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RACQUETBALL

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March/April Vol. 6, No. 2

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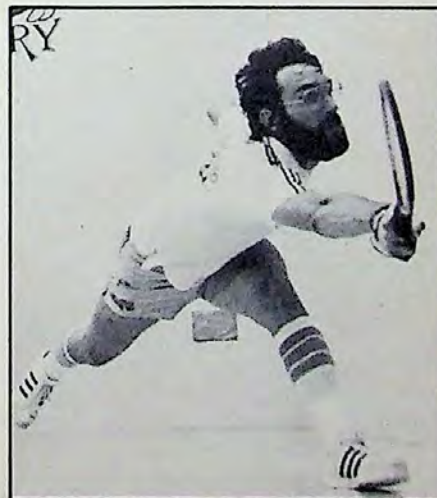
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A Word On Wallyball

I've been getting your magazine since I've been playing racquetball and I find it very informative. Our YMCA in Mohawk Valley got two racquetball courts and I started playing. Nobody really knew how to play the game so I had to learn from your magazine. In less than a year I consider myself one of the best "C" players at my YMCA and doing very well in tournaments.

People ask how I learned to serve, kill and lob so well. When I say reading *Racquetball Illustrated*, they give me a funny look as if I work for you and my next step is to sell them a *Racquetball Illustrated* subscription.

However, the reason I'm writing is that I'm in the process of building a couple of racquetball courts and I've read a little on wallyball. I know nothing about it, except it's played on a racquetball court and looks like a lot of fun. Could you tell me which racquetball club offers wallyball near central New York?

Frank Malowski
Utica, New York

Editor's note: Wallyball is the latest addition to racquetball clubs across the country. It is, simply enough, volleyball on a racquetball court (using the side walls). The ball is out of bounds when it hits the ceiling, back wall, or two or more walls. The back wall is only in play on the side of the team that is returning the serve or rally. The game is won by the first team scoring 15 points with a two-point advantage. Teams have two, three or four players each. Points are only scored by the side that is serving.

Racquetball club owners have almost unanimously accepted wallyball into their clubs. With eight players on the court—a maximum of four on each side, at \$2 per person—an owner can easily be reimbursed for the cost of the wallyball package (approximately \$400) in a month's time.

If your local racquetball club doesn't already have wallyball facilities, then ask your club pro if the facilities can be supplied.

Watch Out

I have just subscribed to *Racquetball Illustrated* and find most of the articles are interesting and helpful. However, my point is that there are too few articles and too many celebrity stories. For example, in the 1982 September/October issue there was a whole feature devoted to a movie star.

I've been playing racquetball for one year now and I am doing better every day. I've just placed third in the United States Army European tournament. Due to my lack of tournament play (I believe), I should have had a strong second. I'm only nineteen years old. I am giving myself just a year or two and then look out Lynn Adams because I am a natural at racquetball. I've given up all my favorite sports such as basketball, skiing and softball just for racquetball. When I get to the pros I'm

going to be tough to beat. I have so much potential it's almost unbelievable.

I would like to see more articles that will help me on my way to the pros because I'm on the move.

Lydia
(Last name withheld)
Farmington, New Mexico

Editor's note: We agree. That's why the magazine will now be devoting more coverage to professional racquetball players and how their training and practice routines may improve your game. We are rooting for you Lydia!

A Place In the Sun

I am an employee of the Rockside Racquet Club, a private racquetball club in the Cleveland area. The article that appeared in your 1982 November/December issue on sun-tanning booths, "A Place In the Sun" was very interesting. Over the past two years we have been diversifying our club in an attempt to attract a wider variety of customers. We have recently added Nautilus, wallyball, basketball and karate classes. The sun-tanning booths look like they're going to be the next new attraction at our club!

R. Douglas DeFranco
Bedford Heights, Ohio

Club Considerations

I recently read your November/December issue of *Racquetball Illustrated*, and am quite impressed with your coverage of the sport. Your instruction articles in particular were very informative and interesting to read.

I am curious to know whether you offer "bulk" or "volume" rates on your magazine for re-sale or free distribution through clubs. We have a very active membership and I would like to make them more aware of your publication.

Again, congratulations on a fine magazine.
Jan Newman
Pleasanton, California

Editor's note: Special half price volume rates are available to those who wish to purchase more than half a dozen issues at a time.

Visions of Wisdom

I absolutely love your magazine and read it voraciously from cover to cover.

However, I am writing because I recently suffered a very serious eye injury in an "A" racquetball league that required a two-hour "detached retina" surgery. I was hospitalized for 14 days. I have been playing racquetball five years and am extremely proud about the five trophies I have won in various leagues and tournaments. However, I made a terrible mistake the night I was injured by not wearing

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SIDE OUT

protective eye goggles. And boy did I learn the hard way!

It will be two to three months before my vision is back 100 percent. I was lucky. I was drilled straight on by a powerful forehand smash that went directly into my eye. I am trying to get rid of some "double vision" in the injured eye which the ophthalmologist informed me I would have after the operation.

To make a long story short, for an active guy who ran at least three miles a day and played racquetball four times a week, the adjustment has been tough, to say the least. Please plead with your readers to wear eye-guards at all times and not to take the attitude, "it won't happen to me."

I learned from the ophthalmologist and the hospital staff that far too many racquetball players are coming into emergency hospitals with severe eye injuries. Since I love the sport so much, I am hoping my experience will perhaps have a positive affect on the many intelligent readers of *Racquetball Illustrated*.

Bruce "Super Retina" Merrin
Woodland Hills, California

Editor's note: Ditto.

Unsportsmanlike Conduct

After spending the weekend watching the first men's pro stop of the season, my son asked me if he could accompany me next year as he is starting to play racquetball on a regular basis. An innocent enough request until I reviewed the tournament as he would have seen it.

Throughout the first rounds of the semi-finals the players (who shall remain anonymous) argued with the referees, blatantly cheated, and used foul language. The finals were all of the above and more! One player won the first game (11-10) after he appealed the receiver's get. While arguing with the referee about the get, he told the referee and more than 200 spectators that the serve was good but he was appealing the get. He then appealed the serve, got the "good serve" replayed and won the game.

The other player, after losing the first two games, stopped trying. He walked around the court, made remarks to the referee and linesperson and made a mockery of the game. After it was over, the second player made a rude gesture to a spectator and left before the awards presentation. Player one apologized to the fans for the unsportsmanlike conduct of the second player.

As a parent I do not want my son watching a so called "professional athlete" setting an example such as this!

Jim Carson
Costa Mesa, Calif.

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A Japanese Welcome for Adams and Harding

By Bill Marklevits

Jennifer Harding and Lynn Adams participated in exhibition matches with top ranked Japanese racquetball players Shun Ohyama and Emiko Kiuchi on a recent visit to Japan.



Racquetball club president Yoshinori Suzuki (center) receives a kimono clad greeting from Harding and Adams at opening ceremonies of the Oaks, the largest club in Japan.

Pros Lynn Adams and Jennifer Harding became the first WPRA racquetball players to compete overseas when they travelled to Japan last November.

Adams and Harding also participated in the opening ceremonies of the largest racquetball club in Japan. The Oaks, a racquetball club in Kashiwa City, is 20 miles north of Tokyo. There are approximately 30 racquetball clubs in Japan. Most were just built last year. Harding, a U.S. racquetball club co-owner, compared the quality of the Oaks facility to earlier clubs in the States. "The Oaks is much nicer than some of the early clubs in the United States," says Harding.

When Adams and Harding arrived at the Oaks complex they were surprised to be greeted by two Oaks staff members in suits. "Before entering the club, please take off your shoes," one said. "It's a Japanese custom."

"That is one way of keeping floors clean and reducing maintenance costs!" says Harding.

At the ceremony, congratulatory remarks were given to Oaks president Yoshinori Suzuki by Milton Radmilovich, executive vice-president of the International Amateur Racquetball Federation (IARF), Takao Maruyama of the Japan Amateur Racquetball Association (JARA) and Michikane Ishiguro also of the JARA and author of the recently published Japanese book, *Racquetball for Winners*.

Adams and Harding then gave a two-day clinic at the new eight-court facility. More than 100 inspired Japanese players participated in the two-day clinic. Speaking through interpreters, Adams and Harding coached players from all over Japan on basic fundamentals and strategies. After the instructional session, the young Japanese players had the

opportunity to play two on one against the popular U.S. pros.

The highlight of the two-day event was the games between Adams and Harding and top Japanese players. Confident of victory, 30-year-old former squash and top ranked Japanese men's player, Shun Ohyama was disappointed when Lynn Adams handed him a 15-5 defeat. Harding gave number one women's player Emiko Kiuchi, 23, her first racquetball defeat (15-2) since taking up the sport one year ago.

"I would rate them as good 'B' class amateurs," said Adams afterwards. "That's not bad at all considering they have only been playing the sport about one year."

"Racquetball here is just like it was in the U.S. six years ago," added Harding. "But the sport has a lot more enthusiasm and excitement concerning its growth."

After the program Adams and Harding had their pictures taken with the Japanese players and autographed everything from racquet covers to T-shirts.

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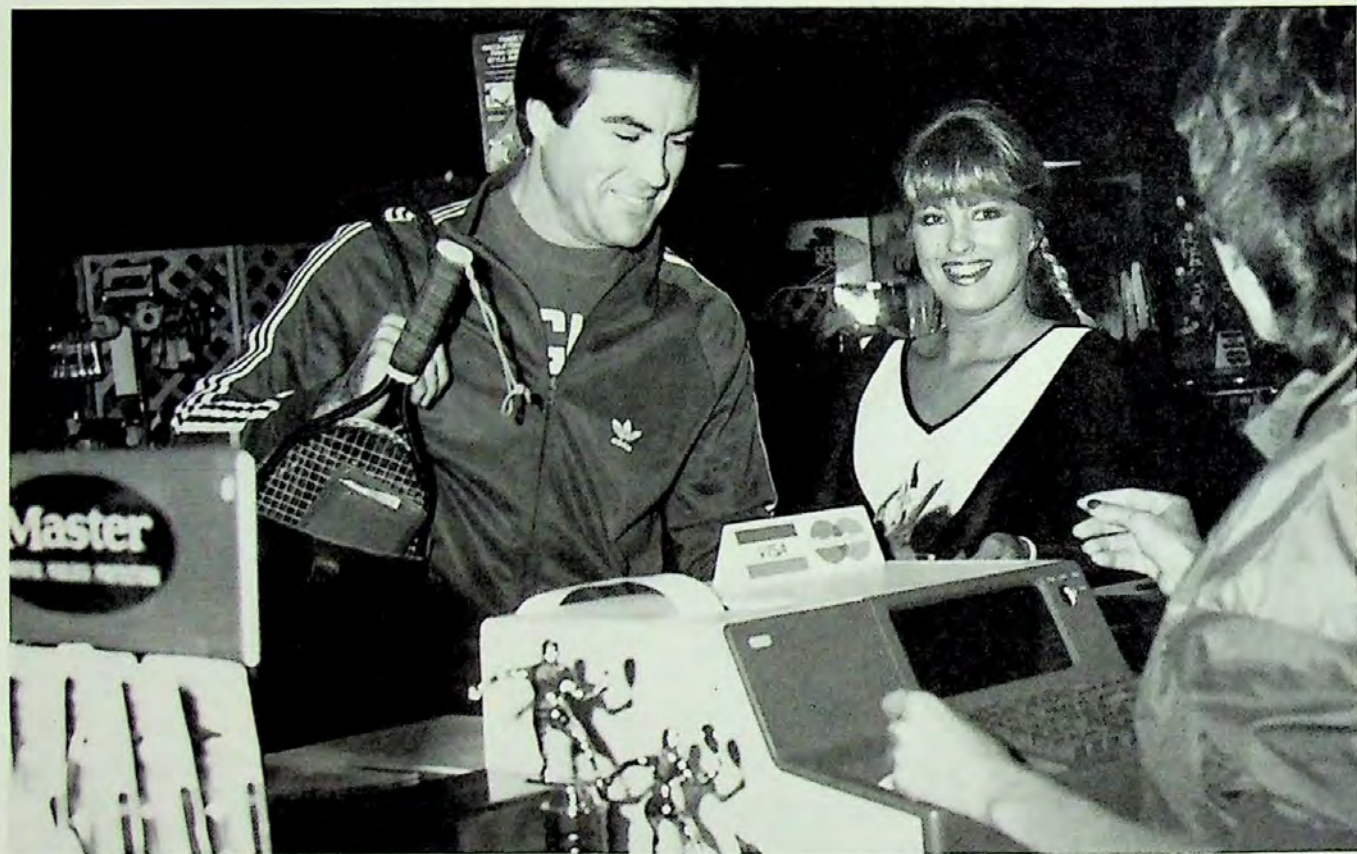
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Racquetball Clubs vs. Racquetball and Fitness Clubs

The Plight of the '80s Club Owner

By Jean Sauser



The future of racquetball in the '80s seems to depend largely on the facilities that—quite simply—offer racquetball. Recently, however, more and more racquetball clubs are transforming into racquetball and fitness clubs. These changes have left some players wondering how many more racquetball courts will be converted into aerobic dance studios?

Most racquetball players around the country are seeing their racquetball courts become areas for Nautilus fitness centers, swimming pools and even aerobic dance classrooms. "Why am I paying for a fitness center when I only want to play racquetball?" is a common question heard around many locker rooms. This, understandably, has had an unsettling effect on some club members.

"What my racquetball members don't realize is that there are more than 20 million people who swim for recreation compared to 8 million recreational racquetball players," says Mike Talla, owner of the Sports Connec-

"To survive financially, a swimming pool is a much better investment than additional racquetball courts."

tion clubs in Los Angeles. "To survive financially, a swimming pool is a better investment than additional racquetball courts."

