



RACQUETBALL HANDBALL NEWS

Vol. 1 No. 4

June 1976

40¢



Center Courts first tournament action, page 3

Super Court
page 6

Largest tournament
field in California,
page 5

Interview with Hilecher
IRA Champion, page 8

Gatorade Open
page 3

NRA Championship
page 2

Winning
Racquetball
Page 9

Club News
page 4

Exclusive:
Marathon record set
page 2



Defending National Champ
Charles Brumfield

32 pros in San Diego \$4,000 national title

Thirty-two nationally ranked professional racquetball players will compete in the \$15,000 Leach-Seamco Pro National Championship to be played at the Atlas Health Club in Mission Valley in June.

The winner earns \$4,000 - the largest purse ever awarded in a racquetball tournament - and recognition as the national champion.

In addition to the pro event, more than 400 amateurs are expected to compete in a variety of age divisions for national titles.

Tournament director Jerry Sandstrom, senior vice president of Atlas Hotels, said that amateur competition will begin June 13 with the pro tourney running June 16-19.

The Leach-Seamco event is the culmination of the seven-tourney pro series with San Diego area players dominating both the results and the seedings for the championship.

Charles Brumfield, 27, of San Diego has won three of the pro events this season and is the defending national champion. He

will be top-seeded in the June tournament, which is sanctioned by the National Racquetball Club.

Second-seeded Marty Hogan has won a pair of NRC events and at 18 is the youngest pro on tour. A resident of St. Louis, Hogan will move to San Diego next month and enroll at San Diego State. The other NRC-tourney win was by Richard Wagner, 20, a student at the University of San Diego. Wagner will be third-seeded in June.

The remaining top-ten seeds for the championship are David Bledsoe, Memphis; Steve Serot, San Diego; Bill Schmidtke, Minneapolis; Steve Strandemo, San Diego; Steve Keeley, San Diego; Mike Zeitman, Memphis; and Ron Rubenstein, Chicago.

Seeds are based on NRC tourney earnings throughout the 1975-76 series.

Brumfield long has been considered the sport's top player and regained the national title by first edging Serot, 21-20, 21-20, in the semi-finals and stopping Strandemo 21-6, 21-9, in the finals of last year's national event.

In the women's pro competition, defending champion Peggy Steding of Odessa, Tex., is top-seeded with San Diego's Jan Campbell seeded fourth. Other seeds are Janell Marriott, Salt Lake, second; Shannon Wright, Houston, third; and Cathy Williams, Detroit, fifth.

Jay Jones, a 33-year-old movie stuntman from Los Angeles, is favored in the men's amateur open singles competition. There also will be individual tournaments for juniors, up to 18; seniors, 35-45; masters, 45-55; and golden masters, over 55. In the junior competition, 15-year old Larry Myers from Oceanside is one of the favorites.

The 22,000-square foot Atlas Health Club has seven racquetball courts, including two all-glass championship courts. Seating is limited to 300 persons and tickets are now available at \$100 per seat admitting to all seven days of the tournament. In addition, general admission tickets at \$5 will be sold for each day's schedule.

Tickets may be purchased at the Atlas Health Club.

RACQUETBALL HANDBALL NEWS

15 year-old wins USHA Western



Douglas Glatt, age 15, took the 18-and-Under Division of the USHA Western Regionals at the Long Beach Athletic Club, May 7, 8, and 9.

Glatt defeated Brad Myer of the Atlantis Athletic Club of Whittier Calif. 21-17, 21-8.

A three-time USHA Junior National Champ, Glatt won the Under-15 Division in 1973 and 1974 and the Under-17 in 1975. He will go for his fourth consecutive win this year in the 1976 event.

Marathon record set by recruiter

EXCLUSIVE

A new world racquetball marathon record of 40 hours and 19 minutes was set by "Tiger Bill" Holden at Cal State Los Angeles Racquetball Court #1 on 16 May 1976. The former record was 38 hours and 6 minutes held by Gary Lusk of San Diego.

"Tiger Bill" is actually TSG Bill Holden, an Air Force Medical Recruiter assigned at 1271 Westwoos Boulevard in Westwood. "Tiger Bill" has been playing racquetball for approximately three years and has finally begun to play the tournament circuit. He and Ruth Knudson were recent mixed doubles winners at the Helix Court house in El Cajon. He has been involved with officiating tournament and pro racquetball for the last two years in Southern California.

The "Tiger's" challenge for the World Record was culminated by a fund raising idea he had to support the Garfield HS Band. Through the cooperation of the Cal State Athletic Department and members of the Garfield HS Booster Club, the marathon was underway.

The final results of "Tiger Bill's" challenge were: a new world's record of 40 hours and 19 minutes; 124 games, 64 opponents, 2604 total points, 650 opponents points, and a total of only eight losses. Most important, the effort resulted in a little less than \$100 being raised for the Garfield HS Band.

"Tiger Bill's" comments at the end of his marathon were: "I'm feeling good and many thanks to

those who supported me, especially Victor O'Campo, who kept me going with his humor and drive.

In response to the question of "When are you going to play racquetball again?", "Tiger Bill" replied, "Well, I'll be on the courts at East LA College tomorrow where I'm involved with racquetball classes on Monday & Tuesday afternoons from 4 to 6 p.m.

As to the future, "Tiger Bill" is looking for support to help build his own quality racquetball club in the Monterey Park area.

Again thanks to all who participated as players, supporters, and a special thanks to Steve Strandemo of Ektelon and Phil Peoples of AMF Voit, who provided special prizes for the participants drawings.

Center Courts celebrates year

The Center Courts celebrated its first full year of racquetball with a members only tournament. For many it was their first tournament and the field of 100 was not gathered without some coaxing of the more hesitant. As one might expect, some of the more hesitant turned out to be some of the more enthusiastic as they learned what all tournament players have known for a long time—tournaments are fun.

Bruce Radford emerged as the mens club champion in a double elimination open bracket. Pete

Maçcarrone finished second losing to Bruce two matches to one.

The womans champion was not so well defined as a few of the club's more experienced women elected to play in the mens classes. Judée Hames lost to semi-finalist Richard Mesnick in the C class 21-11, 21-10; Debbie Redford lost in the semi-finals of the mens novice to the eventual winner Ron Behar 21-12, 20-21, 21-14; and Kelly Redford lost in the mens novice to Jim Olsen 21-18, 21-17.



"Tiger Bill" Holden: "Who, me tired! You gotta be kiddin!"

Hot Shot tourney at new club

By BILL STEVENS

The first annual mid summer hot shot racquetball tournament will be held at San Diego's newest racquetball club. The Courthouse at 2120 University Ave. is hosting the tournament. The Courthouse has ten courts and complete facilities for women and men including showers, lockers, weights, and whirlpool baths.

The tournament will be held from July 22 - July 25, 1976. There will be 16 different events including the increasingly popular mixed doubles. Consolation rounds for first round losers in each event plus aluminum racquets for prizes make this tournament more desirable than

most. Add gift certificates for winners of men's and women's open singles and men and mixed open doubles, and you've got a real thriller.

The directors of the tournament have had plenty of experience running racquetball tourneys and know what the people want. Everything in this tournament is geared for the players. We want this to be the best tournament So. California has had yet. We aim to please.

Entry blanks will be at most clubs in the area. If none are available, please call The Courthouse at 297-5203, or Bill Stevens at 299-2300 or 296-1674.

Gatorade Open winners: Charlson-Hanna, Jones

By DAVE DIEHL
Assistant Editor

The doubles team of Dave Charlson and Chuck Hanna and open singles champ Jay Jones continued their winning form by capturing their respective divisions in the 2nd annual "Gatorade Open" racquetball tournament. The tourney was held May 6-9 at Betty and Chuck Weed's Helix Court House in Spring Valley, California.

The tourney was a "great success with many of the matches going to three games," according to Chuck Weed. "There were about 226 individuals in the tourney and we had 275 entries," Weed indicated. Balls were furnished by Voit.

OPEN DOUBLES

The Men's Open Doubles was a real battle between Charlson-Hanna and Portune-Ehren. The balanced team of left-handed Charlson and right handed Hanna won the first game 21-11. The second game saw Portune-Ehren make some excellent kill shots that powered them to a 21-17 win. In the third game, Charlson fired some great serves and the team pulled away to win 21-13.

"I didn't play very good," Charlson said after the match, "I wasn't moving my feet but my serves were a definite advantage in the third game."

The 28 year old Charlson is the California State Doubles Champ and was the US National Champ in '74. He ranked second last year and is currently the Canadian Doubles Champ.

PREFERS DOUBLES

Unlike most players, Charlson would rather play doubles than singles. "My backhand is not as good as my forehand so that makes me better at doubles," explained Charlson.

Charlson can usually be seen playing doubles with Chuck (Doc) Hanna. This might seem unusual since Charlson designs racquets for Ektelon and Hanna is the team physician for Leach sponsored racquetball players.

In fact, Hanna says, "It's the only time in racquetball where Leach and Ektelon get along—mainly because of Chuck Hanna!"

The 41 year old Hanna is a fully accredited MD and has his General Practice office in San Diego.

ELECTIVE SPORT

"The growth of racquetball is boundless," Hanna said, "It's unbelievable how fast it's growing. Already it's the number one elective sport in school P.E. departments."

Hanna stated there were about 99 new courts under construction in California in the last four months. "I've even heard that O.J. Simpson is reportedly trying to franchise courts across the U.S."

In Open Singles, Jay Jones overcame a determined Mark Morrow in the first game 21-15. The second game was a real thriller as Morrow moved out to a 19-12 lead. Both players buckled down and the score went to 20-14, Morrow. Then a series of good kills and psychological moves enabled Jones to make a fantastic come-from-behind victory 21-20.

Jones would often call time out during the final scoring to let Morrow "think about it."

PSYCH BATTLE

"Sure, the time out's were psychological," explained Jones after the match, "I already won the first game, the pressure was on Morrow. I just tried to take them one shot at a time."

In the Junior Singles division, 13 year old Craig Davidson beat Darren Weckerly in straight sets 21-13 and 21-12. It was the first big win for Davidson who has been playing racquetball for two years.

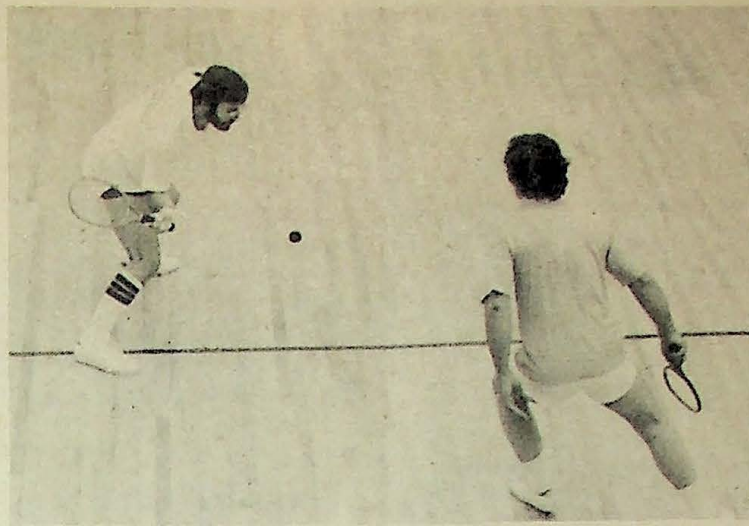
"This is my fourth tournament but my first win," Davidson said. He plans to move up to open singles eventually.

