

National Racquetball®

Vol. 12 Number 2 February, 1983 • \$2.00

SPECIAL SECTION ON EYEGUARDS

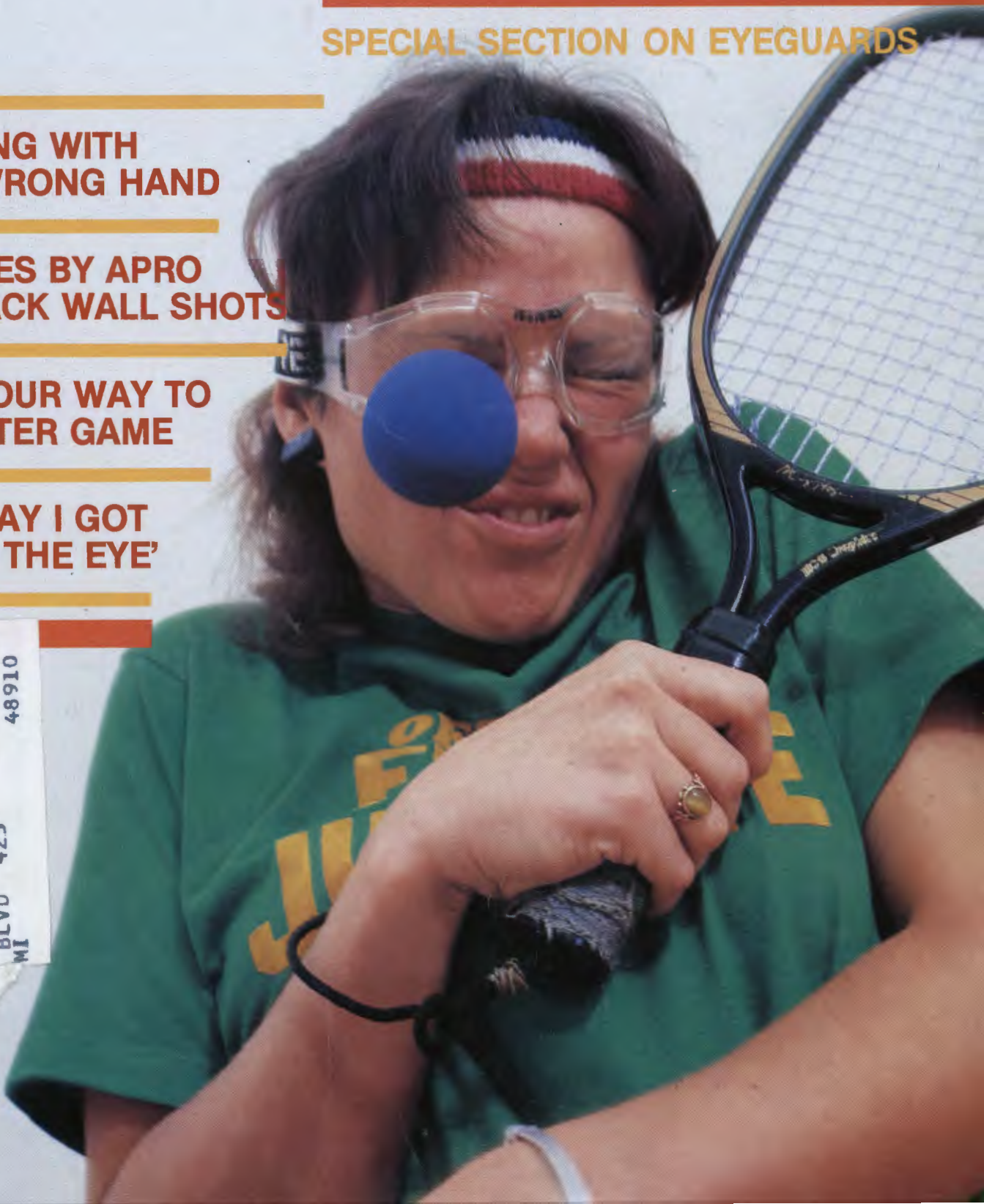
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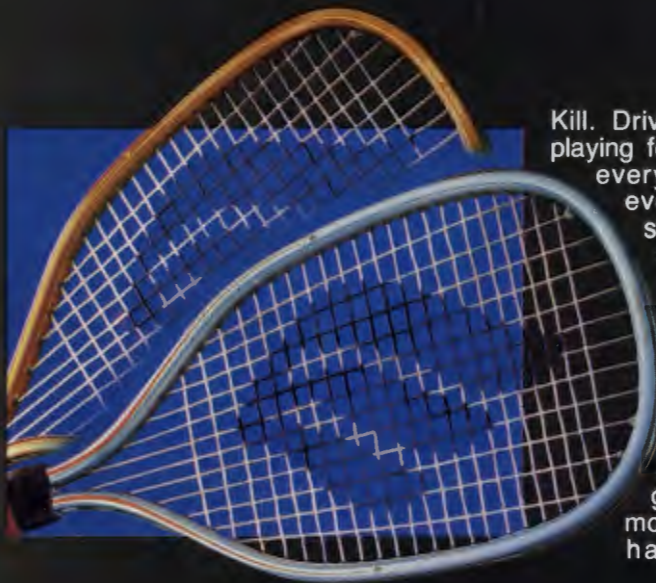
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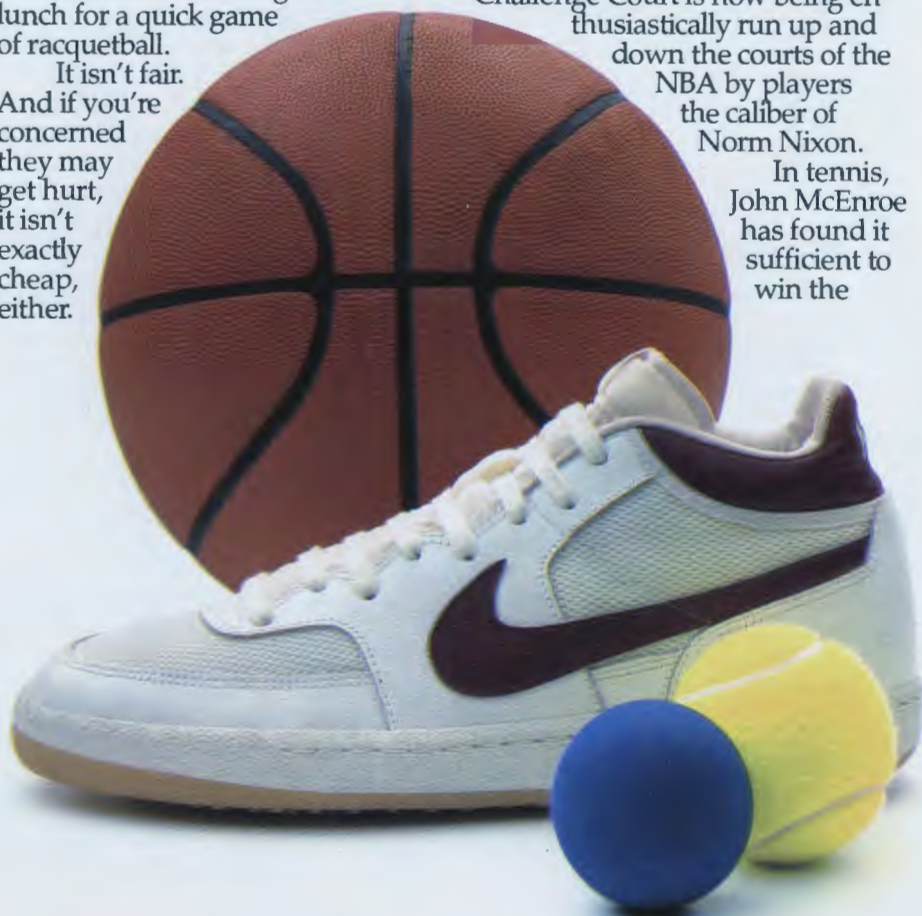


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On the cover...

We've all had that sinking feeling, look out! Move! Outa' the way! With eyeguards as our theme this month, Laura Houck, who works at the Courts House Sports Club, Northbrook, IL, graciously allowed us to "test" her eyeguards under game situations. Ouch (page 9)!

—Photo by Arthur Shay

Next Issue...

League play is our emphasis in March as most areas of the country find their racquetball activity at a peak. So we've taken a "peek" at the hard playing, ever-improving league player and leagues in general, thought by many to be the backbone of the competitive racquetball industry. Plus all our regular features, of course.

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D.C.

From The Editor . . .

Ranking Dr. Bud

Charlie Garfinkel's much-discussed article "*The Top Ten Male Players of All Time*," in our December issue seems to have stimulated significant controversy relating to Garfinkel's omission of Dr. Bud Muehleisen from his list.

We have received numerous letters from Dr. Bud's many fans, some nice, some nasty, all wondering if our wits are still about us for leaving one of racquetball's legends off Garfinkel's apparently coveted list.

And although Garfinkel actually meant to include Muehleisen within the "*Honorable Mention*" category, believe me, that wouldn't have satisfied the good doctor's camp, which believes that he ought to be ranked somewhere close to Marty Hogan or above.

Certainly my comments won't be the last on the subject, but having been a sports fan since I was knee high to a Louisville Slugger, I've often dabbled in rankings and highly subjective comparisons. Besides that, I'm an expert because I sat through 20 years of listening to my dad tell me why today's players (pick your sport) couldn't measure up to those of yesteryear.

Up front I should tell you all that I subscribe to the Garfinkel theory, i.e., that although Dr. Bud racked up more hardware than True Value, virtually all of it was gathered in age categories rather than Open or Professional events, the highest levels of competitive play.

If they ever give an award for "*Most Tournaments Won*," Dr. Bud will win that one hands down, capturing another trophy, serving dish or clock radio. But that's not the question.

The question is, based on his credentials, could Muehleisen have beaten Hogan? Or Peck? Or the others? Could he have beaten them under tournament pressure, in the finals after playing four earlier, grueling matches? The answer of course is almost always "no," he couldn't.

Dr. Bud Muehleisen couldn't have beaten Marty Hogan, because at the top of his game Dr. Bud was 37-years-old! You can talk all night, but when you start talking about who would win the Big One, Muehleisen at 37 or Hogan at 22, well, folks, anybody got a ranch to bet?



I know every now and then Bud beat most of the players ranked in Garfinkel's top 10, but hell, Garfinkel beat four of them himself. Where was he ranked?

Then I keep hearing that Dr. Bud would have been the greatest of all time had he not had the misfortune to be 37-years-old when racquetball came along. Since he was so good when he was 37, imagine how great he would have been at 20!

I find that argument hard to swallow. The same could be said for perhaps dozens of players, and not just great early-era open players who were in their late 20's and 30's when racquetball came along.

