

National Racquetball®

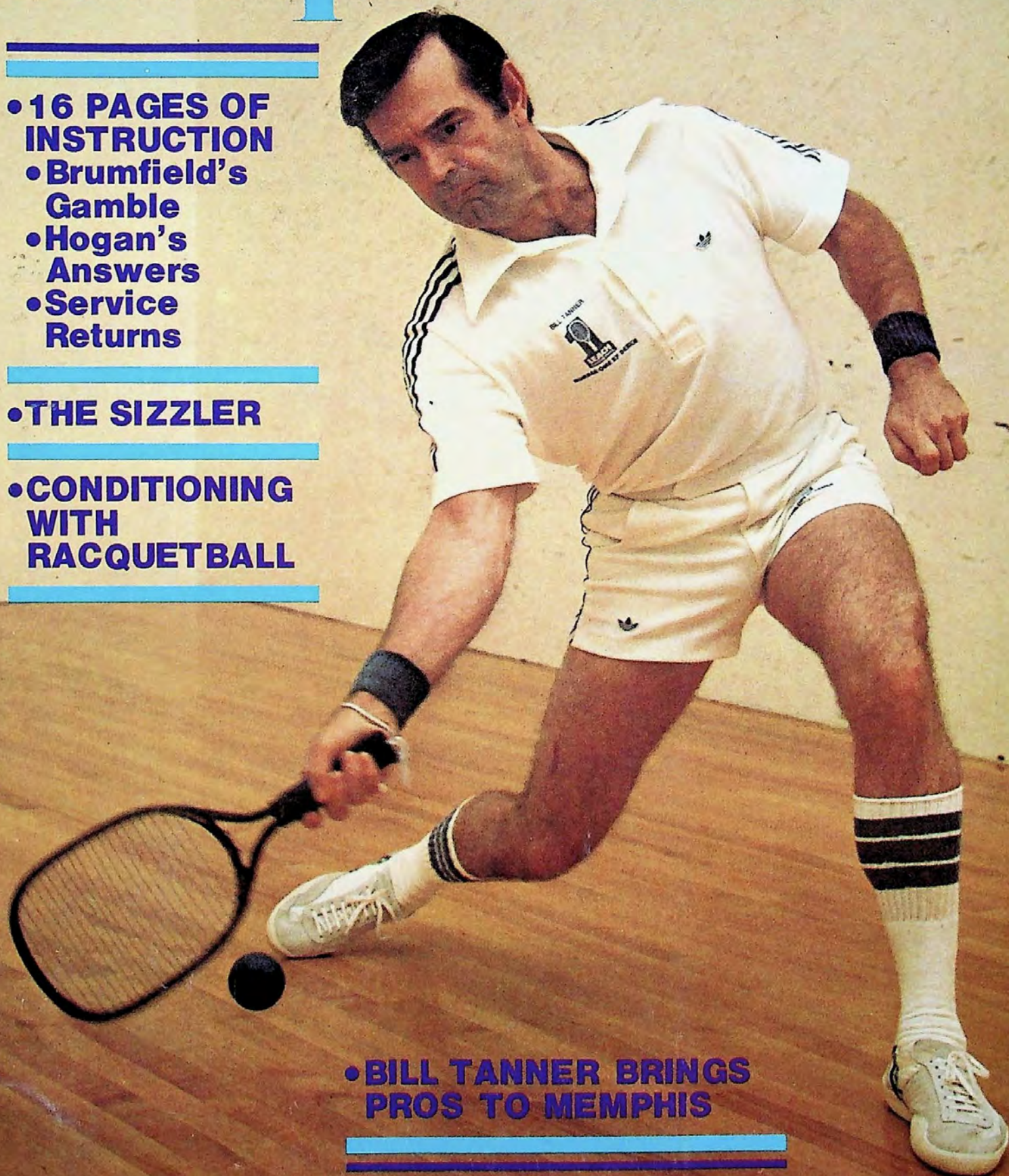
Vol. 8 No. 11
November, 1979
\$1.50

• 16 PAGES OF INSTRUCTION

- Brumfield's Gamble
- Hogan's Answers
- Service Returns

• THE SIZZLER

• CONDITIONING WITH RACQUETBALL



• **BILL TANNER BRINGS
PROS TO MEMPHIS**

**At 110 mph,
you don't want
to lose control.**

**Ektelon's new
Marathon Graphite™.**

This new Ektelon racquet blends flexible fiberglass fibers and stiffer lighter-weight graphite in a super-tough nylon matrix.

The fiberglass makes the Marathon Graphite tremendously flexible and gives you a better feel for the ball. The graphite decreases overall weight for a faster swing, and *controls* the flex so you get just the right amount. And the light, flexible Marathon Graphite is so durable it carries a two-year warranty.

You get more powerful kills, more accurate passing shots, and effortless ceiling balls. The new Marathon Graphite—it puts pure power in your hands, but never lets you lose control.

EKTELON 

**The Most Recommended
Racquet in Racquetball.***

*Research results available from Ektelon.
All Ektelon racquetball racquets are manufactured by
Ektelon in San Diego, CA.
Ektelon is a registered trademark of Ektelon,
San Diego, CA.
Marathon Graphite is a trademark of Ektelon,
San Diego, CA.



SEAMCO "BLUE 600" A Smashing New Idea in a Racquetball!

It's Official...
It's the Racquetball
adopted by the



This new pressureless ball has the look and performance of a champion. Off the wall, "Blue 600" responds with a consistent bounce, coupled with lively action—play after play. Whether you play with a power game or a ceiling game you are always in control. Brilliant blue color gives it high indoor visibility, too. Has the unique distinction of bearing the seal of the USRA. And that's official. Next time, put Seamco "Blue 600" into play and see what it does for your game. It's a blast! It's the ball control players can appreciate!

IF IT BOUNCES SEAMCO MAKES IT... OFFICIAL

SEAMCO
Seamco Sporting Goods, La Grange, GA 30240
Division of Dart Industries, Inc.
Call toll free 1-800-241-8111



FOR A SHOE IT'S A TORTURE CHAMBER.



A racquetball court may look like a perfectly harmless place to you. But if you were your shoes, you'd see things differently.

You see, few sports are as brutal on shoes as

racquetball. All that skidding and lunging and twisting can all too quickly do them in.

Unless, of course, you're wearing Tuffs by Foot-Joy. Tuffs have special features like 3 separate rows of stitching at the toe for extra strength.

A gum rubber sole that borders on the indestructible with even more stitching all the way around to prevent sole separation.

And 2-ply nylon mesh uppers that are light, yet so strong, it's eerie.

Now if you think all this toughness comes at the expense of lightness and comfort, think again.

Tuffs are cool because they've got a special innersole that's literally riddled with air channels. And no shoe has thicker, cushier heel padding.

So next time you go out on the court, put on a pair of Tuffs. And run your opponent ragged. Instead of your shoes.

Foot-Joy 
Foot-Joy, Inc. Brockton, MA 02403

TUFFS

The toughest shoe in racquetball

National Racquetball®

Vol. 8 No. 11
November, 1979
\$1.50

Contents

Opinion

From Bob Kendler	10
From the National Commissioner	10
From Our Readers	12

Features

Bringing the Pros to Memphis by Otto Janssen	16
Racquetball Sizzles	42
Racquetball Cats in an Old L.A. Jail by Eirik Knudsen	76

Instruction

Make Coverage a Gamble by Charlie Brumfield	20
Ask the Champ — Marty Hogan Answers	26
Are You Making These Mistakes? by Steve Strandemo	28
Beginners' Racquetball by Jack Kramer	30
APRO Teaches — Are You Ready to Be Certified? by Chuck Sheftel	36
What's the Call? by Dan Bertolucci	38

Women in Racquetball

Court Clubs	56
-------------	----

Health

Fill This Prescription on a Racquetball Court by Tom Pipes	58
--	----

Book Review

Racquetball the Cult reviewed by Terry Muck	62
---	----

Beyond the Open

Like Shooting the Breeze in the Bronx by Lou Kaplan	65
---	----

USRA Amateur

National Juniors '79 by Carole Charfauros	66
---	----

Upcoming Events

Pro Tour Schedule	90
-------------------	----

On The Cover. . .

All those Memphis amateurs (they even play in church) will get their first view of NRC professional racquetball Dec. 13-16 at the Bill Tanner/Coca Cola classic. For the story of the man behind the tournament and the town that's turned on to racquetball see page 16.

National Racquetball Magazine is the official publication of the United States Racquetball Association and is published monthly by the National Racquetball Club, Inc. and Community Builders, Inc.
4101 Dempster Street, Skokie, Illinois 60076, (312) 673-4000.

President and Publisher • Robert W. Kendler
National Commissioner and Business Manager • Joseph Ardito
Assistant to the Publisher • Terry Muck
National Racquetball Club Director • Dan Bertolucci
U.S. Racquetball Association Director • Bob Keenan
Design Director/Production Manager • Milton W. Presler
Managing Editor • Carol Brusslan . . . East Coast Editor • Dick Squires
Circulation Manager • Kip Fancher . . . Circulation Administrator • Jack Kendler
Photographic Consultant • Arthur Shay

Advertising information requests should be addressed to Joseph Ardito, Business Manager, National Racquetball magazine, 4101 Dempster Street, Skokie, Illinois 60076 or Media Representative: Michael A. Guerino, M. Anthony & Associates, P.O. Box 112, Milwaukee, Wisconsin 53201 (414)933-0200. Copy subject to approval of the publisher.

All editorial communications should be addressed to the Editor National Racquetball Magazine, 4101 Dempster Street, Skokie, Illinois 60076. Manuscripts must be typewritten and double spaced. Color and black and white photographs are welcomed. Please enclose a stamped self-addressed envelope for return of manuscripts and photos.

Subscriptions are \$12 for one (1) year. Rates are for U.S., possessions and military. Canadians must send U.S. money order or add \$3 to cover service and exchange rate. Foreign subscriptions and \$12 per year plus postage. Second class postage paid at Skokie, Illinois and at additional mailing office. Postmaster send form 3579 to National Racquetball, 4101 Dempster Street, Skokie, Illinois 60076.
(Please allow 6 to 8 weeks between the time subscription form is mailed and receipt of first issue.)

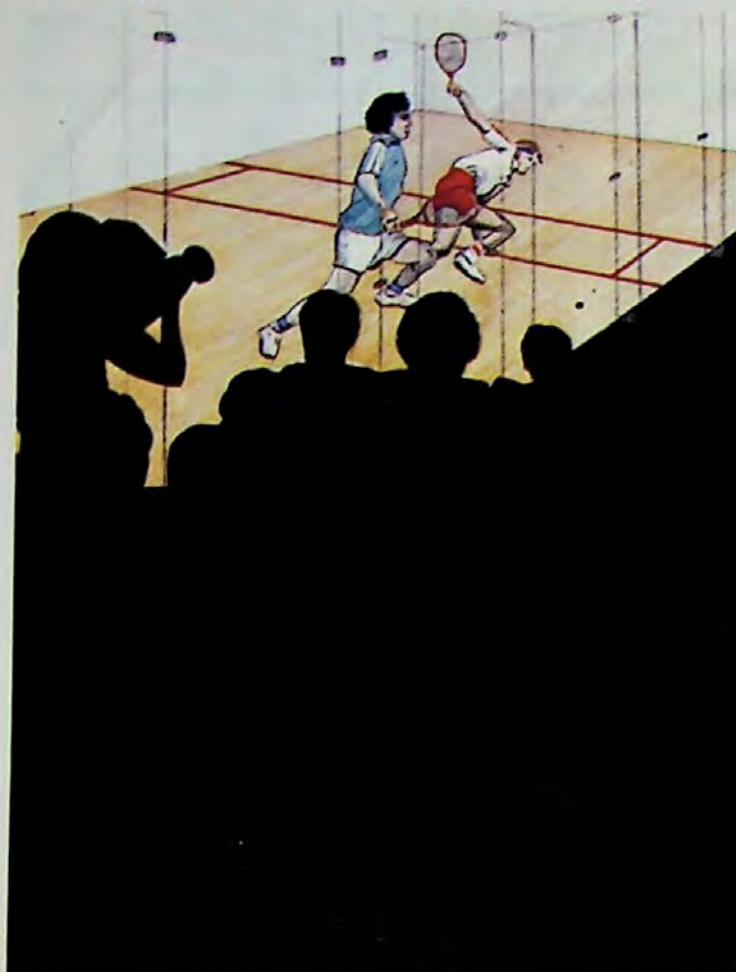
Printed by Photopress Incorporated, Broadview, Illinois 60153.

National Racquetball © 1978. All rights reserved.
Reproduction in whole or in part without written permission is prohibited.

National Racquetball • (ISSN 0161-7966)

© Registered trademark of the
United States Racquetball Association

NOW THE CROWD PLEASER IS A PLAYER PLEASER TOO!



Introducing **TWIN-VUE®** Glass Walls.

The crowd sees it as clear glass. The players see it as solid wall.

Up to now, attracting the spectators has always meant distracting the players—with backgrounds that intrude on every shot. But not any more. Now, patented TWIN-VUE glass lets the players concentrate totally on their game, as if they had the house to themselves. They see opaque walls on all sides. Yet they're surrounded by spectators watching the action more clearly than they would through conventional glass.

With TWIN-VUE, switch on the specified lighting system and the surface as seen from the inside appears milk-white, shutting out the outside to the players. While from the fans' point of view, the action comes through sharper than ever. Even television through TWIN-VUE is far superior.

With TWIN-VUE, YOU PLEASE EVERYBODY. A better window for the crowd. A

better wall for the players. Our standard two-way glass wall has always been the finest you could install. But now, by applying the TWIN-VUE process, we've made our best even better.

Write or call for further information!

*Standard Features For Every
ELLIS PEARSON GLASS WALL SYSTEM*

*All-tempered glass in compliance with
Federal safety codes.*

6-ft high all glass doors.

Fully installed anywhere

Five year Warranty.

**OFFICIAL GLASS WALL OF THE
U.S. RACQUETBALL ASSOCIATION AND THE U.S. HANDBALL ASSOCIATION.**

**GLASS
SYSTEMS** by



TWIN-VUE®
Glass Walls
*All the action.
No distraction.*

**When you're backed up against the wall
and about to be killed...**



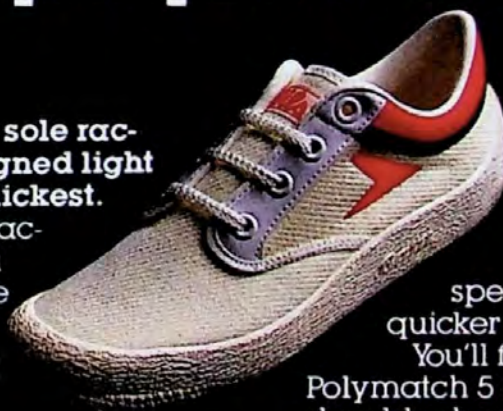
Wilson makes you quicker on your feet.

Wilson's unique Polyair® sole racquetball shoes are designed light to help you play your quickest.

Wilson Polymatch 5 racquetball shoes make you your quickest because we make them our lightest.

We make them our lightest with a unique Polyair "cavity sole."

An advanced polyurethane sole that allows our shoes to be up to 20 percent lighter than the conventional rubber soled shoes you probably wear now.



A tougher, more durable sole that resists abrasion better than most conventional rubber soles.

A contoured sole that's specially molded to fit snugly for quicker starts, smoother turns and stops.

You'll find our Polyair sole makes the Polymatch 5 a comfortable, lighter, more durable shoe.

And that's important. Because when you're up against the wall and about to be killed, Wilson makes you quicker on your feet.



Jack Kramer Leather



Force 5



Wooden Hi Top Leather

Wilson[®] by Bata
We play to win.

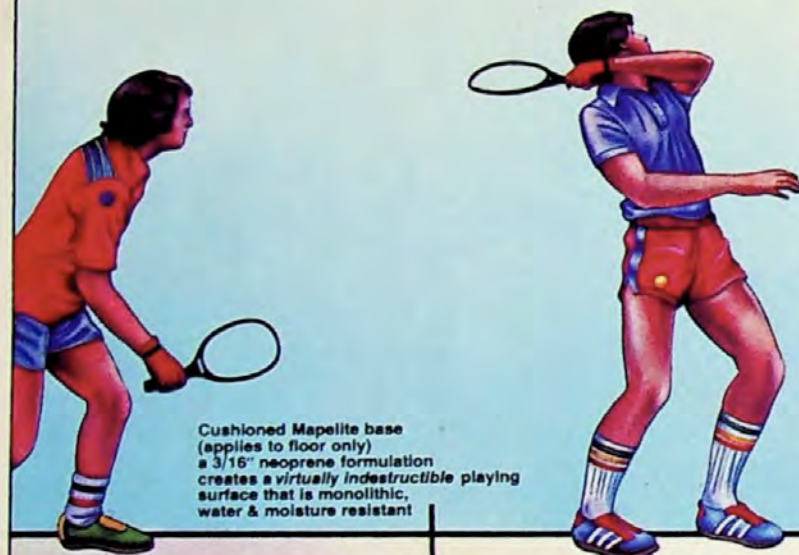
Wilson is a registered trademark of the Wilson Sporting Goods Co. Bata is a registered trademark of the Bata Shoe Co. Inc. Both are registered trademarks of the Bata Shoe Co. Inc. Bata Shoe Co. Inc. is a registered trademark of the Bata Shoe Co. Inc. Bata Shoe Co. Inc. is a registered trademark of the Bata Shoe Co. Inc.

Official shoe of the U.S. Racquetball Association

STRONGWALL

THE ONLY OFFICIAL COURT SURFACE
OF THE U.S. RACQUETBALL ASSOCIATION
AND THE U.S. HANDBALL ASSOCIATION.

HERE'S WHY:



Masonry or metal stud walls
for unsurpassed structural
strength, density and
overall stability

*NEW WHITE PIGMENT IMPREGNATED STRONGWALL

BASE (applies to walls only)
a unique "space-age" formulation
of resins reinforced with random
oriented fiberglass ensuring
a virtually indestructible mono-
lithic playing surface

WHITE STRONGWALL BASE
eliminates the need for paint.

Neoprene barrier (applies to
both wall and floor)
an effective, moisture-
resistant barrier and a
permanent bond that fuses
the Strongwall System to
its structural base.

Cushioned Mapelite base
(applies to floor only)
a 3/16" neoprene formulation
creates a virtually indestructible playing
surface that is monolithic,
water & moisture resistant

Concrete slab (typical)

Urethane color coat
(applies to floor only)
floors are available in a
handsome combination of colors

Game stripes (floors only)
are embedded to eliminate wear

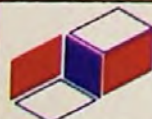
Urethane clear sealer
(floor only) the final seal
for the Mapelite base,
tough & easy to clean

Strongwall: Indoor or Outdoor Court Walls.
Virtually indestructible. Seamless. Con-
sistent in play over every square inch. Fast-
Playing. Uniform sound throughout. Resists
ball marks and is easy to clean. Fire-
resistant. Approved for indoor or outdoor
play.

Mapelite: the ideal court floor. Fast, but
uniformly cushioned for player comfort. Uni-
form ball bounce and sound of impact. Fire-
resistant. Cannot warp or buckle, even if
flooded with water. Available in a wide variety
of colors.

* For outdoor courts base pigmentation is beige.

Manufacturers of specialty surfaces since 1938. We know what it takes to be best. Call or write today.



STRONGWALL SYSTEMS, INC.

346 Kinderkanack Road
Westwood, New Jersey 07675 • (201) 664-4553

Immediate delivery and fast, professional installation by our own coast-to-coast network of dealer/installers.



Saranac's
ALL AMERICAN
Racquetball Glove
Comes Thru With
Flying Colors

You asked for it. . . Saranac created it!

The all-new ALL-AMERICAN R-2000 is an ultra-thin, perfect fitting, super-suede racquetball glove. This new glove line is All-American in every way. Each glove is made in America by highly skilled American craftsmen. The superb leather, specially cut for the R-2000, is carefully shaved to the proper thinness to assure that "special touch" for ultimate racquet control.

Available at pro shops and sporting goods stores everywhere in an array of vibrant colors in men's and "Lady Saranac" sizes. The ALL-AMERICAN beats the other gloves hands down!

HANDS BEST FRIEND FROM



SARANAC GLOVE COMPANY
P.O. BOX 786
GREEN BAY, WI 54305
PHONE: 414/435-3737

New official glove
of the United States
Racquetball Association.



From Bob Kendler



Salute to a Superstar!

Winning isn't everything, but wanting to win is!

If they don't take their hats off to racquetball now, they need new glasses. Not because Marty Hogan made it to the Superstar Finals, but because his win puts our sport on a par with the Big Ones. It may even prove that in some respects, racquetball is a *superior* sport.

That remark is going to stir up plenty of hootin' and hollerin', but not enough to change my opinion. Racquetball is a superior sport. Where else can a 15-year-old beginner become a superstar in five years? Or win the National Championship in three years? Or earn over a quarter of a million dollars a year before he is able to vote? Where?!

Now Marty has done more than win money. He won the heart of every teenager who ever heard of racquetball. He demonstrated that youth has more to offer when given the chance. Racquetball in particular has given them a chance, and today there are hundreds, even thousands, knocking on the door, following the footsteps of their hero. Prizes, money, scholarships and many opportunities are appearing everywhere racquetball is played. A good example is the Superstar Show, taped August 25-26.

On the heels of Kathy Williams' "surprising" third place finish last year in the Women's Superstars (we weren't surprised), the Superstars powers that be should have expected another top showing by a racquetballer.

What they got was an almost record performance by Hogan, whose victories in four of his seven events (plus two second places) nearly earned him a record-breaking point total. Marty served notice to the professional sports world that he will be a force to contend with at the Superstars Finals.

The Finals, like the preliminary competition in August, will be at the Princess Hotel in Freeport, Grand Bahama Island, February 5-7. Hogan will meet 13-15 top athletes from other sports, the top point totalers from baseball, football and veterans to vie for the Superstars crown.

The championship will be worth almost \$50,000 to the victor.

Vince Lombardi once said "Winning isn't everything, but wanting to win is." That is typical of Marty. He always reminds me of Cardinal Spellman who said "Pray as if everything depended on God, and work as if everything depended on man."

What I wish for every youngster reading this article is some of Marty's *will* to win. Also some of his reverence for God and, finally, reliance on work . . . his own hard work. Here you have Marty's whole formula for a Superstar. Is that too much to expect from every young man and woman?

Or are you suffering from complacency. If "good enough" is your watchword today, it will become your standard tomorrow. When Ray Kroc (Mr. McDonald's Hamburgers) screens applicants for franchises, he says "We are interested in whether they can stand prosperity. Some people reach their level of prosperity pretty quickly."

What is your level of prosperity? Like Marty's? ●

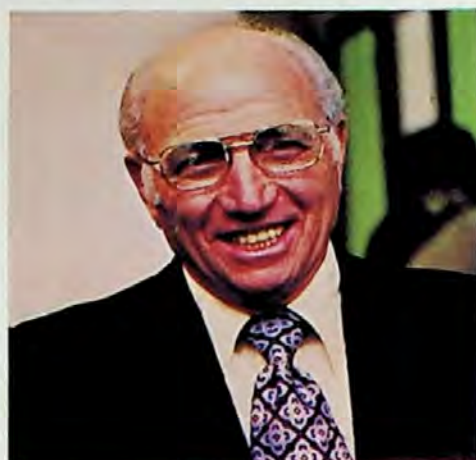
Evie & Bob Kendler

Evie and Bob Kendler

And we have known and believed the love that God hath to us. God is love, and he that dwelleth in love dwelleth in God, and God in him.

1 John 4:16

From the National Commissioner



Professional Referees

No one single word in racquetball's entire vernacular causes more comments and commotion than referees. Whether the refereeing situation is good, bad or indifferent, the lack of bonafide, qualified and certified referees has long been a source of concern.

On the 1978-79 Colgate pro/am tour we began the first-ever program of paying referees. Admittedly it was a modest sum, but the beginning effort was made and it was successful.

The success can be measured by the professional players, who to a man or woman, expressed pleasure in the fact that the referees would be paid. This meant that first there would no longer be the delay of matches while administrators searched the hallways for a competent referee (while the competent referees ducked behind any available shield). In fact the referees came to us and volunteered their services.

Second the initial payment plan was a show of good faith by the governing National Racquetball Club (NRC) that the refereeing situation was a concern and that steps were being taken to improve it.

However paying referees on the pro tour is a far cry from providing qualified and certified officials for regional, state and local level tournaments. We recognize that it must be a combination of organization from the "top" along with organization from the "bottom."

Therefore the NRC has organized the National Racquetball Referees Association (NRRRA) to begin the work of putting together an organization by and for

ONLY SEAMCO HAS THE OFFICIAL BALLS FOR THE NRC AND USRA

That's a Fact.



Seamco's racquetballs are the official ball of the National Racquetball Club and the United States Racquetball Association. It's on the ball. No other ball anywhere can claim this distinction.

As the Official Ball, it's the best ball. The best in round, bounce, stress and wear. The best ball

you can buy. Buy a can. Play Seamco. Where the action is...

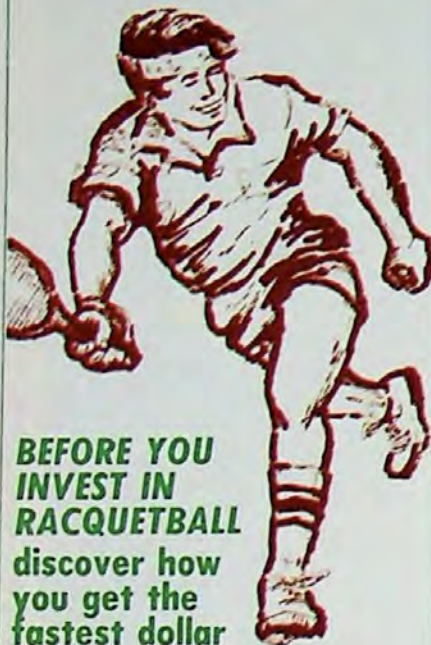
Available at better pro shops, clubs and sporting goods dealers everywhere. No other manufacturer can claim this distinction.

IF IT BOUNCES SEAMCO MAKES IT... OFFICIAL!

SEAMCO

Seamco Sporting Goods Company, Division of Dart Industries, Inc., 1567 Forrest Ave., La Grange, Georgia 30240

WHEN **CPI** SERVES, YOU GET THE RETURN



**BEFORE YOU
INVEST IN
RACQUETBALL
discover how
you get the
fastest dollar
return with CPI's
total package...**

- Complete materials package
- Design and layout
- Complete architectural services
- General contractor coordination and construction management
- Installation



**COURT PLANNERS
AND INVESTOR
SERVICES, LTD.**
575 Underhill Boulevard
Syosset, New York 11791
(516) 364-9270



CPI's total system includes
FIBERESIN high-density 62 lb./cu. ft.
recreation court panels.

**Yes, please send me more information
on CPI's total racquetball package.**

name _____
company _____
address _____
city _____ state _____ zip _____
phone () _____

MAIL TO: Court Planners & Investor Services, Ltd.
575 Underhill Blvd., Syosset, N.Y. 11791

referees. The goals will be the standardization and certification of referees throughout the nation.

Eventually enough competent officials will be card carrying and certified so that when any tournament of any level comes to town, there will be an abundance of good referees.

Obviously guidelines have to be established, rules carefully reviewed, instructional materials distributed, clinics organized and conducted, methods for testing and certification established, a dues structure implemented and a variety of other items that go into the organization of such an association.

We will continue to pay referees on the pro tour, but more importantly from a long term standpoint, we will begin the NRRA's task on the local level, working with state chairmen by introducing the program to them, calling for their input and asking for their help in the establishment of guidelines.

Only if this phase of the program is successful will a constantly improving core of qualified referees become reality. Our goal would be to have such a core in each state (and we would hope within each major market area). The pro tour, regional championships, state championships and regular sanctioned tournaments would then have a base of qualified referees (and linesmen) to handle any tournament.

The unique racquetball tradition of players refereeing matches will still be necessary in most events, particularly in the early rounds. To expect that the NRRA will be able to tap into hundreds of referees per city is unrealistic. What is realistic is the expectation that the number of matches that will need to be called by players will be reduced.

On the pro tour the NRC will continue to pay referees who they know are competent. Perhaps these people will take the initiative to become even more involved and help in the NRRA chapter in their area. We must be able to tap the top refs now so that the rest can learn from them.

It's a bold program, to be sure, but it's one that holds for a more successful future for racquetball. If you have any questions, or are interested in more details about the NRRA, please contact me at USRA/NRC headquarters. ●

Joe Ardito

Joe Ardito

From Our Readers



A Flail That Succeeds

Dear Editor:

I really enjoy your magazine, especially the instructional series by Brum. He's helped me swing with confidence. However his explanation of the wrist action on the backhand drive (kill) was unclear to me. Just what is Marty Hogan's racquet position immediately prior to impact on the backhand? I'm sure many other aspiring "power" players like me could benefit from learning how Hogan's wrist and forearm function during a backhand "flail."

R. Crozier
Edmonton, Alberta, Canada

We're passing your question along to Marty Hogan, who will reveal the success of his flail in his "Ask the Champ" column. ED

Fan of the "Master's Mind"

Gentlemen:

It is with great pleasure that I enclose my renewal order. Please keep your magazine coming. Your monthly feature, "Inside the Master's Mind", is priceless. The pointers I've picked up from this feature are too many to go into in detail.

Once again, keep up the good work you're doing to improve and expand this fantastic game of ours. Japan is with you all the way!!!

Rick Luna
APO San Francisco

Bible Announces '79 "Attitude" Winners

Hi Mr. & Mrs. Kendler:

It is a constant source of joy to read your articles each month and see that Bible verse at the end. What a great testimony to every racquetball player that the man who has built the foundation for racquetball himself is standing on the foundation — the word of God, the Bible.

This past August, 1979, you quote, "Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, for as much as ye know that your labour is not in vain in the Lord."

You cited Deuteronomy 11, Chapt. 10, vs. 12



**Isn't it time
you turned
PRO?**

With Saranac's R-70 PRO

Turn to the PRO for a sure grip on your game.

Saranac's R-70 PRO racquetball glove is acclaimed as America's finest . . . "the choice of the pros!" Crafted from Saranac's hand-selected native deer-skin, the R-70 is naturally light and tacky; designed with a snug-fitting elastic and adjustable Velcro closure for total comfort and support.

The PRO is available in seven vibrant colors and sized for men and for women—in the new Lady Saranac series. Be on top of the action with Saranac!



SARANAC GLOVE COMPANY

PO BOX 786, GREEN BAY, WISCONSIN 54305
PHONE 414-435-3737

The verse is actually 1 Corinthians 15:58. A great verse, God bless you, sir, and keep up the good work.

Thanks for publishing my letter last year concerning the past winners of the Christian Attitude Award. Also the comments I had made concerning Marty Hogan's use of the Lord's name in vain going against the third commandment of the 10 commandments given to Moses by God recorded in Exodus 20. I saw Marty at the Nationals and he told me he was trying to break the habit . . . I congratulated him and encouraged him to continue to try to control his tongue as well as his racquet.

This year in Tempe the players selected the following as winners of the 1979 Christian Attitude Award.

Pros 1979 Winner Mike Yellen 2nd David Peck • Ams 1979 Winner Keith Dunlap 2nd Heather McKay

Bobby Bible
Long Beach, CA

Wants to Ref

Dear USRA:

It appears that there is a definite trend toward upgrading the present level of referees in the sport of racquetball. This trend seems to be moving in the direction of the establishment of a group of trained referees such as those in other established sports. If I am not mistaken, at the recently completed nationals tournament paid officials were used for the first time.

I have been playing racquetball for about four years now, and during this time I have participated in many tournaments which required the winner to referee the next match. Luckily I have won a few matches over the years and have found the required refereeing to be an enjoyable task. I enjoy watching racquetball and find this to be an excellent way to get involved in a match and a good way to learn at the same time. I have also had the pleasure of running a company tournament during which I acted as head referee for the over 30 players involved.

How is it possible to become further involved with refereeing — especially with state and regional tournaments around the country?

Michael A. Dobens
Nashua, NH

As Joe Ardito writes in his editorial in this issue, the NRC has just organized a National Racquetball Referees Association to train and certify people with your expertise and interests. Watch for more details in National Racquetball, and we will send you information as soon as it's available. ED

Amazing

Dear USRA Staff:

Your organization never ceases to amaze me. You have put on another national juniors tournament that I can be proud that I took part in. I had a wonderful time in Tuscon enjoying the warm air as well as the rain. I had a nice time seeing the kids again and I would just like to say thanks.

I am anxiously looking forward to next year. Thanks again.

Billy Gamble
Rancho Palos Verdes, CA

Dear USRA Staff:

We wanted to express our thanks and appreciation for the terrific time we had at the Junior Nationals in Tuscon. The hospitality afforded both the players and parents at the Tuscon Athletic Club and Doubletree Inn were outstanding. A great time was had by all who participated as well as those who spectated.

Evonne and Jack Newman
Morton Grove, IL

Keep It Rolling

Gentlemen:

Let me be among the first to congratulate you on your very innovative Robert W. Kendler Classic, pro and amateur racquetball tournament.

It is refreshing to know that for "the good of Chicagoland racquetball", Mr. Kendler has allowed our ball to keep rolling, rather than just taking it home.

Kenneth J. Ratini
Chicago, IL

ABC Sports Socks. The Greatest Feet In Sports History.



ABC Sports Socks is a new line of athletic socks for men and women available in 104 varieties, with styles specifically designed for running, golf, soccer, racquet sports, winter sports and "All Sports."

