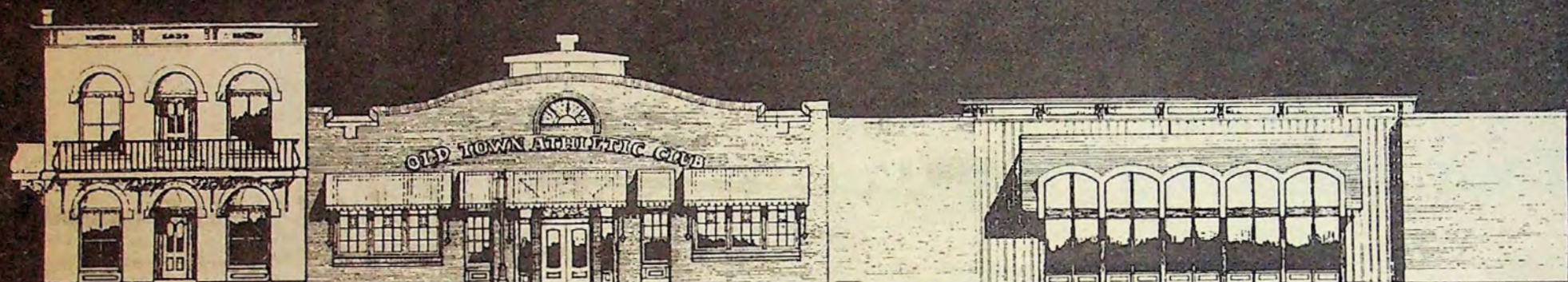


AARA National HQ to Relocate



The A.A.R.A. Board of Directors voted to relocate the National Headquarters to the National Amateur Sports Capitol of the United States, Colorado Springs, Colorado. The A.A.R.A., as well as the International Amateur Racquetball Federation, will be housed in the Old Athletic Club complex located in the historic district of Old Colorado City, Colorado Springs. The Old Athletic Club building is the oldest commercial structure in El Paso County and was built in 1859. Historically, it was the site of the first legislative meeting in Colorado. It was where the first Jarret Dump Truck was built and where the famous racing team of the Unser brothers built their first

race car. When the renovation is complete, in the summer of 1983, the complex will boast eight championship racquetball courts, two squash courts, full Nautilus, aerobic area, swimming pool, restaurant and lounge, running track and last, but not least, the National Headquarters of the A.A.R.A. and the international headquarters of the I.A.R.F., which now represents 27 countries participating in the sport. The structure will also house the national racquetball Hall of Fame and museum.

The complex, which will be the showcase total fitness facility in the United States, is the brain child of Ken Racht and John Mooney, co-owners and developers

in Colorado Springs. Colorado Springs boasts the location of the Olympic Complex. The Olympic Complex is comprised of three separate functions—a) Olympic House in which the operation of the U.S.O.C. is administered; b) Olympic training center in which our athletes are housed, fed and prepared for international competition; and c) the national sports building which houses the National Governing bodies which administer the amateur program for each sport which is a member of the U.S.O.C.

The A.A.R.A. sees the move to Colorado Springs not only as a major step in creating stability within the Association by taking advantage of the benefits of-

fered by the U.S.O.C., but also as an overt sign to the industry that the A.A.R.A. has assumed the leadership role in the development of racquetball in the United States.

In addition to the above benefits, the U.S. National Racquetball team will also be housed at the U.S.O.C. and trained at National Headquarters.

The move will further establish tradition and a sense of permanence in our sport with an open invitation for all A.A.R.A. members to come and visit not only the National Headquarters, but the developing Hall of Fame and museum. □

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The Eyes Have It!

In sports, the name of the game is keeping your eyes on the ball, puck, pins, clock, opponent(s), teammates and playing area boundaries. To do that fast and accurately with minimum energy expended, 20/20 eyesight and many other vision skills are extremely helpful.

20/20 Eyesight—The ability to see sharply and clearly at a distance is a definite asset for just about every sport. Golfers use good distance vision on tee and fairway shots to judge the distance to the green and the location of traps, trees, and roughs. Sharp distance vision also is very useful for reading the green on long putts.

Tennis players use it to watch the opponent, the ball, the net and the court lines. Both pin and spot bowlers utilize sharp distance vision for strikes and spares.

Distance vision can be blurred by nearsightedness and higher degrees of astigmatism and farsightedness. Doctors of optometry can prescribe eyeglasses, in-

cluding special sports eyewear, or contact lenses to compensate for these three vision conditions.

Dynamic Visual Acuity—It is one thing to see an opponent or ball sharply and clearly at a distance. It is quite another to see them sharply and clearly while they are in motion. That is what the vision skill of dynamic visual acuity is.

Doctors of optometry say dynamic visual acuity enables a player to move his or her eyes rather than head or body to follow the action. This is more efficient and puts less stress on the balance and nervous systems.

Dynamic visual acuity is an integral part of such sports as racquetball, with its five playing surfaces creating many different bounce angles; tennis, where the player, opponent and ball are all in motion at the same time; baseball/softball, where hitters face a ball in motion and de-

Continued Next Page

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Eyes From Page 1

fensive players must contend not only with the ball but also with base runners on the move; ice hockey, where the puck, sticks, opponents and teammates are in constant motion; and many other sports.

Many athletes with 20/20 or better visual acuity have had remarkably good results after sharpening their dynamic visual acuity through vision therapy, a program consisting of prescribed visual tasks learned under controlled conditions in the optometrist's office and practiced at home or on the field, court or rink.

For example, in one study, a college baseball player's batting average improved from .220 to .300, while another went from .186 to .250.

Peripheral (Side) Vision—The ability

"to see out of the corner of the eye" enables a player to maintain an awareness of what is going on around him or her while keeping the center of vision attention on the ball. It is a vision skill that can give athletes the extra edge needed to play many sports better.

On the tennis or racquetball court, for example, players find good peripheral vision beneficial to keep track of the movement and position of the opponent while keeping their eye on the ball to get into position to hit it. In tennis doubles, peripheral vision aids in spotting the partner's position, an important safety as well as playing factor.

Peripheral vision is very important in track to maintain awareness of competitors' positions. Turning the head to the

side to look at another runner can slow a runner down.

Doctors of optometry say sports participants can improve the use of their peripheral vision by practicing certain vision therapy procedures. In one study, for example, a pitcher improved his ability to keep runners from stealing bases. There are also procedures they can do on their own to improve visual abilities.

For example, in an unfamiliar room, point your eyes at one object and see how many other objects in the room you can identify without moving your eyes or head. Try this while walking down the street. Keep your eyes focused straight ahead and see how much your side vision can tell you about approaching pedestrians. With repeated practice, you will learn to make better use of your peripheral vision and your game should improve.

Depth Perception—The athlete's ability to quickly and accurately judge the distance between himself or herself and the ball, opponents, teammates, targets or boundary lines, as well as to accurately judge the speed, flight and curve of a hit or thrown ball, is based on depth perception.

This vision skill enables the athlete to know where to move to hit or field a moving ball; when to swing at or catch it; where to hit or throw the ball; and how hard to throw it. It is also a useful skill in helping to avoid running out of bounds or colliding with other players, spectators, officials, nets, fences, walls, etc.

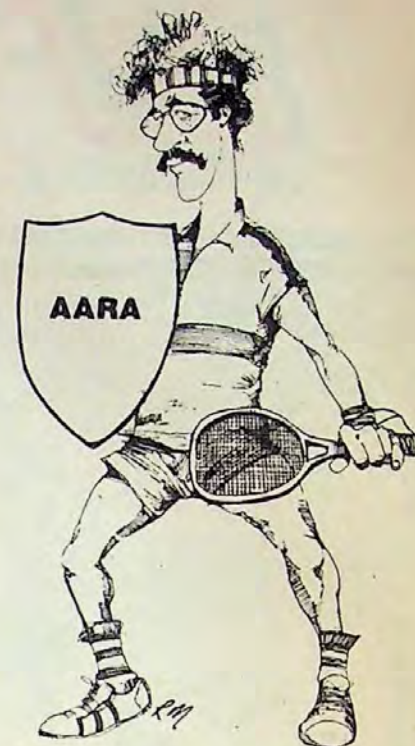
Tennis and racquetball players rely immensely on depth perception to hit a fast-moving, spinning, curving ball that may bounce erratically and to do so in a manner that will put the opponent at a disadvantage. Baseball/softball hitters have a similar need, although bounce is not involved. Poor depth perception may throw off any of these players' timing and can cause them to swing too early, too late, too high, too low, etc.

The best depth perception depends upon the two eyes working together as a team. During practice, try playing your sport for a few minutes with one eye closed. You will quickly see how difficult it is to judge distances and speeds when the brain gets information from one eye only. There are professional athletes, however, who have learned to do it.

Athletes can sharpen their depth perception with vision therapy procedures. Here is one to try at home.

Take two 3 x 5 inch index cards. Draw a fielder's glove on one and a baseball on the other. Place one on a wall at eye level and about three feet from the corner. Place the other at the same level and distance on the adjoining wall. Stand facing the card with the glove. Hold a small mirror in front of your face so that the reflecting surface is turned to the card with the baseball. Now angle the mirror to superimpose the image of the ball (as seen by your one eye) onto the center of the glove (as seen by your other eye). Do this until you master it. Then reverse the cards, do a 90 degree turn and start again. If both eyes are not working together, you may see only the baseball or only the glove.

Sometimes, an eye coordination problem occurs when one eye is much more nearsighted or farsighted than the other. In these cases, eye coordination and depth perception can probably be improved with prescription lenses and vision therapy. □



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How A Flexible Round Robin Can Help Your Training Program

By Lou Fabian

We're sorry Ms. Wright; your partner's child is sick today, when can we reschedule your league match? Oh!, Mrs. Pierosh; Marilyn Ross will be late, can you play your league match at 11:00 a.m. in lieu of 10:00 a.m.? I'm sorry, no, I have a doctor's appointment at 11:30 a.m. Do these and other problems occur during league play at your club?

