

RACQUETBALL TODAY[®]

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WPRA Winners



Lynn Adams wins CBC Classic



Heather McKay in Toronto

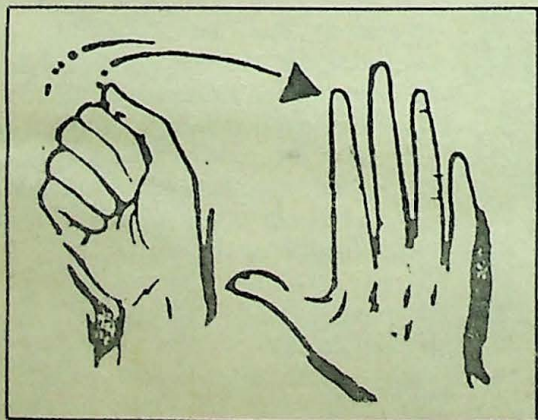


Jennifer Harding in New Mexico



Barb Maltby in West Virginia

Special report:



**Racquetball
for the
Deaf**
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Thanks again,
Mike & Sue Nichols

RUNNING AND RACQUETBALL

Dear Editor,

Since reading Dr. Birnbaum's first article in your October issue on Jogging, I've started running and jogging and my racquetball game really has improved! I don't get tired as fast and I seem to get to a lot more shots. (But now, I don't seem to have as much time for racquetball!)

R.L. Caravetta,
Ridgewood, NJ

LOCAL NEWS

First, let me tell you that I love your paper. I think it's great for the sport, and it's easy to see that you people really care about what you're doing. Now comes the inevitable criticism after a sentence like that. You really don't cover the local news very well. And nobody else does (in this part of the country) either. I think you'd sell a lot more papers if you included more news about clubs and leagues in your regional sections.

Lynn Coleman,
Ft. Worth

Dear Lynne,

We couldn't agree with you more! The trick is getting the information. WE NEED MORE CORRESPONDENTS...three or four in each state would be great. Would you like to help? We simply can't get the local news without someone in the area encouraging the club owners and association leaders to send in the news. Anyone interested should send us a note. And anyone with news, of any kind, SEND IT IN!

Ed.

SATISFIED CUSTOMER

I read all the racquetball publications and while some of the magazines provide more instructional articles, your paper is certainly the most interesting, informative, and fun to read. Enclosed is my renewal. Keep it up.

Marilyn Sharp
Dothan, AL

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My Point from the editor

1982 in review

This has been a good year for the sport of racquetball. Amateur players enjoy more organization, competition, league play and special events than ever before. Our national association is growing, with an increase of 6,000 members in just the past few months. The AARA has been recognized by the U.S. Olympic Committee, presenting new opportunities for the sport, including the possible inclusion in the 1987 Pan-Am Games and future Olympic events. Many state associations are affiliated with the AARA in a cooperative effort toward unification of rules and the development of programs. And more than ever before, we're seeing terrific cooperation between professional and amateur associations, manufacturers, and the press, working together for the advancement of the sport. I'm excited about the direction the sport is taking. 1982 will be remembered as a good year for racquetball. 1983 will be even better!

Correspondents — We Can Always Use More!

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IT'S A SECRET

Dear Diane,

Your Mr. Grobmisi is more than just a comedy writer. A lot of his stuff contains some really to-the-point jabs against the men's pro tour and other individuals and groups who have not exactly acted in the best interests of the sport. And I figured out who Grobmisi really is by fooling around with his name. Does everyone else know or is it a secret?

Willie Hough,
Miami

It's a secret.

Ed.

FOR THE CLUBS

I would be very interested in obtaining a copy of your Junior Program literature. Our club is located in a section of the bay area renowned for its high percentage of children and we would appreciate all the help we can get.

Everytime I read a RACQUETBALL TODAY I am more and more impressed with your fine publication and I know that your Junior Program will match the level of excellence one comes to expect from you people. My only fear is that I may be too late in my request, so your rapid cooperation would be most appreciated.

Bob Smith,
Club Promotions
Schoeber's Racquetball Spa
of Pleasanton, CA

Bob Kendler dies



ROBERT W. KENDLER died October 31st of cardiac arrest at Lake Forest Hospital in Lake Forest, IL at age 78. Mr. Kendler was known as a prominent

real estate developer and civic leader and was recipient of countless athletic awards, trophies and titles. He was known as the "Father of Modern Handball" and served as President of the United States Handball Assn. for 25 years. He was also head of the United States Racquetball Association and the National Racquetball Club. His organizations virtually controlled both professional and amateur racquetball and handball in this country up until the last few years. Mr. Kendler was a major force in the encouragement of construction of courts throughout the country as he consistently offered construction plans and advice without charge to anyone interested.

Mr. Kendler is survived by his wife, Evelyn; three sons, John R., Robert W. Jr., and Richard K.; four daughters, Joanne McLogan, Ellen Rowse, Kim Geary and Kip, plus 12 grandchildren.

IRSA NEWS

RACQUETBALL TODAY is pleased to bring you regular news and updates from the International Racquet Sports Association. Information is provided directly by the IRSA or is reprinted from the IRSA Newsletter with permission. For more information on this national club owner's association, contact John McCarthy, Executive Director, IRSA, 10 Concord Ave., Cambridge MA 02138.

The big news, is, of course, the IRSA convention January 16-21 at the Riviera Hotel in Las Vegas. Convention meetings and trade show are for members only, but there is also a "Social Registration" available for family and friends which includes breakfasts, cocktail parties, banquets and other activities. Reservations for the convention must be received at the hotel by December 27th. For further information contact the IRSA or the Riviera Hotel directly at 1-800/634-6753.

Racquet Sports Manufacturers Association

The Association of Racquet Sports Manufacturers and Suppliers has been formed, with Ronald J. Haber of W & W Products International, Inc. elected as the first President. The association is headquartered at 8600 West 24th Avenue, Suite 720 South, Chicago, IL 60631. John E. Messervey, Executive Director. The organization was formed to promote new racquet sports court construction, facility planning and design and to assist court owners in club management. Other officers and directors include Paul Neman of Hauenstein & Burmeister, Philip Trotter, Jr. of Terstep Recreation, Mark Hegg of Sports Unlimited, John Kay of Stratford Industries, Jay Seals of Robbins, Inc., and Randy Stafford of The Court Company.

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McKay, Harding, Adams and Maltby win

McKay — Toronto

In front of a standing room only crowd at the Adelaide Club, hometown favorite, Heather McKay, demolished reigning national champion, Lynn Adams of Costa Mesa, California 3-1, 3-0 to win the first stop on the over \$150,000 Women's Professional Racquetball Association pro tour. The event was sponsored by Bausch and Lomb, AMF Voit, Harvey Woods, and CRS. This decisive victory by McKay over Adams indicates a newfound desire for Heather to regain her number one stature.

McKay used a combination of perpetual ceiling shots and forehand passing shots to defeat Adams.

"I've been working on my ceiling shot all summer, and I feel almost more confident of my forehand than my back hand," remarked McKay following the match.

McKay felt great support from the hometown in Toronto, and the fact that she was second seeded lessened the pressure for her to win.

Squash opponent, Barbara Maltby, from Philadelphia, extended McKay into a tie breaker in the semifinals. Barbara won the first set 3-0. A between set pep talk encouraged McKay to win the second set by the same score 3-0.

Barbara gained that semifinal position by upsetting third seeded Marci Greer 3-2, 3-1. Maltby has defeated Greer in straight sets the last two times they've played.

Lynn Adams appeared unbeatable as she crushed Jennifer Harding and Laura Martino, both by scores of 3-0, 3-0. Practice partner, Terri Gilreath, drew two games from Adams before Lynn raised the level of her game and scored continuously on backhand killshots.

Newcomer to the tour, Molly O'Brien from Philadelphia, moved through three qualifying matches to gain an entry into the main draw. She surprised sixteenth ranked Fran Davis 1-3, 3-1, (15-9).

Harding — New Mexico

Jennifer Harding of Milwaukie, Oregon triumphed in the first WPRA tioned satellite tournament and the second stop on the Women's Professional Racquetball Association tour at Tom Young's Racquetball Club. Ranked number nine, this was Harding's first victory of the year. Ranked number two in 1978, and consistently in the top ten, Harding may be on her way back to achieving a higher ranking.

Gail Woods of Metairie, Louisiana, placed second in this round robin competition, defeated only by Harding.

Brenda Young, a top amateur in Las Cruces and daughter of Tom, performed well, placing third in the tournament.

Jan Pasternak returned to racquetball competition, after being ranked in the top 20 during the late 1970's.

Adams — CBC Classic

After losing to Heather McKay the week before in McKay's hometown of Toronto, Lynn Adams of Costa Mesa, California regained her top form by defeating McKay 15-9, 15-13 in the CBC Classic.

In this special WPRA sanctioned event, the top three Americans, Lynn Adams, Shannon Wright, and Marci Greer, challenged Canadian stars Heather McKay, Heather Stupp and Linda Forcade.

"I was impressed with the high quality of play of the women professionals," tournament director Lynn Kellner commented. "There were no easy matches throughout the tournament."

Shannon Wright of Las Vegas, Nevada and Heather Stupp of Montreal, Canada moved into the semifinals after both winning tiebreakers over Linda Forcade and Marci Greer, respectively. Linda Adams came from behind to defeat Wright 14-15, 15-11, (11-2) to gain a spot in the finals. Stupp fell to Heather McKay 15-6, 15-6 in an easier match, resulting in a Canadian versus American final.

Maltby — Tire America

Wheeling, West Virginia — In the Women's Professional Racquetball Association's second sanctioned satellite tournament, Barbara Maltby of Philadelphia advanced through two tie-breaker matches before easily defeating Bonnie Stoll of Stamford, Connecticut in straight sets 3-2, 3-0.

Ranked number 11, this was Maltby's first victory of the year. "Maltby outsmarted everyone in the player field," commented Kevin Becker, tournament director. Her first matches against Cindy Baxter of Lewistown, Pennsylvania and Joyce Jackson of Norman, Oklahoma were extended into tie-breakers with scores of 3-0, 2-3, (15-10) and 3-2, 2-3, (15-10), respectively.

Stoll played well in her first two matches, revealing an improvement from her play last season. Kevin Becker remarked, "Bonnie hit the ball very hard. Her opponents could not even reach her shots at times." Stoll defeated Janell Marriott, who lives in Warwick, Rhode Island, by a score of 3-0, 3-1 in the semi-finals for her first career victory over Marriott.

The next WPRA major tour event will be the Castle Toyota Canadian Classic on November 11-14 in Vancouver, Canada.

RACQUETBALL TODAY
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of the
Women's Professional
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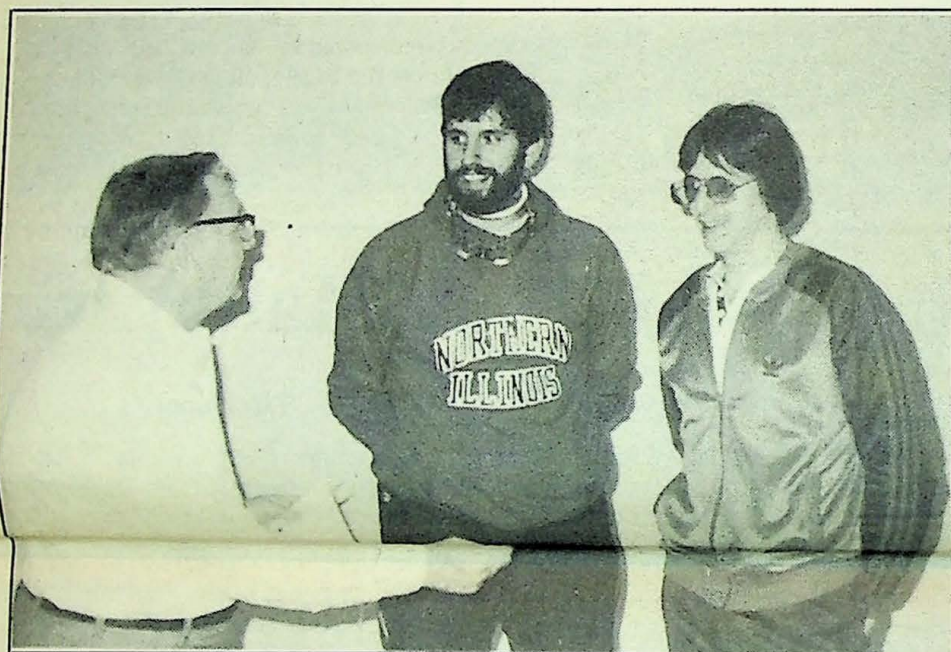
Read all about
the ladies
right here.

Racquetball for the Deaf

by Diane Mason

If you go to a racquetball tournament for the deaf expecting to see something vastly different from other open amateur competition, then you might very well be surprised. But not disappointed. Because if you like to watch top-notch racquetball played by a group of athletes whose spirit and love of the sport is as infectious as it is enthusiastic, then this is one event not to miss.

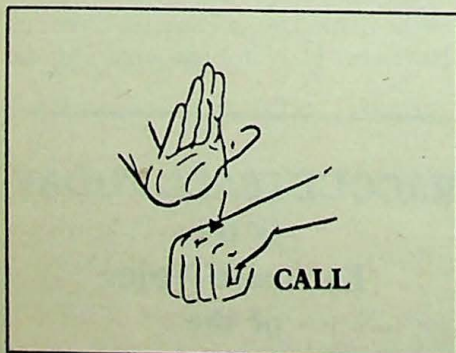
Such was the case on November 6 and 7 at the Illinois Racquetball Classic Tournament for the Deaf, hosted by the West Suburban Association of the Deaf and held at the Chalet Sports Core in Willow Springs, IL.



Referee, Les Cooling with Gary Meyer and Kevin Murray.

The crowd, pressed tightly together four and five deep above the courts where Sunday's finals matches were being played, was alive with excitement and animated gestures of sign conversation. Most of the spectators were also among the 43 tournament competitors, yet it was obvious that friendships and shared enthusiasm for the sport itself far outweighed any concern with the final numbers posted on the scoresheet.

And on the court there was no holding back, as Kevin Murray took first place men's A over Gary Meyer, and Karen Owczarzak beat Mindy Hopper for the women's A title, but only after two matches with each point played to the limit.



While racquetball tournaments for the deaf are relatively new in Illinois and throughout the country, they have enjoyed a burst of success and growth in number of entrants since the first tournament, sponsored by the Illinois Athletic Association of the Deaf was held at the DuPage Racquetball Club in 1978.

The West Suburban Association of the Deaf, since its founding only 1½ years ago, has now hosted two tournaments, the first at Glass Court in Lombard in March of 1981. And for Jim Fleming, tournament chairman, each event helps stamp permanence on an idea he started working on ten years ago.

Jim, now an A player who placed Third in this year's tournament, began organizing deaf players in 1972, after experiencing difficulties with court communication in games with hearing players. Now, as well as coordinating tournaments for the West Suburban Association of the Deaf, he is also an instructor, and one of the people responsible for opening the doors to deaf rac-

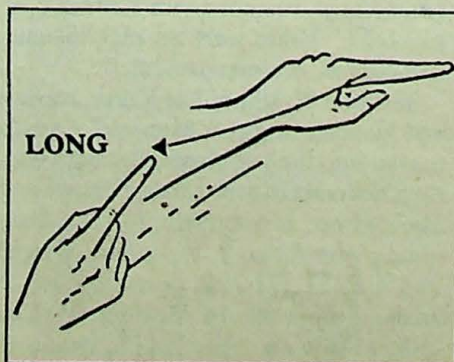
quetball players and bringing them into the ranks of tournament competition.

"It's really no problem teaching deaf persons," he says. "I use hand signals and sign language, and on a glass court, can stand outside and teach through the glass."

Other than that, Jim says there are no major differences between deaf and hearing racquetball, except, he thinks, "deaf players often have better eye coordination — they rely on their eyes and tend to concentrate more."

As far as tournament play is concerned, Dennis Russell, President of the WSAD, points out that matches are somewhat easier with hearing referees. For example, a skip ball is difficult for a deaf person to detect, and it helps when the referee can make that call by its sound. Also, says Dennis, "we are all such good friends — we prefer having strangers as referees."

It doesn't look like the referees at this tournament will be strangers for long, however. All were recruited from the



ranks of Chalet membership, and several newcomers enjoyed it so much they plan to continue training to be able to work at future events.

Among the veteran referees was Les Cooling, who has been a volunteer for deaf tournaments for three years. To prepare, it was necessary for him and the other referees to learn quite a number of hand signals.

"It took me five or six matches before I became fluent," he says. "Now it's easier, although I forget in between times and always have to review."

Refereeing deaf tournaments is pure pleasure for Les, who says he loves working with these players. "They are the happiest, most wholehearted group I've ever seen," he comments, "and their sportsmanship is the best you'll ever see in a tournament."

The games, he has observed, "flow smoother. They play a tighter game and seem to be more conscious of what a call is going to be. They anticipate calls right away, so you really have to be on the ball."

While one might expect more hinders, Les notes that the opposite is true. "They don't have as many," he says, "and they don't ask for hinders as often,



either. If they can get the ball, they'd just as soon go for it."

Also on hand, volunteering his time and expertise all weekend, was Bob Bales, who referees to help out and, simply, because he enjoys it.

"They make it easy to ref," Bob says.

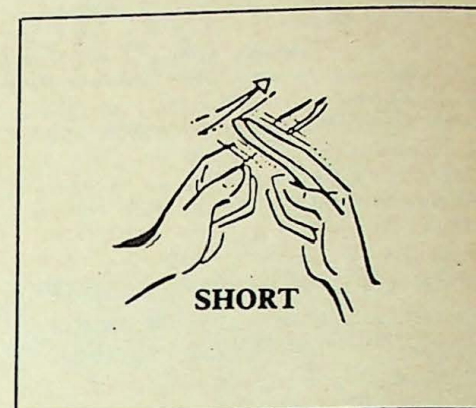
Bob notes no significant difference in play. "Skill levels are the same," he says, noting that the men players seem to follow the ball more, while the women's style is to face toward the front of the court.

"The crowd presents no problems as far as distractions. And there is seldom any confusion with calls. I didn't have one instance of hard feelings, either between players or with the referee, all weekend."

When a referee needs to get the attention of the players or to interrupt play to make a call, a second racquetball is thrown into the court. The players then look to see what the referee is signalling.

"Once," says Bob, "they didn't notice the ball I threw, so I tossed my fountain pen down, too. That worked."

