

National Racquetball®

Vol. 12 No. 11

November 1983

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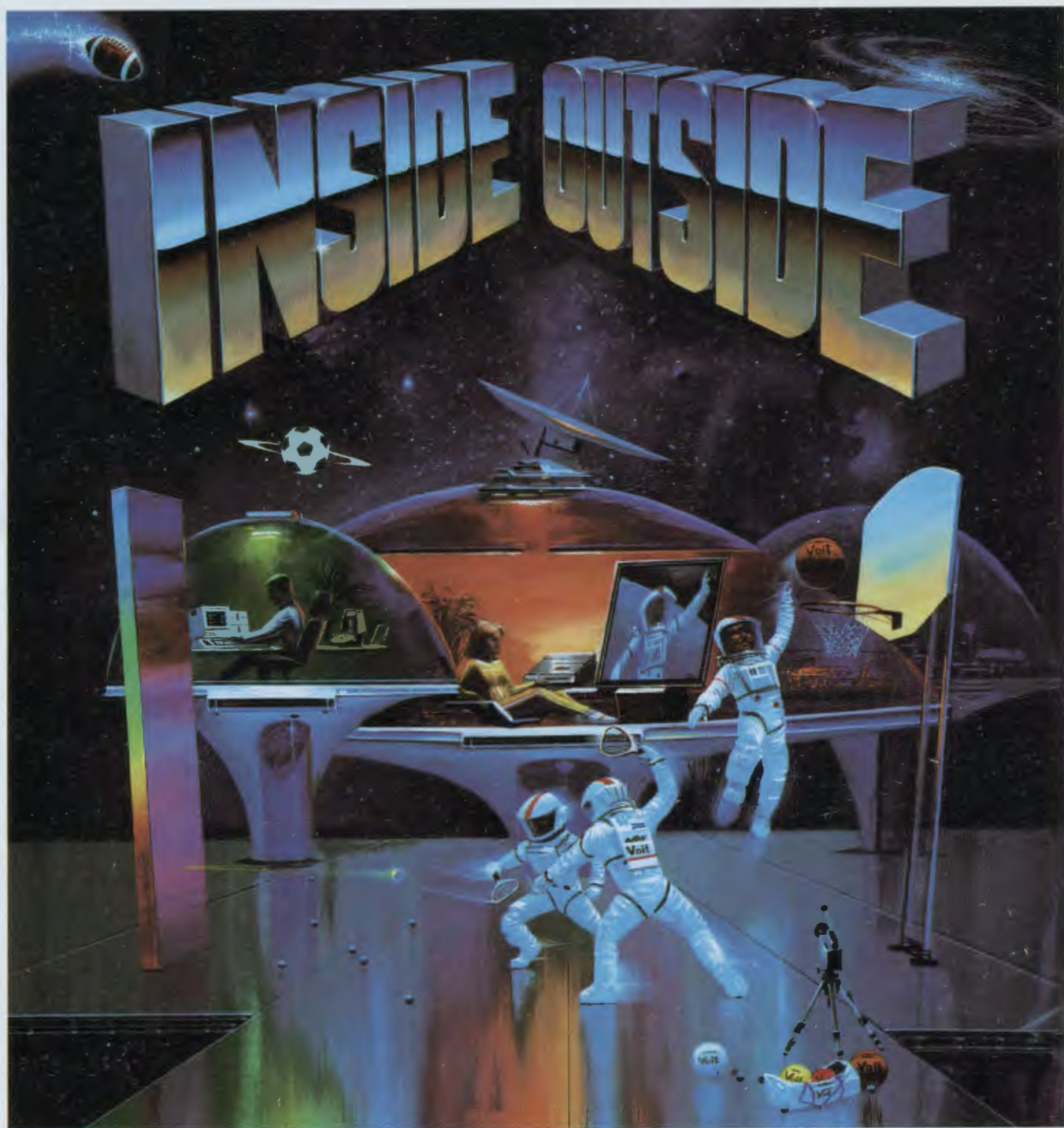
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On the cover...

Jerry Hilecher, one of those players who was around from nearly the beginning, is again involved in an attempt to organize the professional men players. For an in-depth look at what Hilecher is trying to do, turn to page 8.

—Photo by Tony Leighton

Next issue...

Balls will be the theme for the December issue, including our second annual Ball Review featuring what's on the market and what they cost. Also look for a feature describing what's wrong with Marty Hogan's game and the usual exciting departments.

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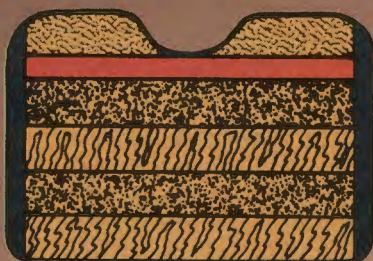
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Letters

Setting Examples

Dear Editor:

I would like to respond to the article "The Junior, The Thief And Racquetball" by Thomas R. Steinbach in your September, 1983 issue.

Being a mother of youths just entering the game, I felt extremely positive about the points made by Mr. Steinbach. I have yet to reach my first anniversary in the sport of racquetball, however, my enthusiasm must have spilled over to my daughters.

While the girls have not yet begun to play tournaments, they have had the opportunity to view a couple. I am ashamed to admit that I felt the need to steer them away from watching some matches because of the behavior exhibited by some "adult" players — even if they were winners. Nor did I want them to think that un-called-for behavior was sanctioned, much less encouraged, by anyone.

There is, perhaps, a fine line between aggressive, concentrating play and belligerent, vehement play. Being a player, I understand the disappointment of losing a rally because of doing something wrong. I also understand the disappointment of losing a rally you should have won.

But concentrating on expressing that disappointment to the gallery or even to your opponent does not erase that lost rally — nor does it win the next. The point of the game is to win but not at the expense of sportsmanship — I would rather lose.

Being a parent, I picked up on things that perhaps only a parent would. Mr. Steinbach "quietly but sternly" admonished his son that if the boy hit the wall again with his racquet then the father would demand that he forfeit the game.

First of all, that was something which *should* have been *quietly* said to his son. It was business between only those two and the fewer who overheard, the better. (The father is to be praised, the son should feel lucky to have such a father.)

Secondly, the son must have realized that the "threat" would have been carried out if he did not comply. This is not something that happens in an hour match. It is something that exists throughout their family life. (The father should feel proud, the son should feel loved.)

I would only hope that Mr. Steinbach

and his son wear eyeguards. We need people like them in this sport for a long time!

P.S. I love *National Racquetball*. I would like to see future surveys on a pull-out type page so I can leave the issue intact!

Judy G. Boston
Germantown, TN

Thanks for your words of wisdom, Judy. As for the surveys, we suggest you photocopy the page. —ED.

Pinch, Pinch, Reverse Pinch

Dear Editor:

I am a fairly good racquetball player although certainly no pro so correct me if I'm wrong. In your instructional series of the September, 1983 issue your article "Improving Shots You Should Never Take", says that the lowest percentage shot in racquetball is the overhead backhand pinch; (unless of course you are left handed).

I have tried both shots and found the reverse pinch to be much easier than the pinch. Now, am I wrong, are you wrong, or is author Kathy Williams wrong?

Another possibility is that the diagram may be correct and the article is wrong and that the lowest percentage shot is not the overhead backhand pinch at all but the overhead backhand reverse pinch!

Please advise as quickly as possible in as much as my game is at a standstill until I find out the truth.

Overall I really enjoy your magazine. Keep up the good work.

Brad Ward
St. George, UT

Everybody's wrong! The shot diagrammed (Figure 1, p. 21) is most definitely an overhead backhand reverse pinch; author Williams says it's still the toughest shot and that the overhead backhand pinch from the deep left corner for a right handed player is so ridiculous that it should only occur accidentally. —Ed.

No Telltale

Dear Editor:

In reply to the letter by Thad M. Koniki, Atlanta, GA (August issue) complaining about the low spectator appeal due to the lack of rallies... I couldn't agree with him more; however, in my mind

the answer is not changing the game by adding a "tell tale" board but by using a ball that is not so live.

Granted, you'd still have the roll-out and the pinches, but that's part of the game; however, the less lively ball would slow the game down, creating long rallies and adding a great deal more finesse to the game... thus increasing spectator appeal. This would not be changing the game but would be restoring the game to where it was for the first 10 years of its existence.

De Witt M. Shy
Memphis, TN

De Witt Shy is past president of the International Racquetball Association — predecessor to today's AARA. —ED.

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From The Editor . . .

Where Are The Fans?

Over the years a couple of "knocks" against racquetball have been difficult for the sport to combat. They number among them things like, *"it's dangerous, it's too easy, and it's not a good spectator sport."* As you might guess, I don't happen to agree with any of these opinions.

Specifically, though, I'd like to comment on the issue of racquetball not being a good spectator sport. Having logged thousands of hours watching the black, then green, now blue rubber sphere carom around the court like pin balls (remember those) I can attest to racquetball being a fascinating, interesting and sometimes thrilling spectator sport.

Now, I don't pretend that a sports or racquetball virgin will oooh and aaah at Mike Yellen's backhand down-the-line, or Marty Hogan's forehand splat. It does take some racquetball experience to gain moderate, if not full enjoyment out of spectating.

And this isn't limited to the men. Lynn Adams' overhead drive serve and Heather McKay's front court finesse will do just fine for me. The point is, no matter where a tournament seems to be held, the attendance in the gallery is, well, let's put it another way. If racquetball were the NFL, every game would be blacked out.

So, where are the fans?

Where racquetball has failed, and I use that term advisedly, is in *promotion*. We as an industry have failed to properly promote our major events. Now before some people get all uptight with such an all-encompassing statement I should backtrack and say, that yes, some tournaments are well promoted.

But they are the exception. I've seen major pro stops with half-filled (half-empty?) galleries, when the tickets were, are you ready for this, *absolutely free!* That's right—they couldn't give 'em away!

Now how can that be? I'll bet you a year's wages that if you supplied the prize money and the club, I could fill the gallery. Anybody with a little creativity, common sense and willingness to work could do it. Apparently the racquetball industry lacks all three.

I love it when I get tournament results and the write-ups refer to the "packed



galleries were on their feet, thrilled with the action." Then the photos come in and the packed galleries turn out to be echo chambers and the thrilled spectators look like they're training for hypnotism races.

The men blew it for years, dating back to the Bob Kendler era, when lots of money was spent, but not in the right places. The post-Kendler pro era was just as bad with marketing meaning a trip to the grocery store to pick up some Gatorade.

The women have probably fared worst of all and that's amazing since they at least have had the intelligence to hire "experts" (International Management Group) to manage their affairs. But it's obvious that IMG doesn't count bringing in the spectators as part of their service to the WPRA.

From a base of anywhere from 15,000 to 100,000 racquetball players in a community, you mean to tell me that we as an industry can't deliver 500 people to see the best our sport has to offer?

Terrible is too complimentary. Shameful is more accurate.

Where are the tie-in clinics all over town? Where are the promotions? Where are the pro/celebrity tournaments? The press conferences? Cocktail parties? Where are the in-store promotions? Why aren't the teaching pros more involved? Why isn't videotape pre-supplied to the local TV stations? Why aren't the pros themselves speaking up?

Sure, I'm talking about work. Hard work. But if it's not worth working for, well my friends, then it's not worth having.

Tell me please. Am I wrong? ●

Chuck Line



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Jerry Hilecher:

Jerry Hilecher, 29, at St. Louis native now residing in Southern California, has been a top eight racquetball player for the last 12 years. More than any other player, Hilecher has stood the test of time.

At 17 he reached the quarter-finals of the old International Racquetball Association National Championships and he's never looked back. And despite having never achieved an end-of-year number one rank, Hilecher has still had plenty of victorious moments on the court.

He's also had plenty of problems on the court. His burning desire and natural suspicion of those with political alliances sitting in referee's chairs, led to more than his share of on-the-court outbursts, earning him a reputation that even John McEnroe would abhor.

Hilecher has grown up in racquetball on the "wrong" side of nearly every fence. When control was the style, he played power. When Leach was the tour sponsor, he played with Ektelon. When Bob Kendler's National Racquetball Club was the governing body, Hilecher tried to form a rival player's association.

During the 1981-83 "Catalina 12" era, Hilecher (ranked third) took on that tour, filing a lawsuit to get himself included within the chosen 12. And he gave another stab at a player's association, this time the National Association of Racquetball Professionals (NARP), which eventually folded.

Yet despite all the off-court hassles, Hilecher's game still remained solid. A booming forehand, powerful drive serves and superb court quickness have marked his game for over a decade. He's always been the type of player to play his best when the odds seem stacked against him the highest.

Hilecher's latest off-the-court effort is the organization of the Professional Racquetball Organization (PRO), the third attempt to organize a player's association. With no major tour sponsor on hand, nor even on the horizon, Hilecher and PRO are attempting to fill the void.

Just what they hope to accomplish and how they plan on doing it, is the subject of this National Racquetball Interview, conducted by Associate Publisher/Editor Chuck Leve.

Can He Make P.R.O. Fly?



NR: Why do you believe there is a need for an organization like PRO?

Hilecher: That goes back years ago. We actually first attempted a player's association in Las Vegas at the 1980 Nationals. Things haven't really changed a whole lot since, as far as the player's desire or at least my desire to form an association. There are so many things in racquetball that the players don't have a say about and when you look at other major sports, the player's association is instrumental in their advancement. Without a solid player's association the sport is going to suffer.

NR: Why do you think that it ended up being Jerry Hilecher as the person to try and get this accomplished?

Hilecher: I've never really been afraid to say what I feel, if I thought I was right.

It's not like I'm just going around blowing hot air, I've always believed in a player's association. I've never been afraid to stand out on my own, take my chances. Let people go ahead and attack me if they want!

In some ways, it definitely has hurt my career, especially as far as sponsors go. But I would definitely do the same thing because I'm not in this only for money. If you're going to be in a professional sport, you have to be playing it for more than money and as you know, when I first started playing racquetball I was playing in tournaments and training and going through all the pressure and we weren't playing for anything but a trophy. So I can't say that I'm in racquetball for the money. If I believe in something I'm going to go through with it.

—Photos by Arthur Shay



As far as why it's been me over and over again, I definitely was *not* going to start another association if my involvement created any negative feedback due to my past association efforts; I didn't want to hold a new association back.

A few of the players were taking stabs at it but it wasn't getting done, so I guess what happened was I just went back and decided to give it another shot.

NR: Well, how do you answer the people who say, that Jerry Hilecher is getting up there in age for a pro racquetball player — he's just trying to carve himself out a nice job in the industry?

Hilecher: The year before last I had the best year I've ever had. I finished the year ranked third, I won six out of 18 of the pro tournaments I entered, and for

half the year I was ranked number one. I was on top of my game.

Last year, I started in the semi's and I broke my foot. I never regained the mental attitude nor the physical condition to maintain that top four ranking.

This year I've worked out really hard and it's going to be more mental than anything, but certainly my game and my physical capabilities are anywhere as good as they've ever been.

We have yet to see at what age a racquetball pro starts to die out because I'm really the first player who's gone all the way. What I mean is, pro racquetball has been the only thing I've ever trained at and I started training at a young age. Some of the older players who have retired didn't really start playing until they were 17, 18, or 19. So I

think I'm going to be the first person who is going to find out what the real life span of a pro racquetball player will be.

As far as a job, anybody who has done anything with player's associations in racquetball realizes there's no money in it. Never has been. Once my pro career is through, I am going to be finished with the sport. I've got too many outside activities I can get involved with, mostly family related, where I don't have to worry about an income. I could make \$100,000 a year right now if I wanted to give up racquetball and work.

I'm playing because I love the sport. In the past I put over \$1,000 from my own pocket into the association and I never was reimbursed for it. Recently I've put over \$300 more into it and Bud Muehleisen has put over \$600. We don't expect to get it back. If we do — great — but we're not looking to make money.

Bud has mentioned to me a number of times that once this one level is completed, hopefully within the next few months, he's just going to step out and walk away. Hopefully I'll be able to do the same thing once I feel that it is running smoothly and is going to stand on its own feet.

I'm definitely not looking for a job.

NR: In an association of professional players how is it that Bud Muehleisen is involved, inasmuch as it's been many years since he was a professional racquetball player?