With features like cushioned soles, extra absorbent lining, knit-in heels and added ankle, arch and heel support.

All are fade-resistant. All are durable and comfortable.

Look for the ABC Sports Socks & Accessories display where sporting goods are sold. And see why we're the greatest feet in sports history.

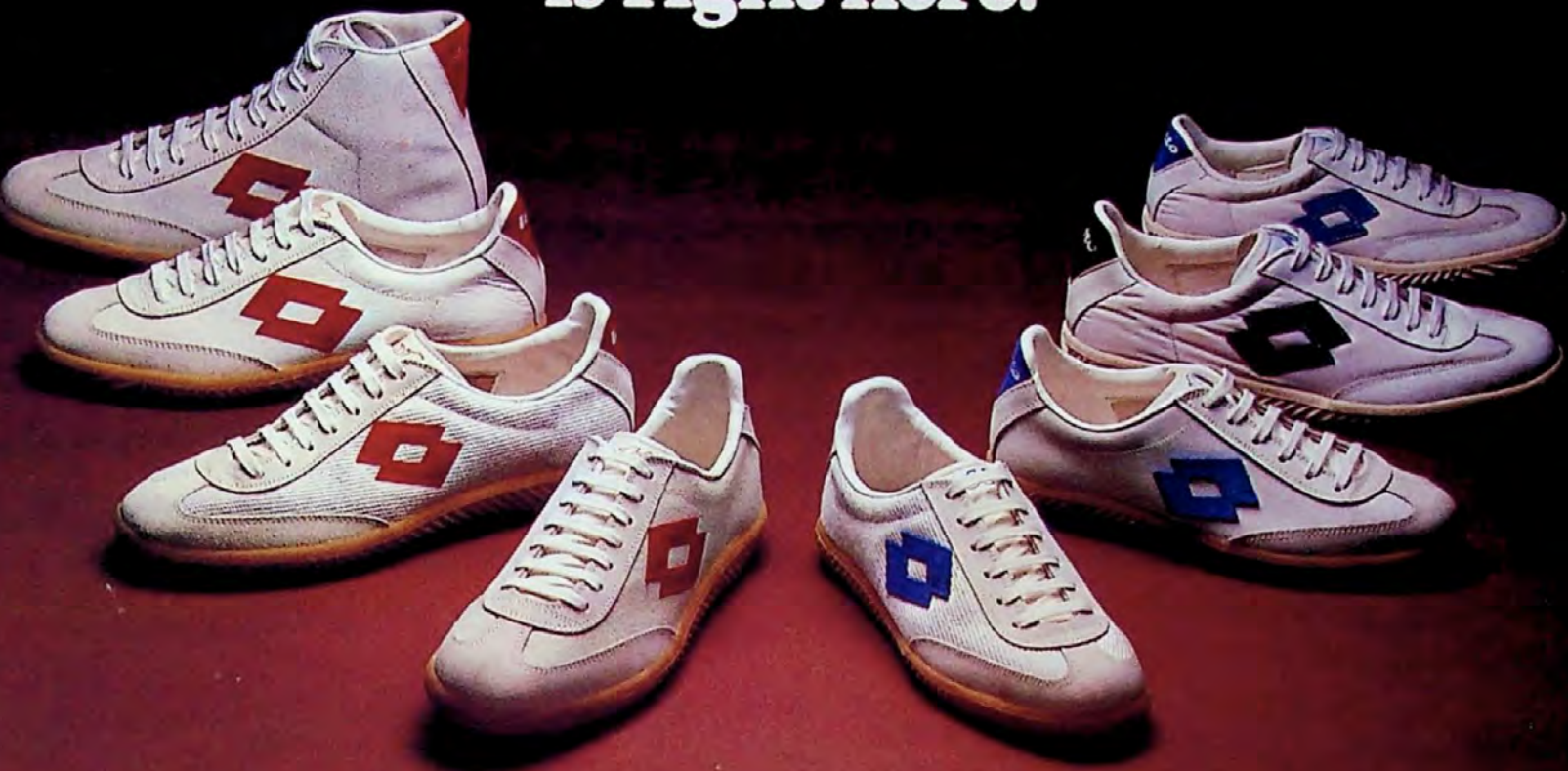


ABC SPORTS and WIDE WORLD OF SPORTS are trademarks of the American Broadcasting Companies, Inc., licensed to Adams-Millis Hosiery Company, 225 N. Elm Street, High Point, N.C. 27261.

**The Greatest Feet
In Sports History.**



The difference between how good you are and how good you can be is right here.



Remember how good it felt jogging when you gave up your tennis sneakers and switched to running shoes? Or the first time you teed off in golf shoes? Or that magical moment when you sped around the bases in your first pair of baseball spikes? You got better.

Right away.

The same can happen when you step into a pair of Lotto racquetball shoes.

Any pair. And there are eight models to choose from.



Mike Yellen

The largest selection in the business. Because Lottos are made especially for racquetball, they can



make the difference between how good you are and how good you can be.

All Lottos have a unique wrap-around sole and suction cup tread pattern to give you the most tenacious grip on the

court—start, stop, twist, dive—you can practically scale the walls. And you've never felt comfort like Lottos before. An anatomical footbed cradles your foot in a neutrally supportive position so you can dash, crash, roll, and leap your way around the court with abandon.

Lottos add speed and agility to your game and help prevent bruised heels and jammed toes.

Choose from leather, canvas or nylon uppers. Separate lasts and fit for women. At racquetball clubs and sporting goods stores.



Jennifer Harding

Lotto

Lotto-Newk USA, San Antonio, Texas.

He Brought Country and Western to the Moon

Now Bill Tanner Brings the Pros to Memphis

by Otto Janssen

This is the first story in *National Racquetball's* series on the people who have made major contributions to racquetball's success.

When you step off the racquetball court after an hour or so of hard play, mopping your brow and congratulating yourself on your fine effort, think of Bill Tanner.

Chances are that the man who's about to introduce pro racquetball to Memphis — the nation's hotbed of amateur racquetball — is also playing an early evening game.

And — just like you — Tanner is working out on the court after a hard day at the office.

The difference is that the 49-year-old multimillionaire, head of the world's largest radio and TV time buying and placement service, had arrived at his office around 7 that morning and had worked through until 7 at night. He'll be following his racquetball workout with a 9 o'clock dinner at home and another good three to four hours of office work, getting him to bed at about 2 a.m. The next day the cycle will begin again.

To call William B. Tanner a success is like calling Winston S. Churchill a politician. Like the British leader, whose bust occupies a place of honor in the Tanner presidential suite, Bill Tanner resolutely sets out to establish standards of excellence.

As in racquetball.

Five years ago Tanner decided to learn the game. Typical of his planning ahead he had acquired a court of his own a year before.

A perfectionist he decided to learn the right way by hiring two high ranking pro players — Mike Zeitman and Dave Bledsoe — as staff members of his company who could give him racquetball instruction when he wanted it.

Elvis played racquetball for a year and a half in Bill Tanner's court before the late superstar built his own court in Graceland mansion.

"When I decided to go into the sport," Tanner says, "I made up my mind that I'd be the best player I possibly could. I believe in that old cliché — if it's worth doing, do it well.

"I still work out every day when I'm in Memphis. When I go out of town on business, I play on a local court. In New York City, for example, where we have an important regional office, I have a life membership in the Manhattan Squash Club."

Tanner's private court plays host to some of the best players in the country and to entertainment personalities like the late Elvis Presley, who played at the Tanner court for a year and a half before he installed a court at Graceland, the Presley home that's become a Memphis landmark.

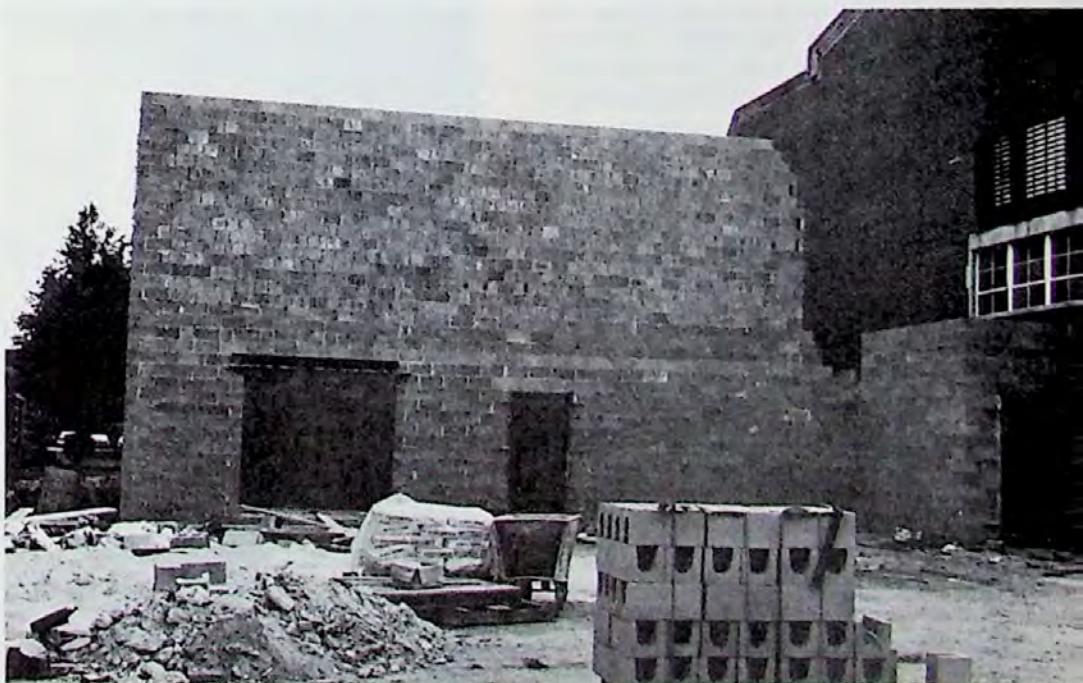
Memphis Mania

Tanner is one of the people who've helped make the Tennessee town the unofficial amateur racquetball capitol of the U.S.A. Courts are everywhere, and almost everyone — of all ages — plays. You can even find racquetball courts in churches, and players around the country choose Memphis State when they're looking for the best collegiate competition in their sport. New courts are going up at Christian Brothers College, too, thanks to a Bill Tanner contribution.

But until now all those avid racquetball amateurs hadn't witnessed a full blown professional tournament in their town. That's where Tanner stepped in.



— Memphis Press-Scimitar photos



Bill Tanner donated the funds making it possible for Christian Brothers College to build new racquetball courts.

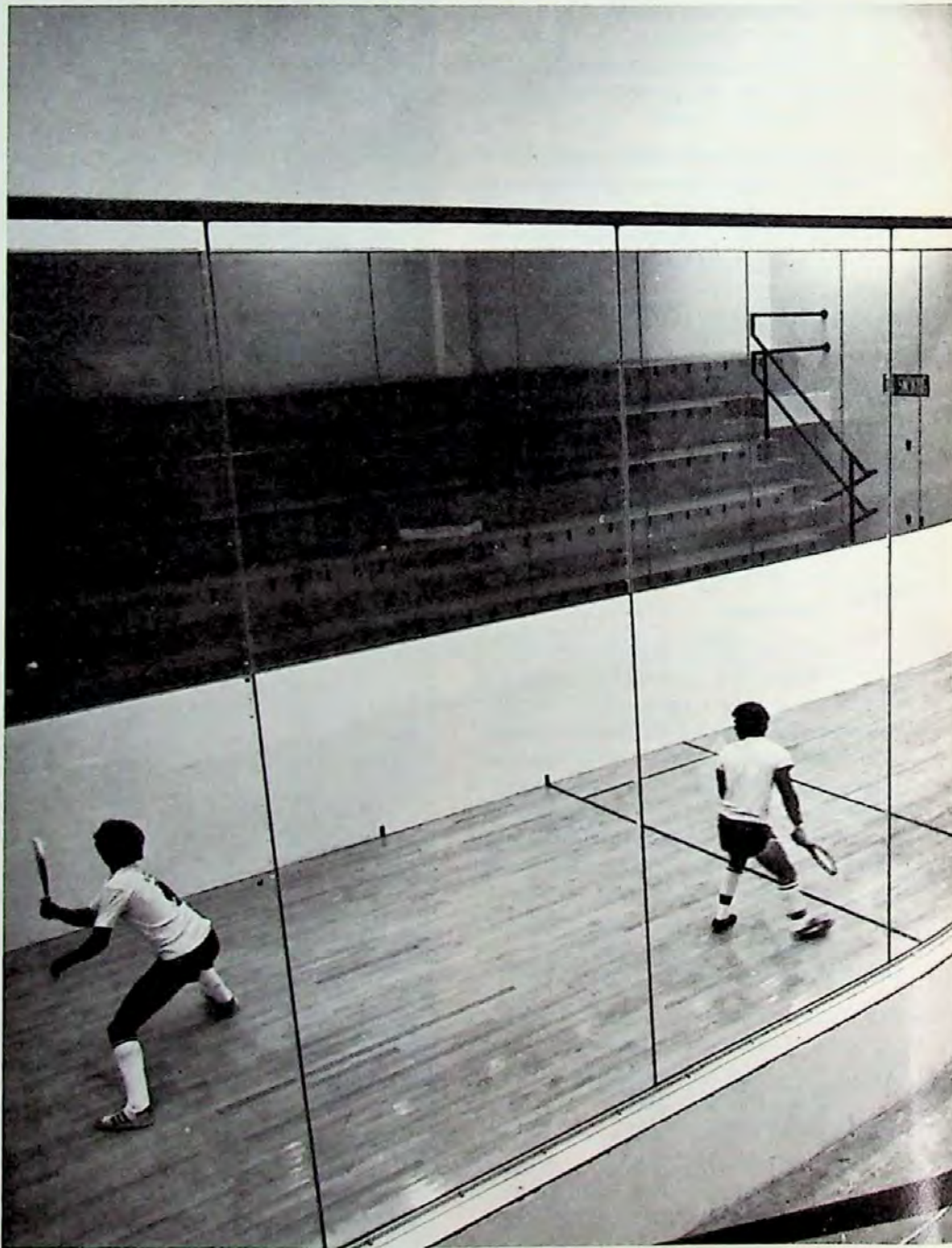


"I knew that Coca Cola was the logical sponsor for the pro racquetball tournament in Memphis," Tanner says, "So I contacted Pat Vaughn, the Memphis promotional manager for the Coca Cola company. She was enthusiastic and forwarded the idea to Coke's national headquarters. They liked the concept and agreed to put up half the prize money."

Bill Tanner came up with the rest. And the Tanner/Coca Cola Racquetball Classic Pro-Am Tournament went on the National Racquetball Club calendar for Dec. 13-16.

Just as Tanner puts Memphis into big time racquetball, so does he lead the way with music.

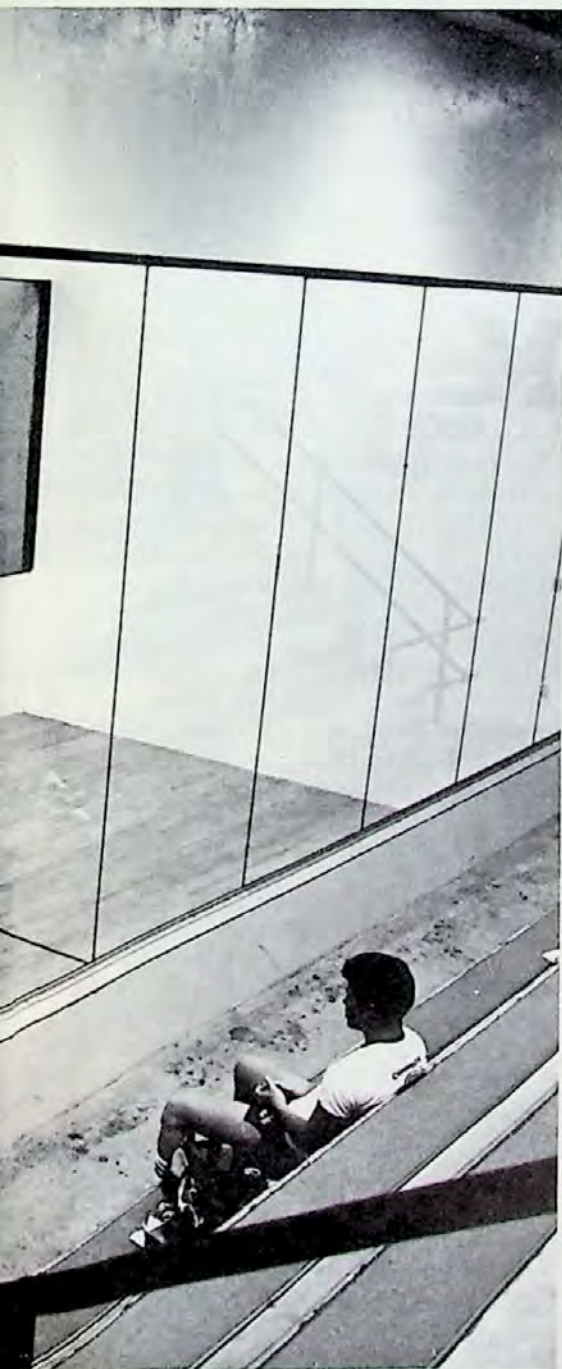
The William B. Tanner Company staff of 75 writers, composers and technicians produces more original music than any other organization in the world. More than 6,000 radio and TV stations use Tanner products and services. Tanner makes 70 percent of all station identifications, record and tape libraries and commercials for stations throughout the world, including Canada, England, Australia, New Zealand and English speaking stations in Singapore and South Africa. Even Spanish speaking stations are Tanner customers.



Memphis State University students practice on the courts that will be the site for the Coca Cola/Tanner Classic Dec. 13-16.



Country and Western fan, Astronaut Charles Conrad, Jr., put a William Tanner company-produced jingle on the airwaves in a 1969 broadcast from the moon.



Astronaut's Tune

The Tanner Company made history in 1969 when the staff prepared a country and western ditty that C & W fan, Astronaut Charles "Pete" Conrad, Jr., broadcast from the moon at 3 a.m. on Nov. 20. Other firsts are the first country and western station identification package, the first black ethnic package, the first stereo package and the first station identification for all-news formats.

And if you're driving across the country, you can tune into a new Tanner product — a 50 hour syndicated concert bringing together the records and tapes of rock stars of yesterday and today.

The Tanner company list of accomplishments goes on and on. The organization places radio and TV commercials for over 250 advertisers and agencies with a staff of over 200 time buyers and account executives. It offers broadcast stations — through an exchange of product for air time — an array of products ranging from cabin cruisers to zebra skin wall coverings. In fact *The Wall Street Journal* once called the Tanner product inventory the "Sears Roebuck Catalog of the broadcast industry."

Even travel arrangements, athletic conferences and theatrical distribution take place in the seven story ultra modern main Tanner building with auxiliary structures covering two nearby blocks.

As you might guess Bill Tanner's offices are in the headquarters penthouse, and they include a track, putting green, the well trod racquetball court, steam and sauna rooms, weight room, personal kitchen, board room and library.

When and where did the Tanner success story begin?

In 1954 in Marston, MO, where a kid just out of his teens — a recently discharged Air Force lieutenant who was a radar instructor in the Korean War — bought a night club and restaurant with borrowed capital. He helped out on his parent's farm at dawn, managed a fertilizer plant during the day and then went on to run his night club. His sale of that club and a move to California, where he started distributing films to drive-in movies, led to the invention of his "No Light" device that kept cars dark even when movie patrons opened the door for air on hot summer nights.

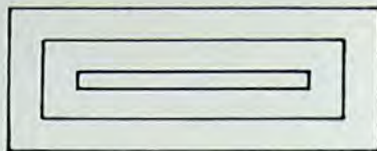
Tanner's second invention — an electric car for children — took him to Memphis where he found a company to produce the car and give him royalty rights. When his next employer — a drug company — acquired Pepper Records in 1961, Tanner became general manager.

"When I arranged radio ads for the drug company, I began to realize there was a need for a service that provided quality commercials and other production materials to radio and TV stations."

Which brings us past 18 prosperous years to 1979, and the Tanner/Coca Cola Racquetball Classic in Memphis. That's where you'll find one hard driving business tycoon who planned ahead and cleared his desk so he could view the action he brought to town. You can be sure Bill Tanner will be watching from his front row seat the day that pro racquetball comes to Memphis. ●

Inside the Master's Mind

by Charlie Brumfield



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

Make Court Coverage a Gamble

Last month we talked about footwork. The idea behind footwork is to increase your quickness. Not only should you want to get to the shot sooner, but more importantly, you should want to be ready to hit the ball. To achieve this you must combine proper footwork with good court coverage.

That's how Marty Hogan, or any of the younger players who hit as they arrive, can unleash maximum power. The older players who aren't schooled in this technique of hop and hit may arrive just as quickly, but their feet and body are such that they have to make a defensive reply.

The initial step to achieve maximum quickness is by utilizing what I call the QUICK START Reverse Weight Shift Push-off. As strange as it sounds, in order to move to the left quickly you have to push off to the right first. You should always push off with the foot opposite from the direction you want to move in.

So if I want to move to the right, I have to push off with my left foot. What I don't want to do is lift my left foot without pushing off, and step over my right foot. Then I would be forced to push off with the outside of my right foot, if that's possible. If you do that you're only leaning for the shot instead of exploding for the shot.

When You Hit a Setup

Now let me talk about what you should do when your opponent has an absolute setup. Okay we've all been in this situation. You've hit a mediocre-to-lousy shot and your opponent's in perfect position. He's got two seconds to hit the ball. What do you do?

Now you've got three basic alternatives:

1. Take center court position, stop and wait until you see which way he hits. This is the least efficient of all the ways, yet it's the most used. For some reason it's believed that if you're in center court, you're going to have the best chance to cover the ball. Now that's just not true on the absolute setup. On the absolute setup the percentage is to gamble to get back into play, not to sit in center court and wait. I prefer the second and third methods to this one every time.
2. If the other player got the setup from midcourt or closer, I'll try to come in behind him, tippy toeing so he doesn't know exactly where I am. At the last second I gamble one way or the other, depending on the three factors in anticipation I described in my August article. Primarily I'll gamble cross court most of the time because 75 percent of all balls go cross court. I will only change that if I feel that his sundae shot, his favorite shot, or shot under pressure, is such that he is going to hit something other than cross court, but most of the time I'm going to gamble one way or the other, either down-the-line, or the pinch or cross court.

If you don't gamble, you're not going to get back any of the balls. Either that or you'll end up being the speed bag again, which is the worst fault I believe, in court coverage people, the so-called retrievers of the game who try to cover everything so they wind up covering nothing well. I believe you should cover 75 percent of all balls well and the others hardly at all. That way you'll gamble, but you'll be much more effective in the long run.

3. Probably the best alternative when the player is hitting from behind you is to show him or her one look and reverse your position. So, for instance, if your opponent has a forehand and is on the right side of the court, hitting down the right line, probably, display a look like you're gambling to cover the right corner and then, just as he swings, move to the left. (photo A). Your opponent is probably thinking, "this guy's covering the right corner. I'll fool 'em and go the left" which is exactly where you'll be waiting. So what you've done in a sense, is dictated the shot, or at least given your opponent something to think about, besides how easy the setup shot is.

That's about all you can do when you've given your opponent the absolute hanging plum. Remember you, by virtue of your lack of execution, have given away an opportunity to end the rally. There's no sure way of extricating yourself from that situation. However if you examine the three alternatives, namely (1) Take center court, (2) Gamble one side or the other or (3) Show one look and reverse your position, at least you're making an intelligent decision on how to handle the situation. I

Steve Keeley, left, has Davey Bledsoe out of position, so Bledsoe gives Keeley the impression that he's anticipating left, but only Davey knows which way he'll go. This is number three in our discussion, when your opponent is behind and has an easy setup.



believe in certain circumstances that all three can be used to mix up your opponent and create anxiety in his or her shot selection.

When You're Returning a Serve

Much of this can also apply to the RETURN OF SERVE. The server has much the same advantages as the player who has the setup. But rather than waiting like a sitting duck for the server to dictate and dominate the play, I would like to propose a new alternative.

There are basically two positions for the serve return which are now being used by the pros. There's the Hogan-I don't-care-where-you-serve attitude with your back against the back wall because-I-can-excuse-so-well-that-if-you-leave-it-up-an-inch-I'll-kill-it. Then there's the Strandemo method, where he's five or six or seven feet from the back wall, hunched over, with his legs

spread in a line backer position, saying "Boy am I going to hustle on this play. Watch how much I hustle to get the ball."

Neither of these positions is the best way to cover the ball. Only Hogan can get away with his method, while Strandemo is obviously taking the position that you can move faster from a wide spread stance, standing up, than you can flowing in, which we've already discussed in our baton example in the August issue. Remember the person with the baton is going to blow by the person standing there.

While we're talking about serve return, I also believe that our gamble tactic is very, very important, not only when your opponent has you on the defense, but also when that opponent is serving. I think the present fast ball and the obscure visibility constitute

a setup for your opponent. So actually you should use one of two methods — you can either play center court ala Strandemo and get to nothing on balance, but show a lot of hustle or you can gamble one way or the other.

The server is going to drop the ball and serve it regardless of your flow, so generally speaking it's best to gamble one way or the other. Since perhaps 90 percent of all serves go to the backhand side, if you flow in to your cut position, you generally want to cut to the left for a few times. In fact I'll go all the way to the left before the server even serves it and almost short-hop the serve return, just to catch the server off guard. Then again your opponent's thinking about it.

You can't let the server have all the advantages to ace you left and right. I made that mistake several times when I played Benny Koltun in Los Angeles, before I'd thought about how to attack the serve properly. I found that I didn't gamble. I played a Strandemo straight up defense against Koltun's power serves and I was late every time. I got some of his serves back and some of them were perfect aces. The ones I did manage to get back were off-balance setups, whereas if I'd gambled, I could have stepped over and killed a couple. That way I wouldn't have given him the opportunity to get the momentum so much on his serve by serving five or six aces in a row. In addition once I'd killed a few of his low hard serves, he would have become more anxious and less accurate as far as keeping the ball low and hard or deep on the Z or various things that make a serve effective. So you can disrupt the server's momentum and thinking and execution all in one by using number two in our "gamble when your opponent has you" technique.

In other words it's probably better to get aced a couple of times when you misguess the serve, and return the

remainder effectively, than it would be to stay in center court and return none of the serves effectively. Remember our theory originally that you can't cover the whole court. It's certainly true on the return of serve. If you try to play a straight-up defense on the serve against a great server, you're going to be forever late on every serve, which is a great disadvantage. If you gamble and your guess is correct, you have a very good chance of ending the rally to your advantage because the server is generally off balance momentarily as a result of the big effort put into generating his or her power serves low and hard.

Obviously I don't mean that you should just rush over to the left on every play, because then that becomes very, very predictable and the server can switch the percentage of serves to the right as much as 50 percent, whereby you look like a fool. What we're looking for is to confuse the server who has complete control of the play by being in good position and ready to rip the serve as hard as possible. We want to cause confusion by showing different looks and by using different techniques of returning the ball.

Using the Momentum of the Shot

The next area is USING THE MOMENTUM OF THE SHOT to carry you around into coverage position. The old theory of hitting the ball off your front foot generally forced you to be down very, very low on the shot to keep it low. Your natural follow through at that point in the swing is lifting upwards, therefore if you don't keep your body, knees, and upper body very low, again ala Strandemo, your shot's going to fly up. So the front footer who hits the ball hard and tries to kill the ball has to stay down and completely irradicate any momentum carrying his or her body forward. It's a hit, come up and run.



Photo B

The modern power hitter, on the other hand, hitting off the back foot, can hit and allow the momentum of the swing to carry him or her forward, flowing into the coverage zone. Now this isn't on maximum power hits, because as we've already mentioned in May, on maximum power hits, generally speaking, the upper body is actually moving backwards just slightly at impact. But on the ball that is being hit, at perhaps four-fifths capacity — for instance an off-the-back-wall shot or a setup from deep court that's not an absolute hanging plum — the ball can be hit and you can be flowing forward to simulate your deep-zone-arrival hit for your next shot, if it were to stay up. You would still maintain your execution and accuracy because you've learned to hit going through the ball.

Crowding

Our next discussion is on CROWDING and its effect on your coverage. Assuming your opponent has a shot from somewhere near the middle of the court, you can try to get as close to him or her as possible in the attempt to be as close to the front wall or to where the shot's going to end up as possible. I think this once again runs into our dilemma of moving up but being immobile because you have to stop to keep from getting hit by the racquet (photo B), so therefore you don't get a quick start on the ball.

The alternative to crowding is flowing in behind your opponent, tippy toeing and cutting in at the last second one way or the other. I believe in the flow and cut arrival hit method. It gives you

Notice how my butt serves to block my opponent from getting to an easy plum shot. Manuevers like this create wear and tear on your body and should only be used sparingly.



Photo C

more balance, less fatigue, less chance of getting hit by the racquet and is better sportsmanship.

Potential crowding availability is basically a trade off between how much you irritate your opponent and affect his play by being somewhere near him, ala "the Rat", vs. flowing in from behind where you don't really bother him or her except for the fact that you're already on the move and it's unknown which way you're going to gamble. I believe the second method really causes more confusion and less injury.

When I crowd it's very, very physically demanding on me (photo C) because

then I have to jerk my body to try to get going. Anytime you have to jerk one way or the other in racquetball, it's going to be fatiguing. Anyone who's in any kind of shape can jog five miles, which is farther than you go in a match, but when you start jerking you tire yourself out. The more you adhere to the flow deep zone arrival hit, the less wear and tear it's going to be on your body, the longer your career, the longer the matches you can play without showing demonstrative fatigue and the smoother and better your execution is going to be.

Great Coverage Can Become Counter Productive

This was a big debate in handball between the two greatest players of the last generation: Jimmy Jacobs and Paul Haber. Jacobs' theory was that he could only go on an all-out, gut-rending coverage once. Then he would shoot the next ball. He would not go twice. Haber's theory was that his stomach muscles and leg muscles would last longer than the other guy's arms would. He was going to return every ball to the front wall, no matter how weak a return it was, even if he had to dive with his head into the back wall.

I agree with Jacobs — great court coverage does become counter productive. I think that is one of the theories that is being used by the more intelligent racquetball veterans against the younger players who have less experience on the tour. The younger players can get the ball back, but often they're getting it back very weakly and then they're forced to hustle to get the shot very weakly and the next shot very weakly and in the process they're jerking, jerking, jerking on their leg muscles so that the fatigue factor becomes critical. Before the advent of the fast ball and the tie-breaker this was definitely a very, very substantial factor in who won major tournament. This is not so much the case anymore because in my opinion the game has become a contest to see who can hit the ball hardest rather than any other combination of skill factors.

But even for the hardest hitters great court coverage can become counter-productive. Even though you might win that point, you lose the war because of the fatigue factor or loss of momentum. This also brings up the theory of what happens when players start getting every ball back and the

A rare shot to find me on the ground. For Jerry Hilecher it's a regular position. Personally I think diving is detrimental to your overall court coverage.



Photo D

crowd's roaring because they're spectacular retrieves. Then the players try to get the ball back and continue the rally just for the excitement of the crowd. They're playing to their own egos rather than trying to execute as well as possible and score as many points.

Selective Coverage

Our last topic is **SELECTIVE COVERAGE**. This is a technique especially applicable to older players, senior division, golden masters division, veteran division — my division. I believe that selective coverage is necessary. (Remember we've already decided that you can't cover the entire court). We're going to

eliminate certain factors on the court at certain particular times as far as coverage.

I've mentioned that I often eliminate covering the down-the-line shot because I believe it's the most difficult to execute. Consequently one would expect to see the vast percentage of shots going away from this area which I've eliminated. Then I'll look good covering the rest of the shots.

Selective coverage means that you only chase certain shots and at certain times. It takes experience to know which shots to chase. But the danger to watch out for with selective coverage is if you're not keyed up to move, you often find yourself sinking into a type of lethargy where you don't cover anything well. I do believe, however, that what you don't want to do is chase the unreturnable ball which many, many amateur players and even pro players do. They chase the ball only to have the thing die or they have to dive, flicking it into the back wall only to have it come up for an absolute plum and be re-killed . . . but there is a time for diving.

We'd be remiss talking about coverage patterns without talking about diving because it's the most spectacular of all. Essentially if you're going to dive forward, always try to shoot the ball. Dive and try to score. Do not dive and try to retrieve. Only dive when absolutely necessary! (photo D)

I think you'll find that many young players come up and say "Well I'm young. I'm going to dive." But after a few years of throwing themselves to the floor in every rally they're going to have problems with their elbows and their knees.

The hips and the knees are very, very fragile instruments. You can get a lot of bruising that can eventually cause deterioration in those areas if you dive

Steve Serot, right, spent half of his career on the floor, but even Steve doesn't dive as much anymore after several minor injuries.



Photo E

as a constant diet (photo E). I believe that diving should only be undertaken under absolute critical situations, ie. 10 up in the tie-breaker of the Nationals. The guy who dives at 2-3 in practice is doing himself more harm than good. ●

**Kill the Assassin
before the Assassin kills you!**

Ask The Champ

by Marty Hogan

This article continues a series by two time and current national professional champion Marty Hogan. Readers are encouraged to submit questions about their game to *Ask The Champ*, c/o National Racquetball.

Question: *I've noticed in many of your photos that you wear eyeguards. How important are eyeguards?*

Hogan: An eye injury is serious. Definitely — any player on the court should be wearing eyeguards.