TOURNEY RESULTS

In other tourney action; Men's "B" Singles, K. Novotny df. K. Williams, 21-15, 20-21 and 21-13; Men's "C" Singles, R. Thornton df. M. Turner 21-18 and 21-0; Men's Seniors, J. Scheinbaum df. B. Russell 21-16, 8-21, and 21-18; Men's Masters, B. Armstrong df. v. Lerner 21-11 and 21-15; Men's Novice, A. Tavizon df. M. Humphrey 21-6 and 21-13.

In Men's "B" Doubles, Chadwich-Waidelich df. Spencer-Bloom 21-6, 21-15; "B" Mixed Doubles, Schriilor-Spencer df. Berneathy-Stafford 13-21, 21-16 and 21-12; "C" Mixed Doubles, Knudsen-Holden df. Johnson-Holland 21-19, 21-20.

In Women's action, Women's Open Singles, A. Moore df. Campbell by forfeit; Women's "C" Singles, J. Oeschger df. J. Nicholas 21-12 and 21-20; Women's Novice G. Villa df. K. Johnson 7-21, 21-19 and 21-13.



Jay Jones (L) vs Mark Morrow in Championship Singles at Mt. Helix.

Photo by Dave Diehl

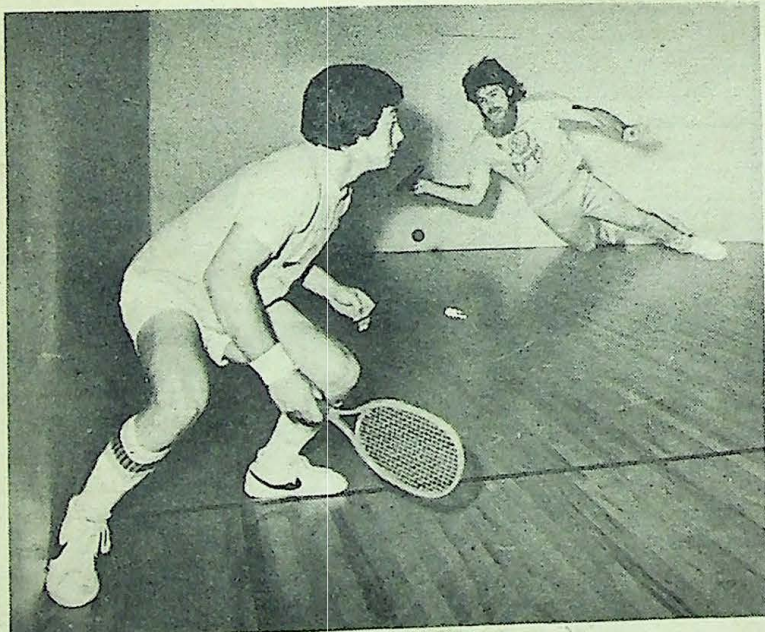
Center Courts 1st anniversary tourney

The men's B class was won by Mitchell Schwartz 21-19, 14-21, 21-18 over Rob Boriskin. Mitchell defeated Jerry Feldman in the semi-finals 21-14, 21-11 and Rob defeated Dave Warman 21-11, 12-21, 21-12.

The men's C singles was won by Mike Gallagher defeating Richard Mesnick in the semi-finals 21-19, 17-21, 21-11 and Stu Schwartz 21-11, 21-9 in the finals.

The men's novice was won by Ron Behar over Paul Krantzman 21-11, 18-21, 21-18.

The women's novice featured 12 relative newcomers to the game in some very close matches. Pam Eyer defeated Pam Adelman in the finals 21-18, 21-17. In the semi-finals Pam Eyer defeated Carol Leavitt 21-19, 19-21, 21-11, while Pam Adelman defeated Cathie Warman 21-18, 21-13.



West Los Angeles—Bruce Radford dives to return a shot against Pete Maccarrone in the finals of the open bracket during the Center Courts first Anniversary Racquetball Tourney. Photo by Photonetics



West Los Angeles—Debbie Radford shows her form in the semi-finals of the men's novice during the Center Courts first Anniversary Racquetball Tourney. Photo by Photonetics

RACQUETBALL HANDBALL NEWS

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Court Clubs seminar

The Sixth National Court Clubs Association Seminar Meeting will be held June 25 through June 27.

The site for the meeting is the Chicago Marriott at 8535 West Higgins Road, Chicago, Illinois 60631. Shuttle service will be available from O'Hare Field airport.

The meeting will cover all facets of the Court Club business, including construction, financing, site selection, club management, promotion, computer data service, pro shop operations, and performance information. Presentations will be given, followed by question and answer sessions.

On Friday, June 25th, registration will start at 3 p.m. At 7 p.m. dinner and cocktails will be served.

The seminar starts at 9 a.m. on Saturday and continues to 5 p.m. On Saturday night, there will be bus transportation to the area Court House for buffet, drinks and informal handball/racquetball tournaments.

The meeting will wind up on Sunday, from 9:30 a.m. to 1 p.m.

The package rate of \$90 per person for double occupancy, and \$120 for single occupancy covers two night's lodging, cocktail hour-dinner (Friday night), Court House transportation-/buffet/drinks/play, and continental breakfasts on Saturday and Sunday mornings.

Please make checks payable to NCCA. For further information contact Mort Leve, at 312-673-4000. The address for applications is: NCCA, 4101 Dempster Street, Skokie, Illinois, 60076.

New court reports OK glass wall

First report after the opening of glass front wall courts in the Chicago suburb of Des Plaines, and at the new 11-court facility - WALL STREET - 3120 Bradshaw Road, Sacramento, indicates that players CAN cope with this revolutionary innovation. From Greg Flessing, managing partner at Wall Street: "The response to the glass court front wall has been very favorable with a few exceptions. We've had to do some work on the lighting outside the court area to eliminate some darkness that has distracted play. I think that we have conquered this problem."

The Northwest Suburban Y court has a glass side wall and a glass back wall in addition to the glass front wall. The red handball was used at the grand opening, and as was the case in Sacramento.

Adjustments are being made outside the court area behind the glass front wall, which is a gymnasium.

Spalding tour scheduled

The \$50,000 Spalding Pro Handball Tour No. 7 is scheduled at this Northwest Suburban Y facility...preliminaries May 8-11, with a 16-player pro tournament following, May 13-16. There will be seating for more than 700 spectators. Spalding is working toward a brighter colored ball, utilizing Sta-Glo.

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Club News

COURT CLUB TRENDS...

More and more club planners are going for 10 or more courts in their facilities. Quail Lakes Athletic Club, Stockton California, with 11 courts, hosted the newly-formed Northern California Handball Assn. USHA Division tournament. Sky Harbor Court Club, Northbrook, Illinois, opened just a year ago with nine courts, is now completing a three-court addition. Tucson Athletic Club with membership shut off at approximately 1100 with eight courts, is adding eight more courts. Racquetime, Livonia, Michigan (14 courts), will open another club in nearby Southfield, with 30 courts.

HIGHER RATES? Mid-Town Court House, located at Sandburg Village apartments, near north side of Chicago, opened in January with nine courts, and rates of \$10 prime time, \$8 non-prime time. It appears other Chicagoland area clubs will follow suit, also upping summer-time reduced rates from \$4 and \$6 to \$5 and \$7.

Discussions at February special owners/operators NCCA meeting in Chicago—feasibility of a larger court for racquetball doubles play. Leading tournament players agree that a larger court would tend to bring more doubles action as many players shy away from the close proximity in the 20x40 courts with four racquets flailing away. Proposed enlarged size to 22x44 and it appears several new clubs might do something about this. There is no foreseeable change in official rules but from the business standpoint it makes sense...and, of course, doubles handball can be played in such a larger court also.

Dr. Robert Sanchez, 2033 San Mateo NE, Albuquerque, NM 87110, tells us about a new invention - digital scoreboard, with flush panel shoulder high at short line wall which players can operate...and additional dual control in gallery if desire.

Pre-cast concrete as used at Chicago-area Evergreen Park Bath & Tennis Club (5 hb/rb courts)...address— Lombard Co., attn: Bob Summerville, 4245 W. 123rd St., Alsip, IL 60658, #312 389 1060. maximum size - 40 ft. long by 10 ft., one horizontal joint. 7 inches thick.

Possibilities of reduced group insurance rates, working with National Indoor Tennis Association, 8 S. Michigan Ave., Chicago, IL. Jack Aldworth, executive director.

SUGGESTION ON TOWEL PROBLEM... Each member must present his membership card at control counter when checking in, receives towel, leaves card, gets card back when returning towel. Most clubs use a similar system on racquet rental wherein member must leave car keys or driver's license as security.

Keystone Rankings

And now the moment you have all been waiting for...THE CHALLENGE BOARD...rankings

Men's Singles "A"

- | | |
|---------------------|----------------------|
| 1. Wayne Babbitt | 8. Jim Lloyd |
| 2. Steve Wakefield | 9. Rick Showalter |
| 3. Joe Eisert | 10. Bob Massingale |
| 4. Bernie McCormick | 11. Scott McLaughlin |
| 5. Jim Gast | 12. Dave Scheib |
| 6. Frank Thompson | 13. Mark Halton |
| 7. J. Hoffmeister | 14. J. Drew |

Men's Singles "B"

- | | |
|---------------------|---------------------|
| 1. Dennis Heiny | 9. Jim Simpson |
| 2. Nick Scheib | 10. Bob Field |
| 3. Rangi | 11. Roy Borders |
| 4. Bill Mathews | 12. Dave Gallagher |
| 5. Jerry Kraus | 13. Richard Snyder |
| 6. Bob Robinson | 14. Bill Wooten |
| 7. Scott McLaughlin | 15. Jim Glynn |
| 8. Lou White | 16. Darrell Schmelz |

Men's Doubles

- | | |
|----------------------|----------------------|
| 1. Eisert-McCormack | 7. Rangi-Mathews |
| 2. Bobbitt-Seyfried | 8. Schlaegel-Field |
| 3. Massingale-Gunn | 9. Channell-Wheatley |
| 4. Gast-Gast | 10. Rescalla-Smoot |
| 5. Lloyd-Frydell | 11. Henry-Drew |
| 6. McLaughlin-Scheib | 12. Black-Stafford |

Mixed Doubles

- | | |
|-----------------|----------------------|
| 1. Gast-Law'reu | 4. Galloway-Galloway |
| 2. Mays-Ashby | 5. Borders-Borders |
| 3. Cox-Gunn | 6. Schmelz-Schmelz |

Racquet Ball

- | | |
|------------------|--------------------|
| 1. Jim Gast | 8. Dave Enright |
| 2. Bruce Lowe | 9. Jerry Armstrong |
| 3. Phil Willsey | 10. Al Damalak |
| 4. Joe Klein | 11. Howard Dardeen |
| 5. Dave Scheib | 12. Joe Hutt |
| 6. Jerry Kraus | 13. Lee Tracy |
| 7. Reese Kaufman | 14. Serandnos |

WOMEN'S TOP 20 RACQUETBALL OF ST. LOUIS

NAME	CLUB
1. Jan Pasternak	JCCA
2. Nancy Zelson	JCCA
3. Barb Halpen	JCCA
4. Chris Ackerman	JCCA
5. Goldie Hogan	JCCA
6. Iona Long	Spaulding
7. Judy Cozad	Spaulding
8. Marilyn Sylvia	Coryell's
9. Diana Pitliangas	Spaulding
10. Kathy Symons	Town & Country
11. Georgia Potter	West James
12. Carol McAlister	Court House
13. Linda Milke	Spaulding
14. Alice Becker	West James
15. Suzie Busch	Town & Country
16. Karen Shippy	Spaulding
17. Jan Panter	Spaulding
18. Maggie Zesch	Spaulding
19. Gina Dodson	West Port
20. Diana DeRoze	West Port

CHALLENGES

- May 8, 1976 at Town & Country:
Becker over Busch 21-7 and 21-17
- May 11, 1976 at West Port:
Shippy over DeRoze 16-21, 21-4 and 21-10
- May 13, 1976 at Spaulding:
Shippy over Panter 21-12 and 21-2

To participate, call Alice Becker at 925-1190 or call one of the participating clubs:
WEST JAMES COURTS, SPAULDING TOWN & COUNTRY, WEST PORT AND DORSETT RACQUET CLUB.