Hilecher: We made attempts and we haven't gotten to where we want as far as the player's association's concerned. I've looked to Bud for some guidance in the past with the NARP, but he wasn't able to get that involved because of lawsuits that he was involved with. With all that being finished, he was able to commit himself more to helping racquetball. I look at Bud's involvement strictly as a person who loves the sport, as many of us do, and who's willing to put his time into it.

As far as him not being a professional racquetball player, I don't think that's the issue. The issue is how can we get to the level we want to achieve?

NR: Where are you now, as an association, and what is your next, immediate goal?

Hilecher: We're already recognized by the players. They see the need and have the desire to become involved. The next point that we're attempting to achieve is a cash flow into the

association in a variety of ways, whether it's tournaments or sponsors. We need to establish a home office so we can get some of our plans going. Right now we can't because we don't have the funds.

NR: So the next point is to get some financial base established in some way, shape or form?

Hilecher: Right.

NR: In terms of eligibility for membership, how do you determine who's a professional?

Hilecher: Good question. At our last meeting (Flint, MI, early September) we divided PRO members into four committees: by-laws, rules, ranking, and administration. We're putting these issues into the hands of those groups. They are to come up with the answers to some of these questions, bring it up to the membership, and we will then vote on it.

Right now it's premature for me to say who is a member and who is not. We actually don't have any official members because we have no by-laws. I am leaving that up to the committeemen.

NR: But even so, who votes on whether or not to accept those committee recommendations? Who has a vote?

Hilecher: You've got the chicken before the egg. Whenever you start out anything you have to make decisions and there's no way around it. We will attempt to make it as fair as possible, even though we don't have set by-laws to say who's a professional and who's not. We'll try to do the best job we can.

Certainly, there's going to be some strange cases where a guy might have one of those first votes to decide the by-laws, and then not have a vote once the by-laws have been passed. Somebody has to pass those by-laws.

NR: It's no secret that some of the top pros, Marty Hogan among them, have resisted efforts to bring them into the player's association. Why is it that they seem reluctant to join or support the effort and secondly, how important is their support of the effort?

Hilecher: Right now the only players who are not involved in the association are Brett Harnett and Hogan. Hogan's position, as I understand it, is that he would lose money if he gets involved with the player's association. His belief is that a player's association equals or spreads the money among many and takes away from the top few. That is a very short term and shallow response because (and other associations have



'I've always believed in a player's association. I've never been afraid to stand out on my own and take my chances. Let people go ahead and attack me if they want.'

proved this out) as a group the association can raise the prize money level. The prize money in racquetball has pretty much stagnated. We will attempt to bring in new blood and new sponsors so we can play for more prize money.

If all this takes place then all the players will be making a lot more money even though they are taking the money out of their pockets for this minute. Marty's not looking at what's going to happen tomorrow, he's just looking at right now. I can see his point but I don't think that he sees ours.

NR: You mentioned that the association would be bringing in new sponsors. From that statement it appears that one of the major activities of the association, and possibly one of the major reasons for its creation, is to attempt to bring sponsorship in the form of prize money to racquetball. Isn't that quite different from the role of most other player's associations?

Hilecher: We see ourselves as being an aid to those sponsors who have been sitting in the background not knowing how to get involved. I think that we are cutting the red tape. The problem in the past is that people have probably wanted to get involved, they just didn't know how. We will have a central clearing house for that.

When you mentioned other sports not getting involved in that way, I think you're looking more at team sports. If you look at individualized sports like tennis or golf, the player's association is definitely involved with contracts and negotiating with sponsors.

NR: Are you saying that one of the things the association will be doing, will be going out and actively soliciting corporations for sponsorship?

Hilecher: In the long run, I think that whether it's the player's association or another committee made up of different organizations, that yes, we will attempt to put together some sponsorship packages. I think it would be in the players best interest.

I don't know, in reality, that we'll be able to do so for quite a while simply because we don't have the funds to go out and hire someone. And again, I'm looking at it as a business; not using a player to go out and do that, but rather hiring an executive director who is accomplished in that field. He should go out and negotiate the sponsorship.

NR: You brought up the manufacturers, where do they fit?

Hilecher: A group of about 10 manufacturers have started their own association. Each one of those manufacturers is putting in a set amount of money and right now I don't know what that amount is. For that they get one vote as a board member. Their goals are very similar to ours — to help racquetball and further its advancement.

I see us working with them to achieve some of these elusive goals. They're not looking at it from any other point than selling equipment. I'm sure once they feel that racquetball's going in the direction that they hope, that their involvement would cease.

NR: Is there a connection between PRO and this manufacturer's association?

Hilecher: The only connection is that we are paddling in the same direction. We're striving to achieve the same goals. As far as a connection, we don't have anything other than we're working together to get to the same place.

NR: A little while ago you talked about finding somebody to solicit sponsors and manage the affairs of the association. Why wouldn't you strike a deal with the AARA to organize a professional division, and put everything under one roof?

Hilecher: That would be one possibility. I'm not discounting any positive or possible format or structure. I think that can happen although we haven't really put a lot of thought into the future structure because right now we're waiting to see what our involvement with the manufacturers is going to be.

NR: Therefore, can I assume you might go the way of the WPRA and hire yourselves a management firm?

Hilecher: Sure, there's a lot of possibilities. We'd want to be more involved in the structure than the WPRA has been; we don't want to turn over 25% of our income to another company just to solicit sponsors. We want to be able to handle it a lot more in-house. Certainly we might not be able to do it that way if we don't have any money. But we're going to wait to see where we're at before we make that decision.

NR: You spoke before about setting up committees for by-laws, rules, ranking and administration. As far as I can tell, you really aren't an official association yet, if you haven't approved by-laws.

Hilecher: Right.

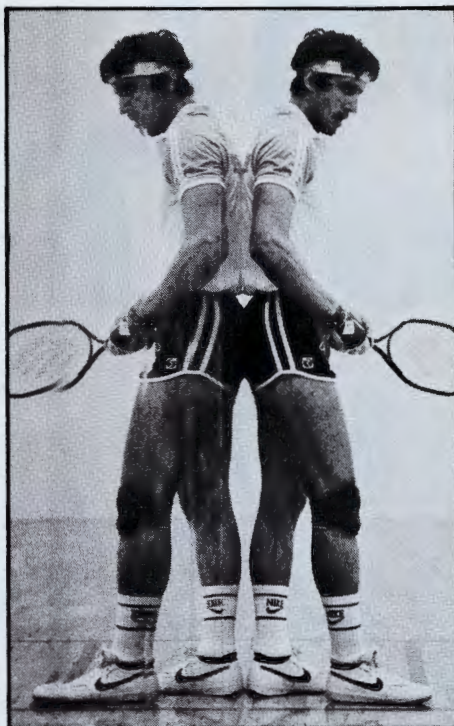
NR: What's your timetable?

Hilecher: We hope to have something in November at our next sanctioned event in Vancouver, November 15th.

NR: How is it that an association that doesn't officially exist, is already sanctioning tournaments?

Hilecher: Again, you've got the chicken and the egg. We're looking for minimums that players have said they want. I think the people we work with understand the situation we're in, so they're not looking at us with a questionable eye, wondering, "hey, what are these guys trying to pull off?" They're accepting us.

What are we giving them to be a sanctioned event? Not much, expect that they know they are helping us organize and possibly be better in the future and therefore the following year they will have a better tournament. And they understand. There's none of this questioned look, or hey, how can you guys sanction an event when you don't have a set of by-laws? We have been able to



'We're not looking to be absolutely in control of the sport, all we want is for racquetball to reach its potential, where players can earn a livelihood. Right now you can't say that.'

work with the people because, again, we're all trying to paddle in the same direction.

NR: What does it mean to the host club to be sanctioned, and what does it cost them if anything?

Hilecher: Right now our minimums, set up by the committees but not yet voted on, include \$12,000 in prize money and \$1,000 sanctioning fee paid to PRO. Again, that's only until we have by-laws and the players themselves have voted.

Nobody can ever promise that all the players will show up for an event simply because the player's association can't force anybody to play. We can say there has to be a minimum participatory effort by these players and some percentage will be voted on by the players.

Say, for argument's sake, the players have to show up at 75% of the events to be an officially ranked player. We can then tell the host, "we cannot promise so and so will be there but 75%

of our membership will be there." Right now that seems to be good enough.

What we have then, is an open event that anybody can play in, PRO members or non PRO members. But to be a ranked player you will have to participate in that set amount. If a Marty Hogan decides not to play in our event, he will not be a ranked player.

NR: If Marty Hogan does not play in Tournament A and shows for Tournament B, he would not be a ranked player?

Hilecher: Once those rules are set, those are the rules. If the players decide you have to be a ranked player, there's no out. We won't make any exceptions. He'll have to qualify. Again, it's the players who will decide on that.

NR: Aren't you almost forcing him to join?

Hilecher: Look at the case of Wimbledon with Borg; it's the same thing. You have certain rules and you have to abide by them. I don't feel that any one person is above the law.

NR: You talked about Vancouver in November. How many tournaments are lined up past that?

Hilecher: We've got events through January but from that point things are up in the air.

NR: Haven't all you've done is taken the minor leagues and called them major? I mean what kind of a tour is that?

Hilecher: It's okay, as far as this year's concerned. We certainly would like to have bigger prize money in all our events. What we've done is work with some of the people who have put on tournaments in the past, and we're calling them sanctioned events. They would probably be having that tournament whether it was sanctioned or not.

Yes, we're starting at a point where it's easy to criticize, yet you have to look at what's behind our attempt. We are starting small but I think day by day we're growing and the criticism is going to shrink away.

NR: What happens to PRO if some other person or organization connects with a sponsor for a major, \$30,000 per event pro tour?

Hilecher: Then it comes down to the strength of PRO. What you're reciting is exactly what happened a few years ago. And you know what happened. The players pulled out of the player's association. It wasn't strong enough. So...

But I would think that most sponsors would want to work with an association

like PRO. If not, then each player has to decide — do these events go along with the consistency that they're looking for? If they do, then they'll play.

We're not looking to be absolutely in control of the sport, all we want is for racquetball to reach its potential, where players can earn a livelihood. Right now you can't say that.

NR: What about issues such as disability insurance, standardization of tournament conditions, certification of referees, etc. Are you going to get into any of that?

Hilecher: Definitely, definitely. But it's going to take money to pay those referees. We would love to have a traveling team of referees but it's certainly going to be sometime in the future, when we can afford it.

We want to have standardization of equipment. The tournaments we're playing in now are a joke! One week we play with a ball that is hard as a rock and much heavier than the balls we might use two weeks later. How can we play consistent racquetball and put on a good show? It's impossible. We're not looking to hurt any sponsor, yet we're looking to go ahead and have the best show possible and we can't do that if playing conditions vary so widely from tournament to tournament.

NR: Are the differences between the balls that great?

Hilecher: Definitely, as great as they've ever been.

NR: Aren't you going to make some manufacturers very nervous when you start talking about making equipment "official?"

Hilecher: We don't want to make the equipment official, we want to set standards, so any company will be able to make changes to keep those standards. And it would be in the manufacturers best interest because they will sell more equipment.

NR: What bothers you most about racquetball today?

Hilecher: There's so much mistrust and finger pointing. There's always these doubts and because of these doubts racquetball suffers by not being able to get off the ground. Everybody is trying to second guess everybody else. I guess that's the way all people or sports go, but you can sit here and have the purest of beliefs and goals and still people are going to find reasons to dirty it. All I and the players can do is to stick to our goals and not deviate from our path. Hopefully, the end result will be positive.



'I think that racquetball is on the verge of another explosion. This time it will include different countries and we're going to reach a level we never dreamed of reaching. I'm doing everything I can to cut down those people who are talking down the sport.'

NR: If it isn't?

Hilecher: Then racquetball is basically going to suffer the fate that it's suffering now. It really hurts me to hear people say how down racquetball is.

I think that racquetball right now is on the verge of another explosion like we had about eight years ago. This time the explosion will include different countries and we're going to reach a level that we never dreamed of reaching. For the sport to have that negativeness is just going to hurt racquetball. I'm doing everything that I can

to cut down those people who are talking down the sport because we can be as big as we want to become, as long as we set our goals high enough.

NR: Do you think that PRO is going to get involved in the issue of player conduct?

Hilecher: Definitely. We are out to promote racquetball and in every single area that would come into play, we're going to attempt to make those changes. One definitely is our image. We will definitely have rules and regulations and fines set up to put an end to any misconduct.

NR: In terms of yourself personally, wouldn't there be people who would call that the wolf guarding the sheep?

Hilecher: I think that might have been true a number of years ago. I'm not going to try to defend myself now, but I have always felt that any misconduct on my part was derogatory to racquetball and something that I didn't want to take place.

You can't change people. People can play within the rules and be all right, so basically what you have to do then is change the rules. If the rules are very tight against any misconduct, then I don't think you're going to have any misconduct.

NR: How do you feel you've been treated over the years?

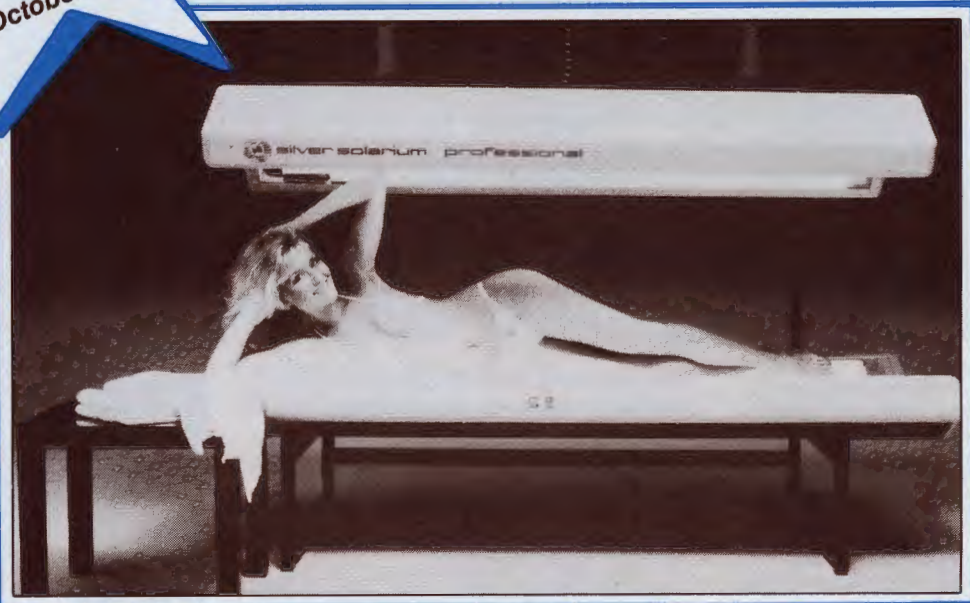
Hilecher: Based on a variety of reasons, I don't think I've received the recognition I deserved. A case in point would be *National Racquetball* never having a player profile on myself. I never was on the cover except in the background. Certainly, my record would dictate that I should have received a lot more exposure than I did.

I think what happened is that I'm always playing the other side, whether it's the player's association, or alliances between tournament sponsors and governing bodies. I think the results would show that I've never really been given the credit that I've deserved over my career and I think people should know that.

I think my image as a barroom brawler is something like a McEnroe. You get hyped into a certain image and it's difficult to change, although Jimmy Connors did after a number of years. You go into a tournament and the referees expect it of you and it doesn't really matter how you are, it's a matter of that's what you're perceived as being and that's how you're going to be recognized. ●

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Dan Ferris: Ruling The Amateur World

by Mary Miller

Whatever the challenge, Dan Ferris wants to be the winner. *"I don't even like to lose an argument,"* he says. If he argues as effectively as he plays racquetball, Dan has nothing to worry about.

Dan's winning record is impressive. In 1982 he defeated pro Doug Cohen at the Saranac Pro-Am finals in Green Bay, WI. Doug came back to defeat Dan at the 1983 finals, but not until the fifth game of a 3-out-of-5 game match. The last two years, he has been the top regional qualifier for the Catalina Pro-Am series in Burnsville, MN.

Continuing his winning tradition, Dan took first place in the men's Pro-Am division at the 1983 St. Paul Winter carnival Pro-Am. He took another first with partner Pat Page in the men's Pro-Am doubles division during the same tournament. Dan topped those wins at the end of April by becoming the Minnesota Men's State Open Champion.