The author has developed a system for running leagues, whereby these and other problems are eliminated. This system will provide your members with many happy healthy racquetball experiences. The same program structure will generate more lessons for the teaching pro and sell more court time for the club.

Traditionally, eight people are scheduled to play one match a week, at the same time and day every week, for seven weeks. This system is used by most clubs across the country, however, it is barely adequate to handle everyday problems which occur. The system employed by Judi Stadler, Manager-Pro at St. Clair Courts, which overcomes these problems is called a flexible round robin. Simply, a flexible round robin involves playing with several different partners each week. Each person plays a one game round robin with 3 other people during the same hour (i.e., 3-20 minute periods per hour). Then each week the eight people are rearranged (See Table I). By the end of seven weeks, every player has played every other player three times for a total of 21 games. League results are based on total game won-loss and ties broken by the head to head record. The members benefit by this system because they are guaranteed several partners each week they play. This system allows for no shows or lateness. If someone does not show up and a replacement is not available, the remaining people play the round robin with a bye. If someone is late, the others can begin and usually, someone can remain an extra 20 minutes to allow the late person to play the missed

game. In addition, mismatches in ability are over with quickly and allow the poorer opponent to prepare better for the next time they meet. Also, the flexible round robin format is a new experience for the players and helps keep their interest.

The teaching pro benefits because happy players seek to improve their game more than unhappy players. More lessons are generated from a program of this nature, especially if the pro is available for mini demonstrations prior to league play. The pro may be asked a question before the player begins play, and can watch the player in action and suggest a tip afterwards. This type of attention goes a long way to promote lessons.

The club benefits because their members play racquetball more frequently and for a longer period of time. People who improve in skill will remain racquetball players for many years to come. The attitude generated from this system makes programming easier during the difficult summer months.

Judi Stadler has added new meaning to the word flexibility during the summer period. Judi keeps over 2/3 of 150 women in the winter league playing racquetball all year round. During the summer, the leagues are restructured to palying a complete round robin every time they meet (two hours duration). Judi is able to maintain a round robin for various ability levels (novice, beginner, advanced beginner, intermediate, advanced intermediate) every day of the week. This system permits people to try different ability levels without giving a permanent commitment. In addition, no score is kept on the summer round robins, allowing the players to develop confidence. Also, Judi spices up the program by teaching the members a free ten minute lesson before they play. This allows the league members to learn and practice a new skill each week. Lastly, playing racquetball for fun is the principal goal of the summer program and everyone contributes to that end. □

TABLE I
FLEXIBLE ROUND ROBIN - EIGHT (8) ENTRIES

Weeks To Be Played	1, 3, 5	1, 3, 6	1, 4, 6	2, 4, 6	2, 4, 7	2, 5, 7	3, 5, 7
ROUND #	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Rnd. 5	Rnd. 6	Rnd. 7
PAIRINGS	1-8	1-7	1-6	1-5	1-4	1-3	1-2
	2-7	8-6	7-5	6-4	5-3	4-2	3-8
	3-6	2-5	8-4	7-3	6-2	5-8	4-7
	4-5	3-4	2-3	8-2	7-8	6-7	5-6

CALENDAR

AARA SANCTIONED EVENTS

DECEMBER 3-5

2nd Annual Big Brothers & Big Sisters
Westside Racquetball & Health Club
6500 Manatee Ave W.
Brandon, FL 33529
Jim Brown
813-355-2911

IAC Open Racquetball Classic (3)
Player's Racquetball & Fitness Club
38 Mill Plain Rd.
Danbury, CT 06810
Ken Ordway - Rob McKinney
203-748-9121

Mr. Steak Open (3)
Wallstreet Racquetball Club
3120 Bradshaw Rd.
Sacramento, CA 95827
Steve Hooker
916-363-4838

Natural Light Pro/Am (3)
Holiday Health & Racquet Club
Bangor, ME
Keith Mahoney
207-947-0763

Playoff Open (3)
East Providence Playoff
15 Catamore Blvd.
E. Providence, RI
Carl Gibeau
401-434-3600

Eastern Classic (3)
Woodbridge Racquet Club
295 Main St.
Woodbridge, NJ 07095
201-635-5000

Western Massachusetts Open (3)
Racquetball Club of Bousquet
Pittsfield, MA
Mike Meyer
413-442-3546

Mr. Steak Open Racquetball Tournament (3)
Wallstreet Racquetball Club
3120 Bradshaw Rd.
Sacramento, CA 95827
Steve Hooker
916-363-4838

RMHC Cystic Fibrosis Benefit (3)
Rocky Mountain Health Club
1880 Westland Rd.
Cheyenne, WY 82001
Steve Galasinni

Snow Flake Classic (3)
Racquet Barn Health Club
810 N. County Rd.
Valparaiso, IN 46383
Mike Richardson
219-762-3191

Pepsi Miller Lite 1st Annual Fall Classic (3)
1545 Helton Dr.
Florence, AL 35631
Don Haldeman-Boogie Stancell

DECEMBER 4-5

Mixed Doubles
Courts Royale
5505 Cherokee Ave.
Alexandria, VA 22304
Ray Simone
703-941-4848

DECEMBER 10-12

Holiday Open (3)
3 Weymouth Rd.
Enfield, CT 06082
Ken Navarro
203-745-2408

MAINE JUNIOR CHAMPIONSHIPS (2)
Hillside Health & Racquetball Club
South Paris, ME
Randy Olson
207-743-5133

Air Florida Open (3)
Warwick Playoff
2191 Post Rd.
Warwick, RI 02886
Norma Taylor
401-738-0833

Holiday Festival (3)
Pleasure Park
2303 Hwy 70 East
Hot Springs, AR 71901
Tom Wilkins
501-623-5559

Women's Open Singles (2)
Mt. Wachusett Racquet Club
Fitchburg, MA
Mike Luciw
617-345-0116

Second Annual Bluegrass Open (3)
North Park Racquetball Club
Lexington, KY
Janet Brumfield-Susan McDonald
606-231-7674

DECEMBER 17-19

Sands Hotel & Casino
East Coast Team Championships
Contact Al Seitelman for details
516-261-3257

Sportsworld
Pine Bluff, AR
For details contact Tom Wilkins
501-623-5559

Arthritis Foundation Racquetball Open (3)
Playoff Racquetball Club
Braintree, MA
Jim Daly
617-848-8080

Indiana State Doubles (2)
Kokomo Sports Center
111 Southway Blvd. West
Kokomo, IN 46901
Mark Morehead
317-455-0167

Maryland Farms Racquet & Country Club (3)
Brentwood, TN (Nashville)
Sheila Walker
615-373-5120

JANUARY 7-9, 1983

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

The Courts (3)
Fort Smith, AR
Junior tournament
For details contact Tom Wilkins
501-623-5559

County Squire Real Estate/
Bud Lite Open (3)
Mountain Valley Court Club
North Conway, NH 03860
Connolly Watson, Durkee
603-356-5774

Indy Open (3)
The Court Club
3455 Harper Rd.
Indianapolis, IN 46240
Mary Helen Irvine, Scott Pupahl
317-846-1111

Miller Lite March of Dimes Open (3)
Racquetball Plus
Burtville Ave.
Derby, CT 06418
Steve Bloom
203-736-9988

Greater Hartford Open (3)
Playoff Racquetball Club
800 Connecticut Blvd.
E. Hartford, CT
Brent Belz

JANUARY 14-16, 1983

NCRA Juniors Circuit (3)
Sacramento Handball & Racquetball Club
725 14th St.
Sacramento, CA 916-441-2977

RHODE ISLAND STATE SINGLES (2)
site to be announced
contact Ken Wild
401-278-2345

N C R A JUNIORS CIRCUIT
Sacramento Handball/Racquetball Club
725 14th St.
Sacramento, CA
Jose Phillips
916-441-2977

Second Annual Daniel Webster Classic (3)
The Works
Somersworth, NH 03878
Randy Kinzly
603-742-2163

Laramie Slim & Swim
Slim & Swim
411 So. 20th
Laramie, WY 82070
Ted Wiley

Arkansas Health World (North)
Little Rock, AR
Contact Tom Wilkins for details
501-623-5559

JANUARY 21-23, 1983

4th Annual Tiger Open (3)
Racquet Club
467 No. Dean Rd.
Auburn, AL 36830
Bob Huskey
205-887-9591

Ashland YMCA
Ashland, KY
606-324-6191

YMCA Doubles Tournament
YMCA—Louisville, KY
Sharon Russell
502-584-7886

Off the Wall
3100 Willowcreek Rd.
Portage, IN 46368
Michelle Sarkisian
219-763-2123

JANUARY 28-30, 1983

Lite 2nd Annual New Jersey Mixed Doubles (2)
Racquetball of Cedar Knolls
119 East Frederick
Cedar Knolls, NJ 07927
201-267-2686

Michigan Intercollegiate
Lansing, MI
Dennis Wood
517-377-5802

FEBRUARY 4-6, 1983

Women's 1983
site to be announced
contact Ken Wild
401-278-2345

FEBRUARY 11-13

Greater Hartford Open (3)
Playoff Racquetball Club
800 Connecticut Blvd.
E. Hartford, CT
Brent Belz
203-568-4227

Racquetball Plus
Shelbyville Road
Louisville, KY
Paul Williams

N.C.R.A. Junior Racquetball Circuit (2)
Supreme Courts
3033 Alvarado
San Leandro, CA 94577
Brian Straight

Full Court Club
3501 Chadam Ln.
Muncie, IN 47305
Jim Bartlett
317-286-0676

St. Valentine's Day Open (3)
North Valley Racquetball Center
480 Rio Lindo Ave.
Chico, CA 95926
Scott Schofield
916-891-4700