San Diego Racquetball Association STANDINGS as of May 29, 1976

A-B League	W-L
1. Muehleisen(E.C.)	33-17
2. Muehleisen(D.M.)	31-19
3. Siners	30-20
4. Helix	20-30
5. Gorham	18-32
6. Atlas	1832
C League (North County)	W-L
1. Gorham	52-8
2. Muehleisen(D.M.)	41-19
3. Muehleisen(R.C.)	41-19
4. Poway	17-43
5. Atlas	31-29
6. Rancho Bernardo	16-44
7. N. County	12-28
C League (South)	W-L
1. Muehleisen(E.C.)	44-16
2. siners	42-18
3. Helix	36-24
4. Brown	30-30
5. Copley	24-36
6. J.C.C.	17-43
6. San Carlos	17-43

2 clinics

A pair of racquetball clinics, held in conjunction with the Leach-Seamco National Championships, will be conducted June 2 and 8 at the Atlas Health Club in Mission Valley, San Diego.


The public is invited at no charge and beer will be available compliments of the Atlas Hotels. The clinics begin at 7 p.m.

Defending champion Charlie Brumfield, Chuck Levie of the National Racquetball Club, Chuck Hanna and Jim Trent, both nationally ranked senior players from San Diego, will participate in the clinic.

"We want to help the public better understand competition on a championship level so that spectators at the nationals might fully appreciate the matches," explained Jerry Sandstrom, senior vice president of Atlas Hotels and tournament director.

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Rampart Athletic Club hosts first UCI benefit

BY DAVID T. NORTHCUT

The largest field ever attracted to a racquetball tourney in California—414 strong—gathered at Rampart Athletic Club in Costa Mesa recently and raised \$4,500 for the UCI athletic fund.

The benefit tourney proceeds went to the UCI Aquatic Scholarship Fund. Accepting the money for UCI was program head Ed Newland.

It took three well played games for Gary Lusk to defeat Jim Pool 21-18, 17-21, 21-14 for the Men's A singles trophy. Pool played two matches earlier and signs of fatigue showed in the third game.

Highlighting the tournament was the finals match in the man's A doubles. Gary Lusk and Jim Pool teamed to challenge local favorites and National Outdoor doubles champions Barry Wallace and Bob Wetzel. Wallace and Wetzel were successful in keeping Lusk in the backcourt while they played two on one against Pool up front. Having been defeated only once before, it was a tough one for Pool and Lusk to lose. "Our game was off," said Pool. Commenting on Wallace and Wetzel's play, Pool felt "their good players considering they just started playing together indoor." Pool did voice a disapproval of Wallace's habit of "spiting" and "snoting" on the court. Wallace's only comment for the accusation was, "What's wrong? Did I hit him?"

The men's B doubles finals was a rough and tumble match, where Bill Chadwick teamed with Bob Bilbe to win in the third game by default, as Jim Carson got a case of the cramps and was unable to continue play. Six month's pregnant Diane Heims was Carson's partner in the heartbreaking loss.

Jim Carson defeated Darryl Keene in two well played games 21-15, 21-18, for the B singles crown. Jay Corbet came from behind in C singles to beat Bill Craven 8-21, 21-14, 21-19. It was a tedious third game and both players were exhausted. They received a well earned applause.

Men's novice singles ended with Steve Thompson besting Art Tavazon. Bruce Russell handed Ron Starkman second place in the finals of the men's Senior division, by a score of 21-6, 21-13.

It took three for the team of Eric Sword and Mike Mooney to defeat Jim Cross and Jay Corbet for the C doubles title. All three games were close, making it a well deserved victory. Jim Pool and Cathy Gardner succumbed to the team of Ron Starkman and Cathy Schrippo in the mixed A doubles. It was another hard fought match with the games going 20-21, 21-18, 21-19. It wasn't Pools weekend as he came in second in three events.

It appeared people were ready to play doubles that weekend as the mixed B doubles also went three games. Todd Kobbernick and Ellen Frey nipped the team of Charlie Brande and Claudia Jeffs in the finals.

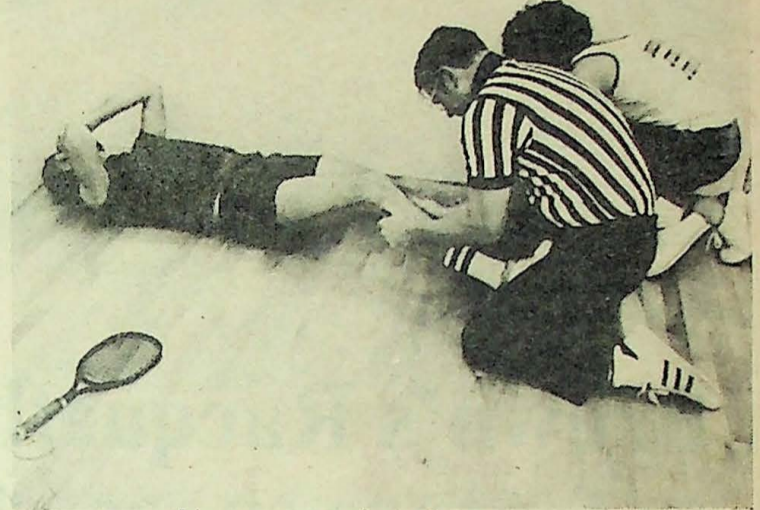
The tournament sported some fine women's matches, showing that racquetball is anything but a mans sport. Judy Clemens defeated Cathy Gardner 21-19, 21-12, for the A singles title.

Ellen Frey just edged Nancy Gick in the second game to claim the B singles victory. In a well played novice singles match, Laura Martino defeated Elissa Frolenko in three games, 21-11, 28-21, 21-6. Frolenko played well, but seemed to lose her endurance in the final game.

Rampart's owners Richard Schlesinger and Henry Burke are to be commended for their excellence in running a faultless indoor tournament. "It was the best run indoor tournament I've seen," said Barry Wallace. Many others agreed. Special thanks to Bill "Tiger" Holden for his tireless dedication to refereeing matches.

Randy Howatt, an executive of the Ancient Mariner restaurant organization and also chairman of the tourney, supplied all the refreshments. Proceeds were added to the Scholarship Fund.

Rampart Athletic Club is planning to repeat the tournament every six months, with the UCI sports department being the beneficiary. Hopefully other clubs will follow in the footsteps of Rampart and sponsor benefit tournaments for other worthy causes and the advancement of racquetball.



TOP PHOTO

Barry Wallace makes a diving get (ball by left corner) as, left to right, Jim Pool, Gary Lusk and partner Bob Wetzel look on during the A Doubles finals.

MIDDLE PHOTO

Not all fun—Jim Carson writhes in pain as referee Bill Holden and Bob Bible attempts to rub out cramps in both of Jim's legs.

BOTTOM PHOTO

Referee Bill Holden presents Barry Wallace and Bob Wetzel with their awards for first place in the A Doubles.



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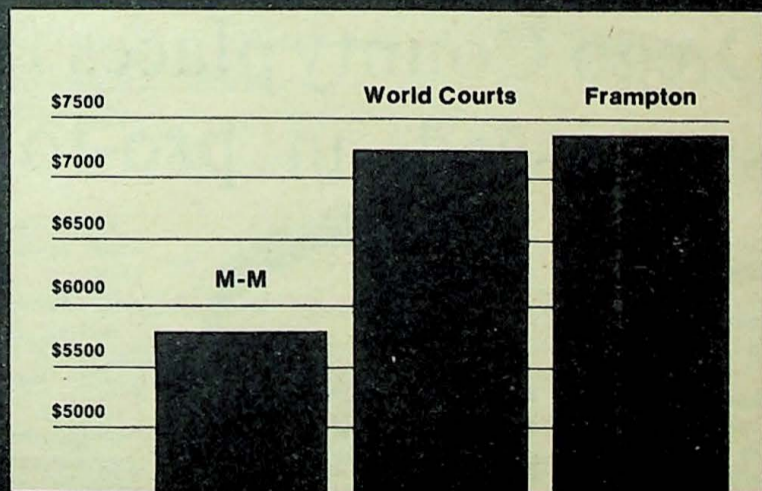
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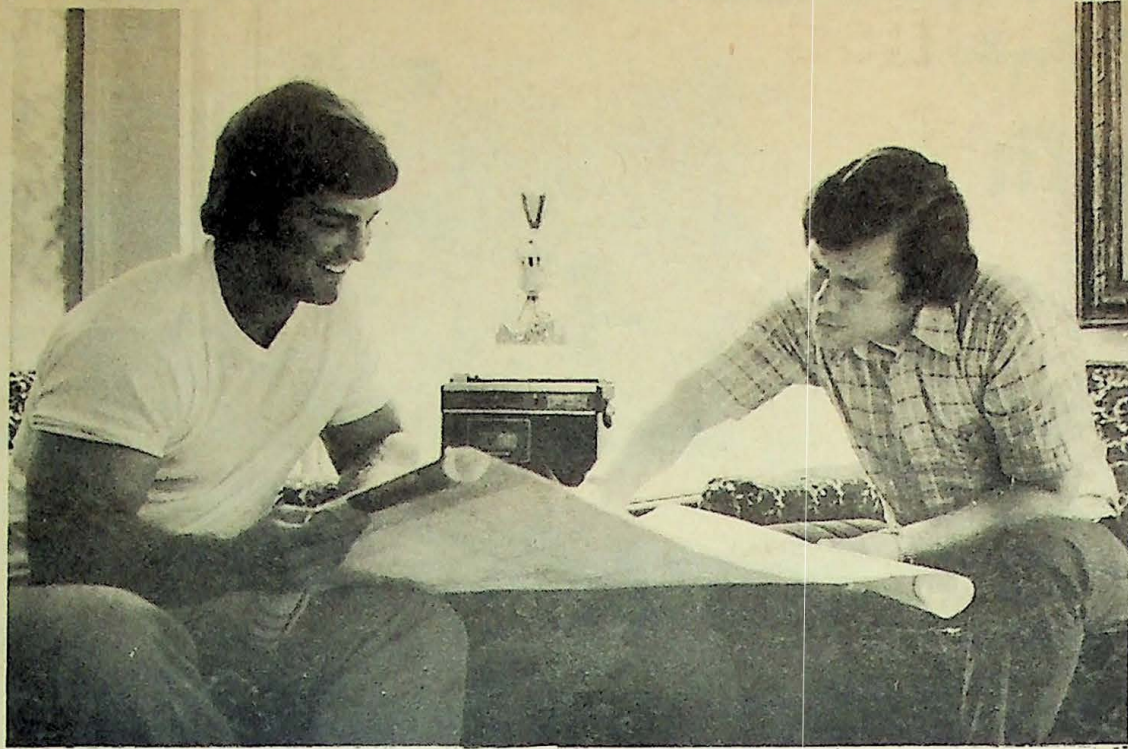
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George Brown III (L) and R/H NEWS writer Mike Packard look over the plans for the 40 court facility being built in Huntington Beach, Calif.
Photo by Clay Scott

Brown's Racquetball World to feature space, 40-courts

BY MIKE PACKARD
Assistant Editor

The largest privately owned commercial racquetball/handball facility under one roof in the United States and possibly the world, is being built in Huntington Beach, California.