Bob would agree with Les that the high point of the tournament was the camaraderie among the players. They seemed to strike the perfect balance between competition and cooperation, with superb sportsmanship dominating the atmosphere on and off the court.



"They really enjoy the game," Bob says. "I saw a lot of hugging after matches. They care a great deal about each other, like one big happy family."

Barbara Denton, acting tournament manager for the Chalet said of her weekend-long stint directing and coordinating events: "It wasn't work. We all got very much into it, and it was all fun."

According to Steve Horwich, co-coordinator of this month's tournament, there will be another classic to be held February 18, 19, and 20 at the Charlie Club. These facilities will be particularly conducive to play, Steve says, because the two-sided glass court will make refereeing and signalling easier.

And of course the spectator stands at Charlie Club will be an extra bonus — particularly for the racquetball fans who will surely gather there to fill them.



Jim Fleming awards Karen Owczarzak Women's A Trophy.

Illinois Racquetball Classic Tournament for the Deaf — Results

Womens A

- 1: Karen Owczarzak
- 2: Mindy Hopper
- 3: Carol Dignan

Womens B

- 1: Dana Pargauskas
- 2: Joan O'Malley
- 3: Kathy Bartley

Womens C

- 1: Susan Murphy
- 2: Donna Embree
- 3: Lorraine Prince

Mens A

- 1: Kevin Murray
- 2: Gary Meyer
- 3: James Fleming

Mens B

- 1: Tom Splitok
- 2: Keith Makey
- 3: John Embree

Mens C

- 1: Robert Hugland
- 2: John Lawless
- 3: Lee Vehrs



Exclusive to RACQUETBALL TODAY:

Building a foundation: gripping the racquet

by Dave Peck

Editor's Note: Dave Peck finished the 1981-82 season as the number one ranked professional male racquetball player in the world. He is a valued member of the Ektelon Advisory Staff.

Now that we've had the opportunity to whip ourselves into great shape and have carefully chosen the best racquet to play with, we are almost ready to get out on the courts and go for it. The key here is *almost*. One of the basics of the game and your success will be gripping your racquet. Getting a good grip is the foundation on which any good, everyday racquetball player must rest.

Many different aspects of the game make up a good player. Although I'm a

little bigger than the average professional, I'm the first to say that size and speed matter less than a player's ability to do things right.

Placing your shots where you want them and with the right amount of speed on the ball when you want it, will win the game every time against players who are simply big, powerful hitters, or fast on their feet.

The prerequisite to good shots, though, is a good grip.

It is important that the racquet face contact the ball at the correct angle. Since you'll find that the angle of the racquet changes between forehand and backhand shots, *you must change your grip.*

It is unwise to make this adjustment

in your wrist or arm because this will inhibit your stroke. Although some advanced players are exceptions to this rule, it is best to use two different grips: one for forehand and one for backhand.

Standard forehand and backhand grips have been developed which will give you a strong hold on the racquet, but with the wrist flexibility for pinpoint accuracy in your shots.

The forehand is usually a player's strongest stroke and the one that gets the most use.

The forehand grip is basically a handshake grip. You simply grasp the racquet handle as though you were shaking someone's hand.

The palm of your hand should be on

the same plane as the face of the racquet and the handle of the racquet should run diagonally across the palm.

The butt of the racquet should be at the heel of your hand, while the rest of the handle runs through the "V" between your pointer finger and thumb.

The positioning of this "V" differs for a backhand shot, but, for a forehand shot the "V" should point right along the middle seam of the racquet handle.

The forehand grip is sometimes called a "trigger grip" because the pointer finger is in a trigger-like position on the bottom of the handle.

Avoid choking up on the handle because the butt of the racquet will extend down to your wrist and inhibit the snap of your wrist during your stroke. This is where power is generated in a racquetball shot.

Likewise, don't let your hand slip too far down the racquet handle because you will lose control of your racquet.

The backhand grip differs only slightly from the forehand grip and that is in the position of the "V" on the handle.

The reason for that change in position is it's important the racquet face contact the ball at the correct angle. Since the angle of the racquet face changes between forehand and backhand shots, you must also change your grip.

Simply adjust the "V" so that it is slightly off center of the handle to the side away from that making contact with the ball. This tips the top of the face of the racquet toward the front wall so that it remains perpendicular with the floor.

This is necessary because the angle of your swing changes from forehand to backhand strokes and it is usually desirable to contact the ball as flatly as possible.

Make changes between forehand and backhand grips while bringing your racquet up to your shoulder in preparation for a shot.

An important point to remember in either forehand or backhand strokes is to keep a good tight grip on the racquet during contact with the ball.

That doesn't mean squeeze it to death all through the game — you'll soon grow tired and loose your grip. Just make sure your grip is firm at the time of ball contact and then you can relax it.

Perspiration can build up in later games and make your racquet slip, so bring a change of gloves or towel to wipe your hands and racquet handle!

Above all, your grip should be comfortable and allow minimum wrist flexibility. Always select the smallest racquet handle you can comfortably play with and I think you will find that all of the above are maximized.

In my next column, we'll actually get into some drills and court strategy. You're on your way now and I'm looking forward to getting there with you.

If you should have any specifics about the game you would like Dave to address, please send all questions and comments to him in care of RACQUETBALL TODAY.

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WOMEN'S PROFESSIONAL
RACQUETBALL ASSOCIATION
1982 FALL TOUR



Date	Site
December 2-5	Tab Holiday Cup Courtside Racquetball Club Atlanta, GA
December 9-12	Imperial Courts Melbourne, FL
February 10-13	Rainbow Inspection Racquetball Pro-Am Wyoming, Racquet Club Casper, WY
February 17-20	Riverbend Athletic Club Fort Worth, TX
February 25-27	Bob's Big Boy Open Tucson Athletic Club Tucson, AR
March 4-6	Stroh's Port City Open Racquetball Plus Muskegon Heights, MI
March 11-13	Holiday Health and Racquet Club Bangor, ME
March 24-27	Pacific West Sport and Racquet Club Seattle, WA
April 1-3	Schoeber's Racquetball Spas San Francisco, CA
April 7-10	The Glass Court Lombard, IL
April 21-24	AllSport Fitness and Racquetball Club Fishkill, NY
May 12-15	Ektelon Racquetball Championships (special event) Sports Gallery Anaheim, CA
July 8-10	5th Annual Midnight Sun Pro Racquetball Classic (special invitational) Alaska Athletic Club Anchorage, AL



Player of the month: Heather McKay

Our player of the month is Heather McKay. Heather had a frustrating season last year, losing her No. 1 ranking and the National Championships to Lynn Adams after winning both the previous two years. But Heather is a superb athlete and a fierce competitor, and she went to work over the summer break. "I worked very hard on my ceiling game and service game. I worked on different serves to add to the basics to get more variety and deception."

And the hard work and dedication paid off in the form of winning the opening tour stop in her home town of Toronto. She defeated Lynn 3-1, 3-0 in a match where she was clearly motivated toward the goal of winning. "Our tournament in Toronto was the first time pro racquetball had ever been there. That really motivated me! Plus, I was playing in front of people who have know me for years as a squash player and have never seen me play racquetball. That fact really helped me and really got me going."

Heather made it to the finals in the next tournament in Winnipeg, but she lost that one to Lynn. But that didn't discourage her as the next tournament in Vancouver she defeated Lynn in a very close final match, 21-14, 12-21, 11-9. She also avenged her Nationals loss to Shannon Wright by taking her in the semis, 21-11, 21-12. "Shannon wasn't the player I expected to come up against. She didn't seem to have the drive or desire she had at the Nationals."

One thing for sure. Heather doesn't look kindly to losing. At 41 years old, she's in tremendous shape. In fact, very few players can match her stamina and will. And it seems



Mike Hogan photo

she gets smarter and craftier with age. She is one smart lady and a definite asset to the WPRA.

How does she feel about the upcoming season? "I'm thrilled about the 1982-83 season. This year we have so many quality events, and it's exciting to see women's racquetball growing at such a strong pace. I see the top four players still dominating the semis and finals, but players 5 thru 10 will be where the real excitement will be. It's anybody's game, and I'm looking forward to seeing who does what." No matter how you look at it, one thing is sure. Heather is an exciting and inspiring player and we're proud to feature her as this month's Player of the Month.



Lynn Adams

1981-1982 WPRA WON-LOSS MATCH RECORD/WINNING PERCENTAGE OF FINAL TOP 15 RANKED PLAYERS

Player	Final Ranking	Wins	Losses	Total Matches Played	Winning Percentage
Adams, Lynn	1	35	2	37	.946
McKay, Heather	2	27	5	32	.844
Wright, Shannon	3	20	6	26	.769
Greer, Marci	4	15	8	23	.652
Gardner, Peggy	5	11	6	17	.647
Martino, Laura	6	10	6	16	.625
Harding, Jennifer	9	11	8	19	.579
McKinney, Caryn	12	8	6	14	.571
Panzeri, Vicki	10	8	6	14	.571
Gilreath, Terri	7	9	7	16	.563
Hoff, Rita	8	9	7	16	.563
Maltby, Barbara	11	7	7	14	.500
Poe-Barrett, Brenda	13	4	4	8	.500
Marriott, Janell	14	5	7	12	.417
McDonald, Martha	15	3	6	9	.333



Marci Greer



Shannon Wright

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Peggy Gardner

WPRA notes...

1982-83 Nike Bonus Pool

Nike, Inc., of Beavertown Oregon, will again offer the Nike Bonus Pool to participating Women's Professional Racquetball Association players for the 1982-83 season. The athletic shoe giant established the Bonus Pool last year.

The Nike Bonus Pool is divided among the top ten players based upon the season-ending final WPRA computer rankings. Any player who wears Nike shoes exclusively in all WPRA-sanctioned tournaments is eligible. Lynn Adams finished in the top position for the 1981-82 season.

The breakdown of the 1982-83 Bonus Pool is as follows:

First Place:	\$5,000
Second Place:	3,000
Third Place:	1,500
Fourth-Sixth Places:	750
Seventh-Tenth Places:	350
Total 1982-83	
Nike Bonus Pool	\$13,150

Rookie of the Year Award

AMF Voit, the ball selected by the women professional racquetball players to be their official ball used in all tournaments, will sponsor a rookie of the year award. The award will be given to the woman who plays the best as a newcomer in the sport this year.

Board of Directors Meeting

Sheraton Center
Toronto, CAN
October 21, 1982

The meeting was called to order at 2:50 p.m. Present were: Francine Davis, Jennifer Harding, Joyce Jackson, Caryn McKinney, Lynn Adams, and Buffy Gordon.

Membership

Motion was passed that anyone who plays in the qualifying round of WPRA sanctioned event must be at least a \$25.00 member. All main draw players must be \$50.00 members. All memberships must be submitted at the time of entry into first WPRA tournament player plays. All WPRA memberships must be renewed on or before September 1 of each year.

Membership packages are being revised and shall be sent out soon.

Entries

All WPRA members shall receive entries for all WPRA events. Jennifer Harding asked for mailing to be paid by bulk mail rate.

Prize Money

All tournaments with gross prize money less than \$6,000 shall have prize money distributed as follows:

1st:	37.5%
2nd:	25%
Semis:	25%/two
Quarters:	12.5%/four

Ranking

There was considerable discussion on ranking \$6,000 and Futures tournaments. The Board felt that if an equitable system could be found that all tournaments should be ranked. The Board is further investigating alternative systems to be discussed at the next Board meeting.

Scoring

Motion was passed to change the scoring system in the first tie breaker to the first to 15, win by 2. The scoring system shall change for the next WPRA tournament, Las Cruces.

Rules

On the return of serve, the receiver(s) must stand at least 5' from the short line. If the return of serve is made after the ball bounces, the receiver(s) may enter into the 5' safety zone once the ball leaves the server's racquet. However, if the return of serve is made prior to the bounce, neither the receiver's body nor racquet may violate the 5' safety zone. Further, neither the receiver's body or racquet may violate the short line at any time during the return of serve. Any violation of this rule results in a point for the server.

The meeting adjourned at 8:10 p.m.

Conquering your fears

by Lynn Adams

(Editor's Note: Lynn Adams, 24, is currently ranked No. 1 on the Women's Professional Racquetball Association tour. In three seasons, she has won the Columbus Pro Stop in 1980 and 1981, National singles and double championships, and recently, the last three tournaments. One of the sport's best teachers, Lynn is a member of Ektelon's Advisory Staff.)

Are you a tournament player? Do you suffer from feelings of nausea, butterflies and no confidence right before a match? WELCOME TO THE 100% CLUB! I would venture to say that everyone has those feelings at one time or another before they play, and many people feel that way before every match. It's normal, and nothing to be upset about, and it can be dealt with if you're willing to make the effort. One of the most frequent questions I get is "How do I keep from getting so nervous and playing horrible in a tournament?" I think the key lies in three important areas: **PREPARATION, PERSPECTIVE, and KNOWING YOUR LIMITS.**

PREPARATION. No matter what your skill level you can, and should, prepare for your match. I don't mean just by practicing before the tournament arrives. . . of course that's one of the best ways to prepare, but what about the weekend of the tournament? First of all, give yourself at least an hour of quiet time before your match. Use this time to stretch out your muscles. Too many players risk injury by not properly warming up. A nice, quiet stretch will give you time to start thinking about your upcoming match. Do you know your opponent? If so, what type of game does he play? Is he a power player, or more of a finesse expert? Is he quick, slow, or average? Does he have any particular shots that he uses a lot? Sit down and write down, as best you can, all his strengths and weaknesses. The act of writing these things down will imprint them in your brain, and you'll remember them better in crucial instances. After you've finished your list about him, make one on yourself. What are your strengths and weaknesses? Do you have favorite shots you're particularly good at? Write as much as you can, being very honest about yourself. Now you can formulate a "game plan," with some alternatives. Even if you've never seen your opponent play before, you can devise a basic game plan based on your own style of play. No matter what your opponent can do, always start out by concentrating on WHAT YOU DO BEST. If you're an aggressive, kill-everything type player, come out shooting. But be prepared to alter your game plan if that doesn't work. This is where a lot of people freak out. They never think about what to do if their basic game isn't working and they end up floundering around, getting frustrated, and of course, losing. But if you have some alternate plans BEFORE the match, you'll avoid this pitfall.

PERSPECTIVE. Some players act as if their loss means the end of the world. Although most of us don't go to that extreme, we do put an awful amount of pressure on ourselves, and when we do lose, we get very depressed. Feelings of

self worth go down, and you're sure everyone is looking at you saying, "There goes the loser" etc. I don't care what your level, beginner to pro, everyone needs to have a reasonable perspective about just what a game of racquetball means. I'm a great believer in going into the match with a strong sense of competition and an almost compulsive desire to win, but those feelings can be destructive if you let them get out of proportion. I had this problem early in my career. I thought that if I won, everyone would like me, and if I lost, they wouldn't. I was obsessed with winning, but with the wrong intentions. I wasn't much fun to play or watch, win or lose. It got to the point that I was miserable and couldn't stand to even walk on a court to practice. Well, through a lot of effort I opened my eyes and eventually came to realize where racquetball fits in in my life. People don't like me any more or less because I win or lose. I put the game into a more reasonable perspective. I'm still as enthusiastic as ever about the game, and it is certainly a major part of my life. But winning or losing will never be as important as my relationships with my family and friends.

I try to learn from every match I play so I'll be that much smarter the next time. And I find that you learn more from your losses. So if you keep things in perspective, nothing that bad can happen as a result of losing. You'll end up being more relaxed before and during the match, you'll enjoy it more, and you'll probably win more as a result. And if you learn to win and lose graciously and as a fair competitor, you can still be extremely aggressive and give 100% all the time. People will respect you, and you'll respect yourself, regardless of the outcome.

KNOWING YOUR LIMITS. This is the area where most players could make a quick advancement toward being less nervous. If you have an unrealistic vision of your racquet skills, you will always be frustrated and never play up to your "self-inflicted" standards. Just because you may have one day of playing absolutely great doesn't mean that is your skill level. It may show you what your potential is for future play if you work on your game, or it may reflect how you play against a particular opponent. It is not necessarily your day-in-day-out level of play. If you always expect to play at your optimum level, you'll almost always be disappointed. From the first skip ball, it's all downhill. I don't want to sound depressing, but I think too many players think that they're better than they really are. No matter what your skill level, you won't make every shot you try. (I've seen B players get upset about missing shots that I miss myself occasionally.) You will miss many shots during the course of a match. Getting angry is a waste of energy, and it also is not productive to correcting your mistakes. Anger prevents you from thinking positively, and from considering what you really need to be thinking about in order to make the next shot better — shot selection, movement, racquet preparation and



C. George photo

strategy. Instead of getting mad and calling yourself stupid, change your strategy. Hit some ceiling balls or pass shots and wait until you get setups closer to the front wall before you go for kill shots. And don't try to hit shots that you haven't practiced. Don't be influenced by your opponent's beautiful splat shots or reverse pinches. If you haven't practiced those shots, the match isn't the time to try them out. Know your own strengths and weaknesses and relax and have fun. Yes, you'll make some mistakes. Yes, you'll skip some plums. But we all do that. Everyone of us, from Dave Peck on down. Know your limits.

Racquetball tournaments are fun events and you can learn a lot from them if your brain is clear enough to see what's happening. If you're frustrated and angry, your brain can't be clear. So prepare, get a good perspective and know your limits. You can conquer your fears and nerves and really start to play racquetball!

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AARA News...

National Doubles results

Over 200 of the top Doubles Racquetball teams in the United States met at the Federal Way Athletic Club in Federal Way, (Seattle) Washington seeking the coveted National titles in 18 divisions. These United States Doubles Championships sanctioned by the American Amateur Racquetball Association (A.A.R.A.) and sponsored by Lite Beer from Miller and Seamco-MacGregor found the Number 2 seeded

team of Stan Wright and Steve Trent from California overpowering the highly talented team of Dan Massari and John Mack also of California, 21-17, 21-13 in the Men's Open finals.

The Women's Open finals saw the Pennsylvania team of Tammy Hajjar and Beth Latini defeat the Washington team of Kim Tiedeman and Lee Jew 21-9, 11-21, 11-6.