In the recent 1979 National Championships I wore eyeguards throughout the tournament. I honestly felt that my eyes were, and still are, more important than the title.

I don't think there's anything worth more to my life than seeing and using my eyes. A freak accident on the court could change my entire life, let alone my racquetball career. It's just not worth the chance.

A racquetball player should take care of himself or herself before the game even starts. Eyeguards are probably the most important piece of equipment on the court.

Question: *It seems to me that top players can consistently keep the ball down-the-lines without it caroming to center court. When I hit the same shot it ends up as a front wall-side wall-center court set up. What am I doing wrong?*

Hogan: Your primary problem is that your shots are impacting the front wall too close to the side wall. That's the most common problem with down-the-line shots.

The ideal place for the ball to hit on the front wall is about five feet from the side wall. Of course a lot depends on your position and the angle involved, but five feet is a good rule of thumb.

It's almost impossible for anybody but the top pros (and it's even tough for them) to stand right next to a side wall and hit a shot down that same wall without it caroming to center court.

When you strike the ball so that it hits the front wall five feet from the side wall, the angle itself will bring the ball back down the line.

Question: *Today's lively ball has created some new shots and one of them gives me fits. It's the ceiling ball that hits ceiling-front wall-floor-back wall. When that shot comes off the back wall it seems to have acquired an unusual angle. How do you handle this shot?*

Hogan: You're right. The unusual angle you speak of is more of a downward angle than on a normal back wall shot.

However the concept of taking balls off the back wall is the same no matter what the back wall shot. First you must make sure you have enough room to swing, and be able to compensate if the ball comes off slightly differently than you expected.

The worst thing you can do is follow the ball around the court. Rather you must judge where the ball will enter your point of contact and be in that general area when it does. If you're not exactly right with your judgment, you should leave yourself the freedom of a step forward or back, or to either side.

Question: *I'm known around here as a hard hitter, but sometimes I think I rely too much on power. What are some good alternative serves to keep my opponent off balance? I usually stick to the hard drives.*

Hogan: The Z serve is the second most effective serve, whether to the forehand or the backhand. It can be hit at almost any speed and still be effective, unless your opponent is able to cut it off.

You're on the right track. A good, hard drive serve is the best serve in the game. If you can get a good, hard drive going — and I've proved this — it doesn't matter who you're playing, it's going to show you some winners. If you hit it correctly, it's almost impossible to return.

But if you have to go to an alternate, the Z would be it. After that I like to use a simple garbage serve. It's easy on my arm, and it's easy to control. The garbage makes your opponent hit the ball at his shoulders so he can't generate a lot of power. ●

The Assassin kills!

How to teach racquetball like the man who wrote the book.

Racquetball instructors nationwide have asked for a truly professional method to teach the game.

After all, if a club has a better instructional program, chances are the club will have better players. That means players that play more often use more services and fill more court time. Instructors themselves are well aware that their programs can become a focus for club expansion . . . if the method is right.

The Strandemo/Head Racquetball Instructors Program December 7-9, 1979 • Chicago, Illinois

The body of knowledge Steve Strandemo acquired while writing *The Racquetball Book* forms the background for this intense weekend of on-court instruction and practice supplemented by classroom discussion and lecture. Steve's high school teaching and coaching experience tempered by six years on the pro tour enables him to present his system of racquetball instruction clearly and professionally.

You'll be thoroughly and completely involved in the profession of teaching racquetball for twenty four hours of this weekend in December. You're learning for yourself and for everyone you'll teach from now on. You'll learn a whole fundamental approach to successfully teaching the game. It's a system, in fact, that's as rewarding for the instructor as for the student.

Basic tuition of \$150 for the instructional package includes court instruction, teaching handouts, custom shirt, short and bag for the program. Two nights of double occupancy lodging is an additional \$50. Deposit of \$75 must accompany registration. Deposit is not refundable after November 30, 1979. Send coupon at right and address all inquiries to: Don Jenkins, Killshot, Ltd., 321 Edgewater Drive, Bloomingdale, Illinois 60108. Or phone (312) 893-9575 between 10am and 5pm CST only please.



AMF

Head

- ☐ Enroll me right now. Enclosed is my \$75 deposit
☐ I need lodging, too
☐ Instruction program only
☐ Just send me more information please

Name

Address

City State Zip

Phone

Send to: Don Jenkins, Killshot, Ltd., 321 Edgewater Drive, Bloomingdale, Illinois 60108. Or phone (312) 893-9575 between 10 am and 5 pm CST only please.

Mistakes Revealed at Racquetball Camp

Are You Making Them, Too?

by Steve Strandemo

I went to a couple of racquetball camps this summer, and I learned a lot. They were my own camps. I spent two weeks in Colorado and four weeks in Pennsylvania, and when they were over I had a much clearer idea of how players everywhere can improve their games by improving the efficiency of their play.

We had 275 students go through our camps, and we videotaped them all, and we shared our good points and our bad. It was a real eye opener for

everybody. Many of the students had done some instructing back home.

That's where these camps can have a far reaching effect, a pyramid effect, when the one student at camp can see his own flaws and correct them, then go back home and be a much better player and/or teacher than before. That is encouraging, because more people are going to learn how much fun the game is when the players have a positive idea of the basic concepts.

But the camp experience is not going to reach everyone, either directly or indirectly. That's why, in this article, I want to pass on some of these camp observations, hoping it can help make the reader aware that his or her own game may contain some of the same flaws we found so prevalent this summer. There was general surprise at how often some of the same mistakes were made, and how fuzzy a picture everyone had of the fundamentals of strategy.

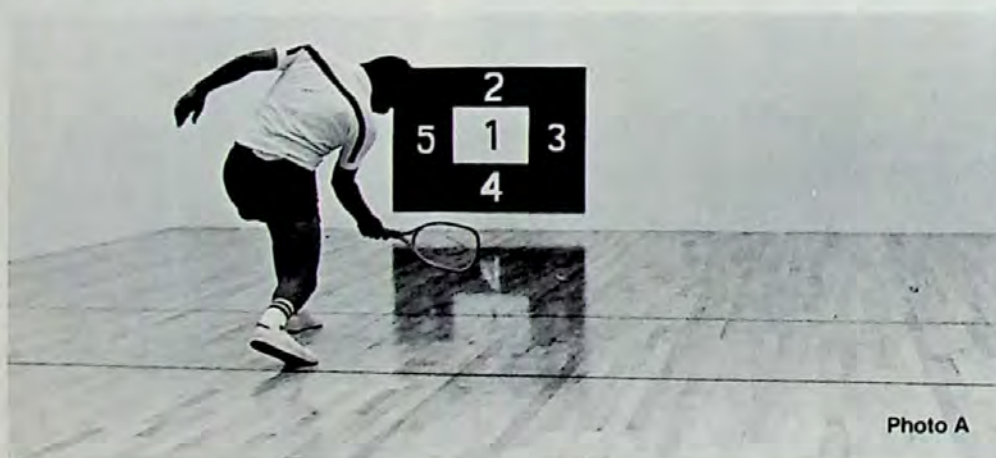


Photo A

Executing a successful low drive serve depends on hitting the target area on the front wall with a good degree of accuracy. The photo illustrates the proper target area (number 1) and how missing it a few inches in any direction will weaken your serve. A serve hitting the proper target area has proper height and direction and will go to the back corner on two hops, or take one hop and hit the back wall so low that it won't carom out. A serve hitting area two is hit too high and will come too high off the back wall. Hitting area three produces a serve that will come right back at the server, at best be a screen serve. Area four is too low, and the serve won't clear the short line as it must do. Area five is too far left, and will send the serve into the side wall in the air, causing it to carom into the deep middle of the court.

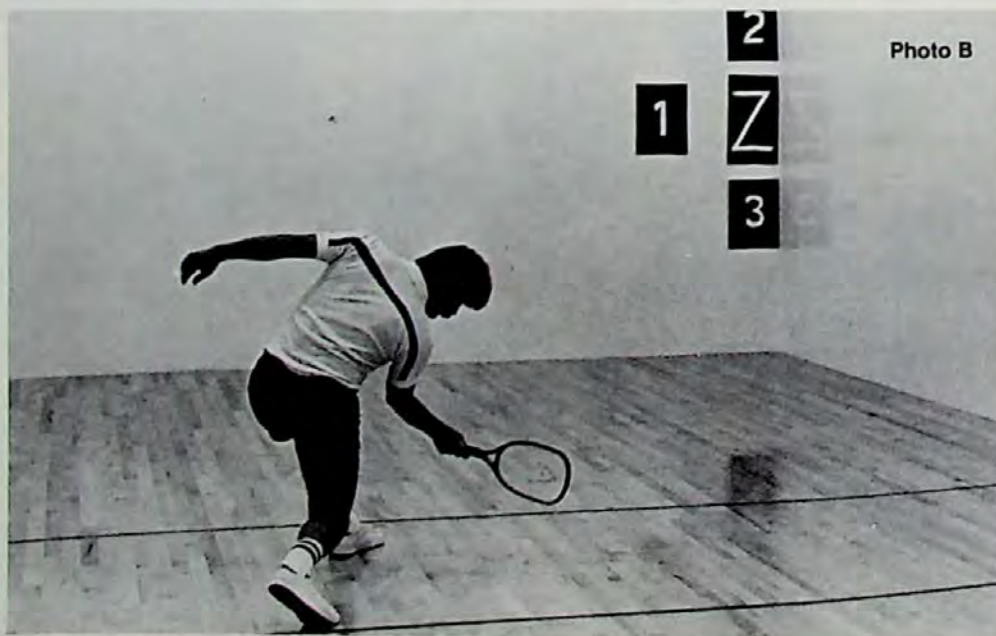


Photo B

Properly hit the Z serve should hit the front wall, then the side wall, then go straight to the opposite back corner and either die there or rattle around in the corner so the returner has difficulty getting off a shot. A serve hit into the "Z" box, as shown, will follow that direction. A ball hit to area one on the front wall is too far away from the side wall. It will carom all the way to the back wall, then off the side wall, a setup for your opponent. Area two will send the serve in the proper direction, but it is too high and will rebound too fast off the back wall after it hits the side wall. Area three is too low and the serve will land short of the back wall, another setup.

In photo C the player demonstrates the common tendency to be too far forward (see the black box pasted on the floor). The player's shots will be jammed and many of his opponents missed shots will angle behind him. In photo D the player is in proper position, sitting back in center court letting his opponent's missed shots come to him.

Hidden Strategy Flaws

Overall there was a haphazard approach to strategy, though that didn't mean the students couldn't hold their own with the techniques they had taught themselves. Overall the play at camp was very sound, but there were some hidden flaws in form and strategy, flaws that can diminish your efficiency, that showed up clearly on our videotapes.

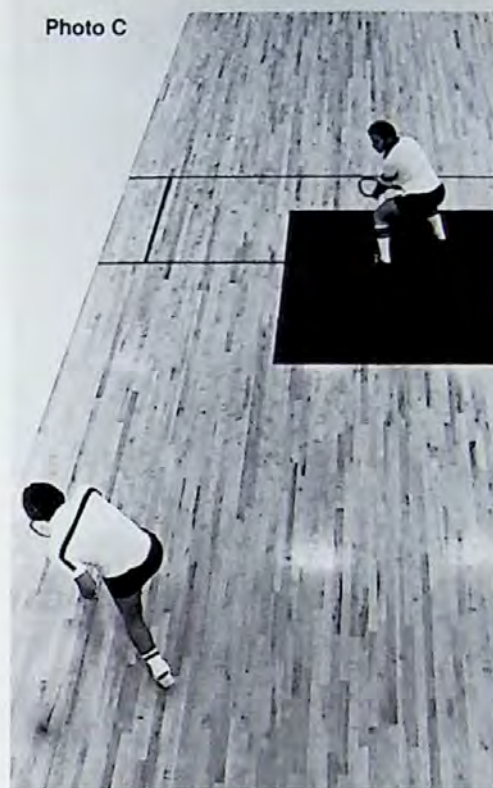
When you think about it, very few players have had any formal instruction in racquetball. Most of them have taught themselves the game, and they have gotten very good at their own way of doing things. But that's the point: They play their own way, use certain shots for certain situations, seldom vary their serves, never try to score unless they can hit one of their favorite shots. What results is a very inflexible game, and the player, locked into that, never develops a full understanding of the game, which handicaps him when he plays someone who does.

Center Court

For example there seems to be no general idea of where the center of the court is, even though controlling center court is the heart and soul of good, fundamental racquetball. Everyone had the tendency to play too far forward, up very close to the service box area.

Next time you play when you are serving, be conscious of where you are after you hit the serve. You should serve, then hustle back into good center court position, three or four feet behind the service line, watching the ball, leaving your opponent's hitting alleys open.

The geometry of the court is such that most missed shots will come back to the center of the court. Of course a perfect down-the-line or cross court



shot won't, but there are very few perfect shots hit in this game. Always remember that your opponents are going to miss more shots than they make. Whether they miss by a little or a lot, most of them will wind up back in center court. That's just the way it is. Yet it seems difficult to understand.

It's one of the things about racquetball that is hardest to get used to. An instructor can tell a player of the importance of getting into good center court position and staying there, but the player gets antsy. He thinks when the opponent hits a down-the-line attempt that it surely will go for a winner and he'd better lunge over there to try to get at it.

It is very, very hard to learn to sit in center court and wait for the ball to come to you. But that is one of the main secrets of playing winning racquetball. You have to play the center court with the idea firmly in



mind that most of your opponent's shots are going to be misses that come back to center court. You have got to sit back and play on your opponent's mistakes, instead of trying to chase after his winners. If you can do that, the odds will be very heavily on your side.

Players at home have to help each other develop this awareness of the value of playing good center court position. In the heat of the play you may not have time to think of maintaining good position and waiting for the ball to come to you. It has to become second nature. Ask other players to watch your match, and tell you later if you were dropping back properly after your serve, or coming up after your return, getting into the center court and waiting for your opponent to make an error. Awareness is the key to learning.

Serving

A lack of understanding of court geometry can also get you in trouble with your serve. A good low drive serve bounces twice before hitting the back wall, or bounces once and then just barely caroms off the back wall.

To hit that good serve requires the server to hit a specific target area on the front wall. You can't miss that area by much and hit a decent serve. The whole thing is a matter of six inches.

A very common error is missing the target area to the left, just by a few inches, but enough so that the serve comes off the front wall, hits the side wall in the air, bounces once and either caroms right to the returner or kicks off the backwall for a setup.

Very often, after a serve like that, the returner will be making his shot from directly behind the server, unless the server knows to move off to the side. This is very important. Each player must give the other a clear opportunity to hit straight to the front wall. If the serve stays near the side wall, the server sets up in the middle of the court. If the serve comes into the middle, the server must move to one side or the other. There is no other way to play the game properly.

Many servers seem to overcompensate to the left to avoid missing the front wall target area to the right and have the serve come right back at them. That is embarrassing. Some servers will move to the right in the service box, thinking the bigger angle will make the target easier to hit, but it doesn't; the target shifts to the right side also, but it stays the same size. It actually becomes more likely they'll hit the side wall with their serve.

The best way to develop a good low drive serve is to stand in the middle of the service area and hit serves until you can consistently bounce the ball

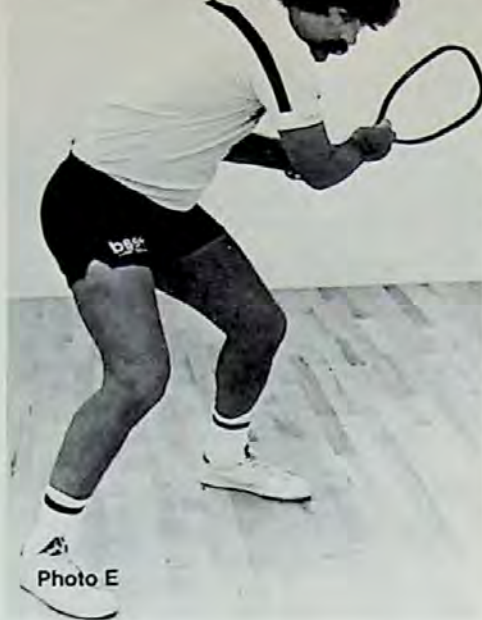


Photo E

twice into the back corners, or have it bounce once then hit so low on the back wall that it barely rebounds out. This is a difficult task that requires desire and patience. The more you work at it, the more the proper target areas will become fixed in your mind.

Don't underestimate the importance of this; it is the only situation in racquetball when you have the opportunity to take your time and hit the shot as well as you possibly can, so the shot should be a good one almost every time. It's like a free throw in basketball; take advantage of it.

As you can see in photo B, there are also specific target areas for the Z serve and, again, it just takes a lot of practice to get them set in your mind. The thing to remember with either serve is that you can't get a good rally going unless you hit a good serve. Only chaos results when you bounce it all over the court, and that's no fun.

Receiving

Not only servers but receivers, too, have a tendency to want to play too far forward on the court. If a receiver positions himself so far forward of the back wall, he actually has to retreat to make the return, taking away any opportunity to get good momentum into the return.

When you are the receiver, check your position. If you're three strides away from the back wall, you're too far forward. Try it about one stride from the back wall, so you can move laterally to either corner. There is also a tendency to be too defensive on the return. When the server executes a really effective serve, the only shot you'll have is to flip the ball to the



Photo F

ceiling. But when the server makes a weak serve, jump on it, and go for a down-the-line or cross court backhand kill attempt. Use this good offensive strategy if possible; it will create fast action and you'll be amazed how many rallies you'll win by just being the aggressor. Remember the object of the game is to score.

Rallies seem to be dominated by cross court shots, possibly because everyone feels safer hitting toward the middle of the front wall, where the margin for error is greater. Certainly there is nothing wrong with being able to hit a good cross court passing shot, but if it is the only shot in your bag, you're going to be predictable, and vulnerable.

Down-the-Line

Too few players are practicing the down-the-line shots. They are of extreme importance, not only for their kill and pass potential, but for the diversification they add to your game. They keep your opponent from overplaying to one side of the court. They are also a great way to pull your opponent out of good center court position.

Speaking of the constant cross court shots it is important to stress the value of cutting the ball off. It is good strategy to cut the ball off in center court when the ball comes to you waist high or below. It is many times a reflexive scoring shot, much like the volley in tennis. Set your feet in a fairly open stance, rotate the upper body, strike the ball as it comes even with you, and pull the racquet through a full but compact follow through.

Form Problems

Form seemed to be a problem at camp with many of the shots, and some of the flaws were surprising to the students, both for their nature and how frequently they occurred.

For example 75 percent of our students had no idea that they had their left (or right, if a lefty) hand on the racquet (photo E) as they got set for a shot. Then, as they hit the shot, their left arm had gone to the chest (photo F), tucked in there and impeding the swing. The students were amazed by the videotape showing them doing it.

Both Hands

It is probably a holdover from tennis, when a player holds the racquet with both hands, before he gets set to hit. When a racquetball player has both hands on the racquet, it is probably because the player (1) wants to change grip, (2) feels more secure, (3) has the habit or (4) is completely unaware that he or she is doing it.

There isn't time for any of that on a racquetball court, but it happens, and frequently. The result is that the player is slow getting the racquet back. He's only half set when the ball reaches him, and he has to punch at it.

Slow Racquet Back

Other players who had no left hand problems still were slow getting the racquet back. You want to have a good, full backswing (photo G), and your follow through also should be complete with the racquet finishing high (photo H), in contrast to another common error — finishing low with no upward arc (photo I).

It is good to remind racquetball players that their forehand swing resembles a golf swing, with the racquet back and high with wrist cocked on the backswing, then coming down to meet the ball with a



Photo G



Photo H



Photo I

full motion and snap of the wrist, then the follow through with the racquet finishing high, near the left side of the head.

The lower body, with rotation and shifting of weight, gets into the swing also, or should. You need good upper body rotation, but also think about bending the knees and shifting the weight, or your swing will be too stiff and mechanical.

As you are practicing, stop and think where your left hand is when you are setting up for a forehand. If you discover it's on the racquet, try to do something about it. Be patient; bad habits are hard to break. Try holding a ball in your left hand as you play. You should notice right away how natural it seems to have that left hand out of the way. But that doesn't mean the habit is broken; it will take time and effort.

As your friend watches your match, ask him to watch your left hand and tell you later if it is touching your racquet as you set up, or if your left arm is in the way when you swing.

Backhand Strain

There are also several basic flaws in most backhands. One of the most common is failure to get set quickly enough so that the racquet, as the ball arrives is not drawn fully to the top of the backswing (well above shoulder level), but is barely shoulder high and in front of the body. There is very little, if any, shoulder rotation, so there is no way to get the force of the body into the swing (photo J). The shoulders should almost be facing the back wall at the top of the backswing (photo K).

If you're not set and ready, all you can do is punch at the ball, a sort of stab-swing that basically involves only the arm. That's why so many players

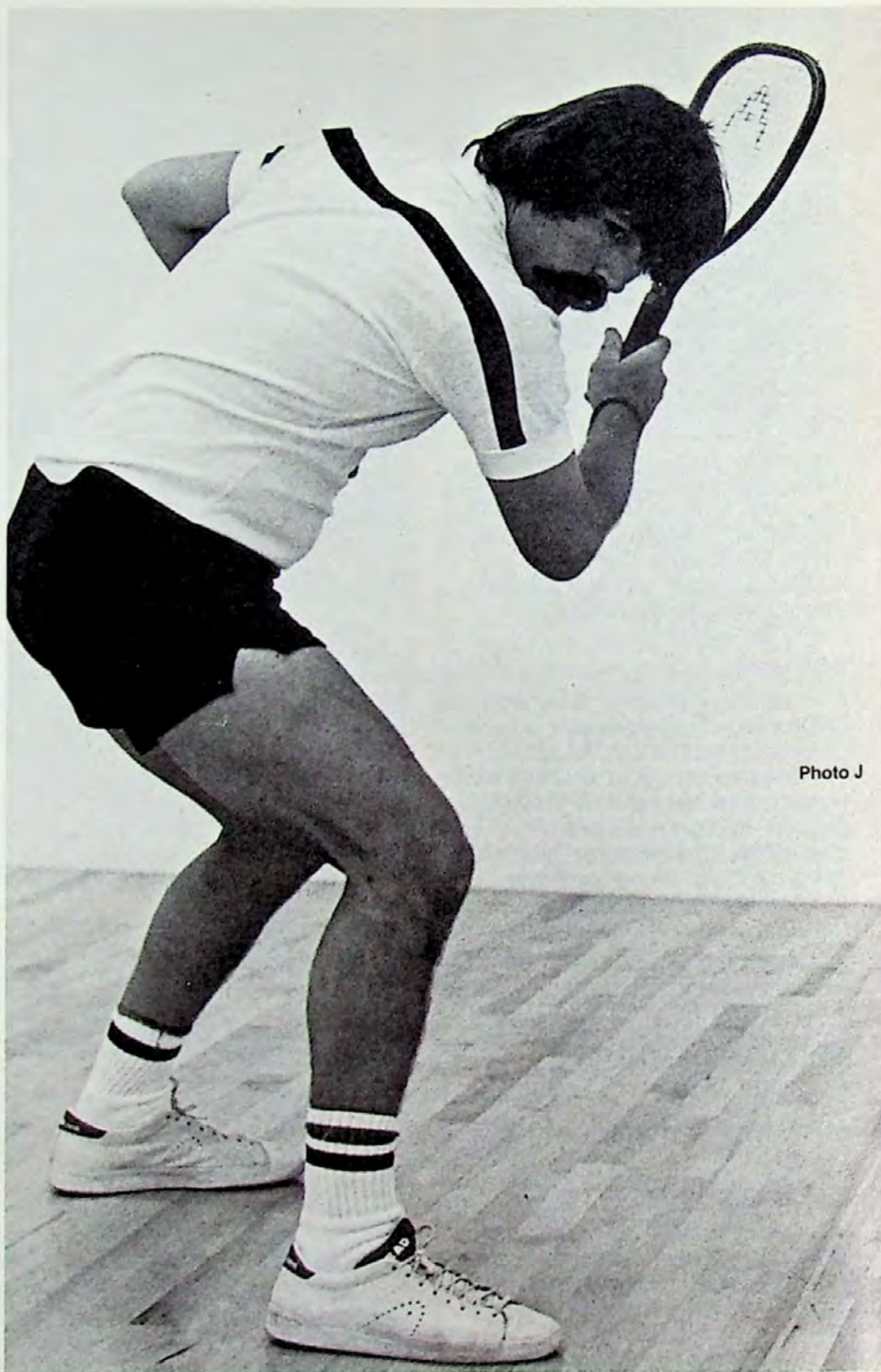


Photo J



Photo K



Photo M



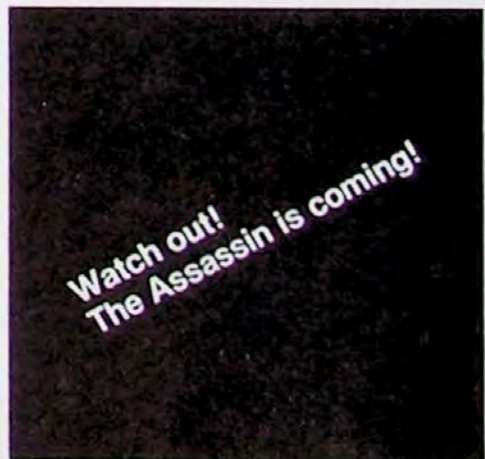
Photo L

develop a sore arm, because with the shoulders out of action all the strain in the backhand is on the arm. On top of that a player punching at the ball may not follow through, either. He jerks the arm to a stop, which puts added strain on the elbow (photo L).

Part of this problem is just plain hesitancy. If a player has never really learned how to hit a backhand, he or she has not had much confidence in it. Confidence comes only with practice, and a willingness to hit the ball full out, rotating fully into the backswing and taking a complete follow through (photo M).

For that matter that attitude applies to all the shots and strategies. ●

Coming Next: Steve Strandemo tells how to play a lefty.



On the Road with Mike Yellen

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

Great Comebacks

It's probably happened to all of us at one time or another: someone catches you off guard and gives you a verbal tongue lashing for some offense real or imaginary.

Usually you're so dumbfounded that you don't find a suitable comeback until it's all over and the person has gone. You're left babbling to yourself about what you should have said.

In racquetball that's known as getting aced and it's not an infrequent occurrence during service return. Let's face it, if you aren't the one in the server's box, you're on the receiving end of just about anything the server wants to dish out.

But there's no reason to just stand there and take it. With a little forethought, you can come back with some zingers of your own.

The secret to great service return is to pick your shots. Don't jump the gun by trying to put away every serve, but rather, save your offensive shots for the right moment.

Generally your offensive options during service return are kills, passes or pinches. These either win the point (that is, the serve) outright or elicit such a weak return that you can go for a point winner on your next shot.

Which you choose depends, for the most part, on your opponent's serve and where he stands following it. Before you consider an offensive shot, though, two requirements should be met:



Fig. 1

1. You must have time to get over to the ball, and get set up for your swing.
2. You must have room to get set over the ball with your racquet up and room to take a full swing.

If you're cramped in a corner or up against a wall, don't try an offensive shot. Go with a ceiling ball or, on rare occasions, with an around-the-wall ball.

Figures 1 and 2: Mike Yellen receives the serve of his Ektelon junior teammate Nathan Martin in his backhand corner. Because Mike is jammed in the back corner and has to stretch for the ball, he returns a ceiling ball. Whenever you don't have either room or time to get properly set up for an offensive shot, the ceiling return is the best shot.



Fig. 2

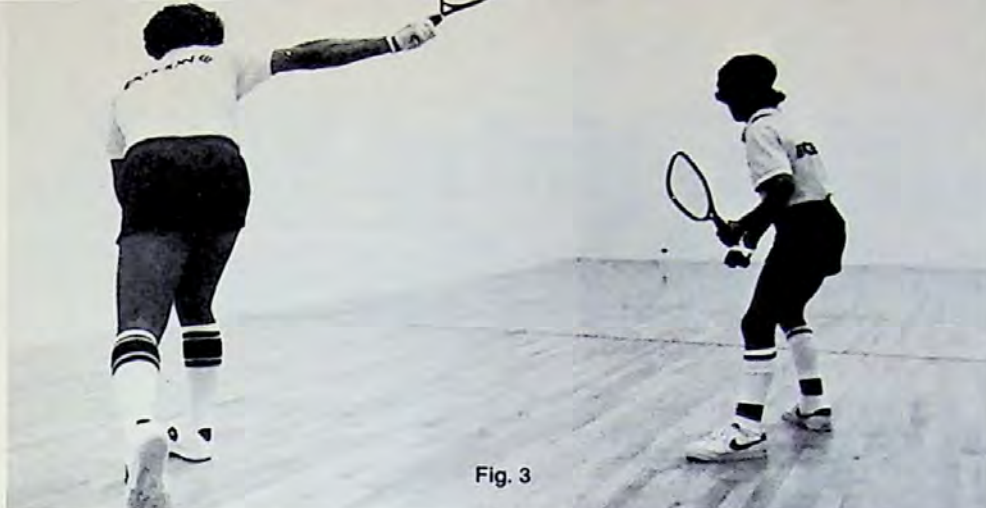


Fig. 3

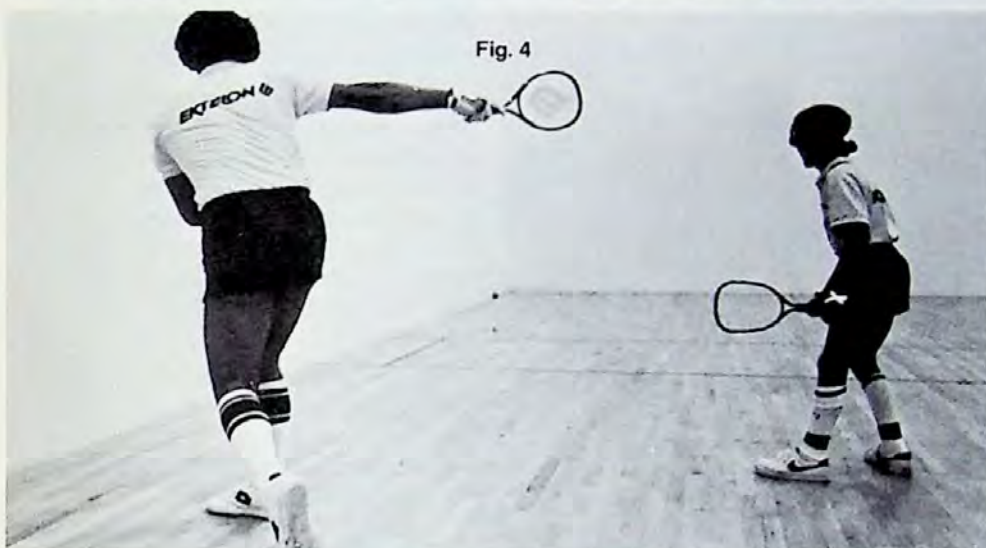


Fig. 4

Figures 3 and 4: This time, with enough time and room to get up for his return, Mike can go on the offensive. In Figure 3 he hits a side wall-front wall pinch which sends the ball toward the opposite side of the forecourt and is especially useful against an opponent who drops back after serving. In Figure 4 Mike hits a kill shot down the wall which, had it not died off the front wall, would still have been an effective down-the-line passing shot.



Fig. 5

If you don't have time—if you're lunging or diving for the ball—don't try an offensive shot. Some guys can pull it off. My Ektelon teammate Jerry Hilecher is famous for his diving kills and Lindsay Myers won the 1978 Los Angeles Open with a combination of diving kills and other off-balance shots. But this kind of success is the exception to the rule.

Of course you should take every offensive opportunity available, but concentrate your efforts on perfecting your defensive ceiling return.

Your ceiling ball should contact the ceiling two to five feet from the front wall, then the front wall and then the floor behind the service zone.



Fig. 6

Figures 5 and 6: Here we see the beginning and end of a cross court pass, another offensive service return and, perhaps one of the most effective.

It should then rebound to no higher than five feet on the back wall.

A correctly hit ceiling ball will force your opponent out of the coveted center court position and into back court for a defensive ceiling shot of his own. If he blows it, you have an opening for a pinch or kill (never hit a passing shot when your opponent is in back court).

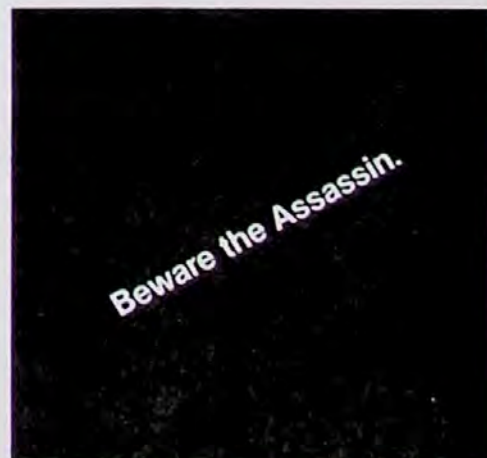
If you have an offensive opportunity off the serve, I think you will find your passes—either crosscourt or down-the-line—your best bet. Kills, of course, are the most satisfying shots when they work and you may get an opportunity for a side wall-front wall pinch if your opponent drops back far enough after serving, but your passes are your highest percentage shots.

These are especially effective if your opponent moves more to one side of the court after serving. Pass to the opposite side at about knee level. You can even pass lower and go for the kill-pass.

Avoid lob or garbage shots to the back corners since these above-waist shots will generally rebound out again. The around-the-wall ball also is tricky if you haven't worked at it extensively.

In general go with what you know best most of the time, but not so often as to become predictable. Save your offensive returns for those moments when the odds are in your favor.