George Brown's Racquetball World is being installed in an existing building that has some 52,000 square feet of space that will house 40 playing courts. The project is estimated to cost close to \$2 million.

"It's not only going to have the most courts of any place in the country," owner George Brown III told R/H News, "It's also going to have the biggest square-footage gym and the most exercise and weight-type equipment of any gym in the country."

ADDITIONAL COURTS

The facility is scheduled to open within six months, Brown said. It will open with only 28 courts at first. Then in another six months they will open an additional 12 courts to total 40 courts, with four spectator courts included. "We'll have all the locker rooms, gyms, health spas and pro-shops completed at the first opening," Brown said.

Both men and women's locker rooms will have the full range of



Super-court producer George Brown III.

helath spa equipment, including (for each) a lounge, "private" petitioned-off lockers, jacuzzi, steam bath, sauna, inhalation room, cold dunk and sun-lamps.

The gym will feature custom-made equipment by Bob Clark and the indoor swimming pool will be about 40 feet long.

Racquetball World will be open

to the public, as are most of George Brown III's other clubs, with no membership necessary. All facilities, gym and health spas are for free use by players. The only charge will be for court time and that usually runs about \$3 per hour.

OPEN EVERYDAY

The World will be open 7 days a week from 6 a.m. to midnight and because of the separate facilities, both men and women can enjoy all of it all week long. (Most health spas are open on alternate days for men or women, because of limited facilities).

"Racquetball is growing by leaps and bounds," says Brown III, "we're geared to the every-day player."

George Brown III is in the business with his father, Dr. George Brown, Jr. They started four years ago with one place in San Diego and now have three racquetball clubs there with one more being built and one in the planning stages.

The second club they built, in Kearny Mesa, has 12 courts and close to \$100,000 worth of gym equipment with separate but equal jacuzzi and steam bath for men and women.

Racquet Noise

BY BEN PRESS

Boom Sport

Now that Mother's Day is just recently passed, it's interesting to note that in addition to the more customary perfume, flowers and candy the gift list is often being expanded to include a racquetball racket.

Suddenly, "the game" is not merely for the young Chargers or old gorillas. The distoff swingers are becoming increasingly more evident on racquetball courts everywhere.

The United States, along with the rest of the world, is in the midst of a tennis boom. Numerically, we quote almost 40 million tennis players currently, with that number projected to 80 million by 1980. That is an almost unbelievable figure as it would mean one out of three people in America will be playing some tennis. But where the most dramatic growth occurred is with what is affectionately known as the housewife. The tennis industry is more geared to that segment of the "boom" than any other.

Although racquetball is still in its infancy, its potential is unlimited. It is where tennis was fifteen years ago but the growth pattern should be proportionately even greater. And here, too, is where the gals will help the racquetball growth. More and more are finding the game is exercise as well as fun. Often times it is something that eventually they can do with husbands or boy-friends. The severest tennis malady today is the lack of adequate courts. Consequently there is essentially no time when obtaining a court isn't some kind of a problem.

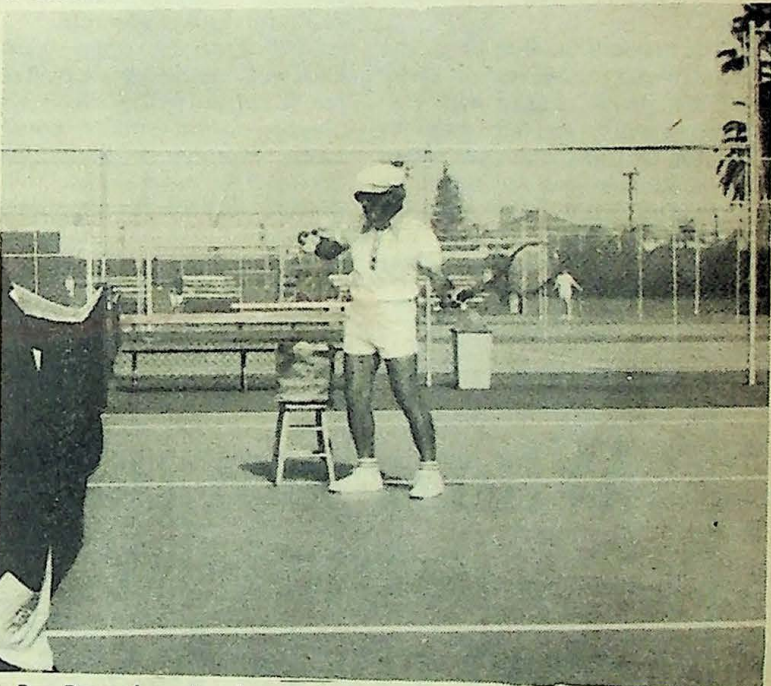
Racquetball, on the other hand, is continuing to build new facilities that are commensurate with the growth pattern. Proprietors are anxious for the newly formed women's league, classes, and clinics as they can normally be fitted into noon slump times.

I can think of no other sport that will allow more exercise and participation for the gals (or guys) quicker than racquetball. As soon as the neophyte player can make contact with the ball, she (he) immediately feels like part of the sport. I have seen the tennis explosion evolve dramatically — it went from a very minor position to the hottest commodity in the sports world. Racquetball is showing the same kind of muscle and with more girls finding this sport is where its at, it shouldn't take too long. I certainly hope I'm right — then perhaps I can become the Bobby Riggs of racquetball.

Ben Press has been a tennis professional for 25 years. He is currently President of the USPTA San Diego Division. He is also a

He has won 13 national titles in tennis and 6 state (Calif.) and regional titles in racquetball.

He is presently Tennis Columnist for the San Diego Tribune newspaper and he teaches tennis and racquetball at the Hotel del Coronado in Coronado, Calif.



Ben Press shows 'em how to do it, on the courts of the plush Hotel del Coronado, across the bay from San Diego.

San Diego County places five first seven seeds in pro-tourney

San Diego County will produce five of the first seven seeds for the \$15,000 Leach-Seamco Pro National Championship June 16-19 at the Atlas Health Club in Mission Valley.

Defending champion Charlie Brumfield, who lives in Pt. Loma, is top-seeded for the event that will attract 32 nationally ranked pro players.

University of San Diego student Richard Wagner will be third-seeded behind Marty Hogan, at 18 the youngest player in the select field who presently lives in St. Louis but intends to move to San Diego in the fall.

Other area players who are highly-seeded for the tournament include Steve Strandemo (fourth-seeded), Steve Keeley (fifth) and Steve Serot (seventh).

Brumfield, the tour's leading money winner with over \$14,000 in tournament earnings this year and nearly \$35,000 during his career, captured four National Racquetball Club events this



STEVE STRANDEMO season as well as two International Racquetball tournaments.

Other prominent players scheduled to compete in the national championships are Dave Bleasoe, Memphis; Jay Jones, Los Angeles; Mike Zeitman, Memphis; Bill Schmidtke, Minneapolis; Jerry Hilecher, St. Louis; and Craig McCoy, Riverside.

The Leach-Seamco event, which rewards the winner with \$4,000 is the culmination of a seven-tourney NRC pro series.

Seating at the 22,000-square foot Atlas Health Club, located directly behind Mission Valley Inn, is limited at the championship court. All seats are reserved and may be purchased in advance at The Atlas Health Club, 901 Hotel Circle, San Diego 92108 For further information call 298-9321

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Racquetball used to condition dune buggy builder/racer

BY DAVE DIEHL
Assistant Editor

Everyone knows how great all-around exercise but Lynn Chenoweth has discovered racquetball is an excellent conditioning sport for off-road dune buggy racing.

"In racquetball, you use your arms a lot and you use your arms in racing a lot. You develop your wind, and just the constant use of your arms and legs makes it a great conditioning tool for racing," Chenoweth indicated.

"Off-road racing is without a doubt the most strenuous type of racing there is. When you sit in a car for twenty hours of driving and try to keep your mind sharp and your body from becoming tired, you've got to be in good shape," explained Chenoweth. "I can't think of anything better than racquetball for getting you there. It's super exercise."

COMPANY OWNER

When Chenoweth is not playing racquetball or racing, you can find him at Chenoweth Racing Products, Inc., a company he

founded and owns in El Cajon, California. The eight year old company is the largest manufacturer in the world of off-road vehicles, producing as many as 400 units a month.

"We have 18 models of 'fun buggies' such as two-seaters, four-seaters, VW's, long-backs and short-backs," Chenoweth said. "We also have three or four types of race cars and also have 'fun buggy kits' that are pre-welded so the consumer can put it together."

Chenoweth Inc., also does shop work and manufactures dune buggy parts such as headers, intake manifolds and aluminum gas tanks.

Thirty-two year old Chenoweth first got interested in dune buggies as a hobby and a dune buggy accident ironically helped him start his business.

SAFETY STRESSED

"If dune buggies were as safe then as we make them now," Chenoweth said, I wouldn't have had the accident and probably would have never become interested in making a safer buggy. This is what gave me the

incentive to start the business. I saw a great need for a safer vehicle."

While recovering from the accident Chenoweth started to make parts in a small garage in Casa del Oro near the Helix Court House.

"I charged a torch-cutter from Sears, bought a grinder on 'damage sale' at Montgomery Wards, borrowed a welder from a cousin and away we went," Chenoweth recalled.

His company now occupies around 20,000 sq. feet of floor space and lists 35 employees. Doug Miller is the general foreman and world famous off-road racer John Johnson is the sales manager.