RESULTS

MEN'S OPEN

1: Steve Trent/Stan Wright, CA def. Dan Massari/John Mack, CA 21-17, 21-13
2: Tony Krause/Hank Marcus, OR
Consol: Dan Gordon/Jay McGurran, ND

MEN'S B

1: Steve Hull/Mike Griffith, OR def. Jim Ford/Jim Collman, OR 21-8, 21-19
2: Bruce Duncan/Craig Dunlop, WA def. Pat Quigg/Lon Bergstrom 21-4, 21-19
Consol: Nick Bartell/Jim Jameson, CA

MEN'S 25+

1: Tony Krause OR/Fielding Snow, WA def. Gary Mazaroff, NM/Dan Massari, CA 21-13, 21-13
2: Dan Allen/Gordy Pfeiffer, WA
Consol: Bruce Duncan/Craig Dunlop, CN

MEN'S 30+

1: Bill Dunn/Bill Thurman, CA def. Pate Page/Ron Strom, MN 21-16, 21-9
2: Steve Dunn/Bob Kraut, CA
Consol: Mike Inicke/Ken Johnson, OR

MEN'S 35+

1: Bill Dunn/Bill Thurman, CA def. Mark Wayne, CA/Jerry Davis, OH 21-10, 21-11
2: Jerry Henderson/Mike Call, WA 21-19, 21-15
Consol: Dean Wallace/Jerry Bone, OR

MEN'S 40+

1: Jim Austin, TX/Bill Schmidtke, MN def. Bud Muehleisen, CA/Myron Roderick, OK 21-16, 21-11
2: Mark Wayne, CA/Jerry Davis, OH def. Bob Petersen/Dan Erickson, ID 21-13, 21-7
Consol: Bob Newman/Dale Wood, OR

MEN'S 45+

1: Myron Roderick, OK/Bud Muehleisen, CA def. Sid Williams/John Silverman, WA 21-1, 21-10
2: Allen Weckerly, CA/Pat Columbo, NY def. Charlie Wickham, NC/Ron Paddock, MI 21-8, 20-21, 11-9
Consol: John Mooney, CA/V.Z. Lawton, OK

MEN'S 50+

1: Ron Thompson/Dunc Stockwell, CN
2: Gene Grapes/Al Schattner, PA
3: Pat Whitehill/Charlie Jackson, WA

MEN'S 55+

1: Burt Morrow/Leo Shelton, CA def. Scotty Deeds/David Hughes, CA 21-8, 21-17
2: Ike Gumer/Irv Zeitman, KY def. John Leshner/Melvin Brown, WA 21-16, 21-14
3: Don Erickson, ID/Don Goddard, MT def. Lake Westphal/Floyd Svensson, CA 21-14, 21-15
Consol: Cal Murphy/Chuck Bushong, WA

MEN'S 60+

1: Burt Morrow/Les Skelton, CA def. Ike Gumer/Irv Zeitman, KY 21-5, 21-12
2: Don Erickson, ID/Don Goddard, MT def. Lake Westphal/Floyd Svensson, CA 21-14, 21-15
Consol: Cal Murphy/Chuck Bushong, WA

WOMEN'S OPEN

1: Beth Latini/Tammy Hajjar, PA def. Kim Tiedeman/Lee Jew, WA 21-9, 11-21, 11-6
2: Mona Mook/Mo Nard, CA
Consol: Jeannine Farrel/Marilyn Ross, PA

WOMEN'S B

1: Diane Steele/Donna Severson, OR
2: Kathy Murphy/Kathy Officer, OR
3: Kae Van Leuven/Sandy Klein, WA

WOMEN'S 25+

1: Janet Simon, MA/Eileen Ehrlich, ME
2: Taffy Savard/Diane Clairmont, OR
3: Gloria Pierson/Teresa Silva, OR

WOMEN'S 30+

1: Wanda Collins/Lee Jew, WA def. Jeannine Farrel, VA/Marilyn Ross, PA 13-21, 21-14, 11-3
2: Kathy Wasserteil/Lottie Bain, CA def. Sybil McCormack, ID/Al Swofford, TN 21-13, 21-10
3: Gloria Pierson/Teresa Silva, OR
Consol: Leilani Oibu, Yvonne Calavan, WA

MIXED

1: Dan Obremski/Tammy Hajjar, PA def. Hugh Klein/Beth Latini, PA 21-5, 21-14
2: Dena Murray/Jeff Bannerman, WA
Consol: Wayne Sageman/Kim Tiedeman, WA



Phil Simborg,
National Referee Certification
Director



Jim Austin,
AARA Rules Commissioner

The official AARA rules

Broken balls

The rules pertaining to broken balls are designed so as to protect a player who has lost a point, rally or serve which was probably lost when the ball was broken or defective. However, the rules are complicated by the desire to also protect, as best as possible, the *winner* of the rally from having his point taken away unfairly. Therefore, the **ONLY WAY** to determine if a ball was broken on a previous play is by *checking the ball before the next play*. This is a very important technicality, and necessary for the rules to work fairly.

At the end of a rally, if the loser of the rally suspects that the ball might be broken, he must request to see and check the ball before the next serve. If the ball is broken, the previous rally is replayed (and the server gets two serves). If the ball is *not* checked, and the next serve is hit and then the ball is discovered broken, only the serve goes over. And that applies even if that serve was a very gentle lob. For this reason, you will often see many top pros and better players ask

frequently for a ball check. They do it any time they lose a rally and the ball either looked or sounded "funny", just to be sure.

Now we also have rules about *how* to check the ball. The **ONLY WAY** to check the ball is by squeezing it. Hitting the ball against the wall, throwing it, or stepping on it could, conceivably cause the ball to break, and is considered an abuse of the rules. If a player does hit the ball between rallies and then discovers it is broken, if that player lost the previous rally, **THE RALLY WILL NOT GO OVER**. If the winner of the previous rally is the one who struck the ball after the previous rally, the rally will go over, and if they both made the mistake, the rally will not go over. In other words, for this reason, and for the sake of courtesy and safety, **DON'T EVER STRIKE THE BALL BETWEEN RALLIES**, because *it will always work against you*.

For more information and material on the rules, contact your local AARA official, or write to Phil Simborg or Jim Austin c/o this publication.

Newman and Baxter Head American team

The International Amateur Racquetball Federation (IARF) announced the American Regional Games will be held in Montreal March 4-6, 1983. Teams representing Canada, Mexico, the U.S. and Costa Rica will be competing.

Representing the U.S. will be Jack Newman (Morton Grove, IL), 1982 National Singles Champ; Larry Fox (Cincinnati) 1982 runner up; Dan Factor (San Diego) who came in 3rd, and Corey Brysman (North Hollywood, CA) the 18 and under champion.

The women's team will consist of Cindy Baxter (Lewistown, PA) who was 2nd in the nationals; Marci Drexler (North Hollywood, CA), the 18 and under champ; Dot Fishl (PA); Tammy Hajjar (New York), Intercollegiate Champion, and Malia Kamahoa (Hancock, NC), #3 in the National Singles.

Winners of the AARA National Doubles will represent the US in that division.

AARA welcomes new sponsors

Lite Beer from Miller will again be a major sponsor of the 1983 AARA Regionals, National Singles and Doubles, and the Intercollegiate. Lite Beer will also co-sponsor the U.S. National team in the March 4-6 Montreal competition. DP Leach will join Lite Beer as a sponsor of the Regionals and Nationals, and will also be a sponsor for Junior Regionals and Nationals and the Intercollegiate.

The Penn Ultra Blue racquetball has been named the official ball of the 1983 Adult Regionals and Nationals

Foot-Joy has been named the official shoe of the U.S. Racquetball Team, and the team will be outfitted by Levi Strauss & Co.

Pripps Plus has been named the Official Energy Drink for the 1983 season.

These, and other companies to be named in the future, support amateur racquetball and deserve, in return, the support of the players.

All Navy tournament completed at Nas Miramar

The Second Annual All Navy Racquetball Training Camp was recently completed at NAS Miramar with a double elimination tournament to determine the top Navy players for entry into the 1982 Interservice Racquetball Championships. Navy men and women who participated in this training camp were specially selected base, area and regional racquetball champions representing Navy and Coast Guard commands from around the world.

At the conclusion of the camp, "All Navy" Champions were crowned in mens Open, mens Seniors (35 years and older), and womens Open divisions. The 1982 "All Navy" team consists of:

Champion:

Mens Open: STG3 Mark KRAUSE, Underwater Demolition, TEAM TWO, San Diego, CA
Mens Seniors: CDR Glenn ALLEN, COM-NAVBEACHGRU TWO, Little Creek, VA
Runner Up:

Mens Open: LT Andy HARTSFIELD, Navy Legal Service, Office, Norfolk, VA
Mens Seniors: LT Ralph WORTHINGTON, Naval Security Group Activity, FT Meade, MD
3rd Place:

ET1 Martin KIDDER, Navy Nuclear Power, Training Unit, Windsor, CN

Mens Seniors: LT Carl CROWN, USCG, Long Beach, CA

4th Place:

Mens Open: YN1 Rick RANGEL, NAVCAMS Eastpac, HA

Mens Seniors: MAJ Larry GRANDY, USMC, USS Tarawa (LHA-1), San Diego, CA

Champion:

Women: LT Sarah MOYE, Moffett Field, CA

Runner Up:

Women: YN2 Laurie POTTER, COMOCEAN-SYSPAC, HA

State certification directors needed

The AARA will begin certifying referees in 1983. To become an AARA certified referee, individuals must pass a written, multiple-choice test on the rules as well as demonstrate their refereeing ability in a tournament situation. The AARA is currently looking for qualified, experienced people to act as Certification Directors in each state to administer the program. These directors will be trained in testing, conducting of refereeing clinics, and handling questions and problems at tournaments. Anyone interested should send a brief resume to Phil Simborg, PO Box D, Posen IL 60469.

A.A.R.A. SIGNS AGREEMENT WITH U.S.A.A.T.U.

The Board of Directors recently approved a contract with the United States Amateur Athletic Travel Union whereby members of the A.A.R.A. have the opportunity to save up to 35% on American Air Lines, 25% at participating Holiday Inns and 25% off of Hertz's already low weekend rates when used in conjunction with any A.A.R.A. sanctioned events or any registered running event. The U.S.A.A.T.U. was formed to help defray the travel costs of amateur athletes and their families while traveling to and from athletic functions.

The A.A.R.A. sees this as a major step forward in its continuing effort to increase services to its membership.

The "Gar" holds court

The correct way to be coached

In last month's article we discussed how to choose a coach. Assuming that you have done this, you must place your complete confidence in him and trust his judgment. However, if you're only a novice player, and your coach suggests that you play in a pro qualifier, perhaps it would be best to look for a new coach.

As far as instruction and suggestions from him, it should be on an individual basis. This is much better than a group lesson in which you might have 2-5 other people working with you. It will also enable you to concentrate on your strengths and improve your game much faster. Because, the main focus is on you.

Each session with your coach should last at least an hour. To make sure that your getting your money's worth; be prompt. However, expect your coach to be on time as well.

Because you'll be paying him a good amount of cash, you may expect him to decide what the entire lesson will entail. DUMB! DUMB! DUMB! At the beginning of the lesson, you and your coach should spend a brief time discussing what will be covered in the lesson. You must be sure that you tell him what you want to work on, in addition to what he suggests. Once this has been decided, you should follow his instructions implicitly. You should be trying to put in to practice everything that he tells you. *You should then spend the rest of the time working on several areas of your game.*

It would be a waste of your time to work on only a few shots during this hour. For instance, if your coach has you hit only 2,000 backhand drop shots for the entire hour, withhold his money!

Hopefully, your coach is teaching you significant strategy and imparting knowledge that he has gained from his experience, as well as showing you strokes and shots. Many coaches have

beautiful strokes. They can teach you to hit the ball with beautiful form. In fact, you may even look like a "clone" of the coach.

However, if he can't impart strategy that coincides with the strokes that he has taught you, you're not gaining anything. Also, a coach should be able to do all of the things that he's telling you to do. He should be able to correlate the mental and physical skills of the game, in order that you're progressing at a significant rate.

As you continue to improve, you and your coach should be constantly evaluating your successes and failures. If you haven't been playing in tournaments your coach should be setting up tournament type situations. If you're already playing tournaments and you're improving at a fast rate, your coach should enter you in higher levels of play than you had played previously.

However, regardless of whether or not you're an advanced player or a novice, you must have confidence in your game.

That has always been my forte. In fact, when I enter a tournament, I tell the tournament director to low key the fact that I've entered. Once players have found that I've entered, the number of entrants drops from 30-40% from the original number.

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As for your coach, if he is truly a good one, he'll know which tournaments and at what level you should compete. Even though you may not win, it is important that you're not humiliated by competition that is too far above your level.

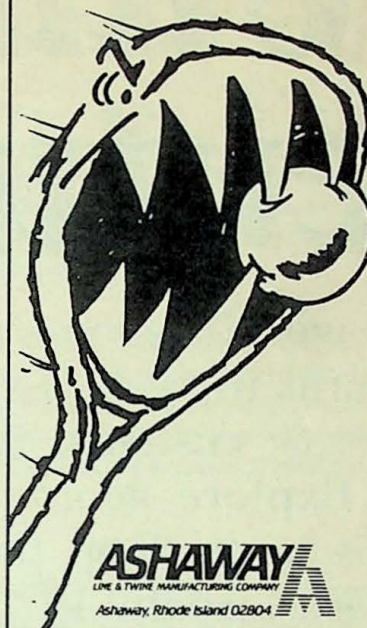
If possible, your coach should be at all of your matches. If this is not possible, you should talk to him before the tournament, to decide upon the strokes and strategies that will be best to use.

It doesn't matter how you do in a tournament. The next practice session should be spent working on the shots and strategies that weren't up to par in the tournament.

If you continue to improve and you find yourself playing better and better, you may want to consider changing coaches. Be sure to choose one who has played and taught at a high level.

By following my suggestions, I feel that you'll be able to choose and work with a coach that will greatly improve your game.

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The first annual Grobmisi awards

There's all kinds of new ideas and exciting happenings in the sport of racquetball, but only a few, very special items are worthy of receiving a special commendation from RACQUETBALL TODAY'S TOM GROBMISI. Recipients of the Grobmisi Awards will receive a "What, Me Racquetball?" T-Shirt.

THE BEST-STAFFED RACQUETBALL CLUB: The Olympian Court Club, which rents out its facility for private parties, had over 17 volunteer employees on hand to serve the folks from the nearby nudist camp.

WORST NEW PRODUCT: To prevent, "racquetball toe", an ailment afflicting "thousands of players who jamb their toes against those tiny lockers they give you", the Skiff Company came out with Toe-Tough, a rubber cover for sore toes. Unfortunately, Toe-Tough became the major sponsor for a pro tour which featured only those players who looked good wearing their product, and the rest of the country boycotted Toe-Tough in protest.

THE DUMBEST THING EVER DONE IN A RACQUETBALL COURT: Pat Jackson always wondered if you could toilet-train pigeons, so using a racquetball court, a few dozen fat pigeons, and one large, black derby placed in the center of the court, he got his answer...you can't!

THE WORST RACKET EVER MADE: 1-year old Jeremy Hill lost his match 11-10 in the tie-breaker on a close call and made such a ruckus that they had to stop play in 3 adjoining courts!

THE BEST SIGN: To the Alexandria Court Club who has a permanent sign cut into stone and affixed to the wall of the club with cement. The sign read: "The whirlpool is temporarily out of order."

For THE BEST COMEBACK BY AN AMATEUR PLAYER: After losing both arms and one leg in an automobile accident, Ed Vinskey was called by the local club pro and asked to participate in the club's annual tournament. Vinskey replied, "What division?"

MOST INNOVATIVE METHOD OF INCREASING CLUB MEMBERSHIP: After advertising "coed locker rooms and showers", the 11th Point Court Club quickly received over 1200 new members...all men.

MEN'S PROFESSIONAL RACQUETBALL TOURNAMENT CALENDAR

December 3-5	Holiday Health & Racquet Club 424 Odlin Road Bangor, ME 04404 207/947-0763, Keith Mahaney	Invitational
January 13-16	Honolulu Club	DP Leach/Catalina/Voit
January 20-23	932 Ward Avenue Honolulu, HI 808/543-3900, Mickey Campanella	
February 11-13	Beaverton Racquet Club	DP Leach/Catalina/Voit
February 18-20	4925 SW Griffith Drive Beaverton, OR 97005 503/644-3900, Wayne Westwood	
March 11-14	Open Austin Texas	DP Leach/Catalina/Voit
March 18-20		
April	DP Leach/Catalina Championships	
May	Ektelon Championships	
May	DP Leach Nationals	

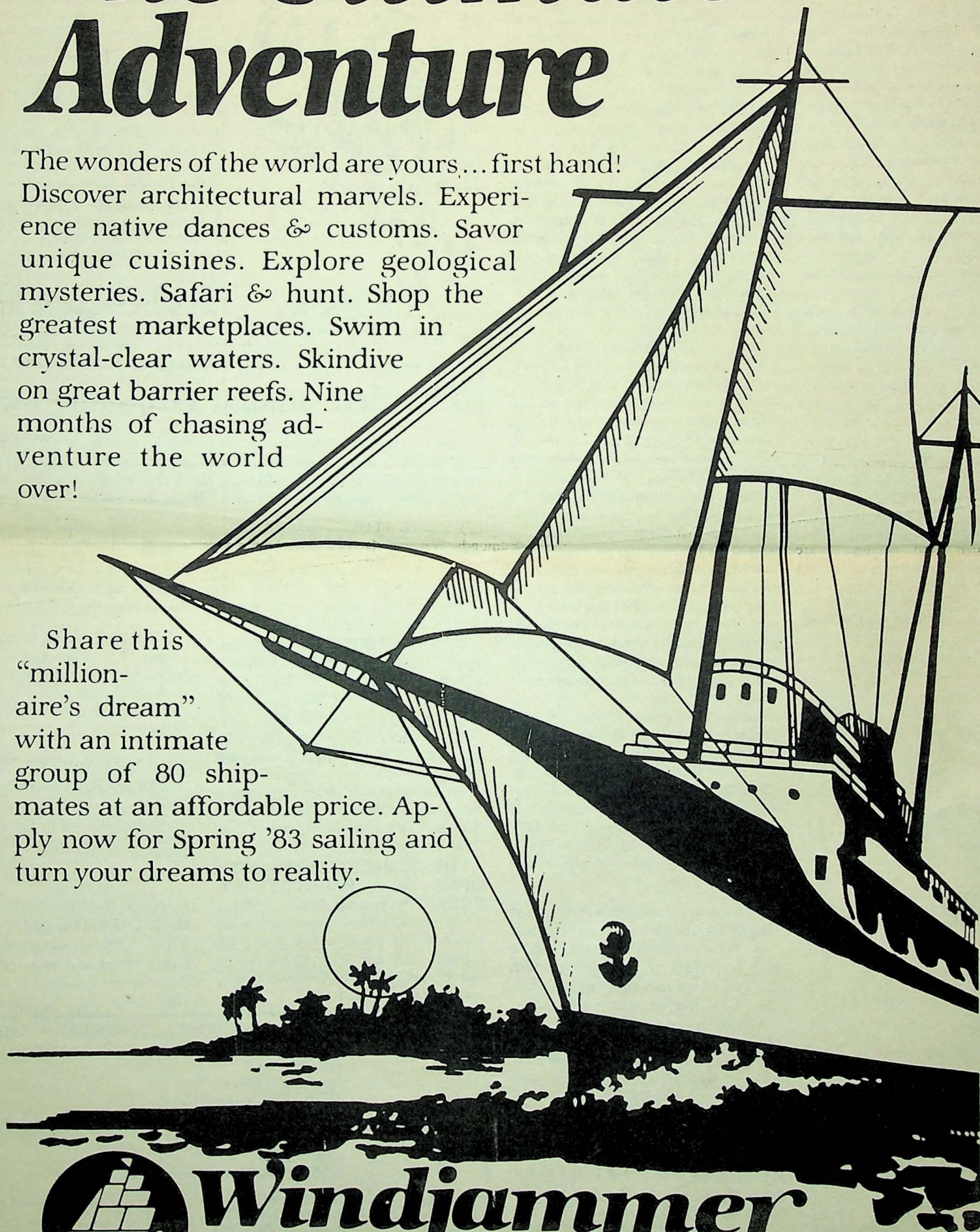


7-time National Champ, Charlie Garfinkel is not only well-known for his play on the court, he has become a TV personality in the Buffalo area, a top teacher and coach, and author of two very fine books...*Racquetball the Easy Way*, and his new book, *Racquetball for the Serious Player* (Atheneum, New York). You can write to Charlie c/o this publication.