Remember in racquetball, the difference between a great comeback and a goof is only a couple of inches. ●



APRO Teaches. . . How to Get Certified

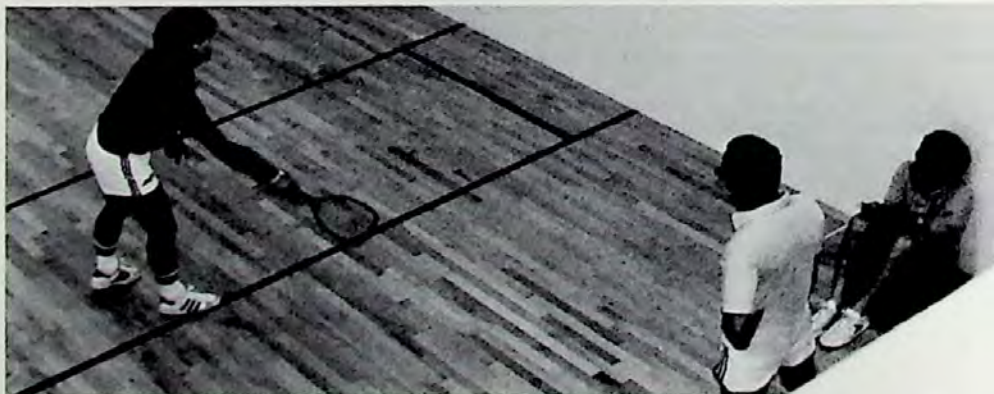
by Chuck Sheftel

In this regular *National Racquetball* feature APRO (the American Professional Racquetball Organization) provides information for the people who teach racquetball. This month APRO President Chuck Sheftel explains the system APRO uses to grant certification.

Marc Auerbach, teaching pro at the Continental East Bay club in Oakland, CA, shows Randy Lee where to hit serves during the hitting part of the APRO exam.



Randy Lee instructs the finer points of the Z serve to a novice player, while Marc Auerbach grades the presentation.



**The Assassin
will be everywhere!**



Three of the six teaching pros work on the written part of the APRO exam.

The American Professional Racquetball Organization has offered teachers-only clinics and APRO certification tests in cities all around the United States. You see photos here taken last August at the first APRO test in northern California.

APRO's teacher clinics are two day intensive sessions which conclude with the certification test. You may enroll for the clinic only, the test only or both. Novice teachers can learn basics like how to teach at all skill levels, how to promote programs and the psychology of teaching.

More advanced teachers take the clinic to add scope to their teaching repertoire — to see how other people are teaching and what drills they use. A good teacher participates in every available program. I've been teaching tennis and racquetball for 15 years, and I still go to every clinic I can in both sports.

There are three parts to the certification test: the written, hitting and teaching exams. The local pros who run the tests grade them and send results back to APRO headquarters where we assign the official Professional, Instructor or Teacher status.

Most people who take the test are teachers who want the credentials that APRO certification provides. Many clubs require their teachers to be certified, so the clubs can advertise that fact. Even touring professionals have taken the test so they'll be able to give better instruction at clinics as they travel around the country.

If you would like to have an APRO clinic in your area, please write to me at 730 Pine St., Deerfield, IL 60015. ●

AJAY brings out the animal in you.

Whatever animal you turn into when you step onto the court, Ajay has just the racquet that suits your style. Not four or five models, FOURTEEN! And 6 different head shapes. From the largest legal-size to the lightest weight. And you'll never growl about the price. Make tracks for your sporting goods department, pro shop or dealer and bag yours.



AJAY



GOLF CARTS, BAGS & ACCESSORIES • BOWLING BAGS • BILLIARD CUES, BALLS •
TENNIS BAGS • RACQUETBALL RACQUETS & ACCESSORIES •
BASEBALL/SOFTBALL, CAMPING ACCESSORIES • EXERCISE EQUIPMENT

Ajay Sports, 1501 E. Wisconsin, Delavan, WI 53115

Ask an Expert . . .

by Dan Bertolucci

It's Illegal to Rush the Serve

All players should adjust their games to the new racquetball rules that go into effect with this fall's new racquetball season. Joe Ardito summarized the changes in his September editorial, so check back to that issue of *National Racquetball* or write to your state chairman for a copy of his explanation.

And watch these pages for the announcement of our new, 1979 edition of the rulebook which will spell out these changes in detail.

Until that rulebook is available, however, I'll be using my column to clarify and explain the new rules — starting this month with the return of serve.

The new *return of serve* rule was instituted primarily as a safety measure, and for that reason may be the most important rule change. Currently rule 4.7 reads "The receiver or receivers may not infringe on the 'five foot zone' until the server strikes the ball. The receiver may then 'rush' the serve and return it after the served ball passes the short line, as long as no part of the receiver's body or racquet breaks the plane of the service zone."

Section (c) of rule 4.7, fly return, now reads: "In making a fly return the receiver must end up with both feet back of the service zone. A violation by a receiver results in a point for the server."

This rule has been changed. It will no longer be legal to rush the serve! It is now illegal for the receiver to strike the ball *on the fly* in front of the receiver's five foot restraining line as indicated by slash marks on the side walls of official courts.

Other aspects of the existing rule remain in force: the receiver must still wait until the ball is struck before he or she crosses into the five foot zone. The receiver may strike and return the ball in the five foot zone as long as the ball has bounced and the receiver waits until the ball is struck before moving into the zone.

It is no longer legal to take the serve out of the air until the ball has broken the plane of the five foot line, marked by a short line on the wall. This photograph shows the old, incorrect way of taking the serve out of the air.



Under the new rule, the serve may be taken out of the air, but only after it passes the five foot line. In both the old and the new rule the foot must remain behind the line.

Finally the receiver may hit the ball out of the air from anywhere behind the five foot restraining line.

The penalty for violation of this rule is loss of a point to the offending receiver of serve.

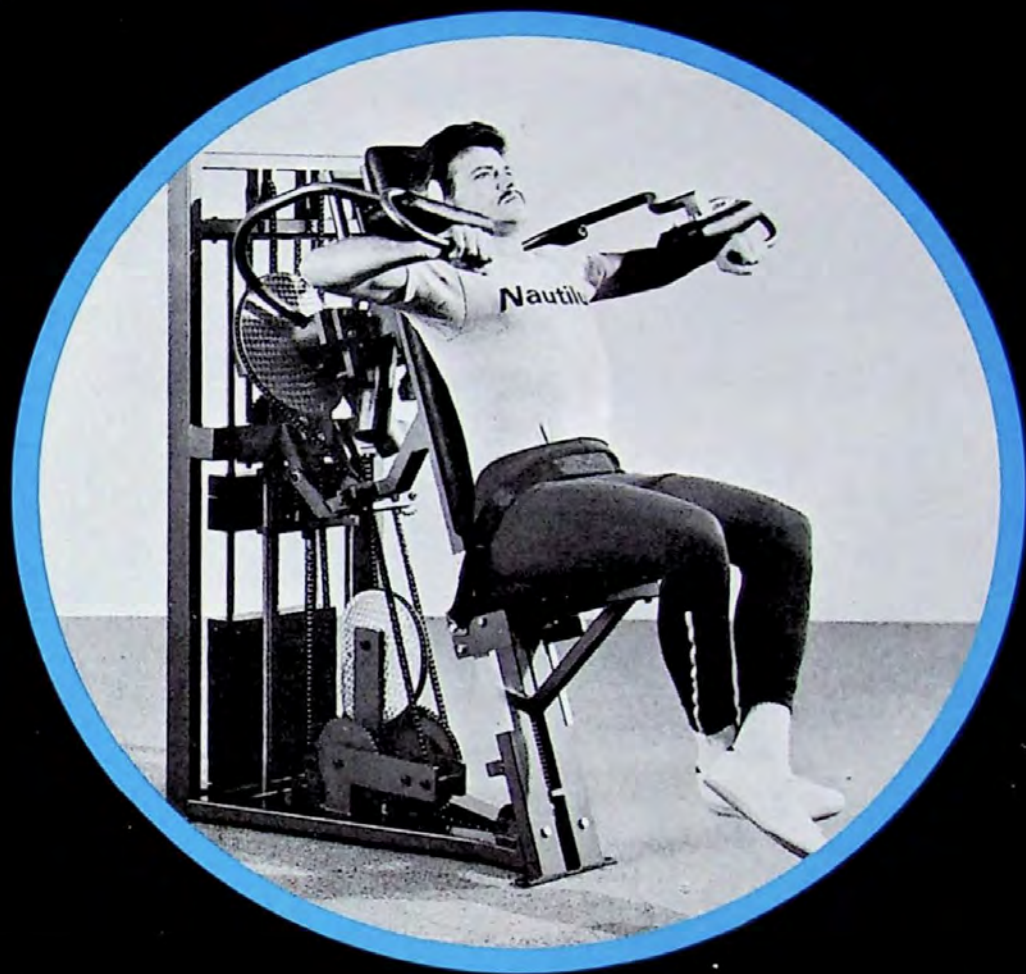
This rule change will greatly reduce the risk to the server of being hit by a racquet, particularly in doubles where rushing the serve is very common. Even the professionals have little control over this shot when they run towards the short line and blast the ball as it barely crosses the short line. Imagine the injuries that might occur in doubles if both doubles partners on

the serving team retreat into the five foot zone after a mis-hit lob serve, only to be whacked in the back or head by someone cutting off the serve on the fly.

Safety is the overruling factor here. ●

Dan Bertolucci is director of the NRC, governing body for professional racquetball, and is a longtime racquetball referee. Send him your questions about rules c/o *National Racquetball*, 4101 Dempster, Skokie 60076.

Nautilus



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

the Ultimate Equipment for Racquetball

Nautilus SPORTS/MEDICAL INDUSTRIES

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

Racquetball Means You've Arrived

"Now that you're a full partner, we'll be playing racquetball on Tuesdays, dining at the club on Wednesdays and banking Upstairs at the Harris on Thursdays."



Evidence that racquetball is climbing the social ladder is the ad that Chicago's prestigious old-line bank, the Harris, ran in the September, 1979, issue of *North Shore* magazine. We're reprinting the cartoon with permission of *North Shore* and the Harris bank.

"Series 21.TM Omega's new winner!"



"21...the name of the game!
And now I'm getting there first
more and more. It began
when I got my hands on
Omega's new Series 21.TM Take
a look...21 has a new head-
frame extrusion. They call it
Supertube. Stronger but
lighter. The design is so strong that
Omega dropped the weight and
interference of the throat piece.
Helps me get through the ball

faster...with more power and
control. And just take a look at
the class touches on Omega's
new Series 21.TM. it looks like a
winner! And for the first time,
Susan has a companion rac-
quet that looks and plays like
it was built for her. With her
new Series 21, she's no pushover!"



A Prandur Company,

10850 Metro Court
800-325-4025

Maryland Heights, MO 63043

Ask your pro shop for Omega 21
...but use it on someone else."

Objectively Speaking

Racquetball Sizzles

In a cover story titled "What's Hot! What's Not!" the June, 1979, issue of *Selling Sporting Goods* confirmed what enthusiasts of our game had suspected: More people are flocking to racquetball today than to any other sport.

"Racquetball, which led the pack in 1978, is expected to hold its lead in 1979," wrote Managing Editor Thomas B. Doyle in a story based on a copyrighted statistical report for the National Sporting Goods Association. And, says Irwin Broh of Irwin Broh & Associates which surveyed 80,000 American families for the report, *"Retailers can look to sport areas that provide health benefits as well as personal gratification (you can master racquetball much more swiftly than tennis) as areas that will capture an increasing share of the consumer's dollar."*

The double attraction of our court sport inspired a 49 percent increase in racquet dollar sales from 1977 to 1978, compared to a total increase of sporting goods sales of four percent for the same time period. The report predicts racquetball racquet sales will go up another 40 percent before the end of 1979.

In actual sales of sporting goods from '77 to '78 the product category of racquetball racquets took the lead over inflated balls (soccer and volley) — 37 percent — and snow skiing — 23 percent. Tennis racket sales went down 41 percent.

Doyle's companion story in *Selling Sporting Goods* reveals that racquetball is among the top six "sports of the elite." Among racquetball racquet buyers 50.8 percent have an annual family income of \$20,000, compared to purchasers of alpine skis — 60.9; tennis balls — 53.8; golf balls — 53.2; cross country skis — 53, and backpacks — 52.8.



Actual Sales of Sporting Goods

Percent Increase (Decrease) 1978 vs. 1977

Product Category -25 -20 -15 -10 +5 +10 +15 +20 +25

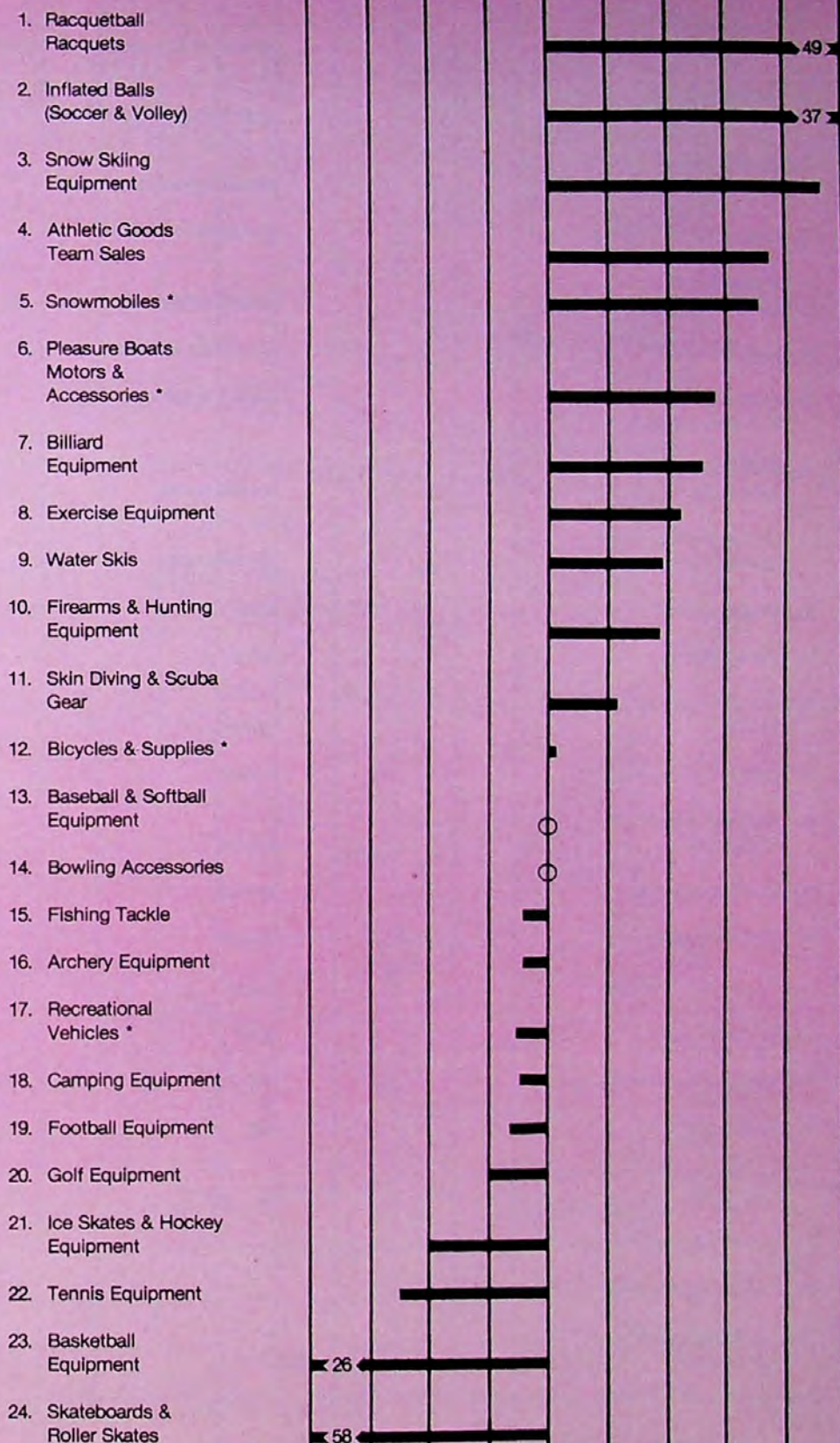
The Sports of the Elite

Husband College Graduate

Cross Country Skiing (skis)	65.0%
Tennis (balls)	57.6
Alpine Skiing (skis)	49.0
Racquetball (racquets)	48.7
Backpacking (backpacks)	48.6
Jogging/Running (shoes)	46.3
Water Skiing (skis)	45.5
Soccer (balls)	45.5
Golf (balls)	44.5
Exercising (stationary bikes)	43.0
Basketball (shoes)	38.1
Billiards (tables)	36.4
Baseball (gloves)	31.7
Hockey (skates)	29.7
Camping (stoves)	28.2
Fishing (separate reels)	26.4
Archery (bows)	20.9
Hunting (shotguns)	20.6
Bowling (shoes)	20.1
Reloading (equipment)	19.7

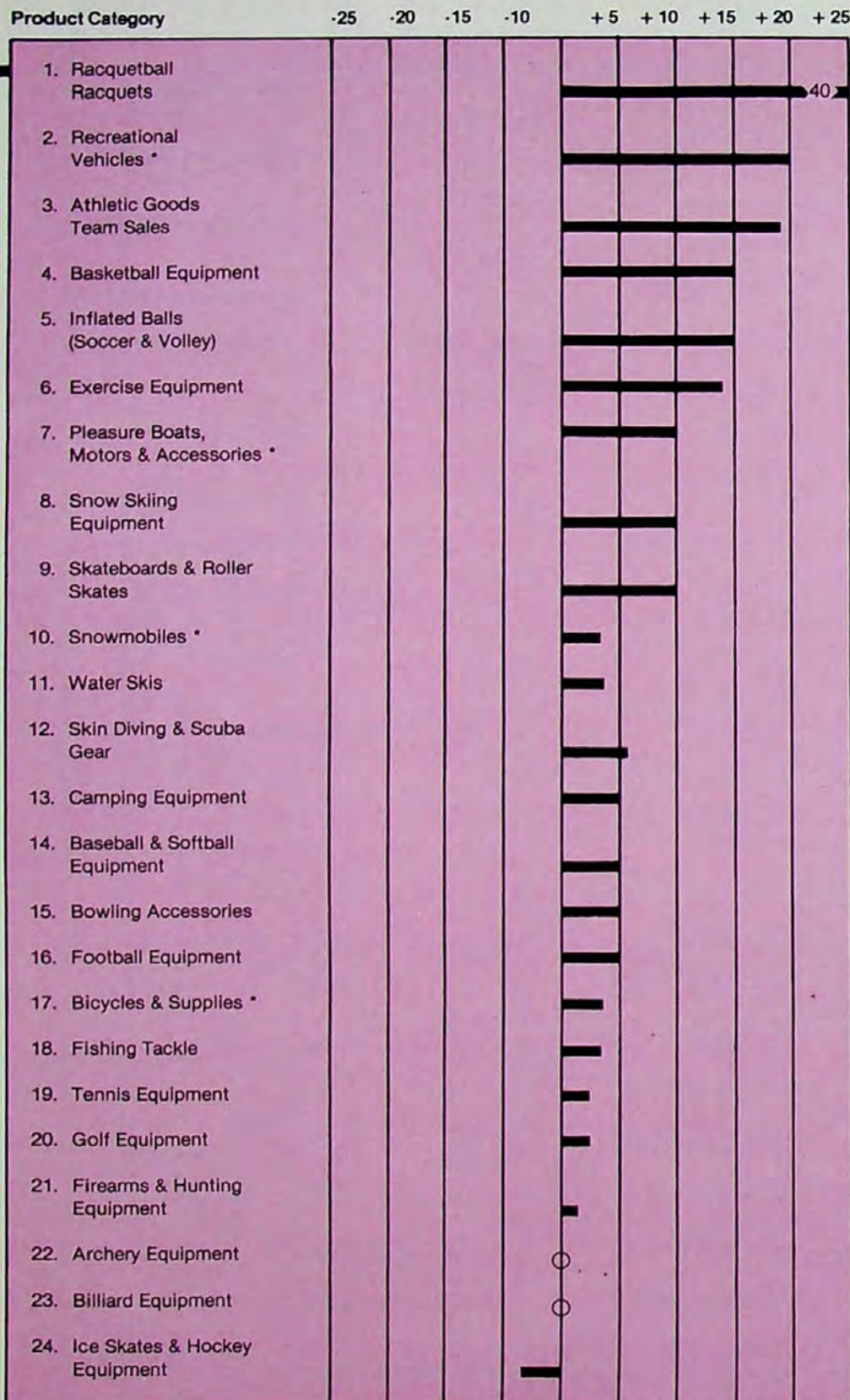
Annual Family Income of \$20,000 or More

Alpine Skiing (skis)	60.9%
Tennis (balls)	53.8
Golf (balls)	53.2
Cross Country Skiing (skis)	53.0
Backpacking (backpacks)	52.8
Racquetball (racquets)	50.8
Water Skiing (skis)	50.1
Hockey (skates)	48.9
Exercising (stationary bikes)	47.6
Soccer (balls)	45.3
Jogging/Running (shoes)	43.8
Billiards (tables)	44.7
Basketball (shoes)	40.1
Fishing (separate reels)	36.4
Baseball (gloves)	34.7
Camping (stoves)	32.1
Hunting (shotguns)	31.4
Archery (bows)	30.2
Bowling (shoes)	29.5
Reloading (equipment)	25.8



Projected Sales of Sporting Goods

Percent Increase (Decrease) 1979 vs. 1978



Racquetball ranked fourth among the percentage of sporting goods equipment buyers who were college graduates. Almost 49 percent of all the people buying racquets had a higher education. The only other sports that attracted more college graduates were cross country skiing, tennis and alpine skiing.

In another survey last spring of some 3,000 households and 9,000 individuals the A. C. Nielsen Co. found that more than 10.6 million Americans had played racquetball in the previous 12 months. "That projected figure, which ranges from light to heavy participation," wrote George Lazarus in *The Chicago Tribune*, was up a whopping 283 percent from a similar survey three years ago . . . That the racquetball ranks have swelled shouldn't surprise any marketer of goods for that sport." ●

All charts reprinted from *Selling Sporting Goods*, June, 1979, with permission of the publisher.

* Sales and forecasts provided by industry associations



These socks are not new.

They've played 38 sets of tennis,
11 games of racquetball,
and jogged 12 miles.

They've been machine washed 21 times.

They just look new.

Which is only one reason other
socks like to say they're as good as
Super Sox™.

And it's only
one reason they aren't.

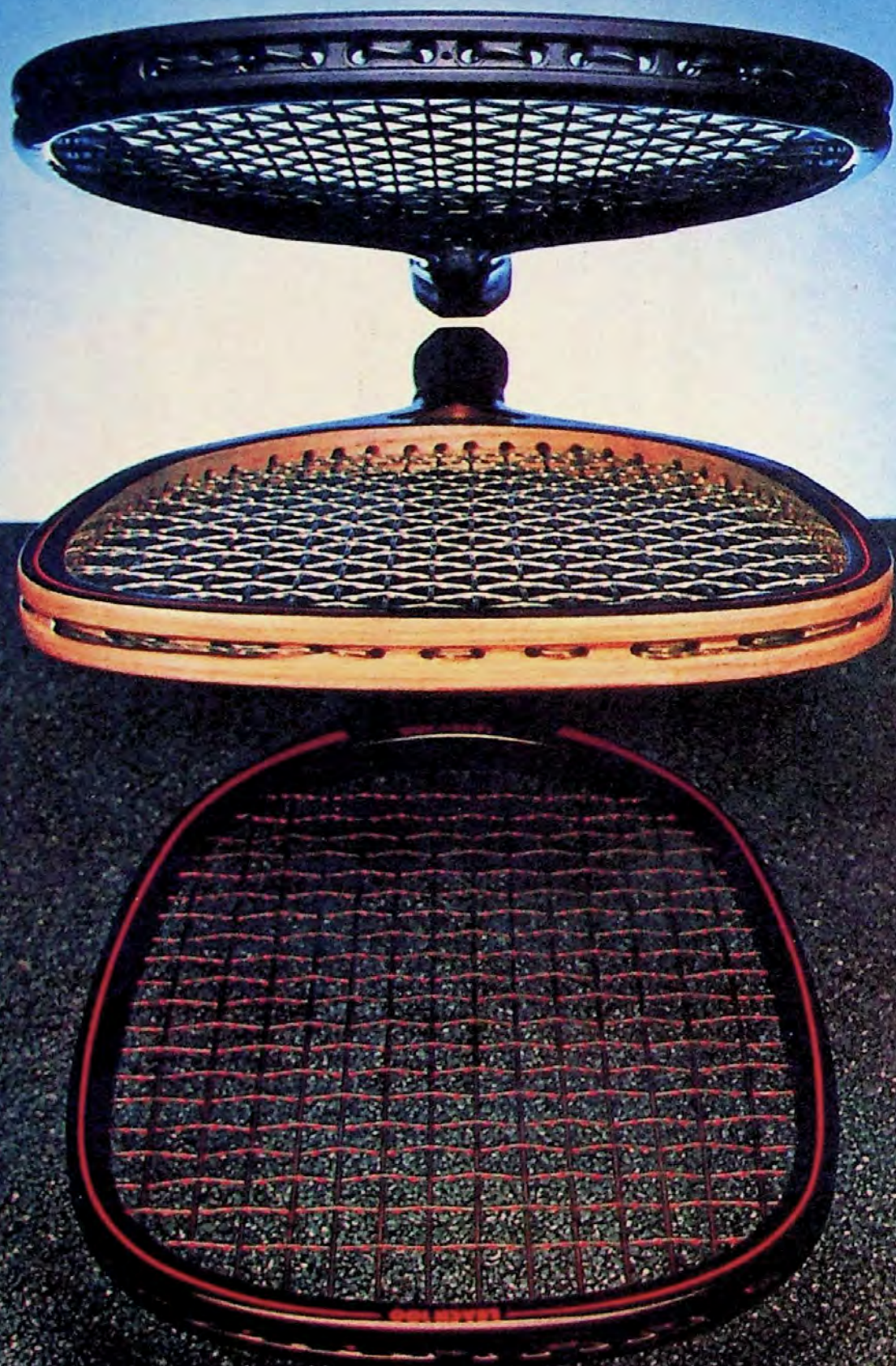
**SUPER
SOX** Reg. TM

by

SAI®

Built tougher and truer—for the sport of it.

Super Sox™ are guaranteed for one full year against excessive wear under normal use or will be replaced free by SAI.



INTRODUCING TWENTY-FIRST CENTURY RACQUETS FOR THE PLAYER WHO CAN'T WAIT.

It took Leach to unleash the powers of darkness.

Graphite. The extraordinary successor to wood, fiberglass and aluminum.

Using the ultimate material, Leach has crafted the ultimate racquets, unlike any others on the pro shop shelf today.



The Graphite 100. Racquetball's first 100% graphite racquet.

Strictly for the purist, this is the most expensive racquetball racquet in the world, at a suggested retail price of \$150.00.

Using the lightest, strongest, stiffest material available, Leach has produced a racquet virtually indestructible on the court.

And since the Graphite 100 uses pure graphite fiber, vibration has been reduced to the point that all power generated by the player is transferred to the ball — not back down the grip.



The Graphite Competitor. The age-old properties of wood balanced with graphite.

This could well be the most unique racquet in the sport, combining the natural

lightness and flex of wood, with the strength and power of graphite.

Five plies of maple and ash sandwiched between layers of graphite. And looks that could kill.

We've fashioned a tapered handle for less slippage and designed a recessed string pattern for longer wear.

The lightest racquet in the world carries a suggested retail of only \$75.00.



The Graphite- Performer. Graphite for under \$35.00.

Leach introduced the Graphite-Performer over a year ago, and it remains one of our best selling, best playing racquets ever.

Its glass-filled/graphite combination gives the player flex, control and power — all in one racquet.

Its unique narrow-throat, one-piece construction turns the entire string area into one big sweet spot.

And it feels as great as it looks.

All three graphite beauties come with the Leach 2-year unconditional warranty and a pro-designed heritage you won't find anywhere else.

So if you've been waiting for the twenty-first century to roll around... stop waiting.

It's here right now, and it's from Leach. The company that's been years ahead from the beginning.



NUMBER ONE BY DESIGN™

5567 Kearny Villa Road, San Diego, CA 92123

INTRODUCING PRO COMFORT.[®] BECAUSE NO ONE WANTS TO BE A SORE SPORT.

It's not whether you win or lose. It's how you feel during and after the game.

That's why Scholl developed Pro Comfort.[®] The new line of athletic accessories that takes the sore spots out of sports.

Even if you win the trophy, you can wind up with sprains, strains and muscle pains.

But Pro Comfort products give you a sporting chance with the comfort and support you need. Right where you need it.

Choose from Shock Absorbing Insoles to cushion

against callouses and blisters, the Runner's Wedge[™] for protection against running injuries, plus cushions, pads, protectors and supports for body and feet. You'll find everything you need to improve your condition. And your

game. Because every Pro Comfort product has been evaluated by a staff of professional trainers.

So don't be a sore sport. With Pro Comfort by Scholl, your comfort is the name of the game.

support for your game

pro comfort
by Scholl



Look for Pro Comfort displays wherever sporting goods are sold.
Shock Absorbing Insoles, Runner's Wedge, Athletic Arch Supports, Ankle Supports, Heel Cushions,
Elastic Bandages, Pivot Pads, Toe Protectors, Pressure Point Padding, Elbow Supports and Knee Supports.

Women In Racquetball



Carol Brusslan

Now Ear This



As a *National Racquetball* reader you've learned that exercise stamps out hunger, rather than increasing it, as we used to believe. Just last June Physiologist Ellington Darden reminded us in his health section story that a vigorous game of racquetball could trick the hypothalamus, that part of the brain that lets us know we're hungry.

That's all very good. But what about those times when we're at our desks, or cleaning the refrigerator or putting a load of clothes in the laundromat — those times when we feel hunger pangs, when food is near and when we can't drop what we're doing and run to the racquetball court? Is there nothing we can count on then to convince the unfed hypothalamus that we don't want to eat?

According to *Family Circle* magazine (June 26, 1979) we can use acupressure to relieve our hunger. Here's what to do:

Put your index fingers gently into your ears with your palms turned toward your face. Place your

thumbs on the tragus, the bump of cartilage at the front of the ear (not the lobes at the bottom of the ears). Firmly massage the tragus between your thumbs and index fingers for at least a minute.

Or put your index fingers in the small depressions just in front of your ears, a bit higher than the tragus. Rub in circles at least one minute.

To test acupressure under the most severe conditions we waited until we were at our typewriter at 12:15 p.m., four and a half hours after a one-thin-slice-of-toast-and-black coffee breakfast. We slipped the index fingers into our ears. We massaged each tragus.

We're not sure we stopped feeling hungry. But we can say without hesitation that as long as we had our fingers tied up in our ears, our hands couldn't reach for food to put in our mouth.

We'd be happy to learn whether or not acupressure works for you. Let us know if it can serve as an emergency measure against eating at those times when you're away from a racquetball court.



Dead Racquetballs	
Can be life of the party . . .	50
Handy with a Racquet, Too	
Crafty player wins tournament when she's 60 . . .	52
Playing Tip Number 19	
Halt the hook . . .	53
Who's Playing Racquetball?	
Mixing business and pleasure is her policy . . .	54



Dead Racquetballs? Make Them Life of the Party

by Eleanor Quackenbush

In 1978 it was gingerbread racquetball racquets. (Write "Women in Racquetball" for the recipe.) This year it's decorated balls — another chance to brighten the holiday season with symbols of our sport, courtesy of *National Racquetball*.



Turn dead racquetballs into live fun filled balls. Bunny Balls can be tokens of friendship, placecards, Christmas tree ornaments, in house tourney prizes, money raising projects, club and party decorations and birthday gifts.

This idea came to me last Christmas season while I was tole painting some fragile crystal Christmas tree balls. After I had accidentally broken several, I suddenly noticed an old dead racquetball lying on my dresser. I decided to try and paint on it . . .

no way could I break it! It turned out to be fun; quick and a challenge to my imagination, and in a few evenings I had made over 30 for friends at the club. (Our club manager is a nice guy and gave me lots to paint on).

As Easter approached I begged some more balls from the manager and went to work to create some decorations for the club counter . . . thus the birth of the "Bunny Balls". It is possible to create a ball for most any occasion. And a number of people can produce a quantity of Bunny Balls assembly line fashion, then go play racquetball.

As you work on Bunny Balls, you will discover that your own personality will emerge. Balls that are imaginative and crazy no doubt will be the product of a very happy-go-lucky person. Those who spend endless hours creating a masterpiece probably also have a spotless home, beautifully waved hair and even a tidy locker at the club. (Not me) Whichever your style just create balls to meet your needs and keep having fun. After your first few balls you will no doubt disregard any instructions, vary the design, color, etc. Then is when the fun really starts . . . Let's go!

Supplies: Raid your kitchen, sewing box and dresser drawers for scraps of ribbon, elastic, bottle caps, glue, yarn bits, plastic rings, dressmaker's marking pencil, acrylic or oil paints and varnish, liner brush, gesso (an acrylic filler) for raised effects, even the kids notebook reinforcement tabs, construction paper, cotton balls, bits of wire, felt pen, and pliers.