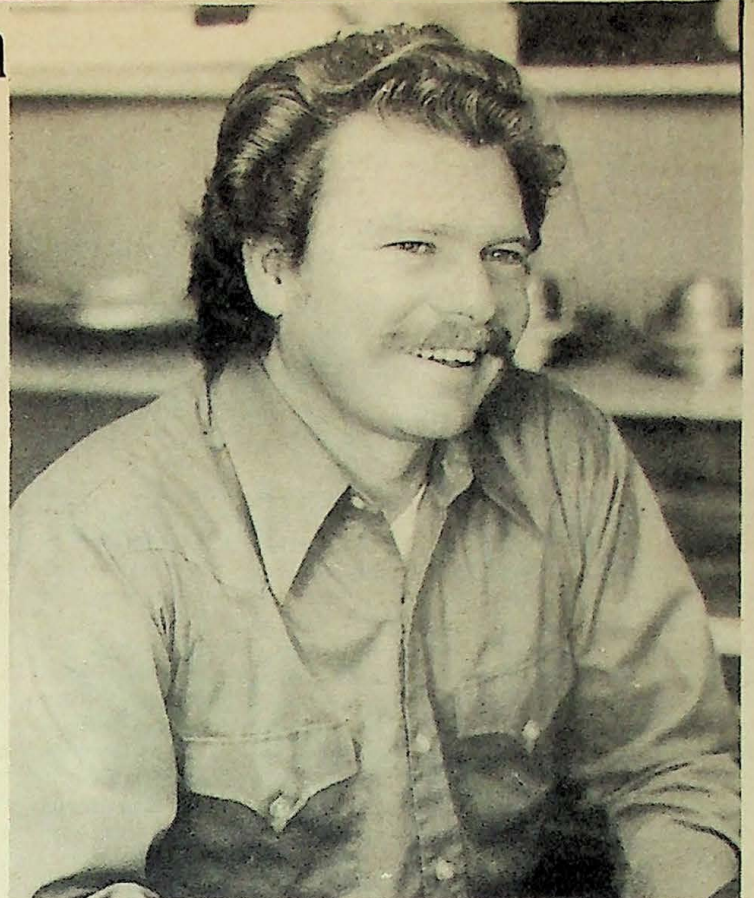
Ivan Stewart and his 2-seat partner, Bill Hyrnko, who race Chenoweth buggies, won 12 straight 2-seat dune buggy races, two seasons ago. This has brought the Chenoweth name into the limelight.

BAJA 500

"Right now we are gearing up for the June 12 Baja 500," Chenoweth revealed. "We very seldom lose in dune buggy races." The Chenoweth racing team recently won two firsts and a second place out of the three classes at the Mint 400.

Also helping to spread the Chenoweth name is a movie currently being shown at Parkway Theater in El Cajon called "Flash and the Firecat." The PG movie stars Roger Davis and the dune buggies used in the film were made by Chenoweth Inc.

The Navy as well has decided to get into dune buggies as they have made a purchase from Chenoweth Products to buy from 50 to 100 of the vehicles to use as target



Lynn Chenoweth, dune buggy factory owner, says racquetball makes a great racing conditioner. Photo by Clay Scott

"drones."

"We just delivered the fifth one," Chenoweth advised. "It might sound like the Navy is wasting money, but we are actually saving them money. The vehicles they were using cost around \$104,000 and ours completely outfitted with the Navy's own remote control unit will go for less than \$10,000."

TARGET VEHICLES

The Navy will use the vehicles to be remotely driven across the desert at various speeds and in erratic directions to challenge the skill of Navy pilots. The pilots will try to bomb and shoot the buggies.

With all the pressures of

running this big business, Chenoweth finds a welcome relief and "escape from it all" in racquetball.

Chenoweth has always been a natural athlete, and was a nationally ranked pole vaulter in high school. "Racquetball is the only thing that doesn't take so long, as far as a sport goes, that I can get so much exercise that will really wear me right down to a rag," Chenoweth said.

"With racquetball," Chenoweth emphasized, "you're enjoying yourself, getting great exercise and it doesn't give you time to think about your business and all the problems. You're away from it all and just having fun."



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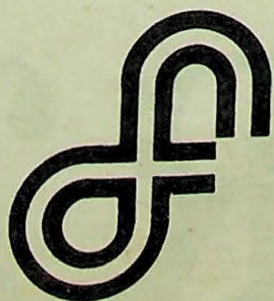


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Hilecher tunes up for June Nationals

BY DAVE DIEHL
Assistant Editor

The NRC Racquetball Nationals at the Atlas Health Club in San Diego is shaping up to be one of the biggest tournaments ever. Pro players are checking in already to tune up for the big June event.

Among the top players working out in the spacious Atlas complex is the young pro stand-out from St. Louis, Jerry Hilecher. Hilecher, along with teammate Steve Strandemo will represent Ektelon in the Nationals that will be held June 13 through 19.

NATIONALLY RANKED

The 21 year old Hilecher, a recent graduate from the University of Missouri with a BA in Economics, is currently ranked second in the pro singles division of the IRA (International Racquetball Association) and about ninth in the NRC (National Racquetball Club). Last year he finished sixth in the NRC and about fourth in the IRA standings.

Hilecher started his career in racquetball early, "I started out by playing racquetball as a hobby when I was 10 years old, but I've been playing it seriously for the last five years."

Hilecher believes racquetball is an excellent conditioning sport. "In racquetball, you get all-around complete physical exertion," he commented. "You run more than in tennis and it's one of the fastest sports around."

Everyone can learn how to play since it's easy to learn and you always get a good workout."

GROWING SPORT

The growth of racquetball is phenomenal with new courts opening every month. "Racquetball has really grown this past year," Hilecher observed, "It seems that everything doubles each year, more people involved, more clubs, and more tourneys."

Although he prefers singles action, Hilecher is also an accomplished doubles player and has been ranked in the top three the last two years. His favorite doubles partner is Ken Wong, also from the St. Louis area.

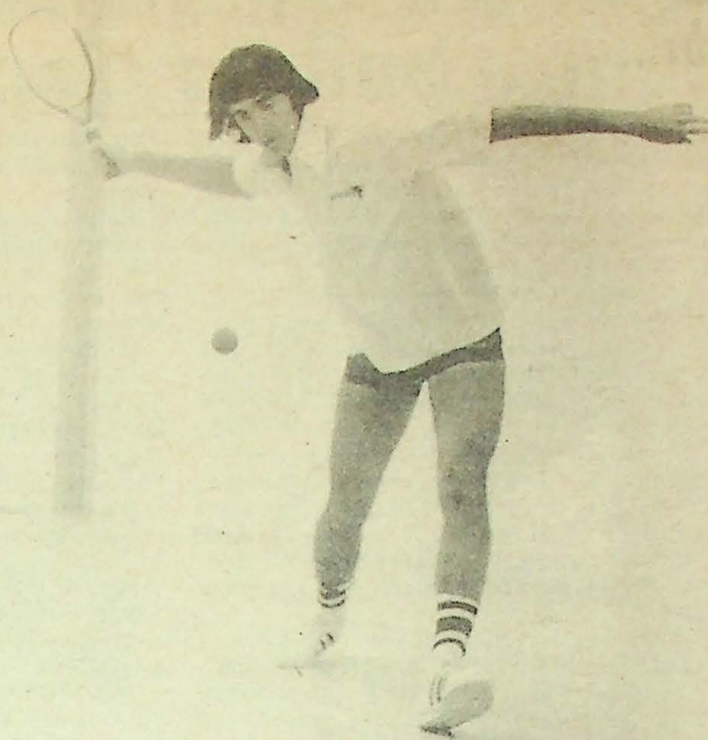
"In doubles, you have to rely a lot on your partner," Hilecher explained, "There's a lot of flailing and not much strategy involved. Although it's a lot faster game than singles, doubles just doesn't have the finesse singles has."

HEAVY RACQUET

Hilecher attributes much of his success to the Ektelon "Magnum" racquet he uses which is much heavier than the racquet sold in stores. "I've always used a heavy racquet," Hilecher said, "I think I use the heaviest racquet around."

What has been Jerry Hilecher's biggest thrill in racquetball? "Well my biggest win was last month at Buffalo when I beat Charlie Brumfield" Hilecher answered.

Hilecher won a spectacular comeback victory over number one ranked Brumfield in the Buffalo Pro-Am Tourney 12-21, 21-9, and 11-8.



Jerry Hilecher gets set to slam one home in practice action at the Atlas Health Club.

Photo's by Dave Diehl

New IRA Pro Champ

Chattanooga, Tn Jerry Hilecher defeated Steve Strandemo in the IRA Tournament here May 31 to become the new IRA Pro Champion for 1976 (more on the tournament in the July issue of Racquetball News.)



Hilecher soaks up the warm So. California sun at pool side after a good practice.

WHO IS DONALD DEMAR?

Technical foul: explained

BY BILL STEVENS

The purpose of writing this series of articles is to explain to the racquetball world how to handle some of our sport's lesser known rules. So I speak to men and women, tournament players and weekend flailers, juniors through golden masters.

In the following article I will focus on one of racquetball's newer rules, the Referee's Technical foul. What constitutes a Referee's Technical? How and when should it be called? What is the penalty for a player committing a Referee's Technical?

What should the player have done so as not be assessed with a Referee's Technical?

In Rule 3.5(e) of Official Racquetball Rules published by the U.S. Racquetball Association and National Racquetball Club the Referee's Technical is spelled out clearly. The rule reads:

"...The referee is empowered, after giving due warning, to deduct one point from a contestant's or his team's total score when in the referee's sole judgement, the contestant during the course of the match is being overtly and deliberately abusive beyond a point of reason. The warning referred to will be called a Technical Warning and the actual invoking of the penalty is called a Referee's Technical.

If after the technical is called against the abusing contestant and the play is not immediately continued within the allotted time provided for under the existing rules, the referee is empowered to forfeit the match in favor of the abusing contestant's opponent or opponents as the case may be.

The Referee's Technical can be invoked by the referee as many times during the course of a match as he deems necessary."

Throughout the past few years I have been to many racquetball tournaments, done a great deal of playing and just as much refereeing. I have seen the best players commit technical foul-tape actions and I have seen referees meekly accept such belittling from a player.

Unfortunately, it is often the top players who get away with the most since they are usually more experienced than the referee calling the match. But verbal shenanigans are not in the sole territory of the players, not by a long shot.

There are five main thrusts to the Technical Foul rule, the first being the words "after due warning." Due warning is generally accepted as being the referee's instructing the players prior to the match that he will, indeed, call the Referee's Technical if conditions warrant.

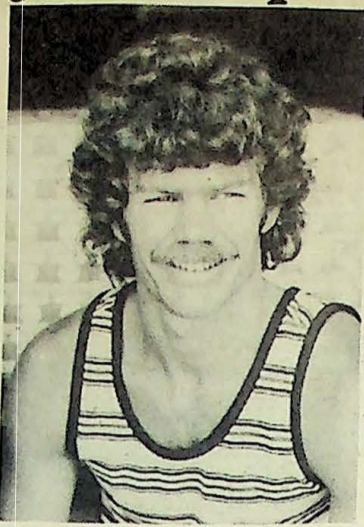
However, there are cases where the nature of the play or situation in a match warrant a bit more discretion on the part of the referee.

Therefore, additional warnings can be given during a match. Referees should be careful not to become known as one who will forever give warning, and never make the real call.

The second thrust of the rule is that a point is to be deducted from the offender's score. To answer the unasked question, yes, if a player has no (zero) points and commits a technical foul, his score becomes minus one. The next point he scores makes his total zero.

The reason points are deducted is simple. The makers of the rule did not want a match or game to be won or lost on a Technical Foul. They wanted the winner to earn his victory, not back into it on a judgment ruling. The Referee's Technical in no way changes the serving order, just the score.

The third area of the Referee's Technical rule is the phrase "in



Bill Stevens is a professional racquetball instructor at the Court House in San Diego.

Photo by Clay Scott

the sole judgment of the referee. "And it means what it says—only the referee can invoke the technical foul rule. Not a linesman, not a tournament chairman, not a club owner,—only the referee.