FEBRUARY 18-20, 1983

Cornershot's Winter Blues Open (3)
Cornershot
Regina Ricci
401-781-1650

Do It in Sacramento
Wall Street Racquetball Club
3120 Bradshaw Rd.
Sacramento, CA 95827
Steve Hooker
916-363-4838

Miller Lite AMF Open (3)
Off the Wall Racquet & Fitness Club
Portsmouth, NH 03801
Steve Marcotte
603-431-1430

Maine State Intercollegiate
Racquetball of Southern Maine
Rt 4
Sanford, ME 04073
207-284-5953

FEBRUARY 25-27, 1983

Music City Racquetball Tournament (3)
Y M C A
1000 Church St.
Nashville, TN 37203
Frank Burkholder - Steve Tarver
615-254-0631

Kentucky State Doubles (2)
Ron Babkoff
502-587-6866

Washington State Singles (2)
Bill Gillespie
206-622-6366

Alabama State Singles (2)
Court South Racquet & Fitness Club
100 Olde Towne Rd.
Vestavia Hills, AL 35216
Bob Huskey-Bill Humber
205-745-6295

FEBRUARY 26-27, 1983

CONNECTICUT STATE INTERCOLLEGIATES (2)

contact Scott Eliasson for details
203-649-0597

MARCH 4-6

Connecticut State Championships (2)
Cedar Hill Racquetball Club
375 East Cedar St.
Newington, CT 06111
Scott Eliasson
203-666-8451

Matchpoint Health & Racquet Club
205 W. Edison Rd.
Mishawaka, IN 46544
Fran Mamula
319-255-9601

Salem Exchange Club
Salem Racquetball Club
Salem, NH 03079
Tom O'Dwyer-Al Parchack
603-893-8612

MARCH 14-16, 1983

NCRA Juniors State Championships
Scott Jensen
707-253-1266

MARCH 25-27, 1983

Eazor Racquettime of Monroeville
Candy Eazor
Duff Rd. & Old Wm. Penn Hwy.
Monroeville, PA 15146

N.C.R.A. Junior Racquetball Circuit-State Cham-
pionships (2)
Quail Lakes Athletic Club
2303 W. March Ln.
Stockton, CA 95207
Jim Moscatelli

Spring City Open (3)
Central Branch YMCA
400 E. Moorehead St.
Charlotte, NC 28202
Virginia Vaughn
704-333-7771

Kentucky State Singles (2)
Ron Babkoff
502-587-6866

MARCH 11-13

North Park Spring Open (3)
North Park
Lexington, KY
606-231-7674

MARCH 18-20

Shamrock Open (3)
Racquetball Plus
6220 Butler Ave.
Indianapolis, IN 46220
Pete Gundy
317-257-7348

St. Patrick's Day Open (3)
Playoff Racquetball Club
800 Connecticut Blvd.
E. Hartford, CT
Brent Belz
203-568-4227

"UpperCrust" WMW/WBNC
Miller Lite Open (3)
Mountain Valley Court Club
North Conway, NH 03860
Connolly, Watson, Durkee
603-356-5774

APRIL, 1983

Benefit Special Olympics
Racquettime of Greensburg
101 Sheraton Dr.
Greensburg, PA 15601
Bruce Turchetta
412-832-7050

APRIL 1-3

March of Dimes Open (3)
Off the Wall Racquet & Fitness Club
Portsmouth, NH 03801
Steve Marcotte
603-431-1430

APRIL 8-10

Executive Court Club Spring Open (3)
Executive Court Club
Manchester, NH 03108
Mary Dee
603-668-4753

APRIL 22-25, 1983

AARA Junior Regionals
California
Scott Jensen
707-253-1266

This is a listing of AARA-sanctioned events

- (1) - 1st level tournament
- (2) - 2nd level tournament
- (3) - 3rd level tournament
- (4) - 4th level tournament
- (5) - 5th level tournament
- (6) - 6th level tournament

*To put your tournament on this
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NEW DIRECTIONS

BY LUKE ST. ONGE — EXECUTIVE DIRECTOR

The unsung heroes of our sport are those dedicated volunteers who work untiringly for the betterment of racquetball through their state and regional associations. Four years ago, the direction of the Association was changed to place the major emphasis towards expansion of the membership thus allowing the A.A.R.A. to operate independently of manufacturers and special interest groups. We are now beginning to see the fruits of this hard, upward road and we would like to make special recognition of the top 20 states in order of A.A.R.A. membership:

California under the direction of Scott Jensen, Richard Bruns and Regional Director, Ed Martin top the parade of states. **Massachusetts** under the direction of

Maureen Henrickson comes in a close second and boasts over 38 sanctioned events in 1982-83. This is a tremendous feat in that Massachusetts is one of the smallest states racquetball-wise in the country.

New York under the direction of Al Seitelman is a strong third.

Number 4 up from the number 6 position is the state of **Florida** under the able leadership of Van Dubolsky.

Pennsylvania under Lou Fabian has been in the top ten for five years and is currently 5th.

Tennessee under Bill Branta is a new comer to the top ten and is ranked 6th.

New Jersey, with state director Jon Denley, is ranked a strong 7th and should move up in the months to come.

Texas, presently being reorganized under Bruce Hendin, is 8th.

Sparsely populated **Maine**, under the dynamic leadership of John Bouchard, has broken into the top ten for the first time ever in 9th place.

Illinois ranked number 10 is directed by Ray Mitchell.

The second 10 shows **Washington** under Bill Gillespie a strong Number 11 and a resurging **Michigan** under Dennis Wood falling into 12th place. 13th is **Connecticut** under Scott Eliasson with **Georgia** lead by Jim Cullen, 14th.

The small state of **New Hampshire** led by Tom O'Dwyer and Lance Bloom are now 15th.

Oregon, under Dennis Hubel, is 16th, while newly affiliated **Colorado**, under John Foust, is in the 17th position. Mike Dimoff's **North Carolina** association holds down the 18th place with the newly affiliated **Ohio** association, under Jerry Davis, ranked 19th.

Missouri, under Bob Hardcastle, rounds out the top 20.

On the State Director's page of *A.A.R.A. Racquetball in Review* we list the top ten states by membership each month. You, as a member, can readily see the performance of your state organization. All of our state and regional directors should receive our thanks for a continuing job well done and if your state does not rank in the top 20 lend them your help to get there. If your state ranks in the top 20, push them towards the Number 1 spot. □

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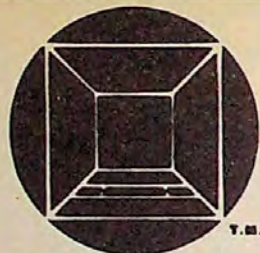
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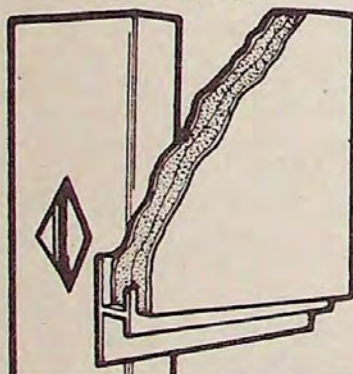
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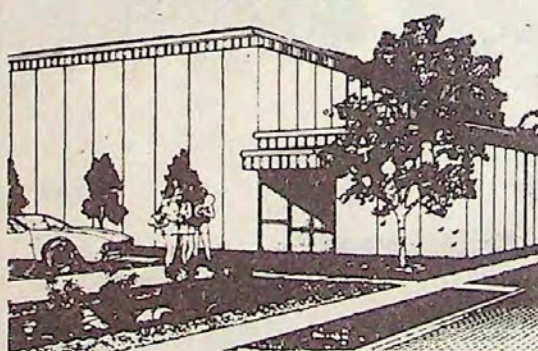
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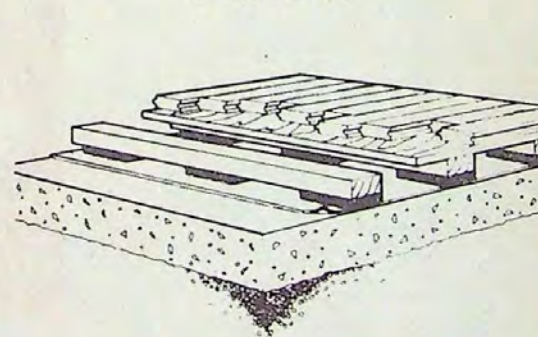
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STATE / REGIONAL / & NATIONAL NEWS

Gary Martin—Milford, Delaware, has replaced D.C. Lantz as state director in Delaware. The Ohio Racquetball Association has officially affiliated with the A.A.R.A. **Jerry Davis**, Shaker Heights, OH, will continue as our state director. **Gene Gibbs** and **Bob Brooks**, Boise, ID have become co-state directors in Idaho replacing Wayne Weirum. Congratulations to the following state and regional directors on excellent programs now underway: **Bill Gillespie**, WA; **Jon Denley**, NJ; **Al Seitelman**, NY; **Maureen Henrickson**, MA; **Mike Arnolt**, IN; **Lou Fabian**,

PA; **Ken Wilde**, RI; **Scott Eliasson**, CT; **Van Dubolsky**, FL; **Scott Jensen**, CA; **Ray Barrett**, VA; **John Foust**, CO; **John Bouchard**, ME; **Dennis Wood**, MI; **Bob Ruckman**, WY; **Dennis Hubel**, OR; **Tom O'Dwyer**, NH; **Bob Huskey**, AL; **Tom Wilkins**, AR; **Ron Babkoff**, KY; **Kevin Becker**, WV. New Commissioner in Region #6 is **Steve Boswell** of the Linden Oaks Racquetball Club in Gladstone, Missouri. **Any one interested in helping their state organization contact Luke St. Onge at 901-761-1172.**