Construction: If you wish the ball to hang, first poke a hole in the top. Christmas tree wire hooks are good to insert in the hole, adding a drop of glue to hold in place. If the ball is to be sitting, put glue on the inside of a bottle cap, let it dry or glue it on a ring, or even single part of an egg carton partition. If balls have a bad split, take advantage of the split, cut a red tongue out of felt, put it in the split using it as a mouth, then position the rest of the face from the tongue, which has been glued inside.

Eyes: Place eyes first, turn to eliminate seams and trademarks. Eyes can be the wiggly ones purchased at craft shops, felt circles glued on, notebook reinforcement tabs or may be hand painted with acrylics or oils. Even a hand punch makes good circles that may be glued on. Do which ever you find the easiest. Eyes may be oval or round in shape. Fill in the entire area with white, then use your preferred color for the pupils. Place eyebrows over the eyes. They also may be painted or use bits of yarn, string, or even snip a hank of hair from your dog. Here are some facial expressions which you might use on the faces:



Hats: A good hat is the small catsup or sauce cup from a fast food restaurant. Cut a wider circle of cardboard or felt for the hat's rim, then place the cup, rim side down, on a circle of glue. Try a ribbon around the brim, even add a feather to the hat . . . maybe from your pet bird.

Ears: Bunny ears are just long oblong shaped ears of construction paper glued on top. Felt is okay, but is harder to get to stick to the ball. A handball makes a darling baby bunny. Put glitter on the ears or spread glue in a design, then sprinkle glitter on for a glamorous ball.

Sweat Bands: If you are creating a racquetball player, take a small piece of elastic, about the size of the circumference of the ball, sew it together, and place it on the ball for the band. You can even write your team name with a felt pen on the band.

Hair: Hair can be made in several ways. The easiest is to take yarn, hand or machine stitch it to a piece of tape and glue it to a ball. Then give it a haircut. Beards may also be made this way — cut about an inch of yarn, glue on, then trim. Once again borrow some fur from your dog, or use an old wig or yarn — or paint the hair on. If you choose to paint the hair, fill your brush with the main color of the hair, then tip it into white or a lighter color. Paint from the part of hair on to the end, working in easy swirls lifting the brush off at the end. With this method the hair shafts look as though they have natural highlights. Just remember paint it the way it grows.



Tails: Tails for critters may be of cotton balls or rubber bands.

Glasses: Take about three inches of wire, or a paper clip straightened out, shape it around a round pencil two times for the lenses, then back for the bow. They may be glued to the head or if a tight fit, just press on the ball.

Noses: Paint two dots and a possible line for the nose bridge, or cut a small nose of pink or red felt and glue on. Whiskers may be yarn, dog hair, etc. If using paper whiskers cut a strip about 1½" by ½" cutting from the outer edges to the center. Don't cut clear through, place glue on the center portion. When dry you can curl the edges or color them with a felt pen.

Varieties: Seasonal Bunny Balls are fun. A good summer quickie is to take a white flat base ice cream cone and glue a dead ball on the top.

Black Lights: If you have a black light, decorate the ball with fluorescent paint for a sensational effect, especially good for Halloween characters. Paint ridges from top to bottom showing the contour of a pumpkin, then put on the face with a mouth full of teeth.

Awards: Take a heavy tapestry needle strung with twine or yarn and pull through a ball. Make it long enough to go over a person's head, tie a knot and make a tassel. Good for a fun-day award, and no expense! You can mark the award on the ball with a felt pen or paint or write on a strip of adhesive tape.



Worms: Attach four or five balls together with twine threaded between each and a bead between each, then glue little felt or paper feet on each side. On the lead ball put a fast food sauce hat, wiggly eyes, etc., and even put a racquet in his hand.

Children's Treat: Take a Leggs panty hose container, personalize a ball for a youngster, glue it in the base, then fit the top back on. For a special birthday surprise, you could fill the ball with coins or folding money.

Conclusion: Gather what balls you can, using odds and ends about, use your imagination to it's full capacity . . . go wild . . . have fun. But mostly keep on playing good and safe racquetball.

She's Handy with a Racquet, Too

In 1977 — on doctor's orders — Eleanor Quackenbush reluctantly moved out of the big home she loved in Salem, OR, and into a compact condominium.

At only 57 her blood pressure had climbed so high she couldn't even manage the day to day routine of keeping up a two story house.

That was before racquetball. Before her two daughters — Joan Morgan, 32, and Kandi, 24 — drove her down to the newly opened Court House and signed her up for an exercise class.

"That was January, 1978," says the woman who never before had taken part in any sports. "I said I would stick with it til April, when we were due to go to Hawaii. April came and I honestly can say I really didn't want to go. I was having more fun that I'd had in a long time.

"Besides that the pounds were dropping off. During the first year my blood pressure went down to normal, with only one medication a day, and my weight dropped from 168 to 136 pounds. Overall I dropped four inches from every part of my body, with the exception of my calves, which had increased.

"Now I play three or four games every day, take part in exercise class three times a week, play in our club women's league. I even help out with hospitality at our state tournaments and I put out a club newsletter.

"My only complaint is that no one will give me points despite the 20 to 30 years age difference."

Racquetball is "a wonderful family renewal," too, says the player, who celebrated her sixtieth birthday this past September by winning the master's division at the Oregon State Fair Tournament.

"Racquetball's formed a bond between my daughters and myself. I'm not just their mom — I'm their friend. Racquetball's so great for us older women that I wish the clothing manufacturers would pay more attention to women who want to play well and look good even if they wear size 16 or 18."

The clothing item that Eleanor Quackenbush likes best was a 59th birthday present. It's a T shirt with huge letters across the back spelling out "GOLDEN MISTRESS."

The author will make a Bunny Ball to order if you send a check for \$3 to Eleanor Quackenbush 3395 Augusta National Dr. S. Salem, OR 97302



— Russ Jacobsen photos



Kandi Quackenbush, left, and Joan Morgan check over their mother's Bunny Balls . . .

. . . and her racquetball game.



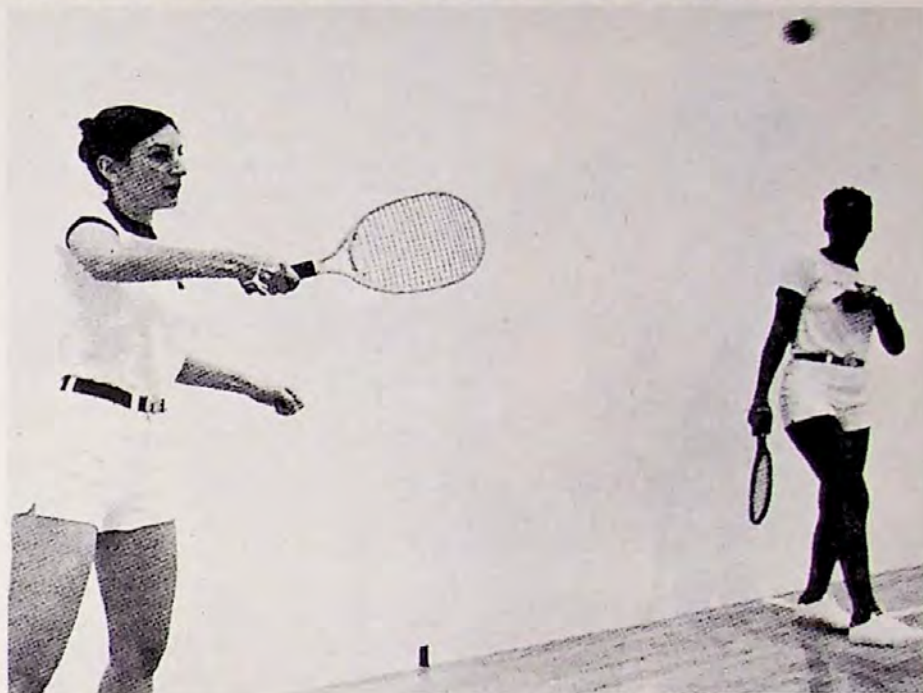
Playing Tip Number 19

There's a truth you'll discover as you page through *Inside Racquetball for Women* by Pro Jean Sauser and Photographer Arthur Shay, published by Contemporary Books, Inc., Chicago. It's the same conclusion you reach when you watch a professional racquetball match: the right way of hitting, moving — playing all phases of the game — is effortless, while doing it the wrong way is a lot of work.

This tip, one of a series taken from the top selling book available at sporting goods stores and pro shops, demonstrates the energy saving advantages of stroking a ball correctly.

Mistake: **Sidearm Hooking**

When you hook rather than stroke your forehand sidearm swing, you lose snap and power as you hit the ball. Hooking leads to other errors — you tend to hit the ball off your back foot, and instead of hitting it with a solid wrist snap, you end up pulling the ball forward past your body to the front wall. The results are a weak shot and minimal ball control, and you use twice as much energy for the shot as you would if you hit it correctly.



Correction: **Strike When Ball is Parallel to Lead Foot**

Loosen up that arm! Shake it, flex it. Lead into that forehand shot with your elbow, and strike the ball when it's parallel to your lead foot. Now all of your weight is behind the ball, and the result is a powerful, effortless shot.



Who's Playing Racquetball?

Mary Jo Belcore: Insurance Agent Player and Sponsor



Racquetball helped Mary Jo Belcore get back in touch with people after a two year recovery from a car accident. Now she uses the sport to help promote her own insurance business.

Mary Jo Belcore is a 23-year-old woman from the Chicago suburbs who has coped with a major trauma in part, at least, with the help of racquetball. Equally as important she's now putting back into the sport.

Mary Jo's story begins when she was 18 and just graduated from high school. "It was August of 1973 and I was in a bad car accident," she explains. "I wound up losing my voice for half a year. Doctors felt that the injuries I suffered in the accident required that I have my tonsils removed. There were surgical complications that led to two years of corrective surgery and six months of speech therapy to learn to talk and eat again."

Those two years were long ones. The accident left no physical scars, but the loss of speech can completely change a person's life.

"I was kept home a lot," she recalls. "On my 18th birthday I blew out the candles on my birthday cake and my parents applauded as if I'd climbed a mountain. I wanted to go to college, and on the first day of classes I had to hand my instructors a note explaining my situation and asking that they not call on me. I wound up only going to school a year. I never thought that I wouldn't get better, but I more or less kept to myself for a couple of years and those two years are very important ones in anybody's life."

Eventually, through a lot of hard work, she recovered and landed a job as a secretary to an insurance man.

"I could easily say that I doubled the man's business in a year," she says, "and I really enjoyed the work."

Buoyed by her success there she decided to open her own agency. She needed a half year to get her license and set up an office. Last summer Mary Jo's Melrose Park (IL) Insurance Agency celebrated a year in business.

Coinciding with her development as a career woman Mary Jo took up racquetball. Nine months later she felt ready to enter her first tournament.

"Looking back, I don't really know what I was doing there. I talked two or three of my girlfriends into entering a C tournament, and the first girl I played gave me all lobs and ceiling shots. I had never seen them before. Here I was on the A challenge ladder at my club, but I was no C tournament player. None of my friends were, either. We felt depressed."

Instead of complaining — or giving up — she went to some Chicago tournament organizers and lobbied successfully for the development of a D Division for women.

Soon she progressed from tournament player to sponsoring a local competition. The first Melrose Park Insurance Agency Open, a tournament for both men and women with a wide range of competitive divisions, took place in October.

"I look on it as advertising," she says. "I already sponsored a softball team."

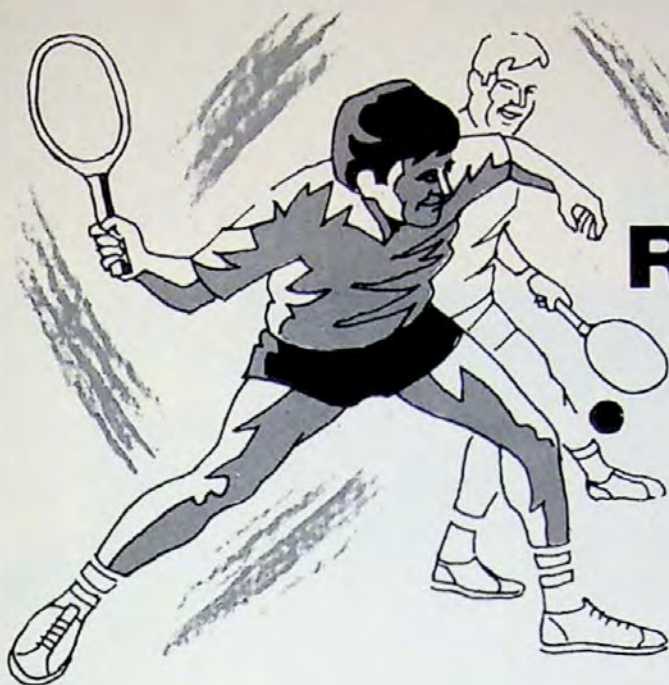
Not one to miss an opportunity she has designed an insurance package for court clubs. "I really enjoy my work now, especially since I've made racquetball part of it."

— Len Ziehm



— Bob Langer photos

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



Racquetball... Handball... Squash... Paddleball

Hundreds of court installations, without a failure,
mean proven performance. Here's why!



The material is premium grade 62-P hi-density, hi-pressure laminated court panel system.



Superior quality and long life.



Complete court package designed and engineered to fit your needs and budget.



Dimensionally stable, structurally sound, non-sweating surface.



Resists chipping, cracking, scratching and marring from racquet contact.



Playability is true and consistent, with uniform ball action and sound.



Minimal maintenance, never needs paint, cleans with soap and water.



Exacting specifications and full inspection procedures prior to shipment.



Faster installations, no downtime revenue loss.



Highly trained experts make all installations, backed by double guarantee from World Courts, the court systems specialists.



Call or write for complete details:

World Courts, Inc.
554 Main Street
S. Weymouth, MA 02190
Phone: (617) 337-0082
Dept. NR

Indoor Running Tracks

Distributor of
Championship Floors

Portable or Permanent



Product of
FIBERESIN
Industries, Inc.

Demolition or Renovation?

Old Power Plant Bows to Racquetball

Racquetball power has replaced electrical power at the New Jersey end of the George Washington bridge, across from downtown Manhattan, and the Spaulding Racquetball Clubs, Inc., spent a million dollars to bring about the change.

Spaulding demolished a six story, obsolete 75-year-old power plant, which included a 230-foot high chimney, on River Road in Edgewater, NJ to make room for a new 20 court Spaulding Club.

Spaulding Racquetball Clubs, Inc., of St. Louis, MO, one of the "founding fathers" of private racquetball clubs in the United States and now one of the largest chains with 19 clubs in nine cities, decided on this extra demolition cost for a number of reasons.

First of all this new Spaulding Club, which opened in February of this year, is now part of an unusual recreational complex that includes a nine court indoor tennis club, a four screen neighborhood theatre, an ice skating rink and a 500 seat floating restaurant converted from a remodeled Hudson River ferry boat. The actual ground that Spaulding now occupies was the only remaining feasible spot in the complex.

Second, and more important, was the concentration of people within a three to five mile radius. The figures were approximately five times greater than any other club owned and operated by Spaulding. So the potential for business was outstanding.

Third the location is just three miles from downtown Manhattan, the country's business center. Spaulding — growing in numbers of clubs and investors — wanted a prime eastern location.



The power plant, built almost 75 years ago by Alcoa, went down to make room for a new 20 court Spaulding Racquetball Club.



New Court Club Listings

Included in the demolition was the 230 foot chimney, seen here through the skeletal frame of an indoor tennis facility, located next to the Spaulding Club.



This is Spaulding's largest club to date and the chain management believes that the 20 courts (plus saunas, whirlpools, nursery and carpeted locker rooms) make it the largest private club in the greater New York City area.

In the first six months of operation the club had almost 2,000 members and all 20 courts were solidly booked in the prime evening time, according to Club Manager Ed Berhorst.

Demolishing the power plant was the most practical way for Spaulding to put a club in the location they were seeking.

Watch this Court Club section of *National Racquetball* for a future story on facilities in three parts of the country where renovation was the answer to building a racquetball club where land is scarce. ●



Manhattan is the view from the new Spaulding Racquetball Club's parking lot in Edgewater, NJ.

Annandale Racquet Club
4317 Ravensworth Rd.
Annandale, VA 22003

Annapolis Court Club
1981 Morland Parkway
Annapolis, MD 21401

Brockton Racquetball Club, Inc.
85 Liberty St.
Brockton, MA 02401

Downtown Racquet Club
210 E. Centre St.
Baltimore, MD 21201

Four Walls West Athletic Club
3003 N. Maroa
Fresno, CA 93704

Frederick Court Club
196 Thomas Johnson Dr.
Frederick, MD 21701

The Main Court
121 Beech St.
Redwood City, CA 94063

Modesto Court Room
2012 McHenry Ave.
Modesto, CA 95350

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

Raintree Athletic Club
5137 N. Blackstone
Fresno, CA 93710

Racquettime Athletic Club
4774 N. Blackstone Ave.
Fresno, CA 93726

Reston Racquet Club
1800 Michael Faraday Ct.
Reston, VA 22091

Schoeber's Racquetball Spa of Fremont
3411 Capitol Ave.
Fremont, CA 94537

Schoeber's Racquetball Spa of San Jose
7012 Realm
San Jose, CA 95153

Wallbanger — Daly City
373 Gillert Blvd.
Daly City, CA 94015

Wallbanger — Palo Alto
1800 Embarcadero Rd.
Palo Alto, CA 94303

Wallbanger — Mountain View
2535 Showers Dr.
Mountain View, CA 94040

A Prescription You Can Fill on Court

by Thomas V. Pipes and Paul A. Vodak

Exercise Physiologist Thomas V. Pipes and his fellow member of the American College of Sports Medicine, Paul A. Vodak, who believe that *"you play a sport to get in shape; you don't get in shape to play a sport,"* have put their ideas into *The Pipes Fitness Test and Prescription*, published by J. P. Tarcher, Inc., Los Angeles, and distributed by St. Martin's Press, New York. We are reprinting parts of the book with permission of the authors. Pipes and Vodak based their book on tests they made on athletes in laboratory controlled conditions. Here's their description of how they tested racquetball benefits:

"... we randomly selected a cross section of people from different environments and of different ages and sexes. We had them play racquetball three times a week for 10 weeks. During their play we monitored body function by strapping a portable electrocardiogram (EKG) transmitter to them. By the use of telemetry we were able to analyze a player's heart rate from a distance during play by pasting electrodes to the chest and hooking these electrodes into a compact case about the size of a candy bar. This case was attached to the player's waist and sent a signal that was picked up outside the court by a receiver, which then printed out the heart rate and electrocardiogram."

"... we examined the effect of racquetball on the cardiovascular system. With our metabolic computers we assessed the function of the heart, lungs and blood vessels while an individual was atop a motorized treadmill. We also observed blood pressure and temperature changes."

"Our hydrostatic weight setup allowed us to determine body and muscle mass levels. Skinfold calipers and tape measures told us where an individual was storing his or her fat."

"We then pulled out my little robot friend — the Cybex — to test muscular strength and muscular endurance."

"Next we examined the individual's flexibility with our goniometer, specialized equipment for measuring the range of movement."

"While the person was spread out in the 'recovery room,' we asked him or her to fill out a questionnaire about the sport, including how convenient ... it was to other sports played."

"At the end of 10 weeks we reran the tests."

And from that lengthy and detailed procedure came the conclusion that — out of 15 athletic activities — racquetball was second only to swimming for best overall fitness benefits. In fact the *only* drawback to racquetball was lack of convenience, a problem that's fast disappearing as more clubs go up around the country.

Racquetball for Cardiovascular Health

Racquetball ranks high for cardiovascular health. While it does not have the continuous action of jogging or swimming, it is far better than tennis. But, like tennis, its benefits are proportionate to the skills of the two players. Select matches with people of your own skill level or slightly above to ensure a good session. The action of racquetball is so fast that games of doubles and "cutthroat" (three players) will provide sufficient stimulation to train your cardiovascular system. Check your PHR (See explanation on these pages) periodically and compare its average for the game with your intensity level.

Racquetball for Weight Control

Those who play racquetball regularly have no problem with weight control. If you decide to use racquetball as your single means for weight control, try to slow down the pace of the game and always play at least two games to 21 points. You may want to play all your games hitting the ball at half speed. This technique still provides the intensity needed for great caloric expenditure but eliminates the quick dashes and hard hits that may fatigue you when you first start the game. I cannot stress enough the importance of following the basic fitness guidelines for weight control: lower intensity and longer duration.

Racquetball for Muscular Function

Because this sport is fast and vigorous it will improve your leg and trunk muscular strength and endurance, and you will not need to seek modifying exercises for your lower body.

Only moderate increases in upper body muscular strength and endurance can be expected when you play racquetball. Perform the Arch-Up (Figure 1) and the Grip Strengthener, Forehand Swing and Backhand Swing described here to improve upper body muscular function and help you develop your swing skill.

Sports for Fitness: How They Rate

Sport	Cardiovascular Health	Weight Control	Muscular Function	Flexibility	Convenience
1. Basketball	9	9	8	6	3
2. Bicycling	9	9	6	4	6
3. Bowling	2	1	2	4	5
4. Calisthenics	4	5	8	10	10
5. Golf	4	5	5	5	4
6. Jogging	10	9	6	2	9
7. Racquetball	9	8	8	7	5
8. Rope Jumping	10	9	4	3	10
9. Skating, Ice and Roller	7	7	6	5	2
10. Skiing, Cross-Country and Downhill	8	8	8	6	3
11. Softball	2	3	3	3	4
12. Swimming	10	8	8	7	5
13. Tennis	7	7	6	6	6
14. Walking	6	6	5	2	10
15. Weight Training	4	6	10	2	7

Grip Strenghthener (For forearms)

Begin with one of your old racquetballs in hand and squeeze as fast and as hard as you can 10 times with each hand. Give yourself a few seconds' rest and begin again. Build up to 25 times for each hand as you feel your grip strength increase.

Forehand Swing (For arms and shoulders)

Here's an exercise you'll be able to do with a friend. Hold your racquet as if you were getting ready to hit a forehand kill shot. While your racquet

is back, have your friend hold the head of the racquet. Now begin to swing the racquet. Your friend will attempt to resist your swing so that it's a little difficult for you to completely follow through with the racquet. Start performing this exercise 10 times and then build up to 20. This particular exercise will help you fend off racquetball elbow and improve your power for those passing shots.

Backhand Swing (For arms and shoulders)

As for the Forehand Swing you will need the help of a friend. Begin by

setting up a shot as if you were going to hit a backhand to the ceiling. Have your friend hold the head of the racquet as you swing through the range of motion. Make sure that you do not pull too hard or that your partner does not resist your pull too much. You can cause yourself back problems, so go easy at first. This exercise will improve your backhand immediately and keep you from going home with a sore shoulder. Begin with 10 repetitions and progress to 20.

Racquetball for Flexibility

Racquetball develops more body flexibility than any other popular sport. The small court area and the fast action of racquetball demand five times more twisting and bending than do the conditions for tennis. The quick motions also improve agility

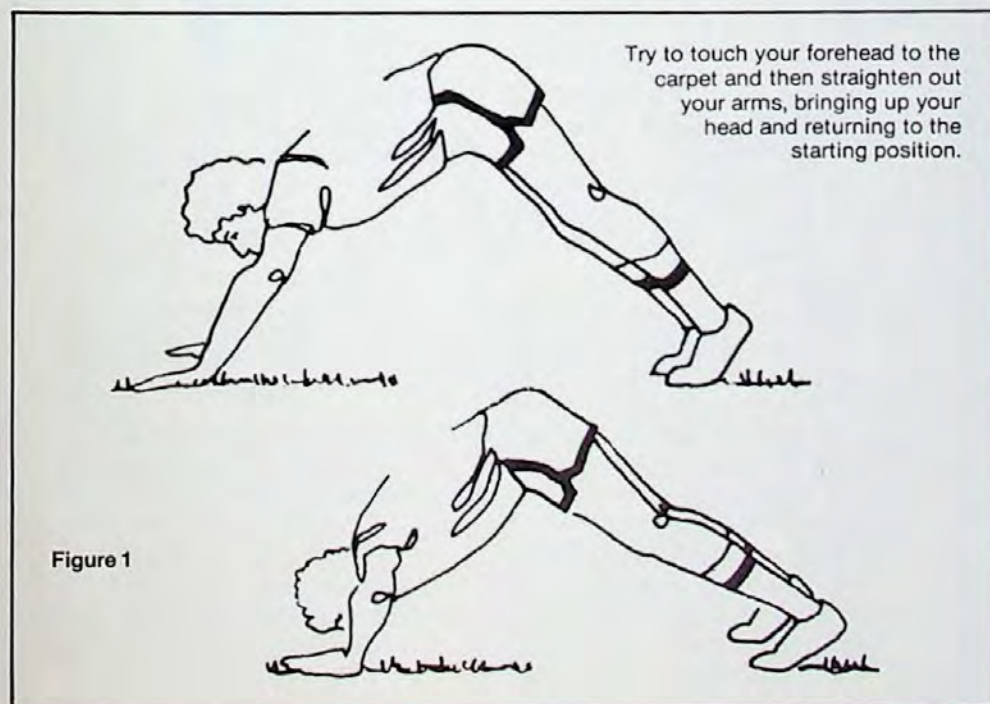


Figure 1

**The Assassin is coming.
Watch for him!**

and coordination, both important qualities for all sports.

One common criticism of racquetball is that the fast action can cause tendon, ligament and joint problems. Perform the Quad Stretch here to improve your flexibility.

Quad Stretch (For thighs)

Begin by holding your right ankle behind your back with your right hand, supporting yourself against a wall with your left hand. Slowly pull your ankle towards your buttocks. (Figure 2). Do this until your thigh is parallel to the floor. Let go of your leg, bring it down to the ground and repeat with the left leg. For best results perform this 10 times only.

Making the Most of Racquetball

The warm-up in racquetball is crucial. You may get onto the court and begin without warming up, and before you know what has happened, you've already dropped the first game. Get onto the court earlier and perform the Lateral Bend (Figure 3) or the Shoulder Thrust (Figure 4). If you are lucky enough to find an empty court, place yourself in the center of the court and rally slowly but continually, alternating forehand and backhand shots. Concentrate on footwork and shot placement. If you have a match following, warm up for 10 minutes before your match. During your warm-up, concentrate on special shots such as kill shots off the back wall or high lobs from various angles. Repeated drills like these do not depend upon skill and will improve cardiovascular health and flexibility.

With your partner's consent, you can make the game work for you as a fitness tool if you reduce the serves to one. If you have only one serve to hit, you'll be sure to get it in. You'll slow down the speed of your serve and make the game more even as your rallies will last longer.



Figure 2

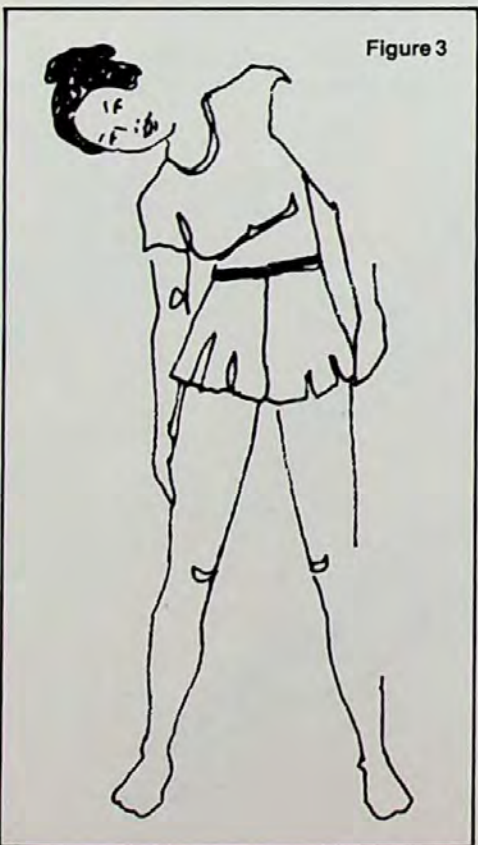


Figure 3

Note: Pipe's completes his prescription by adding that bicycling, swimming and weight training (circuit) are racquetball's complementary sports for fitness.

Bring your arms back vigorously so that your thumbs touch your upper chest. Extend them again just as vigorously.



Figure 4

General Prescription for Cardiovascular Health

Your heart is a perfect built in monitor of work intensity because its increase in rate exactly reflects the increase in activity intensity. The rate of your heart beat identifies the intensity level of your activity. Your prescribed heart rate (see chart) indicates how many times per minute your heart should beat to maintain an intensity between 60 and 75 percent of your maximum.

Monitoring your intensity is essential for optimal cardiovascular fitness results. Not all the sports and activities we pursue give us enough stimulation to improve the cardiovascular system. While playing racquetball will stimulate your heart rate up to 80 percent of its maximum, bowling will not.

Prescribed Heart Rates (PHR)

To help you determine what heart rate to prescribe for yourself I have provided this table based on the data from the cardiometers in our lab, which measure the amount of heartbeats for a given period of time. The prescribed rates depend upon both your age and your current fitness level. Because your maximum heart rate declines with age, the prescribed heart rate must be adjusted for every 10 years. In addition people in the Danger Zone for cardiovascular health will start with a lower prescribed heart rate that reflects 50 percent of their maximum capacity as opposed to the norm of 60 to 75 percent. As your fitness level improves, your prescribed heart rate increases until you reach a top intensity level of 75 percent.

Locate your age and fitness level on the chart and find your prescribed heart rate. In each zone you will find two percentages. If you feel confident and energetic, go with the higher percentage; if you're a bit hesitant, use the lower percentage for starters.

Your Cardiometer: Prescribed Heart Rates

Age	Maximum Intensity					
	50%	55%	60%	65%	70%	75%
51-60	15	16	17	18	19	20
41-50	16	17	18	19	20	21
31-40	18	19	20	22	23	24
20-30	20	21	22	23	24	25
Danger Zone		Safety Zone		Fitness Zone		

Using your PHR to Monitor Intensity

Intensity is the basic fitness guideline that can contribute most to cardiovascular health. Your prescribed heart rate helps you to monitor and regulate the intensity of your activity.

Prescribed heart rates are taken during a 10 second rather than a 15 second time period because your heart rate immediately begins to decrease following exertion. By limiting the evaluation to 10 seconds, you get a more accurate determination of actual heart rate. The chart presents the rates in 10 second values to facilitate your monitoring. You can use either the wrist or the neck to evaluate your prescribed heart rate.

For most people a heart rate check at 10 minutes into an activity and one at the end are sufficient. Wait until you are at least 10 minutes into your activity before you check your prescribed heart rate. During the first five minutes the body is still warming up. It does not reach a steady state for 10 minutes.

Evaluate your prescribed heart rate as soon as you stop your activity. Any delay can give the heart time to slow down, and this rate will not reflect the true intensity of your effort.

If you find that your 10 second count is lower than your prescribed rate, it indicates that your pace in the activity is too mild and you need to step it up. If your heart rate check reveals a rate higher than your prescribed rate, slow down; you don't need to stress yourself beyond your PHR. If you do, you will end up fatigued and the muscles of your body will quit, keeping you from enjoying and benefiting from your activity. ●

Subscribe or Renew

- ☐ New Subscription
☐ Renewal

- ☐ 1 year (\$12.00)

All other countries
write for rates

- ☐ Payment enclosed
(check payable to USRA)

Change of Address and Renewal

Please attach
the mailing
label from
the front
cover when
writing about
service
or change
of address.
Allow
6 to 8 weeks
for change
of address
to take effect.

Thank you.

name (please print)

address

apt.

city

state

zip code

Mail with check to:
Circulation Department;
National Racquetball
4101 Dempster St.
Skokie, IL 60076

Symbol of Change

Racquetball: The Cult
by Eugene L. Scott

Book review by Terry Muck

What a joy to read a racquetball book written by a writer who dabbles in racquetball instead of a book written by a racquetball player who dabbles in writing.

The result, Eugene L. Scott's, *Racquetball: The Cult*, published by Doubleday/Dolphin, moves through the history of racquetball, some elementary instruction and a brief look at some of the pro racquetballer's personalities with a brightness that makes reading the book a pleasure in itself instead of a chore demanded by one's love for the sport.

Scott, himself a newcomer to the game, tells the story of the country's fastest growing sport much as Columbus would describe the New World: with freshness and excitement only the novelty of a new discovery can bring, and still his newfound expertise, gained through interviewing the major figures of the game (Kendler, Brumfield, Strandemo, Wright, etc.) and observing some racquetball pro stops, lends enough credibility to his major assertions about the sport to make the book a valuable aid in understanding the phenomenon of racquetball.

Scott has sufficient credentials for writing a sports book. He is a past member of the American Davis Cup team and past president of the Eastern Tennis Association. He owns and operates *Tennis Week*, and his many articles on racquet sports have appeared in *The New York Times*, *World Tennis*, *Tennis — USA*, and elsewhere. In his spare time he practices law, which may go a long way in explaining his overwhelming fascination with racquetball champ and fellow barrister Charlie Brumfield, who incidentally wrote an extremely entertaining introduction to the book.

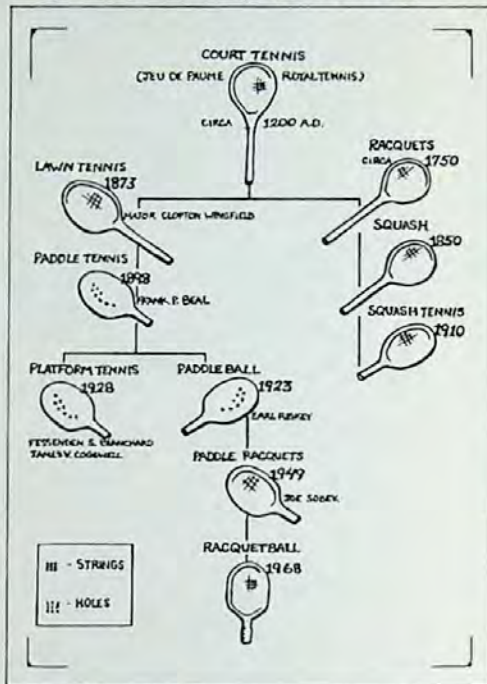
Being a relative outsider to the game gives Scott a chance to look at racquetball's track record, trends and oddities with eyes free from the cataracts of the game's dogma.