What is "beyond a point of reason? "Well, profanity is most definitely beyond. So too are obscene gestures. Any argument that extends beyond a point of reason.

The profanity or arguing need not be directed only at the referee. A player may be guilty of an offense necessitating a referee's technical if he is badgering an opponent, or a spectator.

Now that we know what is in the rule let's take a look at its application. To illustrate this, I have constructed a typical example. This particular match has been extremely hard fought. It's late in the first game and Rodney Rollout is trailing B. B. Backwall by one point 16-17. Rod serves and a great rally ensues.

Both players are intent on not making a mistake and so neither is going for the all-time winner when it comes up. In other words, they're afraid to shoot the plum, which makes for an even longer rally.

After rallying up front for a while they go to the ceiling for a rest then it's back to the flails up front. Rodney hits a backhand crosscourt to B.B.'s forehand which B.B. pinches wide in the forehand corner. Rodney covers with his backhand and hits it down the line to the backhand corner. B.B. takes the ball off the back wall and hits it in the same spot—down the line and to the back wall, where Rodney takes it with his backhand and sends it cross-court about four feet high.

The ball comes way off the back wall for B.B.'s favorite shot, the B.B. back wall. B.B. apparently rolls the ball out and collapses in the corner a mixture of relief and ecstasy.

"Skip ball," bellows the referee, "side is out."

B.B. goes wild. He starts by throwing his racquet hard to the hardwood. Stomping his feet and with a look of disgust and anger on his face B.B. really let's the referee have it.

"You bleep-bleep-bleep," he screams, that ball was good."

The referee then calmly announces "Mr. Backwall, I am assessing you with a Referee's Technical Foul and deducting one point from your score. Mr. Rollout continues the serve, leading 17-16."

That outburst actually cost B.B. two points,—the one he lost on the skipped shot, plus the one from the technical foul. Even if the referee had made the wrong call, and B.B.'s shot was really a good one, the Referee's Technical should and would stand.

Under no circumstances is profane language or intimidation of the referee like the above acceptable on the court. After this first technical is assessed, the

player will usually calm down. If not, another technical should follow immediately. At this point any player with even minute thinking capabilities will close his or her mouth rather quickly.

A majority of the time there will be no problems on the court if the players know that the referee will call Referee's Technical fouls. This is not, however, to imply that a player cannot say anything when a call is disputed.

A player has the right to question a call if he or she feels the referee made a mistake. The referee should use discretion on allowing the player to discuss the call. Play should be continued as soon as possible.

If after the first two Referee's Technicals for abusive language or continuous arguing and delay of the game the perpetrator does not resume play the match can be forfeited as per rule 3.5e.

Most players are lenient in a situation where yelling or other altercations occur between the two players. The referee should interject here with a statement like, "The call has been made. You have 10 seconds to serve." If the arguing continues the referee can give both players a technical foul. No referee should allow continuous badgering of himself by any player. Such conduct is in poor taste, unsports(person) like, and immature. There is no place in racquetball for it.

What should B.B. Backwall have done in this situation? He should have retained his composure and calmly inquired of the referee if he was sure of his call. If linesman were being used, an appeal could have been made through the referee. He could have requested that the referee ask the opposing player if he thought the ball was good or not.

For better or worse, the referee's call must stand. There has to be a final authority on making all decisions. That is the referee's job. The opposing sides could not possibly settle all disagreements between themselves,—a referee is needed and must be obeyed.

The Passing Shot

Winning Racquetball

BY BUD MUEHLEISEN

Perhaps the most frequently used shot is the 'Passing Shot.' Therefore, it becomes the most important of the basic shots. Properly executed, it is a beautiful thing to see and can make the game appear seemingly easy. As the name implies, the passing shot occurs when the ball is driven past an opponent. The shot may be hit fast or slow, as long as it has sufficient speed to pass an opponent on the right or left, without enough force to carry off the back wall. Ideally, the ball should die at the back wall.

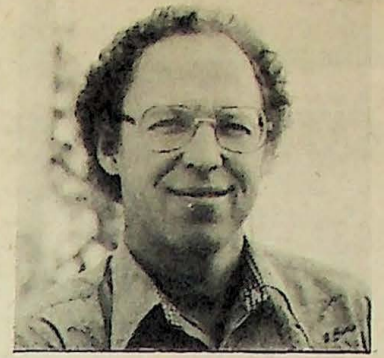
SHOT EXECUTION In executing the shot, the ball may be directed along either side wall, or driven across-court on a "V" angle from the front wall. Another variation of the cross-court passing shot is to increase the angle to the front wall so the ball may angle and hit the side wall in passing an opponent.

This shot is particularly effective in doubles. Any of the basic strokes can be utilized in hitting the passing shot. The ideal time to use the shot is when you opponent is in the area between mid-court and the front wall, or near either side wall. As your opponent becomes positioned deeper than mid-court, the passing shot becomes less effective.

There is considerable merit in utilizing the passing shot, because it causes your opponent to be continually on the run and carries with it a small percentage of error. Remember, that in using this shot, you must keep the ball low, or soft enough, so it will not carom off the back wall and become a setup for your opponent.

STROKE FUNDAMENTALS

All passing shots should employ the basis stroke fundamentals. After these fundamentals have been mastered, the following variations may be incorporated to enhance the success of the passing shots:



(1) Hitting the ball on the rise—

This is a quick shot which may be hit anywhere from a half volley to waist high. It is vital that the ball be contacted on the rise. Being a quick shot, it contains the element of surprise. Therefore, the ball should be hit out in front of the players;

(2) "Holding the ball on the strings" - "This is more of a stroke variation which should be used only after plenty of practice. It requires precise timing and a quick wrist because the ball is hit in back of the center of the body. There is a delay in uncocking the wrist to hopefully force your opponent to commit himself in one direction, allowing you to execute the passing shot with greater ease.

USE SIDEWALLS

Bear in mind that the majority of passing shots should be hit along the side walls rather than in a cross-court manner. The reasons for this are: (1) The shots will be easier to control since you are hitting away from your body; (2) It will be easier to maintain or regain center court position; (3) You will be positioned between the ball and your opponent, utilizing your body as a screen when the passing shot is hit up and back along the wall.

A common error found in executing the passing shot along the walls is that a player tends to play the ball too close to the wall. The ball will often catch the side wall first, then bounce back toward the center of the court where it is easily retrievable. Allow yourself a slight margin for error in along-the-wall passing shots, since a shot which is even a foot from the side wall, but parallel to it, will still almost always be effective.

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Racquetball 'mental control' game

It Starts With The Mind

Racquetball is a game of mental control. While the body plays an integral part of the game, it is first the mind that enables you to get your body in the necessary condition to play a tournament match.

"You must first get your body in shape," says Steve Strandemo, one of the most revered players on the Pro tour. It takes a lot of hard work to get your body in the type of condition to play successfully in a tournament. Steve believes the mind can overcome physical obstacles. "If you're mentally prepared, you can overcome pain and fatigue. But if you aren't in perfect physical condition the first thing that will go is your mind. You lose concentration."

The majority of the game takes place off the court. "For important tournaments I'm thinking nothing but racquetball for three to four weeks in advance," Strandemo says. "What I'm doing is channelling my mind into racquetball. I'm thinking of my competition, situations I'll be confronted with and how I'll react when I meet them."

Twice National Champion Charlie Brumfield expressed similar views on preparing for a tournament. "You have to know your shots before you step onto the court," Brumfield stresses the importance of completely thinking your game plan through, well before you enter the court. "You can't walk onto the court wondering what to do if this or that situation comes up. Should I hit a ceiling ball? Should I pass? Should I kill? Shoot with a forehand or backhand? You must answer these questions before you enter the court."

If your body and mind are in top shape and your concentration is at a peak, yet you aren't winning matches, look for a faulty game plan. "Most people don't have a game plan," says Brumfield. "Some have never heard of a game plan." You wouldn't see a football team go out without a set of plays. Neither should you attempt to go onto a court without some type of game strategy mapped out in your head. Analyze game situations and decide what your best shot is in that situation, remembering that your opponent's position designates what type of shot you should shoot. Through constantly picturing every possible situation in your mind and all of your return shots for each situation, you will find that when you get in those situations on the court, you will automatically think of the correct shot, with no intervening counter thoughts. You will then be able to concentrate on the ball and execute the shot. You will also be able to better anticipate your opponents following shot and set yourself up appropriately.

When you play, shot selection must be a "trained" response. Brumfield explains there is a difference between a "trained" response and a "physical" response. "When Steve Serot blasts the ball a hundred miles an hour, that's a "physical" response. When Bud Muehleisen takes that hundred mile an hour ball and drops a lob in the corner with it, that's a "trained" response.

You can't be thinking if your swing is being correctly executed while you are playing, or can you be thinking about the audience reaction after you make a great shot or a bad shot. Your swing must be "instinctive." "You can't see the crowd," says Strandemo. "You must be thinking racquetball all the time. If your mind is not in shape you'll be easily distracted. You must concentrate."

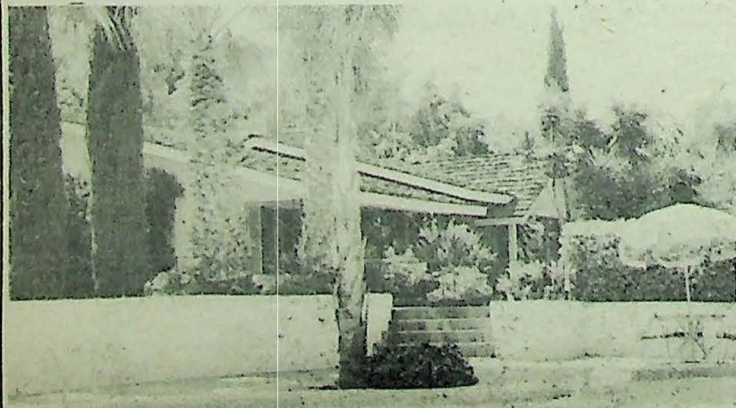
What should you be concentrating on? Strandemo believes that you should concentrate on "strategy." "You must put your opponent on the defensive and always be anticipating his next shot."

Brumfield seems to go a step beyond and advocates a total concentration on the ball. "I watch the ball all the way. At a certain point I use my peripheral vision to see both the ball and the target simultaneously." When asked about concentrating on strategy, Brumfield said that "you concentrate on the ball. Your strategy should be pre-planned."

How can you improve your game concentration? Understand it is much more difficult getting your mind in shape, than it is your body. Most of your mental conditioning is done off the court. Rick Kossler, a seeded outdoor player, plays chess. "It relaxes my body, allowing my mind to fully concentrate on what's happening. It's a helpful exercise." Strandemo feels that his participation in organized team sports was most beneficial in helping him to concentrate. "During college basketball the pressure was tremendous. I had to concentrate. Losing it for yourself is one thing, losing it for a team is another." Brumfield advocates a step procedure for increasing one's concentration. "First you must block out everything from your mind. Then you think racquetball. Know your shots and strategy before you play."

Remember racquetball is a game where body and mind are combined to create a working force capable of quick body movements, capped with a high level of concentration leading and guiding your every move. We can't all be Steve Strandemos or Charlie Brumfields, but through the understanding of the mental part of the game and the importance of concentration in the right areas, you can improve your game, thus enhancing not only your physical enjoyment of the game, but adding appreciation of the mental challenges involved.