And at end of May, Minnesota's Best became the best in the nation by winning the men's open title at the AARA National Championships in Houston. As the AARA champion, Dan, 23, is recognized by the U.S. Olympic Committee as the top amateur male player in the country. He defeated number two seed, Jim Cascio of Rickstown, NJ 21-14, 12-21, 11-7. Dan was unseeded going into the tournament, and beat three seeded players en route to the title.

He wasn't seeded because he didn't play in the AARA regionals, where seeding is determined. Still, Dan feels Midwest players aren't taken as seriously as players from other parts of the country.

"I know from travelling the tournaments that Minnesota has some of the finest players in the nation," he says. *"But tournament results don't always get sent in. Some of the better players can't take the time off from their jobs to play in the big tournaments, so no one knows what's going on in Minnesota. If they move the nationals up here, there will be a lot of surprises."*

Dan began playing racquetball when he was 11, and credits his dad with introducing him to the game.

"I would really like people to know it was my dad who got me started," says Dan. *"Now that I've won some big tournaments, I've heard other people say, 'I was the one who got him into racquetball.' They weren't."*

He remembers his dad first took him to play at the Elks Club in St. Cloud, MN where Steve Strandemo and Ron Strom first played. His parents offered their support by allowing him to travel alone to tournaments as an adolescent and lending him money for expenses.

When Dan talks about growing up, he talks about St. Cloud, even though he was born in Green Bay and didn't move to Minnesota until he was almost nine. Some of his roots from Wisconsin have carried over, however, as he admits to still being a Packers football fan.

He attended St. Cloud State University, where he helped to form a collegiate racquetball team in 1979. In 1980, St. Cloud took third as a team at the Intercollegiate Nationals, and Dan took third in singles. In 1981, St. Cloud placed second as a team, and Dan again placed third in singles.

He graduated from St. Cloud with a degree in business management, and is currently a financial planner with Guardian Financial Services in Edina, a Minneapolis suburb.

Dan characterizes himself as a *"serve, shoot and hustle player."*

"I go for the ace serve with a big drive and will use a kill shot on the first setup I get." When he's playing defense, Dan tries not to give up points. *"I may use a ceiling shot so my opponent has to earn his points."*

Training became a part of Dan's game only three years ago, when he won some money at a tournament. *"I knew future tournaments would offer prize money and if I got better and stayed good, I could get some of that money."*

Running, weightlifting and jumping rope are included in his training, although he doesn't have a rigid schedule. He plays five or six days a

Ferris does some drilling on his backhand at King's Racquetball Club in Edina, MN.



week for a couple of hours each day and may intensify his training before a tournament by looking for more competitive play and by individual drilling.

One personal training rule Dan always adheres to is taking two days off before a tournament. He feels mental conditioning is as important as physical conditioning, because concentration plays such a big part in the game.

Ferris and Tuck Peterson (l.), manager of King's, admire the championship medallion, especially cast for the AARA Nationals.



Photos by Mary Miller

He plays in about 20 tournaments a year and will play only in those which offer prize money, with the exception of the AARA Nationals and the Minnesota State Racquetball Tournament.

"If they think you're going to play whether or not they offer prize money, they'll quit offering the prize money," he says.

Since he began playing racquetball, Dan has been in about 40 semi-pro tournaments. He has played in the Minnesota state tournament since he was 15 and took a second in that tournament when he was 16.

"Other than Houston, this year's state championship was probably my most memorable win. It's a title I've wanted that had always eluded me," he said.

Before this year, Dan had played in the AARA Nationals only once, but was eliminated in the round of 32. He went

into this year's tournament feeling he could win, but somewhat discouraged when he arrived in Houston and saw the draw. He played Jeff Kwatler in the round of 32 and semi-pro Kenny Kaihlanen in the round of 16. He went on to defeat top seed, Larry Fox, in the quarters, Gary Mazaroff in the semi-finals, before stopping Cascio for the championship.

"Going into the tournament, my goal was to finish in the top three so I could play on the U.S. National Team," he said. "But the closer I got, the more I knew I wanted to win. Nobody ever remembers who comes in second."

Dan's immediate racquetball plans include taking the summer off competitively. In August, he began intensive training for the Central American games, to be played October 5-10 this year. His future plans include playing more pro tournaments. He has discovered one advantage of being the AARA champion: Sponsors are talking to him about possible backing.

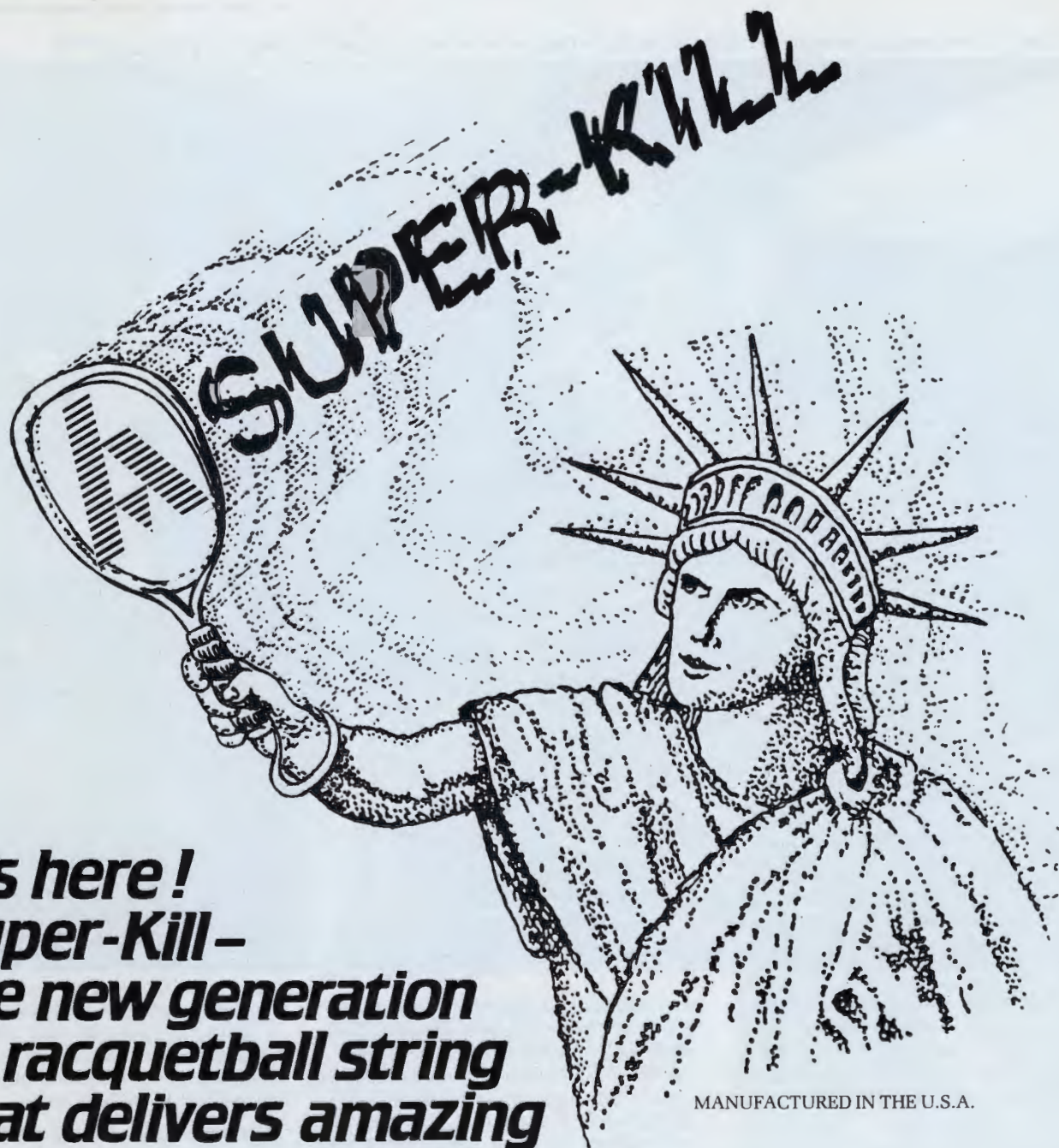
The most positive effects of racquetball in Dan's life have been the people he has met and the friends he has made. He also feels racquetball may have helped him to mature faster.

"At an early age, I could relate to people in a broad range of age groups, not just my own peer level," he said.

When it comes to racquetball as a profession, Dan is realistic. *"You can't play the racquets your whole life. That's why I finished college. My dad encouraged me to do that, too."*

While he is still playing the racquets, however, Dan hopes to continue doing what he did in Houston—beat the best to become the best of all.

Dan Ferris, like a number of athletes, is sponsored by I'm Living Proof International, Inc. ●



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Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to Mike Yellen, c/o *Ask The Champ, National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: I've been playing about a year and am 44-years-old. I decided to take some lessons to make my improvement more rapid. My frustration started when the local teaching pro tried to break down and rebuild my entire stroke. All I was looking for was strategic guidance. Just how important is stroke mechanics versus strategy?

Yellen: I was brought up on the philosophy that it didn't matter what swing I used as long as I could hit the ball to the proper area of the court. I don't believe there is any such thing as a "perfect" swing. People usually try to imitate the swing of whoever's successful in the game.

When I started my racquetball career Charlie Brumfield was the top player, so I (like everybody else) became schooled in control. When Marty Hogan's power game came along, I wondered often if I should radically change my stroke. I'd come back from tournaments where I'd done well, but Marty had won, and want to go to the power game. My coach, Leonard Karpeles, let me go down on the court and try some of it, but all he really did was allow me to prove to myself that I didn't have the power stroke.

Sometimes these players do well against me for a while and before long I'll counter their successful game with an adjustment in mine. They don't know how to respond. They just stick with what was working even though it isn't working any more.

What I've taken a long time to say is, simply, give me strategy over stroke any time.

Nobody writes about my great swing, because I don't have one. But I am able to hit the ball to the best part of the court, and I can maneuver my opponent and take advantage of his weaknesses.

I think that no matter what your swing you must always watch the ball and have proper footwork. The swing must only be enough to hit the ball where you want it to go. You can have the so-called perfect swing but if the footwork's not there, or you're not watching the ball, you won't have success.

The problem with some teaching pros is that they're experts in the fundamentals of stroke mechanics, but they lack expertise in proper strategy. Anybody can learn what a good swing should look like, but only somebody who plays with the best or sees the best play, can help you strategically.

A lot of players believe that all you have to do is hit it hard and low, like Hogan. The untrained eye can watch Hogan and go away believing that's all Marty does. Believe me, Hogan is a *complete* player! Yet, even some of today's pros don't understand what goes on in the court. They're not even aware of working their opponent around the court.

Question: You always seem to play so well on glass courts. Did it take you long to master the glass and what do you recommend for those of us who don't get to play much on glass before tournaments?

Yellen: You may not believe this, but I never play on glass between tournaments. Oh, I could. There's plenty of glass courts around. But my "home" club, the Executive Athletic Club in Southfield, MI doesn't have glass. I play daily on four plaster walls.

A lot of people think I'm crazy not to work out on glass, but it's never been a problem for me. Since glass has never bothered me it didn't seem important to work out on it.

I'll agree that the more glass on a court the tougher it is to get used to it, but I think a large part of it is psychological. Players are scared of it because they're not used to it.

When you're in a glass court, just don't look at the glass, rather, see the glass as a wall and *know* that it's a wall. Don't get caught in the trap of looking *through* the glass. When I'm on a glass court I'm watching the ball at all times. I never see a spectator, yet he might be only two feet away from me. Everything behind the wall never seems to focus.

I know there are people there. And between rallies I might have to see a line judge or referee, so I do look through it. But once play starts, it becomes a wall for me again. I'm really doing only the same thing that I do every day on a regular court, which is following the ball all the time. Therefore, there's no real change for me. ●

Teaching The Kids

by Debby Hensley



"I'm going to hit the ball at my contact point. This will be a forehand kill shot."

This might seem like everyday lingo from a hard-core racquetball enthusiast, but this actually came from a seven-year-old, lining up on the forehand side of a racquetball court aiming for a box drawn on the front wall.

As more racquetball players flood the courts, youngsters who tag along with Mom and Dad or who are too old for the nursery are becoming interested in racquetball. So, why not introduce them to the game the correct way by teaching them the basic fundamentals.

Youngster Racquetball!

Teaching the basics of racquetball to a youngster can be done individually or in groups. We've all participated in or have seen group lessons for juniors, and adults, but how about youngsters from two to 11? All kids are able to further develop motor skills and hand-to-eye coordination, why not in the group structure? This not only adds peer pressure that stimulates healthy competition, but as each child sees the success of his or her attempt, the entire group receives positive encouragement.

Let's take a look at a teaching format for youngsters being used by Debby at Chancellors Racquet Club in Houston, TX.

Each group of youngsters is put together by age and skill. Two-year-olds who can barely catch a ball during the first meeting, should be grouped together, where as an eight-year-old who may immediately begin to hit a beautiful forehand shot, should be

grouped with similar peers. Each group can then follow the learning progression at their own pace. Class size is determined by how many youngsters can be in one court without hitting each other with balls, racquets, etc. (about five to eight.)

For the very young, a week or two might be spent on very basic drills such as shuffling sideways, bending to the floor while moving, running backwards, and quick starts and stops. Stretching exercises are introduced to further warm-up, and to develop routine of pre-game activities that will stay with the youngster through adult racquetball as well.

Eye-to-hand drills are begun with dropping the ball and catching it with the same hand. Since the racquet is strapped to the dominant hand, all racquetball players must develop the skill of retrieving a down ball with their non-dominant hand, — and so must the youngsters! All eye-to-hand drills are done with each hand individually, dropping and catching, dropping and grasping, dribbling the ball with each hand, catching a ball thrown into a corner with one hand, etc.

The next step is to introduce the racquet, dribbling the ball with the racquet, and bouncing the ball on top of the racquet, rolling the ball around the rim, etc. It may seem to the advanced player that we are all born with the ability to bounce that ball on top of our racquets 40 times, but for a youngster, this is a skill that must be developed by practice. All of these drills are an absolute benefit for a racquetball player's ability to hit a nice shot during a regular game.

Quick Starts and Stops on the Court.



Stretching Exercises!



When youngsters progress enough to hit a forehand shot 20 feet from the front wall, the game must be explained. The rules of safety are most important, and warrant additional time if there is any doubt in the youngsters understanding.

Eye protection is on top of the list, and since most clubs have a mandatory eye guard rule for players under age 18, this is not hard to request. The easiest way to keep this rule consistent is to start off by having youngsters wear eye guards during drills that do not require a racquet in the court, catching the ball, etc., so that as soon as they step into the court, the eye guards are on (teaching pros also!).

Hinders come next, wrist strap, doors opening and closing and being aware of body position in relation to the wall, (reach back and feel for the glass). Rules concerning serves, rallies, and miscellaneous rules should be explained as the serve or shot is being demonstrated.

Some of the different aspects of youngster racquetball include:

1) *Racquet size.* There are a few junior racquets on the market now that accommodate a small player. These racquets are usually one-half to one inch shorter in length, and much lighter in weight. They host a small grip, but as the close-up photo shows, the hand of a six-year-old can get pretty small, and even the smallest manufactured grip size can be too large.

Catching the ball with one hand.



Close-up of a six-year-old's grip on a racquet that is made for an adult!



Small hands have an incredibly hard time hanging on to a racquet with a grip that is too big. For youngster racquetball find the lightest racquet, take the leather grip off, and shave the foam core handle to the metal. Make sure that these racquets are used only for youngsters, as with any power on a swing by a larger person, this shaved racquet handle may snap in half.

2) *Start easy.* For tiny youngsters, hitting the ball to the front wall may be difficult from any lengthy distance, because of strength and size. To start with, youngsters practice hitting the ball to the front wall by standing fairly close (five feet is a great start), and as their strength increases they are moved back further and further from the front wall until a 40 foot shot can be hit!

During games, exceptions on the serve can be made, as some youngsters will have difficulty in hitting a ball hard enough from the service box to clear the short line (in this case, any serve that hits the front wall first would be permissible whether or not it crosses in front of the short line).

3) *During a rally.* Until the skill of being able to hit a ball in the normal contact point on one bounce is developed, youngsters play with the "any bounce" rule. This rule allows the player to let the ball bounce as many times as necessary to hit the ball successfully at waist level, and at the contact point.