Many of today's club members want to begin their new fitness lifestyle with an exercise program (Nautilus or aerobics). As a result, the fitness market is gradually becoming more profitable than the racquetball market. Potential members who would never join a club to play racquetball may join just to work out. Once these new members use the club over a period of time, they find them-

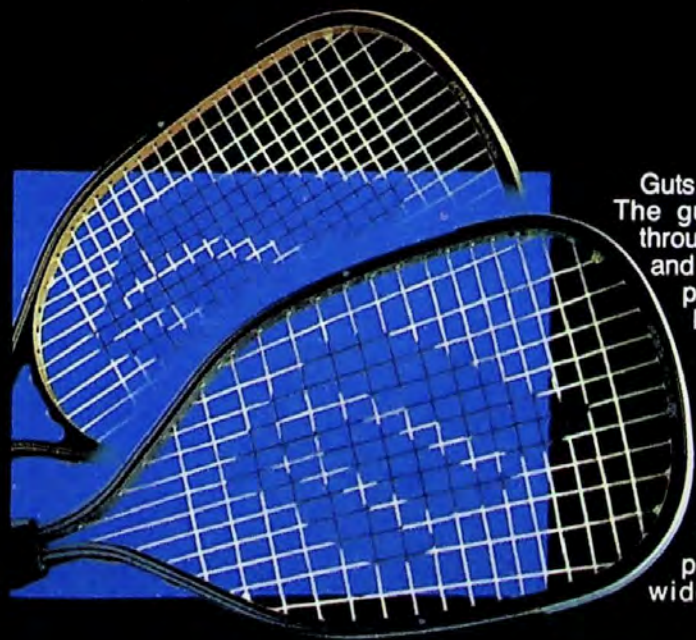
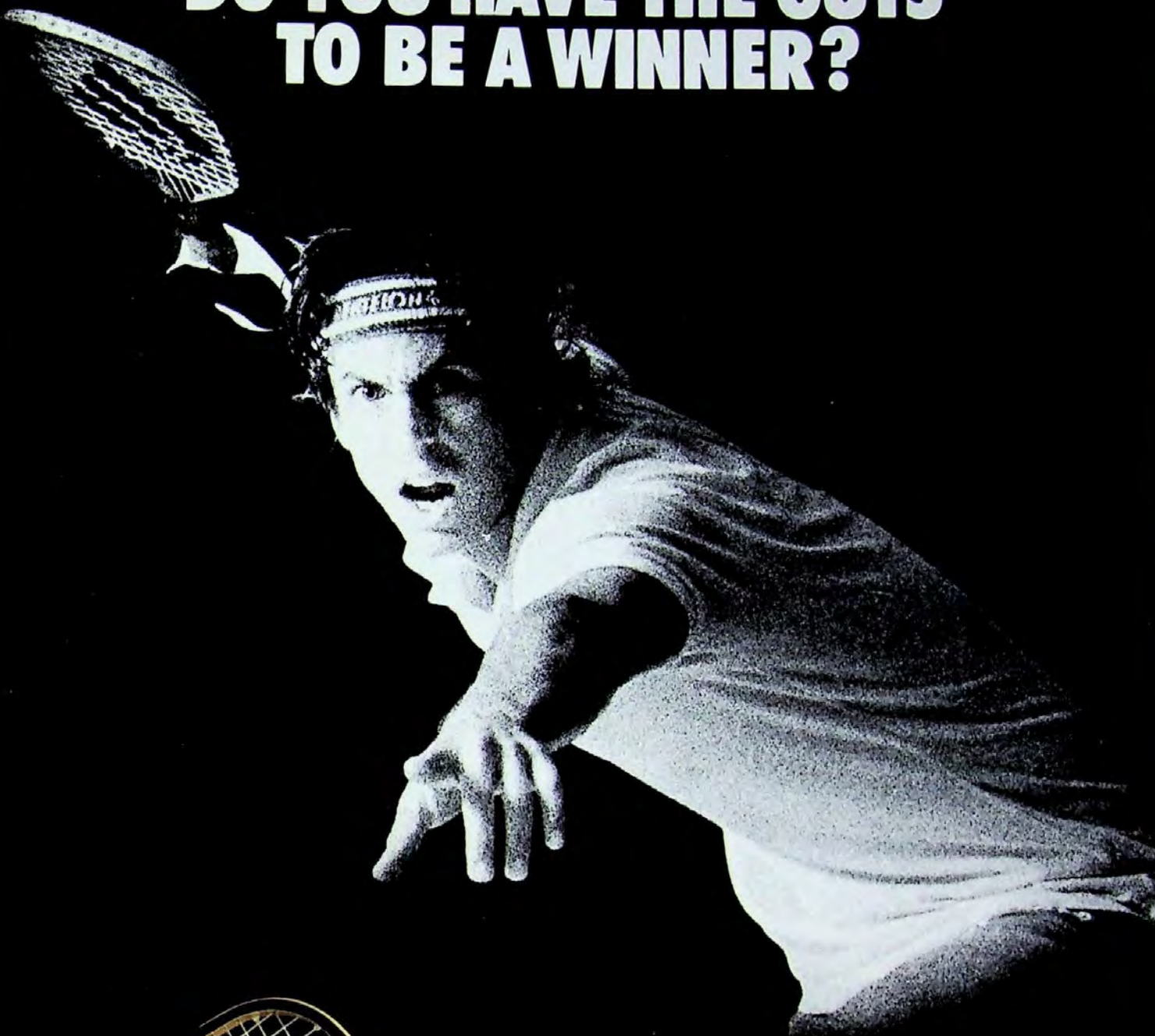
selves curious about racquetball.

The addition of fitness centers has saved many racquetball clubs from bankruptcy. "You can accommodate 40 to 60 members in an aerobic dance studio the size of two racquetball courts in the same hour versus the four members you would accommodate if the courts were not converted," says Talla.

By participating in a program combining racquetball and fitness, racquetball players are often more inclined to improve their game. Not only will you prevent boredom (no one can play the same game seven days a week), you'll prevent injuries that can keep you off the courts.

Almost every racquetball pro trains off court as well as on. Jogging, aerobic exercise classes, Nautilus weight training, swimming and basketball are the primary activities which improve their racquetball game. "I workout with Nautilus, Universal and free weights in my club's fitness center," says pro Lynn Adams. "For aerobic conditioning, I

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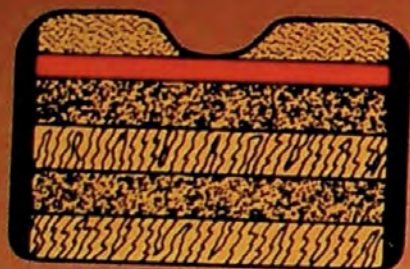


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Photo by Budd Symes

If your club fees increase each year at a rate slightly less or even with the current inflation rate, it is safe to say that these cost increases are justified.

can attend any number of the 70 classes offered each week. Upstairs is a running track which has pacer lights that allow me to run at the pace I need for a full work out. Then of course I also play racquetball. It's great to have everything I need all at the same club!"

Fees are usually another important misunderstanding between club owners and members. If your club fees increase every year at a rate slightly less or even with the current inflation rate, it is safe to say that these cost increases are justified. A successful club will budget for unforeseen expenses. If you feel that the club's facilities are clean and the programs adequate, consider rate increases parallel with the rate of inflation a bonus.

Club policies are another controversial area for owners and members. Most members are required to sign in at the desk and show their membership every time they enter the club. As logical as this policy seems, many members still feel that owners should be running the club on a handshake and a

smile. Many don't realize that this policy confirms memberships are current, totals the number of members using the club for the day and establishes an area in the club to reach members for emergencies.

Communication between owners and members will be the foundation for success of racquetball facilities in the '80s. Complaints in the locker room do no good if they are made to fellow members who don't run the club. Some of a club's best policy and program suggestions have come from members. This kind of positive, direct communication can only result in a better club for owner and member alike. The owner's point of view, once understood, is the same as the member's: we all want continued success! **R**

Editor's note: Touring pro Jean Sausser has co-authored several books on racquetball. She recently became the co-owner of the Eastside Athletic club in Milwaukie, Oregon, prompting her to write this article. Readers with comments are encouraged to write the editor in care of *Racquetball Illustrated*. Opinions expressed in this forum do not necessarily represent those of the editorial staff.

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Chipping Away at the Hogan Empire

Mike Yellen is no longer settling for second best.

"Washed up!"

Nonsense, says pro Mike Yellen, 22, of rumors that his pro game hasn't been up to pro level lately. Yellen cites his win over five-time defending national champion Marty Hogan in the finals of the New Haven, Conn. pro stop in his defense.

What most agree on is Yellen's game style. Yellen's conservative, rally style of racquetball has been likened to the strategy of tennis superstar Bjorn Borg. Only the number of championship victories separates these two fine athletes.

Yellen has consistently fluctuated between the number two and three slots on the pro tour. After six years as a professional racquetball player Yellen has only earned the top spot for one brief period (the '80-'81 season).

This season, Yellen has made some changes. He's improved his game. He has worked on and perfected his pinch and splat shots. His confidence has also been restored. Yellen beat Hogan this season. He feels Hogan can be beaten again.

Racquetball Illustrated: Do you feel you have a shot at the Nationals this year?

Mike Yellen: I usually play pretty tough in the Nationals. If I'm playing well at the end of the season, there's a chance that I could win. There's about three or four players who are playing really top ball right now and who could take Marty Hogan (five-time defending champion) out on any given day.

The Nationals are going to be a little different this year than they have been in the past. Before, it was just a question of who was going to finish in the finals against Marty in the Nationals. Now, there are really three or four players who can win the tournament.

RBI: What improvements have you made in your game to gear toward the Nationals?

MY: I've been working on a few shots and strategies. I've changed some things in my game I feel work well with the Voit ball I am using. A few shots are more effective than the

ball I've played with in the past few years. So I've been spending more time working on those and the effectiveness of my game.

RBI: What kinds of shots?

MY: Mostly the pinch and splat shots. They are side wall, front wall shots but I am hitting them from the deep part of the court where before I had been hitting them close to the front wall. They are turning out to be real effective shots.

RBI: How can Hogan be defeated at the Nationals this year?

MY: All the top players play a combination of power and control. They hit the ball real hard but at the same time they are controlling their shots and trying to move their opponent around. Stylewise—if I'm more control oriented—I'm trying to move my opponent around court. Sometimes I can keep Marty off balance which in turn will force him to miss a few shots and make a few mistakes. That opens

the door and gives me the chance to really take advantage of him.

The problem is he hits the ball so hard and so accurately from so many different angles that even when I do put him off balance he makes some unbelievable shot and works himself right back into the game. If you are on top of your game and Marty is playing really good, you're going to have a tough match. There's not one game plan that's going to beat him because, face it, Marty is on top of his game 100 percent.

RBI: What does it take for a conservative, rally player like yourself to beat Marty Hogan?

MY: When I do play Marty, I need to be aggressive. I need to take my shots when I get them. The longer you keep the ball in rally against other players, the greater the chance that they are going to make a mistake or hit a weak shot that I can kill and put away.



Mike Yellen



When I play Marty, I don't want to keep the ball in play as long as I do for other players. I have to keep the rallies a little shorter. I have to be a little more offensive and take advantage of my shots when I get a shot opportunity. I have to go for the kill shot in most cases. If I'm hitting a lot of kill shots then I'm going to be in the match and possibly win. But if I'm hitting too many passing shots and moving him around the court too much then he's going to capitalize on that and hit good returns.

RBI: Besides yourself, who else is likely to be a threat to Hogan?

MY: There are several guys who are giving him tougher matches now. In the past, he

has pretty much skated through most of the tournaments. For a while it was myself and Jerry Hilecher who were giving him a pretty good game and then it was myself and Dave Peck. So there are a couple of guys who can beat Marty on any given day if they are playing well. Just confidence in the fact that they have beaten Marty before makes the chances of somebody else winning at the Nationals a little greater.

RBI: Is there any player in particular whom you pattern your game after?

MY: Originally I played a similar style of game to Charlie Brumfield, a more control oriented game. I have worked with Charlie before. He's helped me a little. I don't think

that I play with anyone now whom I imitate by copying what they do. I've seen a few shots that have worked well for players and I'll take those ideas, work on them myself and incorporate them into my game.

RBI: What type of conditioning program do you participate in to prepare for the Nationals?

MY: You have to be properly prepared physically. If you know the Nationals are going to be five rounds over a period of five days, you have to be able to know that you can go that distance without fatiguing. The ideal situation is to over-workout so the tournament is going to be easier on you. If you know you are going to play five matches over five days maybe you should play seven matches over seven days when you practice. This way you know the games in the tournament will be a little easier.

But at the same time there is the danger of over-training. You train so hard that by the time you get into the Nationals or a national tournament, you are so fatigued from working out that you can't put out 100 percent in the tournament.

They say boxers are sometimes so fine-

"When I play Hogan, I have to keep the rallies short. I have to go for the kill shot in most cases."

"Sometimes I can keep Hogan off balance and force him to make mistakes."

tuned for their fights that they leave the fight in the gym a week before the match. They trained too hard, too quick and they shot everything that they had earlier.

RBI: How do you psychologically prepare for a tournament?

MY: I feel the psychological aspect of the game is more important than physical conditioning. You mentally need to be eager to play. You can't have the attitude that it's just another tournament. If it's just another racquetball tournament then it's not important whether you win or lose.

I play 100 percent in my workouts just as I play in tournaments. The only way I can play 100 percent is if my mind is 100 percent on the game. Everytime I'm up to serve, I'm concentrating only on that serve and which serve I'm going to hit.

RBI: Weren't you ranked number one at one point on the pro tour?

MY: I won the Omaha tournament in October of 1980. The ranking system at that time was based on five tournaments. Out of those five tournaments, I had three wins, one final in the Nationals and one semifinal victory. Marty was ranked second at that time and had two wins, two finals and one semifinal. So my five

tournament average was higher than Marty's and I held onto the number one ranking for about three or four months.

RBI: What has been the highlight of this season for you?

MY: The highlight of this season would without a doubt be the DP Leach/Catalina tournament I won in New Haven, Conn. I was working on some parts of my game I felt needed improvement and I felt they really started turning around about a month before the New Haven tournament.

In the past year, I really didn't win a major stop. I won a few satellite tournaments and finished in the finals of a couple of tournaments but hadn't won one. The press was saying, 'Oh Yellen is washed up,' which I didn't think was really true or fair. Finishing in the finals or the semifinals was still a pretty good showing for me yet I just wasn't winning the major tournaments.

RBI: Do you get much recognition as a pro racquetball player in your home town (Southfield, Mich.)?

MY: I get pretty good recognition there. I have a pretty good rapport with the news people there. The TV stations from time to time cover me. I've done week long specials



After slimming down and improving his game, Yellen beat Hogan at the New Haven pro stop this season. It was the first major pro stop Yellen had won in two years.

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where I give a racquetball tip every day on the 6 o'clock news. I think they give racquetball good exposure considering they cover other sports such as football, basketball and baseball where you have many thousands of people going to see them.

I just finished an article this week in the *Detroit Free Press*, one of the major newspapers in Detroit. There's another suburban newspaper that gives racquetball pretty good coverage. They have a guest commentary every Thursday in the paper. Every third week, I'm the guest columnist for racquetball. One guy does it for football and

to hit my shots because I didn't have to change any bad habits. As a result, I had nowhere to go but improve because I had good techniques being taught to me.

RBI: Are you coached by anyone now?

MY: I am coached by Leonard Karpelas. He just turned seventy-two. He used to play professional tennis and football. He's real knowledgeable. He's the one who taught me strategies and mental preparation for tournaments. He puts in a lot of time with me. I've soaked it in and it's paid off.

RBI: Do you have a favorite partner with whom you practice?

"When I play tennis I don't use tennis swings. If I were to change my racquetball swing, I would probably start getting stiff arm."

another does it for skiing. It's called the *Southfield Observer and Eccentric* which is also distributed in nearby Livonia and Farmington Hills.

RBI: How long did it take to advance up the ranks in racquetball when you began playing?

MY: I took to the game really rapidly. When I started out I was a C player, and, boom just like that, I was a B and then an A player.

RBI: To whom do you credit that advancement?

MY: Well I was working with one fellow in particular. He was Tom Brownlee, a pro at the club where I was working. He took an interest in me and saw that I had potential. He had seen me play football and basketball and he knew that I was a pretty good athlete. He started spending time with me on the racquetball court and I improved quickly. He stuck with me and kept teaching me different techniques and ideas. I improved to an A level and it was a year or two later that I started winning the state championships.

RBI: How were you able to take to the game so rapidly?

MY: Well it's a relatively easy game for me and I had Tom teaching me fundamentals from the beginning. It's not like I was building bad habits and then having him reach me. Many people taking lessons now, have been playing for years and years and have developed their own swing and their own strategies. When they go take a lesson, the pro is usually revising what they taught themselves. So in many cases, they have bad habits that they have established and the teacher has to break them. Well I really didn't have any bad habits because I was learning the proper way from the beginning. So I basically had a pretty good swing and a good idea of court strategy. I was able

MY: I usually practice with Mark Morrow, who used to play pro racquetball and Mark Antes, a fairly good open player in Southern California.

RBI: We understand you play tennis off season. Does the game tend to affect your racquetball game at all?

MY: When I play tennis I don't really change my swings and use tennis swings. I don't use the stiff arm swing that they teach. So I basically use the same swing as in racquetball. I just try and push the ball from side to side.

If I were to change my racquetball swing, I would probably start getting stiff arm and it would affect my racquetball game. But since I just go out and casually play, I don't feel it affects my racquetball game. It may help me out a little bit with my overhead swing in racquetball.

RBI: What are your career plans after you retire from racquetball?

MY: I might take a position with Ektelon, the company who sponsors me. Or if racquetball ever gets national coverage on the television networks, television commentary positions might be available that aren't available right now.

RBI: How much longer do you plan to compete on a pro level?

MY: That's a very tough question to answer. In the past three years we've gone through our first generation of professionals: Charlie Brumfield, Davey Bledsoe and Steve Serot. We've seen the first generation of pros turn over and some of them played until they were thirty-two. I personally feel that a top player like myself can play until his late 20s or early 30s. It depends on the tour's format. Right now the average age for a player on the tour is twenty-four or twenty-five. So I'm still under that average.