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Nutrition for racquetball

The basics of nutrition

by Teresa Moore

Before you can fully understand proper diet and nutrition, you need to have a basic understanding of the terminology.

Everyone, particularly athletic people, require basic nutrients EVERY DAY in order to perform at optimum. The essential elements are **carbohydrates, fats, proteins, fluids, vitamins, and minerals.** If your diet is deficient in *any* of the above, it will reflect in your performance. What are these elements and what do they do?

CARBOHYDRATES are especially important for athletes, as they are converted to glycogen, which is stored in muscle cells (and the liver). Glycogen supplies almost all of the energy for muscular contraction during competition. The more active you are, the more carbohydrates you need. Foods that contain sugars and starches are the best sources of carbohydrates. The most common sources in the sugar form are cakes, candies, cookies, honey, pies and puddings. In the starches: beans, bread, cereal, chili, chop suey, corn, fruits, leafy veggies, milk, noodles, pancakes, peas, potatoes, poultry, pasta, and rice.

FATS also supply energy, but the average American diet has far too much fat. It's estimated that the typical diet contains 40 percent fat — well over twice as much as is needed. Some fat is needed for energy, and also for the metabolism of fat soluble vitamins (A, B, E & K). There are three forms of fat: *saturated, unsaturated, and polyunsaturated.* The saturated fats come from animal sources and have been linked to a variety of ailments including heart and cardiovascular problems...they should be limited as much as possible. Therefore, it's best to get the fats you need in the other two forms, which are most prevalent in corn oil, margarine, nuts, olive oil, peanut oil and soybean oil.

PROTEIN is needed to build and repair muscle tissue, but the latest research suggests that athletes do not need high quantities, and should even keep their intake of high-protein foods down to about 15% of their total caloric intake. Protein is most prevalent in meat, and that is why vegetarians are susceptible to protein deficiencies unless they substitute enough poultry and fish.

FLUIDS not only cool the body, they allow rapid transportation of nutrients and elimination of waste products. Further, fluids make up 60 percent of your body weight. It is important for athletes to take in excessive amounts of fluids not only to replenish those lost through perspiration, but the *right* fluids contain many other nutrients an active person requires. A very active person should drink 6 to 10 glasses of liquids every day. Water, of course, is the best during and immediately after strenuous competition, but orange juice is also very high on the list for providing a host of other nutrients. Stay away from your favorite brew or other alcoholic beverages immediately after competition, as the alcohol actually prevents the body from absorbing many of the nutrients it is starving for at that time.

VITAMINS cannot be manufactured in the cells of the body, so they must be ingested on a regular basis. Vitamins are extremely important for overall

metabolism, and new research points to all kinds of complications which might arise as a result of vitamin deficiency. As for how much more than the RDA (recommended daily allotment) athletes may need, there is great debate, but it is certain that the athletic person can and should get many of the vitamins he needs simply by eating better...both in terms of quantity and quality. The fat soluble vitamins (A, D, E, and K) are stored in the body, and it is possible to accumulate toxic levels if "megadosing" is practiced over a long period. Other vitamins, which are water soluble (the B complex, C, and H in particular) can be taken in larger doses as excess is simply eliminated daily in urine. I'll cover sources of specific vitamins, and get into the megadosing debate in another article.

MINERALS that humans clearly need are iron, calcium, phosphorus, sulfur, potassium, sodium, chlorine and magnesium, as well as small amounts of copper, zinc, cobalt, fluorine and manganese. They serve a variety of functions, and a deficiency in each has a variety of effects of the body. For example, iron deficiency can lead to anemia (reduction in the hemoglobin content of red blood cells). Calcium is critical for healthy bones and is important in affecting the release of energy in muscular contraction. Like vitamins, minerals are not manufactured by the body and it is important to see that adequate amounts are ingested daily.

As to the best ways and places to get nutrients, and in what quantities, there is only one thing certain...**NO ONE IS SURE.** Nutrition is far from an exact science, and everyday proves that what we thought was "absolute" yesterday is no longer true today. But in future articles, I will provide information based on the "current state of the art" and the latest research.

Around the Clubs

THE BAY CLUB & TELEGRAPH HILL CLUB, San Francisco, CA, under the direction of Activities Director, Anne Brush, has instituted a series of programs designed to keep people interested in the club. And these activities are not always sports-related, as they include color classes, wine tastings and movie nites. Anne finds that participation in these special activities is especially good when sign-up sheets are followed up by reminder phone calls.

MEDFORD RACQUET CLUB, Medford, NJ, is another club which serves as a social center for its members as they have organized outings to see the football and baseball games and even the opera.

SEVERAL CLUBS in the southern suburbs of Chicago have participated, for the past 3 years in a Saturday afternoon league. Teams from each club consists of men and women's singles and doubles racquetball as well as handball. The league is under the direction of highly-ranked handball pro, Dave Dohman, of the Evergreen Bath and Tennis Club, Evergreen Park, IL.

FIRST SERVE ATHLETIC CLUB, Edmonds, WA, has started a library for members which consists of Video Tapes and books on racquetball, weight training, nutrition, aerobics, running, stretching and other sports, as well as popular magazines and periodicals. Members are allowed to check out materials for a period of two days at a time. The club will also be showing video tapes of professional racquetball matches on Mondays from 4 to 8 p.m.

FULL COURT RACQUETBALL HANDBALL CLUB, Muncie, IN, now offers members a year-round tan in its new tanning booth. Plans are underway for a full service weight room and fitness area which will feature both Universal and Nautilus equipment. The club has begun a Friday morning exercise and round-robin session for the ladies from 9 a.m. to 11:30. For Christmas, the club offers gift packages of 12 hours of court time for the price of 12.

DO YOU HAVE KNEE PAIN?

- Stiffness after prolonged sitting.
- Aching around the knee cap.
- Soreness after activity (golf, tennis, skiing, running, racquetball, etc.).
- Aggravated by stair climbing, long periods of standing/walking.

These symptoms indicate you may have knee cap degeneration. A common problem, regardless of age, occupation, athletic or leisure activity. 75% of knee problems in runners is due to Runners Knee (chondromalacia patella).

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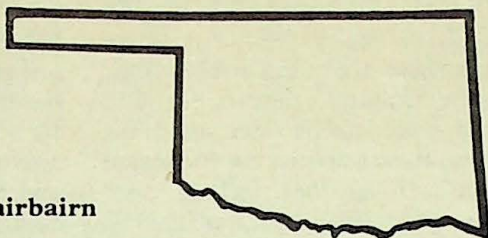
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SOUTH REGION

OKLAHOMA GRAND PRIX®

by Mark Fairbairn



Fest Imports High Plains Shootout
Enid, OK YMCA
Enid, OK
October 15-17, 1982

MEN'S PRO-AM

Finals: Mark Hegg (\$300) d. Ken Smith (\$100).
Semi's: Hegg d. Kevin Chambliss (\$100); Smith d. Jerry Linton.

MEN'S ADVANCED

Finals: Charles Brewer d. John Barry.
Semi's: Brewer d. Phil Cox; Barry d. Don Lemon.

MEN'S INTERMEDIATE

Finals: Dennis Callahan d. Jim McBride.
Semi's: Callahan d. Dennis Spencer; McBride d. Bob Villalobos.

MEN'S NOVICE

Finals: Mike Gwartney d. Nate Musliner.
Semi's: Gwartney d. Mike Maine; Musliner d. Shri Satwalekar.

MEN'S VETERANS OPEN 30+

Finals: Ernie Ruelas d. Bill Perrone.
Semi's: Ruelas d. Gary Fest; Perrone d. Dave Bowersock.

MEN'S OPEN DOUBLES

Finals: Ost/Green d. Smith/Chambliss.
Semi's: Ost/Green d. Jones/Renn; Smith/Chambliss d. Jordan/Fest.

MEN'S ADVANCED DOUBLES

Finals: Horn/Talley d. Bowersock/Dickerson.
Semi's: Horn/Talley d. Gallahan/Palumbo; Bowersock/Dickerson d. Harpman/Cox.

MEN'S 18 & UNDER

Finals: Joe Botello d. Ron Baze.
Semi's: Botello d. Billy Perrone; Baze d. Jeff Myers.

WOMEN'S PRO-AM

Finals: Debbie Payne d. Terry Dickerson.
Semi's: Payne d. Concha Duarte; Dickerson d. Vicki Olivias (3rd).

WOMEN'S ADVANCED

Finals: Kathy Overacker d. Mara Kriegel.
Semi's: Overacker d. Kathy Grice; Kriegel d. Jeanette Rabold.

WOMEN'S INTERMEDIATE

Finals: Kathy Grice d. Susan Blattner.
Semi's: Grice d. Irene Yoder; Blattner d. Jan McBride.

WOMEN'S NOVICE

Finals: Sara Farley d. Jamie Turnham.
Semi's: Farley d. Cindy Tribble; Turnham d. Carol Owens.

A special Ektelon CBK "Radar Shootout" was held Saturday. The five top qualifiers were given 10 hits with a CBK. The results were:

	Qual. Time	Best Time
Ron Renn	112 mph	119 mph
Michael Green	115 mph	116 mph
Matt Ost	111 mph	113 mph
Joe Botello	109 mph	111 mph
John Seibert	109 mph	110 mph

The Ektelon Speed Lite Ball was used. Mr. Ron Renn took home the CBK for his efforts! Special thanks to Ektelon.

Under the direction of President Mark Fairbairn, 4-Wall Promotions, Inc. will quarterback the 1983 SOUTHWEST RACQUETBALL REVIVAL PRO/AM Series, sponsored by EKTELON and RACQUETBALL TODAY Newspaper. The event features a \$4,000 purse for professionals and over \$6,000 worth of prizes for amateurs. There will be qualifying events in Little Rock, and New Orleans, Houston, Dallas and Oklahoma City beginning the weekend of January 14th (further details in South regional section of this paper). The finals will take place Feb. 25-27 at the Dallas/Ft. Worth area facility of Racquet Time of Bedford. For more information contact Mark Fairbairn, 918/627-9109.

Point Standings After The High Plains Shootout Oklahoma Grand Prix Standings October 17, 1982

MEN'S PRO-AM

1. Ken Smith, 16.2; Mark Hegg, 16.2.
2. Les Whitaker, 10.8; Kevin Chambliss, 10.8.
3. Charlie Willingham, 10.2.
4. Jerry Linton, 7.2.
5. Matt Ost, 3.6; Tom Farley, 3.6; Mark Fairbairn, 3.6; Bob Fitzgerald, 3.6.
6. Tom Norris, 3.4.
7. Kent Taylor, 3.4; Joyce Jackson, 3.4; Don Hammons, 3.4.

MEN'S 30+ VETERAN OPEN

1. Gary Fest, 6.8.
2. John Hammock, 3.4; Bill Voss, 3.4.
3. Melvin Trammell, 3.4; Roger Rabold, 3.4.

MEN'S 35+ SENIOR

1. Gary Fest, 12.8.
2. Phil Murrell, 9.7.
3. Ken Sone, 6.8.
4. Don Beach, 6.5.
5. Charles Talley, 6.4.
6. Ed Koch, 3.2; Ray Tarwater, 3.2.

MEN'S OPEN DOUBLES

1. Ost/Green, 17.
2. Whitaker/Farley, 16.5.
3. Jackson/Smith, 16.
4. Smith/Chambliss, 13.6.
5. Fairbairn/Smith, 13.2.
6. Jones/Renn, 8.5; Jordan/Fest, 8.5.
7. Caster/Jones, 8.

MEN'S 18 & UNDER

1. Joe Botello, 17.
2. Philip Lane, 13.6; Ron Baze, 13.6.
3. Kurt Myers, 10.2.

Toyota-Miller Lite Charity Series Towson Court Club Towson, MD Oct. 25-27, 1982

MEN'S SEMIPRO: Finals: Mike Levine d. David Simonette, 15-5, 15-11.
Semi's: Levine d. Jim Cascio, 15-12, 15-12; Simonette d. Steve Ginsburg, 12-15, 15-12, 11-2.

MEN'S SENIORS

Finals: John Dorsheimer d. Mary Broderick, 15-5, 15-10.
Semi's: Dorsheimer d. Al Ginsburg, 15-13, 5-15, 11-6; Broderick d. Tom Atkins, 15-17, 15-10, 11-10.

MEN'S MASTERS

Finals: Don Sebolt d. Gil South, 15-8, 15-7.
Semi's: Sebolt d. Tom Benewicz Sr., 15-6, 15-0; South d. Ben Lipira, 15-1, 13-15, 11-7.

MEN'S CLASS A

Finals: Gary Zipper d. Wayne Limmer, 3-15, 15-11, 11-7.
Semi's: Zipper d. Mike Jones, 15-10, 11-15, 11-10; Limmer d. Tom Benewicz Jr., 4-15, 15-8, 11-3.

MEN'S CLASS B

Finals: Al Lesser d. Bill Hart, 15-12, 15-1.
Semi's: Lesser d. Roger Goodrich, 15-6, 9-15, 11-2; Hart d. Dick Lee, 13-15, 16-14, 11-5.

MEN'S CLASS C

Finals: Don Gallagher d. Dick Hirsch.
Semi's: Gallagher d. Frazier Gardella; Hirsch d. Mark Schlehr.

WOMEN'S CLASS AA (Round Robin)

Finals: Pat Dorsheimer d. Joanne Pokorny, 15-5, 15-8.

WOMEN'S CLASS A (Round Robin)

Finals: Sharon Grinnell d. Lynn Johnson, 15-8, 15-2.

WOMEN'S CLASS B

Finals: Teresa Beresford d. Debbie Brown, 15-13, 15-5.
Semi's: Beresford d. Sue Brown, 15-12, 15-3; D. Brown d. Marge Long, 7-15, 15-10, 11-8.

WOMEN'S CLASS C

Finals: Becky Galloway d. Judi Schrecker, 8-15, 15-5, 11-1.
Semi's: Galloway d. Nancy Gilfoy, 15-9, 11-15, 11-5; Schrecker d. Sandy Nolan, 15-13, 15-9.

WOMEN'S NOVICE

Finals: Samantha Daly d. Betsy Barber, 13-15, 15-10, 11-6.
Semi's: Daly d. Perri Foskey, 9-15, 15-8, 11-8; Barber d. Michele Unfelder, 17-15, 13-15, 11-3.

JUNIOR A

Finals: Chris Hartssock d. Brian Polsky, 15-13, 15-12.

JUNIOR B

Finals: Brian Polsky d. Brandon Perry, 15-3, 15-8.

JUNIOR PEEWEE

Finals: B.J. Harris d. Dave Friedman, 15-11, 9-15, 15-11.

Results of an open tournament at Chesapeake Racquet Club in Aberdeen:

MEN'S AA: Mike Jones d. Bob Phillabaum, 17-15, 15-3.

MEN'S A: Al Lesser d. Joe Facinoli, 15-10, 15-5.

MEN'S B: Bill Wagman d. Scott Walker, 15-13, 15-3.

MEN'S C: Tye Brown d. Mike Silva, 16-14, 6-15, 15-8.

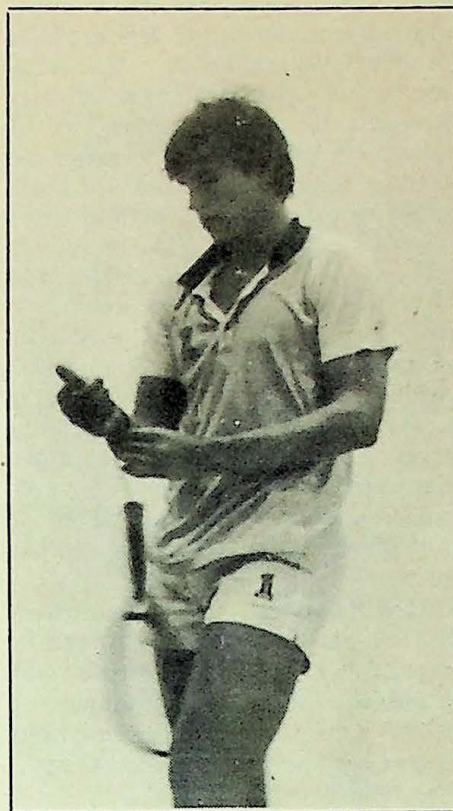
MEN'S NOVICE: Bernie Basalay d. Joe Colussi, 15-13, 12-15, 15-7.

WOMEN'S A: Sharon Grinnell d. Donna Dippel, 15-4, 15-1.

WOMEN'S B: Judy Swann d. Carol Madigan, 15-5, 15-10.