Dribbling the ball with the racquet



Forehand drill



Nine to eleven-year-olds can be taken through the progression quickly and begin playing normal one bounce games by starting with "any bounce" to four bounces, three bounces, two bounces, and finally one bounce only!

4) *Get 'em to ref.* Teaching a youngster the rules and format of a regular game or match of racquetball whether using the "any bounce" or one bounce rule, is accomplished by having one youngster actually referee a game (with scorecard) played by two other youngsters. This is hands-on experience in learning the different rules, and making proper calls, which is much more fun and effective than memorizing a rule book.

The most apparent result in this program for all youngsters is the acceptance of eye protection. Many parents actually forget the value of their children's eyes and neglect the importance of using eye guards. As an absolute rule of racquetball clubs all youngster classes require eyeguards to be worn by the students and teaching pro.

The dramatic results of very young children participating in this progression is the development of motor skills and eye-to-hand coordination. With each learning session both aspects are improved. The youngsters who have parents who encourage them to practice at home or at the club progress

The author and student Jason Norrian (seven-years-old)



Basic backhand and forehand drills for six and seven-year-olds.



much faster than the once a week student. This not only enhances racquetball skills, but all other sports the youngster might participate in. Also, a proper attitude for competition and discipline is nurtured.

Every youngster will advance his or her racquetball skills each session by positive encouragement, proper introduction to techniques and having fun with the group. ●

Debby Hensley, sponsored by HEAD, is one of the top open women racquetball players in Texas. She is the teaching pro at The Olympia Fitness and Racquetball Club and at Chancellors Racquet Club in Houston.

Can You Win 'Both' Ways?

by Jean Sauser



All true racquetball champions (yesterday and today) have one major, outstanding ability that put them in the winner's circle more consistently than their opponents. That is, the ability to win when they are winning *and* win when they are losing.

If you have difficulty being more than just "the competition" and would like to become a more consistent winner, you must learn to push every lead through to a win when you are ahead and be able to come from behind when you are losing.

Winning When You Are Winning

This skill is defined as the ability to grab a quick, early lead and keep it all the way through game point. If you consistently start every game with a strong lead, only to lose your momentum and the game to your opponent, you must learn to "win while you are winning".

There are four keys to staying ahead to win. They are: concentration, playing aggressively, calling a time-out when you feel your lead slipping, and winning game point on your first try.

Peggy Steding, one of the greatest woman racquetball pros of all-time, possessed all four keys to the puzzle of starting ahead and staying ahead. It

was reflected in every game, match and tournament she dominated from 1974-1977. During those years she started every match winning and rarely ever fell behind her opponent.

Steding suggests that the single most important factor of her start ahead and stay ahead style of play was her ability to concentrate.

"You've got to get mentally tough to stay ahead and win. You've got to tell yourself to keep pressing, even if at times you can feel your lead slipping away from you," she says.

Peggy goes on to explain that her brand of "mental toughness" involves playing aggressively.

"You've got to go ahead and hit your shots when you're winning," she says. *"You've got to stay on the offense. If you get real careful, it will cost you more than if you just go on ahead and push. You've got to play your game to stay ahead and win."*

Most champions agree with Steding about concentration and just as importantly, playing aggressively.

"I play my hardest when I'm ahead," stated Rod Laver when asked his secret for dominating tennis for so many years.

Playing aggressively can mean different things to different players but the common denominator is that you hit all your best winning shots. Whether you are killing shot after shot or passing perfectly for points, most pros seem to feel that you must have the courage to hit all your winners when you are ahead.

Taking a time-out when you are ahead is not normally recommended, but is necessary when you are losing your lead due to fatigue or when your opponent has just run off a string of points and is catching up with you. If this situation arises during your lead in the game, immediately call a time-out.

Often, a time-out will break the momentum of an opponent who is getting too close for comfort. It will also give you a rest and time to think about hitting those winning shots that took you to the lead in the first place.

The last and most important key to winning while you are winning lies with game point. Reaching game point is

not enough. *Winning* game point is everything. So, win game point the first time you reach it by mustering all of your powers of concentration as you get ready to serve. Don't serve until you are mentally and physically ready to play your best.

The game point rally is the most important rally of your game. It determines whether you win or whether your opponent gets another chance to come from behind to defeat you! Don't give your opponent that chance by losing your concentration or confidence on game point. Instead, keep both and hit an ace for a win or end the rally with confidence the moment your opponent makes an error.

Staying ahead to win involves using your best physical and mental abilities to stand up to the pressure of keeping your momentum strong. Make sure you can concentrate, play aggressively, use your time-outs wisely to maintain your intensity, and win those game points immediately.

You can win while you're winning developing these qualities and incorporating them into your game.

Winning When You Are Losing

The other side of the winning strategy coin, "winning when you are losing", implies that you have the *ability* to come from behind to win. This not only involves mental and physical toughness, but the skills necessary to troubleshoot. You can come from behind to win if you follow three basic steps.

First, call a time-out. It can stop your opponent's winning momentum. If you are tired, you get a chance to rest. Most importantly, a time-out gives you the time you need to think your way back to winning the game.

During your time-out, your second step begins. You must analyze why you are losing. Figure out just what it is about your game, your opponent's game or a combination of the two that is causing you to lose. Think about the necessary changes you have to make to come from behind.

After your time-out, make the necessary changes in pace, strategy and shot execution to turn the tide of the game in your favor.



A well-known name to racquetball circles this year for his troubleshooting abilities is National Champion Mike Yellen. Always respected as one of the most controlled, intelligent players, Yellen's remarkable ability to analyze every game and play the right strategy to win made his past season unbelievable.

Yellen's methods of figuring out why he's losing usually provide him with a comeback to win.

"I really try to analyze why I'm losing," he explains. "It's usually one of three reasons. My opponent is playing well; I'm skipping balls and giving him easy points; or I am taking the wrong shots, shots that he is able to chase down and put away, or shots that are resulting in set-ups for him."

After he isolates the main reason why he is losing, Mike knows what to do in each of the three situation.

"If I am losing because my opponent is playing well, I try to take him out of his rhythm. I may hit more ceiling balls to slow up his pace. If I'm losing because I'm skipping shots, I raise my shots up. Once my rhythm comes back, then I hit lower. If I'm losing because I am taking the wrong shots, I start to change my shot selection in hopes of getting weaker returns."

Once you've called your time-out and have decided why you are losing, if you can be as accurate as Yellen about which changes to make, you'll be able to come from behind to win.

Dave Peck, the number one player of 1982, agrees with Yellen about changing one's game plan to reverse a losing situation. He feels that the most important factor is change.

"You've got to revise your whole game plan," he explains. "When I'm not playing well, I go to a more conservative game style, more of a passing attack. I try to hit shots that make my opponent retrieve. Then, in my head, I revise my game plan. I move my feet and hit the ball square."

Just as your challenge when you are ahead is *not* to change anything, you challenge from behind is to make the right changes to win.

Lynn Adams, the number one woman player in racquetball today, has proven her ability for riding the seesaw momentum of a racquetball match to win.

Like Yellen and Peck, she too is emphatic about the fact that you must *change* to win when you are losing.

"You can't keep doing what you are doing or you are going to lose," she says. So, you just need to do something drastic to change the situation."

"I try to forcefully change the tone of the match. I'll do something very radical. For example, I'll hit a lot of ceiling balls, even in set-up situations because when I'm off, setups aren't setups anymore. I'm missing my shots. Doing this can throw my opponent off her rhythm."

Lynn's favorite 'change of pace' story involves her constant rival, Heather McKay.

"A couple of years ago, I played Heather in Columbus, Ohio," she begins. "It was right after the Nationals where I'd lost to her convincingly."

Lynn's inability to even win a game from the two-time National Champ at the previous tournament did not do much to increase her confidence for another meeting. To make matters worse, Lynn had only narrowly defeated Shannon Wright the day before in the semi-finals. She suggests that she wasn't physically ready for Heather in the finals.

"I had played a hard match with Shannon. I was tired. Heather was winning and playing a fast paced game. I was

having trouble breathing and setting up for my shots. I felt I was not in control and was on my way to losing."

Adams claims that at this point she knew that not only was the game in danger, but the match. She made the following, radical changes that not only won her the game, but the match and the tournament as well.

"I took a lot of time to serve. I used my full 10 seconds to receive, I hit ceiling balls and slowed the pace. It allowed me to catch my breath. It threw off her rhythm and I ended up winning!"

To make effective changes like the pros do, start with a change of pace. If the pace of the match is going too fast, slow it down with defensive shots. If the pace is going too slowly, speed it up with aggressive, offensive shots. A change of pace can throw your opponent's rhythm off enough to allow you to take the lead and the game.

Other tips for change can involve trying different serves. Be sure to concentrate on serves that give you the weakest returns from your opponent.

Changing your shot selection will bring you back from behind, especially if your shots "counter" your opponent's shots. For example, if your opponent is shooting the eyes out of the ball, defend yourself with ceiling balls and force him to stop shooting. Or, if your opponent is re-killing every kill shot attempt you are making, pass him to force weaker returns.

In summary, the tips of winning from behind or ahead will take a lot of physical and mental energy on your part. There are two off-court hints that will aid you in becoming a true winner.

First, develop your overall fitness. You can jog, take exercise classes, weight train, swim or use any combination to increase your on-court strength and stamina. You never know when you will need that extra something that being in shape gives you on the court.

Second, when you are off the court, read. There are numerous strategy books on racquetball and many very informative articles about your sport. This can only enhance your ability to think and execute your way to a game win from either direction.

So, the next time you step on the court, prepare to win when you are winning and win when you are losing. It's the only way to win more games, more matches and more tournaments! ●

Improving Your Ceiling Ball

by Lynn Adams

This article is another in a continuing series authored by Lynn Adams, current Women's Professional Racquetball National Champion. Adams is also one of the nation's foremost instructors, dealing with players of every level.



The ceiling ball is probably the most taken for granted shot in racquetball. It is the least practiced, and is poorly executed by almost the entire racquetball playing populous. Just because it is a relatively easy shot to hit does not mean the ceiling ball should be neglected—it should be practiced just as you practice your backhand or serve.

First, let's start with how and where to hit a ceiling ball. The grip you use is the same grip you use for the forehand and backhand. That is, if you're nitting *any type* of forehand shot, including a ceiling ball, your grip stays the same. Ditto for the backhand side.

When you're hitting a forehand ceiling ball, depending on how tall you are, you should contact the ball anywhere from between the height of your head to as high as having your arm extended fully above your head.

If you're short, you'll be hitting the ball above your head, contacting the ball at your arm's most extended length.

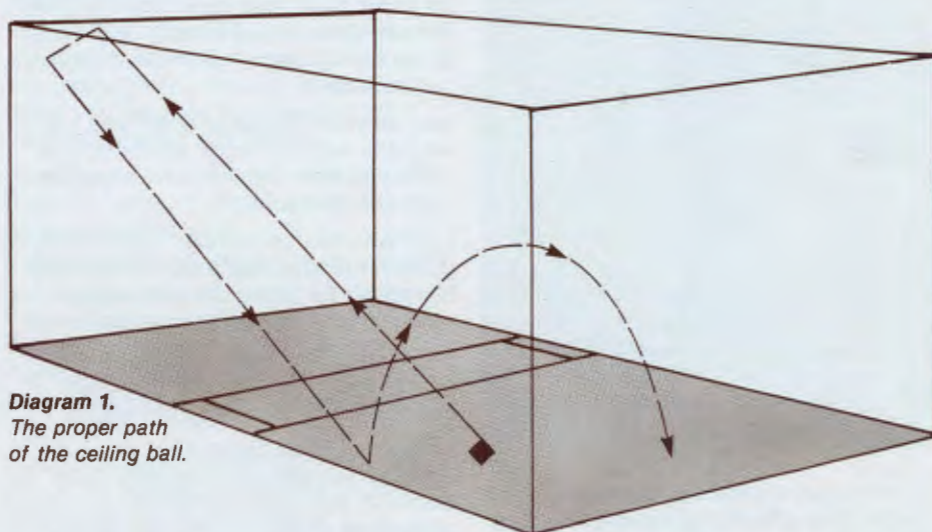


Diagram 1.
*The proper path
of the ceiling ball.*

If you're tall, you'll hit the majority of your ceiling balls at a three-quarter swing position with your arm extended up and out at the height of your head. Swing all the way through the ball. Don't push or punch it. It's a stroke like any other in the game—your follow-through should be a natural down-swing.

When you're hitting a backhand ceiling ball, you want to contact the ball at chest height, swinging up through the ball. Your follow-through will finish high, with your arm fully extended.

The object of a ceiling ball is, first of all, to get you out of trouble when you're in a poor position. Secondly, you want to get your opponent out of center court. And finally, you want to use the ceiling shot to keep you in a rally when you can't make an offensive shot.

But you can also use the ceiling ball as a weapon against your opponent if you have a good ceiling game. How many times have you played someone who seems to shoot everything—no matter where the ball is? It can be frustrating, especially when that person makes the majority of his or her shots.

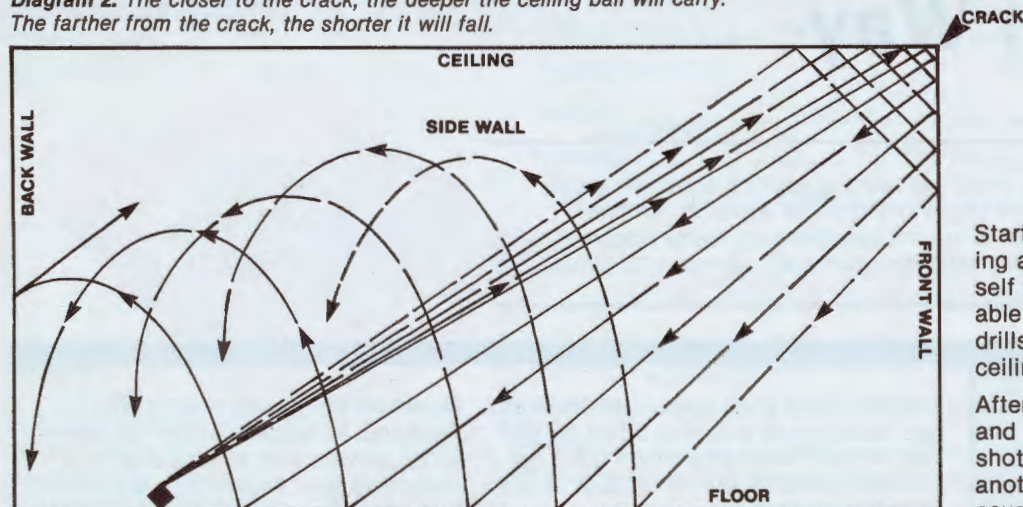
What you want to do is turn the tables and make *your opponent* be the frustrated player—and you can do that if you slow the ball down and play a strong ceiling game. Just don't hit short ceiling shots or ones that come off the back and side walls because those are set-ups and your strategy will lose its effect.

I learned a valuable lesson from Marty Hogan just by watching him in a tournament once. Here was this awesome serve-and-shoot player, rifling the ball around the court, trying for winners at every opportunity. But when he was in trouble, or in poor position, Marty went right up to the ceiling. Not only that, but he could continue playing the ceiling with perfect shots until he got a weak ceiling shot from his opponent—then he went for the kill.

I went out and started practicing my ceiling shots the next day.

So how do you practice? First, find the range in which to strike the ceiling shot. It will depend on how hard you hit the ball and the speed of the ball itself.

Diagram 2. The closer to the crack, the deeper the ceiling ball will carry. The farther from the crack, the shorter it will fall.



The closer to the crack (where the ceiling and front wall join) the ball is hit, the farther back the ball travels. The farther back on the ceiling, the shorter the ceiling ball. If you have a weak ceiling stroke, or if you're playing with a slow ball, hit your shot very close to the crack. If you're strong or are playing with a lively ball, hit your shots back farther.

Always aim to keep the ball traveling parallel along the side wall or toward the corner if you're going cross court. The closer to the wall the ball is, the more difficult it is to return. Pick a spot on the ceiling that is about two to three feet away from the side wall and imagine that you must keep your ceiling balls within that alley.

Start out hitting by yourself. Aim at being able to keep a rally going with yourself for at least 10 hits. When you're able to keep the ball in play, do ceiling drills with another player, hitting only ceiling balls for a half hour or so.