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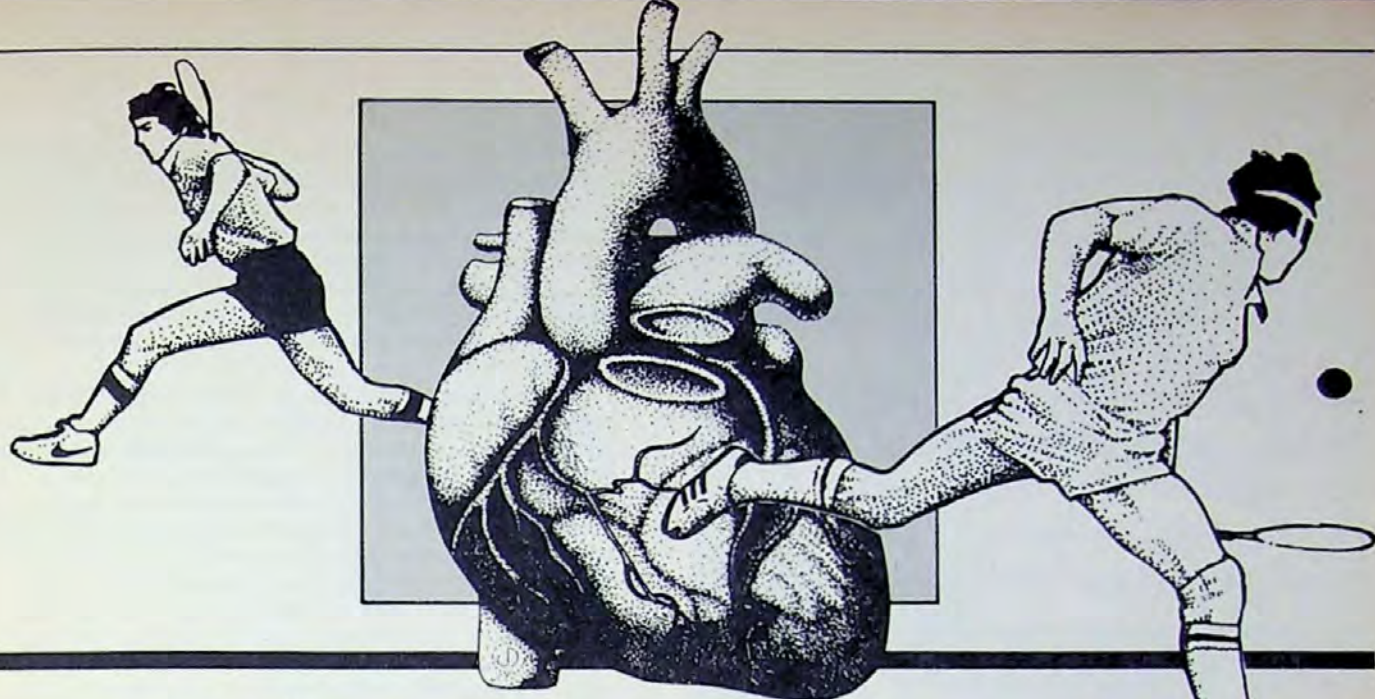
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Cholesterol:

Your Next Kill Shot?

When You Get To The Heart of the Matter,
Vigorous Exercise Can Reduce Coronary Risk.

By Frances Sheridan Goulart

Ask 25 doctors and you'll get 25 opinions about cholesterol. Whether it's faulty diet or faulty body chemistry, maybe—say some experts—it's not worth worrying about. Others, on the other hand, recommend an active exercise program to counteract high cholesterol levels.

"Populations like ours with diets high in saturated fats and cholesterol tend to have high blood cholesterol levels," says the U.S. Department of Health and Human Services. "Individuals within these populations usually have greater risks of having heart attacks than people eating low-fat, low cholesterol diets."

However, according to UCLA researchers Drs. Alan Fogelman, John Edmond, Alan Polito and George Popjal in a report to the American Heart Association, "Faulty chemistry within the individual is more responsible for high cholesterol than is too much fat in the diet."

The dietary-cholesterol school of thought points out cholesterol is essential to the body. They say cholesterol encourages production of bile, fat absorption in the intestines and steroid hormone synthesis. In addition, they say 60 to 80 percent of people having heart attacks do not have an elevated serum cholesterol level.

Cholesterol is synthesized in a series of about 36 steps. It begins as an acetate, which in turn, may be formed from almost any food component, fats, carbohydrates and proteins. Under conditions of high dietary cholesterol intake, cholesterol synthesis in fat tissue may be suppressed much less than in the liver. In other words, if you

are overweight you produce more cholesterol than a thin person, no matter how much you consume.

Merely cutting down on ingested cholesterol will not lower the serum cholesterol level, because most of it is formed in the liver, intestinal mucosa and fat cells of the body.

Vigorous exercise, like racquetball for example, does a good job of lowering cholesterol. It also lowers the blood fats called triglycerides which are even better indicators of impending bad cardiovascular news than other lipids. But vigorous and often are the key words.

Have your eggs, milk and cheesecake and eat it too, some researchers say. As long as it doesn't have sugar in it. According to Dr. John Yudkin, professor of nutrition and dietetics at Queen Elizabeth College, University of London, heart disease is not linked to fat consumption but to sugar intake. Conducting his own research and retracing the research of Dr. Ancel Keys, the original proponent on the fat/heart disease theory, Yudkin found wherever there had been a correlation between fat and heart disease there also was a stronger correlation between sugar and heart disease.

Part of the confusion stems from the fact that there are two kinds of cholesterol. The good (high density lipoproteins) and the bad (the type that clogs arteries).

Knowing that your cholesterol is high is not the same thing as knowing that your bad cholesterol is high. You can have one without the other.

Cholesterol

Nevertheless, the fact remains that cholesterol, in general, is looked upon as the cause of heart and vascular disease by 75 percent of the medical profession.

Numerous studies indicate deficiencies of any of the following nutrients can cause a rise in serum cholesterol: chromium, vitamin E, vitamin C, iodine niacinamide, calcium and magnesium. Chromium deficiency, for example, causes a disorder in fat and carbohydrate metabolism leading to atherosclerosis (formation of fatty lumps on hardening artery walls).

A high cholesterol intake can make you overweight for sports.

And if nothing else, a high cholesterol intake can make you overweight for sports, not just because fattier foods are higher in calories either. A diet rich in cholesterol and saturated fats blocks production of a normal body constituent called gammalinolenic acid (GLA).

According to Canadian specialist, Dr. David F. Horribin, GLA is a

normal body constituent. It is formed within the body from a substance in the diet called linoleic acid. Adequate amounts of GLA in the body help prevent obesity, says Horribin. There are only two good sources of GLA—evening primrose seed oil (efamol) and human milk. And according to Dr. Horribin, efamol activates "brown fat," a type of fat that burns up excess calories without exercise. People who add weight easily often have defective brown fat. Efamol also activates a calorie-burning enzyme and seems to inhibit appetite.

High cholesterol foods include: butter, other solid fats (lard, fully hydrogenated vegetable shortenings and fully hydrogenated margarine), shellfish, duck and goose, fatty, heavily marbled meats (spare ribs, frankfurters, sausages, fatty hamburgers, luncheon meats and bacon), organ meats (liver, kidney, heart and sweetbreads), egg yolks, olives and avocados, whole milk and whole milk products (evaporated whole milk, cream of any kind, whole milk yogurt, ice cream and cheeses made with whole milk or cream), commercially fried foods (potato chips, fish and chips) and almost anything with chocolate or coconut (coconut fat is 87 percent saturated).

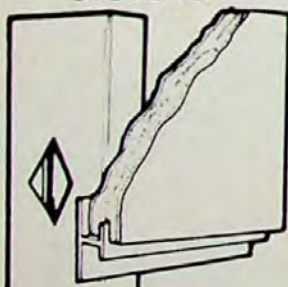
If you can't face life without eggs, eat your beets. According to the Institute of Nutrition Research Newsletter, "Beets, turnips and all root vegetables have a strong tendency to absorb liver bile they encounter in the intestines and carry it out of the body. This reduces the amount of cholesterol in the system. Apples and oranges, both of which are rich in pectin, have the same effect. Corn on the cob is very good for this purpose and so are all kinds of beans. As a result



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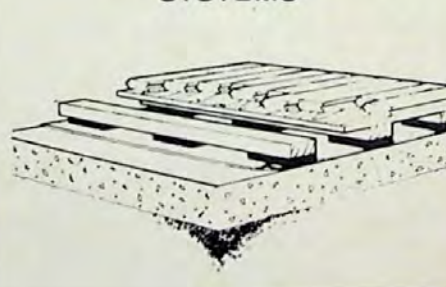
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of eating these fibrous foods, the vegetarian cholesterol level tends to be just about what it should be, giving the body the full advantage of plenty of cholesterol, without overdoing it."

If your unhealthy cholesterol readings are tipping the scale and your healthy ones aren't, you can add alfalfa, fiber, pectin, lecithin and vitamin C to your diet. You can also add onions and garlic to your diet. "When onions and garlic are taken with a meal, they counteract the usual result of high fats in the diet which is to raise cholesterol," according to two cardiologists writing in the British Medical journal *The Lancet*.

Other specialists recommend cutting out salt, fast now and then and eating less meat. "Chemicals in meat, cheese, and eggs, besides cholesterol and saturated fat, are suspect," according to C.J. Glueck, writing in the *American Journal of Clinical Nutrition*. "Evidence has shown that vegetable protein, as compared to animal protein, has an unexplained cholesterol-lowering effect apart from the fact that vegetable protein foods contain no cholesterol."

Many nutritionists suggest skipping the eggs and having oatmeal two or three times a week. "We use oatmeal to control cholesterol and it works," says Dr. Julian Whitaker, director of the California Heart Medical Clinic in Huntington Beach. And Dr. Hans Fisher of Rutgers University adds, "Oats prevent the cholesterol in foods like eggs

If your unhealthy cholesterol readings are tipping the scale you can add alfalfa, fiber and vitamin C to your diet.

from being absorbed, making it possible to eat some relatively high fat cholesterol foods without having to worry unduly," he says. "You don't have to completely cut out eggs and other foods."

Eggless French Toast

- 4 1/2-inch thick slices whole wheat toast
- 1 tablespoon unsalted soy margarine
- 1/2 cup pure maple syrup
- 2 thick squares of tofu

Heat oven to 250 degrees. Arrange toast in the bottom of a shallow baking dish. Keep warm.

Melt margarine in 10-inch skillet over medium-low heat. Add maple syrup. Heat until boiling; reduce heat and add tofu. Gently simmer, basting constantly over low heat for about five minutes. Lift tofu onto toast slices. Pour syrup from skillet over the top. Serves two. (Variation: Tofu may be oiled and broiled before poaching.) Tofu has one-third the fat of eggs and it is unsaturated.

Cholesterol Free Tofu Half and Half

Combine one six-ounce cake of tofu with three ounces of water or mild herb tea, plus one tablespoon honey. Puree.

Use on hot or cold cereal as a pre-sweetened cream. To thin, add more water. To thicken, add more tofu.

Low-Fat Fruit and Fiber Bars

Put one cup unsulphured apricots through a food grinder alternating with one piece unbuttered whole wheat bread or one half cup coarse raw bran. Sweeten with one teaspoon honey. Add one pinch dried lemon peel. Press into a greased square dish. Place in freezer 20 minutes. Remove. Slice into bars. Wrap each separately in clear plastic.




Melissa Berman, 9 years old is deaf. She studies ballet at the Joffrey Ballet School.

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Applying the Best of Racquet and Agility Sports

By Barbara Maltby



Barbara Maltby

Players new to the game of racquetball—take heart. Your previous sports experience may be a valuable asset! Whether you are a cross country skier, a golfer, a badminton player, or a runner, many of your acquired skills can be transferred to racquetball.

The game of racquetball contains many dimensions. It combines speed with strength,

power with finesse, aggressiveness with control. Converts from other racquet sports, especially squash, tennis, paddleball, and paddle tennis, will adapt easily to the basics of racquetball. Not only do these players have skill with a racquet, but they also understand the intricacies of court positioning, angles and fundamental strategy. Practically

any sport that incorporates short sprints and quick lateral motion will be an asset in learning racquetball.

Squash (racquet), football (aggressive) and track (agility) all use patterns of movement that translate to racquetball. The skills acquired in these three sports are different, yet each player can adapt his specific skills to some aspects of his racquetball game.

Squash

Squash is perhaps the racquet game with the skills most transferable to racquetball. Many of the squash player's present abilities can be immediately incorporated into his racquetball game. The greatest strengths of a squash player are his knowledge of basic court strategy (not only the angles, but also the area of court where shot opportunities exist). Another strength is his consistent passing game (deep alleys and cross courts). Thus, the most logical strategy to begin with is the pinch and pass game.

The use of corners or angle shots is basic in squash. A player can incorporate them quickly into the pinch and reverse pinch of racquetball. Racquetball takes advantage of the squash player's passing game, court awareness, consistency and stamina. The squash player will find he can easily surpass levels of racquetball players concentrating on these areas of the game.

Racquet skill is a necessity in racquetball; once you reach the ball you have to be able to hit accurately. Some squash drills that emphasize racquet control might be useful to racquetball players. One good drill is to continuously hit forehands and backhands. Stand in the middle of the court behind the back service line. Hit the ball with your forehand toward your backhand. Quickly turn and hit a backhand shot cross court to your forehand side. Hit the ball at half speed! The emphasis of the drill is to control the ball, to practice changing grips, and to keep the routine going as long as possible. Not as easy as it sounds! If you can hit the ball 20 times in succession, your racquet skills will improve.

The second drill is the forehand down-the-line drill. Stand on one side of the court behind the short line facing the side wall. Set up soft balls to your forehand that you move in and hit down the line. Try to keep the ball from hitting the side wall and try to make the second bounce near the back wall. Great for your passing game!

Football

The football player just beginning to play racquetball brings a much different skill to the court. Where a squash player has control and racquet skill, the football player has strength (most often size) and quickness. So the football player must concentrate on a different type of strategy to utilize his assets. The most obvious game for him is the aggressive power game. Although he may lack control and court knowledge, his instinctive aggressive style can force his opponent to play defensively. He must acquire racquet skill to develop his game, but he will initially be most successful with a power game.

The power game is easy for a big strong player, but how can the average player learn to hit the ball harder? There are two elements to power: strength and technique. Good technique can be acquired by working on your strokes through instruction. Strength and muscular fitness can be improved through a weight lifting program. Most racquetball clubs have Nautilus or Universal weight lifting equipment, and a two or three-time a week program can markedly improve your strength. An overall program is best. One that exercises all the large muscle groups. More specific programs for certain muscles can create muscular imbalances that can lead to pulls or strains. Wrist and

forearm exercises are also important in giving you more power in your wrist snap.

Track

The track athlete will initially possess neither great power nor racquet control. His greatest assets are his speed, agility and stamina. So his game must emphasize court coverage and consistency (keeping the ball in play and in the back corners). Since his opponent must shoot from deep in the court, the track athlete will have more time to run down every shot. And the longer the point goes on, the better chance he will have of using his edge in stamina and wearing down his opponent.

But how can the average player increase his quickness and court coverage? In looking at the game, racquetball is made up of repetitive movements in short sprint patterns. Therefore, wind sprints or court sprints are beneficial because they mimic the actual movements in the game. Court sprints are incorporated into what is called the "star drill." Six points in the court are chosen as points of the star (each front corner, each back corner and each five foot line on the side wall). The player starts in center court and runs to each point of the star in succession, always returning to the center in between points. He never faces toward the back wall, but he must back-pedal to center position from the front corners. These court sprints are usually done in series with a designated rest time in between sets. Start by doing a set of five single stars. Rest in between each star equal to the time it takes to run the star. Tournament players can progress to running 15 to 20 sets of three continuous stars (you'll be in great shape by then!)