You talk about how players might have done in their prime and I'll talk to you about Ron Rubenstein, Ken Porco, Garfinkel, and most of all Bill Schmidtke, who won the National title at age 29 and again at age 32, just prior to the Hogan era.

And how great might have some of the craftiest of them all, the Seniors and Masters, have been, had they had a prime? Those of you who've been around a while—how'd you like to have seen a 23-year-old Gene Grapes on the court? Or a 19-year-old Marlowe Phillips? Or Jimmy Divito 30 years ago?

The point is that you can't rate somebody who might have. Dr. Bud Muehleisen was one of the greatest players of all time. But despite his world-record trophy case, he never had the chance to prove his greatness against the day's best.

Hey, that's no knock. Dr. Bud did the best he could. He won everything he ever entered. It was just bad luck that he had to enter racquetball at an age when most athletes are over the hill. ●

Chuck Lane

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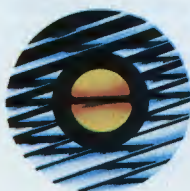
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Letters

Eyeguard Survey Sparks Response

Dear Editor:

I feel it necessary to add a few comments to your survey on eyeguards.

As a certified APRO instructor who has been involved in teaching for many years, I feel I am in a position to influence a great number of players, both beginner and advanced, on the subject of eye protection. You really touched a nerve, asking those who took lessons whether their instructor had recommended eyeguards.

From an instructor's point of view, I feel that anybody who teaches not only should wear eyeguards on the court at all times, but should also insist that their students do the same. After all, students look up to their instructors not only for guidance, but as role models, as they begin their future in racquetball.

This also applies to the top touring pros. Some of them might stop to think about the title "professional" and what it really means.

Pam Regan
Summit, NJ

Dear Editor:

As a supplement to the questionnaire on eye protection I wish to emphasize several points which I believe are crucial to the matter:

1. Not all eyeguards offer complete eye protection. When wearing a pair of clear plastic open guards with a maximum width opening of 1½" I was hit by a direct shot from about four feet away. The ball hit directly upon the eyeguard opening with great force, apparently causing the ball to compress sufficiently to make contact with my eyeball. An opening width of 1½" is obviously too great; it must either be 1" or less, or closed by a lens.

2. Damage to my eye was a split endothelium (or interior tissue layer), with resultant risk of fluid passage to the cornea. Proper medical assistance with use of pressure-decreasing drugs averted this. My eye doctor strongly suggested closed eyeguards. She stated that had I not been wearing any eye protection I would have lost the eye.

3. I believe *emphatically* that eyeguards should be made mandatory in all situations. This not only averts injury, but allows players to follow the ball at all times, thus avoiding hinder situations and injury risk from opponents who hit the ball and then crouch facing the front wall with no idea about the location of the ball or their opponent.

4. Eyeguard specifications should reflect a better understanding of exactly what happens when a hard-hit ball strikes the opening. Some eyeguards now offer only a false sense of protection because the ball can penetrate to severely damage the eye.

Dr. William G. Mattox
Columbus, OH

Dear Editor:

We've all heard the war stories relating to eyeguards and I think most people with half a brain realize the value of wearing them. Most everything I've read stresses the safety you afford yourself by the use of eyeguards, but I've never heard anyone mention the risk you impose on your opponent by not using them. Most of us play very aggressively, with little thought to much other than the game. Personally, I do not care to enter the court with an opponent who does not wear eyeguards.

I feel I go out of my way to avoid hitting people during a game, but sometimes it does happen. The last thing I want is to be responsible, even if only in part, for a severe injury to a fellow player.

David E. Cornelius
Syracuse, NY

Dear Editor:

My feelings about eyeguards have evolved from racquet club management and directing local tournaments for about one year. This may not be sufficient experience to analyze the total eyeguard problem, but several points stick out like a black eye.

1. If eyeguards aren't comfortable, neither scare tactics nor tournament regulations will force players to wear them.
2. If the eyeguards' rims can be seen with the wearer's peripheral vision, the eyewear will be left in the gym bags.
3. If they aren't fashionable, the women (and most men) would rather "take their chances" than wear eyeguards.
4. Juniors don't think they look "cool" with eyeguards, especially when the adults and better players don't set a good example.
5. We have more injuries in Doubles events and Novice and "C" Singles than any others. The two extra racquets on the doubles court mean extra risk, especially for the doubles newcomer. Novice and "C" players tend to be in the wrong place at the wrong time because

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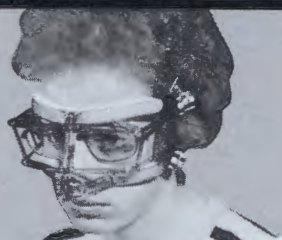
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they haven't perfected ball angles, or they haven't learned to anticipate their opponents' moves.

It will take a major change in the structure and appearance of protective eyewear before the players' attitudes toward wearing it will change. Private clubs may have the most difficulty enforcing eyeguard rules—the community's influential people who belong to these clubs won't sacrifice fashion in the exclusive social atmosphere a private club offers. One final thought, we need to emphasize that corrective eyeglasses are *not* suitable eyeguards. It's great to see interest on the part of a national magazine regarding this important issue. Thank you!

Kathy Van Vleet
Ocala, FL

Dear Editor:

I have vision in only one eye due to an old baseball injury. So when I was hit in my good eye earlier this year with a racquetball, I was doubly thankful that I was wearing eyeguards. As it was, the force of the hit penetrated the frame, and a week on my back in the hospital gave me ample time to count all the blessings of wearing eyeguards!

Eyeguards should be made mandatory for all racquetball players in every facility.

Tucson, AZ

Dear Editor:

I am the racquetball teaching professional for Tenneco's Health and Fitness Center in Houston, TX. We have four regulation courts and a policy that all players must wear eyeguards. We supply eyeguards that have closed lenses, and also guards for the players who wear prescription glasses.

I support our policy very strongly. It exists first and foremost to protect the eyesight of our employees, and when it's presented to them in that light, they are very cooperative.

Wearing eyeguards need not become an emotional issue—just consider the value of your eyesight.

Venetta M. Morger
Houston, TX

Great Players And Matches

Dear Editor:

Your section on "Greatest Matches Of All Time" and "Where Are They Now?" is excellent! Those of us who have been involved in our sport for some time really appreciate them and those

just starting can learn about the people that have made this the greatest participating sport there is.

Deceptive Strategy

Dear Editor:

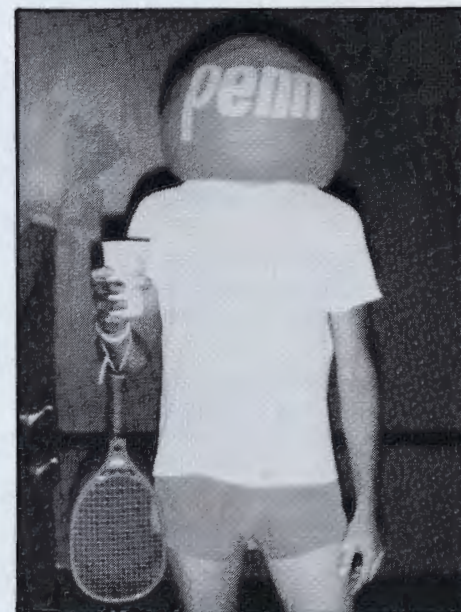
I was the winner of the honorable mention award for New Jersey as the most improved racquetball player in 1979. I am considering giving up my full time job as an eclipse verifier to become a professional racquetball player. I have discovered that it is very important to play aggressively and not let anybody intimidate you. Any time my opponent hits me with the ball, on my next turn to serve, instead of facing the front wall to serve, I drop the ball while I am facing the *back* wall and swing as though I am going to hit my 138-mile-per-hour forehand drive serve right at my opponent... while my opponent is trying to hide to avoid being hit, I hit the ball backhand $\frac{1}{32}$ nd of an inch past the short line. I have discovered that this tactic works best against timid midgets.

Al Freedman
Voorhees, NJ

A Fanatic's Fate

Dear Editor:

Just a note to any other racquetball widows whose husbands think more of



—Photo by Salmon

racquetball than of them—Take heed! This just might happen to your husband too!

Evelyn Bodtke
Jacksonville, FL

National Racquetball's First Annual Eyeguard Guide

Another Exclusive One-Stop Shopping List

The most important piece of equipment for any racquetball player is the eyeguard. No matter what skill level, no matter how good or bad one's vision, eyeguards should be mandatory apparel/equipment for all players.

Eyeguards cannot give total protection, of course, but they do give outstanding protection and in most cases can save the wearer from a more serious injury, if they cannot eliminate the injury altogether.

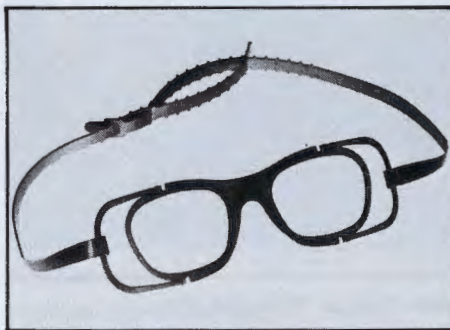
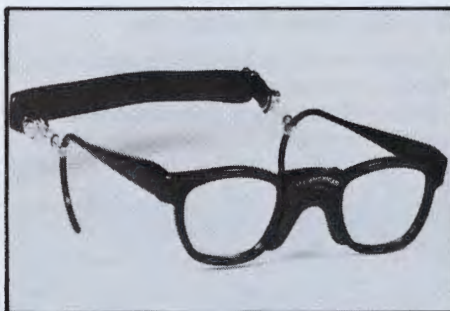
We have presented on these pages the various eyeguards from a wide range of manufacturers, whose cooperation in the preparation of this article is appreciated. *National Racquetball* suggests that you contact any of the manufacturers listed at the conclusion of this article should you want further information on these products.



All-Sports Optics

All-Sports Optics presents the Rainbo Eyeguard, available with or without scratch-resistant polycarbonate plastic lenses. The classic frame is made of Lexan and designed to provide wide temporal protection. A no-fog vent assures clear vision. Prescription lenses can be readily fitted by an eye care specialist.

Available in colors with suggested retail prices of \$4.95 without lenses and \$9.95 with lenses.



Criss Optical Mfg. Co.

Although originally manufactured for contact sports, the All American frame by Criss has good application for racquetball. It comes in two versions, and is made of DuPont 109 nylon. The Criss MAG-1 was developed for use by the U.S. Military as an eyeguard frame that could function in combat but still be compatible with gas masks.



Carrera Racquetball Eyeguard

The Carrera eyeguard and eyeguard lens are made out of polycarbonate materials and feature a nose guard for added protection. The stitched headband can be removed for washing or changing. Suggested retail price: \$19.50

Dunhill Racquet Sports, Inc.