After you hit a shot, run to center court and watch your partner hit the next shot. Then as you go back to return another ceiling ball, your partner will cover the center court position. Use your imagination and you'll be surprised how much fun you'll have and how quickly you'll improve your ceiling game.

You'll feel great during your next match when you hit a ceiling shot that travels right down the side wall and your opponent can't get his racquet on it. That's going to make you smile! ●



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Buckskin Glove
San Jose, California

The Hogan Way

by Marty Hogan

Five time National Champion Marty Hogan answers questions about his game and how to improve your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to: Marty Hogan, c/o The Hogan Way, *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: There's been a lot of talk recently about string tension. Just what do you think of its importance and at what tension do you string your racquets?

Hogan: String tension is an important and often overlooked element in racquetball. To me, it's a vital part of my equipment. I'm a firm believer in the rule of thumb that says power players need a different string tension than do control players.

I use a racquet with a tension of 30 pounds. I have experimented with other tensions to see what changes occur in my performance. Sometimes the ball seems to come off my racquet a little crisper at 33-34 pounds, but I still prefer 30.

If the tension is much more than 37 it causes what I call a "paddle effect" leaving little or no "feel" whatsoever. In that case I think you're defeating the purpose of strings.

Some players think that they can get some extra power with super tight (40+) string tension. I believe there's a point where string tension becomes so tight that you lose all feel of the ball when it makes contact with the racquet. I like to be able to tell where on the face of my racquet the ball has just struck and I can do it at 30, not at 40.

I've even tried 18-20 pounds of pressure but found it has a dulling effect on the ball. At that loose a tension I don't get the ball springing off my racquet, which is not good for a power player.

Players who like looser strings are trying to get better control by having the ball stay on the strings a little longer. I don't totally disagree with that philosophy, but I won't give up the crispness of 30 for the dullness of 18. If I were a control player I string at about 27-28.

Question: I like to use the power, drive serve, but often I don't get my first serve in. Late in a match on a day when that serve is not really working, should I stick with it, or go to plan B?

Hogan: Go for the ace. I'm a firm believer in going for the most offensive, aggressive approach to the game that you can. Thus, I believe that the drive serve is the serve that you'll have the best results with if you can get it in, or even get it close. In order to be equally effective with any other serve, you need to be perfect with those serves.

If, during the course of a match, you're having difficulty getting your hard drive in, I'd recommend that you really bear down and concentrate when you're in the service zone. Take a little extra time. Visualize where you're going to blast it.

You might try shifting your position slightly within the service zone, moving one way or another to give your serve a new angle. This often makes just the difference that you need. If you've got a victory within your grasp, by all means, go for it.

I've been playing this game for over 15 years and nothing stops my opponent's momentum like a good, clean drive serve ace that he can't even get his racquet on. An ace at a crucial point in a match can all but steal it for you.

Live and die with the drive serve. I have for 15 years and I'm still alive.

Question: I'm having trouble with my forehand. In fact, I'm known as one of those players who has a better backhand than forehand. It seems that I just can't put the ball away with my forehand, and I also have a great deal of difficulty keeping the ball along the right side wall. Any suggestions?

Hogan: Sure, I always have suggestions. First, though, remember that when you're killing the ball straight-in, your margin for error is a lot greater than for a pinch or cross court kill. Also, don't forget the basic fundamental on killing the ball, which is to let the ball drop below knee level before execution.

Having said all that, I'd like to comment on the shot you described, for it really is one of my favorites — the combination pass/kill. By combining the merits of two offensive shots you put that much more pressure on your opponent, while making the shot less susceptible to error.

In order to be successful with this shot, however, you must make sure the ball does not carom into the side wall. To keep the ball along the side wall you must guide the ball with your forehand by keeping the ball out in front of your body. Be reminded that the stroke for hitting straight-in is only slightly different than that for the pinch (where you hit the ball slightly behind you) and the cross court (where you hit it slightly more in front of you).

And now comes my favorite part: when hitting the forehand pass/kill you should hit the ball *nearly as hard as you can*. You can't hit it too hard because the ball will merely be a solid pass if left up. And since you're playing it safe on the front wall (by aiming slightly higher than a normal kill) an error on the low side will just be a perfect kill, no matter how hard it's hit.

A simple drop-and-kill drill from the front service line is a great way to practice this shot and as you increase your success percentage, move back to the short line and repeat. ●

Grobmisi's Return Heralded As Dawn Of New Racquetball Age

Did the nation lose Mike Royko when his employer, Chicago Daily News, folded some years ago? No. The illustrious Royko and his syndicated column re-emerged in the Chicago Sun-Times. Did the nation lose Roger Ebert and Gene Siskel when they left PBS? No. The marvelous movie moguls maintained their minions through WGN and their cables.

And so, with the death of Racquetball Today, will the racquetball community lose Tom Grobmisi? Unfortunately, no. Grobmisi and his agent, disguised as potential advertisers, have lured a six figure deal to artfully (if that's possible) contribute to the pages of National Racquetball.

Grobmisi has steadfastly refused to apologize for this or any of his future columns.

No Courts

by Tom Grobmisi

What a relief! After closing for remodeling for the entire summer, my racquetball club finally reopened. So I called my old "hinder-buddy" and together we ran (not drove, not walked) to the club for a long-awaited workout. But were we in for a surprise!

We saw the changes the second we walked in. New furniture. Lots of new colors, carpeting and even a juice bar. And behind the desk, an attractive, smiling "activities coordinator" where the old manager/pro/handyman used to grumble at us as he threw towels in our face.

Then we asked for a court. Sorry, we were told, nothing's available for at least a week.

I couldn't believe it! Ten courts and nothing for a week! Then I looked down and saw the court reservation sheets were completely blank! Is this some sort of prejudice? Have they heard about my putting mustard on french fries and just don't want people like me around? Did they guess that my grandparents weren't born in this country?

"How do you explain this reservation sheet?" I asked not-too-politely.

I was informed that the sheet is no longer used. In a very pleasant way, the young lady explained that Court 1 has been converted to a new Aerobic Exercise Center, complete with carpeting and pads. Court 2 was strictly for Jazzercise and railings had been installed along the side walls. The walls between Courts 3, 4, and 5 have been removed to open it up for one of the finest Nautilus and weight training centers known to man.

It got worse.

It seems that Court 6 had to be converted to a nursery because of all the people bringing their children along to the club during the day, and for the older kids, they filled Court 7 with ping pong tables, shuffleboard and electronic games (I thought I heard those ominous sounds when I walked in).

Court 8 was the new Wallyball court (with permanent net) and Court 9 was divided into sections for massage and suntanning coffins. And that left Court 10, the one in the corner with just a partial cut-out of the back wall, for racquetball.

Unbelievable!

"So Court 10 is booked for the week?" I asked, not sure if I was even in the right building.

Not actually booked, we were told. It's just that no one had figured out how to turn the lights on in the court and since they're all new at the club and so busy signing up new members and explaining to old ones how paying a set fee every month is a better deal than paying when you play, well, no one's had time to even look for the light switch, let alone find it (if there is one).

So my buddy and I did what we used to do 10 years ago when we started playing racquetball. We trudged down to the old YMCA and elbowed our way down to the two courts in the basement.

And we had a great game. Just like always. ●

Hard To Find Christmas Gifts

by Tom Grobmisi

All Expenses Paid Tour Pass for the 1983-84 Men's Professional Racquetball Tour, including travel, hotel accommodations, meals and front-row seats. \$9.00

The "Never Mind" Racquetball Grip. Tired of hearing your opponents call hinders when there's no way in the world they would have ever gotten to the ball? Next time, show them the butt of your racquet with this fabulous new grip and watch their eyes as they see the .22 caliber barrel honed in on their eyeguards. Smile confidently as you hear them say, "Never mind."

Infra-red eyeguards save hundreds of dollars in court fees as you enjoy your favorite sport without paying the front desk to turn on the lights. (Also good for finding lost hamsters.)

Towel Retriever. Picture the scene. You've just finished your game and are ready to go home, but you know there's no way to get that towel by the front desk. So you hand them the towel, they give you back your \$20 deposit, driver's license, club membership card, keys to your car and chai, and they plunk the towel in the basket.

As you turn to walk away you press the little switch up your sleeve and the towel jumps out of the hamper and into your bag faster than you can say "Avoidable Hinder!"

Please specify right or left handed (used improperly it can tear your fingers off).

How To Increase Your Racquetball Vocabulary. An informative little pamphlet by none other than Dave Peck. Adults only, please.

Racquetball Shoes. Nothing new, you say? Well, these are the first shoes truly designed for racquetball. There are mirrors on the toes so you can see your opponent in back court without turning around; they're bright red so it's harder to tell when you foot fault; the toes are pointed out so it's harder for your opponent to tell which way you plan to shoot; and they're completely waterproof so you don't have to take them off in the whirlpool.

Please specify right or left handed. ●

Running Down Your Shoe Selection

by Steve Keeley



Back in the old days (late 60's and early 70's, for me) when everybody wore either low-cut whites or high-top blacks, most of us court ramblers just used tennis shoes to hide our uglies, keep our foot callouses from scuffing up the floors, or to cover up the holes in the toes of our gym socks.

We were a tough breed, I'll admit, and we didn't give a hoot about fancy tread, uppers colors or number of eyelets. Nowadays, however, many people are very concerned about such, which is fine, except these folks are often uninformed or misinformed about tennies. This article is for those tenderfeet.

The vast selection of court footwear today, with the sundry varieties such as air vents, cuffed tops and longer tongues, can boggle the mind of even the most easy-to-please sneaker buyer. You may need help, but where to find it? I hope, of course, that this article will rescue you, but you also may wish to consult other sources for advice.

Here are areas to note:

- 1) Check out what the pro players wear
- 2) Read what the advertisers say in magazines
- 3) Ask your friendly shoe salesman
- 4) Ask an experienced friend.

In the case of source one - looking at what the pros wear - you know that any top player is probably wearing something dependable since his court career depends very much on keeping his feet injury-free. On the other hand, many pros get paid by sponsors to sport certain sneakers and who's to know that they're not lemons.

As for source two — I'm apprehensive about purchasing anything based *strictly* on a shoe company's ad campaign. Do you think a manufacturer is going to advertise his tennies as causing warts and blowouts?

Concerning info source three, also tread carefully when consulting any salesperson for advice on the proper shoe. Many shoe clerks, even in sporting goods stores, are sadly misinformed on athletic shoes in general and on racquetball shoes specifically. Find a salesperson who plays racquetball, or who at least is familiar with the smell of sweat.

That leaves source four, the shoe wisdom of your experienced friends. This may be your most reliable guide, as long as you consult more than one friend.

I hope one or more of these four sources helps you in your sneaker decision, but I don't blame you if you think the pro players don't know tennies from combat boots, if you don't read magazines, much less the ads, if all the shoe clerks in your town have more shoe fetish than shoe savvy, and if all your friends are clubfoots in Buster Browns.

I'm very sorry to hear all that and it is one of the reasons I've written the following racquetball shoe guide. So, don't be afraid to rely on this *run-down on shoes* for answers to common shoe questions because, as I said at the onset, I started back when there were only low-cut whites and high-top blacks and have followed shoe evolution ever since.

What about fit? Fit is a primary concern because the wrong size shoe may squash your toes, cause an ankle turn or blister your footsy. Some shoe brands run narrow, others wide, some short and others long. The only solution is to try them on. And here's a hint: If you normally wear extra-thick or two pairs of socks on the court, don't forget to don the same before a shoe fitting.

Remember that no one has a "normal" foot in the same way that no one has a normal stroke. Just because your little toe is longer than your thumb, your arch goes out instead of in, or you've got a little webbing between your toes, doesn't label you a podiatric pevert. It only means that you, like everyone else, are different.

Go ahead and try on five or six different sizes and/or brands, and don't let any smooth talking sales/clerk convince you to buy a pair that look dandy but feel funny. If your shoes hurt in the store, once you get onto the court you'll *really* experience the agony of defeat.

How about a regular basketball shoe? The footwork and court surfaces in racquetball and basketball are somewhat similar, so a shoe for one sport will usually suffice for the other. The only potential problem here is that some basketball shoes are overly heavy and give the racquetball wearer a psychological as well as a real "cement-shoe" effect.

Can I wear a shoe made specifically for tennis? Here again, the footwork is comparable. Having played a few years of competitive tennis, I believe that racquetball involves more and quicker lateral movement. A sturdy tennis shoe is okay but make sure it provides adequate lateral support.

What about jogging shoes? Definitely not. Jogging is terrific but jogging shoes have no place on the court. The built-up heel, thin sole at the toe and the lack of lateral support (a narrow sole and low ankle collar) is fine for straight-away running, but racquetball involves "crooked" running with lots of sudden stops and turns.

You'll soon jam your toes or turn your ankle if you don't stick with the so-called court, tennis or basketball type shoe which all have a wider, flatter sole for lateral support.

My toenails are black as an old racquetball and look ready to fall off.

What's up? You are probably either wearing jogging shoes, have a poorly fit shoe or haven't trimmed your toenails since last year's national tournament. First, bag the joggers for racquetball. Then, bag the tight or sloppy fitting tennies - get a competent sales clerk to fit you right. Finally, trim your toenails.



What do I do about my chronic ankle sprains? I used to sprain an ankle approximately once a month for an entire year - until someone told me to try high-top shoes. I did and the frequency of ankle sprains went down to one every couple of years.

Some players, especially those like me with thoroughbred calves which taper down to pencil-thin ankles, are prone to ankle sprains. If this describes you, try out a pair of high-cuts, where the shoe "upper" extends up and over the ankle and where the shoe strings lace farther up the instep.

For the female player: I'll admit that perhaps the most unfeminine visage in all sportsdom is a nice-legged lady in a pair of high-top clodhoppers, but this is one instance where practicality overrides appearance.

How about my "hot foot"? Racquetball fanatics sometimes get the hot foot, where the shoes become miniature ovens after endless hours of play. The solution is in the upper, the material above sole. Canvas and duck uppers offer good ventilation, as does any kind of mesh material which allows heavy breathing.

"Ice Skating syndrome". First of all, there's nothing you can do about a court floor that gets a veneer of moisture after hours of sweaty play. Heck, sometimes you inherit a virtual 20 x 40 pond from the previous court hour's sweaty doubles match. That court is either poorly ventilated or the weather is too humid to allow adequate perspiration evaporation.

Sure, you can stick a towel under a push broom and mop the floor, but this is only good until the next drop of sweat falls. I encourage you to eschew at all costs such slippery courts because you'll likely get sidelined by a twisted ankle or by a nose-first slidelike into a side wall.

Sometimes, however, the ice skating syndrome is brought about by the shoes themselves rather than by the court. In this case, the solution is simply a better pair of shoes. Some cheap tennies have slippery soles which slide on even the driest hardwood.

I know of one pro player who shall remain nameless (me) who forgot to pack his court shoes for a major tournament in Spokane, WA. The desperate pro wandered about Spokane before game time and bought the first pair of goof boots he spotted. They were a \$5.95 pair of bozo-like sneakers with hard plastic soles that slipped rather than sneaked.

Well, the nameless pro in his first match was losing miserably, unstable as he was in his banana-soled hoppers. So he called a time-out, borrowed a fellow player's boots - two sizes too big but okay with toilet paper stuffed in the toes - then stormed back on surer footing to win the match.

Why do the bottoms of my feet hurt? Some racquetballers play in continuous podiatric agony because of an acute

localized soreness on the bottom of a foot called a bone bruise. This condition is especially irritating because it 'oesn't feel bad enough to make you want to stop playing, yet if you continue to aggravate it by staying on the court you could end up having to hang up your gym shoes for a few weeks of frustrating foot rest.

Bone bruises are basically an inflammation of the bone, usually on the ball or heel of the foot. The cause is chronic pounding, as in bouncing around a racquetball court in soft-soled tennis shoes. Does the flipside of one of your feet hurt sharply when it suddenly bears weight, such as when you push off to move into front court? Then, after the match, does it ache like a migraine headache on the bottom of your foot? If so, you should suspect a bone bruise.

I'll describe the normal regiment of treatment for mild cases of bone bruise because this is such a prevalent ailment:

1) *First and foremost, rest your feet.* I'm not saying you have to sit down, get horizontal or become catatonic. Try bicycling or swimming (not running) for at least a week.