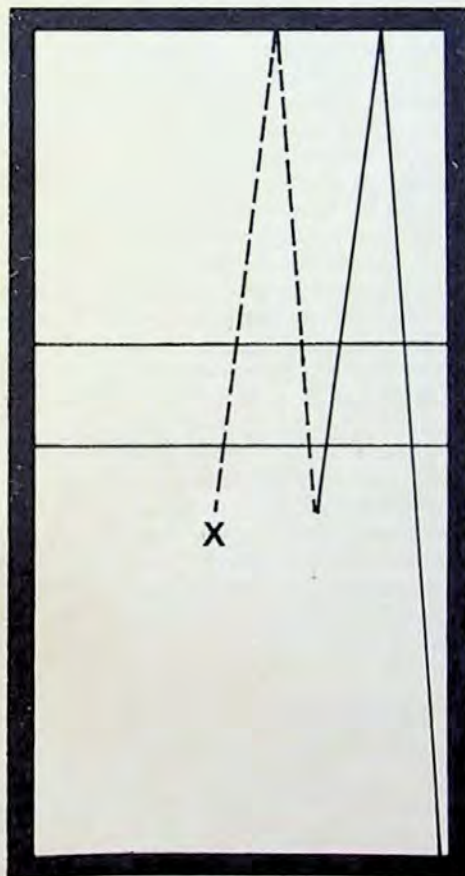
Another good drill for court coverage is the 30-second drill. Start at one side wall and run back and forth between side walls as many times as you can in 30 seconds. Rest 30 seconds and repeat. Start off slowly, don't go all out until you get used to it. Start off with five 30-second sprints. These drills are for players who have some basic conditioning. If you haven't played for six months try some jogging or bicycling first. You should quickly see improvement in your court coverage.

Summary

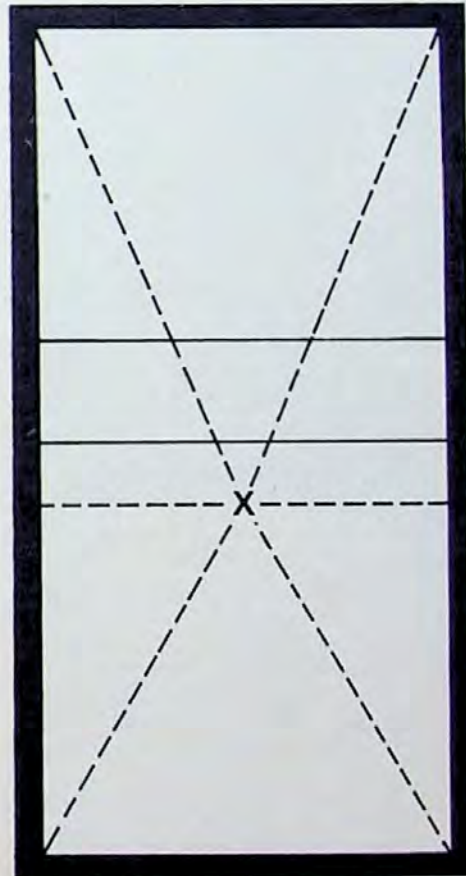
Sports enthusiasts can be successful in adapting their previous skills to strategies in racquetball. Whether they possess racquet control, strength and quickness or agility and stamina, the average player can develop his own ability through drills and exercises. Try them twice a week for a month and see yourself improve!

Editor's note: Top ranked pro Barbara Maltby is a former U.S. squash champion (1975-1981) and the touring professional for Clark's Uptown Racquet Club in Philadelphia, Pa.

The track athlete's greatest assets are speed, agility and stamina. The longer the point goes on, the better chance he will have of using his edge in stamina.



The forehand down-the-line drill is a squash drill that also improves racquet control for racquetball players. Set-up ball off front wall and hit passing shot down-the-line (solid line).



The "star drill" allows the player to improve court coverage. The player begins in center court and sprints to six points in succession along dotted line, always returning to the center in between points. The player must back-pedal to center position from the front corners. Start by doing a set of five stars and rest.

Server or Receiver: Choose Your Weapon

By Brad Kruger

I first met pro and racquetball coach Carl Loveday three years ago in the parking lot of one of San Diego's most prominent racquetball clubs. Like every impressionable young player I was in awe of the white-haired old

codger who, at 65, still wins national racquetball titles for his division. And why not. He has coached the best. His students have included former national champion Charlie Brumfield and pro Rich Wagner.

The Loveday Doctrine

His secret? The Loveday doctrine: server: shoot aggressive, cover selective. Receiver: shoot selective, cover aggressive. When I learned the doctrine summarized a strategy based on racquetball's scoring system, the meaning of Loveday's words hit me like a cold shower in the early morning.

As racquetball players, we tend to get caught-up in the race to 21. We forget about the scoring system, usually hitting the easiest shot we can in an attempt to win regardless of the result. This is wrong. According to Loveday's theory, the scoring system becomes the epicenter around which racquetball strategy revolves.

Before we tackle Loveday's theory, let me digress for a moment. For the sake of racquetball's neophytes, the rules dictate that a point can only be scored if the person who served the ball wins the rally. A point cannot be tallied under any other circumstance. For instance, if the receiver wins the rally, no point is chalked-up.

Here is a quick and simple illustration: the score is 15-7 and the server wins the rally. He is awarded a point and the score becomes 16-7. Had he lost the rally, the score would not have changed. Now, the same situation, 15-7, but this time the receiver wins the rally. What happens? Nothing. It's still 15-7. The score can be affected only if the receiver loses the rally.

Under Loveday's theory, one plays the percentage shots according to what is to be lost or gained on the scorecard. This way, a player does not give up points due to lack of concentration or lack of knowledge of the scoring system. Essentially, then, for a player to take advantage of racquetball's scoring system, one must assume one of two distinct roles: the role of the server or the role of the receiver.

The Server's Role

Point-wise, the server has nothing to lose and everything to gain. Remember, "Server: shoot aggressive, cover selective." Seems simple, doesn't it? First of all, the server should shoot aggressively whenever possible. He should clobber any shot that might win. If he misses the shot he loses the rally not the point. There should be little fear of trying a risky winning shot. But use caution. I said shoot aggressively, not ignorantly. If you can barely get your racquet on your opponent's shot, it would be ridiculous to attempt an offensive return.



Brad Kruger

INSTRUCTION

The server is in an almost ideal situation. He can skip a dozen balls and never lose a point—as long as he is in possession of the serve. It's almost like a multi-millionaire placing nickel bets in a backroom, downtown crapgame. If he loses, it isn't gonna matter much. If the server makes an outright error, or an error his opponent capitalizes on, the score is unaffected. Too many errors, however, and the server will never get on the scorecard.

As server, you are free to try any shot you want because there is no point penalty if you

hit the kill shot to such a location that if the shot hits the wall too high, it will fly for a pass shot. Never skip a ball when you are in the receiver's role. It is an automatic, unearned point for the server.

The receiver's objective is to win the rally. This prevents the server from earning a point. If you cannot win the rally, you should make the situation as difficult as possible. Make the server work for every point. Make it so difficult he has to hit a winning shot. Don't give the rally and the point away.

But don't play too tentatively either. If you

Under Loveday's theory, one plays the percentage shots according to what is to be lost or gained on the scorecard.

miss. There is little to be afraid of.

Be creative with your shots. Work for the long-term results rather than the short-term. The pressure to make the shot lies with your opponent. You can afford to hit some wide, angular shots. You may lose the rally, but later on you may win because your opponent's timing has been thrown off.

Let's say you have hit three kill shots in the right front-corner and you are set-up to hit another one. Even though you may have a rally ender, it may be wise to hit a crazy ball to surprise your opponent. The next time he moves in to cover a shot, he won't know where to go.

As the server you must be selective in choosing which of your opponent's shots you are going to pursue. Only chase after the shots that are "easily returnable." By easily returnable, I mean all shots within a few steps of where a player is standing.

As for diving, forget it. Save the painful belly-flops for the backyard swimming pools and when you are receiving the serve. Why risk injury when there is nothing to lose?

But use caution. Be selective, not lazy. A common problem is players confuse the two and neglect to return easily returnable shots.

The Receiver's Role

As receiver, play your shots safe. A loss of a rally means a loss of a point. Play the percentages. Hit the shots that have the highest possibility of being successfully hit.

Let's focus our attention on the rally-ending kill-shot, the most offensive weapon in racquetball. To be properly executed, the kill-shot must hit the front wall very low. Thus, the receiver should attempt this shot only tentatively.

Since the possibility of error exists, the receiver can opt to 1) hit a safer shot and wait for a better opportunity to present itself, or 2)

are set-up with an ultra-plum, rip your best shot. It would be silly to play defensive when you can win the rally. If doubt prevails play the safe shot.

As the receiver, try to return every shot. Even if the ball appears to be out of reach, try for it. This is where you get the chance to use all of the energy stored up from when you were covering the court selectively as the server.

The server should play as aggressively as possible. If he misses a shot and loses the rally he doesn't have to worry a great deal since the score is still the same. The receiver wants to spend all of his energy preventing the server from winning the rally. He will shoot the safest shots and attempt to keep all of his opponent's shots from bouncing twice.

Of course, there will be times when you may want to alter the roles slightly. For instance, if the score is 19-19, the server may want to keep serving, thereby keeping his opponent from getting the serve and a chance at a point. To do this he may incorporate part of the receiver's role into his game, playing safe shots until the winning opportunity presents itself, not skipping the ball.

The unique quality about the system is that it has its own built-in pacing device. You rest when you are the server and exhaust yourself when you are the receiver. Your role is consistent throughout. You don't have to take it easy in the early innings to ensure the right amount of energy for the later stages of the game.

It is very important to always remember your individual role on the court. That is, whether you are the receiver or the server. If, in the middle of a rally, you forget, you won't know what strategic role to play. If you do lose track of what position you are in, I suggest playing the safer receiver's role until the rally ends.

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Perfecting Pinch Shots

By Dave Peck



Dave Peck

In racquetball, it's important to have a balanced attack. That's why the pinch shot is the perfect complement to a power-control game.

A pinch shot is hit off a forehand or backhand stroke between the side and front wall in one of the front corners. This shot differs from the execution of the kill shot by the placement of the ball. In fact, if hit low enough, the pinch rolls out from the front wall and is sometimes referred to as the "kill pinch."

Hit the pinch off your lead foot at knee level or lower. Generally, try to hit all of your shots from the same stroke, changing only the direction the ball takes. If you have a different stroke for each shot, you may find yourself hitting the wrong shot at the right time. So, keep it consistent.

Under most circumstances, the pinch should contact the side wall as low as possible (usually six inches to two feet from the front wall). The ball has a tendency to travel from the side wall to the front wall and out

toward the opposite side wall. But if placed low enough on the first side wall, it won't get past the service line before bouncing two or three times.

Is there an ideal situation to hit a pinch? I feel the best time is when you are in the middle of the court, between the short line to ten feet back, and your opponent is next to you half way to one of the side walls. Pinch the ball off the side wall he is closest. The ball will either die in the corner or rebound low toward the opposite side of the court from your opponent. Hit the ball too high, it may bounce to the opposite wall and into the middle of the court.

You might also want to pinch the ball after being given a poor ceiling return. Certainly,

The pinch seems to work well when your opponent is behind you.

when your opponent or both of you are in the back court, it is inadvisable to pass because that's where passes put the ball.

The pinch seems to work well when your opponent is behind you. This shot also produces results as an alternative to the down-the-line pass when your opponent serves to your backhand. Oftentimes your opponent will move to the side to which he served while blocking the down-the-line and expecting a cross-court pass. A backhand pinch into the side wall on that side of the court is a difficult shot, but will go a long way toward keeping your opponent honest.

One situation where you do not want to hit a pinch is when your opponent is in front of you in the mid or forecourt areas. It is too easy for him to cover the front wall in this circumstance and it is better to hit a shot past him into the back court. Also, as dangerous as it is to hit your pinch shot too high on the side wall, it is even riskier to hit the front wall first. Depending on the angle of your shot, the ball may come directly back to your opponent. Better to hit the ball a little farther down the side wall away from the front wall and be safe.

The secret to a good pinch, like any shot, is practice. Most importantly, learn to recognize the proper situations for hitting a pinch, a kill or a pass and mix them up accordingly.

So hit all those bad pinches in practice and develop a good pinch for your matches!



The Next Shot

Watch Out!



Our annual eyeguard review features the latest in racquetball protective eyewear. Plus, a special story on eye care.

The Next Generation

Who are the likely heir apparents to the Hogan throne from the amateur ranks?

Nutritional Racquetball

Pro Lynn Adams offers tips on how to maintain a balanced racquetball diet.

Have Racquet Will Travel

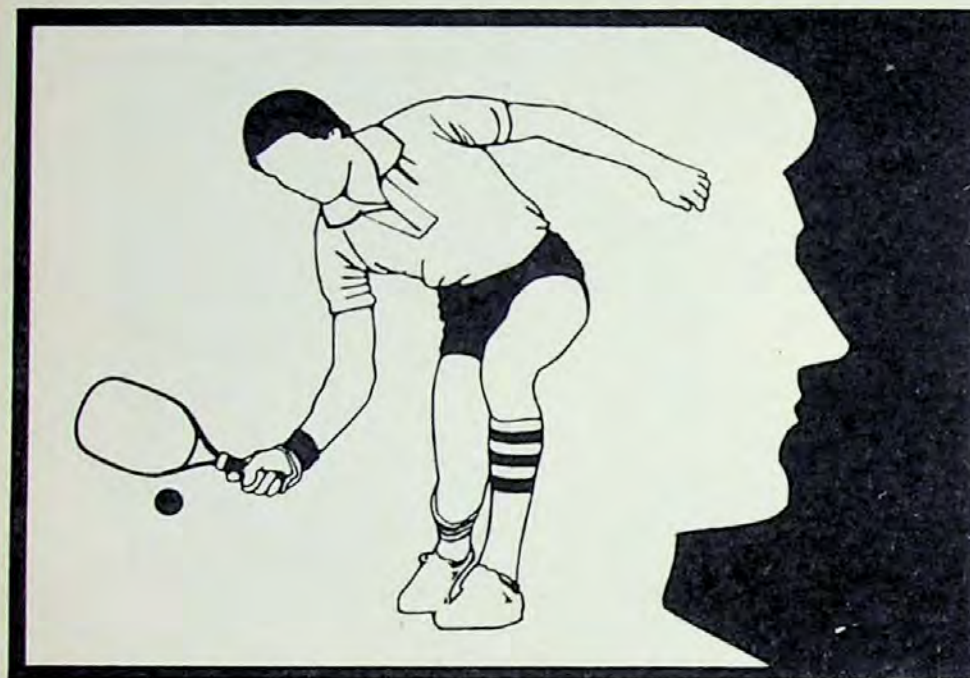
What options are available for the racquetball business traveler who wants court time in a members only club?

Plus

Pro tournament results and instruction articles by Steve Strandemo, Jean Sauser, Dave Peck and Mike Yellen.

Mind Over Body

By James G. Bennett and James E. Pravitz



You are what you think you are. That is, you become what you think you are. You attract what you think and believe. Your life is a product of your thought and beliefs. Nothing in the world can change this fact. To realize your life as the fulfillment of your dreams, it is essential that your thinking always be in harmony with those dreams. Mind is the mighty mover.

Conditioning your mind to the habit of successful thinking in your pursuit of athletic excellence is as essential as conditioning the body. For what can a superbly trained racquetball player accomplish if he is directed by a hesitant, uncertain mind that knows limitations, fear, and doubt, at both the unconscious and the conscious levels? A prime example of this occurred during the 1977 Wimbledon tennis championships. Chris Evert (later Chris Evert Lloyd), the acknowledged leader of the women tennis professionals, swept through the early rounds and looked unbeatable. The odds makers gave little hope to those who wished to bet against her. Yet, with barely a glimpse of her normal skill, Evert fell victim to a lesser player. An affair of the heart, it was rumored. Just the kind of emotional trial that creates distraction, lack of concentration, lowered morale, and even self-doubt in all humans—even in the super athlete. Even one whose mind is well trained to have self-confidence and self-assurance can temporarily lose

those qualities because of the thoughts associated with bad circumstances.