Three models comprise the Dunhill eyeguard line under the Dynex trade name (no photos). The Dynex LC-210 is molded with a lens for more complete protection including a unique locking system to prevent penetration from the sides. Can be worn over glasses. One size fits all. Suggested retail price: \$9.95

The Dynex LC-200, their standard model is molded in unbreakable Lexan[®] and is one size fits all. For the juniors is the Dynex LC-180, the same basic open lens model as the LC-200, scaled down to fit the smaller face. Suggested retail price for LC-200 and LC-180: \$4.95.



Foster Grant

Foster Grant's Racquet Sports Eyeguards is a "fits-all" designed item made of high impact polycarbonate and allows the wearer a full view of the action. Exclusive comformatic hinges with a deluxe, anti-fog lens. Suggested retail price: \$16.00



Ektelon

Ektelon's Interceptor features polycarbonate scratch-resistant lenses with a 100% Memory Nylon lightweight frame and double bar bridge for style and impact disbursement. Full field peripheral coverage highlights this item which comes with Ekta-Clear, Ektelon's new anti-fogging wax. Suggested retail price: \$24.95

Extra-strong polycarbonate plastic for durability highlights Ektelon's Court Specs. The tapered frame features uni-fit bridge constructions for comfort. Adjustable head strap included. Available in new Junior size. Suggested retail price: \$5.95

Guardian Safety Products Inc.

Available in three color tints and clear, the Guardian eyeguard is made of molded, high impact polycarbonate plastic (no photo), closed lenses. Also has side lens protective device, metal hinges and new nose bridge. Suggested retail price: \$21.50



Halo Optical Products, Inc.

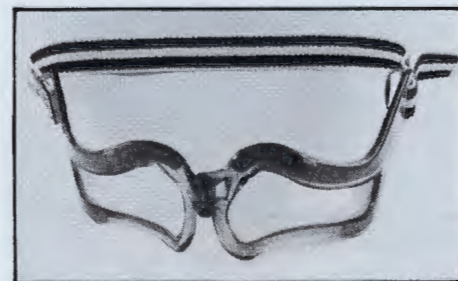
Halo produces two models, REC SPECS and LEX SPEX. REC SPECS (no photo) can be used with either prescription or non prescription lenses, which are made of shatterproof polycarbonate. Frames are made of acetate and the product carries a lifetime guarantee. Distributed by Unique Sports Products, Atlanta. Two sizes (large and small). Suggested retail price (with non-prescription lenses): \$19.95

LEX SPEX are made of shatterproof Lexan resin in the one size fits all model, wrap-around style. Distributed by Moody Sports, Milford, CT. Suggested retail price: \$7.95

LSP Leader Sport Products, Inc.

Leader is truly the leader in models, with six in the eyeguard field (no photos) ranging in price from the \$5.95 Hudson (the only Leader frame without lenses) to the \$24.95 Albany which features wrap-around construction and optically molded lens.

All Leader eyeguards offer high impact, scratch and shatter resistant polycarbonate construction with baked on Perma-vue anti-fog treatment.



Neward Enterprises, Inc.

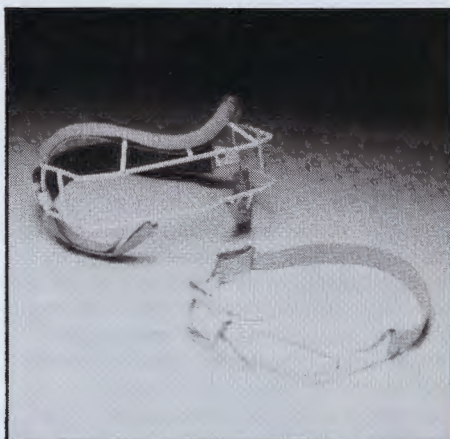
Probably some of the more exotic-looking models come from Neward, including Mity Guard-G which is designed to be worn over glasses, but many players prefer it even if they don't wear glasses. Constructed of super light super strong polycarbonate, this like all the Neward models folds for easy carrying and storage. Suggested retail price: \$11.75

Neward's standard model, offering nose and eye protection, is the Safti-Guard retailing for \$9.65. The Slim-line model, the basic eyeguard frame, retails for \$8.50. Both the Slim-line and Safti-guard are made of polycarbonate.



Omega

Omega offers the basic frame eyeguard including nose bridge and frontal shock pads for comfort in this one size fits all design.



Peepers, Inc.

Our cover photo this month features the Defender from Peepers, featuring the quality polycarbonate lens for distortion-free viewing and total peripheral field. Lenses are scratch and impact resistant and fit over the frames with vented channels to help prevent fogging. Suggested retail price: \$24.95



Pro-Tec, Inc.

Pro-Tec offers four distinct models, both in protection and price. The PTE 500 Eyeguard is the classic frame in clear polycarbonate plastic. No lens. Suggested retail: \$7.95. The PTE 550 Eyeglass guard, for the player who wears glasses, is made of high tensile steel wire. Suggested retail: \$17.95.

The Gargoyle series includes the \$29.95 Eye Armor (no photo) and the \$48.00 Sportglasses. Both have closed, polycarbonate lenses in an aerodynamic wrap design. The Sportglasses' temples are made of very light, durable metal.



Rothhammer International, Inc.

The Pacer by Rothhammer is the basic frame construction with temporal padding for additional comfort.

Unique Sports Products, Inc.

Unique offers the Eye Protector, Eyeglasses Protector and Rec Specs (\$19.95).

For further information on any of the eyeguards included in this guide feel free to contact the appropriate manufacturer:

Carrera Eyeguards, 35 Maple St., Norwood, NJ 07648

Criss Optical Mfg. Co., Inc., P.O. Box 220, Augusta, KS 67010

Dunhill Racquet Sports, Inc., 77-A Temple Ave., Hackensack, NJ 07601

Ektelon, 8929 Aero Dr., San Diego, CA 92123

Foster Grant, 289 N. Main, Leominster, MA 01453

Guardian Safety Products, Inc., 8 Lake Ave., Danbury, CT 06810

Halo Optical Products, Inc., P.O. Box 126, Johnstown, NY 12095

LSP Leader Sport Products, Inc., P.O. Box 271, Essex, NY 12936

Neward Enterprises, Inc., P.O. Box 725, Cucamonga, CA 91730

Omega, 9200 Cody, Overland Park, KS 66214

Peepers, Inc., P.O. Box 432, Station B, 16 Steven St., Hamilton, Ont., Canada L8L 7W2

Pro-Tec, Inc., 11108 Northrup Way, Bellevue, WA 98004

All-Sports Optics, 350 N. Lantana, Suite 490, Camarillo, CA 93010

Rothhammer International, Inc., P.O. Box 2959, Lancaster, CA 93539

Unique Sports Products, Inc., 5687 New Peachtree Rd., Atlanta, GA 30341 ●

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Ektelon Marathon Deerskin	11.95

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Reader Survey

What You Told Us About Your Eyeguards

Tell us about your eyeguards, we said, and boy! did you ever give us something to think about. At last count 165 responses had come in from 37 states and four Canadian provinces (and they keep coming). Many of those who responded also wrote us to emphasize some point that they felt was important or simply to share their experiences. We have printed as many of these letters as space allowed, and we thank all of you who took the trouble to give us your views and to express your interest and concern.

Although we heard from players of all ages, 87% were concentrated in the 25-to-54 age slots, with the rest divided evenly at either end of the scale. Since these players are involved enough in racquetball to answer surveys about it, we were not surprised to find that most of them play at relatively advanced levels of skill, that they play frequently, and that they have been playing for a number of years. Intermediates made up 28% of the responses, advanced players 53%, open 12%, and the rest were sprinkled between pro and beginner. A whopping 73% play three or more times per week, and 24% play twice. They are experienced players, of whom 54% have been playing over five years, while most of the remainder are fairly evenly distributed among the two-to-four year categories.

Of these obviously highly active and committed players, 94% reported that they wear eyeguards all the time. This again is very much as we might expect—players who don't care about eyeguards one way or another would be less likely to respond to the survey.

Nobody reported wearing eyeguards "usually," but 2% said they wear them "sometimes" and 4% "never." We didn't expect these readers to have much to add to the discussion—their experience of eyeguards is limited or nonexistent—but their responses were peculiarly revealing in one respect: All of those who wear guards "sometimes," and 33% of those who never do, have been hit in the face or eye by a racquet or ball. Makes you wonder.

Among those who claim to wear guards all the time, 90% report having been hit, and 83% report that they were spared injury or saved from more serious injury by wearing eyeguards.

What all of this amounts to is that almost all players, if they play often enough over a long enough period of time, are eventually going to sustain an occasional smack about the face. Most of the ones we heard from react to this likelihood by protecting their eyes, but some—those who don't wear guards—are not convinced—not even by being hit. (One of the players who reported that he never wears guards added the note: "Glasses only." We refer this player to the Opinion section of this issue, where another wearer of prescription glasses offers some comment.)

About half of those who responded have taken lessons at one time or another, and they report that the instructors of America are getting the word out. "Wear your eyeguards!" they're saying in force.

Fifty-nine percent said their instructor recommended eyeguards, while 18% reported that their instructor *demand*ed that they do wear them. But a distressing 7% reported that the instructor merely indicated that eyeguards were available, while an even more distressing 16% were taught by instructors who never said a word on the subject.

An instructor is in a uniquely powerful position to influence the beginning player, and has a responsibility, surely, to inform him concerning the risks of the sport and how to protect himself. It's good to hear that most instructors are doing their job, but we hope the ones not currently recommending eye protection to their students will mend their ways.

We also hope to see a widespread misapprehension about open eyeguards demolished once and for all. Open eyeguards do *not* offer maximum protection. Period.

Fifty-three percent of the eyeguard users who responded wear open guards and, of these, 34% believe that they're getting "total protection." They are wrong.

The top authority on eye protection in racquet sports, Dr. Michael Easterbrook of Toronto, had this to say on the subject in the May, 1982, issue of this magazine:

"It has been proven that any open eyeguard on the market can be penetrated by a racquetball traveling at

I wish I'd worn an



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only 50 miles per hour. And the average beginning player hits the ball over 70 miles per hour."

That 70-mph ball can do quite a bit of damage before it becomes wedged in your open guard.

Still, open guards are better than no guards at all. And for players who become impatient with guards that fog or feel too hot, they offer some protection.

On the final issue queried by the survey, "In Which Tournaments Should

Eyeguards Be Mandatory?" there was a surprising amount of agreement among all categories of respondents. It didn't matter whether you were a true believer who wouldn't be seen dead on the courts without your eyeguards, or a skeptic who couldn't be persuaded to

How Often Do You Wear Eyeguards?