2) *Next, scrutinize the soles of your shoes.* Are they worn thin, or are they so soft that you can push your thumb in easily? Soft soles (even on new shoes) coupled with overuse (bouncing around on your feet a lot over a long period of time) bring on most bone bruises. Get a firmer, thicker sole and limit your play if you are prone to this injury.

Plus, you can look into extra insoles. These "walk on clouds" inserts are available at most drug or shoe stores, though the quality varies considerably. The best (I like the sorbithane material) generally can be found at shoe stores which carry running shoes.

3) *If the foregoing regimen proves inadequate, see a doctor, preferably one knowledgeable in sportsmedicine.* He'll probably tell you exactly the same thing I did, plus perhaps prescribe anti-inflammatory pills and/or recommend an orthopedic shoe insert. ●

Steve Keeley, recognized as one of the greatest players of all time, is a veteran instructor, author, and all-around racquetball expert.

What You Told Us About Your Shoes

Once again, our readers responded in force to a *National Racquetball Survey*. The subject in our July issue was shoes, and racquetball players from 31 states and three Canadian provinces let us know their preferences in on-court footgear. We thank those of you who responded—it's very gratifying to get such lively, interested feedback and your comments are helpful both to other players and to the manufacturers in putting out an optimum product.

The Shoes You Own

Most of you reported owning two pairs—46% of you, to be exact—or one pair—32%. The three-pair crowd comes to 17%, and a small group of diehards owns no racquetball shoes at all. (Presumably, this does not mean that they play in their socks—only that they use general purpose athletic shoes for racquetball.)

An overwhelming majority of all those shoes out there are made by a handful of manufacturers. Foot-Joy heads the list with 36%; next are Nike with 20%, New Balance with 6%, Tred 2 with 5%, and Adidas, Bata, Converse, Etonic, Lotto and Pony, all of which have 3.5%. Other brands that show up in smaller numbers—although with fiercely loyal remarks from their owners—are Brooks, Head, N.B.A., Patrick, Pro Keds, Puma and Tiger at 1 or 2% each.

Whatever your brand, 93% of you reported being pleased with your shoes. We are forced to wonder about the 7% who are not pleased, however. Are they limping around the court in shoes that don't feel good? With all the brands and models available, why can't they find shoes that measure up in comfort, quality and whatever else they're looking for?

How You Buy

And indeed, comfort and quality are the features that top the list of influential factors when it came to buying shoes. Comfort got 39% of the vote, quality 29%. If they don't feel good and deliver on those intangibles that make up "quality," forget it. The discriminating player won't buy. Price, appearance and others' recommendation came in very much lower on the scale with 10%, 6%, and 8% respectively.

In the "Other" category, players cited a number of different values they look for: special sizes, durability, rounded edges on soles, squared-off edges that won't roll, and high-tops were among the things that got some attention. But these other considerations figured as only minor percentages—1% or less. High-tops were an exception, with 3% rating them an important factor.

Those of you who responded buy your shoes almost exclusively in one of three places: the sporting goods stores account for 32%, athletic shoe stores for 27% and pro shops for 22%. The rest are distributed in small numbers among discount stores (7%), mail order (4%), department stores (3%) and "Other" sources. This last includes manufacturers and their reps and accounts for 5%.

What You Expect

Racquetball shoes must be pretty tough, since 42% of you report that you replace them only every seven to 12 months. On average, those shoes are putting in well over 100 hours of court time before they're retired to the back of the garage.

Another 21% get away with only replacing theirs every 12 to 18 months—but those parsimonious souls are balanced out by the 21% who buy new every four to six months. Only 7% buy new every three months or less, but 8% make theirs last 19 months or more! When you reflect on the frequency of play that was reported, that last figure makes the mind boggle. Any shoes still going strong after 19 months deserve to be bronzed.

Your expectations of how long shoes will last line up fairly predictably with how often you replace them. Most of you—49%—expect to get six months to a year from a pair of racquetball shoes. Only 11% expect them to last less than six months, but a whopping 39% figure they'll hold up for a year or more. Did we say tough?

One reason of course that your racquetball shoes last a long time is that 87% of you wear them only for racquetball. (Not that racquetball is any day at the beach for a pair of shoes.) The other 13% subject their racquetball shoes to a variety of other activities: basketball, volleyball, tennis, squash, skipping rope, exercise, working, walking, everyday shoes, and jogging were uses reported. (A word of caution is in order: they're not designed for jogging and don't offer the same kinds of protection as proper running shoes.)

Materials and Design

The most popular material for uppers, with 41% of the vote, is mesh. Next comes leather with 31% and canvas trails at 22%. Under the "Other" slot, 5.5% reported leather/mesh combinations—this is actually the favored mix of materials and is what we meant by "mesh."

Almost one third of respondents felt that leather lasts better than other materials, another third felt that it does

Your Comments

Although we didn't give you a special space in the Survey to comment, many of you wrote in the margins. We enjoy reading your thoughts and reactions, and have taken a selection of what you wrote to share with all our readers.

One serious topic that concerned a number of players is size. Mary Maloney, Sugar Land, TX, finds standard shoes too wide.

"I would definitely recommend that women's shoes be made in

not last better, and the rest had no opinion. (The percentages were 29%, 34% and 37%.) In fact, on all the questions concerning design, so many responses came back as "No opinion" that we conclude these technicalities are not of concern to players.

Asked about the type of sole on their present shoes, for example, 55% said they don't know. The implication here is not that 55% of respondents have never looked at their shoes, but that they don't know what the technical name for the sole design is—and they probably don't care. On the other hand, 35% responded that their shoes have Full Cup soles (i.e., the sole wraps upward and is stitched on to the upper) and only 10% reported having a partial cup.

The preferences for gum rubber versus natural rubber ran 37% in favor of gum, 29% in favor of natural and 34% expressing no opinion.

Again, where patterns on the sole were queried, 44% had no opinion. Herringbone netted 25%, Hob Nail 18% and Deviled 13%.

The low-profile or "cushion" design evoked a more positive response, with 77% in favor, only 3% against, and 20% holding no opinion. Again, the Velcro system versus conventional laces debate attracted a definite expression of preference, with 64% solid-

ly behind ordinary old laces, 8% fence-sitting with "Both," and only 1% opting for Velcro system. Even here, 26% expressed no opinion, however.

High-tops aren't going to take the racquetball world by storm. Only 32% of you like them, while the remaining 68% go for a regular low cut shoe.

Otherwise, a lot of players don't much care precisely *how* their shoes are put together, or what they're put together from; what matters is whether they feel good and can sustain the rigors of strenuous and frequent play. Sure, mesh has a margin over leather, gum rubber is preferred slightly over natural, and so on, but what players want is a shoe that moves well on a racquetball court, that fits smoothly and snugly without pinching, and that is padded and reinforced at stress points—both to protect the player's foot and to resist wear and tear in itself.

If those objectives are achieved through some designs and materials, then those are the ones players will buy. (These days, of course, most of the familiar brands of racquetball shoes meet the criteria of comfort and quality; choosing the right pair for you comes down to individual needs—certain brands and models will fit some people better than others.)

The majority of players are willing to pay moderate to substantial sums of

money to get the quality they want. While there was a big spread in the prices you paid for your shoes, the responses clustered in the \$26 to \$40 ranges: In the \$26-\$30 bracket, 26%; \$36-40, 22%; and \$31-\$35, 17%. A surprising 11% of thrifty types reported paying less than \$20, however. In the upper reaches, 10% paid \$41 to \$45, and 7% paid over \$46.

Who Responded

We heard from predominantly dedicated players of whom 72% reported that they play three times a week and 27% that they play twice a week. The largest group are advanced players, with 46%, while intermediates account for another 35%. Open players take 10%, beginners 7% and pro 2%.

These players have been playing varying lengths of time; 28% report playing more than five years; 20% have played two years or less; 18% four years or less; 13%, three years or less; 11%, five years or less; and 10%, one year or less.

They are 80% male and 20% female. Their ages range all the way from under 18 to over 45, but they are clustered in the 25 to 44 brackets, with 37% reporting in the 25-34 group and 31% in the 35-44 group. Under 18 accounts for 7%, 18 to 24 for 13%, and 45 to 54 for another 13%. ●

different widths," she writes. "Some of us must have a narrow shoe, and even two pairs of socks won't suffice. In my case, having to wear a medium width shoe because that's the only kind made is a serious handicap."

Sal Martino, Fountain Valley, CA, has the opposite problem: "I need an EEE width," he says. "None of the major shoe manufacturers makes an extra wide racquetball shoe although extra wide jogging shoes are available. Why?"

Brand loyalty was the chief theme of your comments. But Barry McDermott, Derby, CT has a better reason than most for his brand loyalty.

He writes: "I wear two different sizes, so the price of shoes is important to me. Some years ago I wrote to several companies in an effort to buy mixed sizes. Converse was the only company that even responded to my letter." Naturally, he wears Converse.

Another reader whose brand

loyalty seems particularly well placed is R. Paolini of Nashville, TN, who writes:

"Those arch lumps stuck inside of most shoes are a curse to 'normal' flat-footed humans. For this reason, I use only Nike All-Courts."

And our favorite, from Michael Watson, Englewood, OH:

"I really enjoy participating in each survey as well as reading the results! Keep up the fine work." ●

Nutrition In A Nutshell

by Frances Sheridan Goulart

Getting in shape? If you're not, nuts for nuts, you ought to be.

Senior Olympian Dr. Sidney Madden, who does 1500 meters in 5:30 wouldn't let a day go by without walnuts. He adds them to his morning mush.

And all-around athlete, Walter Stack, who at age 74 runs 100 mile races, and holds five trophies for climbing Pike's Peak, says, *I'm the kind of man who'll run out and run up and down mountains all day with just an apple, some nuts and raisins in my pockets.*"

Are nuts all they're cracked up to be nutritionally? You bet.

"While most vegetables, fruits and nuts contain at least one or two essential nutrients such as carbohydrates, oils, protein, and vitamins and minerals required by the body," says Barbara Friedlander, author of *Secret of the Seeds*, *"nuts give you more than your share."* Nuts have them all.

A new study made at the University of California at Davis has found that pistachios outrank all other fruit, vegetables and nuts as a source of both potassium and iron. And while they're high calorie, like all nuts, they don't contain as much fat and calories as the other varieties of nuts.

And almonds, for example, are unique, even amazing as energizers. A pound of almonds has 2,800 calories, enough to keep a 175 lb. athlete going all day. On a list of the 315 foods we eat most, only six exceed the energy value offered by the almond.

When you say that a dinner was complete from soup to nuts, you frequently refer to the almond at the end of the meal. The ancients discovered that the almond even aids digestion. The enzymes and the aroma of the nut as you chew it promotes secretion of digestive juices.

And what about peanuts? Although not botanically classified as a nut but a legume, the goober, for all practical snacking purposes, is a nut. And what a nut.

Two tablespoons of peanut butter contain more protein than an egg and more energizing B₁ than any other nut around. And peanuts ground into meal or flour (you can do it yourself) has four

times as much protein as whole wheat flour, eight times as much less saturated fat and nine times as many minerals.

If you do do it yourself, you can use it as a high protein replacement for 15 to 20% of the wheat flour in your favorite baked good recipes.

Want more crunch, more peanut flavor, less calories? Buy your peanuts raw and water blanch them before you roast and season. (Nuts processed this way are available from Virginia Diner Inc., Box 308, Wakefield, Va. 23888.) Peanuts keep longer if frozen and are even tastier eating straight from the freezer.

Or how about pecans to keep you in peak form? The pecan has the highest concentration of fat of all the nuts. One cup of shelled pecans provides 28% of your RDA calories, 14.5% protein, 27.6% of which is the amino acid tryptophan, 55.3% thiamine, 6.7% riboflavin, 4.8% niacin, 20% folic acid, 68% copper, 29% phosphorus, 50% magnesium, and 21.8% iron.

Not only do pecans keep you well, they help you get better when you've been benched. According to Texas physician and B₆ authority Dr. John M. Ellis, painful neuritis and arthritis of the shoulders, arms and hands can be relieved in as little as six weeks by adding only a dozen raw pecans per day to your diet.

No wonder nuts are no-nonsense energizers. Sixty-one percent of the fuel your body burns is used to produce heat, the other 39% fuels the muscles. In either case, you need a steady supply of energy and you can't beat the unsaturated fat and B-vitamin complex in nuts for that.

Nuts also contain health-boosting fiber — there's about one gram in 10 whole peanuts or almonds — the equivalent amount of fiber provided by onions, beets and eggplant, apricots and grapefruit, and about one-tenth the fiber in one-half a cup of cooked bran cereal.

In terms of general nutrition, says the Center For Science in the Public Interest, walnuts get a score of 17, on a scale of 0 to 50, while sunflower seeds rate a 44, with plenty of good marks scored in between for peanuts, cashews, almonds.

But eat them raw to get the best they've got to give. As much as 72 percent of the thiamine (vitamin B₁) may be lost roasting peanuts, and a study done by researchers at the University of California shows that almonds lose about 25 percent of their vitamin B₆ content during roasting. As for fat, dry-roasted nuts have a bit less than oil-roasted nuts, both have slightly more fat than raw nuts.

And salted nuts — peanuts especially — may contain up to 82 times more sodium than unsalted nuts. Why not process your own nuts?

Dry-Roasted Nuts

To roast salt-free peanuts, almonds, sunflower seeds and other nuts or seeds, add them to a hot skillet and stir-fry without adding oil until lightly browned.

Oil-Roasted Nuts

To roast shelled nuts, mix one teaspoon of oil with 1 cup of nuts and spread on a shallow pan or cookie sheet. Heat in a 350° oven for five to 10 minutes, or until lightly browned. Peanuts may be roasted in the shell without oil for a period of 15 to 20 minutes.

Beyond roasting, what does real nut know-how consist of? Here are a few quick tips:

- Generally, nuts provide more for your nutritious dollar when eaten right out of the shell with skins, if any, left on. On the other hand, while some whole nuts are never seen with their shells off, some are rarely found with them on. Cashews, for example. In order to remove the strong caustic acid in their outer shell they must be roasted and the hull discarded before they're sent to market. Pistachios, on the other hand, are usually sold in the shell but buy them in their natural brown minimally processed form.
- Most nuts last longer in their shells (walnuts, up to six months; peanuts, up to two years). Open cans and jars of shelled nuts should be stored in the refrigerator to avoid rancidity. To freeze shelled nuts just make sure they're in airtight containers.
- One pound of almonds with shells equals one cup shelled; one pound (approximately 40) Brazil nuts equals two

cups shelled and chopped; one pound pecans with shells equals approximately one-and-one half cups; and one pound walnuts with shells equals two cups.

(Note: The greater an oil's level of unsaturated fatty acids, the more it is prone to oxidation or rancidity.)

Shucks

(Cream of tomato soup)

- ½ cup peanut meal (Prepared by crushing shelled roasted nuts to a powder with a rolling pin, may also be powdered at health food stores.)
- 4 cups chopped tomatoes or 4 cups of tomato juice
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon honey
- 1 tablespoon peanut butter
- 1½ cups vegetable broth
- 4 tablespoons warm unsalted roasted or dry roasted nuts
- ¼ cup sesame oil or other nut oil

Blend all ingredients, adding the sesame oil slowly while blending.

Heat before serving. Top with toasted whole nuts. Variation: Top with sprouted sunflower seeds.

Honey Bee Bracer

(A nut smoothie)

- 6 almonds
- 1 teaspoon bee pollen
- 2 cups favorite fresh orange or apple juice
- 1 banana, peeled and frozen
- 2 tablespoons sunflower seeds
- 1 teaspoon sesame seeds
- 1 tablespoon lecithin
- 2 teaspoons brewer's yeast

Blend all ingredients until smooth and enjoy. Terrific as breakfast, lunch, dinner, a post-event meal or just as an energy booster (small amount at a time.)

Petty Cashews

(A brittle-type candy)

- ½ cup pure maple syrup or raw honey
- 1 cup raw cashews crushed into small ("petty") pieces
- ½ cup broken carob chips or broken carob nuts
- 1 cup plain puffed cereal or unseasoned popped corn

1. Lightly oil a steep saucepot and bring the sweetener to a rapid boil, stirring constantly for 5 minutes.

2. Remove pot from burner. Add in remaining ingredients. Blend well.

3. Pour mixture into a well greased 8" square pan. Chill briefly. Cut into squares or bars.

Makes 2 dozen squares.