For example he explains racquetball's slow movement into the East, not as a product of the monstrously high real estate prices (correctly pointing out that one tennis court costs twice as much as one racquetball court, and tennis is firmly established in the Eastern cities), but because "New York City is culturally spoiled and saturated, and to change the habits or to catch the attention of its sated residents requires a *Second Coming with the original cast*."

Being an outsider Scott describes racquetball in language that is less intimidating to the neophyte than the traditional racquetballese of the instructional books. He compares it frequently with tennis, a game most sports buffs can relate to without much strain.

Scott gives a particularly insightful look at the reasons for racquetball's instant success and popularity (in addition to the standard reasons of its appeal to women, and the ease with which the game is learned):
"Racquetball boomed because of an absence of tradition, not in spite of it . . . Racquetball had no background cultures or countercultures to overcome. There are no gentle myths to destroy such as all white clothes, don't show your emotions, stiff upper lip, and keep the ladies and kids out of my club . . . Racquetball symbolized change itself and was, therefore, unafraid of change."

Eugene Scott's view of the history of racquetball, from *Racquetball: The Cult*.



Scott also captures the spirit of several of the top pros who have given up all and moved to San Diego for racquetball. His descriptions of this colony of ballplayers who have gathered together around the manufacturers in Southern California is worth the price of the book.

He does go further. He traces the history of the game and the very large part USRA president Bob Kendler has played in bringing racquetball to the masses. He gives some valuable elementary instruction, and he lists the USRA/NRC racquetball rules at the end of the book.

In a few areas being an outsider to the sport has created some misunderstandings for Scott. He calls the tie-breaker a tiebreak. He naively suggests that some of the top women pros could successfully compete with the men pros. And he boldly asserts that *"if you're a good athlete, it will take approximately 1,000 drop-and-kill shots (1½ hours) to groove a single shot"*.

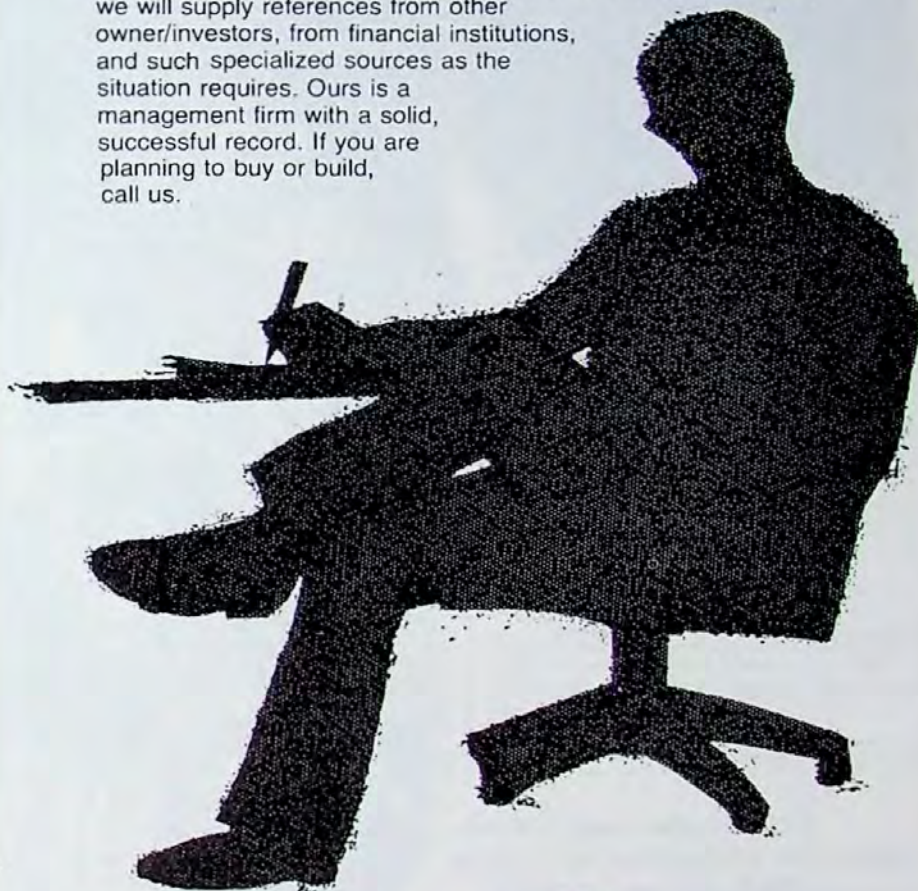
Eugene did cause my heart to skip a beat when he cutely titled the first chapter of the book *"Foreplay"*. I apprehensively waited all book long for him to describe the racquet in phallic terms, but he withheld nobly. Not so noble was the mandatory section on Zen, biofeedback, and clinical psychology and how their methods can improve your racquetball game. But we must give the people what they want, mustn't we, even if it's a very fuzzy description of learning theory.

But these are picayune complaints when laid against Scott's overall product. He comes close to convincing us of racquetball's cultic status, although I'm not so sure the average racquetballer has anywhere near the devotion to the game, or even its surrounding ambiance, that Scott suggests. He captures the essence of the game's attraction, and makes it come alive for athlete and nonathlete alike. If you like racquetball, you'll like the book.

An interesting sports book — I can't believe it. ●

If you are investing in racquetball, your management company should be Racquet Times

We match your investment commitment with a convincing record of successful court club management, nationwide.* Inquire about us. Inquire of us. We'll answer your questions fully and candidly. To the serious investor in this sports-industry we will supply references from other owner/investors, from financial institutions, and such specialized sources as the situation requires. Ours is a management firm with a solid, successful record. If you are planning to buy or build, call us.

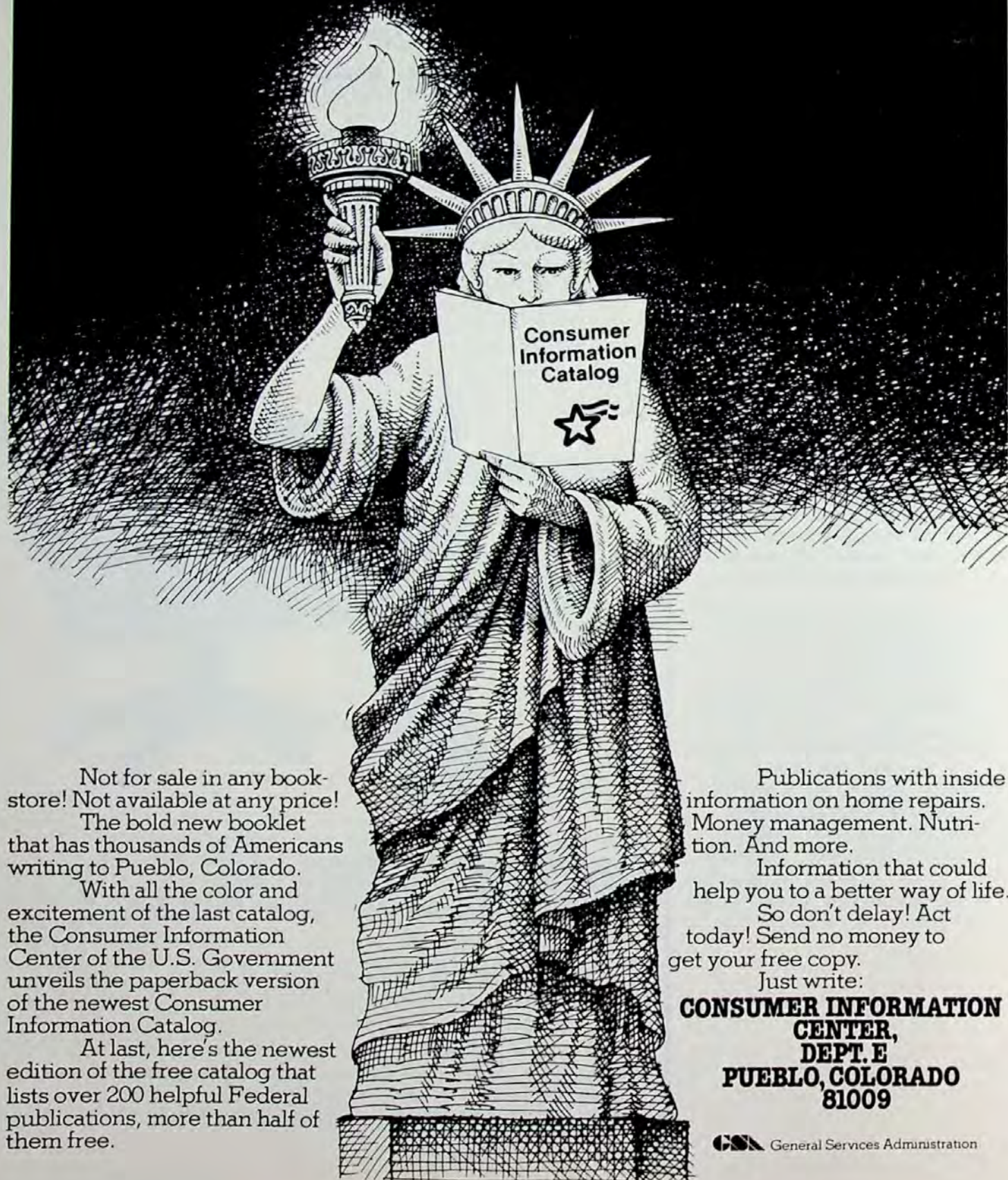


RACQUET TIMES INC. 
Recreational Management Nationwide

Kenneth Andrew, President
Post Office Box 809 Dept. NR
Stillwater, OK 74074
405/372-8655

*Racquet Time clubs in: Montclair, Ca.; Fresno, Visalia, Ca.; Oklahoma City; Monroeville, Pa.; Tucson, Ariz.; Gladstone, Mo.; St. Louis (2), and under construction in El Cajon, Ca.

READ AMERICA'S NUMBER 1 NON-SELLER.



Not for sale in any bookstore! Not available at any price!

The bold new booklet that has thousands of Americans writing to Pueblo, Colorado.

With all the color and excitement of the last catalog, the Consumer Information Center of the U.S. Government unveils the paperback version of the newest Consumer Information Catalog.

At last, here's the newest edition of the free catalog that lists over 200 helpful Federal publications, more than half of them free.

Publications with inside information on home repairs. Money management. Nutrition. And more.

Information that could help you to a better way of life.

So don't delay! Act today! Send no money to get your free copy.

Just write:

**CONSUMER INFORMATION
CENTER,
DEPT. E
PUEBLO, COLORADO
81009**

GSA General Services Administration

Beyond the Open

You Don't Have to Be Young to Play Racquetball

It's Like Shooting the Breeze in the Bronx

by Lou Kaplan

I'm 65 years old. Lefty is 57, Gil is over 60, Dan is 55, Bill is 67 and the grand patriarch is Joe who is 77. We all have one thing in common — we play racquetball and love it.

The North Miami Beach Recreation department has four three-wall racquetball courts adjoining the world famous Spanish Monastery. These courts are in use seven days a week. At almost any time during the day you can see members of the over-fifty crowd cavorting around, chasing the black ball and slamming it against the walls.

Racquetball is not too fast or too strenuous for older people. It's a fun game and the exercise is guaranteed to make you feel better. It doesn't cost much to participate — a \$20 racquet, a few balls, shorts and a sport shirt. Anyone can learn to play the game, especially if you've been actively engaged in sports before and if you're athletically coordinated.

There are a number of older players here who easily hold their own in the doubles A competition. The others play good B ball and with a good partner can move into A games.

I have found that the best way to compete against the speed and strength of youth is to improve your game by developing shots which you can execute. When I play I try to do the following:

1. Never serve a low ball. Hit the ball long and chest high. I prefer right down the middle. A high lob, at times, can also be a good serve.
2. When volleying for a point, a good shot is one into either corner, low and hard. A foxy move is a low, soft shot into the corners. These shots are like a drop shot in tennis. Another tricky shot is to lob the ball over the players' heads, when they are in the forecourt.

Joe Shavell in the black shorts, who's 77, takes on a younger player, 65-year-old Lou Kaplan, in North Miami's outdoor courts.



— Lefty Goldberg photo

3. If you have forced one of your opponents back on your high serve, try to place his return low into the corner of his side.
4. An excellent shot in a volley is to angle the ball hard off the front wall into the side walls, chest or waist high, so that the ball will carom off the side wall into your opponent or at the very least make a return shot difficult.

5. When returning a serve, don't hit it back low so that your opponent can put it away. Return the ball high, straight down the middle, or high against the side walls.

6. If your partner is a better player than you, let him take the balls off the side wall when hit to your side. If he's got a better shot at it than you, let him return it.

7. Try to play a steady game and let your opponent make the errors.

I find that I look forward with great anticipation to my racquetball sessions. It's exciting, it's stimulating, it's healthful, it's fun and the camaraderie on the courts comes close to those nostalgic days when we hung around the candy store in the Bronx or in Brooklyn, shooting the breeze.

You're never too old to play the game. Come on down and enjoy, enjoy! ●

Lou Kaplan is currently writing *Joey*, a novel following his *Three Flights Up*.

Get the Assassin
before the Assassin gets you!



Racquetball



Bob Keenan

Bob Keenan New USRA National Director

Let me introduce myself. I'm Bob Keenan, the face in the right hand corner of this page. Last August I was a volunteer for the United States Racquetball Association — chairman of the state of Wisconsin. Now, as you can see by the headline, I'm director of the USRA. It's been an exciting change of roles.

I've taken on my responsibilities with pleasure and with pride, because I know that the USRA is one of the most active amateur athletic groups in the country. In fact the USRA is one of the only associations around that inspires volunteers in all 50 states to promote one sport.

Having been a USRA volunteer since 1971 I know that the job of state chairman can be demanding and thankless — a real labor of love. I also know that every state chairman is devoted to racquetball and believes that by promoting USRA memberships and tournaments, he or she is doing the most to promote racquetball.

And promoting racquetball is what we can continue to do, if we continue working together — you as state chairmen and I as director, ready to answer all your questions and make your efforts run smoothly.

I mentioned my Wisconsin background, and I can't assume my new duties without acknowledging the help of many. I've thanked many people in person, but one individual must get recognition in this column. That's Joe Wirkus, who now takes over as Wisconsin chairman.

Wisconsin has a proud tradition in racquetball history, and Joe Wirkus is synonymous with that history. He'll always be my personal friend and a friend of racquetball.

Now let's look to our immediate future.

As always the USRA will continue to promote new ideas and programs and listed below are just a few we have coming up in the very near future:

- Plans are well under way for our second annual USRA State Chairman Convention Jan. 10 - 13 at the Tropicana in Las Vegas. This year, along with the Coors All Pro Finals, there will be more activities and benefits and special attractions for spouses. Again — all expenses will be paid by the USRA.

- Basic ideas and concepts have been completed for the newly organized National Racquetball Referees Association (NRRRA). Our goal is to establish a solid core of certified and tested officials around the country, and we will conduct referee clinics at each pro stop to begin certification.

- Plans are also under way to establish a National Amateur Ranking for all USRA members utilizing computers. This will be a monumental task, but well worth the effort. Computer programing has been completed to assist with the pro tour and our plans are to encompass our entire amateur programs eventually. Think of the ease in setting up draws in major tournaments!

- New guidelines for state associations are being formed to further aid and assist chairmen in sanctioning all USRA events. These new guidelines will be solid but fair, so all players in all states will have a uniform code of regulations to aid them, no matter which state tournament they compete in.

I look forward to meeting each of the state chairmen and many of our members during the coming months. If you see me at a pro stop, please come up and introduce yourself and give me your ideas on the USRA.



Until New Rule Book's in Hand

Since the new rules are now in effect (see Dan Bertolucci's *What's the Call?* column in this issue), you're probably looking for some written material that explains the changes. Within the next few months we'll be sending out the new rule books that incorporate those changes. But until that time please check with Joe Ardito's editorial in the September issue of *National Racquetball*, or contact your state chairman who has reprints of Joe's explanation.

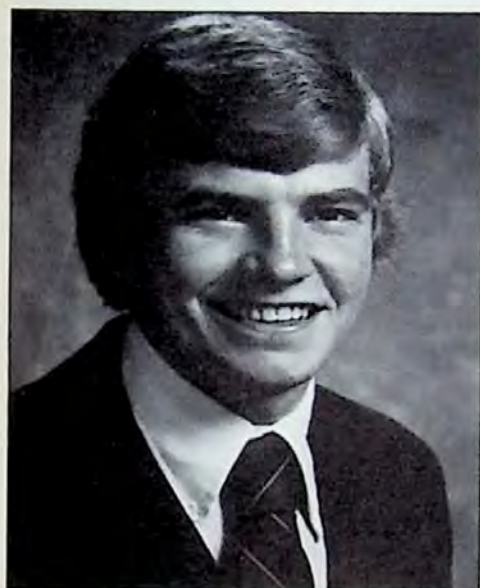


Meet More Most Improved Players

Players from the east and west coasts are this month's featured Most Improved winners in *National Racquetball's* first annual contest to name the competitors who have shown outstanding improvement in each state during a one year period. Each state's winners receive a lifetime subscription to *National Racquetball*,

Steve Keeley's *The Complete Book of Racquetball* and a pair of Leach eyeguards, as well as a Most Improved Player certificate.

Start saving score cards, newspaper clips and other evidence so that you can be a candidate for 1980's *National Racquetball* Most Improved Player contest.



Gene Fitzpatrick, Maine

When 19-year-old Gene Fitzpatrick's sister, Linda, read about *National Racquetball's* contest, she started saving local newspaper stories that would support his nomination for Maine's Most Improved Player, and she entered his name without Gene knowing about it. Gene spent his summer vacation in 1978 practicing three or four hours a day, after entering the open division of tournaments the year before as a method of improving his game. Gene won the Open in seven tournaments starting in October of 1978, and his first defeat of the season came in the Northeast Regionals. Now Gene's again working hard at his game — aiming for a 1980 regional win.



Momi Lee, Oregon

Momi Lee was 14 when she started playing racquetball at the Courthouse in Salem in February of 1978, and she took second place in the novice division in one of her first tournaments at the Western Racquetball Club in Portland. Playing at major tournaments in towns all around her home in Salem Momi moved up through the divisions, taking a first in women's B singles at an Oregon state tournament in March of 1979, and then she went on to a first place consolation win in the women's open at the Oregon Racquetball Association Singles Championships in May of 1979.

Utah Grand Prix Winners 1978-79

The Utah Racquetball Association put all USRA sanctioned tournaments on a point system during 78-79, with five points given to first place, four to second, three to third, two to fourth, and one to fifth through eighth. The system produced the following first place winners as determined by seven tournaments on the grand prix system: Open — Morgan Sayes and Tom Sayes tied with 25 points, B — John Popovich with 10 points, Junior Singles — Robert Rankin with 10 points, Open Doubles — Sayes and Sayes with 15 points, C Singles — Rob Jackson and John Richards tied with 10 points, Senior Singels — Hal Labelle with 12 points, Masters — L.W. Wilde with 13 points, Women's — Vicki Wilson with 23 points, B Doubles — Strout and Griffiths and Jackson and Jackson — tied with 9 points.



Upcoming Events

- **Nov. 2-4**
1979 finals of the Ohio 7 Up Grand Prix of Racquetball, Hall of Fame Racquetball Club, Canton, OH, Call Mike Rixman at 614-885-7365 or Tom Sanville at 614-846-9800
- **Nov. 9-11**
Eastern Airlines/Seamco Championships, Downtown Racquet Club, 230 George St., New Haven, CT, Tournament Director William Verhoeff 203-787-6501
- **Nov. 9-11**
Women's Singles Racquetball Tournament, Greater Peoria YMCA, 714 Hamilton Blvd., Peoria, IL 61603, Mitch Bernstein 309-671-2722, YMCA members only
- **Nov. 16-18**
Turkey Shoot Tournament, Manhattan Athletic Club for Men, 3421 Sepulveda Blvd., Manhattan Beach, CA, Susan Jones 213-545-6618
- **Dec. 26-28**
Juniors Racquetball Tournament, Greater Peoria Y, see address and phone number above, open to all junior players
- **March 28-30, 1980**
YMCA Illinois State Singles Racquetball Championships, see address above, open to YMCA members only



GET INSIDE TENNIS ...for less than 35¢ a week

All the news — and all the color — of the wonderful world of tennis can be yours every week of the year for less than 35¢. Follow tournaments and every important player in the one and oldest — *Tennis Week*. Read the piercing comments of Gene Scott, the voice of tennis, and many others. Have all the news of the tennis scene right at your finger-tips each and every week while it is still hot news. Subscribe now — before the big tournaments. Know tennis action before it happens.

Tennis week

The only full service
tennis weekly in the world.



**Trial subscription for a limited
time only \$10. for 30 weeks
SEND NO MONEY NOW
Sign and mail the coupon today!**
offer expires August 31, 1979

TENNIS WEEK
120 East 56th Street
New York, New York 10022
Please send me 30 weeks of
TENNIS WEEK for \$10.00

Name _____

Street _____

City _____

State _____ Zip _____

34567890

USRA State Affiliates

Alabama

Jerry O'Neal
2117 Magnolia Ave.
Birmingham 35205
205-326-0036

Alaska

Kevin Delaney/Pres.
Deno Paolini/V. Pres.
SRA 1304-J
Anchorage 99502
907-344-0541

Arizona

Chuck Hallock
Marc's Backwall
P.O. Box 275
Tempe 85281
602-967-0001

John Marsh
Phoenix/Metro Chairman
(Central)
602-247-2041

Casey Blitt
Tucson/Metro Chairman
(Southern)
602-626-6239

Arkansas

James Bixler
1205 Caddo Apt. #9
Arkadelphia 71923
501-246-9864

California

Scott Deeds
5920 Apian Way
Long Beach 90803
213-439-5838

Colorado

Paul Swoboda
c/o City Hall
1777 Broadway
Boulder 80307
303-441-3400

Connecticut

Jack Fruin
The Courtside
at Cromwell
10 Hillside Rd.
Cromwell 06416
203-635-5400

Delaware

Eric Faddis
75 East Main St.
Box 174
Newark 19711
302-366-1868

Florida

Sabra Hadaway
Corner Court House
1301 W. Copens Rd.
Pompano Beach 33064
305-974-4310

Georgia

Wayne Vincent
1677 Hillside St.
Marietta 30032
404-971-5441

Hawaii

Jane Goodsill
Central YMCA
401 Atkinson Dr.
Honolulu 96814
808-941-3344

Idaho

Dirk Burgard
130 N. Placer
Idaho Falls 83401
208-523-0600

Illinois

Tom Street
Alan Shetzer
570 East Higgins Rd.
Elk Grove Village 60007
312-439-3030

Indiana

Jim Stevens
7590 Harcourt Rd.
Indianapolis 46260
317-297-1713

Iowa

Greg Steger
(Co-Chairman)
2526 Nevada
Davenport 52804
319-386-6310
Nick Palen
(Co-Chairman)
3352 Fodthill Dr.
Dubuque 52001
319-556-7007

Kansas

Rick Newcomer
11301 W. 88th St.
Overland Park 66214
913-888-9247

Kentucky

Ray Sabbatine Jr.
500 Lake Tower Dr.
Unit #110
Lexington 40502
606-269-4280

Louisiana

Larry Bobbitt
117 Doucet Rd.
Lafayette 70503
318-984-7256

Maine

Danny Sullivan
7 Arlington Ave.
Westbrook 04902
207-854-8623

Massachusetts

Jim McConchie
RB International
12 "A" Street
Burlington 01803
617-273-1025

Michigan

Dennis Wood
2808 S. Deerfield
Lansing 48910
517-882-8789

Minnesota

Robert M. Adam
Diamond Intl. Corp.
7600 Parklawn Ave.
Suite 228
Edina 55435
612-835-6515

Mississippi

Chuck Miner
2625 Courthouse Circle
Jackson 39208
601-932-4800

Missouri

Ron York
1012 W. 104th St.
Kansas City 64114
816-942-6436

Montana

Russ Miller
Shepherd 59070
406-373-6390

Nebraska

Kerry Fossee
c/o Racqueteer Ltd.
1336 South 119th St.
Omaha 68144
402-334-2222

Nevada

Phil Waldman
5248 Caspian Dr.
Las Vegas 89118
702-873-7349

New Hampshire

Robert Blier
P.O. Box 333
Manchester 03105
603-627-2254

New Jersey

Doug Clark
23 Holmes Lane
Marlton 08053
609-983-4812

New Mexico

Gary Mazaroff
8100 Mountain Rd. N.E.
Albuquerque 87110
505-292-2411

New York

(Mid-Hudson)
Tom Flannery
3A Alpine Dr.
Wappingers Falls 12590
914-297-5010

New York

(Upstate Assn.)
Lori Nave
115 Westminster Rd.
Rochester 14607
716-423-1217

North Carolina

Bob Baxter
800 Purdue St.
Raleigh 27609
919-876-5674

South Carolina

Charlie White
RPA Clemson Univ.
Clemson 29631
803-656-2477

North Dakota

Kathy Schwartz
YMCA 400 1st Ave. South
Fargo 58103
701-293-9622

Ohio

Ron Akins
2500 Hollyview, N.E.
North Canton 44721
216-492-7210

Oregon

Reed Fitkin
2510 Oakmont Way
Eugene 97401
503-687-2811

Pennsylvania

Jim Pruitt
Center City Sports Club
1818 Market St.
Philadelphia 19103
215-963-0963

Rhode Island

Jerry Melaragno
15 Reva Street
N. Providence 02911
401-274-4900 /569

Tennessee

Lyle Adams
5050 Poplar
Suite #303
Memphis 38157
901-761-2214

Texas

Dewey Strickland
201 Vanderpool
Houston 77024
713-467-1558

Utah

Morgan Sayes
944 E. Third St.
Salt Lake City 84102
801-521-8042

Vermont

Mike Gamache
1900 Williston Rd.
So. Burlington 05401
802-863-3971

Virginia

Ed Remen
P.O. Box 218
Sterling 22170
703-430-0666

Washington

Douglas A. Wilson
5817 - 57 Ave., N.E.
Seattle 98105
206-524-3037

West Virginia

Dave Taylor
Rec. —
Intramural Sports Off.
Stansbury Hall, —
W.V.U.
Morgantown 26506
304-293-5221

Wisconsin

Bob Keenan
P.O. Box 203
Wales 53183
414-968-2254

Wyoming

Fred Welter
112 Overland Trail
Gillette 82716
307-686-0986

Canada

Canadian Racquetball
Assoc.
333 River Rd.
Vanier City, Ontario
K1L 8B9
613-745-1247



Nobody builds a racquetball shoe like the Copenhagen



When it comes to Racquetball shoes the Copenhagen by Patrick stands alone. We were the first



Now available:
The High-Top
Copenhagen

to develop a shoe specifically designed for Racquetball. We didn't take a tennis or basketball shoe and adapt it with a different sole; we started from scratch and built a shoe that nobody has come close to in quality and design.

The Copenhagen is available at pro shops and fine Sporting Goods stores. Try a pair. You won't believe it!



PATRICK

You owe it to your feet™

45 East 30th Street, New York, N.Y. 10016 (212) 686-8052

Tournament Results

Reporters, take note: Help make our typesetter happy by sending us your tournament results typed double or triple (preferred) space with one-inch margins all around. Thank you.

Minnesota

King's Court Handball and Racquetball Clubs in Edina and Roseville hosted the 1979 Aquatennial July 20-22.

Results

Men's Pro-Am: 1st — Paul Ikier, 2nd — Tony Upkes

Men's Open: 1st — Mark Domangue, 2nd — Jack Nolan, Cons — Rob Gastusch

Men's B: 1st — Greg Roth, 2nd — Dave Trautmann, Cons — Lee Rients

Men's C: 1st — Bill Storck, 2nd — Alan Shepard, Cons — Jeff Easton

Open Doubles: 1st — Larry Neilson/Gary Peterson, 2nd — Paul Bakken/Hart Johnson, Cons — Keith Helgeson/Mike Weim

Men's B Doubles: 1st — Fred Banfield/Dick Carpenter, 2nd — Doug Hastad/Ronn Seim, Cons — Lee Churchill/Mark Simmons

Men's Seniors: 1st — Joe Bechard, 2nd — Tom Saterdalen, Cons — Paul Malloy

Women's Open: 1st — Stacy Fletcher, 2nd — Carol Osterberg, Cons — Nancy Harrer

Women's B: 1st — Jean Krusemark, 2nd — Peggy Clark, Cons — Mary Strel

Women's C: 1st — Pary Pyper, 2nd — Cindy Monpetit, Cons — Donna Hesli

Women's Open Doubles: 1st — Mary Hannes/Meg Sander, 2nd — Sandi Riach/Jacque Coplin, Cons — Martha Corwin/Marsha Liss

Women's Novice: 1st — Sue Gustafson, 2nd — Pam Rowe

Kentucky

Tony DeAmico was tournament director at the Lexington Summer Open August 3-5 at Racquetball of Lexington.

Results

Men's Open: 1st — Phil Stepp, 2nd — Bob Dabney, 3rd — Dave Brown, 4th — Bill Bauer, Cons — Kirtley Amos

Men's B: 1st — Lee Wild, 2nd — Frank Pruitt, 3rd — John Boone, 4th — Mike Corbett, Cons — Chuck Blackburn

Men's C: 1st — Tom Greene, 2nd — Bob Forsberg, 3rd — Greg Speler, 4th — Ken Adams, Cons — Bill Ingram

Men's Novice: 1st — Gary Hardison, 2nd — Ralph Souder, 3rd — Dave Thurman, Cons — Jerry Lamb

Women's Open: 1st — Beth Mowery, 2nd — Julie Seim, 3rd — Christie Dunham

Women's B: 1st — Ann Mucio, 2nd — Mary Cole, 3rd — Emile Pinto, 4th — Nancy Palm, Cons — Donna Sexton

Women's C: 1st — Janet Brumfield, 2nd — Ellie Hawse, 3rd — Kim Fields, 4th — Vickie Reed, Cons — Shelia Pendleton

Women's C: 1st — Janet Brumfield, 2nd — Ellie Hawse, 3rd — Kim Fields, 4th — Vickie Reed, Cons — Shelia Pendleton

Women's Novice: 1st — Cindy Carson, 2nd — Sandy Silver, 3rd — Mary Adkins, 4th — Peggy Tilliman, Cons — Lisa Oppenheim

Come Help Us Celebrate The Child

St. Jude Children's Research Hospital continues its search for life-saving knowledge about childhood disease. And this search continues because people care. There is no charge to patients or their families. And the cost of drugs, equipment, and research programs is met primarily by public contributions. Help us celebrate the child by sending your tax-deductible check or request for further information to St. Jude



Children's Research Hospital, 539
Lane Avenue, Memphis, TN 38105.

ST. JUDE CHILDREN'S RESEARCH HOSPITAL
Danny Thomas, Founder



Kentucky

David Fleischaker was tournament director at the Louisville Summer Open August 10-12 at the Jefferson Racquetball Club.

Results

Men's Open: 1st — Mike Sipes, 2nd — Bryce Anderson, 3rd — Bill Bauer, 4th — Emile Catignani, Cons — John Marcum

Men's B: 1st — Nick Thurman, 2nd — Alan Kohen, 3rd — George Lawson, 4th — Frank Brohm, Cons — John Boone

Men's C: 1st — Casey Clements, 2nd — Hal Blakenship, 3rd — Robert Forsberg, 4th — Mike Lombardo, Cons — Ed Burns

Men's Doubles: Vincent/Cullen, 2nd — Bauer/Sabbatine, 3rd — Fleischaker/Michaels, 4th — Helton/Terry

Boys Junior: 1st — Casey Clements, 2nd — Hunter Hancock, 3rd — Neil Wineberg, 4th — Landon Summay, Cons — Greg Coffee

Women's Open: 1st — Holly Rentz, 2nd — Lynn Simon, 3rd — Beth Mowery, 4th — Christie Dunham

Women's B: 1st — Peggy Stephens, 2nd — Sharon Russell, 3rd — Barbara Brooks, 4th — Nita Mekus, 4th — Pam Holien

Women's C: 1st — Terri Keown, 2nd — Laura Myatt, 3rd — Anne Sabbatine, 4th — Monareia Wyatt, Cons — Missy Stover

Women's Doubles: 1st — Rentz/Simon, 2nd — Dunham/Mowery, 3rd — Cole/Mucio

Florida

Florida players took part in two statewide tournaments at the Kangaroo Courts in Tampa — the Maas Brothers/Schlitz tourney June 22-24 and the Muscular Dystrophy Invitational July 27-29.