All the time 94%	Usually 0%	Sometimes 2%	Never 4%
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Have You Ever Been Hit In The Eye Or Face By A Racquet Or Ball?

Yes 90%	No 10%	Yes 0%	No 0%	Yes 100%	No 0%	Yes 33%	No 66%
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Have You Ever Been Saved From Injury Or More Serious Injury Because You Were Wearing Eyeguards?

Yes 83%	No 17%	Yes 0%	No 0%	Yes 0%	No 100%	Yes 0%	No 100%
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use guards for a million dollars, the consensus was that eyeguards should be mandatory for some or all levels of tournament play.

Across the board, 83% of respondents thought they should be required for *all* tournaments. Ten percent thought the

rule should apply only to juniors, and a sprinkling felt it should apply in each of the various other categories without being imposed uniformly on everyone.

Nobody singled out the pros—either they're to be treated like everyone else and subject to the same rule, or they're

thought to be able to fend for themselves. Only 5% felt that eyeguards should not be mandatory in tournaments at all.

Since we at *National Racquetball* endorse wearing eyeguards for the welfare of players and the benefit of the racquetball industry as a whole—injuries hurt as much as the injured player—we found the response to the survey gratifying. But we mustn't assume that the proportion of wearers to non-wearers among the respondents in any way represents the racquetball playing public, who are still, 66% of them, holding out against wearing eyeguards, according to Dr. Easterbrook's estimate.

If you're a member of that 66%, take heart. You'll need a few hours of practice to get used to playing with eyeguards. But then you'll never want to play without them. ●

HEALTH

How Tough are Your Eyes?

Not tough enough. Laboratory tests show that some eyeguards will allow a racquetball to contact the eyeball even when properly worn.

Chairman of the Canadian Standards Association Committee on Eye Protection, Dr. Easterbrook talked with NR.*



"It has been proven that any open eyeguard on the market can be penetrated by a racquetball traveling at only 50 miles per hour and the average beginning player hits the ball over 70 mph."

"Polycarbonates are by far the best impact resistant material we have for eye

* National Racquetball May '82

protection. They're even better than industrial safety thickness plastic (known as CR-39). Street wear plastic, as normal glasses, does break," says Easterbrook.

In his opinion, *"Anybody who plays racquetball without eyeguards is nuts, to put it another way, there is more energy in a racquetball traveling at high speed than there is in a bullet."*

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Wrong-Handed Racquetball

by Nancy Urban

Developing bursitis in my shoulder was the best thing that ever happened to my racquetball game. Sounds crazy? Wait.

About five summers ago a friend introduced me to racquetball on a cracked, weed-sprouting outdoor court in New Orleans. Despite the primitive conditions and clunky wooden racquet, despite the 90° heat and humidity that could out-sweat a sauna, despite all that, the game hooked me.

Let's pause for a sec. I want to admit here and now that some of the bloopers I made along my bursitic way wouldn't have happened if I had used my head—not my arm. You'll see what I mean in a moment.

I started out playing friendly rallies once or twice a week, but my greed grew. I wasn't satisfied unless I played every other day, at least. And not just for an hour. Geez! I would just be getting warmed up when the hour was up. So I'd rotate among other players, and bounce around the courts for two or three-hour stints. I'd only stop when my knees began to sag as I leaped after the ball.

Whoa! Do you notice error number one? Call it an overdose. While many people can handle this much racquetball and more, I found out—too late—my body was not absolutely indestructible.

I was addicted, a real racquetball junkie. I squeezed time in for work, school, husband, friends, and pets, but my lust for racquetball sometimes did get in the way. Racquetball felt so good, that whirling, swinging dance, that zinging song of the ball. On the court, I was power and grace. Full of wily strategy, speedy and nimble as a wildcat. And always laughing. That game made me so high.

Then one Monday night last May, as I smacked the first hit of the game, a pain tapped me on the shoulder. But three seconds later I was slamming the next shot and the game was on. Error number two! The joy of playing rose in me and all other sensations faded away. Until after the game. Then my shoulder refused to be ignored. I gingerly rubbed it as I ate dinner, held it to the hot blast of a shower, and dabbed it with Ben-Gay, though it already seemed to be burning deep inside.

Erred again. I hope you'll be patient with this saga of ignorance. I'd never before sprained, strained, wrenched or twisted anything—at least, not seriously enough to remember it. Heat always felt good on simple tired muscles. But I know now that I should have iced my shoulder. And I should never ever have continued that fateful game.

Anyway, all through that night, I wiggled and rolled, murmuring admonitions to my shoulder, *"Just relax, cool off."* It burned on. Around 4 a.m., I gave in. I promised it I wouldn't play racquetball the next day.

In the morning, it took me several minutes of moans and squirms to pull my nightgown off. It took lots longer to dress. My shoulder seemed jammed in permanent pain which pierced the threshold of agony if I raised my arm more than half an inch. Left-handed, I batted at my hair with a brush, smeared toothpaste foam across my chin and cheeks, and generally klutzed around. The drive to work was 10 minutes of thrills. By stretching and twisting, I shifted left-handed, but, you understand, I could not simultaneously steer. The Jerk 'n' Swerve ride at the carnival produces a similar effect. Call me "Lurch," but I got where I had to go.

By 11 a.m. my jaws were quivering with suppressed screams. I got through the day by cursing, praying, and popping aspirin. That night and the next day were no better. My shoulder felt like a flame was flickering in its joint. It dawned on me that whatever was zapping it was a bit more than a tired muscle.

The only excuse I have for this slightly delayed realization is that I'd never before suffered a sports injury. Horses had dumped me, skateboards had skidded out from under me, and bikes had flung me into roadside ditches. I'd played human snowball on the ski slopes many times. But never before had I been hurt.

Anyway, I became big-hearted and solicitous with my shoulder. I extended my promise of no-racquetball for a whole week. Generous of me? Ha! When I went to the doctor, he informed me that I could not play until at least two weeks after the last twinge of pain had totally simmered down. I started figuring. Okay, with a few weeks of

rest, I'll be fine. Add two weeks to that. Oh, my God! A month without racquetball. Supreme deprivation. Then a word from the doctor reached my brain.

"Chronic." Chronic? You mean like recurring? Like coming back continually? No... Yes, the doctor assured me. If I didn't take the proper amount of time to let my shoulder heal, the condition could become chronic.

The condition was evidently bursitis. The bursa is the sac of lubricating fluid that makes our joints move smoothly. When the bursa becomes inflamed, friction develops. And voila! You have a "hot joint."

I mustered up my patience and waited for my hot joint to cool off. A month passed. By this time I'd committed a few more errors. Putting a plate away on the kitchen shelf or tugging the final corner of a sheet around a mattress made that joint smoke. Another month. The coals still glowed. The wait would be longer than I thought.

I tried not to growl when my husband headed for the club, racquet in hand. When the club's manager heard my story, she graciously offered to suspend my monthly dues until I could play again. That was some consolation. But I'd gladly pay, if I could just play.

Three months. I graduated from cradle-armed walking to gentle jogging to biking. I strove to convince myself that I really enjoyed these activities. Still, whenever someone mentioned racquetball, a wave of longing for my lost love struck me.

By the fourth month, my capacity for patience reached its limit. Bluffing myself along with naive optimism, I decided to teach my left arm to play racquetball.

Late one afternoon, I slunk over to the park near our house, hoping there would be no witness to my first left-handed attempts. But tennis players are dogs for punishment; they were still out there though it was almost dusk. Nonchalantly, I strolled over to the cement backboards and three-walled courts. A little girl was trying to club a tennis ball with a racquet longer than her legs. I paused to watch her efforts with pitying amusement. Then I snuck into one of the three-walled courts.

"Okay, leftie. Attention! Here is the racquet. Hold it. No, not that way. This way? No, that doesn't feel right." My

left arm proved to be a reluctant student. It sulked and pretended to belong to someone else's body. My fingers played dumb, like they'd never heard of the word "grip."

I bounced the ball, swung and missed, but connected squarely with my knee. Shifting my grip, I tried again. The whistle of the racquet through empty air is a most dissatisfying sound. Again. This time, my arm grudgingly cooperated. Sort of. The glancing blow caused the ball to slither sideways off the strings and slide down the rear edge of the side wall.

As I retrieved it, I glanced over my shoulder. Horror of humiliation. Someone was watching. A tennis player slouched against the fence, concerned fascination furrowing his face. I wanted to explain that at this particular time, I really was not the best representative of the racquetballing species. Silently, I sent him the message "go away." I attacked the ball with frenzied concentration. Once again I hit it, but as it bounced off the wall, somehow I reversed myself into a backwards body placement. At the last moment I tried to sidestep into proper position. The ball slugged me in the belly. Behind me, I heard a throat being cleared.

"I think it's something in your follow-through," he offered delicately. "See? Try it like this." He demonstrated a smooth swing.

"Yeah, my follow-through." I smiled in a weak imitation of gratitude. "I'll have to try that." I stood there sending him psychic messages like "Your house is burning. Your wife is having a baby." He ignored the vibes.

Helpful hero that he was, he decided that I definitely needed a coach. After enduring his help for a few more minutes, I explained the reason behind my extraordinary clumsiness.

"Sure, I understand. Right-handed, you're a whiz." He nodded. "Uhhuh, sure." Finally, he sauntered away, shaking his head sadly.

Shortly afterward, I left too, hurrying past the little girl who, compared to me, was a budding Tracy Austin.

I assured myself that naturally this early learning period would be difficult, but, with perseverance, it would pass. The next day I strode out to the court, determined not to be daunted by my bumbling.

16 FEBRUARY



I took a few practice non-shots, swinging my racquet in a rough approximation of good form. Then I dropped the ball, aimed the racquet, and made the connection. A solid hit. My excitement made me careless. As the ball returned to me, I swung too high and directly faced the front wall. My wrist curled in a silly simulation of a snap as I swatted my nose. Coordination? I had as much as a blindfolded drunk.

By the end of 20 minutes, I'd made a grand total of maybe 20 hits. Most of the time I just chased the ball around. It and I became intimately familiar with the dusty, cobwebbed undersides of the oleander bushes behind the court.

The third day, I told myself if I did not improve, I'd quit wasting my time. (Even foolhardy optimists eventually reach the end of their racquet strings.) I dropped the ball, glued my sights to it, reached back my arm, and stepped into the swing. The beautiful thwack echoed around the court. A perfect rollout. Awesome. Hands sweaty and trembling, I tried again. No luck. Again. A hundred times again. I had to face it. That first shot was a fluke. Yet the memory of it lured me on.