Spare Pear

- 1 ripe Comice pear
- Crushed raw walnuts or almonds
- Peanut or cashew butter
- Slice pear in half and scoop out seeds.

Sprinkle nuts in both cavities. Top with a thin layer of honey or peanut butter and "glue" back together. A good fridgeraider snack or brown-baggie dessert. ●

The most commonly eaten nuts and how they shine nutritionally:

	2 oz.
Protein	Serving
Peanuts	15 grams
Pistachios	11 grams
Calcium	
Almonds	132 mgs.
Filberts	118 mgs.
Brazil nuts	106 mgs.
Iron	
Pistachios	4.1 mgs.
Walnuts (black)	3.4 mgs.
Almonds	2.6 mgs.
Potassium	
Pistachios	551 mgs.
Almonds	438 mgs.
Brazil nuts	406 mgs.
Thiamine (B-1)	
Brazil nuts	.54 mgs.
Pecans	.48 mgs.
Pistachios	.38 mgs.

Source: USDA Handbook #456 ●

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Eyeguard Update: 2nd Annual Survey

A year ago we published *National Racquetball's* first annual eyeguard survey resulting in a record reader response. Using the vitally important information derived from that initial effort, we now hope to build on that base.

National Racquetball is interested in your experience with eyeguards in line with our continuing desire to provide our readers with meaningful information on a variety of racquetball topics.

The results of this survey will be published in our February, 1984 issue, so we need your response by January 1, 1984. It's your chance to be heard.

1. How Often Do You Play Racquetball?

- 3 or more times per week ☐
2 times per week ☒
1 time per week ☐
2 times per month ☐
1 time per month or less ☐

2. How Many Years Have You Been Playing?

- More than 5 ☐
5 or less ☐
4 or less ☒
3 or less ☐
2 or less ☐
1 or less ☐

3. Where Do You Normally Play?

- Private club ☐
YMCA ☒
JCC ☐
Park District ☐
School ☐
Military Base ☐

4. What Is Your Skill Level?

- Beginner ☐
Intermediate ☒
Advanced ☐
Open ☐
Professional ☐

5. Are You Male Or Female?

- Male ☐
Female ☒

6. What Is Your Age?

- Under 18 ☐
18-24 ☐
25-34 ☒
35-44 ☐
45-54 ☐
55 or over ☐

7. Do You Wear Eyeguards?

- Yes ☒
No ☐

8. If You Answered "Yes" to Question 7, How Often Do You Wear Your Eyeguards?

- Rarely ☐
Occasionally ☐
Usually ☐
Always ☒

9. If You Answered "No" To Question 7, Why Don't You Wear Eyeguards?

10. Do You Wear Corrective Lenses (glasses or contacts) Off The Court?

- Yes ☒
No ☐

11. Are The Eyeguards You Wear Open Lensed Or Closed Lensed?

- Open ☐
Closed ☒

12. How Often Do You Estimate Your Opponent Wears Eyeguards?

- Never ☐
Rarely ☐
Occasionally ☐
Usually ☒
Always ☐

13. Have You Ever Taken Lessons?

- Yes ☐
No ☒

14. If You Answered "Yes" To Question 13—What Did Your Instructor Say About Eyeguards?

- Didn't mention at all ☐
Merely told us they were available ☐
Recommended that we wear them ☐
Demanded we wear them at all times ☐

15. Have You Ever Been Hit In The Eye Or Face By A Racquet Or Ball?

- Yes ☒
No ☐

16. Have You Ever Been Saved From A More Serious Injury Because You Were Wearing Eyeguards?

- Yes ☐
No ☒

17. Do You Think That Eyeguards Should Be Mandatory Equipment For Racquetball?

- Yes ☒
No ☐

18. Do You Think That Eyeguards Should Be Mandatory Equipment For Tournament Play?

- Yes ☒
No ☐

19. How Many Pair Of Eyeguards Do You Own?

- None ☐
1 ☐
2 ☐
3 or more ☒

20. Where Did You Purchase Your Last Pair Of Eyeguards?

- Local club pro shop ☐
YMCA/JCC ☐
Sporting Goods Store ☒
Discount Store ☐
Mail Order ☐

21. How Many Pair Of Eyeguards Did You Purchase In The Last 12 Months?

- None ☒
1 ☐
2 ☐
3 or more ☐

22. What Was The Cost Of The Last Pair Of Eyeguards You Purchased?

- \$5 or less ☐
\$10 or less ☐
\$15 or less ☐
\$20 or less ☐
\$25 or less ☒
\$26 or more ☐

23. What Will Be Most Likely To Influence Your Next Eyeguard Buying Decision? (Rank in order of your first 3 preferences, i.e., put a number 1 next to your first choice, a number 2 next to your second choice, etc.)

- Comfort ☐ 2
Frame construction materials ☐ 3
Open vs. closed lens ☐ 1
Appearance ☐
Local instructor's advice ☐
Advertising ☐
Price ☐
Other _____

24. Do You Believe That The Eyeguards You Are Presently Wearing Give You Maximum Protection?

- Yes ☒
No ☐

25. What Is The Name Of The Manufacturer Who Makes The Eyeguards You Now Wear?

Bausch/Lomb

26. (Optional)

Name _____

Address _____

City _____

State/Zip _____

Return completed Survey forms or photocopies to: *National Racquetball* Reader Survey, 1800 Pickwick Ave., Glenview, IL 60025. Thank you. ●

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Q's And A's About Your Racquetball Travels

by Victor Block

Dear Victor:

I frequently visit Philadelphia on business trips, and would like to be able to stay at a hotel in the downtown business area where I can play racquetball. A friend told me there's a new hotel in the city with courts, but he didn't remember the name. Do you know it?

Maurice Black
Norfolk, VA

Dear Maurice:

I'm sure your friend is referring to The Hershey Philadelphia Hotel, which opened last March. It's well-located at Broad and Locust Streets, across from the Academy of Music and near the business, shopping and cultural center of the city. It's a first-class property with 450 guest rooms, convention facilities, restaurants and lounges — and yes, racquetball.

The fifth-floor Health Club includes two air conditioned courts that are highly praised for their excellent lighting. They are available for use by hotel guests for \$6 and to non-guest players for an \$8 charge. Rental racquets also are available.

Adjacent to the racquetball courts are a glass-enclosed swimming pool, sundecks, sauna, whirlpool, steam room and a tanning salon. The exercise facilities include CAM II pneumatic pressure equipment and an open-air jogging track.

The Hershey is about a five-minute ride from the AMTRAK train station and 20 minutes by taxi or limousine to Philadelphia International Airport. Room rates begin at about \$75, and there are special "get-a-way" weekend rates for adults and families. For further information or reservations, call (215) 893-1600.

Dear Mr. Block:

Whenever I take a trip, I have a travel agent handle my airline and hotel reservations. So far, however, I haven't been able to find an agent who knows much about racquetball and where I can find places to play when away from home. Do you have any suggestions?

Richard Hackman
St. Louis, MO

Fairfax Racquet Club's glass, back wall window.



Dear Mr. Hackman:

Unless you're lucky enough to locate a travel agent in your area who is a racquetball player, you may have to try other approaches. One, if I may suggest it, is to continue to read this column in *National Racquetball*. Also, the next time you plan a trip to a particular destination, ask your racquetball playing friends and business associates who may have traveled there about places to play.

In addition, you might wish to contact the tourist bureau of states or cities to which you plan to travel. You should be able to get the phone number from the information operator. Some bureaus have lists of hotels and resorts with information about the recreational facilities at each one, which they'll be more than happy to send to you. Others might be able to suggest at least a few hotels with, or located near, racquetball courts.

Another good idea is to check with the International Racquet Sports Association (IRSA) which maintains a comprehensive list of places to play.

Dear Mr. Block:

Since my husband often travels to Washington, DC on business — and I accompany him from time to time to visit friends in my former home town —

we found your article in the *August* issue about where to play racquetball in the Nation's Capital very interesting. Because we usually stay with friends in the Virginia suburbs of Washington, I wonder if you can recommend any other clubs — in addition to those mentioned in your article — where out-of-town visitors can find a game.

Mrs. Susan Pepper
Los Angeles, CA

Dear Mrs. Pepper:

Due to space limitations, it's impossible to mention every recommended racquetball club in a particular destination in this monthly feature. In response to your question, indeed there are other clubs in the Virginia suburbs of Washington, DC that have fine facilities and go out of their way to welcome non-members — including visitors from out of town.

One is the Fairfax Racquet Club at 9860 Lee Highway, Fairfax, VA. The telephone number is (703) 273-9276. The club has six racquetball/handball courts with their own lounge in the viewing area (in addition to eight indoor and four outdoor tennis courts); a pro shop, and Nautilus fitness center. Random time use of the the racquetball courts during the winter season costs

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

\$6-\$10 an hour, and the adult non-member fee is \$2.50 per hour. If you're interested in a bit of brush-up for your game, Mary Jo Epley, the racquetball director and head professional, has been state champion and is an APRO-certified teaching pro.

The Annandale Racquet Club at 4317 Ravensworth Road, Annandale, VA includes four racquetball courts among its facilities. Ginger Greene, the racquetball coordinator, conducts several programs that are of particular interest to visitors to the area. For example, the racquetball challenge courts and drop-ins provide an excellent way for out-of-towners to find playing partners. The club also has a card referral system which is helpful in providing partners. Random time charges for use of the racquetball courts are \$7-\$10, with a \$3 per person per visit non-member fee.

For further information, call the club at (703) 256-6600.

Dear Victor:

In a few weeks I will be traveling to Sacramento, CA to finalize a contract with a new client. Assuming that all goes well, I'll then be flying back to Sacramento about every eight weeks or so for the foreseeable future. Can you recommend a nice place in Sacramento where I can stay, and play racquetball, without coming home broke?

Rick Smith
Boston, MA

Dear Rick,

If I were you, I'd check into the Hotel El Rancho at 1029 West Capital Avenue in Sacramento. It's located about a 10-minute drive from downtown Sacramento; room rates are in the

\$45-\$55 range — and, best of all, seven racquetball courts are available for your use.

If you want some other recreation or exercise, there also are seven tennis courts, sauna and Jacuzzi, and exercise room and a parcourse. The hotel is situated on 17 acres of beautifully landscaped grounds, so the setting is quite conducive to relaxation and enjoying yourself after your business is done. You may call the Hotel El Rancho at (429) 371-6731 or toll-free when you reach California at (800) 952-5566. ●

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

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Tournament Results

Adams Reclaims Top Spot With Win In Atlanta

When Lynn Adams was recently asked to write an essay on *"What I Did On My Summer Vacation,"* she had trouble composing an entertaining story. By her own admission, the months of July and August were not fun for the 26-year-old native of Costa Mesa, CA.

Lynn's problem was the fact that she spent the summer playing second fiddle to Heather McKay in the upper echelons of the WPGA rankings. Despite having taken her second straight WPGA National singles title in Chicago in May, Lynn found herself in the second spot in the rankings at the conclusion of the 1982-'83 season.

So Adams spent the summer working on her speed.

"I am not the fastest player on the tour," she recently stated, *"but I worked a lot over the summer doing hill sprints and court sprints to try to improve this area of my game."*

The work obviously paid off for her at last weekend's kick-off event of the 1983-84 circuit, the \$10,000 Big Star Holiday Cup held at the Racquethouse in Atlanta, as Adams captured the title 21-17, 19-21, 21-17, 21-18 over McKay.

The match was decided late in the fourth game when, with McKay leading 17-12, Adams ran off eight straight points to take a 20-17 lead. After McKay hit a solid pinch kill to pull to within two, Adams hit a perfect pinch of her own to win the match.

"I felt winded during parts of the fourth game when Heather was stacking up points," Adams said afterwards. *"She was making nice shots and had good anticipation. I used my speed, though, to at least reach nearly every ball, even if I didn't always win the point. Heather then started pressing and thinking that she had to make a perfect shot each time to get any points."*

After defeating Babette Bell and Heather Stupp in rounds one and two, respectively, Adams required four games to dispatch eighth-seeded Janell Marriott. Her semi-final victim was sixth-ranked Terri Gilreath, Adams' doubles partner and friend. The two Californians played a great match filled with exciting dives, Gilreath's trademark, daring shots and emotional displays which had the crowd on its feet. Adams finally prevailed, 11-21, 21-12, 21-10, 21-11.

McKay, a native of Australia and current resident of Toronto, swept to the finals without any problem as she defeated each of her first three opponents—Babette Bell, Mary Dee and seventh-seeded Marci Greer—in straight games.

This set up a semi-final showdown between McKay and third-ranked Shannon Wright Hamilton, a match-up which always proves to be an intense struggle between these two strong-willed women. McKay emerged the winner this

time by upending Hamilton, 19-21, 21-7, 21-14, 21-13, to set up the finals battle with Adams.

In doubles, top-seeded Adams and Gilreath pulled out a 15-17, 15-13, 6-15, 15-9, 15-9 victory over the unseeded duo of Brenda Poe-Barrett and Diane Bullard. The triumph enabled Adams to claim a double victory for the second tournament in a row. She also captured both ends of the 1983 WPGA Nationals.

The tour next moved to Auburn, MA for a \$6,000 event held at the Auburn Health and Racquet Club October 21-23. ●

WPGA Big Star Holiday Cup

Atlanta, GA, September 1-4, 1983

Singles

First Round: McKay d. Stoll 21-18, 21-8, 25-23; Dee d. Sanders 21-13, 21-6, 21-6; McKinney d. Pranka 21-6, 21-13, 21-14; Greer d. O'Brien 21-13, 14-21, 21-9, 21-16; Panzeri d. Lynch 21-9, 22-20, 19-21, 21-19; Davis d. Jackson 7-21, 21-12, 21-18, 18-21, 15-2; McDonald d. Steding 8-21, 21-7, 12-21, 21-10, 15-1; Wright-Hamilton d. Clifford 21-6, 21-18, 21-7. Martino d. Kuhfeld 21-11, 21-23, 21-10, 21-12; Alvarado d. Bullard 21-16, 21-14, 21-17; Gardner d. Healy 21-12, 21-6, 21-10; Gilreath d. Hoff-Scott 21-15, 21-15, 21-13; Marriott d. Paese 21-3, 21-2, 21-6; Harding d. Farmer 22-20, 21-13, 21-14; Stupp d. Poe-Barrett 21-11, 18-21, 21-12, 21-16; Adams d. Bell 21-19, 21-17, 21-13.

Round of 16: McKay d. Dee 21-10, 21-12, 21-12; Greer d. McKinney 21-11, 22-20, 17-21, 12-21, 15-7; Panzeri d. Davis 21-18, 10-21, 19-21, 22-20, 15-7; Wright-Hamilton d. McDonald 21-9, 21-17, 21-10; Martino d. Alvarado 21-19, 21-14, 21-5; Gilreath d. Gardner 21-13, 21-10, 15-21, 21-18; Marriott d. Harding 15-21, 21-16, 21-18, 21-16; Adams d. Stupp 21-16, 21-17, 20-22, 26-24.

Quarter-finals: McKay d. Greer 21-12, 23-21, 23-21; Wright-Hamilton d. Panzeri 21-7, 21-19, 21-8; Gilreath d. Martino 21-18, 14-21, 21-13, 21-18; Adams d. Marriott 21-8, 21-9, 21-15.

Semi-finals: McKay d. Wright-Hamilton 19-21, 21-7, 21-14, 21-13; Adams d. Gilreath 11-21, 21-12, 21-10, 21-11.

Finals: Adams d. McKay 21-17, 19-21, 21-17, 21-18.

Doubles

Preliminary Round: McDonald/Steding d. Lynch/O'Brien 15-6, 15-9, 15-7; Barrett/Bullard d. Marriott/Hoff-Scott 15-12, 15-8, 7-15, 15-9; Clifford/Farmer d. Alvarado/Paese (default).

Quarter-finals: Adams/Gilreath d. McDonald/Steding 15-12, 13-15, 15-10, 15-10; Davis/Harding d. Greer/McKinney 15-9, 15-10, 15-12; Barrett/Bullard d. McKay/Stupp; Panzeri/Stoll d. Clifford/Farmer 16-14, 15-13, 15-8.