Results

Maas Bros/Schlitz

Men's Open: B. Phillip d. M. Fatolitis 21-16, 21-14

Men's B: J. Kelly d. B. Lobsinger 7-21, 21-9, 11-6

Men's C: S. Smith d. T. Meiller 21-10, 12-21, 11-2

Men's Senior: B. Koenig d. B. Reilly 15-21, 21-16, 11-3

Men's Master: S. Marcus d. T. Vann 21-11, 21-12

Women's Open: N. Hamrick d. P. Harrison 21-16, 14-21, 11-2

Women's B: T. Mele d. R. Fish 21-14, 14-21, 11-6

Women's C: K. Bruckner d. E. Smith 21-6, 21-19

Muscular Dystrophy Invitational

Men's Open: B. Phillip d. J. Icaiza 9-21, 21-20, 11-9

Men's B: Dunn d. Chapman 19-21, 21-16, 11-0

Men's C: G. Marsh d. S. Smith 21-17, 21-4

Men's Novice: J. Saltzger d. M. Sauls 21-2, 21-6

Men's Senior: E. Vlock d. B. Riley 21-15, 21-6, 11-3

Men's Jr. Master: F. Blaess d. J. Saltzger 11-3

Men's Jr. Vet: R. Fernandez d. B. Koenig 21-19, 21-12

Women's A: R. Fish d. J. Lord 21-16, 21-5

Women's B: J. Kamp d. J. Snider 21-18, 21-3

Florida

August 17-19 were the dates of the second annual Royal Palm Festival Open Racquetball tourney.

Results

Men's Jr. Vets

Quarter-Finals: Steve Squire d. Arthur Beller, Gary Blederman d. Thomas Strang, Danny Chandler d. Kirk Stetson, Bob Driscoll d. Gary Mammele

Semi-Finals: Squire d. Blederman, Driscoll d. Chandler

Finals: Driscoll d. Squire

Men's B

Quarter-Finals: Tom Pignato d. Robert Bell, Tim Sheehan d. Medardo Espinosa, Byron Lobsinger d. Philip Adams, Richard Smith d. Tim Tracy

Semi-Finals: Pignato d. Sheehan, Lobsinger d. Smith

Finals: Pignato d. Lobsinger

Men's C

Quarter-Finals: Jack Knight d. Ron Patrick, Dan Shortley d. Dennis Freirich, Roberto Suarez d. Dave Merrill, Victor Orbay d. Angel Lomas

Semi-Finals: Shortley d. Knight, Suarez d. Orbay

Finals: Shortley d. Suarez

Men's Seniors

Quarter-Finals: Bob Riley d. Ed Hamilton, Ed Kepp d. Mario Ariet, John Brown d. Orrie Cherasia, Sonny Marcus d. William Mularchuk

Semi-Finals: Riley d. Kepp, Marcus d. Brown

Finals: Riley d. Marcus

Women's B

Semi-Finals: Jan Lord d. Cheryl Lee, Donna Furlong d. Chris Mazzara

Finals: Furlong d. Lord

- ★ DEVELOPERS
- ★ ARCHITECTS
- ★ CONTRACTORS

Save With New
**HANDBOOK
OF SPORT COURT
CONSTRUCTION**
FOR RACQUETBALL
AND SQUASH COURTS

LEARN:

- FUTURE PROFITS
- PRESENT COSTS
- MARKET SURVEYS
- SITE SELECTION
- FINANCING
- CONSTRUCTION METHODS
- MUCH MORE!

PER COPY: \$14.95 P.P.D.
ADD \$1.50 FOR AIR MAIL
OHIO RES ADD 4½% TAX

SEND TO
SUNBURY BOOKS
P.O. BOX 253 DEPT. N-1
SUNBURY, OHIO 43074

**No matter how you
play, look like a
pro.**

Racquetball Club Tie

Made of fine woven polyester,
fully lined and double bar-tacked.
AVAILABLE in Navy, Brown and
Burgundy with embroidered white
racquet & ball. \$8.50 each plus
.85 postage & handling.



Send check or money order to:

WEDEKIND BROTHERS
32 Kingston Road
Baltimore, Maryland 21220

Women's C

Quarter-Finals: Linda Curls d. Carole Longere, Nancy Manchester d. Kathy Patrick, Jane Meilleur d. Regina Wehrach, Barbara Leach d. Gina Marcus

Semi-Finals: Manchester d. Curls, Meilleur d. Leach

Finals: Meilleur d. Manchester

Juniors 15 and Under

Round 1: Shane Brown d. Chris Chasback **Round 2:** Adam Morrison d. Chaback **Round 3:** Morrison d. Brown

New York

Steve Keeley and Victor Neiderhoffer put on a demonstration match before the finals June 30 at the Rainbow Racquetball Club Championships in Bay Shore.

Results

Men's Singles A — Winner Marty Bogdahn

Men's Senior Singles — Winner Walter Kuttner

Men's Singles B — Winner Joe Giordano

Women's Singles — Winner JoAnn Cross

Women's Doubles — Winner Sue Ray/Ray Buttler

Men's Doubles — Winner Steve Aiuto/Henry Muller

Mixed Doubles — Winner Kathy and Henry Muller

Senior Doubles — Winner Bob Katz/Phil Glaser

Father - Son — Winner Bob and Neal Katz

New York

The Upstate New York Racquetball Association sponsored the fifth annual Rochester Invitational Racquetball Tournament June 29-July 1 at the Winton Racquetball Club in Rochester with Sam Cianfarano tournament chairman.

Results

Men's 1st — Leo Marsocci, 2nd — Jim Scheyer, 3rd — Mike Levine, 4th — Ross Harvey

Women's 1st — Dena Rassenti, 2nd — Donna Meger, 3rd — Lori Nave

Alabama

The First Annual Sportrooms Classic in Montgomery took place Aug. 24-26.

Results

Men's Open: 1st — Jim Cullen, 2nd — Wayne Vincent, 3rd — Jay Schwartz

Men's B: 1st — Terry Cox, 2nd — Ronnie Coleman, 3rd — Dennis McRee

Men's C: 1st — Neil Campbell, 2nd — Ron Stokes, 3rd — Jorge Morante

Men's Jr. Vets: 1st — Jay Schwartz, 2nd — Kip Parrish, 3rd — Steve Murata

Men's Senior: 1st — Jim Jordan, 2nd — Chuck Miner, 3rd — Thomas Cost

Men's Master: 1st — Gene Brown, 2nd — Jack Sorenson, 3rd — Stoney Akers

Women's Open: 1st — Babette Burkett, 2nd — Caryn McKinney, 3rd — Vickie Luque

Women's B: 1st — Toni Clark, 2nd — Phyllis West, 3rd — Beverly Bell

Women's C: 1st — Marsh Tiller, 2nd — Beverly Bell, 3rd — Linda Funderburk



Jim Cullen, left, beat Wayne Vincent in the Men's Open finals at the Sportrooms Classic.

THE HOLLMAN COURT SYSTEM

The Most Advanced Engineering Concepts in Panel Technology & Design

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

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

We Met Our Own Demands

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

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

you to easily incorporate our system into your club design.

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

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

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



Texas

The South Central Junior Regionals took place July 19-22 at the Supreme Court Club, El Paso.

Results

Girls 17 and Under Finals: Liz Alvarado d. Cathy Fairchild

Girls 14 and Under Finals: Cyd Peck d. Adriana Miranda

Boys 17 and Under Finals: Mark Comeaux d. Fred Alvarez

Boys 15 and Under Finals: Gregg Peck d. Lance Gillian

Boys 13 and Under Finals: Raymond Navarro d. Luis Miranda

Colorado

The Rocky Mountain Regional Juniors Racquetball Tournament, sponsored by Leach and Seamco, was held at the Vail Athletic Club July 19-22.

Results

Girls 17 and Under Round Robin

First Round: Kim Morton d. Stacey Snyder 12-21, 21-6, 21-10; Loretta Peterson d. Mary Jane Sanford 21-12, 21-5

Second Round: Snyder d. Sanford 21-11, 21-12; Peterson d. Morton 21-6, 21-8

Third Round: Peterson d. Snyder 21-11, 21-9; Morton d. Sanford, 21-14, 21-17

Boys 17 and Under Double Elimination

Semis: Doug Zirkle d. Neal Arno 21-14, 18-21, 11-1; R. Beryl Hunter d. Greg Boland 21-14, 18-21, 11-7; Boland d. Zirkle 21-6, 21-12

Finals: Boland (from losers bracket) d. Hunter 21-6, 21-19; Hunter d. Boland 19-21, 21-16, 11-4

Boys 15 and Under Round Robin

First Round: Shad Thayer d. Jeff Bailey 21-9, 21-9

Second Round: Thayer d. Randy Lahti 21-12, 21-12

Third Round: Lahti d. Bailey 21-3, 21-12

Boys 13 and Under

First Round: Dave Edwards d. Dave Huttner 21-4, 21-2; Mike Pack d. Chris Drown 21-14, 21-9

Second Round: Pack d. Edwards 21-7, 21-6; Mike Brown d. Huttner 21-0, 21-8

Third Round: C. Brown d. M. Brown 21-0, 21-8; Pack d. Huttner 21-1, 21-0

Fourth Round: C. Brown d. Edwards 21-4, 21-5; Pack d. M. Brown 21-3, 21-3

Fifth Round: M. Brown d. Edwards 19-21, 21-18, 11-6; C. Brown d. Huttner 21-0, 21-0

California

King's Racquetball Court in Westminster was the site of the 1979 Far West Regional Juniors.

Results

Boys 17 and Under Finals: Ward Leber d. Billy Gamble 14-21, 21-18, 11-7

Boys 15 and Under Finals: Brett Harnett d. Jim Flannery 21-10, 21-8

Boys 13 and Under Finals: Nathan Martin d. Jim Case 14-21, 21-3, 11-4

Girls 17 and Under Finals: Balinda AlCantera d. Linda Seymour 21-4, 21-13

Connecticut

More than 300 players participated in the Firecracker Open tournament at Court House One in Manchester June 29 - July 1 sponsored by Coke and Mello Yello.

Results

Men's B: Gary Squires d. Jim Vandenheussell

Men's C: Julian Gershaw d. Paul Martino

Novice: Doug Kluthe d. Brian Couture

Junior: Jeff Sultz d. Mike Coleman

Women's B: Debbie Sloan d. Carol DeLuca

Women's C: Midge Dermott d. Gretchen Bard

Doubles: Rothberg/DINichola d. Wells/Adler

Maine

The New England Junior Regionals took place July 19-22 at the Down East Court Club, Falmouth.

Results

Boys 17 and Under: 1st — Kevin Pillion, 2nd — Steve Larrabee, 3rd — Mike Concannon

Girls 17 and Under: 1st — Robin Wadsworth, 2nd — Linda Fitzpatrick, 3rd — Chris O'Neil

Boys 15 and Under: 1st — Mike Ladge, 2nd — Mark Stupp

Girls 14 and Under: 1st — Lesli Olsen, 2nd — Beth Coleman, 3rd — Betsy Roy

Boys 13 and Under: 1st — Todd O'Neil, 2nd — Richard Long, 3rd — Paul Mansur

CUSTOM RACQUETBALL JEWELRY



MENS

WOMENS

Beautifully designed solid sterling silver and solid 14K gold jewelry for men and women. A perfect gift anytime.

MENS:

SILVER RING 11.95
SILVER TIE TACK 3.95

GOLD RING 85.00
GOLD TIE TACK 19.95

WOMENS:

SILVER RING 8.95
SILVER PIERCED 7.95
EARRINGS

GOLD RING 49.95
GOLD PIERCED 39.95
EARRINGS

Send ring size and check or money order to.

Joni McDermott Gifts
P.O. Box 1104,
Framingham, MA 01701

COURT-RITE CONSTRUCTION BUILDS RACQUETBALL COURTS

We Offer:

1. Nationwide Service.
2. Installation of Your Court System or Ours.
3. Construction of Courts Only or Complete Turn-key Club Projects.
4. Economical Cost for Highest Quality Workmanship.

"WE WROTE THE BOOK ON SPORT COURT CONSTRUCTION"

Contact: Claude J. Hendershot
COURT-RITE CONSTRUCTION

P.O. Box 253

Sunbury, Ohio 43074

Phone: 614 - 965-4138

Michigan

Southfield Racquettime Center hosted the National Court Clubs Association National Final Amateur Racquetball Championship matches August 17-19. Contestants were local club winners of qualifying matches held in July throughout the United States by participating clubs.

Results

Men's A: 1st — Ray Vanover, 2nd — Dave Negrete, 3rd — Dave Eggert, 4th — Jim Babbit

Women's A: 1st — Lynne Farmer, 2nd — Jane Pritchett, 3rd — Molly O'Brien, 4th — Brenda Tabor

Men's B: 1st — Mike Kitchens, 2nd — Bill Lyman, 3rd — Richard Erickson, 4th — Steve Jeziorski

Women's B: 1st — Cathy Thompson, 2nd — Paula Allen, 3rd — Joyce Franklin, 4th — Linda Stickney

Men's Novice: 1st — Al Petrie, 2nd — Ted Dutcher, 3rd — Sam Fleury, 4th — Garry O'Brien

Women's Novice: 1st — Pat Evanitsky, 2nd — Lois Hamel, 3rd — Vicki Anderson, 4th — Suzie Szul

Quarters: Charles Horton d. Donald Alvarez 21-2, 21-1; Les Horenfeld d. Jeff Shapiro 21-4, 21-14; Chris Buickie d. Jack Rooney 21-3, 21-8; Allen Lee d. Chris Mathewson 21-7, 21-11

Semis: Horton d. Horenfeld 21-9, 21-12; Buickie d. A. Lee 21-12, 21-16

Final: Horton d. Buickie 21-9, 20-21, 11-4

Boys 15 and Under

Quarters: Mike Levine d. Danny McGill 21-2, 21-8; Peter Bluestone d. David Taylor 21-11, 21-19; Ira Miller d. Ira Shapiro 21-3, 21-11; Tom Bavelock d. Joe Billhimer 21-6, 21-3

Semis: Levine d. Bluestone 21-3, 21-2; Miller d. Bavelock 21-12, 21-12

Finals: Levine d. Miller 21-11, 21-15

Boys 13 and Under

Quarters: David Simonette d. Lorne Levy 21-12, 21-1; Simon Lightman d. J. Vaccaro, default; Mark Levy d. Todd Kohout; Mike Levy d. Gary Rubenstein 21-8, 21-0

Semis: Simonette d. Lightman 21-3, 21-8; Mark Levy d. Mike Levy 21-15, 21-12

Finals: Mark Levy d. Simonette 18-21, 21-19, 11-5

Girls 17 and Under

Quarters: Dot Fischil d. Ginger Sottile 21-7, 21-6; Kathi Staph d. Lisa Gold 21-5, 21-1; Tammy Hajjar d. Carol McFetridge 21-14, 18-21, 11-3; JoAnn Stapf d. E. A. Call 11-21, 21-10, 11-6

Semis: K. Stapf d. Fischil 18-21, 21-3, 11-6; Hajjar d. J. Staph 21-8, 21-11

Finals: T. Hajjar d. K. Stapf 18-21, 21-11, 11-8

Girls 14 and Under

Semis: Beth Latini d. J. Rubin 21-10, 21-6; Donna Allen d. Toni Bevelock 21-11, 21-11

Finals: Allen d. Latini 21-10, 21-5

Idaho

The Court House in Boise hosted the Northwest Junior Regionals July 19-22.

Results

Boys 17 and Under: 1st — Glen Vanderpool, 2nd — Brad Poppino, 3rd — Rick Emery

Boys 15 and Under: 1st — Mark Fitkin, 2nd — Brian Boddy, 3rd — Mark Henshaw

Boys 13 and Under: 1st — Darin Eyring, 2nd — Ken Weirum, 3rd — Martin Netson

Girls 17 and Under: 1st — Leslie Lindskog, 2nd — Momi Lee, 3rd — Kim Tiedeman

Girls 13 and Under: 1st — Julia Aguirre, 2nd — Diana Pfeifer, 3rd — Kris Pfeifer

Hawaii

Finalists received Hawaiian wooden bowls and pakalana leis at the annual USRA Hawaii State Doubles Championships at the Courthouse Racquetball Club in Kaneohe over Labor Day weekend.

Results

Men's Open

Quarter-Finals: Owen Lovell/Marvin Wong d. Don Olsen/Bill Lemond 21-17, 21-14; Manny Rezentes/Joe Decker d. John Bee/Lloyd Waialae 15-21, 21-7, 11-9; Gary Meyers/Larry Meyers d. George Akeo/Norman Lau 21-19, 21-16; Randy Lau/Nelson Moku d. Tim Geary/Norman Akau 21-7, 21-10

New Jersey

The Northeast Junior Regionals took place July 19-22 at Yogi Berra's Hall of Fame Racquetball Club in Fairfield.

Results

Boys 17 and Under

PRO SHOPS—STORES—YMCA'S

- BUY AT WHOLESALE FACTORY PRICES FOR • Leach • Seamco • Champion
- DELIVERY FROM STOCK • ON TIME

SEAMCO RACQUETBALLS
#559

As Low As \$11.50 Doz.
Case Lots Only



• All Racquetball Equipment In
Stock For Immediate Delivery

• For A Complete Listing Of Items
and Prices Write For Our 48
Page Wholesale Full-Color
Catalog.



LEACH
SWINGER
RACQUET
As Low As \$12.50



CHAMPION #610
RACQUETBALL
GLOVE
As Low As \$3.90 Ea.
PRICES SUBJECT TO CHANGE

sports awards co.

4351 N. MILWAUKEE AVE., CHICAGO, ILLINOIS 60641 • PHONE 312/282-8060 IN ILLINOIS

WE WANT YOU



To wear our new U.S.A. Racquetball T-Shirt

These shirts are beautifully silk-screened in red, white, and blue.
Mens' sizes Small, Medium, Large, and Extra Large are available for \$6.95.
Womens' shirts in the same sizes are available for \$9.95.

International shirts featuring various countries' national insignia are also available
for the sports of soccer, tennis, and running.

Make check or Money Order payable to Stamford Bridge.
California residents please add 6% sales tax. Please add \$1.00
postage for each shirt ordered.

card number _____ exp. date _____
signature _____

Stamford Bridge, Ltd.
P.O. Box 7431 • Menlo Park • CA 94025

Nelson Moku, left, who played with Randy Lau, gives a victor's handshake to Marvin Wong (hidden) and Owen Lovell after the Men's Open finals.



Semi-finals: Wong/Lovell d. Rezentes/Decker 21-15, 12-21, 11-9; Lau/Moku d. Meyers/Meyers 21-10, 21-9
Finals: Lau/Moku d. Wong/Lovell 21-11, 21-15

Men's B

First Round: Mike Kajiyama/Roy Kobatake d. Tim Dougherty/Pat Erwin; Francis Warner/Bill Quinn d. Walter Flood/Mark Lindsey; Steven Hill/Richard Woodard d. Erwin Young/Bob Ubas; Les Moon/Bill Bulledge d. Ron Takashima/Gary Endo

Semi-finals: Mike Kajiyama/Roy Kobatake d. Francis Warner/Bill Quinn 21-13, 21-16; Les Moon/Bill Bulledge d. Steven Hill/Richard Woodard 21-10, 21-18

Finals: Kajiyama/Kobatake d. Moon/Bulledge 21-7, 21-17

Women's Open: 1st — Malia Nieves/Phyllis Gomes, 2nd — Jane Goodwill/Lenaala Freitas, 3rd — Lorna Nalua/Dancetta Feary, 4th — Ginger Beach/Lani Kee

Men's C:

First Round: Art Silcox/Eroll Yim d. Robert Boyer/David Schinkel; Joe Haas/Ron Pelletier d. Ronald Kealoha/Duane Kealoha; Barry Cochran/William Webb d. Roy Camara/Clay Souza, Mel Kalahiki/Ted Nakamura d. Adrian Lau/David Suzuki

Quarter-finals: Gabriel Garduque/John Davis d. Art Silcox/Eroll Yim 21-10, 21-3; Rodney Yamamoto/Leland Oneke d. Joe Haas/Ron Pelletier 21-5, 21-8; Barry Cochran/William Webb d. Randy Sylva/Komoa Kalama 21-17, 21-10; John Hallissey/Rich Healy d. Mel Kalahiki/Ted Nakamura 21-7, 21-9

Semi-finals: Garduque/Davis d. Yamamoto/Oneke 15-21, 21-11, 11-8; Hallissey/Healy d. Cochran/Webb 18-21, 21-13, 11-3

Finals: Hallissey/Healy d. Garduque/Davis 21-18, 21-14

Women's Intermediate:

1st — Mervyn Nakasone/Rona Nakasone, 2nd — Lisa Thomas/Margaret Heyer, 3rd — Pam Westmeyer/Jody Scafe



Racquetball Franchise

The sport with the big market for families.

And the big potential for investors.

You can now enter on the ground floor of what is destined to be one high-rise of an investment: A CPI Racquet Ball "Family Court" Franchise!

Racquetball is going to be in the years ahead what tennis has been all along—only more so. Because racquetball is a sport that's more accessible to a greater variety of people with a wider range of financial means. Whole families can play—male, female, young, and not so young. It offers the same type skills and exercise benefits as tennis, yet is easier to play and quicker to learn.

If you will simply call us COLLECT—at 516/364-9270—we will send you a complete package of information on what a CPI Racquet Ball "Family Court" Franchise is all about.

Everything from what you need to become a CPI Franchisee, to what we offer once you are one.

The racquetball industry is a success story that is unlike any story you've ever heard.

And one that is destined to come true for many a person who—like yourself—are now exploring the possibility of making a CPI Racquet Ball "Family Court" Franchise their very own.

CALL COLLECT
516/364-9270
For your complete
CPI Franchise!

cpi CPI Racquet Ball
"Family Court", Inc.
575 Underhill Boulevard,
Syosset, New York 11791
516/364-9270

DEPT. NR

"The trouble with Boy Scouts is there aren't enough of them!"

Will Rogers was right.

There just aren't enough Scouts anywhere. Especially overseas.

Your pack, your troop, your post can help. How? Through The World Friendship Fund. write:

To: The World Friendship Fund
Boy Scouts of America
North Brunswick, NJ 08902

Count us in! We want to help Scouting around the world. Rush us literature. Send to:

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PACK # _____ TROOP # _____ POST # _____

MAKE A FORTUNE WITH COOKIES



the Original **COOKIE COACH**

has revolutionized the booming cookie industry.

Sell heavenly, mouth watering giant size cookies chock full of natural healthy ingredients by the thousands in high traffic locations with our revolutionary marketing plan through many retail outlets we turn over to you.

NEW YORK TIMES sez: "are doing monstrous business."

ADVERTISING AGE sez: "Cookie gobblers are going hog wild."

Featured on national T.V. news shows. Proven success formula. Talk to delighted owners. Ideal for husband/wife team or absentee owner. \$25,000 needed. No baking. No experience needed, we train you & provide you with a complete turnkey business which can earn you giant profits. Call our 24hr. toll free no. for literature.

800-327-9191 EXT. 669

FLA: 800-432-7999 EXT. 669

Or write: Cookie Coach, Adv. Div.
2465 Stirling Rd., Ft. Lauderdale, FL 33312

name (print) _____
address _____
city _____ state _____ zip _____
phone: area code () _____

**WE'VE CAPTURED
ALL THE COLOR
AND ACTION...
of the '77 U.S.R.A. National
Racquetball Championships**

**... Now It's Available To You
On Video Tape Cassettes**

**IDEAL FOR CLUBS, PLAYERS
AND ENTHUSIASTS...**

**Taped from 3 different angles,
affording the best views of the action.
Slow motion and instant replay also!**



**All tapes also available in 1/2" Sony
Beta Max**

**30 Minute 3/4" Color Video Tape
Cassette... \$100 (incl. tax & ship.)
Study selected shots in slow mo-
tion and the highlights of the Men's
Quarter Finals, Semi-Finals and
Final Matches. And Women's
Finals, of course! Sound & Voice-
Over commentary.**

**10 Minute 3/4" Color Video Tape
Cassette... \$50 (incl. tax & ship.)
Outstanding scenes promoting the
'77 Nationals. Sound & Voice-Over
commentary.**

**90 Minute 3/4" Color Video Tape
Cassette... \$175 (incl. tax & ship.)
Men's Final Match—complete!
Actual contest soundtrack.**

**To order, call or write:
Dennis Alexander (714) 298-9321**

All orders C.O.D.

Atlas Health Club

201 Hotel Circle South, San Diego, California 92138

Racquetball Cats In an Old L. A. Jail

by Eirik Knutzen

Fuzzy cheeked youths—some barely in their teens—have already been booked and are impatiently waiting for their day in court in front of a drunk tank at Los Angeles' Lincoln Heights Jail. They are restlessly fingering their racquetball racquets while peering inside the tank through a grimy window.

None of the tattooed, predominantly Mexican-American athletes have been finger printed on the premises. It isn't necessary—all you have to do is sign sign up at the front desk. Bob Garcia, 41, senior recreation director with the Los Angeles Department of Recreation and Parks, smiles benignly every time a piece of racquetball equipment crosses his counter.

Garcia has reason to smile, as converting the holding tanks to racquetball courts was his idea. It also gives him a chance to indulge in his favorite sport during occasional lulls in the office routine.

"We get as many as 50 people a day, six days a week, using the courts," Garcia explains. "The action is fierce—it's catching on fast around here. Of course the games are mostly defensive because the ceilings in the drunk tanks are only 10 feet high."

The players' enthusiasm remains undimmed by the makeshift racquetball court conditions. A half dozen naked light bulbs dangling from the ceiling makes each game seem like a physical exercise in braille. Now and then a ball caroms off a frayed electrical cord, setting the bulb off on a crazy dance.

Palm trees are the only mark of luxury at this court club.



The Cat

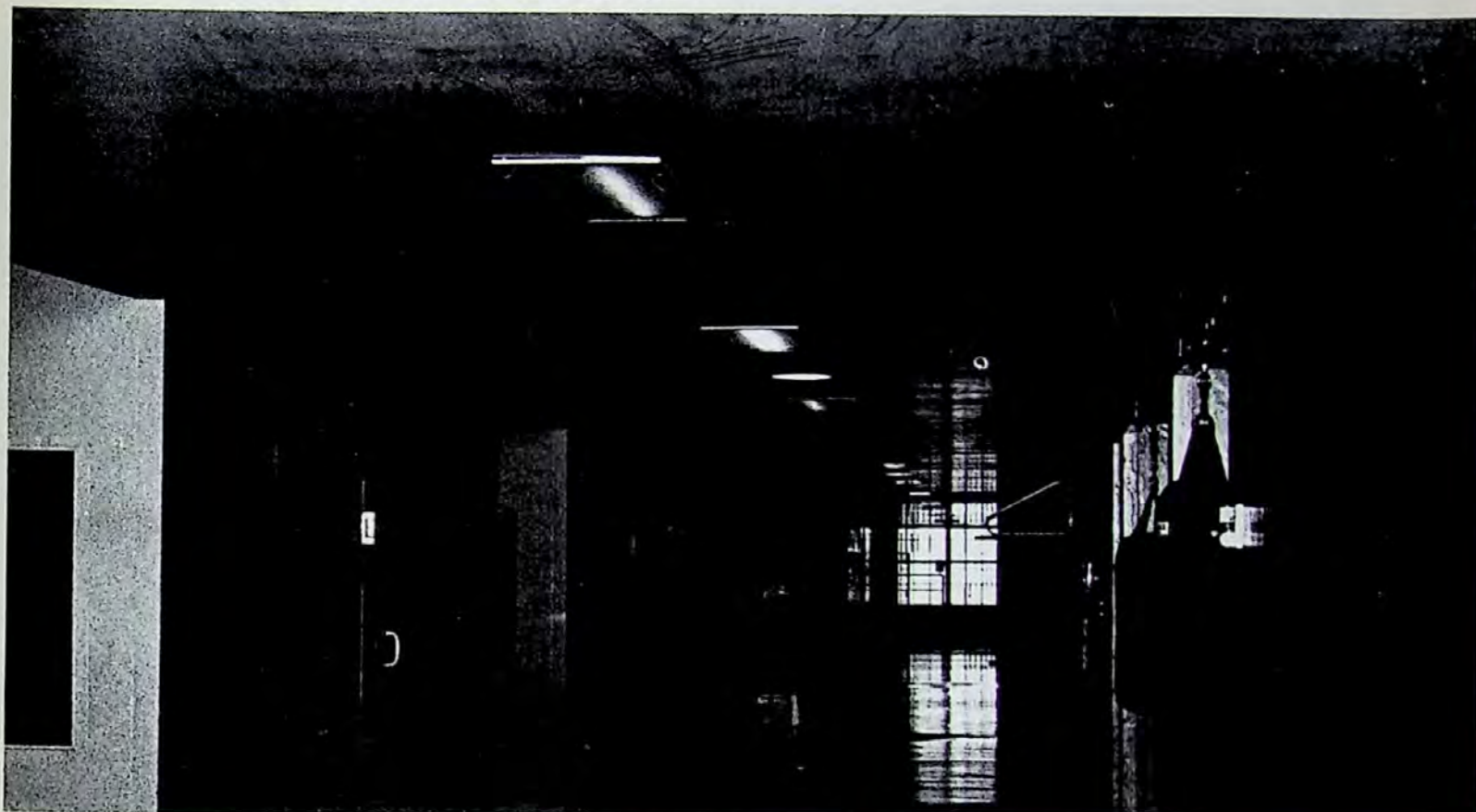
Graffiti, mostly in Spanish with *"El Gato"* obviously the favorite word, does nothing to enhance the drab green walls. Rough, dark wood panels serve as front walls, sometimes giving the ball insane spins. But it serves the purpose of shortening a 60 foot long room into a 20 foot by 40 foot court—only the low ceiling aborts official dimensions. Drywall panels cover the huge barred windows on the east wall; streams of daylight seep through the cracks.

Steel Barred Doors

The other court, similarly appointed, is located some 25 yards away, reachable only through heavy steel barred doors after passing seven ripped out toilet stalls. It also serves as a combination racquetball/handball court. At any given time six or eight youths are lined up—waiting for a low corner kill shot.

Perhaps the most unique setting for a racquetball court in the world the Lincoln Heights Jail now partially serves as the location for the Los Angeles Youth Athletic club (LAYAC). The five story, 38-year-old structure near central Los Angeles' Chinatown hasn't received criminal inmates since 1965. It was last used to house more than a thousand transgressors of the law in the wake of the 1964 Watts

To the racquetball courts: through the bars and turn left at the end of the hall.



riots. A portion of the building still contains space for the city's Department of Animal Regulations.

Whereas sections of the first floor serve as offices for a non-profit organization trying to find employment for disadvantaged youth, and the second floor is extensively used for jail interiors by just about every Hollywood film and TV production company, most of the real action takes place on the fifth floor. Here the two crude racquetball courts take but a minuscule space among 55,000 square feet devoted to the LAYAC athletic complex.

The brainchild of several Los Angeles civic leaders LAYAC was actually made possible in late 1976 when City Councilman Arthur Snyder managed

to pry \$180,000 from the federal government coffers to start remodeling and modifying. As only a fraction of the vast floor space is currently developed, Snyder is trying to gather up another \$200,000.

Most of the facility is devoted to boxing, all under the watchful eyes of Johnnie Flores, a local veteran boxing manager and trainer with international reputation. His domain includes three professional size boxing rings, eight striking bag platforms and six heavy duty leather bags. The rings are never empty from nine in the morning to nine at night, six days a week.

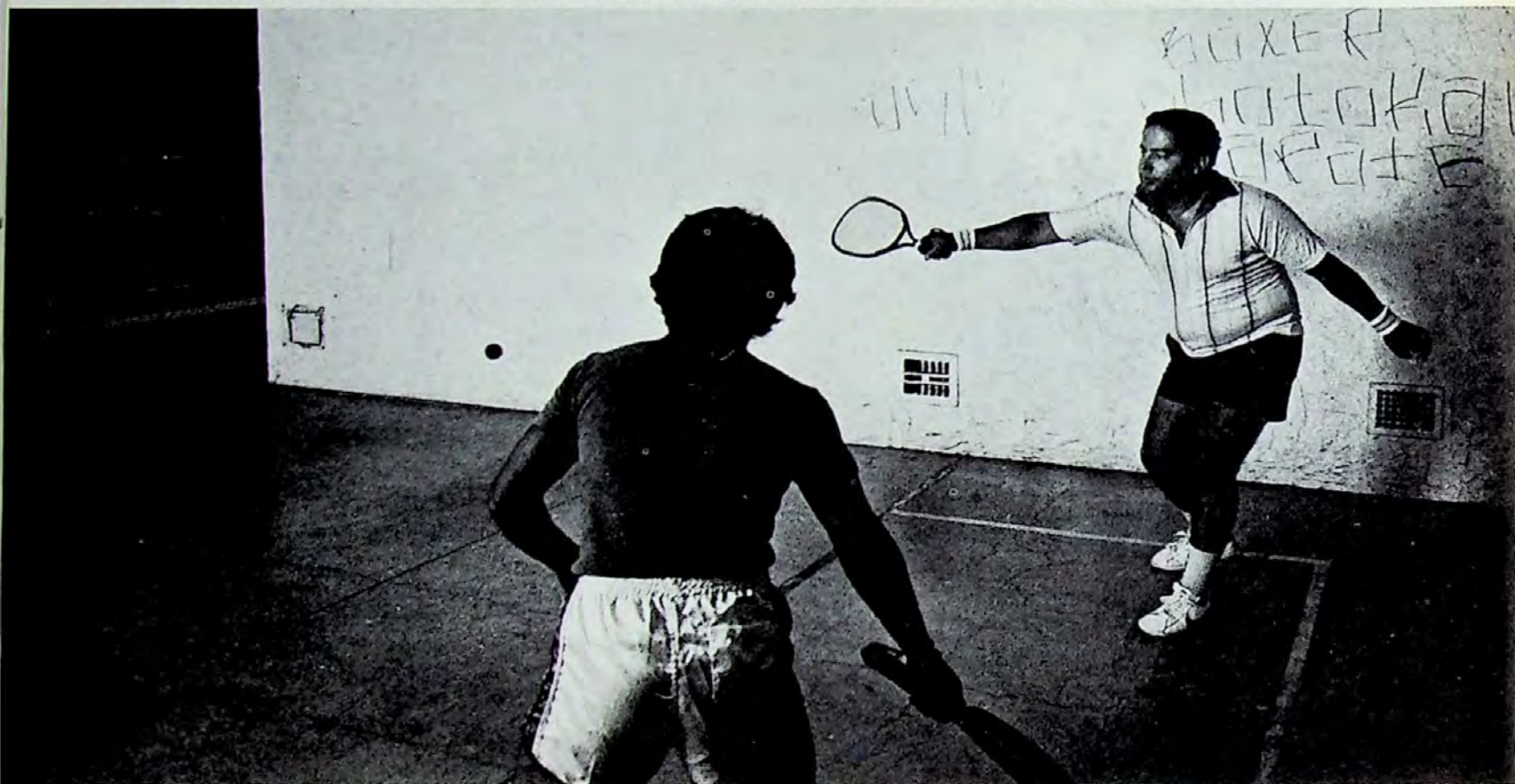
The relative handful of racquetball players literally have to fight with some 2,500 boxers at the facility for the use of the \$20,000 custom built weight lifting and body building

equipment. Scores of physical fitness buffs work their daily routines religiously in the equipment room.