I practiced three times that week. Usually I hit the ball with as much punch as a soggy pancake. I longed to whack it a good one. As I sought to direct my left arm, my right arm held itself crabbed close to my side; its wrist twitched and fingers clutched in remembering glory. The ball seemed to spurt off the wall at such odd angles, always hurling itself at me on the wrong side. Ruefully, I thought of those days in bygone months when an impossible shot was one where the ball would curl up in a corner and die or bounce high down the court and drool down the back wall. Impossible shots, but once in a while I could get them. Now, half my own wimpy shots seemed impossible to return.

I learned after several days of frustration that the only way I could hit a decent shot was to relax my body and shift my entire concentration into full gear. It became a brain game. Think: Turn to side wall, arm back, cock wrist, step forward, bend knee, swing and snap. No, don't gawk! Here comes the ball again. Now it's past you, dummy.

My left-handed reflexes were so slow I'm not sure they could even be called reflexes. "Sluggish responses" would be a more accurate description. Not

only were my reflexes reduced to slow-motion waves, but my timing had deserted me and my old loose abandon was replaced by stiff, mechanical movements. My strokes swished, limp and ludicrous. After two and a half weeks, my dubious enthusiasm dwindled. *"Let's be realistic,"* I counseled myself. *"This is more or less impossible. Perhaps some day, years hence, when you're old and grey, your game might return. Then, you'll have a few years to play before arthritis strikes."* You get the picture. Heavy gloom.

I almost gave up. But it happened the third week. I rose early that Sunday morning and shuffled over to the court, muttering *"I don't even know why I keep this up."* (Perverted bullheadedness, I guess.) Sleepily, I began to slap the ball around. After a few minutes, I woke to the realization that my hits felt semi-natural. No longer was every connection a Herculean effort. Suddenly peppy, I began whipping the racquet around. The court reverberated with the sound of solid shots. A breakthrough! Pausing, panting with excitement, I glanced around. Now, now that I had triumph to share, no one was around. Probably just as well—they would have thought I was witless.

So I merely continued to hit the ball, to *really* hit that ball.

After that, I renewed my efforts, using mostly my brain to improve. Each time I hit the ball, I analyzed exactly what I did wrong with that particular shot: connected too soon, waited too long, faced the wrong wall, forgot to cock, etcetera. With my right hand, I used to wing it. I'd rely on what naturally felt right and what more-or-less seemed to work. Buy my left-handed playing depended entirely on correct form, precision, and massive concentration. If I didn't hit it correctly, I usually couldn't hit it at all.

About this time, I decided to head back to the club. The first evening I returned, a lone player watched for a few minutes as I practiced. I moved awkwardly, but he asked for a game anyway. We played; I was getting dusted. He had racked his points up to the high teens when I yielded to my right hand's urge. It had been five months. I didn't expect a strong recovery. But that last 10 minutes of the game amazed me—and my partner.

I'd rarely played so well. My placement was precise, my strokes were pure and clean. Since I didn't want to reinjure my arm, I deliberately held back, yet the ball seemed to blast off my racquet. My ability to focus on the ball and my awareness of the finer details of movement were much sharper than they'd ever been before.

Well, I didn't win that game, but I didn't care. I was too happy with my discovery. My left-handed lessons had radically improved my right-handed game.

Because my shoulder still plays "sissy" now and then, I pamper it. My left-handed game is polished enough to usually outshine my novice partners' right-handed games.

In addition, I've met and played with several who play "wrong-handed" racquetball. John and Dan decided to learn left-handed because, as John says, *"It's more of a challenge that way. You develop coordination and strength on both sides of your body."*

Rob displayed an incredible ability to quickly learn left-handed. He believes his earlier days of handball helped him to cross over. Naturally left-handed players, such as Dick and Chris, seem

to be able to pick up the skill-transfers needed for "wrong-handed" playing much more easily than right-handed people. Dick is so adept with both hands that he sometimes surprises his friends on the tennis court by switching hands in midplay. Studies on left-handedness indicate this ability to be ambidextrous is common in lefties. In fact, such remarkably skillful people as as Leonardo da Vinci and Michaelangelo are believed to have been left-handed people who learned to be ambidextrous.

However, right-handed folks can learn too. Famous historian Thomas Carlyle suffered a stroke which rendered his right hand useless. At the age of 75, he turned lefty. A few famous concert pianists have performed similar feats when they lost their right hands. And you've heard the story of "yours truly."

Despite the education and satisfaction I've received during my bout with bursitis, I would still rather have avoided it. I guess some of us must learn the hard way. Now that I've confessed my mistakes, I hope you'll be spared such foolishness. But if you've already blown it and gotten a bum arm, don't give up racquetball. Try it "wrong-handed." ●

Overuse Syndrome

Definition:	A common condition caused by adults who ignore the early warnings of pain. Adults are more prone to this problem because their tissues are less flexible and their joints and muscles are more vulnerable to injury and harder to heal than children's and teens'. Adults also tend to continue the activity despite pain.
Symptoms:	Persistent pain—muscle or ligament tears, bursitis, or tendinitis.
Prevention:	Do flexibility and strengthening exercises. Warm up properly. Don't overdo. Pay attention to your body's signals.
Treatment:	Stop immediately if pain strikes. Apply ice packs during the first 72 hours; alternate ice and moist heat after that. Take aspirin. Wait until pain completely disappears at rest; then resume activity <i>cautiously</i> . (Stop at once if pain returns.) If pain is severe or persists, treatment under a doctor's supervision is advisable.

The Unstoppable Alex Guerry

by Mort Leve

In 1981, with an athletic career spanning half a century of tournament conquests in tennis, handball and racquetball, Alex Guerry was inducted into the Tennessee Sports Hall of Fame. If there existed a hall of fame for educational, military and business achievements, Guerry would stand tall and fully eligible in all those categories. The Chattanooga native has distinguished himself in all his life's endeavors, truly earning the title "Champion."

These days Guerry is savoring the success of the Sports Barn, a multi-faceted athletic club housed in a renovated bus terminal in downtown Chattanooga that includes 12 racquetball/handball courts. He was one of the prime movers behind the facility and is justly proud of the achievement.

"We've been in the black from the day the club opened three years ago," Alex said. "We provide a centrally-located facility to a quarter million population market that previously only had the YMCA offering handball and racquetball. The bus terminal gave us plenty of space for the courts, running track, exercise areas and all of the amenities that make up a modern athletic club."

Guerry's activities in sports have comprised both participation and substantial organizing work. He was founder and chairman for 12 years of the United States Lawn Tennis Association Boys 12 and 14 national championships. When the United States Handball Association moved into Masters age extensions over 50, then over 60, Alex energetically and effectively backed the move. (Earlier he had been Chattanooga handball champion for 10 years running.) One of the first National Masters handball tournaments was held at the Chattanooga YMCA. Guerry had been involved in promoting senior age level tennis tournaments and reasoned the same could be accomplished in handball. And then, with the rapid growth of racquetball, again he pushed for senior brackets of play in all types of tournaments.

In these veteran competitions Guerry became a triple threat titlist. His credits include Southern tennis senior in 1964; Tennessee seniors in 1964 and 1971; Tennessee Valley Invitational seniors in 1964, 1967, 1969, 1971; Chattanooga senior racquetball in 1972, 1973, 1974; Southern 55-and-over, 1978; Southern, 60-and-over, 1978.

Three times Alex has been runnerup in the national racquetball championships—over 55 in 1974 and 1975, and over 60 in 1978. The most recent showing in 1978 is the more remarkable as it came following open heart surgery, which he underwent in Houston in 1977.

All this athletic court prowess started at the University of the South in Sewanee where he played football and basketball in addition to tennis. "On the side" he found time to become class valedictorian, a fitting sequel to his No. 1 scholastic ranking at the Baylor prep school.

After earning his Master's degree in business and economics at the University of North Carolina in 1941, Alex entered the United States Air Force as a cadet and went on to the rank of lieutenant colonel in charge of four squadrons in the Southwest Pacific Theater, flying 123 combat missions. His combat decorations spotlight his accomplishments: Presidential Unit Citation with four clusters; Silver Star; Legion of Merit; Distinguished Flying Cross with four clusters; Air Medal with two clusters.

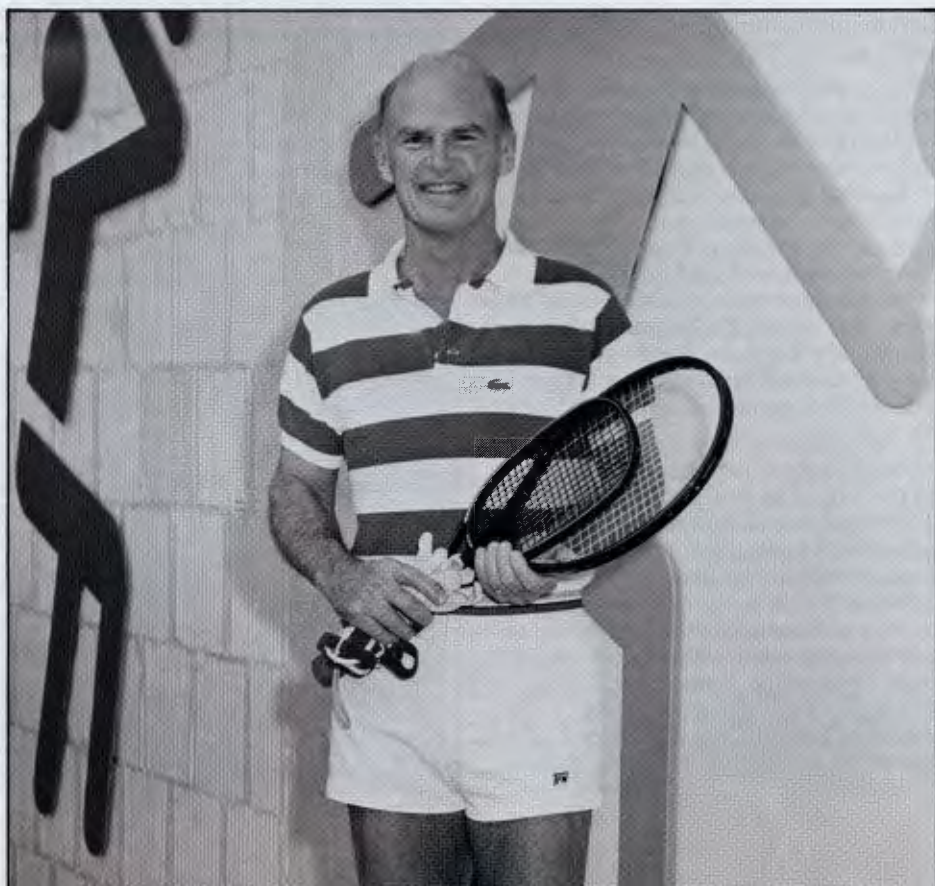
Following on his education and war

heroics, up-the-ladder business success came to Guerry in orderly fashion. He joined Chattem Drug and Chemical Company in 1945, and by 1958 had become president and chairman of the board of directors, the position he retains to this day. Paralleling his professional achievements have been his civic and cultural leaderships, the list of which is long and impressive.