We are talking about the psychological law of cause and effect. Specifically, in sports, effect means athletic performance. Not only performance in competition but in all areas: training, practice, conditioning, sportsmanship, study perseverance, coachability, will, and pain tolerance, to mention but a few.

The law of cause and effect says that all effects have a cause and are a direct result of that cause. Thus, if the effect is negative or not in line with your goals, the cause is also negative. Conversely, if the effect is positive, the cause is positive.

The law of cause and effect further says that the first cause of all effect is thought. Thought is the first cause of how we experience ourselves and life. Thought precedes its expression whether in words, actions, or life-style. Nothing could be truer than the consistency of this relationship in the world of sports. Remember this, for it is the secret of your continual ability to improve and succeed:

What you think about becomes your reality!

What you think affects the outcome of every event. Even a team's collective thoughts affect the collective outcome of their efforts. Your thoughts affect your emotions. Your thoughts can cause indifference, discouragement, and a loss of confidence.

Athletes can experience outright fear. On the other hand, your thoughts can give you confidence, hope, and determination.

You cannot think fearfully and build confidence. You cannot think doubtfully and build confidence. You cannot think of losing and expect to win. You cannot think indecisively and be quick to act. Nor can you think of failure and expect success. When you think doubt, you experience doubt. When you think rage, at officials perhaps, your body becomes rageful and less under your control.

A secret useful in all areas of life is learning to master thought. The secret in sports is defining your athletic goals and objectives and then keeping all thoughts aligned to those goals and learning to discipline your mind to oppose counteracting or wavering thoughts.

Since patterns of thought are often as habitual as behavior, the secret is to establish thought habits consistent with your goals. For instance, habitual thoughts of confidence, of enjoyment of your sport, of being a team player, of being a superb learner with ability and unlimited capacity, will lead toward success—if your goals are carefully defined.

The Positive Self-Image Habit

Self-image is another important factor in athletic success. While learning to master thoughts, it is essential to develop habitual positive self-image thoughts, for these, too, fall within the concept of cause and effect. Self-image psychology says, "How I think of myself will result in the way I will be, or perform." Self-image is our own concept of the kind of person we are. It has been built up from our beliefs about ourselves. Most of these beliefs, however, have been formed from past experience, our successes and failures, our humiliations and triumphs, and from the way other people have reacted to us. Once this self-image is formed, it becomes the habitual thought cause leading to a habitual effect, which is our behavior and performance. It is how we experience ourselves and life generally. In short, you will act like the sort of person you conceive yourself to be.

Self-image psychology is not a new or theoretical concept. Rather, it is a principle learned from observations of human functioning. Those who think they can, can and usually do. Those who think they can't, usually don't. Those who believe in themselves succeed and achieve. This principle has been emphasized for centuries and has

been found in the writings of most major religions and philosophies of the world. "As a man thinketh in his heart, so he is." This familiar quotation is taken from Christian scriptures.

You are everything you have ever thought. Why is this so important to you as an athlete? As a person? Because each one of us—and that means you—can develop into anything within natural law when your self-image thoughts are of that kind of person. You can be, or become, do, or achieve, anything. You can develop and maximize your many talents if your self-image is of that sort of person and then, of course, merge that self-image with proper physical conditioning and knowledge of your sport.

Most people draw conclusions about themselves based on observation of their own past performance. They then conclude that that is how they are now, in the present. Many resign themselves and accept the idea that that is how they will be in the future. But how you will be in the future is greatly influenced by choosing to observe how you want to be in the future. You must see yourself as you wish to be, not as you were. Then through the mechanism of the mind, you grow into that image. Self-image can be changed! It is always changing. You can take charge of the change and mold it to support your goals. Let your goal reflect your self-image.

Unfortunately, most people have learned to live with the self-image they have developed from past experiences and associations. Friends and acquaintances tend to help us lock into existing ideas of what we are.

In the same way, actors are often typecast, finding it extremely difficult to get a variety of roles that truly reflect their range of talent. It's bad enough when others accept a preconceived idea of what we should be, but it is infinitely worse when we accept that limit and allow it to shape our self-image.

You can overcome the influences of the past—influences that often keep people from developing a positive self-image for the future. Now you have the power to help yourself create a new self-image consistent with your future goals.

The important thing to realize is that the self-image thoughts come first, and in their marvelous, mysterious way they create reality of what you will be. Study this idea and learn it well. If you know what you want to become, begin by seeing yourself that way, regularly, continuously, unceasingly. That approach will lead to success.

This is a different idea. Most people will observe that some trait of theirs is less than perfect and will say, "Well, that's how I am." And they let it go at that. But you can now say, "Well, that's how I was," and then picture yourself as you choose to be and grow into that picture.

Avoid The Idea of Limitation

And now, for a moment, let's consider another word: *limitation*. Though our approach toward the goal of athletic performance and development is highly positive, limitation is a word all athletes striving for superior results need be aware of. The adversary to realizing your goals is not merely so much the opposing players as it is the long-held, insidious ideas and beliefs that inhibit the freest expression of latent physical talents.

You, as an athlete, can achieve anything within natural law. Natural law is not always known, but it is defined as far more limiting than it really may be. For example, most track buffs are aware that the world record for the mile run is well under four minutes. Any runner of national or world stature realizes he must run the mile faster than four minutes if he has even a slight hope of competing

record and peaking are not necessarily related. Don't let one thought limit the other."

Taking the advice literally, the cyclist went out and broke the record, and then progressed to peak at a new level the same season.

Learn to monitor thoughts that suggest limitation. Remember, the ideas that you have regarding what is possible are based primarily on memories from the past—your own past as well as the past performance of others. We have already seen that the past does not always establish the proper criteria for future thoughts. Open your mind to new possibilities. Project your imagination 100, 200, or even 500 years ahead and visualize how athletes will be performing in your event then. They will have advanced because athletes along the way will break the binding beliefs that result in today's limitations. They not only will have practiced positive thinking

If you know what you want to become, begin by seeing yourself that way, regularly, continuously, unceasingly.

successfully. A four-minute mile is rather commonplace today, yet only a few years ago it was believed that no one could ever do it. Why? Because everyone "knew" it was impossible. The athlete then knew the limits to which one could achieve. Any intelligent, rational human being knew that anything better was impossible. At least until Roger Bannister did it. He had to set new mental limits to make the breakthrough, proving the value of the proper self-image. With the walls of psychological limitations removed, the four-minute mile became common.

If you have the courage to believe, and the will to pursue it further, learn to disregard, or reconsider, those things that you have been told or have come to believe can't be done. In this manner, you are free to set greater goals for yourself, many of which you will achieve.

A few years ago, a Mental Dynamics seminar student, a cyclist, was preparing for a training session at a nearby velodrome. He was asked how fast he should ride in order to break the track record.

"Oh, I couldn't do that," he replied.

"Why not?"

"I've always been taught not to peak out too early in the season."

The cyclist was obviously on another psychological level. His comments were loaded with inferred limitations.

"You aren't expected to peak out now, just break the record," he was told. "After all, the

but will have practiced *possibility* thinking!

They will have learned to believe that they can do anything, never questioning whether they could do it, only being concerned with how they would do it.

Before reading on, review the dreams and aspirations you have had in the past, for your life and in your sport. Identify the dreams, if any, that you may have ruled out or dismissed as too far out, impossible, or unrealistic. Take another look, reevaluate. Is it really so impossible? Suppose you could come close? Isn't that better than junking it altogether? Think of the skills, abilities, and techniques that you would like to perfect. Realize that you can advance yourself confidently in any direction, no dreams, no goal, nothing can be fulfilled. Remember these words of Henry David Thoreau:

"If one advances confidently in the direction of his dreams and endeavors to live the life he had imagined, he will meet with a success unexpected in common hours. He will put something behind and will pass an invisible boundary. New, universal and liberal laws will begin to establish themselves around and within him. And the old laws will be expanded and interpreted in his favor in a more liberal sense. And he will live with the license of a higher order of beings." 

Editor's note: The above article was reprinted and adapted from *The Miracle of Sports Psychology* by James G. Bennett and James E. Pravit, copyright 1982 by Prentice Hall Inc., Englewood Cliffs, N.J.

Fine Tuning Your Footwork

By Mike Yellen

You see a lot of different styles of footwork on the racquetball tournament circuit. Some players scurry around the court like chipmunks. Others always look like they're in the middle of one giant step.

Everyone has a favorite style of movement, but most are just different aspects of the same method. None get too exotic. Getting

around a racquetball court is not really such a complicated procedure. In fact, it's pretty basic.

I like to think of footwork as fine tuning a radio. When retrieving a shot, start out with large steps that will carry you across the court to the ball as quickly as possible. When the ball hits the front wall and you can see

which direction it is headed, tune to that station.

Then, as both you and the ball get to the same area of the court, fall into a small step shuffle. The shuffle step is nothing more than pushing off with one foot, planting the other about shoulder distance and bringing the original push-off foot up to it. The shuffle

1



2



1



2



Above (left and right), Mike Yellen demonstrates incorrect foot and body positioning. Taking one giant step in front of the ball, Yellen shows the awkwardness of retrieving and returning a back wall shot. Top (left and right), using a small step shuffle, Yellen demonstrates proper court positioning by getting behind the ball and turning his body as far toward the front wall as possible.

works forward, backward or sideways. Here, you will be fine tuning your radio for the best reception possible. These small steps maneuver your body into the best position vis-a-vis the ball. You can't do that with giant steps.

Sometimes, of course, you're forced to dive for the ball. Usually, though, you hope to be able to step into your shots and, in this regard, your positioning on the court has an important bearing on your footwork.

Ideally you want to be stepping forward toward the front wall and into the ball when shooting. Therefore, you position yourself a little behind the ball whenever possible.

Few players have problems moving forward into position. That's a very natural movement. However, footwork becomes more important when you have to move sideways or backwards.

You want to maintain a position on the court which will enable you to reach the ball in time to be moving forward when you hit. In a sense, you are going against the grain when you have to shoot toward the front wall while moving sideways or toward the back wall.

As we all know, the ideal position for most situations is center court. The way you position your body in center court will have an impact on your footwork and your ability to get the ball quickly.

When waiting for an opponent's shot, take up a position with your toes on one of two diagonals which you can imagine to be

running from the front to the rear corners and criss-crossing at center court.

Line up on the same side of the court as your opponent behind you, keeping your toes on the imaginary diagonal and facing

on your left foot, swinging your right foot around and back in the first of one or, maybe, two large steps before breaking down into the shuffle step.

As I mentioned before, you want to be

Ideally, you want to be stepping forward toward the front wall and into the ball when shooting.

the front corner on that side. This affords a good view of your opponent from the corner of your eye and enables you to easily cover his shots.

Naturally, this is a position following a serve or whenever your opponent is behind you. It is irrelevant if you are receiving the serve or retrieving a shot in back court. In addition, you don't have to worry about footwork if you are running forward.

After serving, move back into the center court/diagonal position with a shuffle step. Don't overrun the spot with large steps. The only potential danger is crossing your feet. This could result in them getting tangled up and you going down. You should be able to cover a down-the-line shot in a single step from the center court/diagonal position.

If your opponent shoots across court, pivot

positioned behind the ball to step into it when you shoot. Whenever possible, set up for a normal stroke, shooting the ball off your front foot while stepping toward the front wall. If that's not always possible don't worry about shuffling your feet around to get set up. Just shoot with an open stance, flicking the ball for a pinch or re-kill with your body facing toward the front if necessary. With any luck, your opponent will be out of position. You can then cut the ball off and put it down before he has a chance to recover.

Remember. Large steps to carry you across and a shuffle to fine tune your position. Lining up on one of the diagonals that cross center court will give you a head start on the ball. You should try to set up for it if you can.



Gaining the Advantage

By Mike Yellen

Are you tired of seeing your opponent in the same old spot? Tired of seeing the back of his shirt at center court?

Well, "Dr." Yellen can offer an elixir to this and many other racquetball ills. It's called gaining the advantage over your opponent. Or, better yet, having your opponent visit (and stay) in the four corners of a racquetball court.

Everyone, or almost everyone, knows the most basic method of moving your opponent to the back court is the ceiling ball. Let's not dwell on that. Let's concentrate on other ways of forcing your opponent to back court.

There's one special shot that accomplishes this—the passing shot. You either want to hit this shot straight down the line so it shoots right into the back of the court or cross court (hence, the cross-court pass).

Aim, in both, is critical. You want to shoot three or four feet off the front wall so the ball lands in the back court. That allows time to take over center court.

The wide angle pass, a variation of a basic

pass, hits the front wall, kicks off the side wall and lands behind your opponent. However, this shot has to be right on the nose. If you miss, you may be setting your opponent up for a strong offensive shot, putting you right back in rear court.

Once you're settled into front court, you're keeping an eye out for three shots: straight kills, down-the-line bullets and pinches.

Once the pass is complete, move to the front center court position to take the advantage. Be ready. Anticipate what your opponent is going to try next. Watch where he is going for the next shot. Expect a desperation shot if he is off balance.

Once you're settled into front court (it's kinda nice up there, isn't it?), you're keeping an eye out for three shots: straight kills, down the line bullets and pinches. You must be ready, eager to react and execute.

Now, what if you've moved your opponent to rear court, he's made a shot and his momentum is carrying him toward you—to the front court? Instead of trying to pinch or kill the ball in front, you can drop the shot in back of your opponent right where he just came from.

Should you get stuck behind your opponent (and who doesn't?), remember to maintain control of the ball. Execution is the key word. Two places you want to see the ball go are: straight into the front wall for kills and into the corners. This will force your opponent away from center court.

And of course, the ceiling ball is still the most practical defensive weapon. It gives you time to recover. It creates the opportunity to take over center court.