WOMEN'S C: Betsy Barber d. Lori Hornick, 9-15, 15-2, 15-12.

WOMEN'S NOVICE: Samantha Daly d. Kathy Schlehr, 15-3, 15-3.



Gregg Peck wins Texas title.

\$7,000 Tire America Classic West Virginia Racquet Club Wheeling, W. VA November 5-7, 1982 Sponsored by: Tire America

WOMEN'S PRO (WPRA)

Finals: Maltby d. Stoll, 3-2, 3-0.
Semi's: Maltby d. Jackson, 1-3, 3-1, 15-9; Stoll d. Marriott, 3-0, 3-1.

WOMEN'S A

Finals: Debra Weber d. Marilyn Ross, 11-8, 11-3, 11-7.
Semi's: M. Ross d. McBride, 11-2, 11-0, 11-7; Weber d. L. Ross, 11-0, 11-4, 7-11, 11-6.

WOMEN'S B

Finals: Pat Bornhorst d. Rosetta Epifano, 11-0, 11-2, 11-8.
Semi's: Bornhorst d. Mallett, 11-6, 11-8, 11-3; Epifano d. Krieger, 11-7, 11-5, 3-11, 3-11, 11-10.

WOMEN'S C

Finals: Connie Angelo d. Sheila Rose, 11-3, 11-7, 11-9.
Semi's: Rose d. Nazzaro, 11-9, 11-10, 11-3; Angelo d. Selmon, 11-2, 11-1, 11-6.

WOMEN'S NOVICE

Winners: Lisa Petrel d. Pat Armstrong, 11-0, 11-2, 11-0.
Losers: Anne Coffman d. Pat Armstrong, 11-1, 11-2, 7-11, 11-0.

WOMEN'S OPEN DOUBLES

Finals: Thomas/Strickland d. Ross/Ross, 11-8, 11-7, 11-10.
Semi's: Ross/Ross d. Mallett/Kunkle, 11-4, 11-0, 11-0; Thomas/Strickland d. Smith/McBride, 11-0, 11-3, 11-3.

MEN'S INVITATIONAL (ROUND ROBIN DRAW)

First Round: Larry Fox (Cin., OH) d. Al Plummer (Pitts., PA) 4-11, 8-11, 11-5, 11-10, 11-10; Denny McDowell (Bloom., IL) d. Tom Travers (Valley City, OH) 11-9, 3-11, 10-11, 11-9, 11-6; Jack Newman (Mem., TN) d. Jeff Reihl (Cleve., OH) 11-6, 11-4, 7-11, 11-1; John Amatulli (Bloom., IN) d. Dan Clifford (Cin., OH) 11-6, 11-5, 7-11, 11-6; Make Ray (Al., GA) d. David Simonette (Balt., MD) 11-7, 10-11, 11-1, 11-7; Kelvin Vantrease (Findlay, OH) d. Steve Mondry (Chi., IL) 11-3, 4-11, 11-3, 11-7; Eric Foley (Col., MD) d. Mike Sipes (Cin., OH) 11-4, 11-10, 11-2; David Gross (St. Louis, MO) d. Sean Moskwa (Chi., IL) 11-5, 11-7, 11-9.

Second Round: Larry Fox d. Tom Travers, 11-8, 11-7, 11-8; Denny McDowell d. Al Plummer 11-6, 8-11, 11-3, 11-9; Jack Newman d. Dan Clifford 6-11, 11-1, 11-3, 11-2; John Amatulli d. Jeff Reihl 9-11, 11-10, 11-8, 11-9; Mike Ray d. Steve Mondry 11-7, 11-9, 4-11, 11-7; Kelvin Vantrease d. David Simonette 11-6, 11-4, 11-5; Eric Foley d. David Gross 11-3, 10-11, 11-2, 11-5; Sean Moskwa d. Mike Sipes 11-9, 11-9, 11-7.

Third Round: Larry Fox d. Denny McDowell 11-10, 11-3, 11-9; Al Plummer d. Tom Travers 11-5, 10-11, 11-1, 5-11, 11-7; Jack Newman d. John Amatulli 11-1, 11-0, 11-8; Dan Clifford d. Jeff Reihl 3-11, 11-1, 11-6, 11-7; Kelvin Vantrease d. Mike Ray 11-6, 11-10, 6-11, 11-10; Steve Mondry d. David Simonette 11-9, 9-11, 11-8, 11-2; Sean Moskwa d. Eric Foley 7-11, 11-10, 11-4, 11-3; David Gross d. Mike Sipes 1-11, 11-5, 11-1, 11-3.

Semi-Finals: Larry Fox d. Eric Foley 10-11, 11-9, 6-11, 11-0, 11-4; Jack Newman d. Kelvin Vantrease 11-7, 11-5, 11-7.

Finals: Jack Newman d. Larry Fox 4-11, 11-2, 11-3, 9-11, 11-5.

MEN'S A
Finals: Fletcher d. Bob Steding, 7-11, 11-8, 8-11, 11-5, 11-10.
Semi's: Steding d. Brannon, 11-6, 11-10, 11-3; Fletcher d. Steinriede, 11-3, 11-7, 11-7.

MEN'S B
Finals: Steve Ballash d. John Felak, 11-7, 11-0, 11-3.
Semi's: Ballash d. Frazier, 11-3, 11-4, 11-2; Felak d. Evans, 11-6, 11-6, 11-8.

MEN'S C
Finals: Rick Zandron d. Brian Mosser, 3-11, 11-8, 11-6, 11-6.
Semi's: Zandron d. Roberts, 9-11, 11-10, 11-9, 11-4; Mosser d. Massaro, 11-6, 11-10, 11-0.

MEN'S NOVICE
Finals: Tony Zile d. Ernest Howerton, 11-5, 11-7, 11-8.
Semi's: Zile d. Ardeno, 8-11, 11-3, 11-4, 11-3; Howerton d. D'Ambrosia, 11-4, 11-3, 11-5.

MEN'S SENIORS (35+)
Finals: Bob Ewing d. John Amos, 3-11, 11-4, 11-1, 7-11, 11-7.
Semi's: Amos d. Fabian, 11-5, 11-5, 11-6; Ewing d. Dragisich, 11-10, 10-11, 11-10, 10-11, 11-8.

MEN'S OPEN DOUBLES
Finals: Lovins/Lillis d. Steding/Moltis, 9-11, 11-1, 11-7, 11-6.
Semi's: Lovins/Lillis d. Brannon/Baker, 11-9, 11-10, 5-11, 11-5; Steding/Moltis d. Dragisich/Krovocheck, 6-11, 11-1, 11-3, 9-11, 11-9.

8th Annual Texas State Racquetball Championships Racquetball & Handball Clubs of San Antonio

MEN'S OPEN

First Place: Greg Peck (Austin) 21-20, 21-1.
Second Place: Gary Merritt (Houston)
Third Place: Jeff Kwartler (Houston); Lance Gilliam (San Antonio)
Consol: Tim Pace (Amarillo) d. Richard Masling, 31-22.

MEN'S A

First Place: Ray Aronowitz (Carrollton) 21-12, 21-5
Second Place: Mike Skolnik (Houston)
Third Place: Javier Chapa (McAllen) d. Steve Kuykendall.

MEN'S B

First Place: James Lindsey (Clear Lake) 21-18, 21-16
Second Place: Mark Snyder (Odessa)
Third Place: Sergio Armendariz (El Paso) 21-17, 21-2
Consol: Charlie Villanueva (El Paso) d. Dan Britt 31-27.

MEN'S C

First Place: John Lopez (Corpus Christi) 21-14, 21-8
Second Place: Paul Pearce (Conroe)
Third Place: Dale Villenez (Austin) 21-5, 21-2
Consol: James Kehoe (Mercedes) 31-17.

MEN'S D

First Place: Robin Bodeker (Clear Lake) 16-21, 21-12, 11-7
Second Place: David Whitt
Third Place: Abel Canales (Corpus Christi) 21-14, 21-10
Consol: Mark Kolitz (Austin) d. Guy Parker.

MEN'S NOVICE

First Place: Dale Young (Houston) 21-11, 21-8
Second Place: Randy LaFosse (San Antonio)
Third Place: Ray Adams (Dallas) 21-16, 21-7
Consol: Robert Gitterbarn (Houston) d. Randy Moorlen 31-14.

MEN'S VETERAN 30+

First Place: Marc Auerbach (Houston) 21-7, 21-8
Second Place: Les Boren (San Antonio)
Third Place: Momcila Pokrajac (Dallas)
Consol: Cornelius Bibb (Houston) d. Winn Henlee 31-17.

MEN'S SENIOR 35+

First Place: Mike Nugent (Houston) 21-13, 21-11
Second Place: Sammy Robles (Victoria)
Third Place: Tom McKie (Dallas)
Consol: Fred Fawcett (San Antonio) 31-24.

MEN'S VETERAN SENIOR 40+

First Place: Ken Kachtik (McAllen) 21-12, 1-21, 11-7
Second Place: Bob Davidson (Dallas)
Third Place: Fred Fawcett (San Antonio)
Consol: Ruben Montelongo (El Paso) d. Robert Hill.

MEN'S MASTERS 45+

First Place: Ken Kachtik (McAllen)
Second Place: John Watson (Houston)
Third Place: Joe Pifer (Dallas)
Consol: Donald Star (San Angelo) d. Jack Roberts 31-20.

MEN'S MASTERS 50+

First Place: Joe Lambert (Dallas)
Second Place: Fred Yorloff (Houston)
Third Place: Dave Phipps (San Antonio)
Consol: Jack Roberts (Houston) 31-9.

MEN'S GOLDEN MASTERS 50+

First Place: Joe Lambert (Dallas)
Second Place: Chick Erban (Victoria)
Third Place: Milt Karp (Houston)
Consol: Loria McDowell.

MEN'S VET. GLD. MSTR. 60+

First Place: J.B. Gonzalez (San Antonio) 21-12, 21-12
Second Place: J.W. Studak (Austin)

WOMEN'S OPEN

First Place: Susie Dugan (Austin) 5-21, 21-9, 11-9
Second Place: Marcie Greer (San Antonio)
Third Place: Liz Alvarado (Odessa); Becky Marshall (Austin)
Consol: Chris Salazar (Odessa) d. Bev Branch 31-17.

WOMEN'S B

First Place: Betsy Benson (San Angelo) 21-12, 21-7
Second Place: Diana Reyes (San Antonio)
Third Place: Carrie Healy (Tyler) 21-9, 21-9
Consol: Wendy Wolf (Galveston) d. Cheryl Higdon 31-24.

WOMEN'S C

First Place: Lisa Macconi (Corpus Christi)
Second Place: Cheryl Higdon (Austin)
Third Place: Diane Walkley (Austin)
Consol: Shirley Morton (San Angelo) d. Terri Morris 31-26.

WOMEN'S D

First Place: Debbie McDonald (Austin) 21-18, 21-19
Second Place: Beth Alberts (Victoria)
Third Place: Grace Johann (San Antonio) 18-21, 21-17, 11-5
Consol: Loria McDowell.

WOMEN'S NOVICE

First Place: Bobbi Potter (Dallas) 21-11, 21-15
Second Place: Ronda Brumley (Houston)
Third Place: Kim Holt (San Angelo) 21-7, 21-4
Consol: Ruth Cotner (Houston) 31-28.

WOMEN'S VETERAN 30+

First Place: Becky Marshall (Austin)
Second Place: Jennifer Houston (Victoria)
Third Place: Kirby Kendrick (Dallas)
Consol: Faith Ragow d. Shirley Morton 31-15.

WOMEN'S MASTERS 40+

First Place: JoAnn Ware (Galveston) 21-0, 21-2
Second Place: Cathy Ivy (Dallas)
Third Place: Kirby Kendrick (Dallas)

SOUTH TOURNAMENT SCHEDULE

December 9-12

WPRA PRO/AM

Imperial Courts
1525 W. Nasa Blvd.
Melbourne, FL 32901
Contact: Club
305/725-5120

December 9-12

**4th TENNESSEE TURKEY
SHOOT OPEN**

Nashville Supreme Courts
4633 Trousdale
Nashville, TN 37402
Contact: Dorothy Dixon
615/832-7529

December 10-12

2nd ANNUAL BLUEGRASS OPEN

North Park Racquetball Club
North Park Shopping Center
500 New Circle NW
Lexington, KY 40505
Contact: Susan McDonald
-606/231-7641

December 10-12

ALL STATE DOUBLES CHAMPIONSHIPS

Broken Arrow Racquetball & Fitness Center
1800 S. Aspen
Contact: 4-Wall Promotions
918/627-9109

January 14-16

**1983 SOUTHWEST RACQUETBALL
REVIVAL PRO/AM SERIES**

Arkansas Health World
1428 Merrill St.
Little Rock, AR
Contact: 4-Wall Promotions
918/627-9109

January 21-23

YMCA DOUBLES TOURNAMENT

Louisville, KY
Contact: Sharon Russell
502/584-7886

January 21-23

**UNITED CEREBRAL PALSY
TOURNAMENT**

Quadrangle Racquetball Club
2160 University Drive
Coral Springs, FL 33065
Contact: Club
305/753-8900

January 21-23

**1983 SOUTHWEST RACQUETBALL
REVIVAL PRO/AM SERIES**

Off the Wall Racquetball
2605 Munster Blvd.
Meraux, LA 70075
Contact: 4-Wall Promotions
918/627-9109

January 21-23

4TH ANNUAL TIGER OPEN

Racquet Club
467 N. Dean Rd.
Auburn, AL 36830
Contact: Bob Huskey
205/887-9591

January 29-31

AARA FLORIDA STATE SINGLES

The Racquetball Ball Club
5165 Adamson St.
Orlando, FL 32804
Contact: Club
305/645-3999

MIDWEST REGION

Super Seven 3

Courttime

Farmington Hills, MI

October 15-17, 1982

Sponsored by: Fred Lewerenz, Sports
Clinic; Natural Light, Ektelon

MEN'S OPEN

Finals: Larry Fox d. Ray Brint, 11-16, 11-6, 9-11, 11-6.
Semi's: Larry Fox d. Brian Mitchell, 11-7, 11-7, 11-7; Ray Brint
d. Fred Hernandez, 11-6, 1-11, 11-2, 8-11, 11-4.

MEN'S A

Finals: Sheldon Yellen d. Ben Stanley, 11-7, 11-9, 8-11, 11-5.
Semi's: Sheldon Yellen d. Bob Madole, forfeit, Ben Stanley d.
Chris Cole, 11-7, 11-6, 11-5.

MEN'S B

Finals: Jeff Yellen d. Ron Ozimek, 9-11, 11-0, 11-9, 11-4.
Semi's: Jeff Yellen d. John Bishop, 11-4, 11-7, 8-11, 11-2; Ron
Ozimek d. Craig Hodges, 11-10, 11-5, 6-11, 11-8.
Consol: M. Schwanski.

MEN'S C

Finals: Steve Hansen d. Don Sharp, 11-3, 9-11, 7-11, 11-4, 11-7.
Semi's: Steve Hansen d. David Matthews, 9-11, 11-9, 11-10,
11-6; Don Sharp d. D. Sheer, 11-1, 11-5, 8-11, 11-5.

MEN'S D

Finals: John Friest d. William Gentile, 11-10, 11-5, 11-3.
Semi's: John Friest d. Gary Weston, 11-4, 11-7, 8-11, 11-8; William
Gentile d. Robert Pfeiffer, 7-11, 11-6, 11-4, 11-8.
Consol: Don Sarkinsan.

MEN'S 35+

Finals: Ed Barter d. Carl Garavaglia, 11-7, 11-5, 11-5.
Semi's: Ed Barter d. Jerry Grudzinsky, 11-1, 11-7, 9-11, 11-2,
11-7; Carl Garavaglia d. Tom Walters, 11-10, 11-3, 5-11, 5-11,
11-8.
Consol: Dennis Kitchen.

MEN'S 40+ & 45+

Finals: Larry Douglas d. Sam Young, 3-11, 11-8, 11-1, 11-8.
Semi's: Larry Douglas d. Duke Cummings, 11-8, 11-3, 11-5; Sam
Young d. Stuart Leff, 6-11, 11-3, 10-11, 11-2, 11-1.

Consol: Steve Wolf.**MEN'S 50+ & 55+**

Finals: Hy Chambers d. Richard Caretti, forfeit.
Semi's: Hy Chambers d. Duana Russell, 11-3, 11-1, 11-7;
Richard Caretti d. Al Micelli, 11-3, 11-9, 11-9.

Consol: Joe Charette.**WOMEN'S OPEN**

Finals: Dina Pritchett d. Donna Henry, 11-10, 7-11, 11-5, 11-6.
Semi's: Dina Pritchett d. Debbie Erhardt, 11-4, 11-7, 11-6; Donna
Henry d. Cathy Stella, 11-0, 11-6, 11-5.

WOMEN'S B

Finals: Colleen Adams d. Betty Richardson, 11-7, 11-6, 11-2.
Semi's: Colleen Adams d. Lesley Kishigan, 11-0, 11-5, 9-11,
11-9; Betty Richardson d. Shirley Vanderbroek, 11-6, 3-11, 11-9,
11-7.

Consol: Kay Rice.**WOMEN'S C**

Finals: Phyllis Westveer d. Gwen McIntyre, 11-6, 11-7, 11-4.
Semi's: Phyllis Westveer d. Cheryl Page, 4-11, 11-10, 11-4, 11-3;
Gwen McIntyre d. Malinda Adam, 11-4, 11-5, 5-11, 11-3.

Consol: Pam Hartley.**WOMEN'S D**

Finals: Stephanie Buttrey d. Denise Kilburn, 11-9, 11-0, 11-0.
Semi's: Stephanie Buttrey d. Martha Scharchburg, 2-11, 11-4,
11-8, 11-9; Denise Kilburn d. Debbie Murdoch, 2-11, 11-4, 8-11,
11-8, 11-8.

Consol: Diane Dawson.