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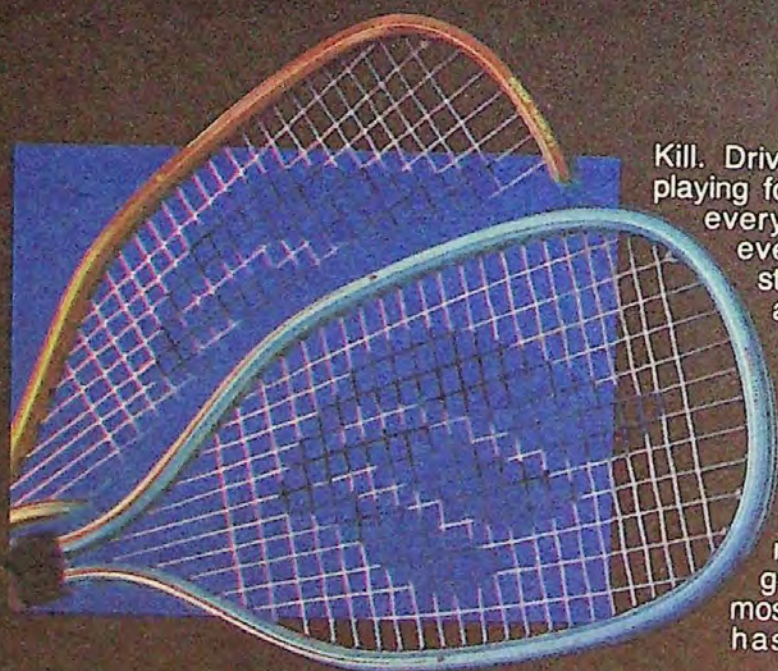
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WINNING POINTS

by Mike Yellen

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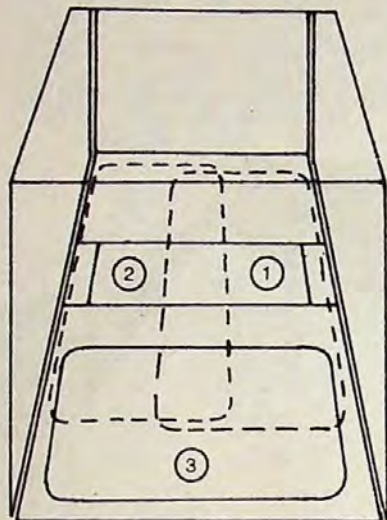
Racquetball's Most Effective Weapon

The kill shot is absolutely the most effective offensive weapon a racquetball player can command. The receiver has to strain to get low to retrieve it and must always be on his toes, constantly anticipating where, when, how fast, and how low you'll shoot.

Kill shots can be attempted from virtually anywhere on the court. One does, however, have a better chance of killing the ball in the vicinity of the service zone. The reason for this is that your opponent will most likely be behind you, and therefore, farther from the ball. There is also a disadvantage here, that is, that it will be more difficult to know which way your opponent is leaning.

There are no definite do's or don'ts regarding where to shoot. There is, however, a good rule to follow: put the ball where your opponent is not. Even if you're hitting 85 percent of your kills, you're bound to leave some hanging. If your shot is bad but far enough from your opponent, it may still work as a passing shot.

When attempting a kill, the key word is "patience." You must let the ball fall below the knees (as low as you can), before hitting. The object is to keep the ball low, from your racquet to the wall, and after that gravity will do the rest.



Zones 1 and 2 detail where a vast majority of kill shots should be hit. Zone 3 is for passes, drives and ceiling shots.

The basic reason for shooting the ball at a very low point is so the ball will stay low. If one shoots from the hip, for instance, in an attempt to make the ball hit the front wall low, the ball will be moving at such a great angle that it will bounce fairly high. The higher it bounces, the easier it will be for the opponent to retrieve.

Wait; be patient; don't rush; and when the ball is in place, smack it with an open

Continued On Page 12

PLAYING THE ANGLES

Geometry CAN Help

In racquetball, court strategy and court position are always spoken in the same breath. In most cases, if you could talk a little longer the words "Playing the Angles" would find their way out of your mouth.

Racquetball is really a course in geometry. In a rectangular box 20 feet wide, 20 feet high and 40 feet long, figuring out where a speeding ball will bounce off walls is really a matter of mathematics.

Now I know some of you smart alecks are saying, "Yea, for my next match, I'm going to bring a pencil, piece of paper and protractor on the court. That should really help me win." The truth is, many players put themselves at an extreme disadvantage by not understanding the basics of a bouncing ball.

The obvious key to controlling a rectangular court is staying in the middle—maintaining the all-important center court position. For those new to the game, center court position is defined as one or two steps behind the short service line and a step or two to either side.

From there, you can cut off passing shots and retrieve down-the-line passes. It also allows for maximum visibility of the game's angles, particularly, side-wall, front-wall and side-wall, front-wall, side-wall shots.

One of the most common mistakes in "Playing the Angles" often happens on those side-wall front-wall, side-wall shots. Instead of anticipating where the shot will land and moving to get there, many beginners will follow the ball around the walls, swinging wildly as it passes by.

Proper racquetball technique stresses a solid stance when racquetball contact is made. If you're chasing three-wall shots, your stroke is suffering a basic illness.

In another instance, many beginners or intermediate players try to "scoop" two-wall balls that have either buried themselves in a corner of the backcourt or stayed very close to the backwall.

The technique here is not to rush in and flail away, but to watch the flight of the ball and get around it. By that I mean, if a

ball hits deep off the sidewall and angles into the corner, don't try to hit it on the fly. Wait, watch the angle, get around the ball, then hit your shot.

Many players make the mistake of "freezing" when they see two and three-sided shots. Their first movement seems to come after the shot is finished. They react, instead of acting.

To play the angles you have to move your feet. Don't rush around like a chicken with your head cut off. Rather, stay loose, gauge the shot, then move to a probable point of racquet impact.

To many, impact on angle shots is another problem. They hit shots too close to their body, or in baseball talk, they get jammed. The reason is they can't calcu-

late quick enough where the ball might land. More often than not they overadjust, going too far into the ball. That shortens their stroke and cuts down on the offensive action they can take.

How do you know where the ball is going to land? If players knew that, there wouldn't be much fun to racquetball. But the best angle players, like my Ektelon teammate Dave Peck, have done it over the years with practice.

When you get on a court by yourself, spend 20 minutes with geometrics. Hit balls into the corners. See which way they angle off. Play the sidewalls. See how if you change your shot angle from the backcourt, you open or close your

Continued On Page 12

WALLPAPER

Don't Let It Hang You Up

The wallpaper ball, it's one of the most racquet-twisting, knuckle-scraping experiences in racquetball. When your opponent is on the receiving end, it's just great. But, when you are, wallpaper is a synonym for pure frustration.

Most racquetball glossaries define the wallpaper ball simply as, "A shot that travels very close to the sidewall on the way to the back wall."

There's nothing simple about wallpaper, though, regardless of which side of the shot you're on.

The wallpaper ball can travel toward the back wall at any height. Usually it comes off the front wall at a perfectly acceptable height and pace that, if it were just a couple of inches nearer to center court, would make it a plum. A player has only about a one-in-five chance of making a decent return of a wallpaper ball, though.

It may be slow and it may be high, but the ball also is glued to the sidewall as it travels into back court, giving the player virtually no room for error in his swing.

Usually, a player faced with wallpaper will try to hit it too hard, hoping to overcome the ball's contrariness by blasting it off the wall. Even if he hits the ball, which seldom happens, the player can't hope to control his shot under these difficult circumstances. The result is an easy return for his opponent.

A second aggravating characteristic of wallpaper is that it doesn't always stay on the wall. The ball may hug the wall all the way into the back court only to knick it slightly and jump off the wall just as the player is about to hit it.

It's this kind of behavior that can send you up the wall if you are trying to handle one of these shots, but you can improve your chances of a decent return if you can keep your cool.

You don't have to change shots for a wallpaper return, just attitude. When you see the ball sliding back along the wall, it should be a signal to you to switch into low gear.

Make up your mind that you are going to hit a ceiling ball, because any attempt at an offensive return will probably just get you into trouble. Also realize that you will not have a full swing because the wall is going to be in the way. Then too, the ball may jump out at you so position yourself far enough away from the wall to be able to handle it if it does.

Think of your racquet as a big spatula and try to scoop the ball off the wall and up to the ceiling instead of trying to hit it. Quadriform or modified quadriform shaped racquets work best on this particular shot because their heads are flatter and, therefore, slide along the sidewall better. The emphasis on control that you put into your stroke, however, is more important than the shape of your racquet.

As easy as it is to describe, of course, the wallpaper ball is just that hard to execute. In fact, it's probably the hardest shot in racquetball and you'll want to put in some practice time to get your self used to the wall.

That's the bad news about wallpaper. The good news is that you can put your opponent in this difficult position with any luck.

Of course, you can't hit wallpaper shots with anything approaching the frequency of your other shots. You can improve your chances for this point winner, though, with proper attention to your down-the-line drives.