He fostered tennis locally and was instrumental in the construction of the Manker-Patten Tennis Center, and then later co-planner and co-fundraiser of the University of Tennessee at Chattanooga Racquet Center in the name and memory of DeSales Harrison.

This is the full life, to put it mildly. Chattanooga has long been known as a hub of top-notch tennis, having spawned a leading pro in Roscoe Tanner, and Alex's son, Zan, was on the pro tour himself for several years. Alex and Zan won the national father-son tournament twice.

Guerry's wife, Millie, has been one of the better city women racquetballers during the past decade, and gives full support to her husband's continued athletic career. *"There's no doubt in my mind that the physical release from*



business and civic enterprises has kept Alex young at heart and vigorous in his everyday life," she says.

Today, at 64, Alex maintains the same jam-packed schedule that he did a quarter of a century ago. "I've got to keep up with these young turks as our business expands rapidly," he tells us, "And you can believe me when I say the Sports Barn is my ultimate release from a dawn till dusk, constant on-the-go schedule. We have 2500 people using the Barn, enjoying the various court and exercise programs under ideal conditions."

As in all his other activities, Guerry's involvement in religion is one of energetic participation. He has maintained membership in the Church of the Good Shepherd, Lookout Mountain, and has been a vestryman there for nine years and at St. Paul's Episcopal Church for three years; he is president of the Episcopal Churchmen of Tennessee; member, bishop and council of the Tennessee diocese.

In total Alex Guerry's story is a shining example of combining the full range of life's fruitful endeavors. Whatever sport he has gone into he not only has risen to competitive heights but has also made it vividly apparent that he has sought to better that game through much more than vocal involvement.

Responding to the need for an athletic club in Chattanooga in typically forward-looking style, Guerry concluded that the concept-type facility was the only route to take. "We wanted to provide for full family involvement in The Barn," he explains. "The era of court play only is at an end. People now seek out exercise programming that will give them full physical wellbeing while at the same time improving their court skills. I just wish Nautilus training had been available when I was young and eager on the tennis trail."

There's no stopping Alex Guerry. Thinking ahead, he has blueprinted plans for an additional athletic club in the Lookout Mountain residential area of Chattanooga. And he has shown interest in a proposed Summertime Little League type 14-and-under racquetball program nationally. Well, he's organized seniors. He's ready for a new challenge—juniors may never be the same! ●

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Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.

Question: We often hear about the ranting and raving that occurs on the courts at pro events. In your opinion, how have player attitudes changed over the years?

Hogan: I happen to believe that the top ranking players in any sport carry a certain responsibility to that sport, be it racquetball or any other one. We are all representatives of racquetball and as such have an obligation to put our best foot forward.

I will admit that I didn't always subscribe to this philosophy. When I was a kid I didn't understand all the ramifications of being number one. I just did what I felt I had to do in order to win.

However, each player has a different mental approach toward being the best he can. Some players rant and rave, create scenes, argue with referees and so forth. They're what I call the "Mr. T's" of racquetball. On the other hand, you've got players like Mike Yellen and Bret Harnett who are more in the Rocky mold, Mr. Nice Guys who understand that they are ambassadors of the sport.

Sure the Mr. T's add color, character and controversy, but they don't always help the sport. I was certainly a Mr. T once. But I realized that things do change. I felt I could help the sport, and therefore help myself, if I could change. I'm much improved on the court since then; in fact, I'm just one of the most sweet, lovable, nice guys in the whole world!

Question: We read of pro tournaments in all sorts of exotic places like Hawaii in the sun and fun, Hollywood with all the celebrities, and the big North American cities with a lot to offer like Seattle, Chicago, Miami and many others. Aren't the different atmospheres distracting?

Hogan: Well, I'll admit that playing the Hawaiian tournament every year is a bit more distracting than other places.

Sometimes you just can't ignore what is going on around you, no matter how hard you try. In some ways the different surroundings and atmospheres are nice. The variety makes life more interesting.

However, the same distractions make life more difficult in the sense of remembering what comes first. And with me, winning racquetball tournaments comes first. Therefore, any distraction which causes me to lose concentration on my game is a negative.

What I'm saying is that I must always remember why I'm in that particular city. I'm there to play to the best of my ability. I expect it of myself. My sponsors expect it of me. And the fans of that particular city deserve to see the best racquetball has to offer. To give any less would not be fair to the sport. So my attitude is that I'm going to play racquetball first and play my best. Therefore, I should win. After all, that's how I make my living and how I perform is how the people in a particular town will remember me.

In reality, with just a few exceptions, each town has an airport, a hotel and a club. I rarely see much else.

Question: I've noticed that many top players use a drive serve to their opponent's forehand in critical situations. Just how effective is this serve and when should I use it?

Hogan: I have long said that a hard drive serve to either side is an effective shot and comes highly recommended. If you connect on this shot, you'll get an ace or weak return no matter which side of the court you attack.

The lower one goes on the skill level ladder the less percentage there is in serving to the forehand mainly because the difference in effectiveness between a beginner's backhand and forehand would be far less than for an advanced player. Therefore, that serve to the forehand side must be as good as it possibly can.

Drives to the forehand present racquetball players with one of the most thrilling gambles in the game. On one hand you've got the surprise factor on your side. Since such a high percentage of serves go to your opponent's backhand, a blast down the forehand side likely will catch him leaning the wrong way. That fact, when coupled with a well hit serve, is ace territory.

Yet you run the ultimate risk at the same time, because if your drive to the forehand does not catch your opponent by surprise, or if it is not well hit, he'll have a free rip with his forehand, putting you on the defensive.

I happen to like the drive to the forehand for its mental effect. I know my opponent is constantly thinking, thinking about how he's going to hit whatever shot off my drive serve to his backhand. If I double his burden by making him think about what return he'll hit off the drive to his forehand, I have a better chance to catch him in an indecisive situation.

It also helps to change your system once in a while. You become less predictable, forcing your opponent to adjust in a way that he's not used to.

As for using the drive to the forehand in critical situations, I think it's a great idea, primarily because your opponent may be a little tight in the clutch or at the very least less likely to risk an offensive serve return when the match is on the line.

Needless to say, though, it's a double edged sword. You must be ready for his aggressive return and if it comes, you could be in big trouble.

Over my seven year career at the top of the racquetball ladder, I'd say that less than one percent of my opponents have tried to drive my forehand in critical situations. People get more cautious when the game's on the line. That's when you *should* go for it. ●

The Racquetball Player's Ally: The Back Wall

APRO Teaches: by Dave Keim

Many players find that playing the ball off the back wall presents them with problems and as a result they often get into the bad habit of either cutting the ball off when it is too high or hitting the "cardinal sin" of racquetball, that is, slamming the ball into the back wall.

While there are advantages to cutting the ball off, it is a very low percentage shot and requires a lot of practice to hit accurately with any amount of regularity. As for hitting the ball into the back wall—well, there isn't much that can be said in favor of this shot. It is the one shot in racquetball that a player *never* wants to hit. It has no offensive purpose, you have minimal control of the shot, and it often results in injury because the hitter has little time to react to the ball rebounding off the back wall.

The off-the-back-wall shot is not an extremely difficult or insurmountable shot by any means. In fact, once you become acquainted with the shot you will use it to your advantage. The back wall will become your ally and offer you much help in the advancement of your game. But for this to happen you need to hit the ball directly to the front wall as it rebounds off the back wall. There are three main reasons for this:

1. Every time a racquetball strikes a wall it slows down. Therefore, the ball will slow down after striking the back wall making it easier to hit and allowing the hitter more time to set up.
2. The ball will rebound lower off of the back wall making it easier for you to hit a low placement shot.
3. A ball rebounding off of the back wall will already be going in the direction you want to hit it. You may now hit your shot directly to the front wall with more control and velocity and less effort.

Since the beginners' game is usually played above the kill zone, a large percentage of their shots will travel to the back wall when allowed to go through. For this reason the beginner who learns to play the ball properly off the back wall will most likely advance the quickest.

At the intermediate level, players hit the kill zone more often but lack consistency. These players are also finding new velocity which comes from improved technique; but this added speed sometimes leads them to overhit the ball (usually causing the ball to rise) and the control aspect of their game suffers. Most of these overhit balls will still travel to the back wall. Thus a good off-the-back-wall shot will earn the intermediate many points.

The advanced player should have a well-balanced attack. His game consists of shots with both velocity and control. He changes speeds on serves and during the rally. He pinches and passes. He uses cross court and the ceiling effectively. But with all this versatility and good strategy, the ball will still travel to the back wall on occasion. When this happens the advanced player has the golden opportunity to end the rally with a winner.

In short, players of any ability who want to improve their game and advance in skill level will seriously work on their back wall game.

Beginners: Getting acquainted with the back wall

To hit a shot properly off the back wall, nothing new needs to be added to the basic forehand or backhand stroke. The mechanics are the same.

Stand with your body turned sideways so that you are facing the side wall. Follow the ball with your eyes and hold your racquet high (Figs. 1 & 2). The stroke is initiated from this stance by stepping toward the front wall with the lead foot and bringing your racquet down and across your body in a nice level swing. Contact with the ball

should be made with a fully extended arm at a point directly out from the heel of the lead foot on the forehand (Fig. 3), and just in front of the lead foot on the backhand. (Fig. 4). This will give you optimum control of your shot.

This all sounds basic and simple, and it is. Where then do the problems arise on the off-the-back-wall shot? I recently watched as some beginners at my club attempted to hit the off-the-back-wall shot and saw many racquetballs being swatted at as if they were swarming bees intruding on the players' domain. The players were out of position when the ball rebounded off of the back wall and did not know where the ball would bounce. I concluded that misjudging the ball coming off of the back wall caused the beginner the most trouble.

Judgement is not something which can be taught; it is largely a result of playing experience. However, there are a few steps you may take to improve your shot no matter what level your judgement is at.

Figure 1.

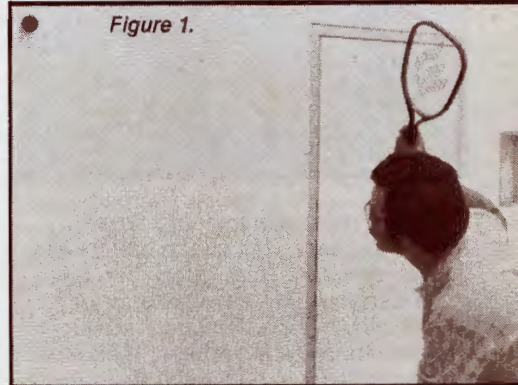


Figure 2.