Relatively few women are in evidence, though they are welcome to make use of all programs — including the services of a full time professional gymnastics coach offering instructions on the trampoline, balance beam, long horse vault, tumbling and free exercises. Martial arts is still in its embryonic stage, but karate is expected to be taught sometime this fall.

Ladies are also encouraged to use the racquetball and handball facilities as well as the jogging area; a large exercise yard on the roof of the building. Unfortunately the shower facilities are presently limited to men.

Bob Garcia takes his racquetball where he can get it — even if it's in a graffiti covered room where drunks once waited for sentencing.



— Lu Juauez photos



25 Cents a Month

There is heavy traffic through the elevators to the fifth floor athletic oasis. In addition to the racquetballers and boxers, some 2,600 weightlifters make LAYAC their home away from home. The cost is definitely on the reasonable side: membership is 25¢ a month for youths under 16 and only \$5 per month for those 16 and over.

A far cry from the posh suburban racquetball clubs it isn't likely that the sponsors will line up in the near future to arrange pro tournaments there. In fact the media would probably find the massive window barred building, hard pressed by railroad tracks and junkyards, rather

Special Christmas Rates

\$10 a year — 12 issues — for the first subscription (your own or gift)

\$8 for each additional one-year subscription

unpalatable. Only a couple of lonely palm trees break up the monotony of the littered and sun scorched lawn outside.

But LAYAC is nevertheless a unique experience, with the Chicano ethnic experience deeply etched on the facility. On arrival on the fifth floor the front office walls are plastered with boxing posters of yesteryear with most gladiators bearing Spanish surnames.

The walls of the enormous hallway leading to the boxing rings, weightlifting room and racquetball courts are partially decorated with enormous sports motif murals — the intense colors practically exploding off the eyeballs.

Five local artists are donating their time and talents, their visions and tastes ranging from panels of Greek warriors, Sumo wrestlers, bloodied boxers of anonymous origin to likenesses of local favorite of two decades ago, "Golden Boy" Art Aragon, to Muhammad Ali in all his unmarked splendor.

Raul Vasquez, 16, and Ray Benitez, 17, seem oblivious to their incongruous environment. Clutching their racquets and bouncing their balls impatiently off the floor they cast a weary eye through the three-by-three glass porthole. They are waiting for two sweaty youths in tattered tank tops and frayed jean cutoffs to duck through the three and a half foot trap door leading into the court. A crude Magic Marker drawing of a grinning skull wearing a broad brimmed hat decorates the wall just above the door. Hardly inviting.

But Ray and Raul don't seem to notice it. They want into the drunk tank. And who knows — one day they may become the first racquetball pros to come out of makeshift courts in a Los Angeles jail. ●

Your Name _____ (please print)
Address _____
City _____
State _____ **Zip** _____
Gift Card to read "From" _____

Please send a National Racquetball gift subscription to each of the following:

- ☐ Start a subscription for me only.
☐ Start my subscription plus gifts.
☐ Start gifts only.

Please complete your order here:

I enclose \$ _____
to cover _____ subscriptions.

1st gift _____ (please print)
Address _____
City _____
State _____ **Zip** _____
Gift Card to read "From" _____

2nd gift _____ (please print)
Address _____
City _____
State _____ **Zip** _____
Gift Card to read "From" _____

3rd gift _____ (please print)
Address _____
City _____
State _____ **Zip** _____
Gift Card to read "From" _____

National Racquetball

4101 Dempster Street
Skokie, Illinois
60076



John Egerman,



Giving up a summer of backpacking and waterskiing paid off for John Egerman, right, when his months of racquetball practice gave him a narrow victory over Doug Cohen in the Boys 17 and Under finals.

Tournament Results

Cool, Errorless Racquetball and Upsets Mark '79 Junior Nationals

Liz Alvarado

by Carole Charfauros



"Hi, Mom. I did it. Yeah, 11-10 in the tie-breaker."

No humbler words could have been spoken after such an electrifying event. Before a capacity audience at the Tucson Athletic Club on August 18 John Egberman had just defeated Doug Cohen for the national 17 and Under title. Instead of basking in glory, amid handshakes and congratulations, 16-year-old Egberman had left the crowds to make a phone call to his parents in Boise, ID.

Egberman's finals match against Cohen was as close as they come. In the first game Cohen led the entire first half, but Egberman trailed by only one or two points, tying the score at 12.

The rest of the game was a reversal of the first half, with Egberman leading and Cohen trailing, then catching up. The widest margin was 17-13, Egberman's favor, but not for long. Cohen was able to fire up his intensity to catch Egberman at 17.

At that point it could have been anyone's game. Egberman served at 20-19, but a Cohen splat ball made it side out. Cohen was able to score one, but then he, too, lost the serve. Finally Egberman won it 21-20.

In response to losing by one point Cohen came back in the second

Liz Alvarado, right, made no mistakes as she took the Girls 17 and Under title in the final match against Sheryl Kraus.



.....17 and Under

game, leading all the way. Cohen jumped out 5-0, widening the margin at 9-3 and 11-4.

Next it was Egerman who ran the streak. He was able to tie the score at 11, but still couldn't get a lead on Cohen. Cohen scored twice, but Egerman tied it at 13.

Egerman fans were fanatic, ready to bet anything on a two game victory, while Cohen supporters felt that Doug would regain his lead for the home stretch.

The St. Louis crowd was right. Egerman kept the score decent at 16-14, but Cohen widened the margin to 20-14 with brilliant shots and dives. Egerman managed to score one more before Cohen aced him for game point 21-15.

Again the bets were wagered on a tie-breaker that could have gone either way. Cohen was seeded first, even an expert odds maker would have had to call the match a toss-up.

When the adrenalin gets pumping, it's possible to score in spurts, which is exactly what both players did. Egerman raced to an early 4-1 lead, only to be passed up by Cohen 5-4. Then Egerman scored four straight to make it 8-5.

Egerman was able to hold the lead until 10-6, and it appeared that the match would be his in a matter of a few rallies. But someone forgot to tell Cohen. He played it one point at a time as if there were no pressure. It wasn't until he tied the score at 10 that the impact hit Cohen.

At 10-all Cohen lost the serve and possibly his chance to win. Then Egerman lost the rally at 10-10. Next it was Cohen's serve again at match-point to 10, and he blew it.

Egerman walked up to the service box to try for the elusive 11th point for the fourth time. This time he was successful. The crowd was ecstatic!

Egerman must have been even more ecstatic than the crowd, but, as usual, the 16-year-old "boy wonder" remained calm. Afterwards he confessed *"I didn't come here to lose. I really wanted this victory. I passed up a whole summer of waterskiing and backpacking. I was starting to get burned out, but now I have the rest of the summer to relax before I go on the pro tour next year. This is probably the last junior's tournament I'll enter, so I'm glad I won."*

Two other players who were pleased with their performance were the semi-finalists, Paul Bakken and Sergio Gonzalez. In the quarters Bakken had upset number three seed, Craig Davidson, in a close tie-breaker. Gonzalez had done the same against number four seed, Ward Leber.

But both Bakken and Gonzalez found themselves overmatched in the semis. Cohen toppled Gonzalez 21-4, 21-7, while Egerman took out Bakken 21-11, 21-8.

The Girls 17 and Under division was just the opposite. Instead of two quick easy semis, followed by a tough finals

like the boys, the girls' semis were really close while the finals was a relatively easy win for 16-year-old Liz Alvarado.

In the finals Alvarado was surprised to come up against Sheryl Kraus, who had just upset the number one seed, Linda Hogan, in the semis. Since it had worked in the semis, Kraus continued to play a smart conservative game against Alvarado, waiting for her opponent to make the mistake. Her strategy kept Kraus in the game, but never gave her the winning edge, as Alvarado took the first game 21-16.

In the second and final game Alvarado decided not to be so generous. This time it was her turn to set the pace of the game. Playing nearly errorless racquetball Alvarado zipped past Kraus, 21-6.

For both of these girls this was quite an achievement. In Sheryl's home state of Wisconsin she has to drive several hours just to get a decent game with another female player. That means that she usually practices by herself or with men.

The same is true for Liz in Odessa, TX. Even though Liz plays at the same club as Peggy Steding, they have never played each other. Instead it was Liz's father who got her into racquetball four years ago and still coaches her.

This year at the Nationals in Tempe Liz went three rounds in the amateur division and three rounds in the pro qualifying.

Liz Alvarado, left, was a close winner over Stacy Fletcher in the Girls 17 and Under semis.



Two upset winners met in the Boys 15 and Under finals, with Brett Harnett, taking the match from Gregg Peck left.



Winners

Liz met Stacy Fletcher in the semis. First game Fletcher couldn't make a mistake, it seemed. With excellent concentration Stacy captured it 21-10 without letting up.

Between games Liz and her dad got together to talk new strategy. Whatever it was, it sure worked! Alvarado only allowed two points to slip away from her, winning 21-2.

Both Fletcher and Alvarado had a good game behind them going into the tie-breaker. The question was: who would be able to get it together for 11 points?

Fletcher put forth a good effort, but it was still not enough to overthrow Alvarado, who came out ahead 11-7.

Linda Hogan, on the other hand, was not able to pull her match out. She started out quite impressively, beating Kraus 21-8. But after such an easy win, Hogan might have gotten a little overconfident. Or perhaps Kraus was determined not to give the second game away so easily. Probably it was a combination of the two which flipfopped the second game; this time it was Kraus's favor 21-14

The tie-breaker brought out the best in both players. Never did it look hopeless for either one. As they neared the end, though, Hogan started losing her concentration and skipping a lot of balls. Kraus squeaked by 11-9.

Both finalists in the Boys 15 and Under were upset winners. Brett Harnett, the long shot from Las Vegas, had defeated number two seed, Mike Levine, in two games. In one of the most thrilling matches in this division Gregg Peck upset top seed, John Klearman, in the tie-breaker of the semis.

Both Harnett and Peck must have been pumped up, just by being in the finals. Gregg had his "big" brother (Dave is older, but Gregg is taller), racquetball pro Dave Peck, coaching him. Harnett was assisted by his father, Dan, the top senior's players in Nevada.

Peck was leading most of the first game, making brilliant kills from everywhere on the court. Then he



In the Boys 15 and Under semi-finals Brett Harnett, above, beat Number Two Seed Mike Levine, while Gregg Peck, below, defeated the division favorite, John Klearman.

Lynn Wojcik, right, won one for Tucson over Bobbie Brennan in the Girls 14 and Under finals.



stopped shooting and began to play more defensively. Harnett edged by him, taking the game 21-17.

After letting his lead get away from him, Peck came back onto the court, fired up for the second game. He started out with a 7-3 lead, but Harnett passed him up 10-9. Peck tied it with an ace serve.

Then Harnett got the serve back, and the referee called it short. When the call was appealed and overruled, the ref awarded Harnett a point.

Peck felt that he could have returned the serve if the ref hadn't called it short. Peck blew his cool and upon the advice of his brother, took a time out. But it didn't help. Even though these juniors play better than the majority of their elders, they're still only kids. Gregg never did get his concentration back, as Harnett took advantage, finishing 21-11.

"I was nervous the first game," recalled Harnett. "I think I hit some stupid shots, but I thought I cooled off and played better in the second game. He had me in the beginning of the second game, but I played smart and was able to win. I've never seen Gregg play before, so I don't know if he played well or not."

No one would doubt that Peck played well in the semis against the division favorite, John Klearman. The first game Peck was struggling as Klearman took it 21-8. The second game was a cliff hanger with the outcome uncertain until the very end.

Peck barely won it 21-17. But by the time the tie-breaker began Peck was really rolling. Nothing Klearman did could have stopped Peck from walking away with it 11-3.

Harnett pulled out the first game of his semi-finals match against Mike Levine, winning 21-17. Just as in the finals, once he calmed down he was able to play much better. The second game went to Harnett 21-12.

The hometown favorite, Lynn Wojcik, came through for Tucson in the Girls 14 and Under. Lynn's mother, Ruth, is the racquetball instructor at the Tucson Athletic Club.

Even though Wojcik was still sick with valley fever, she was able to beat Bobbie Brennan 21-19, 21-14 in the finals.

"It was really a seesaw battle," explained Lynn's mother.

"Lynn was leading most of the way until Bobbie caught up at 12. Then she passed Lynn up 14-12. It was pretty close the rest of the way, but Lynn won 21-19."

Ray Navarro, right, won every game he played in the tournament, including this finals Boys 13 and Under match against Scott Breckon.



Juniors results

Girls 14 and Under:

(First Round): Wojcik, bye; Danner d. Aguirre, 21-12, 21-5; Heath d. Miranda, 21-5, 21-5; D. Brennan d. Kunderling, 21-19, 10-21, 11-9; Allen, def.; Peterson d. Merkel, 21-7, 21-5; Reuthe d. Olson, 21-9, 20-21, 11-7; B. Brennan d. Swanson, 21-1, 21-3

(Quarters): Wojcik d. Danner, 21-4, 21-9; Heath d. D. Brennan, 21-4, 21-13; Peterson d. Allen, 15-21, 21-18, 11-9; B. Brennan d. Reuthe, 21-0, 21-1

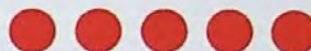
(Semis): Wojcik d. Heath, 21-14, 21-14; B. Brennan d. Peterson, 21-15, 21-13

(Consolation): Allen d. Kunderling, 21-14, 21-10

(Finals): Wojcik d. B. Brennan, 21-19, 21-14

Girls 17 and Under:

(First round): Hogan, bye; Mook d. Wadsworth, 21-9, 21-11; Morton d. Martin, 21-8, 21-5; Ogden d. O'Neill, 21-16, 17-21, 11-5; Krause, bye; Rawle d. Stapf, 21-11, 15-21, 11-8; Gross d. Britton, 21-20, 21-20; Kurland, bye; Burkes, bye; Anderson, def.; Fletcher d. Poe, 21-9, 21-9; Hajjar, bye; Mathieu d. Seymour, 20-21, 21-8, 11-4; Koza d. Lindskog, 21-17, 21-7; Alcantara d. Snyder, 21-0, 21-3; Alvarado, bye



The second game started out pretty much the same except that once Bobbie got the 14-12 lead again, she couldn't score anymore. With Lynn's fans cheering wildly, young Wojcik coasted home for a 21-14 win.

"I just needed to play my own game," Lynn said. "Bobbie likes to play a slow control game, but I play straight power."

In the semis Wojcik overpowered Tina Heath 21-14, 21-14. Brennan had almost identical scores against Loretta Ann Peterson winning 21-15, 21-13.

Ray Navarro, another of Dave Peck's proteges, was the winner of the Boys 13 and Under. After playing racquetball just a year and a half, Ray was able to earn his first national title by defeating Scott Breckon in the finals 21-10, 21-16.

Navarro didn't lose a game throughout the tournament, not even in the semis against Louis Miranda, who Peck also coaches. Miranda had beaten Navarro in the Texas Juniors state tournament.

Late in the second game of the finals Navarro began to feel the pressure as Breckon got his first lead of the match at 15-14. Ray quickly corrected the situation with a 17-15 lead and despite his nervousness, Ray won the match. ●

(Second round): Hogan d. Mook, 21-4, 11-21, 11-5; Ogden d. Morton, 21-10, 21-7; Krause d. Rawle, 21-13, 21-15; Kurland d. Gross, 21-15, 21-11; Burks d. Anderson, 21-2, 21-6; Fletcher d. Hajjar, 21-4, 21-7; Koza d. Mathieu, 21-4, 21-19; Alvarado d. Alcantara, 21-2, 21-12

(Quarters): Hogan d. Ogden, 21-8, 21-14; Krause d. Kurland, 21-15, 21-16; Fletcher d. Burks, 21-17, 18-21, 11-10; Alvarado d. Koza, 21-17, 21-11

(Semis): Krause d. Hogan, 8-21, 21-14, 11-9; Alvarado d. Fletcher, 10-21, 21-2, 11-7

(Consolation): Stapf d. O'Neill, 21-8, 21-14

(Finals): Alvarado d. Krause, 21-16, 21-6

Boys 13 and Under:

(First round): Navarro, bye; Claus d. Bradley, 21-19, 21-13; Campbell d. Gaetjens, 21-8, 21-11; O'Neill d. C. Miranda, 21-1, 21-7; Gross, bye; Potter d. Pack, 19-21, 21-20, 11-6; L. Miranda d. Farina, 21-5, 21-10; Simonette, bye; Conine, bye; Buhrt, def.; Eyring d. Klearman, 21-3, 21-1; Martin, bye; Brechon, def.; Stern d. Weirem, 21-14, 13-21, 11-10; Walker d. Alvarado, def.; Levy, bye

(Second round): Navarro d. Claus, 21-4, 21-5; O'Neill d. Campbell, 21-9, 21-18; Potter d. Gross, 21-11, 21-12; L. Miranda d. Simonette, 19-21, 21-10, 11-0; Conine d. Buhrt, 21-5, 17-21, 11-4; Martin d. Eyring, 21-15, 21-13; Brechon d. Stern, 21-9, 21-5; Levy d. Walker, 21-17, 21-12

(Quarters): Navarro d. O'Neill, 21-11, 21-12; L. Miranda d. Potter, 21-11, 21-10; Conine d. Martin, 21-18, 21-11; Brechon d. Levy, 21-20, 21-10

(Semis): Navarro d. L. Miranda, 21-13, 21-16; Brechon d. Conine, 21-11, 20-21, 11-1

(Consolation): Gaetjens d. Gross, 21-18, 21-10

(Finals): Navarro d. Brechon, 21-10, 21-16

Boys 15 and Under:

(Preliminary round): Sheehan d. Doty, 21-3, 21-14; Brown d. Lane, 21-19, 21-14; Randolph d. Macías, 21-18, 21-20; Einstein d. Griffiths, 21-18, 21-10; Shapiro d. O'Neill, 21-1, 21-12; Young d. Ericsson, 9-21, 21-13, 11-1; Hybarger d. Ladge, 21-18, 21-8; Armengol d. Christensen, 21-19, 21-13; Fitzpatrick d. Plazak, 21-7, 21-9; Clark d. Kleinick, 21-9, 20-21, 11-9; Swanson d. Morse, 21-6, 21-10

(First round): Klearman d. Dowd, 21-3, 21-11; Belcaster d. Sheehan, 17-21, 21-11, 11-1; Flannery d. Brown, 18-21, 21-8, 11-0; Calabral d. Randolph, 21-7, 21-7; Newman d. Converse, 21-4, 20-21, 11-4; Fitkin d. Einstein, 8-21, 21-10, 11-9; Shapiro d. Thayer, 21-13, 21-13; Peck d. Lindwall, 21-9, 21-6; Amatulli d. Petrosky, 21-8, 21-2; Young d. Hybarger, 21-7, 5-21, 11-1; Gross d. Armengol, 21-12, 21-16; Harnett d. Fitzpatrick, 21-6, 21-10; Johnson d. Gilliam, 21-13, 21-19; Cullio d. Clark, 21-10, 21-14; Swanson d. Koran, 21-17, 21-12; Levine d. Dixon, 21-8, 21-1

(Second round): Klearman d. Belcaster, 21-0, 21-4; Calabral d. Flannery, 21-13, 21-10; Newman d. Fitkin, 21-1, 21-4; Peck d. Shapiro, 21-17, 21-6; Amatulli d. Young, 21-15, 21-9; Harnett d. Gross, 21-3, 21-11; Johnson d. Cullio, 21-17, 21-9; Levine d. Swanson, 21-6, 21-6

(Quarters): Klearman d. Calabral, 21-12, 21-10; Peck d. Newman, 21-5, 21-18; Harnett d. Amatulli, 21-6, 21-12; Levine d. Johnson, 21-11, 21-7

(Semis): Peck d. Klearman, 8-21, 21-17, 11-3; Harnett d. Levine, 21-17, 21-12

(Consolation): Plazak d. Converse, 21-15, 21-13

(Finals): Harnett d. Peck, 21-17, 21-11

All color photos by Mike Zeitman . . .

Coming Up: Another Harding and Peck

Annette Harding



Having an older brother or sister who is a racquetball pro can be advantageous to a junior player, but there are also a few disadvantages.

"People expect me to do better than I do," admits Annette Anderson, 15, whose big sister is racquetball pro and club owner, Jennifer Harding. "At least, I guess, it kinda psychs other players out when they play me."

Jennifer has been playing racquetball for nine years, but Annette only started a year and a half ago.

Dave Peck, left, after Gregg's semis win.



"I was into school sports — basketball, softball, volleyball. Jenny kept trying to talk me into playing racquetball. Now I wish I had started sooner."

Annette works part time at her sister's Milwaukie Racquetball Club near Portland, OR.

"Jenny's more into the club than playing now," Annette says. "I think I'm going to start getting serious about my game, but I probably started too late to become a pro."

Gregg Peck, who's also 15, didn't hesitate at all after his big brother, Dave, started playing racquetball four years ago. Dave is now in his second season on the pro tour while Gregg is one of the top players in his age group.

"I don't really feel the pressure 'of being Dave Peck's little brother,'" Gregg says, "probably because of the juniors program. That's my own thing right now." When the Peck brothers started playing Gregg was only 12, but Dave was 17, already too old to play juniors.

Dave coaches Gregg at most of his junior tournaments. Whenever school and money permit, Gregg goes to the pro stops to watch Dave.

"More than anything, Dave gives me confidence. He's so positive. I mean, how can you lose when this guy keeps telling you you can't lose!"

Dave says "I try not to work out with him too much. It's bad for my ego, you know, getting beat by a 15-year-old kid . . . Actually we go after each other on the court all the time. I mean — it's for blood. But after the game we're still brothers and I'm happy that he beats me sometimes . . . in practice."

Both brothers agree that there's more pressure on Gregg to do well because of Dave's rapid rise to pro status. But also it's a little easier for Gregg to get his foot in the door because of the recognition.

While Dave was living in San Diego last summer, Gregg got to fly out and play some of the pros. It was an exciting experience for both of them to be in the racquetball capital, but they both prefer to call El Paso home.

"Sure, there are a lot of tougher players in San Diego," Gregg says, "but they don't like to play as hard against someone they don't consider as good as they are. Maybe they're afraid they might lose. I think San Diego got to Dave after a while. I guess we're more 'down to earth' in El Paso. We come from a different environment." ●

Boys 17 and Under:

(Preliminary round): Moskwa d. Towey, 21-1, 21-10; Lee d. Alvarez, 21-20, 21-18; Hunter d. Bagnall, 21-11, 21-10; Williams d. Skinner, 17-21, 21-19, 11-4; Chavez d. Comeaux, 21-13, 19-21, 11-10; Krueger d. Farina, 21-8, 21-5; Kohl d. Sinykin, 21-5, 21-2; Ray d. Pace, 21-10, 21-7; Boland d. Embry, 21-11, 21-4; Griffiths d. Zack, 21-9, 21-8; Dowd d. McAvin, 21-15, 21-10; Ektman d. Bann, 21-12, 21-14; Salerno d. Bowles, 21-13, 3-21, 11-6

(First round): Cohen d. Arnove, 21-2, 21-8; George d. Saco, 21-20, 21-13; Moskwa d. Bulke, 21-20, 21-12; Gamble d. Lee, 21-14, 17-21, 11-4; Gonzales d. Hunter, 21-7, 21-7; Williams d. Chavez, 17-21, 21-10, 11-10; Lerner d. Krueger, 21-6, 21-6; Leber d. Kohl, 16-21, 21-4, 11-3; Davidson d. Ray, 21-19, 21-18; Boland d. Vanderpool, 21-15, 19-21, 11-5; Bakken d. Welsman, 21-8, 21-13; Horton d. Griffiths, 21-6, 21-6; Dowd d. Slazas, 21-18, 20-21, 11-10; Ektman d. Blackmon, 10-21, 21-19, 11-10; Pillion d. Salerno, 21-17, 11-21, 11-10; Egerman d. Lambert, 21-4, 21-4

(Second round): Cohen d. George, 21-8, 21-20; Moskwa d. Gamble, 13-21, 21-18, 11-9; Gonzales d. Williams, 21-19, 21-9; Leber d. Lerner, 21-18, 21-19; Davidson d. Boland, 21-19, 21-14; Bakken d. Horton, 21-19, 21-13; Dowd d. Ektman, 21-12, 21-9; Egerman d. Pillion, 21-2, 21-9

(Quarters): Cohen d. Moskwa, 21-7, 21-16; Gonzales d. Leber, 21-17, 18-21, 11-9; Bakken d. Davidson, 20-21, 21-10, 11-6; Egerman d. Dowd, 21-20, 21-11

(Semis): Cohen d. Gonzales, 21-4, 21-7; Egerman d. Bakken, 21-11, 21-8

(Consolation): Welsman d. Slazas, 21-14, 20-21, 11-6

(Finals): Egerman d. Cohen 21-20, 15-21, 11-10

USRA National Commissioner Joe Ardito, third from left, joins the juniors at Old Tuscon, a replica of a frontier town, to watch cowboys act out a shootout — with fake bullets, not racquetballs.



Best in Nevada at 15

Besides being the top 15-year-old racquetball player in the country, Brett Harnett is also the Nevada State Champ.

In the finals of the Nevada tournament Harnett beat Tommy Peterson, the reigning state champ. However the most exciting match for Harnett was in the semis against Shannon Wright, the number one ranked woman in the country.

"They put \$100 bounty on Shannon for anyone who could beat her. I had never played her before and I don't think she expected me to be so good." Harnett won the match 21-17, 12-21, 11-9.

Dave Harnett, left, and son Brett.



— Carole Charlauros photo

Brett's father, Dan Harnett, is the top senior's player in Nevada. Dan's been playing racquetball six years, but Brett had been too involved in football and baseball. Two years ago Brett gave up everything else to concentrate on racquetball. Recently Brett has been beating his father.

"I told him," Dan explained, "if he couldn't beat me he couldn't win the Junior's Nationals." This is the first year that Brett has played the Juniors. Even though he won the western regionals in Westminster, CA, Brett entered the Nationals still unseeded.

"I think I like being the underdog more than being seeded number one. Like when I played Shannon. Everyone expected her to win so there wasn't any pressure on me. I had nothing to lose and everything to gain." ●



Half the fun was getting there as players piled on the shuttle bus that the Tucson Athletic Club ran between the tournament and the motel.



Dan Bertolucci, NRC director, second from left in photo at left, gives his expert's approval to the Italian fare at the player dinner at Tucson's Spaghetti Company, where Marty Hogan, above, told the juniors what it takes to be a winner.

10-Year-Olds Try Nationals

David Simonette



Mike Zeitman photo

For Adrianna Miranda and David Simonette there isn't a division young enough, even at the National Juniors. Simonette lost first round in the Boy's 13 and Under division, won a round in consolation and then lost. Miranda lost both of her matches. But against other 10-year-olds these two would probably be semi-finalists or better.

David Simonette, the youngest boy in the Tucson Nationals, traveled all the way from Baltimore, MD, with his father after taking second in the regionals.

In Maryland, which now boasts six clubs, Simonette is ranked as a Men's B. Most of the people he plays are twice his size, so it's exciting for David to compete against the juniors for a change.

"I like playing the kids better," David says. "When you play men they get really mad if you beat them."

For the past two years, since David was in the fourth grade, he has been coached by Tom Whipple, the state champ of Maryland.

Once when Whipple and Simonette were putting on an exhibition in Pennsylvania, someone called the local TV station and they came in and interviewed David for the evening news.

"It was pretty neat to be on TV," adds David proudly.

Adrianna Miranda, the youngest girl at the Nationals, hasn't gotten all the recognition that Simonette has . . . yet, but she's only been playing racquetball for three months.

Adrianna's brothers, Luis, 12, and Carlos, 13, have been coached by Dave Peck in El Paso, TX, where the Miranda's live. Meanwhile Adrianna was playing tennis until recently.

"My father gave us a choice between tennis and racquetball. My brothers chose racquetball and I decided to play tennis, but I got bored with it."

It wasn't until Peck's girlfriend, Leslie Moughan, started a junior girls' league that Adrianna made the switch.

"I can beat most of the junior girls," reports Adrianna, "except for Cyd Peck. But she's 12 years old."

Sometimes Adrianna invites some of her fifth grade friends to try racquetball, but they're not much competition for her.

"I like to play someone who's bigger and can play better because then I learn more. I like to play my brothers, even though they don't try very hard against me."

Adrianna's brother, Luis, took second in the State Juniors after beating Ray Navarro in the semis and losing to Marvin Clark in the finals. However in the Nationals, Navarro beat Miranda in the semis before winning the national title. Navarro is also being coached by Peck.

For both Adrianna and David their first nationals is a tournament they will never forget. With the support of their families and coaching by the best in their states everything looks promising for next year when they'll return as 11-year-old veterans. ●

Centurion™— New carbon filled composite construction. Black heat-welded strings, plush raised-leather grip. 18.5 inches, 250 grams

Choose your weapon.

We make five great racquets, not just one or two. So more than just getting a choice of responsive aluminum or composite frames, you get a choice of strings, grips, weights, and even lengths. So choose your weapon. Choose a Spalding.

Futura™— New metallic brown-anodized aluminum frame. Exclusive nylon/stainless steel impregnated strings. Rich raised leather grip. 18 inches, 260 grams

Top-Flite™— Spalding's heaviest racquet built for power play and durability. Expanded teardrop head shape with clear tournament nylon strings and a top-grade leather grip. 18 inches, 285 grams

Smasher™— Extra long, extruded aluminum frame, rugged steel eyelets, durable twisted nylon strings, leather grip. 19 inches, 270 grams

Rebel™— New nylon/glass-filled composite, blue twist nylon strings. Raised stitch leather grip. 18.5 inches, 255 grams

SPALDING

Men's and Women's Pro/Am Tour • 1979-1980

• **November 14-16**
JACK IN THE BOX Classic
Tempe, AZ
Open

• **November 30-December 2 ***
Sports Barn Invitational
Chattanooga, TN
Invitational

• **December 13-16**
Tanner/Coca Cola Classic
Memphis, TN
Open

• **January 31-February 2 ***
Kunnan/Leach Tournament of Champions
Coral Gables, FL
Invitational

• **February 20-24**
Coors Classic
Denver, CO
Open

• **March 19-23**
Catalina Classic
Los Angeles, CA
Open

• **April 16-20**
Seamco Classic
Undetermined site
Open

• **May**
Site and date to be determined
Open

• **June 1-7**
Colgate National Championships
Las Vegas, NE
Open

• **June 26-29 ***
CBC International Classic
Winnipeg, Ontario, Canada
Invitational

• **July 10-13**
Hawaiian Sports Week Pro/Am
Honolulu, HI
Invitational

Those events marked with an asterik (*) are approved. All others are sanctioned. Check future issues of *National Racquetball* for updating on tour sites and additional tour stops.



named "official" for racquetball

Champion
GLOVE MFG. CO.
2200 E. OVID DES MOINES, IOWA 50313

The National Racquetball Club made the choice. Yes, the pro's selected Champion's Model 610 as the "official glove" because of design and superior performance. Soft, thin deerskin palm . . . double thickness terry cloth back, wrap-around Velcro wrist strap, Helanca stretch design . . . are all preferred features. That's why amateur, as well as professional, racquetball players like the Champion Model 610 glove. At your YMCA, Racquetball Club or Sporting Goods Dealer.

LEACH INTRODUCES THE SPEED OF LIGHT.

Reintroducing the M Series.

The M Series has always been popular. But now 7-8% lighter, and joined by a brand new member, we expect it to move even faster.

Get a quicker return on your investment.

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

Combine it with the MI's teardrop headshape, the MII's rectangular and the MIII's quadriform, and you've got great power, superb balance and incredible headspeed.

Not to mention three eye-dazzling new racquets.

And now, a flexible new member of the family.

Leach then took the basic quadriform headshape, added a lightweight single-wall alloy extrusion, and came up with the brand new M-Flex.

Powerful, flexible, it's the only racquet of its kind.

And like all the rest, it boasts a competitive new narrow throat design, handsome leather grip, tournament-grade strings, cadmium-plated rolled grommets...

And an amazingly light weight.

Which means that, for the first time in its long and innovative history, Leach is now proud to offer you *less* for your money.



NUMBER ONE BY DESIGN™