You don't have to be right against the sidewall to have your shot rebound close to it, although closer is better in most cases. Even a crosscourt pass can come

Continued On Page 12

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TOURNAMENT RESULTS

NATURAL LIGHT OPEN

For the fifth straight year Davison Racquet Club, Davison, MI, was host for the highly successful Natural Light Open. Mike Yellen, for the fourth time, defended his Natural Light title by defeating the surprising Corey Brysman from Los Angeles, CA. Brysman was definitely the upset favorite from the very beginning. In his first match, against number two seed Breet Harnett of Las Vegas, Brysman eliminated the stunned Harnett in three games straight 11-9, 11-9, 11-7. Harnett seemed to be still affected from his long trip and the losing of all his racquetball equipment by the airlines. Brysman then went on to defeat John Moshides of New York and met Doug Cohen in the semi finals. Once again Corey played with great confidence and poise and defeated Cohen 11-9, 6-11, 11-8 11-4. Mike Yellen made his way to the finals by beating Mike Ray, Atlanta; Mike Levine, New York; and Don Thomas, San Diego all in three games straight. In the finals Mike's experience and poise proved too much for Corey. Although unusual for playing in Michigan, the home crowd was split between the underdog Brysman and the hometown Yellen. Yellen arrived, followed by his entourage of 20-30 friends and relatives. Although Corey was able to win the second game, Yellen's great serving and passing game proved too much for Brysman and defeated Corey 11-1, 5-11, 11-2, 11-1. Yellen took home \$4,000 and Brysman \$2,000 donated by the sponsor, Natural Light Beer. The mens open division consisted of the best field ever assembled in Michigan. With state champions from Georgia, Michigan, Ohio, New York and Ontario, Canada; the competition was fierce and exciting. Brysman, playing in two divisions made it to the semis, where he forfeited to Ralph Hackbarth of Canada, in an effort to reserve his energy for the pro finals. With \$2,000 in the open division, the entrants had more than the title at stake. The finals saw number one ranked Larry Fox of Ohio meeting number three seed Mike Ray of Georgia. In what everyone agreed was the best match of the tournament, in both skill and sportsmanship, Ray went on to defeat Fox 21-11, 17-21, 11-9. A standing ovation awaited the winner Ray, along with a check for \$600, donated by Lewerenz Sports Clinic, Detroit, MI. Debbie Erhart of Michigan defeated Dina Pritchett of Indiana in the Ladies Open final. Debbie really had very little trouble and won in two games straight 21-5, 21-4 to take home the \$300 first prize.

Natural Light Open is highly regarded by both professional and amateurs as a great way to start the season. With over \$12,000 in cash awards, \$3,000 in amateur prizes and great hospitality the Natural Light Open has become the premier racquetball event in Michigan.

NATURAL LIGHT OPEN DAVISON RACQUET CLUB DAVISON, MI AUGUST 27, 28 & 29

MEN'S PRO: 1. Mike Yellen 2. Cory Brysman 3. Don Thomas 4. Doug Cohen; MEN'S OPEN: 1. Mike Ray 2. Larry Fox 3. Dave Eagle 4. Ralph Hackbarth; MEN'S A: 1. J. Santino 2. M. Ceresia 3. G. Gallagher 4. K. Marks; MEN'S B: 1. M. Zwierzchowski 2. N. Burness 3. D. Sutton 4. I. Thompson; MEN'S C: 1. M. Galamb 2. A. Tackett 3. S. Farrel 4. P. Bell; MEN'S D: 1. J. Rakocia 2. D. McIntyre 3. L. Boggs 4. J. Taylor; WOMEN'S OPEN: 1. D. Erhart 2. D. Pritchett 3. L. Ecker 4. C. McFetridge; WOMEN'S B: 1. N. Foster 2. M. Mollenkamp 3. S. Anderson 4. C. Cohen; WOMEN'S C: 1. C. Adams 2. S. Kurth 3. M. Goss 4. L. Fox; WOMEN'S D: 1. J. Carson 2. R. Franz 3. S. Huczek 4. D. Green; MEN'S 35+: 1. C. Jackson 2. T. Kolassa 3. C. Caravalia 4. R. Robey; MEN'S 40+: 1. Fred Lewerenz 2. L. Douglas 3. D. Cummins 4. L. Pritchett; MEN'S 50+: 1. L. Hahn 2. H. Chambers 3. L. Stemple 4. A. Micelli; JUNIOR'S 16: 1. A. Pugh 2. G. Thompson 3. J. Juron 4. A. Metas.

SUMMER CLASSIC BUHL CLUB SHARON, PA

MEN'S OPEN: Jeff O'Malley d. Jimmy Leone; MEN'S B: Don Stevenson d. Dave Wagner; MEN'S C: Carl Patrizi d. Dennis Kroskey; MEN'S NOVICE: Eric Ganano d. John Corcoran; MEN'S OPEN DOUBLES: Gene Rodgers/Bob Olivier d. Carl Patrizi/Jeff O'Malley; WOMEN'S OPEN: Jan Peterson d. Kim Conti; WOMEN'S B: Jane Patterson d. Beth Kolby; WOMEN'S C: Judy George d. Mary Kaye Earley; WOMEN'S NOVICE: Jill Shank d. Debbie Chilcott; OPEN MIXED DOUBLES: Jeff O'Malley/Jan Peterson d. Jim Leone/Jane Patterson.

THE PRE-SEASON OPEN MOUNTAIN VALLEY COURT CLUB NO. CONWAY, NH 03860 AUGUST 14 & 15

MEN'S A: John Marsden, Conway, NH; Carl Fitzgerald, Portsmouth, NH; John Connolly, N. Conway, NH; Steve Marcotte, Portsmouth, NH; Karl VonOldenburg, Nashua, NH; MEN'S B: John Gillooly, W. Bridgewater, MA; Carl Fitzgerald, Portsmouth, NH; Bob Sullivan, N. Conway, NH; Mark Evans, N. Conway, NH; Bob Miano, Tewksbury, MA; MEN'S C: Bill Pope, Camp Hill, PA; Dave Demerk, N. Conway, NH; Roy Prescott, N. Conway, NH; Bob Miano, Tewksbury, MA; Dave LaPointe; MEN'S NOVICE: Tim Tuttle, N. Conway, NH; John Dick-

son, Conway, NH; Jim Soroka, Conway, NH; Tom Barbour, Conway, NH; Dike Godin, Sanford, MA; WOMEN'S A: Diane Cianciolo, N. Conway, NH; Becky McGregor, N. Conway, NH; Ivy Ward, Conway, NH; Gloria Coco, E. Hartford, CT; WOMEN'S B: Leigh Clancy, Freedom, NH; Becky McGregor, N. Conway, NH; Diane Cianciolo, N. Conway, NH; Marion Whittier, Conway, NH; WOMEN'S C: Marion Whittier, Ctr. Conway, NH; Leslie Sullivan, N. Conway, NH; Kerry Guptik, Glen NH; Sally Erickson, Conway, NH; Chris Gainty, Dover, NH; WOMEN'S NOVICE: Cindy Tuttle, Laconia, NH; Joan Gartland, Malden, MA; Janet Durkee, Conway, NH; Sheila Baddley, Freedom, NH.

SECOND ANNUAL COURTHOUSE CLASSIC THE COURTHOUSE JOHNSTOWN, PA SEPTEMBER 10-12

MEN'S AA: Ruben Gonzalez, NY; Larry Fox, OH; Jim Cascio, NJ; Jack Newman, IL; MEN'S A: Kevin Pillion, IN; Craig Powell, MD; Hugh Klien, PA; John Greer, NY; MEN'S B: Frank Soltis, PA; Joe Just, PA; Steve Goldstein, PA; Rick Wissinger, PA; MEN'S C: Rick Wissinger, PA; Randy Thomas, PA; Josh Cooper, IN; Gary Kramer, WV; BOYS 12 & UNDER: Lee Lewis, IN; Rory McCutcheon, PA; Brian Jorgensen, WA; Russell McCoy, PA.

EKTELON/LITE CHAMPIONSHIP EKTELON, LITE BEER, WINDSURFER, FOOTJOY MVAC-MID VALLEY ATHLETIC CLUB RESEDA, CA AUGUST 5-8

OPEN SINGLES: Cory Brysman, Dan Massari; MEN'S A: Mike Bell, Gary Gullette; MEN'S B: Ty Miller, Dave Diaz; MEN'S C: Ron Eshel, R. Gurcinas; MEN'S NOVICE: Bob Conte, Steve Salazar; MEN'S SENIOR: Mickey Bellah, Gordon Cohen; MEN'S MASTERS: Lee Pretner, Bo Radford; OPEN DOUBLES: John Mack and Dan Massari; Cory Brysman and Steve Gartrell; MEN'S B DOUBLES: Montano and Barragan, Clark and Layton; MEN'S C DOUBLES: Kinzelberg and Eshel; Moulton and Gonzalez; WOMEN'S B: Mae Chin, Ann Tesorio; WOMEN'S C: Claudine Allen, Rita Bucher; WOMEN'S NOVICE: Krystal Toon, Linda Boreustein; ADVANCED MIXED DOUBLES: Estes and Jones; Ladanayi and Gossick; RECREATIONAL MIXED DOUBLES: Stanley and McNalley; Spanos and Anderson.