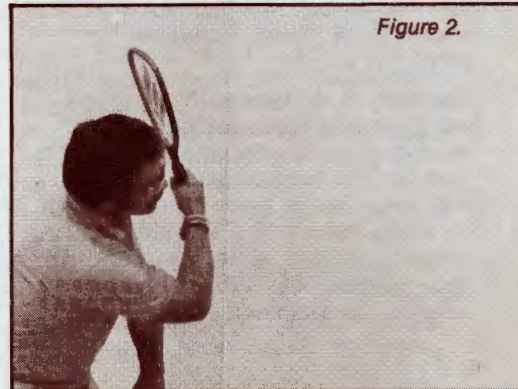


Figure 3.



Figure 4.



First, you must remember to retreat toward the back wall as the ball travels in that direction. Thus far in your playing experience you have been moving mostly side-to-side. Although lateral movements are still required, the initial movement should be toward the back wall. As the ball hits the back wall you should be in the ready stance (Figs. 1 & 2).

Secondly, it is important that as you set up in your ready stance you don't allow your feet to become glued to the floor. As the ball comes off of the back wall you must be ready to move with it, shuffling the feet in a side-step motion until the ball has come down to where you can now hit it with your natural forehand or backhand stroke.

Remember, in your retreat to the back wall it is better to over-retreat and compensate with your shuffle step than to under-retreat and be forced to reach back or move back to hit your shot.

The following drills will help you to become acquainted with the back wall and how the ball bounces off it.

1. Stand in center court and hit the ball into the front wall so that it will travel to the back wall on one bounce. Watch the ball rebound off the back wall and note how far it is coming out before hitting the floor. You should note that the closer the ball bounces to the back wall before hitting it, the further out it will rebound. This will help you learn to judge the ball.
2. Hit the ball off the front wall so that it will travel to the back wall on one bounce. Retreat toward the back wall

with the ball. As the ball hits the back wall be ready to shuffle away from the wall and catch the ball at the hitting level. This will help you learn to judge the rebound of the ball and to let the ball drop.

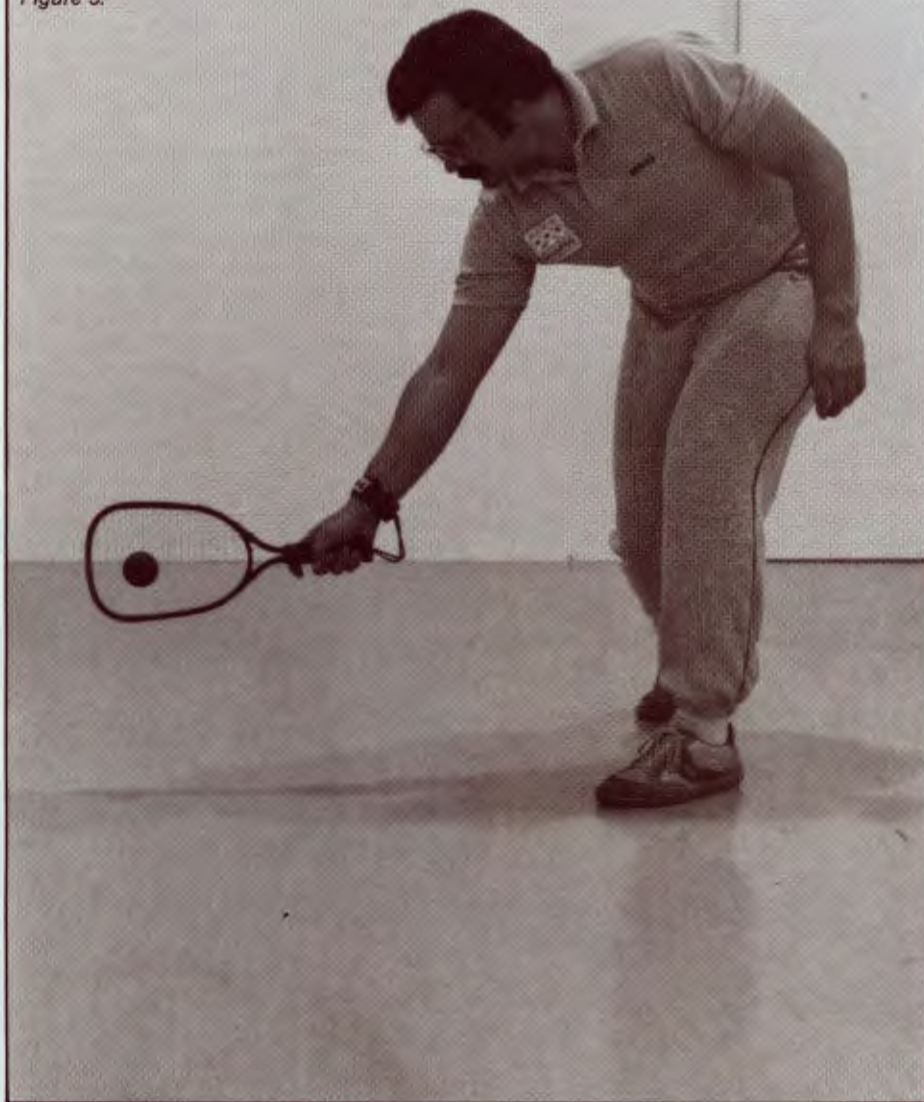
3. Stand approximately two to three feet from the back wall in either the forehand or backhand ready stance. Toss the ball into the back wall. As it rebounds off the back wall shuffle along with it. Let the ball bounce once, then still shuffling, step into it and hit it to the front wall with the proper stroke mechanics. This will help you develop timing and coordinate the footwork with the stroke. Remember, this is a *drill* and you are letting the ball bounce after coming off the back wall. In a game situation if the ball bounces on the way to the back wall you must hit it before it hits the floor a second time.

Intermediates: Patience is the key

As previously mentioned, increased velocity is now becoming an intriguing part of your game. This is changing those passing shot winners that you could hit as a beginner into back wall set ups for your opponent. To compensate for this increased velocity the intermediate must wait and hit the ball from a lower point of contact (Fig. 5), sending the ball directly into the kill zone, usually defined as that area of the front wall below an imaginary 18" line.

With the amount of playing experience you have now achieved your judgement should be improved to the point that you are able to prejudge the rebound of the ball off the back wall with much more accuracy. You will no longer need to retreat as far toward the back wall as you did when you were a beginner.

Figure 5.



You can set up further from the back wall and still make the shot with the proper mechanics. Remember, you have that shuffle step that carries you into the shot so don't get too far ahead of the ball. Reaching back and hitting the ball too far back in your stance will cause your shots to go into the floor.

The most important rule in exercising patience is never to rush the ball unnecessarily. Waiting for the ball to come to you will put it in a lower hitting zone. In applying this important

rule of patience to the off-the-back-wall shot one must follow the ball further out from the wall to allow it time to drop lower.

Drills to improve patience. For all of the following drills you will need to mark an 18" kill zone on the front wall. You can stretch a piece of dark yarn along the front wall and tape it at the 18" kill zone level. (Acknowledgement for this innovative visual aid goes to Chuck Sheftel, President and Founder of APRO.)

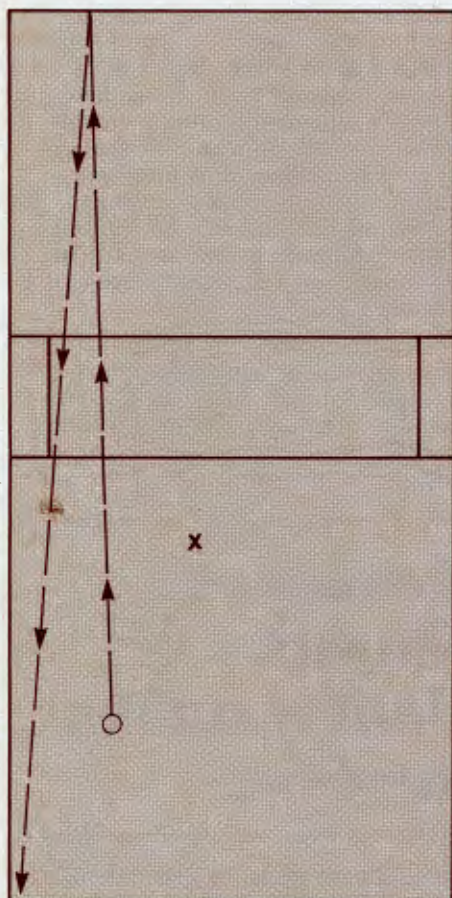
1. Stand approximately two to three feet from the back wall in either the forehand or backhand ready stance. Toss the ball into the back wall and shuffle along with it, letting it drop as low as possible. Step into the shot and hit the ball directly to the front wall aiming it for the kill zone you have marked off. This drill may be done by hitting the ball on one bounce at first, then directly off the back wall without a bounce.

2. Stand in center court and hit the ball close to your 18" mark. Now retreat to the back wall and shuffle away from the wall with the ball, letting it bounce as many times as possible before hitting your shot directly to the front wall.

Advanced Players: Variety marks success

The advanced player has successfully combined the control game with the power game. At this level, shots are hit consistently in the kill zone and travel to the back wall a lot less frequently. Advanced players make maximum use of good court positioning and accurately anticipate their opponents' shots.

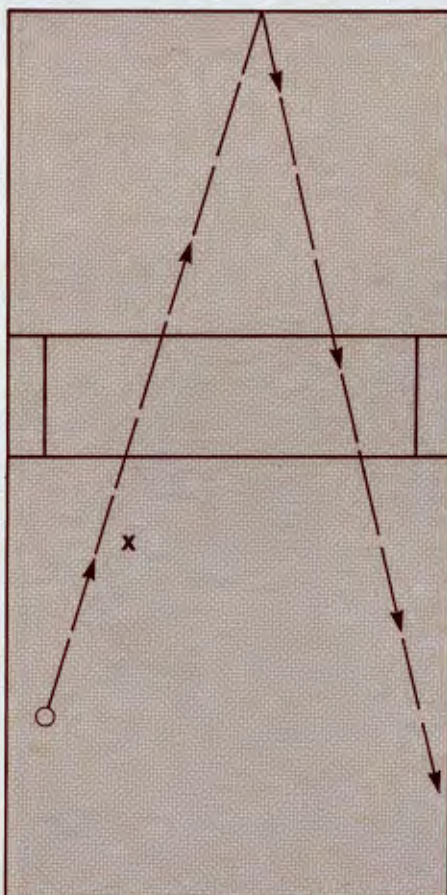
Although the judgement which eluded you as a beginner has become automatic, a new type of judgement now must be developed. Since the player controlling center court has the upper hand in the match, it will often be to your advantage to cut off the ball from center court rather than retreating to take it off the back wall. Thus you will not have to relinquish center court to your opponent while you try to pass or kill from deep court. It is at this point that you must judge whether to play the ball or allow it to go through to the back wall. One rule of thumb is that the ball should be cut off and



Down-The-Line Pass. The shortest distance between two points is a straight line. The principle makes the down-the-line pass shot one of the most effective shots in racquetball. The ball travels to the front wall and back past the opponent in the shortest amount of time. NOTE: the ball should not hit the side wall on this shot.

