested at $24.00 in poly/cotton, sizes P-S-M-L.

Brianne hangs around in a scoop-neck tank-top worn with a pair of drawstring pants, all in almond-natural combination colors. The scoop-neck tank-top is available in sizes 6-14 with a suggested retail of $24.00. The pants come in a P-S-M-L in a poly/cotton blend. Suggested retail: $24.00.

Cool and collectable, Jenny shows us the cobalt blue high-neck tank-top with white drawstring skirt hemmed with a matching wide cobalt blue stripe. The comfortable cotton/lycra combination top comes in sizes 6-14 and is suggested at $24.00. The skirt, in a poly/cotton blend comes in one size only and is suggested at $26.00.

(On preceding page) Wet or dry, it's fun to get it on with these dip-ables. Jenny (r) shows us a poly/cotton/lycra combination scoop-neck tank one-piece affair in cobalt blue and white. Suggested retail: $24.00. Cathryn (c) gives us an idea of what's happening in her mini-string bikini, in a combination of cotton/poly/lycra also available in striking blue. Suggested reatil: $22.00; and Brianne (l) sports a cuffed bandeau tube maillot. Available also in almond, sizes 6-14, it has a suggested retail: $25.00 in a cotton/lycra combination. ●

Coors
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to be associated
with the sport
of racquetball.
Watch for events
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A LOT OF WOMEN WILL TAKE US TO COURT BECAUSE OF THIS.

Racquetball is the fastest growing sport in the world.

And an estimated 40% of the players are women.

Yet no one has come up with a glass-filled racquet designed especially for them.

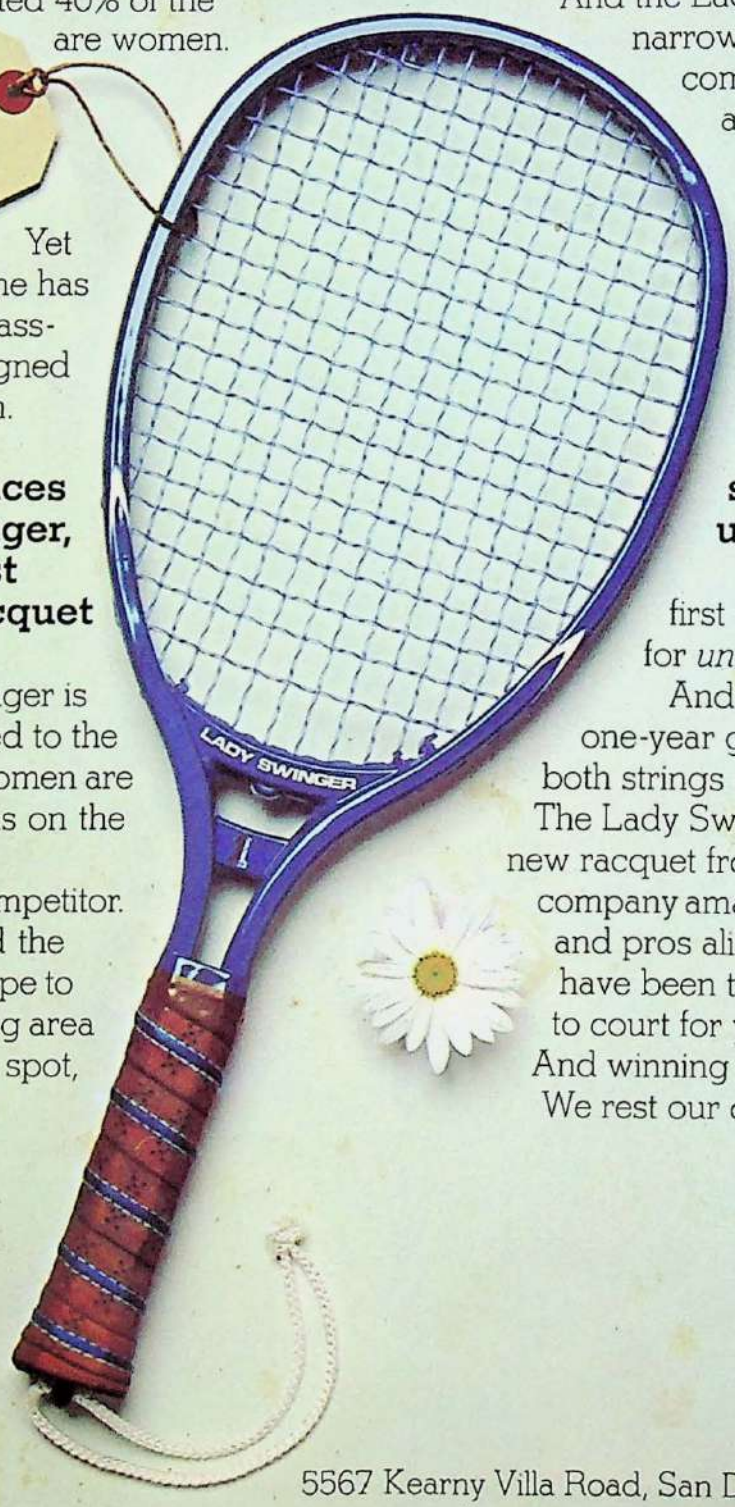
Until now.

Leach introduces the Lady Swinger, the sport's first glass-filled racquet for women.

The Lady Swinger is a racquet dedicated to the proposition that women are every bit as serious on the court as men.

It's a natural competitor.

We've modified the basic teardrop shape to turn the entire string area into one big sweet spot, for more accuracy.



It weighs in at under 250 grams, making it easier to swing.

And the Lady Swinger's narrow-throat design and comfortable 4" grip put a stop to rotational torque on occasional miss-hits around the edge. So it's easier to control.

It's a superb price competitor too, with a suggested retail under $20.00.

That's right. The first women's racquet for *under* $20.00.

And backed by a full one-year guarantee covering both strings and frame.

The Lady Swinger. It's a great new racquet from the company amateurs and pros alike have been taking to court for years. And winning with. We rest our case.

LEACH RACQUETBALL

NUMBER ONE BY DESIGN

5567 Kearny Villa Road, San Diego, CA 92123