It is also just what "the doctor" ordered.



spring sportswear

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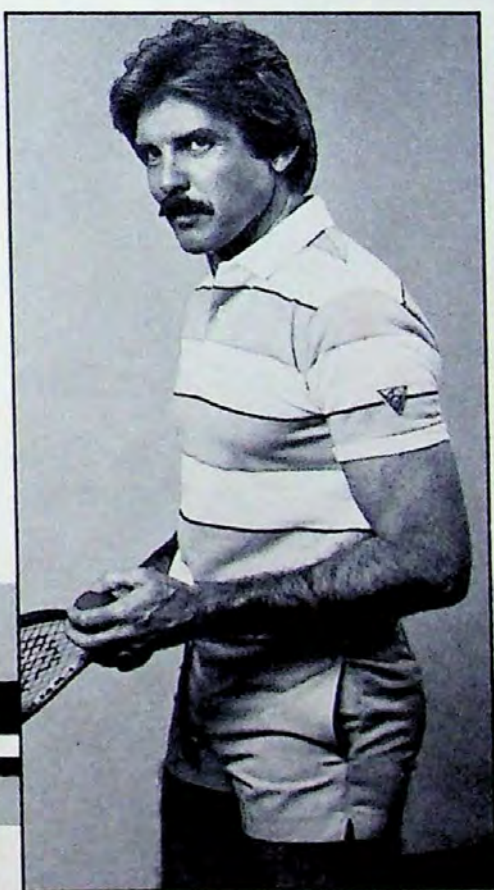


Fun, fabulous and unforgettable. It's fashion fitness '83. The latest collection of court classic combines the spirit of spring with a subtle sport sophistication. So the next time you reserve a racquetball court, add some pizzazz to your play with the newest lines of active attire from Ektelon, Jantzen, Le Coq Sportif and Newcombe Active Sportswear.

pectacular!

fashion '83





Top left, Michael Haynes models Le Coq Sportif's unisex Hiedelburg warm-up suit. White, red and navy jacket features contrast vertical stripe yoke, two side pockets and elastic waist. Draw string pants. **\$120.** Left, Stacey Tolen takes a break with Ektelon's blue poly/cotton top and white trim sleeves. **\$25.** Matching poly/cotton shorts with trim on side. **\$15.50.** Michael wears Ektelon's navy, red and white poly/cotton top. Solid body with contrasting sleeve stripes and shoulder insert. **\$15.50.** Matching shorts feature solid color with contrasting two-color side seam piping. Inside key/coin pocket. **\$8.50.** Lower far left, Stacey wears Ektelon's coral blouse with bound scooped neck. Raglan sleeve with Ektelon flame screened on sleeve insert. **\$19.50.** Matching shorts with elastic waist. **\$16.50.** Lower left, Michael models John Newcombe's moustache line short sleeve top. Dacron/cotton rugby striped shirt with Newcombe moustache emblem on sleeve. **\$21.** Matching poly/cotton shorts with seam pockets, elastic waist and zipper front. **\$19.**

fashion 83 ACTION





Top left, Michael models Ektelon's navy and white warm up outfit. Jacket features a three snap placket with rib cuff and waistband. Solid body with contrasting white piping and front pouch. Pants feature elastic waistband with outside rear pocket. **\$48.** Left, Stacey shows off John Newcombe's teal top with extended t-sleeve. Solid fashion collar leads to contrast placket. **\$31.** Matching shorts feature cuff with two oversided flap pockets. Side belts enable waist to be adjusted. **\$30.** Michael wears Jantzen's black striped poly/cotton top. **\$25.** Matching poplin shorts. **\$19.** Dane Seiznick models Jantzen's vertical stripe poly/cotton top with interlock placket. **\$25.** Matching poplin shorts. **\$19.** Lower left, Pony Court Shoe (men's) features a full grain leather upper with perforated vamp. Stitched rubber bottom. **\$25.95.** The Tred 2 Z (men's) features leather/nylon mesh upper and gum rubber sole. Suede reinforced heel and toe. **\$28.95.** Lower right, Dane plays in Ektelon's white and navy shirt featuring solid body with contrasting top yoke. Heat seal logo on sleeve. **\$13.95.** Matching nylon tricot navy shorts have elastic waistband. **\$13.95.**

fashion '83





Top left, Kathrine Sheehan rests on court in Le Coq Sportif's raspberry and white Sophie warm-up outfit. Cotton/kodel two-color fleece pullover top. Pull-on pants with elastic waist. **\$75.** Left, Kathrine models Le Coq Sportif's Felicie cotton tique shirt with vertically embroidered stripes. **\$34.** Caledonie white V-neck cotton sweater vest. **\$38.** Navy Jacqueline poly/cotton skirt with two-color elastic waistband. **\$39.** Dane wears John Newcombe's teal, white and lavender top. Striped fashion collar with no-button rounded placket. **\$28.** Matching twill shorts with pieced side stripes. **\$29.** Lower left, Dane models Ektelon's red and white solid body top with contrasting trim on collar, cuffs and sleeves. **\$12.95.** Matching red shorts. **\$11.** Left, Dane wears Jantzen's white poly/cotton top with mesh knit placket. **\$22.** Matching poplin shorts. **\$19.**



fashion '83





Opposite page and lower left: Dane sports Le Coq Sportif's blue and white National poly/cotton top. Knitted vertical stripes and lightweight singlet with tricot binding. **\$17**. Matching Rhythmic poly/nylon shorts. **\$17**. Kathrine wears Le Coq Sportif's red and white cotton/jersey Claudine top. Vertical knitted stripes. Sleeve tipped collar. **\$33**. Matching Jacqueline skirt. **\$39**. Top (left right), Kathrine models a variation of the same outfit with red and white cotton Corienne long sleeve V neck sweater. Contrast stripe rib trim and embroidered logo. **\$40**. For fashionable footwear on the court, Le Coq Sportif suggests its Team Shoe (women's). Mesh nylon upper and polyurethane sole. Herringbone tread. **\$36.95**. Dane and Michael sport Le Coq Sportif's poly/cotton National outfit. **\$34**. Stacey wears Ektelon's white solid body with contrasting flared collar blouse. Sport snap placket. Set-in shoulder and sleeve stripe. **\$26**. Solid blue shorts with Ektelon flame screened on side seam. **\$16.50**. Lower left, Kathrine sports Le Coq Sportif's sleeveless top and skirt assemble. **\$72**. This time she opts to tie long sleeve V neck sweater freely around her shoulders. **\$40**.



By Cathy Urquhart-Hoy

The dictionary defines gifted athletes as first among all competitors. You and I call them—simply—champions.

They are players the likes of Lynn Adams, Dave Peck, Heather McKay, Marty Hogan, Shannon Wright and Charlie Brumfield. These are racquetball champions past and present who have fought their way to the top and then fought to stay there.

As a sport, racquetball is young. The concept of what it takes to be a champion is still evolving. There are only a handful of players who can offer insight into the pressures and demands that go with being number one.

What does it take to reach championship-level racquetball? *Racquetball Illustrated* asked the champions.

Dealing With Distractions

"Championship racquetball is 98 percent mental discipline," says Shannon Wright, 26.



How To Improve Your Game To Championship Level

Championship Level

former WPRA national champion. "It is just assumed that in order to play at the top that you be able to run around the court for two, two-and-a-half hours at a stretch. It is assumed that you're already in shape and that you have the mechanics of the game down because physically you just won't find that much difference between the top players."

Mental discipline is the edge, says Wright. And that discipline takes many shapes. Professional racquetball players seem to agree

that if you play serious racquetball, you build the mental fortitude it takes to deal with distractions on the road to the top.

The first step is to make a decision. Wright says if you honestly want to play championship racquetball, make it your primary goal. From there, insert any number of secondary goals that will see you to your primary goal.

"Too many open players don't have it set in their minds where they want to go with the sport," she says. "You have to have a complete plan formulated with clear, thought-out goals."

Wright speaks from experience. Ranked number-three on the WPRA pro tour, Wright has come to grips with an attitude problem that crept into her game about two years ago. "I was getting tired of the game and it affected the way I played," she says. "But my attitude has turned around in the last year and I'm enjoying myself again. You can see it in my game."

"If you're aiming at the championships, you've got to be methodical about your play," she says. "You've got to be willing to practice until you don't make mistakes. You've got to want to play the smart way, the consistent

way, the way that is going to make points and money. Unfortunately, it's not always the most entertaining way to play racquetball."

Her advice to serious players: play, practice and drill.

"Never take racquetball so seriously that it stops being fun," she adds.

Perfecting Performance

"First of all, there's absolutely no point to the mental aspect of your game if you don't have what it takes physically," says Dave Peck, 25.

"If you don't have your kills, pass, ceiling and around-the-wall balls perfected, and if you don't do the conditioning, the training, the sprints, jump ropes and jogging, then you won't have to worry about the mental game," he says. "If the physical aspects of your game don't exist, you totally lose all mental capabilities to play well."

Concentration is also important. Technically and strategically, the pro will make the least number of mistakes. Peck says the pros learn to make the right shots at the right time and with perfect execution. "Even if I get rooked on a call by the ref, I try not to let it

"Most athletes have the same physical abilities but few are able to compensate for their weaknesses," says Hogan. "That's the difference between a good and a great racquetball player."

Championship Tips

Marty Hogan, five-time defending national champion:

Dedication. The biggest adjustment to improving your game to championship level is deciding to make a sacrifice and dedicating yourself to becoming the best. You have to say to yourself, "I will not be defeated under any circumstances. All I have to do to win is turn the energy on." You must dedicate yourself 24 hours a day.

Mental Motivation. You have to mentally prepare yourself to make sacrifices and overcome any obstacles. You may have the physical capability of becoming a champion but you won't have the ability to improve your game to championship level if you are not mentally tough enough. You have to be realistic about your strengths and weaknesses. You also have to believe you can be better than the next guy.

Court Coverage. You must learn to cover the court better than anyone else. If

you lack anything in your forehand, then your backhand has to be better than anyone else's. Most athletes have the same physical abilities but few are able to compensate for their weaknesses. That's the difference between a good racquetball player and a great racquetball player.

Jerry Hilecher, for instance, compensates for a weak backhand by having a superior forehand. Rich Wagner's forehand and backhand may be a little on the weak side, but he covers the court better than just about anyone.

Creative Control. Many top competitors quickly fall to the wayside. This is because they lack the ability to create new shots and strategies. Instead of improving their game they remain stagnant. It takes someone with exceptional ability to keep on winning. You have to be able to stay competitive and beat any opponent.

A Common Goal. The people around you—family, girlfriends, boyfriends and roommates—have to accept what you are trying to accomplish. They have to understand and help you toward reaching your goal. Your goals become much easier to attain when your surroundings are conducive to that goal.



Charlie Brumfield, five-time former national champion:

Shot Selection. The major problem most young racquetball players face is attempting to emulate a player who is different than themselves. I feel from studying the great players and their proteges that it is essential you play a style of game in accordance to your own person-

THE SPORTS GALLERY



"When I walk out on the court, I feel like I am walking in more physically prepared than anyone I may have to face," says Lynn Adams. Above, Adams (left) awaits a forehand return from former national champion Shannon Wright.

interfere with my game plan," he says. "I tell myself, 'Okay, let's get that point back.' Or I'll hold up my racquet and take a time out, just to calm down and get things straight. I'll try to formulate a plan from what's happened and turn the game around from negative to positive."

A pro will read his opponent. Peck says a pro will adjust his game plan to attack the weaknesses of other players. He'll also have the strength and endurance to play peak-

"Hogan is not the perfect player," says Brumfield. "He plays the game in accordance to his own personal and physical credentials. That's why he's a great player."



who is number one at the time. The last four or five years Hogan has been the number one player in racquetball. So everyone taking serious racquetball lessons is trying to learn Hogan's power game of racquetball. If they are not suited to do this physically, they lose what they do best which might be a control game or a shot selection strategy superior to Hogan's. Hogan is not the perfect player. He's simply great at what he does. He plays the game in accordance to his own personal and physical credentials and that's why he's a great player.

Drills. Practice depends on the style of play. I used to practice by hitting 1,000 shots a day and divide it into 200 shots of five different categories. I felt these were necessary to be able to control the game that I wanted to play and move my opponent in the direction that I wanted to move him. I used to keep a notebook of how many shots I made and how many shots were hit into the floor. Everytime I did something poorly I would jot it down to make sure I never made the same mistake again.

For the Hogan/power player I would recommend creativity sessions where you try to make the most fantastic shots you can. You should warm up and prac-

tice by toying with the game, like a virtuoso toying with a violin.

As far as the intensity of a practice session, the control player has to play much harder in practice to maintain an edge. If you are playing a passing style game, you really have to play it against top competition in order to determine if your pass is effective. The key to success for the control player is to know that he can do the physical job necessary to stay on the court longer than the other guy.

Tournament Tough. No one steps in and wins tournaments until they've played tournaments. Ben Hogan once said there are two games of golf. There's golf and then there is tournament golf. And the same is true for racquetball or any other type of sport.

That's the problem with most people. They go into a tournament and the first thing they notice is they are dead tired after five minutes. Ordinarily in practice they can play for three hours. But that is how the human body reacts to pressure. In order to prepare yourself for tournament pressure, you should play with extreme intensity in practice. I always play for money or something. Other players might run a lap for every shot they miss.

ality type. For example, the Marty Hogan type who is a fiery competitor like Jimmy Connors, is going to play a slashing kill, drive game. A more conservative Bjorn Borg type, such as Mike Yellen, will play a control and rally percentage style of game. If a guy like Yellen tried to learn the Hogan style of game, he would have never become the fantastic player that he is.

Most racquetball players try to emulate



Championship Level



performance ball with a keen almost uncanny anticipation of shots.

"In pro racquetball right now there are very few players who can't hit their backhand at least as well as their forehand," he says. "As you go down into the top open levels you start seeing defects in the backhand. Go further into the ranks and you even start seeing defects in the forehand."

"You simply can't play with weaknesses and make it in the pros," he says. "Of course a lot of these things come with time and experience. But the bottom line is the champion dedicates himself to racquetball. He takes the time, he devotes the energy, and he takes the chance that he will become the best player in the world."

Believing You Are the Best

"For me, the decision to turn pro was a matter of determining who I felt I could compete with," says top ranked Lynn Adams. "I saw the level of play in the pros and knew I could handle it."

"There was no laid out plan in the beginning," she says. "I had a lot of early successes where in the course of four or five tournaments I found myself in the number-three position in the pros. It all happened very fast."

It's hard to imagine Lynn Adams intimidated by anyone on a racquetball court. But there was a time when those fears played a major factor in her game. It was the difference, she says now, between Adams the

number-three ranked pro and Adams the champion.

"When I first started I was very intimidated by Heather McKay, her image, her record and her regalness on court," she says. "I also had similar problems with Shannon Wright,

"You simply can't play with weaknesses and make it in the pros," says Dave Peck. "The bottom line is the champion devotes the energy to become the best player in the world."

thinking she had her thumb on me the whole time."

Opponents can be controlling, she says, not because of what they do, but because of what you do to yourself. "What your opponent does is never quite as horrible as you make it out to be," says Adams. "You can't control that other person. But you can control yourself."

Her advice: establish your own presence. She says physical readiness is a prerequisite to establishing an iron-strong mental attitude.

"When I walk out onto court I feel like I am walking in more physically prepared than

anyone that I may have to face," she says. "You know, who's to say if it is entirely true? But I have that confidence. That's all that really matters because then I play with that confidence."

"Playing aggressive doesn't always mean trying to kill the ball," she says. "I can play ceiling balls and lobs aggressively and still be in control. I can also have a great deal of respect for a player and still go out and beat her on the court."

Adams believes it is important for athletes to establish strong support systems. She says it is a factor that holds many players back.

"Look at really great athletes like Chris Evert Lloyd," she says. "They always have a support system to back them. I don't think you can do it on your own. There are too many pressures and new things to deal with all the time. You need someone there to help, to listen, to encourage, to force you to look at problems. You need someone who is almost brutally honest with you."

For the first time in years there is an open slot in the number four position on the WPRA pro tour. Adams won't speculate on who will earn it. "There are a lot of players who have the potential to fill that spot," she says. "It's going to take someone who not only has the physical ability, but the psychological strength as well."

Or more importantly, someone who has her sights set on being a champion. **R**



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By Mike Hogan

Confessions of a Former WPRA Debutante



A retiring Rita Hoff recalls her escapades as a touring pro and the ultimate match of her career.

Seven years, too many hotel rooms and a few less lucrative tournaments later, Rita Hoff has announced her retirement from the Women's Professional Racquetball Association (WPRA) tour and said hello to Peter Scott, a golf tournament promoter for Anheuser-Busch.

Hoff and Scott were married last October and, while she doesn't plan to give up rac-

quetball entirely, she will probably be attending as many golf tournaments as racquetball tournaments.

"It just gets very frustrating to have a very good year and not be making much financially," says Hoff of the 1981 tour. Although last season was her best year as a pro, she only netted about \$2,000 in tournament earnings.





In the battle of the sexes, Hoff has beaten some of the best. Above, Hoff handily defeats Los Angeles Rams' all-pro defensive linesman Jack Youngblood in an exhibition match.

Hoff met her husband while promoting a set of golf clubs for herself from Anheuser-Busch. They were friends for about three years before dating a year and a half ago, she says. She got the clubs, of course, and now gets to go to all the golf tournaments she wants as well.

Life After Racquetball

Hoff is unsure of her next career move. She isn't the kind of person who can tolerate idleness. She would like to stay involved with sports if possible (public relations or marketing). There's even a master's degree in recreation to fall back on.

Hoff plans to play in an occasional tournament and to continue her successful summer camps with pro Janell Marriott. But racquetball doesn't seem to hold the promise it once did for her.