FIRECRACKER OPEN KINGS COURT ERIE, PA JULY 2-4

MEN'S OPEN: 1. Oliver, 2. Rodgers, 3. Morris, 4. Wagner; MEN'S B: 1. Hahn, 2. Stevenson; MEN'S C: 1. Abate, 2. Baum; MEN'S NOVICE: 1. Curtin, 2. DeWolf; WOMEN'S OPEN: 1. Conti, 2. Auditori; WOMEN'S B: 1. Snyder, 2. Earley; WOMEN'S C: 1. Adams, 2. Beck; WOMEN'S NOVICE: 1. Wursch 2. Colluzzi; MEN'S 35+: 1. Slozat 2. Failla; BOYS 16: 1. Baum 2. Omelian;

BOYS 12: 1. Lewis, 2. Beck

THE BEACHCOMBER OPEN THE COURT YARD SACO, ME JULY 30-31

MEN'S OPEN: 1. Scannell, 2. St. Pierre, 3. Bourgue, 4. Loisel; MEN'S B: 1. Theil, 2. Spugnardi, 3. Farrell, 4. Karler; MEN'S C: 1. McFarland, 2. Diamond, 3. Maggio, 4. Cochran; MEN'S NOVICE: 1. Secondiani, 2. Bouchard, 3. Carmichael, 4. Godin; MEN'S 45+: 1. Payne, 2. Falkenstrom, 3. Trask, 4. Chaplin; MEN'S 35+: 1. Crim, 2. Isenberg, 3. Gagne, 4. Magalnick; WOMEN'S OPEN: 1. Callahan, 2. Ehrlich, 3. Graham, 4. Burke; WOMEN'S B: 1. Brown, 2. Findler, 3. Truman, 4. Bakey; WOMEN'S C: 1. Grossvenor, 2. Pelczar, 3. Nash, 4. Pettetier; WOMEN'S NOVICE: 1. Williams, 2. Patterson, 3. Caswell, 4. Persson; MEN'S OPEN DOUBLES: 1. Loisel/Tito, 2. Scannell/Destochers, 3. Garder/Tarling, 4. Crim/Magalnick; WOMEN'S OPEN DOUBLES: 1. Burke/Callahan, 2. Eon/Graham, 3. Carr/Olson, 4. Kelly/Mignon

NORTHEASTERN PENNA. RACQUETBALL CHAMP. BIRCHWOOD RACQUETBALL CLUB CLARK SUMMIT, PA JUNE 4-6

MEN'S OPEN: 1. Capolopo, 2. Shaikh, 3. Barret, 4. Cook; MEN'S B: 1. Culp, 2. Napkori, 3. Pettinato, 4. Berger; MEN'S C: 1. Ecker, 2. Leon, 3. Tomlin, 4. Monsey; OPEN DOUBLES: 1. Barret/Sabalesky, 2. Pettinato/Plantholt, 3. Cook/Culp, 4. Shaika/Napkori

FLORIDA SUNSHINE GAMES FINALS JULY 24-26

MEN'S OPEN: 1. Hanson, 2. Gautier, 3. Adkins, 4. Cottrill; MEN'S 19-24: 1. Gautier, 2. Hanson, 3. Ramos, 4. Morris; MEN'S 25+: 1. Adkins, 2. Zetrouver, 3. Jones, 4. Rolling; MEN'S 30+: 1. Serbia, 2. Zetrouver, 3. Kelly, 4. Dubolsky; MEN'S 35+: 1. Serbia, 2. Desormey, 3. Hanley, 4. Shook; MEN'S 40+: 1. Ross, 2. Kramer, 3. Vlock, 4. Swanson; MEN'S 45+: 1. Ira, 2. Mojer, 3. McCalley, 4. Winter; BOYS 18: 1. Ira, 2. Schneider, 3. Navab, 4. Fox; BOYS 16: 1. Nichols, 2. Schneider, 3. Urebtul; BOYS 14: 1. Lee, 2. Potter, 3. Wallace, 4. Lardizabal; WOMEN'S OPEN: 1. Lyons, 2. Mildenerberger, 3. Pinnell, 4. Morgan; WOMEN'S 19+: 1. Mildenerberger, 2. Hunt, 3. Crist, 4. Midget; WOMEN'S 25+: 1. Pinnell, 2. Livingston, 3. Sotezlo, 4. Bedell; WOMEN'S 30+: 1. Maxwell, 2. Lewis, 3. Hodge, 4. Rotundo; WOMEN'S 35+: 1. Siegler, 2. Serabia, 3. Spiege, 4. Laney; WOMEN'S 40+: 1. Schmitt, 2. Serbia, 3. Swanson, 4. Knudsen; GIRLS 18: 1. Friedman, 2. Winter, 3. Price, 4. Townsend; GIRLS 16: 1. Friedman, 2. Winter, 3. Ginsberg, 4. Sprout

Continued On Page 12



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SCORECARD

(Continued From Page 11)

1982 PEPSI CHALLENGE OPEN

BACK BAY RACQUET CLUB

MA

JULY 30/AUGUST 1

MENS OPEN: 1. Vierra, 2. Aceto, 3. Manditch, 4. Fissette; MENS B: 1. Faherty, 2. Stone, 3. Gill, 4. Schimmel; MENS C: 1. Dupuis, 2. Maguire, 3. Boudreau, 4. Raymond; MENS NOVICE: 1. Wong, 2. Siegelman, 3. Milla, 4. Johnson; MENS 35+: 1. Lucin, 2. Indelicato, 3. Miller, 4. Kerman; MENS 45+: 1. Solio, 2. Lebrasseur, 3. LeCompte, 4. Brophy; WOMENS OPEN: 1. Higgins, 2. Bryant, 3. Alba, 4. Low; WOMENS B: 1. Paylor, 2. Harber, 3. Gikas, 4. Cariddi; WOMENS C: 1. LeCompte, 2. Moylan, 3. Ransom, 4. Rugen; WOMENS NOVICE: 1. Hess, 2. Steinberg, 3. Lucks, 4. Nassberg

MIDCOURT SUMMER SIZZLER

MID COURT

STUART, FL

JULY 16-18

MENS OPEN: 1. Cuillo, 2. Fernandez, 3. Caldwell, 4. Stiff; MENS B: 1. Ouellette, 2. Scimech, 3. O'Flarity, 4. Cowher; MENS C: 1. Cusano, 2. Stoer, 3. Storey, 4. Chambley; MENS NOVICE: 1. Gray, 2. Kinne, 3. Salvi, 4. Davenport; MENS 35+: 1. Cornacchio, 2. Ingalsbe, 3. Widmer, 4. Bailey; MENS 40+: 1. Gowing, 2. Harman, 3. Kepp, 4. Pearman; MENS A DOUBLES: 1. Cuillo/Fernandez, 2. Ingalsbe/Ceravolo, 3. Shadley/Shadley, 4. Stiff/Farrell; MENS B DOUBLES: 1. Mollenberg/Spence, 2. Andrews/James, 3. Macewan/Fitzgerald, 4. Ferguson/Navitsky; WOMENS B: 1. Backer, 2. Uhl, 3. Mang, 4. Carmody; WOMENS C: 1. Verona, 2. Chioote, 3. Coen, 4. Prohn; WOMENS NOVICE: 1. Moore, 2. Kerr, 3. Rovlette, 4. Evans; MIXED DOUBLES: 1. Ingalsbe/Backer, 2. Scimeca/Elias, 3. Cornacchio/Smith, 4. Andrews/Mang; BOYS 14: 1. Harman, 2. Fedele, 3. Bailey, 4. Rubino

THE VACATIONLAND OPEN

THE COURT YARD

SACO, ME

AUGUST 13-14

MENS OPEN: 1. Olson, 2. Bouchard, 3. Eddy, 4. Laliberte; MENS B: 1. Dicara, 2. Collette, 3. Spugnardi, 4. Joslyn; MENS C: 1. Maggio, 2. Baker, 3. Falkenstrom, 4. Noonan; MENS NOVICE: 1. Fontaine, 2. Robert, 3. Lennox, 4. Fother; MENS OPEN DOUBLES: 1. Bouchard/Olson, 2. Eddy/Laliberte, 3. Dow/Tibbets, 4. Spugnardi/Spugnardi; WOMENS OPEN: 1. Olson, 2. Eon, 3. Smith, 4. Thibault; WOMENS B: 1. Lawruk, 2. Lemieux, 3. Dumont, 4. Gagnier; WOMENS NOVICE: 1. Kent, 2. Henke, 3. Cole, 4. Jalbert

4TH ANNUAL WHITE ROSE CLASSIC

SAWMILL EAST

YORK, PA

OCTOBER 1, 2 & 3

MENS OPEN: Jim Cascio, Bricktown, NJ d. Rueben Gonzales, Staten Island, NY; MENS SENIORS: Ed Remen d. Al Ginsburg; MENS A: Cliff Swain d. Mark McCarthy; MENS B: Mike Myers d. Bob Phillabaum; MENS C: Warren Riecke d. Joseph Walters; MENS DOUBLES: H. Klein/D. Obrenski d. C. Horton/P. Panarella; WOMENS A: Dot Fischl d. Pat Dorsheimer; WOMENS B: Jody Landis d. Andrea Turo; WOMENS C: Sharon Hershey d. Judy Schrecker

1ST ANNUAL SUMMER OPEN

CLUB NORTH

MAINE

JULY 10

MENS OPEN: 1. R. Olson, 2. J. Bouchard, 3. J. Hawkes, 4. M. St. Pierre; MENS B: 1. B. Sholski, 2. G. Krantzman, 3. P. Georgetti, 4. R. Frost; MENS C: 1. J. Richards, 2. R. Smith, 3. G. Dayne, 4. K. Shea; MENS NOVICE: 1. T. LaPrina, 2. G. Lennox, 3. J. Stenberg, 4. T. Larson; MENS 35+: 1. B. Isenberg, 2. J. Richards, 3. R. Brown, 4. G. Payne; WOMENS OPEN: 1. L. Olson, 2. L. Smith, 3. D. Brown, 4. N. Jucia; WOMENS C: 1. E. DeFelice, 2. G. Garneau, 3. R. Leadbetter, 4. T. Trenholm; MENS DOUBLES: 1. Olson/Bouchard, 2. Bowque/Karter, 3. Jowoy/Hawkes, 4. Larson/Gralski; WOMENS DOUBLES: 1. Olson/Carr, 2. Julia Brown, 3. Smith/Morrell, 4. DeFelice/Charette