"Canadian Club" Charliefest Tournament Results October 22-24, 1982 Charlie Club Joliet, Illinois

MEN'S DIVISIONS**OPEN:**

Finals: Rick Richsecker d. Mike Jalovec, 21-19, 21-7
3rd: John Ness
Consol: Sherwood Watts

35 & Up

Finals: Phil Simborg d. Jerry Iofollo, 21-11, 21-5
3rd: Gale Filter
Consol: Frank Bender

A

Finals: Jim Hillman d. Jim Studer, 21-8, 21-7
3rd: Brad Mizgate
Consol: Jim Stanley

B

Finals: Keith Minor d. Harry Akers, 9-21, 21-13, 11-3
3rd: Chuck Bruns
Consol: Pete Natio

C

Finals: Darryl Ransom d. Nick Wright, 14-21, 21-16, 11-4
3rd: Lynn Williams
Consol: Tom McGrath

D

Finals: Steve Holmes d. Glenn Gornik, 21-11, 21-6
3rd: Gene Laulonen
Consol: Mike Kloefer

WOMEN'S DIVISIONS**OPEN A ROUND ROBIN****1st: Joan Azeka****2nd: Joan Pearce****3rd: Denise Norton****B**

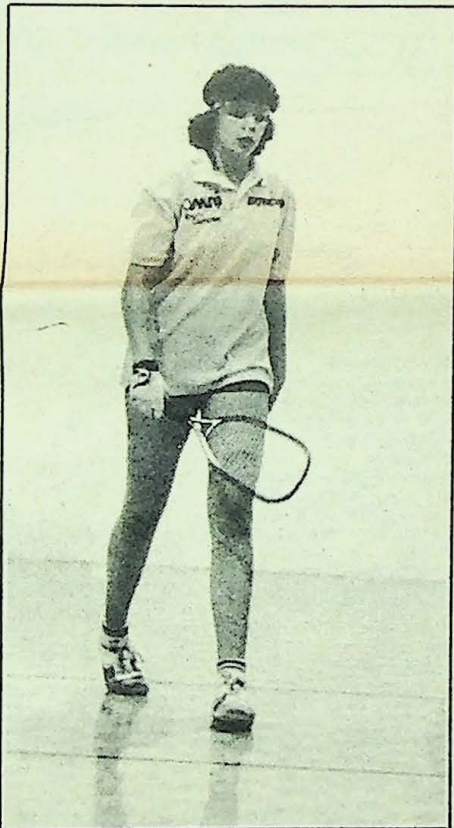
Finals: Joyce Morgan d. Nancy Haupt, 21-16, 21-12
3rd: Carol Edgar
Consol: Marty Bannon

C

Finals: Virginia Natio d. Linda Karlaw, 21-8, 21-18
3rd: Glenda Stewart
Consol: Nancy Piazza

D

Finals: Jane Pace d. Nancy Pugh, 20-21, 21-11, 11-4
3rd: Nell Glenn
Consol: Kathy Misewicz



T. Grobmisi photo

DINA PRITCHETT
Super Seven Winner

1982 Central Illinois Ektelon/Bud Light Open
Springfield Racquet Club & Fitness Centre
Springfield, IL
October 22-24, 1982
Sponsored by Ektelon, Bud Light, Lincoln
Heritage Life, B & J Coin Shop

MEN'S OPEN

Finals: Sean Moskwa d. Denny McDowell, 21-9, 21-13.
Semi's: Sean Moskwa d. Dave Bennett, 21-9, 21-10; Denny
McDowell d. Jeff McDowell, 21-11, 21-10.

MEN'S A

Finals: Dave Schweiner d. Mitchell Beck, 19-21, 21-10, 11-6.
Semi's: Dave Schweiner d. Don McCollum, 21-18, 17-21, 11-5;
Mitchell Beck d. Bernd Wetzel, 21-12, 21-8.

MEN'S B

Finals: Ron Wolschleg d. Rod Davis, 21-17, 21-8.
Semi's: Ron Wolschleg d. Larry Nortrup, 9-21, 21-14, 11-6; Rod
Davis d. Krista Fox, 21-15, 21-15.

MEN'S C

Finals: Ganc DeFrates d. Sam Gardner, 21-18, 21-6.
Semi's: Ganc DeFrates d. Steve Funk, 21-15, 13-21, 11-8; Sam
Gardner d. Eric Isley, 21-6, 21-11.

MEN'S MASTERS

Finals: Ken Retzer d. Phil Dzuik, 21-15, 21-12.
Semi's: Ken Retzer d. Joe Simon, 21-19, 21-10; Phil Dzuik d.
Bill Moser, 21-20, 21-12.

WOMEN'S A

Finals: Maureen Egizii d. Kerrie Nolan, 21-20, 21-10.
Semi's: Maureen Egizii d. Marie Dennis, 21-14, 21-10; Kerrie
Nolan d. Marilyn Davison, 21-19, 21-3.

WOMEN'S B

Finals: Helen Kennedy d. Arlene Nortrup, 21-20, 21-13.
Semi's: Arlene Nortrup d. Donna Simon, 18-21, 21-20, 11-8;
Helen Kennedy d. Sue Sheldon, 11-21, 21-13, 11-4.



T. Grobmisi photo

Springfield Winner
SEAN MOSKWA

MIDWEST TOURNAMENT SCHEDULE

December 10-12

**WOODFIELD RACQUET CLUB
TOURNEY**

Woodfield Racquet Club
1415 Payne
Schaumburg, IL 60195
Contact: Mike Gordon
312/884-0678

December 10-12

BUD LITE OPEN

Supreme Courts
1530 Rowe Ave. Box 376
Worthington, MN 56187
Contact: Dennis Youngwirth
507/376-6883

December 17-19

INSRA STATE DOUBLES

Kokomo Sports Center
111 Southway Blvd. West
Kokomo, IN 46901
Contact: Mark Morehead
317/455-0167

January 6-9

11th ANNUAL ILLINI OPEN

U. of IL PE Bldg.
Campaign, IL
Contact: Don Webb
217/328-3143 (5-10 p.m.)

January 7-9

OPEN TOURNAMENT

Mt. Clemens Racquet Club
40501 Production Dr.
Mt. Clemens, MI 48045
Contact: John Becchio
313/463-2000

January 7-9

INDY OPEN

The Court Club
3455 Harper Rd.
Indianapolis, IN 46240
Contact: Brenda Garvey
317/847-1111

January 14-16

SOUTHRIDGE WINTER CLASSIC

Southridge Racquetball Club
6815 W. Edgerton
Greenfield, WI 53220
Contact: Paul Ernst
414/421-5770

January 21-23

OFF THE WALL OPEN

Off the Wall
3100 Willowcreek Rd.
Portage, IN 46268
Contact: Michelle Sarkisian
219/763-2123

January 28-30

NORTHRIDGE WINTERFEST

Racquetball Club & Fitness Center
8940 N. 85th St.
Milwaukee, WI 53224
Contact: Bill Drogemuller
414/355-3340

EAST REGION

EAST TOURNAMENT SCHEDULE

December 3-5

THE NATURAL LIGHT PRO/AM
Holiday Health & Racquet Club
424 dlin Rd.
Bangor, ME 04401
Contact: Keith Mahaney
207/947-0763

December 10-12

HOLIDAY OPEN

The Sporting House of Enfield
3 Weymouth Rd.
Enfield, CT 06082
Contact: Ken Navarro
203/745-2408

December 10-12

THE MAINE JUNIOR CHAMPIONSHIPS

Hillside Health & Racquetball Club
Rt. 26
South Paris, ME 04281
Contact: Randy Olson
207/743-5133

January 28-30

LITE 2ND ANNUAL NEW JERSEY MIXED DOUBLES

Racquetball of Cedar Knolls
119 East Frederick
Cedar Knolls, NJ 07927
Contact: Club
201/267-2686

S.E. Conn. Women's Traveling League Formed

Five clubs in the area have joined forces to form the league: The Milford Athletic Club, and Stratford Club; Southport Racquet Club, Newtown Health and Racquet Club; Danbury Racquetball Club. Team players are evaluated according to the APRO Rating System and there will be team and individual trophies. Any area clubs wishing to participate may contact Debbie Maurer at the Milford Club, 203/877-5126. Look for the results in this publication.

OFFICIAL PRESS RELEASE N.J. OPEN CHAMPIONSHIPS

MEN'S OPEN

- 1: Francaville
- 2: Cappitanelli
- 3: De Phillips
- 4: Allgood

MEN'S A

- 1: Teodoro
- 2: Gawley
- 3: Ousoul Jogloo
- 4: Morah

MEN'S B

- 1: Miller
- 2: Bellof
- 3: Forte
- 4: Grunfest

MEN'S C

- 1: Kopko
- 2: Rush
- 3: Adamski
- 4: Costanzo

MEN'S D

- 1: Dubrin
- 2: Weisethaiem
- 3: Parisin
- 4: Kozell

MEN'S NOVICE

- 1: Dubrin
- 2: Rakers
- 3: Rohl
- 4: Brady

MEN'S VETERANS

- 1: Welaj
- 2: Alvarez
- 3: Gawley
- 4: Demare

MEN'S SENIORS

- 1: Wilson
- 2: Welaj
- 3: Berwick
- 4: Cosmi

MEN'S OPEN DOUBLES

- 1: Allgood/Searles
- 2: Goodman/Alvarez
- 3: Mainetti/De Marco
- 4: Sweetwood/Berwick

MEN'S B DOUBLES

- 1: Vazzano/DeLaMontri
- 2: Annachiarico/DeGennaro
- 3: Bellof/Ousouglogio
- 4: Petrie/Petrelli

WOMEN'S OPEN

- 1: Perrotty
- 2: Moore
- 3: Sudol
- 4: Nastasi

WOMEN'S B

- 1: Foster
- 2: Costanzo
- 3: D'Onofrio
- 4: Forte

WOMEN'S C

- 1: Stou
- 2: Jacob
- 3: Farmer
- 4: Aldridge

WOMEN'S D

- 1: Van Saun
- 2: Rohl
- 3: Stamm
- 4: Van Houten

WOMEN'S NOVICE

- 1: Stoll
- 2: Lazzio
- 3: Van Houten
- 4: Baluski

WOMEN'S VETERAN

- 1: Forte
- 2: Scharffenberge
- 3: Busch
- 4: Rohl

WOMEN'S B DOUBLES

- 1: Stoll/Stoll
- 2: Stamm/Andreson
- 3: Karaj/Farmer

MIXED DOUBLES

- 1: Rooney/Trappe
- 2: Van Saun/De Gennaro
- 3: Zander/Forte
- 4: Foster/Frankel

Fred Madore Chevrolet Open
Laconia Racquetball Club
Laconia, NH 03246
October 15-17, 1982

MEN'S A

- 1: Shawn Brown, Springfield, VT
- 2: Steven Shapiro, Weymouth, MA
- 3: John Varrill, Concord, NH
- 4: James Lyman, Meredith, NH

MEN'S B

- 1: J. Morgan, So. Boston, MA
- 2: James D. Rose, East Boston, MA
- 3: Scott Bois, Nashua, NH
- 4: Al Mitchell, Laconia, NH

MEN'S C

- 1: Mike Saniuk, Hancock, MA
- 2: Dennis Aguiar, Plymouth, NH
- 3: Richard Metrano, New London, NH
- 4: Paul G. Krause, Goshier, NH

MEN'S NOVICE

- 1: Kenneth Aguiar, Plymouth, NH
- 2: Mark Patten, Franklin, NH
- 3: Tom MacKissock, Laconia, NH
- 4: Dennis Whitchee, New London, NH

MEN'S A DOUBLES (Round Robin)

- 1: Bruce Christensen/Al Mitchell, Manchester/Laconia
- 2: Shawn Brown/Don Maxwell, Springfield, VT/Laconia, NH
- 3: Roger Crim/Jerome Magalnick, Concord, NH
- 4: James Lyman/Steven Fernald, Meredith/Moultonboro, NH

MEN'S B/C DOUBLES

- 1: James Eaton/Ken Kirkland, Manchester, NH
- 2: David Schaefer/Bruce Merrill, Laconia, NH
- 3: Raymond Legassie/Norman Boucher, Laconia/Gilford, NH
- 4: Raymond Salvis/Murray Aldous, Nashua, NH

WOMEN'S C

- 1: Diane Brewer, Meredith, NH
- 2: Wanda Mitchell, Laconia, NH
- 3: Carrie Burton, Charlestown, MA
- 4: Sheryl Longchamp, Manchester, NH

WOMEN'S D

- 1: Janice Brack, Hydepark, MA

Salem Boys Club Open
Salem Racquetball Club
Salem, NH
October 22-24, 1982

MEN'S SENIORS

- 1: Tom O'Dwyer, Salem, NH
- 2: Roger Vachon, Methuen, MA
- 3: Arthur Pauk, Salem, MA

MEN'S A

- 1: Steven Martillini, Andover, MA
- 2: Joseph Ruggier, Derry, NH
- 3: Todd Walker, Haverhill, MA

MEN'S B

- 1: Robert Knipe, Pelham, NH
- 2: Edward Gaudess, MA
- 3: Howard Larabee, MA

MEN'S NOVICE

- 1: Dick Forgione, Methuen, MA
- 2: Warren Sullivan, NH
- 3: Greg Hurd, MA

MEN'S C

- 1: Peter Alloncia, MA
- 2: Mike LaConte, Littleton, MA
- 3: Joseph Vadalla, MA

MEN'S DOUBLES

- 1: T. O'Dwyer/P. Pierce, Salem, NH/Law., MA
- 2: M. Petullo/A. Pauk, NH
- 3: L. Bloom/R. Knipe, Andover, MA/Pelham, NH

WOMEN'S C

- 1: Elaine Ross, MA
- 2: Debbie DeLorenzo, MA
- 3: Donna Jackenchuck, NH

WOMEN'S D

- 1: T. O'Dwyer/P. Pierce, Salem, NH/Law., MA
- 2: M. Petullo/A. Pauk, NH
- 3: L. Bloom/R. Knipe, Andover, MA/Pelham, NH

WOMEN'S NOVICE

- 1: Dick Forgione, Methuen, MA
- 2: Warren Sullivan, NH
- 3: Greg Hurd, MA

WOMEN'S C

- 1: Elaine Ross, MA
- 2: Debbie DeLorenzo, MA
- 3: Donna Jackenchuck, NH

WOMEN'S D

- 1: T. O'Dwyer/P. Pierce, Salem, NH/Law., MA
- 2: M. Petullo/A. Pauk, NH
- 3: L. Bloom/R. Knipe, Andover, MA/Pelham, NH

WEST TOURNAMENT SCHEDULE

December 9-19

7TH ANNUAL CHRISTMAS RACQUETBALL CLASSIC

Sponsored by Wilson TruBlue & Budweiser
Schoeber's of Pleasanton
5341 Hopyard Rd.
Pleasanton, CA 94566
Contact: Bill Dunn
415/651-1584

December 10-12

OPEN TOURNAMENT

Gresham Court Club
19201 S E Division
Gresham, OR 97030
Contact: Frank Eisenzimmer
503/665-4142

January 14-16

NCRA JUNIOR CIRCUIT

Sacramento Handball/Racquetball Club
725 14th St.
Sacramento, CA 95815
Contact: Jose Phillips
916/441-2977

January 28-30

WINTER RACQUETBALL CLASSIC

Federal Way Athletic Club
31701 20th Ave. S.
Federal Way, WA 98003
Contact: Jerry Henderson
206/941-5990

QUESTIONS

by Tom Grobmisi

Why do winners always have advice for the losers?

Do you really hit the ball *better* with a \$150 racquet?

Why do kids naturally play so well?

Does anyone really feel comfortable hitting a backhand?

Why didn't they make the court 38' long so *all* my shots would be good?

Why do better players feel they're *entitled* to special treatment?

Why is a court worth more during "prime time"?

Why do they always put you on hold when you call the club?

Why would anyone give up racquetball for *aerobics*?

How come perfect setups off the back wall always seem to hit the door handle?

Why isn't there a "beer game" in racquetball?

Why does anyone play mixed doubles?

Why would anyone volunteer to referee?

Does anyone really read the tournament results in the paper?

How come everyone looks like a pro when they're warming up?

How do all these strange little thoughts keep popping up in my head?

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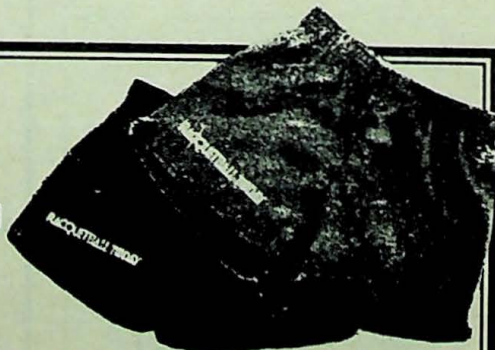
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tips from the pros

STEVE MONDRY

PLAYING TIP:

Racquetball is 75% serve and serve return. Therefore: concentrate on hitting good serves in order to cause a weak return of serve - the idea is to hit a return which will not set up your opponent. Most players simply do not put enough emphasis and practice into these two most vital areas of the game.

RULES TIP:

The best rules tip I can give anyone who plays competitively is: read the rule book! Reading the book from time to time will help you understand the rules better which will make you a better player and help you feel more comfortable about the rules during play. It will help insure that your "rights" are not abused by someone who doesn't know, or takes advantage of the rules, and it will make you a better referee yourself.

ETIQUETTE:

Players who appeal a lot of the referee's calls just for the sake of appealing are really abusing the rules, the ref, and the other player (and the fans if there are any). Players should only appeal when they think the ref made the wrong call.

PERSONAL NOTE:

Many people talk about ex-high school or college athletes and tell stories of how these people could have been, or would have been a top pro in their sport if only they had given it a shot. When I decided to try and become the best racquetball player I was capable of being, one of the main motivations was that I really wanted to know just how good I could be instead of going through life wondering. I gave it my best shot, and I think I really did become about as good as I could personally be. That's a very gratifying, and even priceless feeling. How terrible it must be for these people who never gave it a shot and will always wonder. If you think you've got a chance to make it, in any sport or personal endeavor, think long and hard before you decide not to give it a shot. You might regret it for the rest of your life.



Jim Bob Wilson photo

National Club Guide

California

CENTURY PARK FAMILY FITNESS CENTER

9911 West Pico, Los Angeles, CA 90035. Seven regulation courts; complete exercise facilities including Lifecycle, Nautilus, Dynacore, Hydrogym and free weights; steamroom, sauna and whirlpool for men, sauna and whirlpool for women; pro shop; TV lounge, restaurant and bar. Racquetball lessons and programs under the direction of "Professor" Jim Schatz. Call 213/553-7600.

PLACERVILLE RACQUET CLUB

#1 Racquet Way, PO Box 844, Diamond Springs CA 95619. 6 racquetball courts, attended nursery, men and women's whirlpool and sauna; coed whirlpool pro shop, cafe, jazzercise, exercise, complete racquetball leagues and lessons; Universal exercise room; 6 tennis courts; olympic swimming pool. Contact Jeff Hawking, Mgr. 916/626-0205.