One thing is for sure, she'll be missed. She's a veteran of an age when racquetball was somewhat different than it is today. "When I first started playing racquetball I didn't have many expenses," remembers Hoff. "Kathy (Williams) and Janell were very nice to me letting me stay with them since they had pro sponsorship and were having their room taken care of. It was kind of scary at the beginning to travel places alone and not know anyone well, but they were very friendly and I fell right in."

"The thing I've come away with from my friendship with her," says Marriott, "is to just enjoy things and take life in stride. She taught me to loosen up a little."

WPRA Initiation

Marriott's introduction to Hoff was typical Hoff. It was 1977 in Memphis, Tennessee.

Marriott and Williams were rooming together but, when Williams had to go home early, Hoff moved in.

Admittedly no training fanatic, Hoff's motto soon became, "let's party tonight because tomorrow's 8 a.m. match may never come."

Hoff says her worst experience on the pro tour was an open finals match against Martha McDonald in Houston. Williams, Marriott, Jean Sauser, Jennifer Harding and Jan Pasternak were all sitting behind the glass to give her moral support. But, after losing badly in the first game and on her way to losing the second, her WPRA friends just couldn't watch anymore. They all moved over to the match on the next court.

"I thought, 'Well, this is really a confidence booster for my second tournament,'" says Hoff. "Here I'm excited to be in the finals and my security stands up and walks away."

As it turns out, Hoff rallied to win the second game and the tiebreaker. When she walked over to her friends, they tried to console her. It took Hoff some time to convince them that she had won the match.

Hoff and Marriott stayed in Houston for a week after that tournament to train together. They became good friends during that week. Some time later, during a week between West Coast tournaments, Marriott had good cause to wonder whether she had made the right decision in choosing Hoff as a roommate. Hoff and Williams talked Marriott into hitchhiking with them to Las Vegas to kill some time and lose some money.

"Janell kept saying, 'I just don't think we ought to do this,' and 'Oh, no I can't do this,'" Hoff recalls.

And, after a few of the rides—if there had been any way—Janell probably would have turned around and gone back."

A Harley Hello

One driver who picked them up was so impressed that they were racquetball players that he insisted they come home with him to meet his wife and children. He took them home to a less desirable area of San Bernardino, California.

They knew they were in trouble, recalls Marriott, when they pulled up next to four or five big motorcycles parked out front. Needless to say, the wife they were supposed to meet was not at home, but the four or five friends who belonged to the motorcycles were. They all seemed to hail from the grease, leather and denim school of deportment.

"They just didn't have the preppy look," Hoff recalls. "They had kind of grungy hair and beards and T-shirts and tattoos that said 'Mom.'"

Making the best of a bad situation, they all accepted a beer. Their host left them talking to his friends while he went to find his wife and kids.

Marriott remembers they got the scare of their lives when the man with the missing family returned. "He came back out down the hall and said, 'All right, everybody put your

hands up," she says.

"The entire room went silent and I know that all three of us thought our lives were going to end right there," says Marriott.

"Then he said, 'All right, who's got my beer?'" recalls Hoff. "Relieved, we all slumped back down into the couch."

Finally, the three convinced their host that they really had to go and he drove them back to the main road. Eventually they made it to Vegas, won a couple of hundred dollars and

says Hoff. "I soon found that to be impossible."

The "new" Rita Hoff works hard, lives conservatively. She runs four to five miles a day, six days a week in addition to her racquetball training. Having lost 30 pounds, she sees an improvement in her game.

"Overall, I have been trying to play more aggressively," she says. "The head game makes a big difference. Before, I was playing not to lose instead of playing to win."

"Overall, I have been trying to play more aggressively," says Hoff. "Before, I was playing not to lose instead of playing to win."

had no trouble getting back in time for another tournament.

"You go through some good times and some bad times together and you become very good friends," notes Sauser, another close friend. "The competition is the hard part."

The Competitive Edge

The competitiveness seems to have stifled the closeness that a few of the WPRA members shared. "It used to be that whether you were winning or losing, you would go out and have a good time," says Marriott. "Now, I think people put more pressure on themselves to play because more people are chasing fewer dollars."

"I used to think that you could soar with the eagles at night and still play the next day,"

Hoff has always been a serve-and-shoot player. Now her game has more pinches and reverse pinches.

"I'm hitting more overhand pinches on short ceiling balls," she adds. "Even if you miss them, it forces your opponent to move up."

The hard work paid off by pushing her ranking to sixth toward the end of her 1981 season.

Hoff still participates in clinics and club promotions for distributors around the country. This year, Rita has done little else but train and teach at camps. And, of course, she also travels around the golf circuit.

"I still haven't decided what I want to be when I grow up," she says. "But I feel that if you can't have fun at whatever you're doing, you're really missing the boat."



Above, Hoff with her parents, Rita and Lou.

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TOURNAMENTS

Budweiser Light Pro-Am

By Pete Warner



Photo by Carroll Hall

In the contest between racquetball king versus likely heir apparent, it was five-time defending national champion Marty Hogan who was victorious over Bret Harnett 11-4 in the tiebreaker of the Budweiser Light Pro-Am in Bangor, Maine.

With a strategic mixture of antics and skill, Hogan took home a cool \$4,000 top prize after outlasting Bret Harnett 0-11, 11-4, 11-7, 9-11, 11-4 in the 1982 Budweiser Light Pro-Am in Bangor, Maine last December. Harnett received \$2,000 for the defeat.

Many of the returning players and spectators at the tournament were hoping for a rematch of the classic Hogan-Dave Peck duel of a year ago, when Peck stopped

Hogan in a dramatic 11-7 tiebreaker win.

That was not in the cards, however, as Peck, recovering from a viral infection, was stricken with a mild case of pneumonia.

It was a case of king against likely heir apparent this time around. Hogan started out in an uncharacteristically lackadaisical fashion, losing the first match 0-11. He seemed to be paying more attention to the capacity crowd of more than 300. When the

judge called out, "Zero serving ten," Hogan snapped, "Everybody knows the score."

Hogan evened up the game in the second match as he jumped out to a 6-1 lead. He overwhelmed Harnett, placing the ball first to one side of the court, then to the other to win a couple of lengthy volleys. Harnett managed to close the gap 8-4 but lost his composure and wound up losing 11-4.

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In the third game, the match intensified to a 4-4 deadlock. Hogan bore down and rattled off the next four points, using pinpoint placement in the corners to take an 8-4 lead.

Harnett took a timeout and came back to take the next three points. With the score 9-7, Hogan served up a couple of "blue bullets" and caught Harnett off balance. Hogan won the match 11-7.

By the fourth match, neither player could extend a lead of more than three points. Hogan and Harnett repeatedly tested each other's backhand. Hogan went up 4-3 after winning an extended volley with a perfectly placed corner kill shot. The crowd responded with an "extended" ovation.

Harnett took the next two points with some untouchable, low pinch shots. Harnett extended his lead to 8-5, but it wasn't over until Hogan skipped a shot to lose 11-9.

Harnett built up a 3-0 edge in the tiebreaker and Hogan was visibly struggling. It took the five-time defending national champion seven service changes before he eked out his first point on a vicious forehand corner kill.

It took Hogan five tries before he won the eighth point for an 8-4 lead. The front wall became Hogan's margin of victory as he kept the ball down and out of reach of Harnett in earning the 11-4 win.

To reach the finals, Hogan beat Don Thomas 6-11, 11-9, 11-6, 11-9. Harnett was easily victorious over Mike Yellen 11-10, 11-6, 11-8 in the semis.

In the quarterfinals, Hogan defeated Ruben Gonzalez in four matches, Thomas topped Craig McCoy in four, Yellen beat Bruce Christensen in three and Harnett defeated Mike Levine, 11-1 in the tiebreaker.

WPRA Tab Holiday Cup

A nova and a novice. That's the only way to describe the WPRA Tab Holiday Cup finals in Atlanta, Ga.

Diane Bullard advanced from the qualifying draw all the way to the finals to face former racquetball national champion Shannon Wright. Bullard's surprising advancement through the tournament overshadowed Wright's eventual win 3-1, 3-0 over Bullard.

Bullard, an AARA national amateur singles champion, reached the finals by beating Marci Greer 2-3, 3-2, (15-7) and Wright topped Terri Gilreath 3-2, 3-2 in the semi-finals.

In the quarterfinals Bullard defeated Caryn McKinney in a 15-9 tiebreaker, Greer beat Bonnie Stoll in a shut out, Gilreath topped Vicki Panzeri in a 15-7 tiebreaker and Wright won over Jennifer Harding.



Photo by Ray Couch

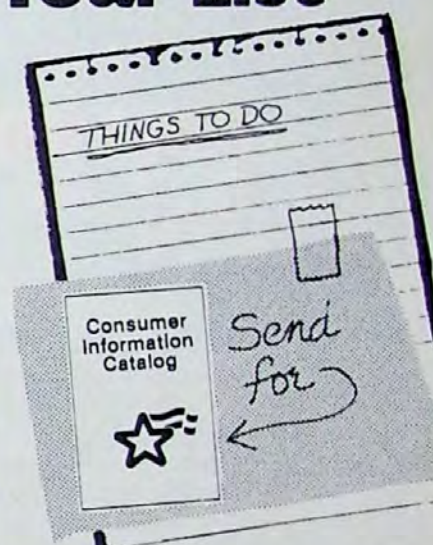
Shannon Wright took advantage of the absence of Lynn Adams and Heather McKay to defeat qualifier Diane Bullard in the finals of the Tab Holiday Cup in Atlanta, Ga.

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TOURNAMENTS

WPRA Melbourne Pro-Am

By Norm Blum



Photo by Stan Kirk

Lynn Adams goes low to kill a shot against Heather McKay in the finals of the WPRA Melbourne Pro-Am in Florida. Adams went on to defeat McKay 3-2, 3-1.

Only a handful of pros could be seen in the packed gallery of the Imperial Courts Racquetball Club during the Lynn Adams-Heather McKay final. Most of the women, frustrated after losing, packed their bags and headed home after being eliminated in the \$10,000 WPRA Melbourne Pro-Am Classic in Melbourne, Florida. The event was sponsored by Holiday Inn and Pepsi.

Adams, in complete control the entire match, defeated McKay 3-2, 3-1 to capture the \$2,400 first place prize. McKay took home \$1,300. What made Adams' performance even more awesome was that she wasn't even in peak condition. Adams, coming off a strained muscle pull in her leg, was six pounds heavier and didn't even possess the stamina to run a marathon. But it hardly mattered.

"Jim Carson (coach) and I made one of my goals to dominate this tournament very matter-of-factly," Adams said after defeating McKay. "I wanted to make sure who was in control."

Unlike previous meetings between Adams and McKay, Adams dominated the match. "I felt like I was more in control," says Adams. "Most of the match I dictated what was going on."

The turning point came in the second set

1983 Ektelon Racquetball Championships (Regionals)

CHICAGO	Evergreen Bath & Tennis 2700 W. 91st Street Evergreen Park, IL 60642	February 17 - 20
LOS ANGELES/ORANGE COUNTY	Racquetball World of Fountain Valley 10115 Talbert Avenue Fountain Valley, CA 92708	February 17 - 20
DENVER	Aurora Athletic Club 2953 South Peoria Aurora, CO 80014	March 3 - 6
BOSTON	Gamepoint Racquetball & Health Aldrein Rd., Plymouth Industrial Park Plymouth, MA 02360	March 10 - 13
SAN FRANCISCO	Amador Valley Athletic Club 7090 Johnson Industrial Drive Pleasanton, CA 94566	March 17 - 20
NEW YORK/NEW JERSEY	Kings Court 525 Riverside Avenue Lyndhurst, NJ 07071	March 24 - 27
HOUSTON	Gulf Coast Club 5304 Hollister Houston, TX 77040	March 31 - April 3
MIAMI/FT. LAUDERDALE	Sportrooms 1500 Douglas Road Coral Gables, FL 33134	April 7 - 10

TOURNAMENTS

with Adams ahead 2-0. McKay held a 10-2 lead and eventually won 11-7, but Adams scored five straight points which exemplified her drive. "I was more concerned with gaining momentum," says Adams. "It's hard to take Heather away from the flow of the game once she gets going. I was trying to get some points, increase my rhythm and confidence going into the next game."

While Adams was impressive in this outing, she realizes McKay (one of racquetball's most skilled competitors) will continue to be a threat. "She won't lie down for me," says Adams. "She'll go home and work on her game. This forces me to go home and do the same thing. Between the two of us, we'll raise our skill level."

McKay, not yet accustomed to losing after going undefeated in squash for 16 years, took the loss rather well. "My pinch shot on the backhand let me down," she says. "She re-killed them all day. I had a lot of chances. I just blew them."

Adams reached the finals by beating another former national champion, Shannon Wright, 3-1, 3-0. McKay advanced to the finals by defeating Terri Gilreath, 3-1, 3-0.

In the quarterfinals, McKay shut out Jennifer Harding, Terri Gilreath topped Martha McDonald, Wright beat Janell Marriott and Adams defeated WPRA president Fran Davis.

Etc.

- Tammy Hajjar defeated Teri Gatarz in the open finals of the Garden State Open at the South Plainfield (N.J.) Ricochet Racquetball Club.

- John Bierman topped Steve Rubin in the open finals of the AARA Woodbridge Winter Classic at the Woodbridge (N.J.) Racquetball Club. Bierman and Warren Searles beat Bob Mainetti and Bruce Hamlin in open doubles.

- Jim Housgard beat Kelly Rasmussen and Cathy Wilson topped Maria Hyne in the open finals of the Mid-Winter Rollout at the Albany (Ore.) Superior Courts. Rasmussen and Jim Boyce won over Dean Wallace and Jerry Bone in open doubles.

- Bob Francavella defeated Ray Cappitandli and Pam Perrotty beat Madeline Moore in the open finals of the New Jersey Open Championships. Jack Rooney and Jody Trappe topped Debbie Van Saun and Bob De Gennaro in mixed doubles.

- Terry Cheney defeated Alan Korkus 21-12, 21-16 in the open finals of the Wendy's Z100 Fall Racquetball Open at the Pueblo (Colo.) Platinum Racquet and Athletic Club.

- Jack Newman beat Larry Fox 4-11, 11-2, 11-3, 9-11, 11-5 in the men's invitational of the \$7,000 Tire American Pro-Am Classic at the Wheeling (W. Va.) Racquet Club. Barbara Maltby topped Bonnie Stoll 3-2, 3-0 in the WPRA pro division.





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The Electro-Acuscope

By monitoring muscle tension, racquetball players can reduce recovery time from injuries.

By Lynda Huey

Photos by Ed Ikuta



Electro-acuscope technician Larry Dickensheets uses probe to stimulate auricular points in the ear of top ranked pro racquetball player Terri Gilreath. Dickensheets says areas of the ear correspond with specific areas of the body.

Last summer racquetball pro Rich Wagner began a rehabilitation program to regain full use of his right knee after surgery. Two-thirds of his medial cartilage had been removed through a small puncture in his right knee (see January/February 1983 *Racquetball Illustrated*). Although Wagner was spared the huge incision of traditional knee surgery,

he still experienced normal post-operative pain.

"Rich didn't have much range of motion after surgery," says Jim Clover, physical therapist at the Orthopedic Sports Therapy Center in Riverside, California. "He had normal post-op pain for the first two weeks and then the pain changed. As he started to get

motion back in his knee, he manifested a dull ache. That was when we turned to the electro-acuscope for help."

The electro-acuscope uses micro-electrical current to read and diagnose, then stimulate the energy that flows throughout the body. It is a new medical instrument that is beginning to appear in many doctor's and

therapist's offices. With its success in relieving pain and encouraging prompt recovery it has begun to break down bias against electro-medicine in this country. The instrument itself is the size of a stereo receiver.

Clover used the acuscope on Wagner's knee with favorable results. "The first time we used it on Rich, his pain went away for half a day," he says. "And when you get rid of pain, you can increase range of motion. We gave Rich daily acuscope treatments for a week and a half. Then we treated him whenever he requested it and whenever he needed it for pain."