Semi-finals: Adams/Gilreath d. Davis/Harding 19-21, 15-12, 12-15, 15-2, 15-4; Barrett/Bullard d. Panzeri/Stoll 13-15, 15-9, 15-10, 12-15, 15-9.

Finals: Adams/Gilreath d. Barrett/Bullard 15-17, 15-13, 6-15, 15-9, 15-9.

WPGA Rankings (as of September 7, 1983)

Ranking	Player	Total Ranking Pts.
1.	Lynn Adams	281.97
2.	Heather McKay	280.50
3.	S. Wright Hamilton	196.88
4.	Laura Martino	133.88
5.	Vicki Panzeri	114.63
6.	Terri Gilreath	103.75
7.	Janell Marriott	78.57
8.	Marci Greer	78.25
9.	Peggy Gardner	62.50
10.	Caryn McKinney	53.57
11.	Jennifer Harding	50.38
12.	Heather Stupp	49.67
13.	Joyce Jackson	42.50
14.	Stacey Fletcher	38.38
15.	Brenda Poe Barrett	38.33
16.	Bonnie Stoll	32.00
17.	Diane Bullard	31.93
18.	Francine Davis	31.63
19.	Martha McDonald	25.63
20.	Barbara Maltby	22.50
21.	Carol Pranka	20.50
22.	Gail Woods	20.00
23.	Jean Sauser	19.33
24.	Molly O'Brien	18.86

Upcoming Events

1983 World Wallyball Tournament Schedule

Sponsors: Lite Beer from Miller, AMF-Voit, World Wallyball Association

November 5-6

Buckeye Racquetball Club
511 Industrial Mile Rd.
Columbus, OH 44228
Director: Cindy Cordes (614) 276-4437

November 12

2nd Annual Celebrity Wallyball Tournament to benefit the American Diabetes Association

The Sports Connection
2135 Hawthorne Blvd.
Torrance, CA 90503
Director: Phil Swain (213) 316-0173

November 19-20

Maverick Racquet Club
1919 W. Pioneer Parkway
Arlington, TX 76073
Director: Jody Wright (817) 275-3348

December 3-4

Off-the-Wall Racquet Club
2605 Munster Blvd.
Meraux, LA 70775
Director: Bambi Pinchon (504) 277-8414

December 10-11

Bridgekort Racquet Club
720 E. Shady Lane
Neenah, WI 54956
Director: Mary Kersch (414) 739-0474

December 9-11, 1983

2nd Annual Miller Lite • Penn Open
World of Health
1929 W. Spresser
Taylorville, IL 62568
Director: Mike Traynor (217) 287-7261

February 16-20, 1984

3rd Annual International Racquet Sports Association National Convention/Trade Show
Hilton Hotel
New Orleans, LA
For information contact IRSA headquarters.
(617) 734-8000

Tournament Results

Iowa

3rd Annual Pig Out Open Tournament
Mason City Racquet Club
Mason City, IA, June 10-12, 1983

Men's Open: Lindwall d. Taunton

Men's Open Doubles: Taunton/Taunton d. Lamoreux/Lichty

Men's A: Diddy d. King

Men's B: Verink d. Chidester

Men's B Doubles: Allen/Chidester d. Pratt/Kling

Men's C: Phaly d. Hungerford

Men's D: Scarrow d. Schrader

Women's Open: Woods d. Anderson

Women's Open Doubles: Keefe/Hawbaker d. Hosard d. Thompson

Women's B: Richard d. Thompson

Women's B Doubles: Jeffers/Schroeder d. Bland/Evans

Women's C: Jeffers d. Stimson

Women's D: Shirk d. Wlerson

Missouri

Manchester Spauldings' 10 Year Anniversary Tournament
St. Louis, MO, June 17-19, 1983

Men's Open: Tibbles d. Atwell

Men's A: Klein d. Roos

Men's B: Schlater d. Caruso

Men's C: Paubel d. Robbins

Men's D: Johnson d. Duncan

Men's E: Riney d. Lee

Women's B: Frankfield d. Hoge

Women's C: Fitzgerald d. Scott

Women's D: Casten d. Dau

Women's E: Frankfield d. Johnson

Illinois

Rainbow Beach 1983 3-Wall Invitational
Rainbow Beach Park
Chicago, IL, July 22-24, 1983

Men's A: Jeffers d. Moskwa

Men's B: Robinson d. Williams

Men's C

Semi-finals: Culpper d. Lane 15-7, 15-9; Spencer d. Reed 15-9, 10-15, 15-12

Finals: Culpper d. Spencer 15-8, 15-13

Men's D

Semi-finals: Ruffin d. Fitzpatrick 15-8, 11-15, 15-12; Watkins d. Middleton 15-5, 15-6

Finals: Ruffin d. Watkins 15-13, 15-8

California

First Annual Valley 3-Wall Championships
Raintree Fitness Center
Fresno, CA, July 23-24, 1983
Directors: Kelly Price, Roland Guillem

Men's Open: Guglielmo d. Johnson

Men's B: Casella d. Nelson

Men's C: Elser d. Rivera

Men's Open Doubles: Bares/Johnson d. West/McCoy

Men's B Doubles: Perez/Fajardo d. Elser/Johnson

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New Jersey

Atlantic City Summer Classic
Tilton Racquetball Club
Pleasantville, NJ, June 24-26, 1983
Sponsor: Atlantic International Airways
Directors: Bruce Willson, Ann Ricci

Men's Open Doubles: Messic/Plastas d. Martin/Carter

Men's B Doubles: Ressidivito/Poellers d. Carver/Taber

Mixed Doubles: Yard/Plastas d. Ablaza/Messic

Men's Open: Cater d. Plastas

Men's A: Schaupp d. Lutz

Men's B: Ressidivito d. Faddis

Men's C: Platin d. Papaleo

Men's CC: Klein d. Nigro

Men's Novice: Sutton d. Jenkins

Women's Open: Fischl d. Yard

Women's B: Stickney d. Fakelman

Women's Novice: Gable d. Kostas

Finals: Young d. Guinter 12-15, 15-5, 11-6

Men's A

Semi-finals: Johnson d. Cooper 15-8, 15-14; McKinny d. Hindo 15-6, 15-5

Finals: McKinny d. Johnson 15-2, 15-11

Men's B

Semi-finals: Lewis d. Ashworth 15-14, 15-11; Kunz d. Deegan 15-2, 15-4

Finals: Lewis d. Kunz 15-9, 15-5

Men's C

Semi-finals: Steinkershiner d. Mulroy 15-13, 15-2; Dubowsky d. Launsbury 11-15, 15-11, 11-3

Finals: Dubowsky d. Steinkershiner 14-15, 15-4, 11-5

Women's A: Fischl d. Latini

Women's B/C: Tratnik d. Guidon

Women's Novice: Turnquist d. Piskerla

Minnesota

4th Annual Summer Invitational
Southview Racquetball and Health Club
West St. Paul, MN, July 15-17, 1983
Sponsor: Golden Steer Motel,
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Men's Pro

Semi-finals: Bakken d. Ikier; Ferris d. Kauss

Finals: Ferris d. Bakken

Men's A

Semi-finals: Wright d. Landgren; Carson d. Black

Finals: Wright d. Carson

Men's B

Semi-finals: Bohrer d. Cassada; McCallum d. Danov

Finals: Bohrer d. McCallum

Men's C

Semi-finals: Butzer d. Hanna; Brown d. Sokola

Finals: Butzer d. Brown

Men's Seniors: Zabinski d. Erdman

Women's B: Luce d. Warec

Men's Open Doubles: Bakken/Johnson d. Erickson/Rosland

Maine

The Beachcomer Open
The Court Yard
Saco, ME, July 29-30, 1983
Sponsors: Penn, Lisa's Pizza, Burger King,
Bud Light
Director: John Bouchard

Director: John Bouchard

Men's Open

Semi-finals: Cardillo d. Wright; Bouchard d. Nagler

Finals: Cardillo d. Bouchard

Men's A

Semi-finals: Smith d. Pierpont 15-5, 5-15, 15-14; Eaton d. DesRochers 15-11, 15-14

Finals: Smith d. Eaton 15-0, 7-15, 15-12

Men's B

Semi-finals: Pugatch d. Cerniglia 15-6, 15-5; Farrell d. Brunelle 15-3, 15-8

Finals: Pugatch d. Farrell 8-0, default

Men's C

Semi-finals: Benson d. Hammond 15-11, 15-14; Glowa d. Arsenault 15-10, 15-12

Finals: Glowa d. Benson 15-10, 15-12

Men's Novice

Semi-finals: Gagnon d. C. Savage 15-6, 15-5; Beaudoin 15-8, 15-12

Finals: Gagnon d. Beaudoin 15-12, 15-7

Men's Seniors

Semi-finals: Saunders d. Isenberg, forfeit; Luciw d. Drovinn 15-7, 15-3

Finals: Luciw d. Saunders 15-2, 15-4

Men's Masters: Drovinn d. Chaplin

Women's Open: Eon d. O'Neill

Women's B

Semi-finals: Good d. Tremblay 15-9, 11-15, 15-6; Truman d. Burton 12-15, 15-8, 15-6

Finals: Truman d. Good 9-15, 15-7, 15-12

Women's C: Bodah d. Rainville

Women's Novice

Semi-finals: Patterson d. Hunt 10-15, 15-9, 15-11; Cloutier d. Treer 15-7, 15-10

Finals: Patterson d. Cloutier 15-7, 15-14

Men's Open Doubles

Semi-finals: Cardillo/Kristjansen d. Isenberg/Wright; Brown/McCumber d. Norsworthy/Pierpont

Finals: Cardillo/Kristjansen d. Brown/McCumber

Men's B Doubles: Cerniglia/Cerniglia d. Arsenault/Fennell

Women's B Doubles: Bryce/Burton d. Bodah/Christy

Guam

American Cancer Society Open
Cliff Athletic Club
Guam, July 29-31, 1983
Director: Joe Flores

Men's Open

Semi-finals: Golden d. Reed 15-4, 15-10; Sauriol d. Augen 14-15, 15-7, 11-3

Finals: Golden d. Sauriol 15-10, 11-15, 11-3

Men's B

Semi-finals: Kraus d. Foxworth 12-15, 15-7, 11-4; Johnson d. Camacho 15-3, 12-15, 11-4

Finals: Kraus d. Johnson 11-15, 15-4, 11-4

Men's C

Semi-finals: Lauffer d. Pangelinan 13-15, 15-10, 11-7; Worthy d. Taiting Fong 15-13, 15-6

Finals: Lauffer d. Worthy 15-12, 15-7

Women's Open

Semi-finals: Francis d. Lawhorn 15-2, 15-3; Golinski d. Francis 15-10, 11-15, 11-4

Finals: Golinski d. Francis 15-10, 11-15, 11-4

Women's B

Semi-finals: Foutch d. Huynh 3-15, 15-5, 11-6; Johnson d. Wassel 15-12, 15-11

Finals: Johnson d. Foutch 15-10, 15-5

Texas

1st Annual Bruce Weitz
Muscular Dystrophy Benefit
Supreme Courts/Athletic Club West
El Paso, TX, August 6-7, 1983

Men's A

Semi-finals: Wittenbrink d. Rosen 21-3, 21-11; Rivera d. Suffie 21-15, 15-6 (injury)

Finals: Wittenbrink d. Rivera 21-18, 13-21, 11-10

Men's B

Semi-finals: Pople d. Parsons 21-8, 21-20; Mann d. Zubia 21-20, 21-8

Finals: Mann d. Pople 21-8, 20-21, 11-1

Men's C

Semi-finals: Haywood d. Fulton 21-10, 18-21, 11-7; Enriguez d. Luna 18-21, 21-18, 11-0

Finals: Haywood d. Enriguez 21-11, 21-3

Men's D: Romo d. Daniels 21-13, 21-7

Women's C: Adkins d. Bayona 21-12, 21-11

Women's D: Gileau d. Mathews 21-6, 21-6



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Rocky Mountain Health Club
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Men's Open

Semi-finals: Frank d. Meikelburg 15-9, 15-11; Latimer d.
Conley 15-7, 15-8

Finals: Frank d. Latimer 15-9, 3-15, 15-6

Men's A

Semi-finals: McGownd d. Barber 15-8, 15-7; Saffer d. Sailors
15-10, 15-2

Finals: Saffer d. McGownd 13-15, 15-5, 15-2

Men's B

Semi-finals: Kenney d. Kroneberger 15-12, 15-8; Dutton d.
Sander 15-6, 15-2

Finals: Dutton d. Kenney 15-8, 15-10

Men's C

Semi-finals: Rodriguez d. Thomas 15-3, 15-5; Grant d.
Sprague 15-3, 15-2

Finals: Grant d. Rodriguez 15-12, 14-15, 15-6

Women's Open

Semi-finals: Hatton d. Flores 9-15, 15-7, 15-12; Morton d. Wall
15-10, 15-7

Finals: Morton d. Hatton 15-14, 5-15, 15-2

Women's B

Semi-finals: Miller d. Williams 15-10, 15-2; Rocci d. Rund 15-4,
15-4

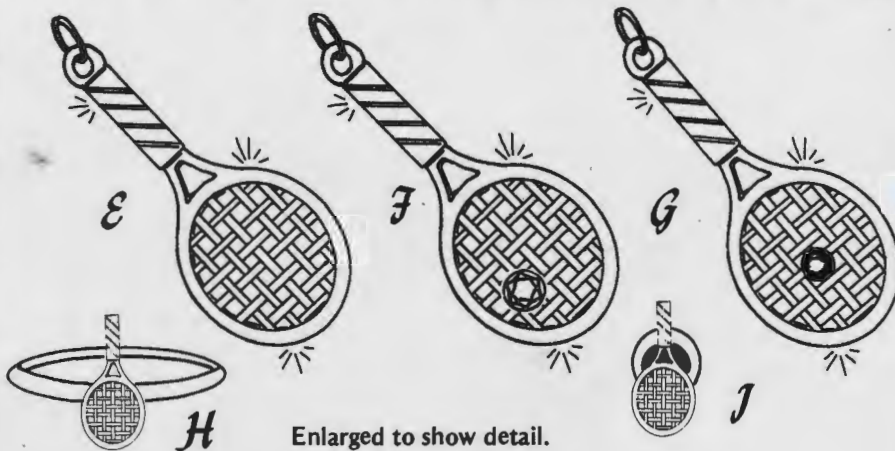
Finals: Rocci d. Miller 15-7, 15-5

Women's C

Semi-finals: Henderson d. Fox 15-8, 15-3; Bright d. Ryan 15-7,
15-2

Finals: Bright d. Henderson 15-5, 15-12

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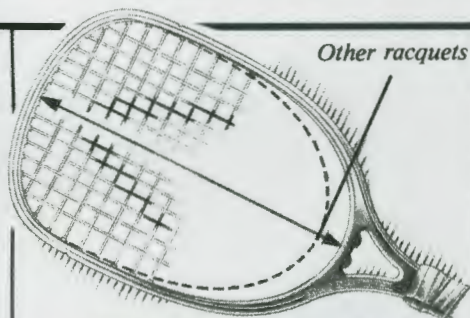
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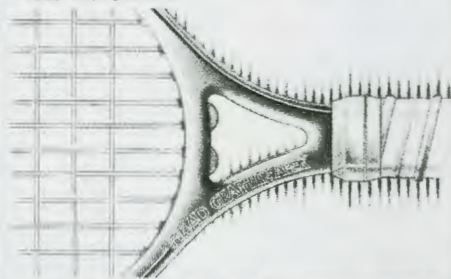
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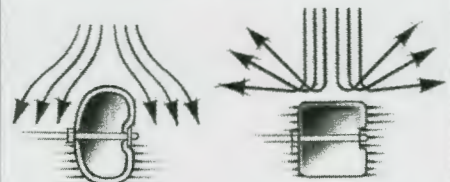
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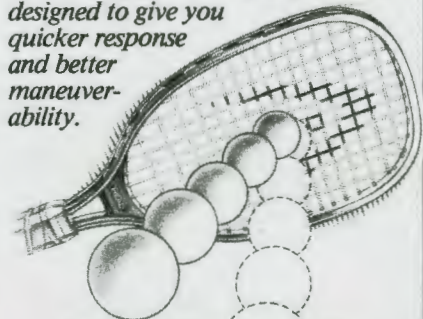


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