ROYAL COURTS

400 Saratoga Avenue, San Jose CA 95129. 14 regulation courts, complete nautilus fitness center, attended nursery; men and women's steamroom, sauna and whirlpools; pro shop; TV lounge; exercise and aerobic classes; complete racquetball lessons and leagues under the direction of pro, Sylvia Hooks; for information contact manager, Jeff Ramona at 408/296-1676. OPEN TO THE PUBLIC.

SCHOEER'S RACQUETBALL SPA

5341 Hopyard Rd., Pleasanton CA 94566. 15 regulation racquetball courts, four with glass and one exhibition court with front and side wall "Twin-Vue" glass and seating for 300. Attended nursery; steamroom, sauna and whirlpool for men and women; pro shop, restaurant and lounge, aerobics, jazzercise, dane fitness, exercise classes, wallyball and court soccer and complete racquetball lessons and leagues. We have a 60' lap pool and separate, complete Nautilus fitness facilities for men and women. For information contact John O'Donovan, 415/846-0950.

Connecticut

CONNECTICUT COURT CLUB ASSOCIATION

The following clubs are members of the Connecticut Court Club Association. You can be assured of well-maintained facilities offering excellent, complete racquetball programs when you join or visit any of these fine facilities.

1. ALL SPORT FITNESS, 17 Old Main Street, Fishkill, NJ 12524 (914) 896-5678.
2. ALL SPORT FITNESS, 240 North Road, Poughkeepsie, NY 12601 (914) 452-5050.
3. BRISTOL CLUBHOUSE, 842 Clark Avenue, Bristol, CT 06010 (203) 583-1843.
4. CEDAR HILL RACQUETBALL CLUB, 375 East Cedar Street, Newington, CT 06111 (203) 666-8451.
5. CENTER COURT & HEALTH CLUB, 234 Route 83, Vernon, CT 06066 (203) 875-2133.
6. CHESHIRE RACQUET & SWIM CLUB, Milldale Road, Route 10, Cheshire, CT 06410 (203) 272-5309.
7. COURT CLUB OF NORTH HAVEN, 100 Elm Stret North Haven, CT 06473 (203) 238-5665.
8. COURT HOUSE ONE — OFFICE, Suite 201, 61 South Main Street, West Hartford, CT 06107 (203) 521-4858.
9. COURT HOUSE ONE — AVON, 21 Waterville Road, Route 10 Avon, CT 06001 (203) 877-6073.
10. COURT HOUSE ONE — MANCHESTER/VERNON, 47 Hartford Turnpike, Vernon, CT 06066 (203) 649-0597.
11. COURT HOUSE ONE — SIMSBURY, 526 Hopmeadow Street, Simsbury, CT 06070 (203) 651-3701.
12. COURTSIDE-AT-CROMWELL, 10 Hillside Avenue, Cromwell, CT 06416 (203) 635-5400.
13. DANBURY RACQUETBALL CLUB, Route 6, Stoney Hill Road, Bethel, CT 06801 (203) 797-1244.
14. DOWNTOWN RACQUET CLUB, 230 George Street, New Haven, CT (203) 787-6501.
15. EMPIRE ONE RACQUETBALL CLUB, 85 Lemay Street, Chicopee, MA 01013 (413) 536-8574.
16. HAMMONASETT RACQUETBALL CLUB, 1291 Boston Post Road, Madison, CT 06443 (203) 245-2927.
17. LAKEWOOD RACQUETBALL CLUB, Lakewood Road, Waterbury, CT 06704 (203) 755-6699.
18. MILFORD RACQUETBALL CLUB, Bridgeport Avenue, Milford, CT (203) 877-5126.
19. NEWTON HEALTH & RACQUET CLUB, P.O. Box 425, Commerce Road, Newtown, CT 06470 (203) 426-8591.
20. NORWICH RACQUET CLUB, 2 Wisconsin Avenue, Norwich, CT 03360 (203) 889-4489.
21. RACQUETBALL EAST, 45 Crane Avenue, East Longmeadow, MA 01089 (413) 525-3931.
22. RACQUETBALL PLUS, P.O. Box 237, Burtville Avenue, Derby, CT 06418 (203) 736-9988.
23. RACQUETBALL SPA, 500 Kings Highway-Cut-Off, Fairfield, CT 06430 (203) 366-7888.
24. ROLL-OUT, Silas Deane Highway, Rocky Hill, CT 06067 (203) 563-7999.
25. SHORELINE RACQUET CLUB, At Twin Lakes, North Branford, CT 06471 (203) 481-3461.
26. SOUTHPORT RACQUET CLUB, 266 Old Post Road, Southport, CT 06490 (203) 259-0882.
27. SPOK1 145 State Pier Road, New London, CT 06320 (203) 442-0588.
28. THE SPORTING HOUSE AT ENFIELD, 3 Weymouth Road, Enfield, CT 06082 (203) 745-2408.
29. STAMFORD RACQUETBALL CLUB, 49 Brownhouse Road, Stamford, CT (203) 324-6160.
30. THE STRATFORD RACQUETBALL & NAUTILUS CLUB, 140 Watson Boulevard, Stratford, CT 06497 (203) 366-7600.
31. SUPREME COURT, 155 Ashley Avenue, West Springfield, MA 01089 (413) 781-0181.
32. TRI-PURY TENNIS & RACQUETBALL CENTER, P.O. Box 365, Route 188, Middlebury, CT 06762 (203) 758-1727.
33. WALLINGFORD CLUBHOUSE, Neal Road, Wallingford, CT 06492 (203) 265-2861.
34. WATERFORD RACQUET CLUB, 6 Fargo Road, Waterford, CT 06385 (203) 442-9466.
35. WEST ROCK CLUBHOUSE, P.O. Box 3977, West River Road, Woodbridge, CT 06525 (203) 389-1544.
36. WINDSOR RACQUET SPORTS, 109 Pierson Lane, Windsor, CT 06095 (203) 683-0236.

Florida

MIAMI COURT CLUB

9395 Bird Road, Miami, FL 33165. 10 courts; attended nursery, steam, sauna and whirlpool for men, sauna and whirlpool for women. Exercise room; TV lounge, complete racquetball lessons and leagues directed by pro. Mary Ann Livingston. Open 6 a.m. to midnight. NO GUEST FEES for IRSA members, \$3 for others. Hotel guests in Miami may reserve non-prime time for \$7 per hour. Contact Manager, Sue Jackson, 305/226-4014.

Georgia

RACQUET SOUTH

4 Oglethorpe Professional Blvd., Savannah, G. 10 racquetball courts, attended nursery; steam, sauna and whirlpool for men and women; complete Nautilus exercise rooms; pro shop; TV lounge; Aerobics, Exercise classes, and complete racquetball lessons and leagues. Contact Fitness Director, Mikki Monroe, or Manager, William C. Miller, at 912/355-3070.

ATLANTA SPORTING CLUB

1515 Sheridan Rd., Atlanta, GA 30324. 16 Regulation racquetball courts, 8 tennis, and 1 squash court. Attended nursery, men's and women's steamroom, sauna and whirlpool; aerobics, volleyball, basketball; indoor and outdoor pools and running tracks, jazzercise and slimnastics; restaurant, lounge and bar, complete pro shop and complete Nautilus full weight training facility. Complete racquetball lessons, leagues and ladderboard competition. For information call 404/325-2700.

Illinois

CHARLIE CLUB

Route 53 and Dundee Road, Palatine, Ill. (312) 934-4900. Open 24 hours, 7 days. Complex includes restaurant and lounge (open to the public), plus 181 room Best Western Hotel. 17 racquetball/handball courts, featuring two-sided glass-enclosed court with gallery seating; two indoor tennis courts; gym/basketball court; indoor/outdoor tracks, separate fully equipped exercise rooms for men and women; indoor pool with co-ed whirlpool and sun patio; co-ed olympic weight rooms; carpeted locker areas with steamrooms, saunas, whirlpools, sunlamps, massage, supervised playroom; table tennis/pocket billiards; pro & health food shop. Individual and corporate memberships for those over 18. Free use of club to hotel guests. Other Charlie Club locations include: 2701 Black Road, Joliet (815) 729-4503 and coming in early 1981, 501 Midway Drive, Mt. Prospect (312) 364-6415.

THE RACQUET HOUSES

1. O'HARE RACQUET HOUSE: 951 East Touhy Avenue, Des Plaines, Ill (312) 296-6144. Club Pro: Shirley Scheithe.
 2. THORNDALE RACQUET HOUSE, 1220 Mark Street, Bensenville, Ill. (312) 595-2020. Club Pro: Colleen Shields.
 3. HILLSIDE RACQUET HOUSE, 4401 W. Roosevelt Road, Hillside, Ill. (312) 449-2255. Club Pro: Crystal Durdil.
 4. HARLEM IRVING RACQUET HOUSE: 4203 North Harlem, Norridge, Ill. (312) 457-2040. Club Pro: Sam Rizzio.
 5. ELMHURST RACQUET HOUSE: 233 West Grand Avenue, Bensenville, Ill. (312) 595-5060. Club Pro: Rose Magliano.
- All clubs have racquetball/handball on 8 regulation courts. Carpeted locker rooms, saunas, whirlpools, steamrooms, exercise facilities, free attended nursery, pro shop, racquet rental, group and private lessons, instructional and non-instructional leagues. Open 7 days a week. Director of all club operations: Carol Armstrong. Program Director/Public Relations: Mary Lou Burny.

CONTINENTAL CLUB

1701 Golf Road, Rolling Meadows, Ill. (312) 961-7777. 10 racquetball/handball courts, two squash courts, indoor swimming pool and whirlpool, indoor running track, Nautilus equipment, basketball, volleyball, Judo, Karate for men and women. Carpeted locker rooms for men and women with saunas, steam, sun rooms. Color TV in lounges, towels & toiletries, massages. Free attended nursery, pro shop, group and private lessons available. Open 7 days a week. This club is built in conjunction with restaurants, deli, shops and three twelve story office towers. Individual and Corporate memberships available, call Mary Lou Ghannam, Administrative Manager (312) 981-7777. Norb Duba, Athletic Director.

VETERANS PARK DISTRICT SPORTS MUSEUM & RACQUETBALL CLUB

1203 N. 24th Ave., Melrose Park, IL 60160. 8 regulation courts, basketball, wallyball and pickleball...an exciting new game similar to table tennis; attended nursery; men and women's sauna; aerobics, 8-station positive-resistance exercise equipment and exercise bike; complete racquetball lessons and leagues. Contact Jane M. Affleck, 312/343-5151.

GLASS COURT CLUB

830 East Roosevelt Road, Lombard, Ill. (312) 629-3390. Racquetball/handball courts; exercise room; whirlpool; sauna; bar and lounge.

OLYMPIAN COURT CLUB

Governor's Office Park, Olympia Fields, Ill. (312) 748-6223. Racquetball/handball courts; indoor running track; exercise/fitness center; whirlpool; sauna; bar and lounge.

EVANSTON COURT CLUB

1101 Dodge Avenue, Evanston, Ill. (312) 866-9656. Racquetball/handball courts; exercise room; whirlpool and sauna.

Indiana

SPORTS ILLUSTRATED COURT CLUB

3150 45th St., Highland, IN 46322. 13 regulation courts, free attended nursery, men and women's sauna, coed whirlpool; snack bar and TV lounge; complete pro shop, indoor running track; aerobic, exercise and slimnastic classes, wallyball, complete exercise room featuring Nautilus and Universal equipment; complete racquetball lessons, ladders and leagues. For information contact Fred Bojrab, manager at 219/924-0690.

Kansas

RACKETEER RACQUETBALL COURTS

720 W. 20th, Pittsburg, KS 66762. 6 regulation racquetball courts, 2 with glass walls, attended nursery men and women's sauna, aerobic, exercise, slimnastic and wallyball classes; outdoor running track; exercise room; complete lessons and racquetball leagues. Contact Brent Hildyard, manager at 316/231-4090.

Louisiana

RACQUETBALL ASSOCIATION OF GREATER NEW ORLEANS

The following clubs are members of the very active New Orleans association. If you live in the area or you are just visiting, you are welcome to stop in or call any of these clubs.

- CLUB CHAMALE, 90 Chamale Cove, Slidell, LA 70458, 504/649-2500.
- COURT KING RACQUETBALL & HEALTH CLUB, 10080 Morrison Rd., New Orleans, LA 70127, 504/246-1000.
- COVINGTON COURT CLUB, Route 3 Box 713, Covington, LA 70433, 504/893-4800.
- CRESCENT CITY HEALTH & RACQUETBALL CLUB, 524 Metairie Rd., Metairie LA 70005, 504/835-7121.
- CROSSGATES RACQUETBALL CLUB, 200 North Military Rd., Slidell LA 70458, 504/643-8194.
- LOUISIANA RACQUETBALL & HEALTH CLUB, 2121 38th St., Kenner LA 70062, 504/443-4512.
- NAUTILUS, 2007 Daniels Rd., Gretna LA 70053, 504/366-8161.
- OFF THE WALL RACQUETBALL & HEALTH CLUB, 2605 Munster Blvd., Metairie LA 70075, 504/277-8414.
- RACQUETBALL ONE, One Shell Square, Suite 1300A, N.O. LA 70130, 504/522-2956.
- RACQUETBALL PLUS, 2138 Stumph Blvd., Gretna LA 70053, 504/362-2760.
- RIVERCENTER RACQUETBALL, 600 South Front Blvd., P.O. Box 30728, N.O. LA 504/568-9118.
- YMCA — METAIRIE BRANCH, 3726 Houma Blvd., Metairie LA 70002, 504/888-9622.

Maryland

THE ATHLETIC EXPRESS CLUB

700 Russell Ave., Gaithersburg, MD 20789. 18 racquetball courts, attended nursery, men and women's steamroom and sauna, complete Nautilus exercise room, TV lounge, restaurant and bar, Aerobics, Jazzercise and exercise classes. Complete racquetball lessons and leagues, junior camps and monthly pro exhibition under the direction of Jim Daly, 301/258-0661.

Michigan

RACQUET KING COURTS

1630 Fort St., Trenton, MI 48183. 14 regulation courts, attended nursery, men and women's whirlpool and sauna, TV lounge, restaurant and bar; slimnastics, exercise classes, aerobics, wallyball and complete Universal exercise facility. For information contact manager/Pro Larry Jakinovich at 313/676-5850.

Pennsylvania

LANDSOWNE RACQUETBALL CLUB

436 S. Landsowne Avenue, Lansdowne, PA 19050. 12 Championship courts, fully equipped weight rooms, separate whirlpools and steamrooms for men and women, a nursery and a well-stocked pro shop. An Exhibition court is adjacent to a beautiful two-story lounge, complete with fireplace and cathedral ceiling. We have leagues, challenge courts, clinics, wallyball, aerobics, and social activities for all ages. For information, contact Teresa Pyle, manager, 215/622-8300.

Rhode Island

THE CORNER SHOT RACQUETBALL CLUB

43 Jefferson Blvd., Warwick, RI, 12 racquetball courts; men and women's whirlpool and sauna; attended nursery; exercise room; Wallyball, Aerobics, Exercise Classes; TV Lounge, restaurant and bar; private or group lessons and leagues from one of our teaching pros. Call Ms. Regina Ricci, manager 401/781-1650.

Tennessee

MARYLAND FARMS RACQUET & COUNTRY CLUB

1 Maryland Way, Brentwood, TN 37027. 5 regulation racquetball courts, attended nursery, steam, sauna and whirlpool; pro shop, bar, TV lounge and restaurant; indoor and outdoor pool; exercise room; aerobic and exercise classes; complete racquetball lessons and leagues. For information contact Tom Philbrick, manager, 615-373-2900.

Texas

FITNESS UNLIMITED

Has 3 locations in North Central Texas, join one club and you join them all., 124 W. Main in Grand Prairie; 3375 Edgewood in Garland, and 2720 Hollandale in Farmer's Branch. There are a total of 25 courts, complete lessons and leagues, attended nursery, whirlpool and steamrooms for men and women; exercise rooms and complete exercise and aerobic classes. For information contact Kyle Turner, 214/484-4400.

Utah

FOUNTAIN OF YOUTH HEALTH CLUB

4300 So. 300 W. Salt Lake City, UT 84107. 10 regulation racquetball courts, 3 indoor and 4 outdoor tennis courts, men and women's steamrooms, saunas and whirlpool plus a coed whirlpool; TV lounge, indoor pool, Jazzercise and Aerobics; exercise room featuring Universal equipment; professional nutritional guidance service. For information, contact Novie Crocker, 801/262-7487.

Washington

LILAC CITY COURTS

W. 440 Sharp, Spokane WA 99210. 4 regulation racquetball courts, men and women's sauna. Complete pro shop; racquetball lessons and leagues. Come join our monthly Mixed Doubles with "pot luck" dinner league. Contact Sam Marshall, manager, 509/326-2323.

MINT VALLEY RACQUETBALL COMPLEX

4004 Mint Valley Way, Longview WA 98632. 4 regulation racquetball courts, OPEN TO THE PUBLIC. Pro shop, TV lounge, wallyball, complete racquetball lessons and leagues, and 4 indoor tennis courts. For information contact Helen Bachman, 206/636-4770.

Wisconsin

LAKE GENEVA FITNESS & RACQUETBALL CENTRE

Hwy 50, Lake Geneva WI 53127 at the Playboy Resort, 6 racquetball, 4 indoor tennis and 8 outdoor tennis courts; attended nursery, men and women's steamroom, sauna, and whirlpool, TV lounge, restaurant and bar; outdoor pool; all kinds of exercise and aerobic classes. Complete racquetball lessons and leagues run by pro, Don Klot; and complete Nautilus exercise room. Contact Ron Townsend, manager, 414/248-8811.

OREGON/WASHINGTON

Following are clubs belonging to the NWRRA. Please call for membership and guest information.