As in Wagner's rehabilitation, electro-acuscope users concur that the treatments tend to be cumulative in nature. That is, the results last longer after each session. Generally

"The acuscope senses the problem and balances the body so symptoms are relieved."



The probe is attached to the upper area of the ear to relieve soreness in Gilreath's foot.

speaking, the patient returns for treatment at increasingly longer intervals between sessions.

One of the first users of the acuscope was Dr. Alan Brauer, director of the Brauer Stress and Pain Control Medical Center in Palo Alto, California. Four years ago he began work with the first model ever made and still uses the electro-acuscope (70A and 70B) as back-ups to his contemporary '80 model.

"Every cell and organ of the body produces a characteristic pattern of electrical charge," says Brauer. "We're familiar with the electrical activity of the brain, an electro-encephalogram, and of the heart, an electro-cardiogram (EKG). We measure the activity in the nerves and muscles with electro-myography (EMG), yet electrical conductors in other parts of the body are virtually ignored by medicine. Every cell has an electrical charge, not just the brain, heart and muscles.

"Disease causes a change in that electrical current," he says. "The acuscope senses the problems as an area of low conductance. If an inflammation is present, it reads a high conductance. We're talking about an intelligent and sensitive machine. It treats and balances the body so that symptoms are relieved."

On the other hand, Brauer emphasizes that the instrument shouldn't be used in place of proper body mechanics. For instance, if a racquetball player comes to him with a sore elbow from improper stroking



Chiropractor Dr. Michael Potkin examines Gilreath's foot injury and prescribes acuscope treatment.

techniques, he may be able to ease the pain, but that doesn't eliminate the faulty technique that created the problem in the first place.

Another therapist has worked with dozens of racquetball players, primarily treating

musculo-skeletal problems in the elbow and shoulder. Therapist Ron Siegel of Thousand Oaks, California is also concerned about proper body mechanics. First he tests a patient's flexibility and strength. He then

considers the possibility of a nerve impingement, watching the player's stroke to check for improper technique. For improper technique, he refers people to the local racquetball courts to work with a pro on basic form. To immediately treat pain, however, he uses the acuscope.

Siegel says 90 percent of his patients have been helped by the acuscope. Breaking that down further, he says 10 percent receive excellent results. They do not require further treatments. The next group, 80 percent, get good results, going home relieved of pain, but returning at a later time for another treatment. Only five to ten percent of his patients seem untouched by the treatment. They aren't helped at all. In terms of percentages, other physicians and therapists report similar results.

However, skepticism is plentiful among those unacquainted with the acuscope. "The claims by the manufacturers were different from other machines," says physical therapist Cheryl Swenski of Riverside, California. "The others stimulate endorphines, the body's natural pain killers, and result in pain relief. But the literature about the acuscope said it measures the energy of the body at a cellular

level, diagnoses and treats. Where the energy is lower, pain usually results. The machine will add energy to those areas. If a muscle is in spasm, there's too much energy. They claim the acuscope can actually take energy out to stop the spasm.

"It all sounded kind of wacky to me at first, but I used it on myself anyway," she says. "I've had knee problems since I had surgery, so I stepped up and down onto a chair about 200 times until it really hurt. In just one treatment on the acuscope the pain went away. I was sold."

As with Swenski, Siegel, too, was his own first patient. He used to play racquetball quite regularly, but began focusing more on running. Last year he was lured back onto the racquetball court. Since he wasn't specifically in shape for the game, he woke up the next day sore all over. By chance, an acuscope had been left in his office for experimentation.

"I used it on my shoulders," he says. "Miraculously the pain went away. There's no pain like your own."

Since then Siegel has used similar treatment on other racquetball players who come to him with bursitis, tendonitis, joint and soft

tissue injuries. He's found that the acuscope does quite well treating such aches and pains.

Treating as many as 25 to 30 people a day, Shirley Young, a therapist at the Nevada Clinic of Preventive Medicine in Las Vegas has been using four acusscopes for the past five months. From her point of view, she is tuning people's bodies, using the acuscope to provide the optimum pitch with which the body's cells can resonate.

"The acuscope stimulates the production of endorphines, natural pain-killers," says Young. "But it works beyond that, down to a cellular level. It oscillates the cells to vibrate at their most perfect pitch so that they can heal themselves."

Young treated a racquetball player who was unable to move his neck after running into the wall while playing. She treated him

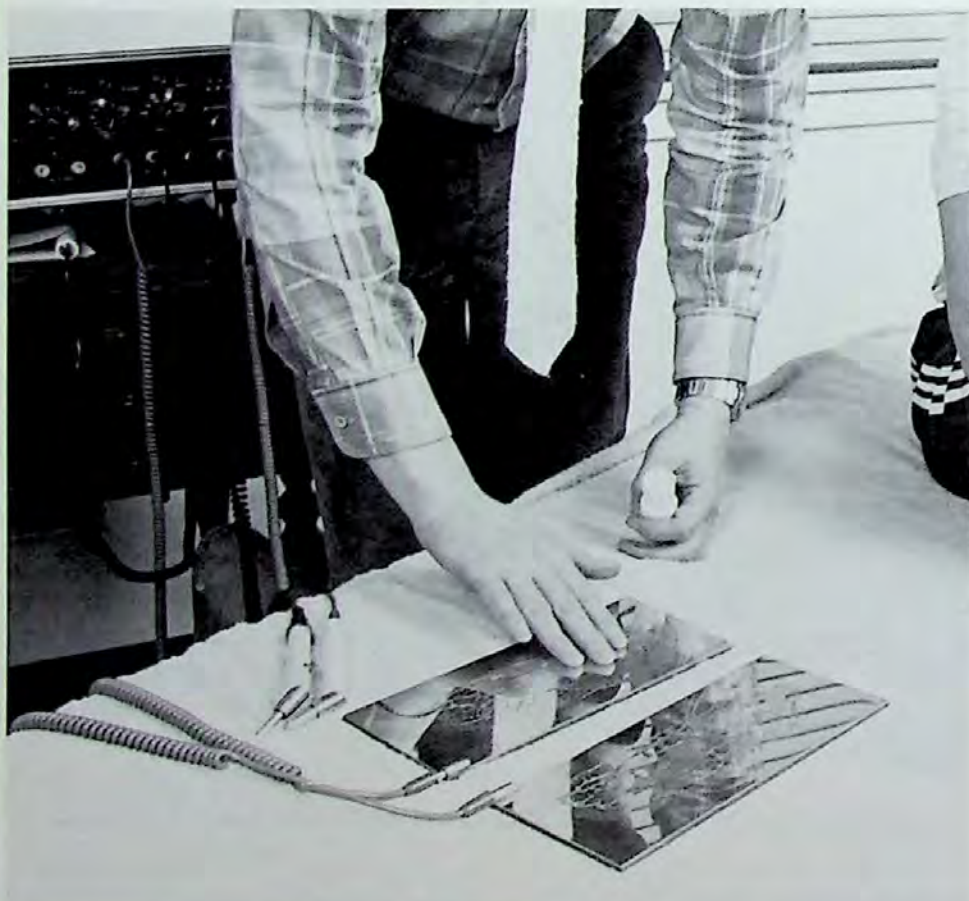
"It all sounded kind of wacky to me at first," says physical therapist Cheryl Swenski. "But in just one treatment on the acuscope, I was sold."

twice the first day and when he returned the next day for his third and final treatment, he was moving his head and neck freely. At the same time, his cold had disappeared.

In addition to the acuscope's direct application in healing sports injuries, hypnotherapist Nick Cooper Lewter in Southern California has devised another athletic application. Many professional and top amateur athletes come to him to improve their confidence and concentration. With the acuscope tuned to its "electro-sleep" setting and electrodes placed on the subject's forehead, Lewter induces a deep state of meditative awareness called the "alpha brainwave" state. Then the suggestions and affirmations he introduces to the athlete are more likely to be accepted during the hypnotherapy session.

Electro-sleep has proven to be good for general well-being treatments, often eradicating headaches and easing overall body pain. Les Kaminoff, director of the Professional Yoga Teacher's Co-Operative in Santa Monica, California, has found the acuscope to operate on long-accepted yogic principles.

"Since the electro-magnetic field of the body contains the blueprint for all its workings, balancing even one part of the field will tend to create a more efficient energy flow in the entire pattern," he says. "The subtle nerve channels are called meridians in acupuncture and nadis in yoga. Like acupuncture



Dickensheets applies electro-lyte solution to acuscope plates. This solution encourages micro-electrical current to flow between plates and areas of the body being treated.

Rx FOR WINNING



Gilreath looks on as Dickensheets applies a low level electrical current to a problem area of the foot. This procedure is painless.

and yoga, the acuscope has the ability to balance the flow in these channels, creating well-being and health. It's a holistic instrument that functions on yogic principles."

Kaminoff was so impressed by his observations of the acuscope that he acquired one for his own organization. The first person to be treated on the instrument was Terri Gilreath, top-ranked women's racquetball player.

Gilreath got caught up in the racquetball craze when she hooked up with racquetball coach Jim Carson. Gilreath began training with Lynn Adams, Carson's star pupil. A year

ago Gilreath was ranked number 24. Then last December, she found herself in the top ten slot. She also found herself with new foot pain. Running four seven-minute miles a day had created a plantar fasciitis and sharp pain on the outside of both feet. She had tried ice treatments and two different sets of orthotics with varying results, but the pain still kept her from uninhibited play.

After an examination by chiropractor Dr. Michael Potkin, Gilreath was treated on Kaminoff's new acuscope. Five days later Gilreath reported having experienced much less pain than normal in her feet.

"I've been doing the exercises Dr. Potkin showed me and for the first two or three days I played at about 60 percent effort," she says. "That meant I was mostly doing drills by myself. It's hard to hold back in racquetball. The pain on the sides of my feet is much better and I've had absolutely no pain in the plantar fascia area. But then, I'm not running yet, so we'll see."

Yes, perhaps we'll see. Wagner and Gilreath have both been helped by the acuscope. Soon, others may begin seeing this new medical instrument become as common as a sauna or jacuzzi.

Three-Piece Ensemble



On the court, outfits with matching wrist and head band are catching on in active leisure wear.

Defender shorts feature deep "V" vented leg, back key-pocket with velcro closure, fully lined insert in matching color, triple stretched elastic waistband and are 100 percent polyester. Women's shorts are available in three pastel colors: lilac, light blue, and peach. Men's shorts are available in royal, kelly, columbia blue, red, black, gold, maroon and navy.

Matching head and wrist band are made of cotton terry. Headband features twisted rope design with bow. Elastic wristband is three inches wide and color coordinated to go with shorts. One size fits all.

Shorts are available for **\$9.95**. Headbands are **\$3.10** and wristbands are **\$1.50**.

For further information contact Defender Inc., 26th and Reed Streets, Dept. P, Philadelphia, PA 19146.

Getting A Grip

Both professionals and amateur racquetball players can see a difference in their game with a new racquet grip from D & L Products. Magic Grip is molded from a soft resilient material to absorb shock while providing an unusually comfortable, non-slip grip. Magic Grip reduces the chance of twisting because of its location of the racquet face in relation to the hand. This can provide any player with a more powerful backhand and forehand.

Magic Grip simply slips onto any

handle (from four inches to four-and-three-quarter inches). It can be changed from one racquet to another by rolling it off and sliding it back on. It has a non-absorbing surface for quick wipe off and drying and a cotton fiber filling to wick-off moisture away from the surface.

Available in 11 colors to match racquets or clothes. The Magic Grip is priced at **\$10** and is available from D & L Products, 4865 Highland Road, Pontiac, Michigan 48033-0066 or phone (313) 674-4682.

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For further information contact Wigwam Mills Inc., P.O. Box 818, Sheboygan, Wisconsin, 53081 or call (414) 457-5551.

Cal Sport



Cal Sport introduces a new line of men's participant sports apparel. The t-shirts (#220) are made of 100 percent cotton lisle, dyed to match collar, placket and rib cuffs. The t-shirts are available in sizes small to extra large in a variety of color combinations.

The shorts (#400) are a polyester-cotton blend and feature "natural stretch" fabric. "Grip tex" waistband with full tab adjustment and quarter style tricot front pockets. Critically bar-tacked at every stress point. Available in eight colors from sizes 28-38.

Suggested retail price for the t-shirt is **\$25**. The shorts are **\$20**.

For further information contact Cal Sport, 4725 Alla Road, Marina del Rey, Calif., 90291 or phone (213) 306-1880.

Lying Leg Curl



For those racquetball players who would like to tone up their legs, the Polaris Lying Leg Curl is designed for you.

The Polaris Lying Leg Curl makes use of a double angle table, along with a cam and arm mechanism. This arrangement allows easy slide in positioning, greater stimulation of the natural arc of leg flexion and a stronger, smoother movement arm.

Suggested retail price is **\$1,540.**

For further information contact Iron Co., 5334 Banks St., San Diego, Calif., 92110 or phone (714) 297-4349.

Racquetteer

Imagine a racquetball partner who delivers ceiling balls, lobs, drive serves, z balls, set-ups or any shot you request with astounding accuracy. A partner who is always ready to play whenever you are.

The "Racquetteer" may be that partner you are looking for. Racquetteer is a low humming machine designed to fire racquetballs at a variety of pre-selected speeds, angles and placements.

Two spinning wheels squeeze the ball slightly, then accelerate it through an opening in the cabinet. A ball is delivered every five seconds at the speed and position you select.

This 98-pound unit comes complete with a built-in rechargeable battery eliminating hazardous cords. (Why create your own hinders?) Two dozen AMF Voit Rollout Bleu racquetballs are also included with the Racquetteer.

Suggested retail price is **\$1,285.**

For further information contact RPM Distributors, 1107 Rivara Road, Stockton, Calif., 95207 or phone (209) 957-3542.

Static Stretch

Many pre-match stretching routines are either tedious or inadequate. Moreover, some leg and lower back exercises—if done incorrectly—can be dangerous.

Paraflexor is a unique stretching device that changes all that. The wedge-shaped Paraflexor was invented by sports therapists to safely and easily stretch and condition leg and lower back muscles.

To obtain these benefits, place Paraflexor near a solid surface such as a

wall, fence or van and stand on it for three to five minutes. Paraflexor is based on the medical principle of static stretching. This means body weight and gravity work to stretch the muscles.

Every Paraflexor is packaged with a brochure "Muscles Have Memories" detailing the Paraflexor exercise program. Suggested retail price is **\$29.95.**

For further information contact Paraflexor, 4455 Morena Blvd., Suite 108, San Diego, Calif., 92117 or phone (714) 272-4480.





"Make a note, Ketchum! At 11:37 a.m.
the mice stopped meandering!"



**"NO MATTER WHO YOU'RE UP AGAINST,
CONTROLLABLE POWER IS THE KEY TO WINNING.
THAT'S WHY I PLAY WITH HEAD."**

**Steve Strandemo, top-ranked player, teacher
and author of *Advanced Racquetball*.**

Unique fiberglass/graphite construction is molded by hand for precise weight, balance and flex.

Unique quadriform head shape provides larger sweetspot and firmer response.

Variable density string pattern provides power on sweetspot hits and forgiveness on off-center shots.

Unique torsion tube construction adds incredible strength, but not weight.

Open throat design improves torsional stability and quickness.

One-of-a-kind contoured "hourglass" shape conforms to your grip.

Foamed handle, unlike plastic versions, virtually stops vibration for a truer response.

Specially formulated bumper strip protects racquet for longer wear.

Head's uncanny blend of power and control lets you shift from blistering shot to deft return without missing a beat. And whether you're up against a power player or a smart strategist, a Head racquet helps you get the ball where you want it to go. Faster. And more accurately.

So take a lesson from Steve Strandemo and ask to demo a Head racquet at your club. One game will be worth a thousand words. For a color brochure, write "Head Racquetball," Box CN-5227, Princeton, New Jersey 08540.

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**The Wilson Tru BlueTM.
The liveliest, longest-lasting
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