LONG ISLAND CHAMPIONSHIPS

CENTRE COURT

ROCKVILLE CENTER, NY

AUGUST 20-22

MENS OPEN: 1. John Peterson, 2. Tom Montalbano, 3. Hank Grassi, 4. Scott Pall; MENS B: 1. Eric Schwelke, 2. Ed Frangione, 3. Bruce Koller, 4. Jim Roussis; MENS C: 1. Harold O'Neil, 2. Neil Cohen, 3. Chris D'Antonio, 4. Rich Applebany; MENS C DOUBLES: 1. Valentine/Catania, 2. D'Antonio/Burrell, 3. O'Neil/King, 4. Silvestri/Leskody; MENS NOVICE: 1. Russ Myers, 2. Paul Magzamen, 3. John Cummins, 4. Michael Papa; MENS SENIORS: 1. Tom Jakitsch, 2. Brian McDermott, 3. Jack Crispi, 4. Rory Burke; MENS MASTERS: 1. Rick Walsh, 2. Joe Rizzo, 3. Joe Tumminia Sr., 4. Dick Goodheart; MENS OPEN DOUBLES: 1. Artie Diemar/Dave Luft, 2. Tom Montalbano/Ron DiGiacomo, 3. Ken Teale/Ray O'Hara, 4. John Peterson/Tom Jakitsch; BOYS 13-15: 1. John Perweiler Jr., 2. Tom Cappa; JUNIORS 11 & 12: 1. Jeff Crispi, 2. Rick Millian, 3. John Charbonneau, 4. Jason Mannino; BOYS 10 & UNDER: 1. Jason Whitney, 2. John Calarco, 3. Brian Darer, 4. Howard Zeborsky; WOMENS C: 1. Nancy Kane, 2. Joy Saldinger, 3. Joan Ventullo, 4. Carol Sica; WOMENS B: 1. Fran Russo, 2. Deena Cohen, 3. Robin Saraceni, 4. Barbara Arcos; WOMENS NOVICE: 1. Pat Labarca, 2. Pat Sharkey, 3. Susan Craddock, 4. Gail Prentiss; WOMENS C DOUBLES: 1. Donna Perras/Dee Beers, 2. Ellen Schuerger/Lynn Gaites, 3. Fudim/Ryan, 4. Pat Shanley/Marie Kunz

Shoot To Kill

(Continued From Page 10)

racquet.

Use the time by placing yourself in a stationary position (you can't shoot effectively when you're on the run), and watch the ball closely. Only by studying the velocity and angle of the ball can you determine when to shoot. Wait until the last possible moment.

The standard method of the kill shot execution is as follows:

Assume a batter's stance with your lead foot a little closer to the sidewall which you are facing than your back foot. The knees should be more than slightly bent. The torso should be bent so as to assume a position almost over the ball.

The ball should be directly even with the front leg at the time of contact with the racquet, which should begin its motion toward the ball from above the shoulder. The wrist should be slightly cocked until just before hitting the ball.

In fact, for speed and a hard shot, the wrist should be in the middle of a snap at the same time that the racquet is touching the ball.

A follow-through should be made with your legs, hips and shoulders. This will insure that you are not just swinging with your arm. You will also fare better in case of a complete miss, when your whole body, rather than just your elbow, can absorb the unexpected jolt.

This procedure is identical for the backhand and forehand kill shot, except for one variation. In the backhand motion the racquet will begin its descent to the ball from your free-hand shoulder, whereas on a forehand kill the racquet will issue from

the vicinity of your racquet-hand shoulder.

There are no set rules on where and when to attempt a kill shot. It is commonly held that the kill which grazes the sidewall first (reverse corner kill) is the most effective because the ball will die on the floor after hitting the front wall. This is the case in one instance, i.e., when the ball is hit low enough and grazes slightly enough.

The basic kill shot hit low into the front wall and quickly wedging into the sidewall is called a straight-in kill.

However, the disadvantage to this kill shot is the fact that only a few inches make the difference between a ball that dies and one that rebounds into front center court.

On the other hand, the ball hit straight into the front wall, without contact with the sidewall, can sometimes serve as an effective pass shot when it is not low enough to be considered a kill.

Without a doubt the most beautiful sight to a racquetball player is that of a ball rolling away from the front wall. When the ball doesn't bounce, there's no question as to whether the other guy is going to get it or not. "Good" isn't the word for a rollout, "perfect" is.

Although, rollout kill shots are rather infrequent occurrences, still, they do happen. And since it is the object of the game to make it difficult if not impossible, for your opponent to shoot easily, the kill shot is number one on any list of "shots to perfect." But, like most other things, it is easier said than done. In this case, at least, practice can make "perfect". □

Playing The Angles

(Continued From Page 10)

front wall possibilities.

For example, the closer you are to the sidewall, the more acute the angle. To hit a shot off front wall center, you're going to have to angle a shot very close to you body. If you plan to pinch the close corner, the ball must hit close—within one or two feet—of the front wall.

Playing the angles off the serve is a subject well-covered in other instructional. Since three-wall serves are illegal, your adjustment comes from taking shots off the sidewall.

The key once again is anticipation.

Don't lock into the flight of the ball. See the serve, then adjust your feet and shot to make solid contact towards the front of your body.

Angles, like geometry, take time to learn. But once you understand the basics—and practice them—your game could take a 180 degree turn for the better. □

Editor's Note: Mike Yellen finished the 1981-82 season as the fifth ranked male professional player in the world. He is a valued member of the Ektelon Advisory Staff.)

Wallpaper

(Continued From Page 10)

off the front wall as wallpaper. It's all a question of how it goes into the front wall.

Unfortunately, I can't tell you how to hit the ball so that it comes off as wallpaper every time. The angles will change, depending on where you are on the court and the only way to become acquainted with them is through practice and play.

Incorporating more down-the-line drives into your game strategy will increase your chances of hitting a wallpaper ball and a familiarity with this shot can't hurt your game either. It is especially useful during service return.

Just concentrate on putting the ball as low and close to the sidewall as possible. If it comes off as a low pass, fine. If it comes off as wallpaper, so much the better.

Alternate your down-the-line drives

with crosscourt drives just to keep your opponent off balance. These shots will work either backhand or forehand and should be executed with the normal backhand or forehand stroke.

As with any passing shot, you want to be careful that you don't put so much angle on the ball that it comes off the sidewall into center court, giving your opponent an easy return.

To summarize, the most important point to remember is to keep you head and control of your racquet regardless of which end of a wallpaper ball you happen to be on.

When returning wallpaper, play it safe and hit a ceiling ball. On offense, go for it. You may get lucky and, with wallpaper, luck is usually the difference between success and failure. □

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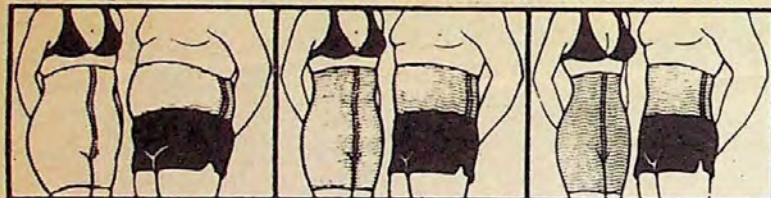
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- While relaxing in front of your television.

Trim-A-Bod can work for you, making you look **slimmer, trimmer, thinner.**

Remember, Trim-A-Bod is designed to aid you in reducing unwanted inches, **girth and fluids** from **waist, hips, upper thighs and buttocks**.

It is designed to do it **EASIER THAN WITH ANY OTHER METHOD.**



EXTRA-LARGE

MEDIUM

SMALL

There are **NO** special attachments or other equipment needed with Trim-A-Bod.

There are **NO** special diet programs.

When you want to temporarily rid your waist, hips, upper thighs and buttocks of excess fluids, excess girth and unwanted inches...

Just simply slip into your Trim-A-Bod and work, play or relax.

Trim-A-Bod will do its job for you.

If you want a slimmer, trimmer looking **waist only**, we have a Trim-A-Bod for you.

If you want slimmer, trimmer looking **hips, upper thighs and buttocks as well as a waist**, we have a Trim-A-Bod for you, too.

Trim-A-Bod has been tested.

It has been used by professionals at Health Spas and Weight Loss clinics, by physical education instructors, nutritionists and weight loss specialists.

Now you too can experience what hundreds of thousands of Trim-A-Bod customers have experienced.

Judge for yourself why we absolutely guarantee your satisfaction.

You must trim unwanted inches from your **waist, hips, upper thighs and buttocks EASIER THAN EVER BEFORE**—or we refund your money without question.



Trim-A-Bod is now available at a **SPECIAL DISCOUNT PRICE.**
 (Limit 2 to a customer)

Just simply check off your present size and fill in your name and address. Be sure to include your check or money order for 1 or 2 Trim-A-Bods at the special money saving super discount price and your order will be shipped to you with **RUSH** handling.

**TRIM-A-BOD
 FOR YOUR
 WAIST**

Please rush me ___ Trim-A-Bod reducing belts for only \$14.95 for one or at the special super saver discount price of \$26.90 for two saving me \$3.00.

My size is
 (Men and women check your present waist size)

___ S (26-30) ___ M (30-34)
 ___ L (34-38) ___ XL (38-46)

**TRIM-A-BOD
 FOR YOUR HIPS, BUTTOCKS
 UPPER THIGHS & WAIST**

Please rush me ___ Trim-A-Bod reducing shorts for only \$24.95 for one or at the special super saver discount price of \$42.90 for two, saving me \$7.00.

My size is
 Men's Women's
 S (28-30) S (26-28)
 M (32-34) M (30-32)
 L (36-38) L (34-36)
 XL (40-42) XL (38-40)

(PLEASE PRINT)

Name _____

Address _____ City _____

State _____ Zip _____ Tel. _____

I enclose My Check ☐ Money Order ☐

For _____ Trim-A-Bods at \$ _____
 Plus shipping & rush handling \$ 1.95
 Total \$ _____

**MAIL TO: RAQUETBALL IN REVIEW DEPT. TF 139
 15115 S. 76 E. AVE. BIXBY, OK. 74008**

Guarantee: You must be satisfied or return items within 30 days of purchase for refund (less postage).
DEALER INQUIRIES INVITED



Bobby Hinds lifeline[®] Waistliner[™] Sit-Up Bar

A TOTAL PROGRAM TO FLATTEN, TONE, SHAPE HIPS,
THIGHS AND STOMACH.