- ALBANY SUPERIOR COURTS, 380 Hickory, Albany, OR 97321, 503/926-2264.
- BAY AREA RACQUET CLUB, PO Box 3157, Coos Bay OR 97420, 503/888-5507.
- CORNELL COURT CLUB, 13939 NW Cornell Rd., Portland OR 97229, 503/645-3535.
- COURT HOUSE NORTH, 4132 Devonshire Ct. NE, Salem OR 97302, 503/585-2582.
- COURT HOUSE SOUTH, 2975 River Rd., South, Salem OR 97302, 503/586-2582.
- COURTSIDE I, 2510 Oakmont Way, Eugene OR 97401, 503/687-2811.
- COURTSIDE II, 4242 Commerce, Eugene OR 97402, 503/687-2811.
- FEDERAL WAY ATHLETIC CLUB, 31701 20th Ave. S. Federal Way WA 98003, 206/941-5990.
- FIRST SERVE RACQUET CLUB, 24228 76th Ave. W., Edmonds WA 98020, 206/775-0667.
- GRESHAM COURT CLUB, 19201 SE Division, Gresham OR 97030, 503/665-4142.
- GRIFFITH PARK ATHLETIC CLUB, 4925 SW Griffith Park Dr., Beaverton OR 97005, 503/644-3900.
- KLAMATH FALLS RACQUET CLUB, 2524 Crosby Ave., Klamath Falls, OR 97601, 503/621-4900.
- LLOYD CENTER COURTS, 815 NE Halsey, Portland OR 97232, 503/287-4594.
- MEDFORD SUPERIOR COURTS, 727 Cardley Ave., Medford OR 97501, 503/281-8665.
- MILWAUKIE RACQUETBALL & FITNESS CTR., 4606 SE Boardman, Milwaukie OR 97222, 503/659-3845.
- NEWPORT BAY CLUB, 1111 SW 10th Newport OR 97365, 503/265-9225.
- PARC, 4191 Guide Meridian, Bellingham WA 98226, 206/676-1800.
- SEATTLE ATHLETIC CLUB, 333 NE 97th, Seattle WA 98115, 206/527-2582.
- THE RACQUET CLUB, Box 9584 Racquet Lane, Yakima WA 98909, 509/453-6521.
- TIMBERHILL ATHLETIC & COURT CLUB, 2855 NW 29th, Corvallis OR 97330, 503/757-8559.
- TUMWATER VALLEY RACQUET CLUB, 4833 Tumwater Valley Dr., Tumwater WA 98501, 206/352-3400.
- UMPQUA HEALTH & RACQUETBALL CLUB, PO Box 1561, Roseburg OR 97470, 503/672-6888.
- U.S. SUPREME COURTS, 14513 SE Stark, Portland OR 97223, 503/254-8369.
- WESTERN RACQUET CLUB, 8785 SW Beav. Hillsdale Hwy., Portland OR 97225, 503/3723.

Club Owners: To list your club in the Club Guide, call 312-371-7616



Third in a series

Jogging for the racquetball player

by Dr. David
Birnbaum
MD, FACS, USPTA

David A. Birnbaum, M.D., U.S.P.T.A., is a Clinical Instructor in Family Medicine at the University of Health Sciences/The Chicago Medical School, and is active in Family Practice and Sports Medicine at Jackson Park Hospital and Sports Medicine Center in Chicago.

Have you been jogging since you read my last column? Have you kept up with it day after day, week after week? If you have, you've probably learned a lot about jogging - and yourself. And you've probably hurt a little, too.

There are many ailments associated with jogging. Among them are shinsplints, fatigue fractures, sore muscles, sore feet and periods of discouragement. Some of these problems are more serious than others, while some of them aren't problems at all.

Some jogging authorities call jogging maladies "diseases of excellence." I find this concept hard to accept. I can understand the minor aches and pains encountered while warming up, and I can understand how a runner might be upset when he isn't running well. But why should I accept broken bones, or for that matter sore muscles, as symptoms of excellence?

As far as I'm concerned, anything beyond very minor transient aches and

occasional depression is due to pushing the body too hard, too fast or doing something incorrectly.

Let's take care of the normal conditions first. Minor aches that go away while you're warming up usually aren't very important. They may be a signal that you cooled off too quickly the last time you jogged or played racquetball. Don't sit down right after you run or play. Stay warm, walk around and do stretching exercises (the same ones you did before you started your workout) until you cool down (that is, stop sweating). Don't jump into the shower until you've accomplished this.

Muscle aches that don't make their presence known until you actually start running often are due to an inadequate warm-up. Don't try to run through this pain. It's better to stop for a moment and do more stretching exercises. Then start running again, but more slowly than usual. If the pain is gone and doesn't recur, your speed will pick up automatically and you will hit your usual stride within a short distance. If the pain persists, you may have a muscle cramp of a pulled muscle. These are not normal and require at least several days of rest to heal properly.

Depression among joggers usually means not wanting to run on a given day. Many authorities say you should make

it a point to run on these days. But I think that this feeling of depression is more than just discouragement or a sense of not running as well as possible.

As a rule, people run because it makes them feel better, for whatever reason. My feeling is that if a jogger doesn't feel like running, it's probably because he **shouldn't** be running. The reason may be anything from inadequate sleep to a poor diet (for example, sugar or too much meat). The only thing a runner should do on these days is try to identify and correct the underlying cause and go through the usual warm-up exercises.

If you have this problem and still don't want to jog after taking these steps, take a day off from running. Usually, you'll wake up refreshed the next morning and you'll be off and running again. Don't get hung up on skipping a day. Even after two or three days, the worst that will happen is a feeling of being ungainly.

(Author's Note: This discussion is not intended to address the subject of serious, possibly incapacitating, depression that would require evaluation and treatment by a professional.)

Any of the other jogging maladies are injuries that should be taken seriously. There is a tendency among joggers to run through any type of discomfort. This is no different than a racquetball player who continues to play in spite of an

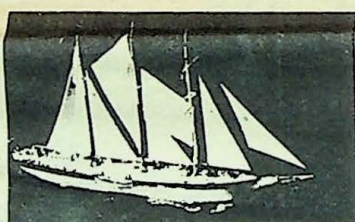
injury.

Yes, it's true that in many instances nothing bad will happen and the injury will heal. But as I've stressed in previous columns, injuries should be taken seriously. The best treatment for any injury is rest. Without it, you risk the development of a chronic debilitating injury.

As racquetball players, you know the importance of staying fit and avoiding injuries. **Remember, a few days of rest — is a small price to pay to prevent a lifetime infirmity.**

If you suffer a running injury you may wish to consult a physician or fellow runner. Be wary of those who encourage you to continue running unless they can show you that something you are doing incorrectly is causing the problem. In the absence of such an explanation, you probably have an injury that will respond best to rest. So, take a few days off from running (just as you would from racquetball) and, after the discomfort subsides, start in again slowly and deliberately.

Don't try to run as far or as fast as you did before the injury. With patience you will work your way back to your previous level of performance and will have learned how to avoid repeating mistakes that might have caused you difficulty.



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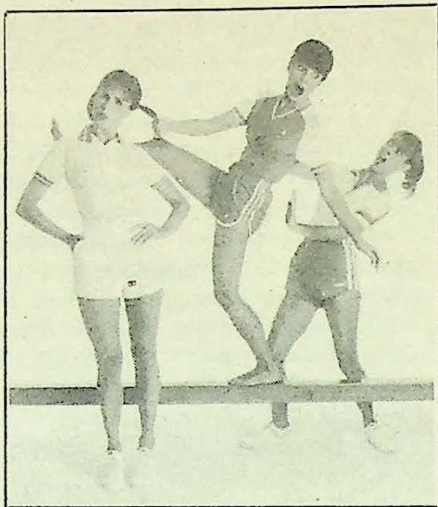
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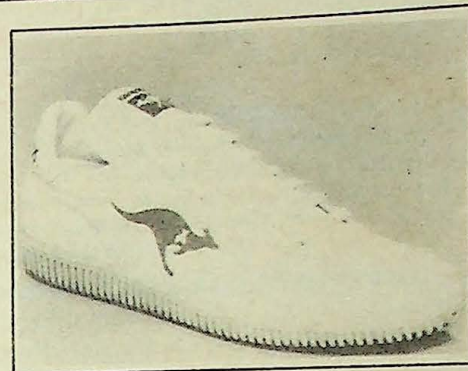
New Products

EKTELON has introduced its new Woman's Actionwear Line for 1983 featuring bright and feminine fashion colors of turquoise and coral with accents of black, classic white and Mexicali pink. The line features eight new tops in Ektelon's bright new color story in addition to the popular color icy grape. The line is highlighted by the introduction of Ektelon's classic flame logo which is embroidered on all apparel. Matching shorts are available in a variety of styles and colors with zipper fronts and snap enclosures, or the very active elastic all-around waist. Ektelon is also offering two colors in the new warmups for women, coral or turquoise, featuring white piping down the sleeve and jacket front, two front inside pockets and a stylized baseball-ribbed collar. For more information, contact Ektelon Corp. 8929 Aero Drive, PO Box 23510, San Diego, CA, 92123, 714/560-0066.



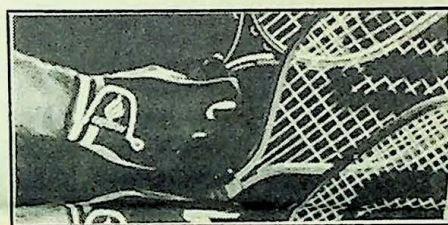
TENNIS TOGS announces braided headbands for players who want that fashion look. They are made of stretch cotton terry and come in a variety of colors. Priced to sell at \$3.00 each, retail, contact Tennis Togs, Inc. 2520 NW Second Avenue, Boca Raton FL 33431 or call 1-800-327-5012.

NATURE'S ALOE, Inc. has designed a new product. Aloe Vera "Heat Rub". The product is 80% Alo Vera Gel and also contains high concentration of Eucalyptus Oil. As reported in *RUNNER'S WORLD* and *FIT* Magazines, "Aloe Vera seems to have a remarkable effect on ailments ranging from arthritis, athlete's foot, blisters, muscle cramps, strains, sprains, and bruises." It is recommended for use **BEFORE** exercise as a warm-up aid, and after exercise as a relief for tired muscles. As a special introductory offer, Nature's Aloe is offering a **FREE** Aloe Vera plant with any purchase. For more information, contact Nature's Aloe, 2555 W. 147th Pl. Posen IL 60469.



KangaROOS New Racquetball Shoes from **ENVOYS USA** is a new shoe designed for greater emphasis on durability as well as comfort. Like all KangaROOS, this shoe has a hidden pocket, in this case, a zippered pocket concealed in the tongue for extra comfort and security during active play. The shoe is constructed with full-grain split leather upper and breathable duramesh nylon and offers a new convoluted sole design for better traction on the courts. A latex sock cushion arch is provided inside for greater comfort as well as outstanding shock absorption. For information contact Stuart Novack, Envoys USA, Inc. 48 Worthington Drive, Maryland Heights, MO 63043; 314/434-5997.

EKTELON introduces its new Marathon racquetball glove which is made of deerskin. The glove features two-way nylon mesh backing and panelled fingers - set in thumb and open finger base construction to provide a closer fit and increased durability. For information contact Ektelon Corp., San Diego CA.

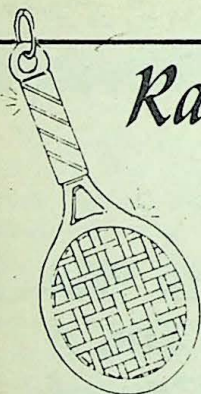


Racquetball Racquet Charm!

14 Kt. Gold \$45.00

with 5 point Diamond \$85.00

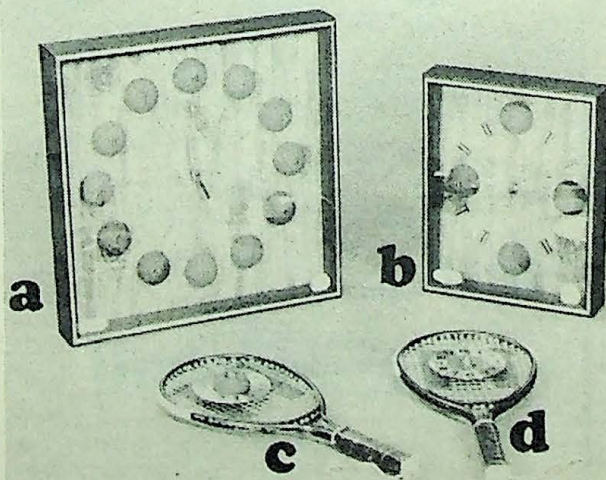
(Enlarged to show detail)



Also Available: Racquetball Clocks!

These clocks are a must for any racquetballers' office, den or bedroom. A unique novelty item, reasonably priced, designed for the racquetball fanatic.

Choose from two battery-operated Heritage International Movement quartz solid wood frame models. Or pick from two quartz, battery-operated clocks on racquets available with or without a ball. Ninety-day limited warranty on each clock.



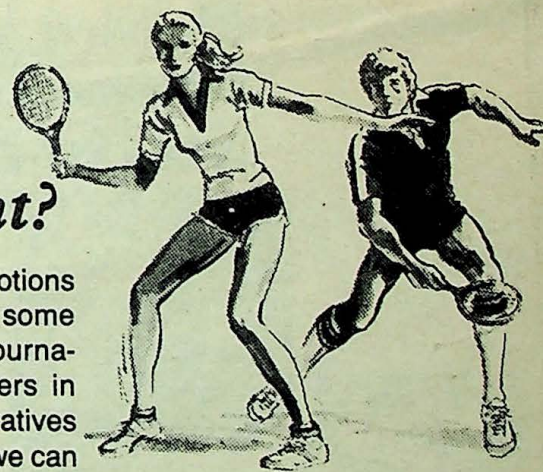
- A Racquetball Clock (SM-9) - \$119.95
- B Racquetball Clock (S-9) - \$56.95
- C Racquetball Racquet w/Ball Clock (SR-25) - \$39.95
- D Racquetball Racquet Clock (S-24) - \$35.95

Racquetball Clocks & Charms Make Great Holiday Gifts!

Send check or money order to:
Florida Racquet Journal, 843 Alderman Rd., Suite 453, Jacksonville FL 32211
Visa or MasterCard card orders accepted over the phone. Call (904) 721-3660.
Immediate delivery. Prices for charms and clocks include shipping and freight.
Florida residents add 5% sales tax.

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Unusual Christmas Gifts for Racquetballers

By TOM GROBMISI

Tired of giving the same old silly Christmas gifts? So was Tom Grobmisi, until one day a friend gave him a "portable hickey." Tom's been searching around the world ever since looking for new and unusual gifts for us racquetballers, and here's just a few of them:

Sneeze Stopper: How many times have you lost a critical rally because you were busy sneezing instead of swinging? What rotten luck! What a lousy way to lose a point! You don't have to take it anymore, thanks to an amazing new invention by Lonto. Just glue the two small rubber fingers on the end of your racquet, and when you feel a sneeze coming on, just go into action. Helps improve co-ordination and timing too!

Mock Socks: It looks like you're wearing socks, but look again! It's really fluffy spray paint which will make everyone, including the ref, think you're really wearing socks. Just imagine how much fun you'll have snickering around the court while you enjoy your own, private, hilarious joke. Those fools! If they only knew they'd die of embarrassment! Order now from The Emperor's New Clothes Company, Fennville, Mich.

Hard Drugs: These fantastic products, long used by top athletes in the NFL and NBA will make you feel better, win or lose! Tired? The reds will give you just the rush you need. Bored? Down? Try the pink or yellows. Available at you local high schools.

Edible Racquetball Outfits: Made from cotton candy, spun sugar, and real

honeycomb, these attractive and original outfits can simply be worn once and then eaten. "The more you sweat, the sweeter they get" declares inventor and designer Brent Mellow. Found at your local racquetball club and Fanny May's.

Plain White T-Shirts: Thanks to an amazing new chemical, Bland, Inc., of Hegewish, Ill., has developed a new method of removing those unsightly slogans, club insignias, and drawings from T-Shirts, leaving an unusual, perfectly blank, white shirt! Help fight eye-pollution and be one of the first to wear one of the rare, plain shirts. Just send your favorite shirt and \$6.00 to Bland, Inc.

Racquetball Safari: Surprise her this winter with a racquetball safari to exciting Zambia. Pack your bag for one of the most challenging sports adventures in the world as you hunt wild elephants, lions and tigers, armed with just your favorite racquet and some racquetballs. Experience the thrill of setting up for a real killshot as a charging rhinoceros goes for his "ace". One-way ticket \$4,000 per couple (fee includes T-Shirt, balls and trophies for survivors).

"I Love Racquetball" Chest Decal: Now you can prove your love for your favorite game by sporting this colorful, easy-to-apply iron-on decal. Irons directly on to any human chest. "It's chest what the doctor ordered" bragged one satisfied user. Call toll free to order: 800-889-9800.

Spiked Racquet: Actually insures you much more room on the court to hit your favorite passing shots as opponents hustle and

bustle to stay out of your way. You'll be amazed at just how fast they can move. Makes the "avoidable hinder" a thing of the past.

Great Moments in Racquetball are all recorded for posterior on this classic two-record album set by K-Sell records. Selections include the sound of Hogan's killshot to win the 1975 championships against Brumfield (who can be heard in the background to say "Aw"); the famous call of "match point" by Chuck Leve in the 1976 Steding-Wright championship, and others. If you order now (by check or money order or call toll free) K-Sell records will include, as a FREE BONUS, "Great Moments in Math," with commentary by Marty Hogan himself.

Racquetball Cookies and recipes for many other gourmet delights are all contained in "The Racquetball Cookbook," by Ms. S. Grobmisi. It's nice to know that there's finally something you can do with those old worn out and broken racquetballs, and though I must admit it didn't taste very good, the Voit Rollout Bleu makes a pretty cheesecake.

New Athletic Bra: Tired of not getting the support you need? This super-sport support bra will do the trick. Just turn on the miniature cassette player and enjoy your competition as the bra constantly tells you, "You're the greatest — go out there and win, cookie!" Truly one of the most uplifting products for women to come along in quite awhile. Available at Radio Shack.

New Racquetball Joke Book by Tom Grobmisi promises to be the funniest ever. Over 200 original jokes about racquetball that you probably haven't heard before. To give you an idea, here are some of the punch-lines: Four! Two to play and two keep score!; Sorry, but you'll have to sleep with my trophies!; You weren't supposed to eat them!; Yes but, how do it know?; You should have seen the guy in Court 1 last nite!

Outrageous T's: Have your friends and foes rolling in the court with these witty, hilarious new T-Shirts. Specify small, medium, large, extra large, or obese, and order by number: 1. I like to racquetball. 2. I Ektelon without you very well. 3. Nuke the refs. 4. Honk if you love. 5. You're ugly and you smell, too. 6. I believe in equal rights for women, televised racquetball, and Santa Claus. 7. You won't find any fault with my service. 8. I love Tom Grobmisi.

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