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Backhand Tips



Daniel R. Bialk is a professional free-lance journalist with credentials in radio, television, newspaper, magazine writing. He also has been active in advertising and public relations and various promotional activities. He has a background in athletics, both as a player and as a writer/reporter.

BY DAN BIALK

In training for the Backhand Swing, most professionals try to come as close to the actual movement of the racquet as possible. Leg and shoulder movement into the ball is very much involved in the backhand. Although there is a wrist snap at contact with the ball, power comes from the legs, hips, and shoulders.

The backhand is more natural than the forehand, because the backhand is an uncoiling of the body, not an extending of the arm. Most novices swing their arm at the ball in the backhand rather than just naturally opening up their body. The power in the backhand comes from stepping into the ball and swinging from the whole back, trunk, and torso, thereby uncoiling. It takes some confidence to be able to hit with this stroke because it takes a little bit more time to swing.

The timing is the same, however, in both the forehand and the backhand. The backhand looks slower because the arm doesn't travel through as large a range of motion as it does the forehand.

If you train with weights, exercise not to swing the weight, but to coil and uncoil the body with a resistance in the hand.

The following exercises are recommended by professionals to improve your game.

Backhand Swing Exercise -a good warmup exercise

Use a light amount of weight, anywhere from 10 to 12 pounds for men. Women can drop down to a five pound weight and work up to 12 pounds. Remember this is a conditioning exercise for a racquet that weighs only 9-ounces. Cock the wrist, and take a small stride, just as in the actual backswing. You may rest the opposite hand on a chair for balance.

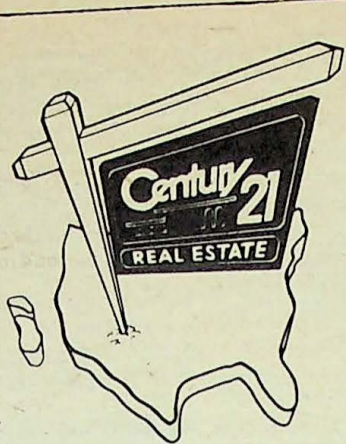
Lean into the ball with the weight. Keep the wrist stiff all the way through. The actual follow through is a combination of hip motion and the back muscles pulling the racquet through the ball. Start with 15 repetitions and progress up to 30-40 reps. This particular exercise should be done a little slower with concentration on the follow-through.

One Dumbell Rowing Exercise -good for muscles-

Use 20-35 pounds, and start with the same amount of reps. Bend the body forward so the back muscles are isolated. Perform this exercise ambidextrously, working both sides of the body. Pull the weight up to the hip area, thereby working the back muscles. Kneel with the opposite leg on a small table or chair. Just pull up the weight and hold it at the hip for only a split second. When the weight is returned to the floor each time, extend it out a little in front of the normal shoulder movement.

Side Laterals Exercise -great for the follow-through-

Bring the weights forward, almost touching them in front of the body. Raise the weights laterally into a position just beyond the normal section of the shoulders so that they're in a higher position than shoulder level, and just barely back of the head. Spread the feet just a bit wider than the shoulders, and flex the knees slightly to keep the strain off the back. Use a light weight of 15 pounds.



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Charlie Brumfield takes a break after defeating Steve Strandemo to win the Tournament of Champions in Peoria, Illinois. Three rounds went 21-16, 12-21, 11-7

Photo by Harry Brooks, Courtesy of Peoria Journal Star

San Diego gets pro's top billing

Richard Wagner, a student at the University of San Diego and one of the world's top professional racquetball players, often wishes he could be home in Patterson, N.J. but realizes that it's best for his career he isn't.

"Nearly all the top racquetball players live in the San Diego area," he explained. "If you're going to win at the pro level, you have to practice against top competition. And San Diego, for racquetball, is where it's at."

This area is host to the NRA National Championships, racquetball's gala event, June 16-19 at the Atlas Health Club in Mission Valley. The pro purse is \$15,000 and Wagner, a winner of a major national pro event at Buffalo this past season, probably will be fourth-seeded.

He is only 20.

"I'm not a lonely person and just because I'm away from my family and friends, I don't think I'm really homesick. But I sure miss home.

"When I do go home, the visit seems to pick me up and my game improves."

Two years ago Wagner moved to San Diego and the trip figured for someone who was serious about a professional career in racquetball. Still, his tournament results were discouraging until, just before a major event in Chicago this winter, he interrupted his studies as a sophomore at USD for a visit home.

"I just felt I needed to," Wagner said. "I saw my family, my friends, my relatives, I wasn't homesick but I guess I longed to be back there."

The result was automatic success. He went to the semis in Chicago and also in Milwaukee before scoring his first pro win in Buffalo.

"I have learned how to control my emotions during a match," he said. "Before I would become upset and fall apart when things weren't going in my favor. Now I can pull myself together."

As evidence, he came from behind to defeat former national champion Bill Schmidtke, 20-21, 21-16, 11-8, in the Buffalo finals.

"And I'm concentrating far better," Wagner said. "A winner on the pro level has to have total concentration. You have to be

completely absorbed in the match."

Wagner is quick, blond and single, a promising combination for any sport. He is only one of three players Charlie Brumfield

and Marty Hogan are the others - to have won a major pro event this season. All will be entered. (Brumfield is the defending champion) in the

National Championship.

Other top players competing include Steve Serot, Steve Keeley,

Craig McCoy, David Bledsoe, Mike Zeitman, Ron Rubenstein, Steve Strandemo and Schmidtke.

The new 22,000-square foot Atlas Health Club, located behind the Mission Valley Inn, has seven racquetball courts, including two all-glass championship courts.

18-year old says he can beat all

Marty Hogan, at only 18, soon may become the top racquetball player in the world.

He thinks so. And there aren't many players in the sport who don't agree. Hogan, a St. Louis high school senior who plans to attend college in San Diego in the fall, has a Jimmy Connors-type attitude. He's confident, competitive and vocal, qualities which will be on display at the NRA National Championship tournament June 16-19 at the Atlas Health Club in Mission Valley.

Winner of two major pro events this winter, the New England Open and the Milwaukee Open, Hogan will be second-seeded for the national championships behind defending titleholder Charlie Brumfield.

"I am the youngest racquetball player ever to win a major tournament and I know I can beat anybody," he said. "I have confidence in myself, in fact I've

yet to meet a person who has as much confidence as I do."

Hogan has won nearly \$7,000 in tournament purses for the 1975-76 season and has a solid chance for the \$4,000 first place prize in the \$15,000 NRA event. He already owns wins over Brumfield and other top-rated players such as Steve Serot and Steve Keeley.

"Now that I've beaten them to win a major championship, I've almost convinced myself I can't lose," Hogan, who also holds the junior national racquetball title, said.

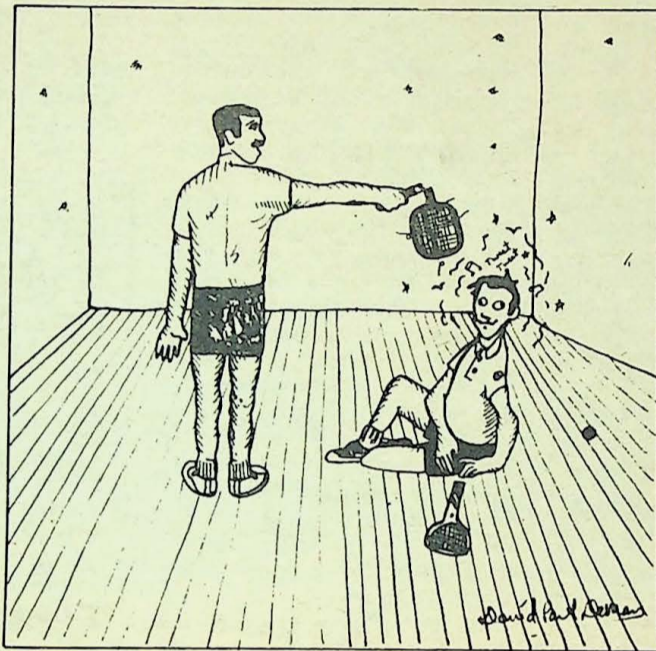
The only boy in a three-sister family, Hogan served as competition for his mother who was a highly rated racquetball player in the St. Louis area.

"She encouraged me to play so she would have someone to beat," Marty recalls. "It was unreal the way I would lose to her. I tried so hard to win, but never did." Once introduced to racquetball, Hogan became devoted to the sport.

"I would watch all the older players and try to copy what they did best," he said. Soon I was beating them in tournaments and I realized I had the potential to become very good."

He was winning money at 15 and now, two years later, finds himself in the fortunate position of being able to ride racquetball's accelerating national popularity.

"I'm in a terrific position," he said. "In about three years I figure I'll be at the peak of my game. And about then, the sport will have grown to where there will be big money for the person on top."



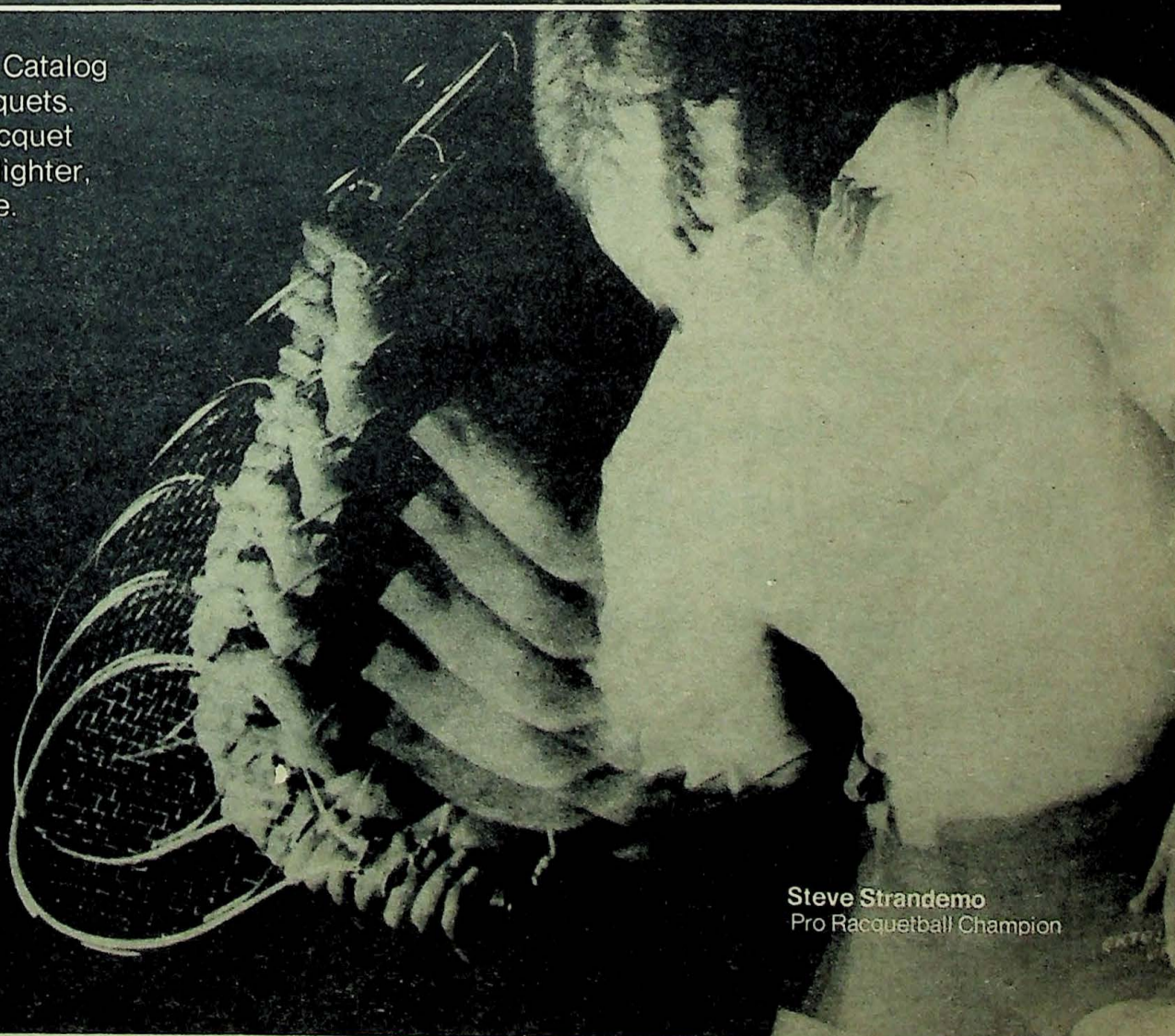
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Steve Strandemo
Pro Racquetball Champion

To start right, Choose the right gear

BY LEO GURNOE

It has often been said, "If you can't play like a good player, at least look like one!" (Who knows it may be worth a few points). But it goes even further than that. Selecting the right gear is all important and at least allows you the opportunity to take full advantage of presenting yourself on the court, ready to play to your full potential.