PORTABLE



ADJUSTABLE



A REVOLUTIONARY NEW SIT-UP BAR DESIGNED TO FLATTEN AND TRIM THE STOMACH, THIGHS, AND HIPS. IT IS ADJUSTABLE FOR MEMBERS OF THE WHOLE FAMILY. A SPECIAL COLLAPSIBLE FEATURE MAKES IT EASILY PORTABLE FOR TRAVEL AND IT COMES WITH A COMPLETELY ILLUSTRATED EXERCISE PROGRAM TO MAKE SHAPING UP THE MID SECTION QUICK AND EASY.

THE SIT-UP BAR ATTACHES

EASILY UNDER ANY DOOR WITHOUT TOOLS AND COMES WITH SPECIAL FOAM RUBBER TO PREVENT ANY POSSIBLE ABRASION TO THE DOOR.

A QUALITY PRODUCT MADE IN THE UNITED STATES TO HELP MAKE AMERICANS BECOME MORE BEAUTIFUL!

THE LIFELINE WAISTLINER IS BEAUTIFULLY PACKAGED, UNIQUELY DESIGNED AND ENTHU-

SIASTICALLY PROMOTED TO INSURE ITS SUCCESS.

I want to shape up with the revolutionary new waistliner sit-up bar. Please send me _____ at \$12.95 each.

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: TOTAL FITNESS
15115 S. 76 E. Ave.
Bixby, OK 74008

TF 141

New Products



NEW THIRST QUENCHER

Wet Energy has introduced a new, all-natural thirst quencher containing 100 percent pure crystalline fructose.

The lemon-flavored electrolyte replacement drink replaces minerals and body fluids lost through perspiration during strenuous physical activity.

Fructose is the natural energy booster and sweetener that gives Wet Energy an advantage over other thirst quenchers containing ordinary sugars. The drink eliminates the sudden increase in the blood sugar level followed by a dramatic "sugar sag."

Wet Energy contains no artificial flavors, preservatives or additives and is chemically compatible with body fluids. Magnesium, potassium, calcium and sodium are combined in proper proportions to maintain the body's nervous, cellular and muscular functions, and to regulate body temperature.

Wet Energy is sold in granular form in 15.49 oz. (439 grams) cans that make two gallons of drink and in 1.94 oz. (55.05 grams) envelopes that make one quart.

For more information write the marketing department of Wet Energy, P.O. Box 10957, Dept. 121, Houston, TX 77292. □

NEW HEART MONITORING WATCH

CardioWatch features an instant response pulse monitor which allows the user to read his pulse rate simply by holding his finger over a light-diode sensor built into the face of the watch. The pulse rate is given by an LCD read out in the corner of the watch dial.

The monitor is conveniently packaged in an exquisite, swiss-made, analog, quartz watch. For the first time ever, people who care about their physical and cardiovascular condition can monitor their vital life sign while wearing a beautiful, swiss-made wrist watch.

Having precise control of the heart rate is serious business for active people who are concerned about their physical ability and the strength of their cardiovascular

system to help survive a heart attack. People already suffering from cardiovascular problems can use CardioWatch to continuously monitor their pulse to avoid over-exerting themselves.

CardioWatch comes in five models ranging in price from \$160 to \$400. For more information or questions about CardioWatch, call: (213) 822-9796. CardioWatch can be ordered by calling (800) 423-6383, or, in California (800) 352-6207. □

ACE™ Brand First-Aid Cold Therapy Products

The ACE Instant Cold Compress provides immediate cold therapy in a convenient, low-cost, disposable product which needs no refrigeration. Easily activated with a squeeze of the hand, the product becomes cold instantly and is ideal for emergency use away from home.

The ACE Cold Compression Wrap permits the convenient, simultaneous application of cold and compression by means of a specially designed elastic bandage wrap with a built-in pocket and a unique reusable cold pack. A special reusable storage tray is also included to keep the cold pack and bandage together in the freezer, always ready for use. The addition of a new compact size now provides two convenient sizes, each of which can also accommodate the ACE Instant Cold Compress for emergency use.

ACE Cold Therapy Products can be found near ACE Brand products in the first-aid section of drug stores everywhere. During the introductory promotion, Becton Dickinson Consumer Products is offering a 50¢ consumer rebate on the ACE Instant Cold Compress. A \$1.00 consumer rebate on ACE Cold Wraps is available with purchase of the ACE Instant Cold Compress. □

NEW PROFESSIONAL SPORTS LOTION

Super-Enriched AfterPlay™, the first therapeutic hand, foot, and skin lotion to be specially formulated with the active person in mind, has been introduced by Laclede Research Laboratories.

The hands and feet are a vital part of every sport and activity. Yet they are constantly subjected to the drying and damaging effects of heat, perspiration, repeated washings, and contact with alkaline and acidic materials.

AfterPlay is a major skin care advance, helping to restore and maintain the optimal 5.5 pH of normal skin, thereby preventing dryness, roughness and inflammation. Only a few drops leave all hand and foot surfaces feeling soft, smooth and

refreshed. Used regularly, AfterPlay speeds up the healing and revitalization of skin, while strengthening and nourishing deep cell layers to renew skin tone.

AfterPlay is non-greasy. It won't leave an oily film that could cause slippage and affect an athlete's game. Moreover, AfterPlay has a clean, fresh scent.

AfterPlay is available in a 12 oz., unbreakable, flip top dispenser. The suggested retail price is \$4.95. □



S'PORT BRIEF

FUTURO All-American introduces the new S'PORT BRIEF athletic supporter. Designed for the man in action, the new comfort-styled S'PORT BRIEF provides all day comfort and all sport support. The FUTURO All-American S'PORT BRIEF is ideal for wear while playing tennis, racquetball, baseball, basketball, soccer, or jogging, bicycling, and more.

The FUTURO All-American S'PORT BRIEF helps keep you feeling trim. There are no irritating leg straps like conventional style athletic supporters. Stretch fabric provides added control. Other features include a non-roll waistband, quick drying fabric that holds its shape, and a comfortable full seat.

FUTURO All-American products are available at leading pharmacies everywhere. □

COOLEST NEW PRODUCT UNDER THE SUN

If you've ever splashed cold water on your face, held ice to your wrists, worn a wet bandana or towel to cool off and wished that you could keep that pleasant feeling, there's a new product that will hold that cool and comfortable feeling for up to an hour.

COOL BAND™, which is just like a normal sweatband, but with an ice cube fixed inside; was designed especially for active folks and athletes who exercise in the heat. This neat, new idea combines the popular absorbent terry cloth sweatband with an effective first aid technique of applying ice-filled towels to the pulse points of people suffering from heat exhaustion in order to refresh and revive them.

COOL BAND™ incorporates a specially designed and patented jell-pac which, when frozen, shapes itself to the curve of wrists, ankles or foreheads. The tiny, sealed element is enclosed within a

rugged pouch in the sweatband and weighs less than 1 Oz. When COOL BAND™ is worn, it does not interrupt movement anymore than a normal sweatband and feels much the same, with the bonus of the cooling effect. The frozen element in the sweatband is placed against the pulse points.

Studies show that cold, when applied to the pulse points on the body, can slow metabolism, lowering requirements for oxygen. Therefore, COOL BAND™ can help the wearer stay cooler and feel less tired. Also, the palms of the hands seem to stay drier with less perspiration due to the cooling effects of the frozen elements and absorbent cotton terry cloth sweatbands. The manufacturer cautions that individuals should take normal rest breaks and consume the usual amounts of liquids required for good health during strenuous activities.

COOL BAND™ stays frozen for up to an hour during use and should be frozen for repeated wearings. When the frozen jell-pacs finally thaw, the bands can be replaced with spares. COOL BAND™ stays frozen for hours when kept wrapped in a towel or placed in an ice chest.

Specific uses for COOL BAND™ include any warm weather or strenuous activity such as racquetball.

COOL BAND™ comes in white and a variety of bright fashion colors, packaged with two wrist or ankle bands, or one headband. The suggested retail price is \$4.95. They are manufactured in the U.S., Patents Pending by American Leisure Products, Inc., P.O. Box 2438, Covington, LA 70434. □

SOCKS LOCKER From Burlington®

Socks is the perfect gift for the sports enthusiast. An authentic replica of a sports locker, complete with vents, contains three pairs of Equipe® high performance terry cushioned crew socks in assorted stripings. All feature Bioguard®, The Odor Controller® that lasts for the life of the socks. Suggested retail selling price: \$1.25. □

SUNBURST STRINGING PATTERN

A new Sunburst Stringing Pattern, designed to maximize ball-racquet response, highlights Ektelon's new Marathon Graphite™ racquetball racquet, one of the most popular models in Ektelon's 1982 line.

The Marathon Graphite™ has long offered controlled flexibility and enormous power for an injection molded racquet. It is constructed of durable graphite and lightweight fiberglass, set in a nylon matrix.

The addition of the new, wider Sunburst Stringing Pattern has optimized the efficiency of an already high-performance racquet. The stringing pattern increases the power and responsiveness of the Marathon Graphite™.

The Marathon Graphite™ is available in five handle sizes from super small (3 1/16") to medium (4 5/16"), including Ektelon's new flared handle.

The Marathon comes with a full two-year racquet frame warranty and full 90-day racquet string warranty. □

(Editor's Note: Products have not been tested by Racquetball in Review).



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

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

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

Unique quadriform head shape provides larger sweetspot and firmer response.

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

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

Open throat design improves torsional stability and quickness.

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

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

Specially formulated bumper strip protects racquet for longer wear.

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

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

The Graphite Express

The Professional
The Master
The Standard



We want you to win.