Neophytes in racquetball, as in many sports, feel they should begin with "cheap" equipment and as they hopefully progress, they will move up later to better racquets, shoes, clothing, etc, when their game warrants it. This is a big mistake!

Racquetball is such a relative inexpensive sport to get outfitted in that buying quality merchandise in the beginning assures the player of getting off to the best possible start.

Starting with the foundation, prime consideration should go into the selection of proper footwear. Aside from a racquet, shoes are the most important purchase to be made. Playing many years of racquetball is partially dependent on good shoes. As the wheels go, so goes the vehicle. Quality shoes will cost between \$13.00 and \$30.00. Get good shoes! Treat your feet to the best you can afford. Wearing two pairs of socks will spare your feet much wear and tear. Also wearing the first pair of socks (next to your feet) inside-out will present a smoother finish next to your feet and reduce the occurrence of blisters, if that is a problem.

Clothes should be loose fitting and comfortable. Shirts should be worn at all times, both for protection and to keep sweat from off the floor. This is a common courtesy to yourself, your opponent and the club at which you play. Racquetball is such a fine, fun, family sport, let's get it out of the gymnasium category and give it and yourselves some "class". Pastel or light colors are

also recommended, as long as they don't conflict with the color of the ball.

Head sweatbands and wristlets will also aid in keeping the floor dry and excess moisture from your face and hands.

Eyeguards are especially recommended for beginning players or if you wear glasses or contact lenses. Any glasses should be only of non-breakable or plastic lenses.

The most important item of course is proper selection of a racquet. Time here will not allow to go into detail of every company's racquets. There is also a myriad of discount house brand of racquets, which for the most part are lower quality imports, but suffice to say, most of them do not carry any guarantee with regards to product or service.

The general categories of racquets are wood, fiberglass and aluminum. Wooden racquets range in price from about \$6.00 to \$12.00, and are a poor investment at that price. Generally speaking, they are heavy, cumbersome and somewhat dangerous due to the sharp edges which most of them possess. Also the sharp edges are often injurious to the floors and walls and sometimes not permitted in certain establishments. Finally, due to their general head configuration and overall quality, they are almost impossible for a good player to achieve any success with, so therefore, how can one expect a neophyte or beginner to be very successful with the same racquet.

Fiberglass racquets comprise the next category of racquets and their price range runs from \$12.00 to \$35.00. They are light in weight and quite flexible. Due to the nature of plastic or fiberglass, it is almost impossible to build any strength into them and their breakage factor runs far and away the highest of any racquets on the market. Also, they play quite dead in the head and are usually strung quite loose to avoid any

additional stress or torque on the frame itself, which in turn would increase the breakage factor even more. People will often ask then, "how come a lot of the top pros use the fiberglass racquets?", and the reason is quite simple in that the majority of them are subsidized to do so. As a parallel, they are almost non-existent in tennis.

Aluminum racquets have proven to be the most popular of all racquets and they not only have the built in quality features, but they also carry good guarantees on the frames and strings.

As far as head configuration of the racquet is concerned, it is important to note a couple of things. Racquet sizes are governed in the rules for maximum length, width and overall dimension of the length and width combined. Racquets which take advantage of the maximum length must comply with a little narrower width in order to comply with the overall dimension. The longer racquets are recommended for those players desiring a little more length in reach and a little more leverage in a swing which does not employ as much wrist movement.

Racquets which utilize the maximum width are a little shorter, but also are a little "quicker" and cater to the player using more wrist movement in the swing. Also the wider width racquets present a little bigger "sweet spot" for making contact with the ball.

Texture of grips generally fall into two categories, namely rubber and leather, with each having its own degrees of quality. Selectin of one or the other for the

most part falls into personal preference. The problem of slippage is virtually equal for both, since the pores of both materials become impregnated with sweat. Therefore a continual cleaning or roughening up of the surface is recommended for maximum traction.

When slippage becomes a real problem due to excess moisture, then a resin or glove should be utilized to help overcome it.

Grip sizes are an important consideration in buying a racquet. They become a key factor with regards to comfort control and elimination of slippage. Generally speaking, in selecting the proper grip size, the two middle fingers should begin to touch the palm as you shake hands with the racquet.

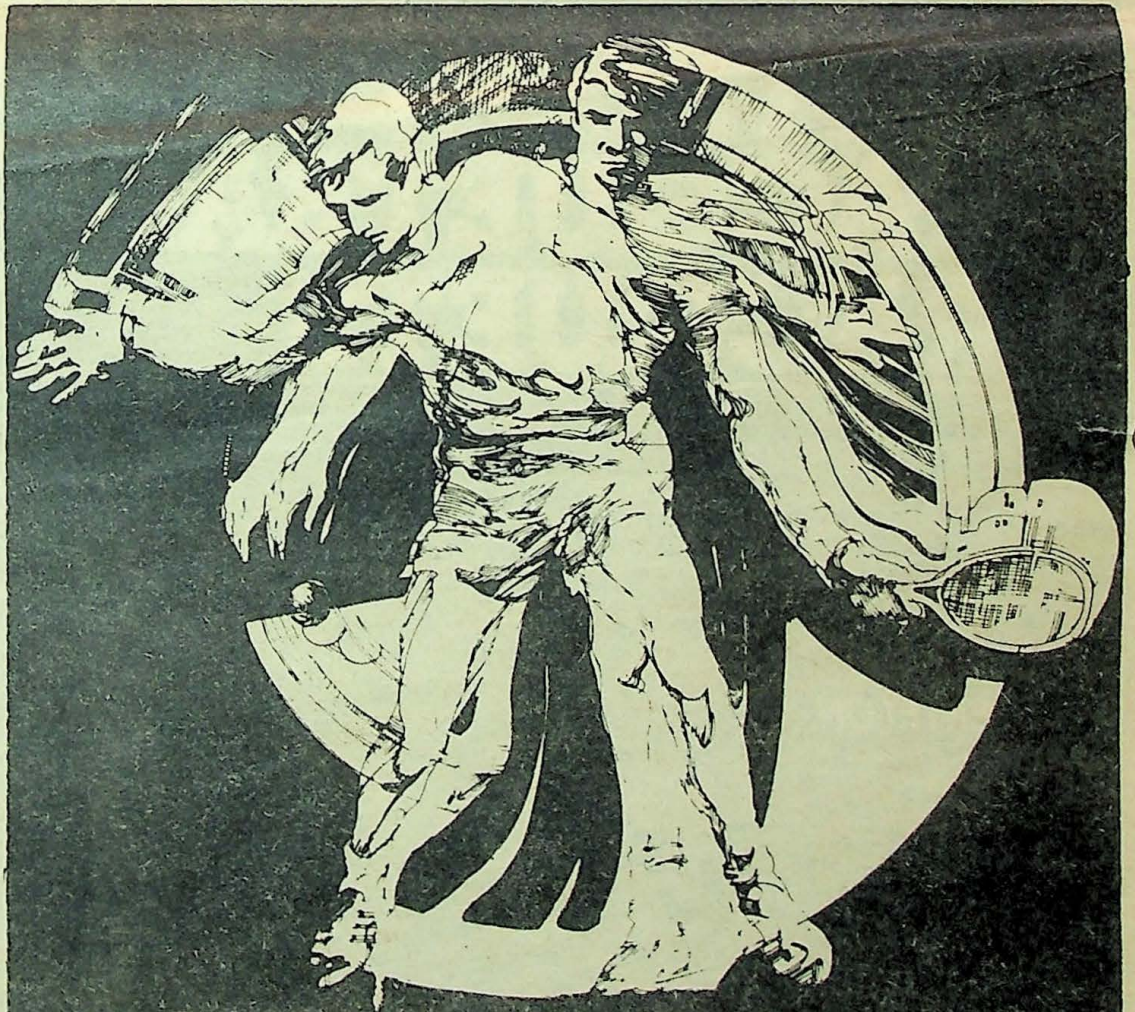
Strings and their tensions are the final factors concerning racquets. The best proven strings for racquetball is nylon. It comes

in many grades but virtually all of them are acceptable. String tension is generally regulated at the factory to give the best response for the racquet in which it is employed. Aluminum racquets are usually strung with factory control between 25-28 pounds. Fiberglass racquets use much lower tensions.

Racquetball equipment costs are minimal enough to get the best you can afford and the rule of thumb of "getting what you pay for" certainly holds true for this rapidly growing sport. Racquetball club employees are probably the best knowledgeable people to aid in selecting the right equipment for you.

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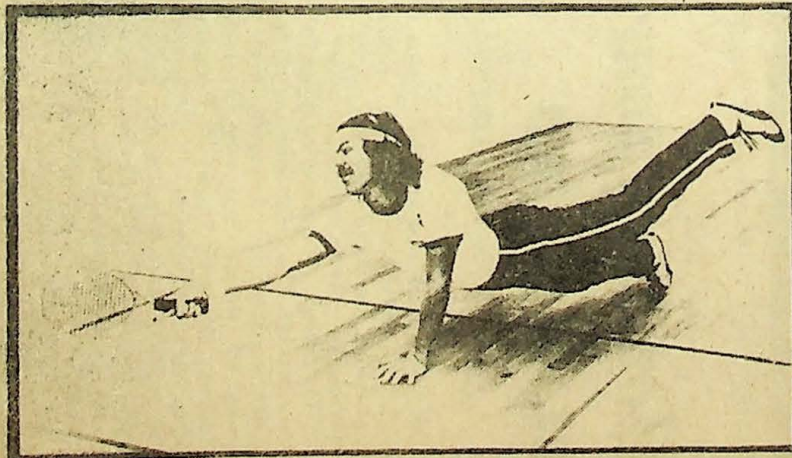
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