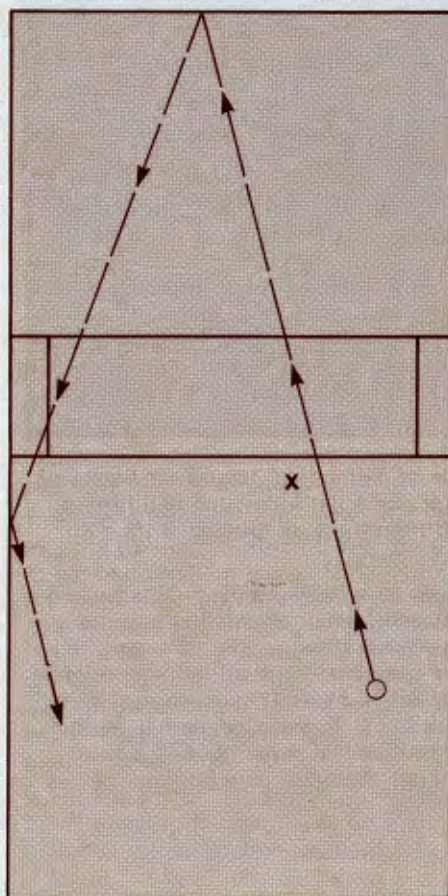
played from center court unless it will rebound off the back wall back to the point where you let it through.

This is excellent advice and can help you in your attempt to judge whether to cut the ball off or play it off the back wall. But don't lose sight of the importance of the off-the-back-wall shot—it is still a set up that an advanced player should be watching for. When this rare treat comes your way, you must take advantage with a winner.



Cross Court Pass. When your opponent has anticipated the down-the-line pass you can catch him out of position by using the cross court pass. The shot should be hit into the kill zone and form an angle leading to the opposite corner of the court.

With the improved court coverage and anticipation of the advanced player it is harder to hit a winner. Now you will want to add the element of surprise to your game, using a variety of shots from the back wall set up. The following diagrams suggest a few shots to be worked on, but by all means be inventive. Let your imagination contribute to your game and you yourself may become part of the great evolution that is now taking place in our sport. ●



Wide Angle Pass. If you have been hitting your shots consistently low and down the line or cross court, your opponent may move up in his positioning so as to cut down the angle of the ball. Now you will want to pass him with a wide angle pass. This shot is hit so that it angles into the side wall around the receiving lines. NOTE: the angle is now wider than in the cross court and causes your opponent to be passed easier. The shot should be hit at medium speed to further surprise your opponent and to allow it to bounce twice before traveling to the back wall.



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Merced Racquet Club
Mission Viejo
The Athlete's Foot
Modesto
Fitness Institute Pro Shop
Modesto Court Room
Monterey
Garden Racquetball Club
Napa
Athletes Corner
La Cancha Racquetball Club
Newport Beach
University Athletic Club
North Hollywood
Rocky's Racquet World
Novato
Old Town Sports
Palm Desert
Wise Palm Desert Athletic Club
Pleasant Hill
Pleasant Hill Supreme Court
Redding
Fleet Feet
Sun Oaks Racquet Club
Reseda
M & M of MURC
Richmond
Sports Afoot
Riverside
Tournament House Racquetball
Club
Redondo Beach
Sportmart
Sacramento
Gleneagles Racquetball Club
Riverside Racquetball Club
San Bernardino
The Athlete's Foot
San Jose
San Jose Athletic Club
Santa Ana
Racquetball World of Santa Ana
Santa Barbara
All Seasons Sports and Apparel
Outfitters
Santa Clara
Decathlon Club
Santa Cruz
Jerry's Sports
San Diego
San Diego Athletic Club
San Francisco
Sherwoods Golf & Tennis World
San Francisco Bay Club
Telegraph Hill Club
South San Francisco
Fry's Warehouse Sports
Stockton
First Serve Tennis Sports
Tracy
Tracy Racquet Club
Tulare
Tulare Town and Country Club
Tustin
The Athlete's Foot
Vacaville
Vacaville Racquet Club
Ventura
Van's Pro Shop
Ventura Y.M.C.A.
Visalia
Visalia Racquet Club
West Los Angeles
The Center Courts
Westminster
The Athlete's Foot
Woodland
Country Oaks Racquet Club

COLORADO

Foot Locker
Aspen
Sports Stalker
Aurora
Golf & Tennis World
Boulder
Gart Bros. Sporting Goods

Colorado Springs

My Racquet
The Springs B & H Sports
Denver
Sporting Bros. Sporting Goods (8)
Hagan Sports
Sports Stalker At Racquet World
Fort Collins
Gart Bros. Sporting Goods
Grand Junction
Grand Junction Athletic Club
Keystone
Sports Stalker
Lamar
The Clubhouse
Steamboat Springs
Sports Stalker
CONNECTICUT
Foot Locker
Herman's World of Sporting
Goods
Farmington
The Athlete's Foot
Danbury
Players Racquetball Club
Derby
Racquetball Plus
Greenwich
Bruce Park Sports
Greenwich Field Club
Hartford
The Athlete's Foot
Madison
Hammonasset Racquetball
Middleton
Playtogs Factory Outlet
New Haven
Running Start
The Athlete's Foot
Southington
The Sports Shop of Southington
Stamford
Stamford Racquetball Club
FLORIDA
Foot Locker
Altamonte Springs
Champs Sporting Goods
Delray Beach
Sal's Sport Shop
Fort Lauderdale
Lombard's
Fort Meyers
Lely Sporting Goods
Hollywood
Sneaker Shack
Lantana
The Court Sport
Longboat Key
Longboat Key Club
Margate
Wide World of Sporting Goods
Miami
Sportstown (3)
Stoppes Sport Scene
Maples
Lely Sporting Goods
Neptune Beach
Beaches Racquet Club
Jacksonville Sport Centers
North Miami Beach
Lombard's
Orange Park
Park Ave Racquet Club
Orlando
Center Court Tennis
Pembroke Pines
Professional Golf & Tennis
Suppliers
Plantation
Athletes Corner
Sarasota
Bath and Tennis Club
St. Petersburg
Champs Sporting Goods
Tyrone Racquetball
Tampa
Sports Unlimited
Tarpon Springs
Innisbrook Golf & Tennis Resort
West Palm Beach
Professional Golf & Tennis
Suppliers
GEORGIA
Foot Locker
Athens
Champs Sport Shop

Atlanta

The Athlete's Foot (5)
The Racquetball Center
Statesboro
Sports Buff
HAWAII
Foot Locker
Honolulu
The Honolulu Club
IDAHO
Boise
Idaho Sporting Goods
Coeur D'Alene
Dingles
ILLINOIS
Foot Locker
Herman's World of Sporting
Goods
Addison
DuPage Racquet Club
Arlington Heights
Court House
Aurora
Athletic Attic
The Athlete's Foot
Bartonville
Ed Rebbec's Sport Shop
Bloomington
Courtside 111
Broadview
Hilderbrand Sports
Calumet City
Sportmart
Champaign
Champaign Urbana Fitness
Center
Chicago
Chernins Shoes
Combined Fitness Center
Downtown Court Club
Edens Court House
Kenwood Racquet Club
Lehmann Courts
Morris Mages Sports
O & E Company
Sportmart
The Athlete's Foot (2)
Danville
Black & Company
Decatur
Black & Company (3)
Rollout Racquetball Club
Deerfield
Shelby's
Des Plaines
Aerobic Fitness Center
Downers Grove
Chernins Shoes
Elk Grove
Illinois Footwear
Evanston
Evanston Court Club
Evergreen Park
Evergreen Bath and Tennis Club
Fleet Feet
Itasca
Hamilton Lakes
Jacksonville
Don and Larry's Sport Shop
Joliet
Charlie Club
Kankakee
All Pro Sports
Lakehurst Center
The Athlete's Foot
Lombard
Glass Court
Sportmart
Matteson
Chernins Shoes
Moline
Courtside South
Morton Grove
Chernins Shoes
Mount Prospect
The Charlie Club
Niles
Sportmart
Normal
Read's of Normal
Northbrook
Northbrook Court House
The Athlete's Foot
Oak Brook
The Athlete's Foot
Oak Lawn
Sportmart

Oak Park

Cunningham & Reiley
Oak Park Court House
Orland Park
Illinois Footwear
Palatine
Charlie Club II
Peoria
Courtside
Quincy
Black & Company
The Athlete's Foot
Rockford
The Golf Shack
Schaumburg
Court House
Sportmart
The Athlete's Foot
Woodfield Lakes Sport Club
Skokie
The Athlete's Foot
Springfield
Black & Company
Illinois Sporting Goods
Springfield Sportspace
The Athlete's Foot
Vernon Hills
The Athlete's Foot
Waukegan
The Athlete's Foot
INDIANA
Foot Locker
Anderson
Bob's Tennis Club
Elkhart
The Sports Haus
Evansville
Gus Doerner Sports
Greenwood
Valle Vista Country Club
Highland
Sports Illustrated Court Club
Indianapolis
Athletic Annex Enterprises
Athletic Department Sporting
Goods (8)
Em-Roe Sporting Goods
Racquetball of Greenbriar
Reardon Racquet Co-Op
Supershoes
Tennis Warehouse
Jasper
Patoka Bay
Kokomo
Dick Sanburn Sporting Goods
Kokomo Racquetball Club
Merrillville
The Athlete's Foot
Noblesville
Indiana Athletic Club
Michigan City
Ramsey's Sport Shop
Mishawaka
South Bend Racquet Club
Munster
Big Red Sports
Olympic Racquetball
Portage
The Athlete's Locker Room
Schererville
Len's Pro Shop
Terre Haute
Coaches Corner Sporting Goods
Niemeyer's Sports World
Pace Setter Sports
Valparaiso
The Athlete's Locker Room
West Lafayette
Thiel's Sports Etc.
IOWA
Foot Locker
Bettendorf
Courtside North
Davenport
Courtside West
Des Moines
Kinley's Golf Sales

Oakmore Racquetball Health
Center
Sports A Foot
West Des Moines
Roosevelt Bootery
Westcourts
KANSAS
Foot Locker
Coffeyville
Lee's Sporting Goods
Dodge City
The Dodge City Club House
Emporia
Mike's Sporting Goods
Hutchinson
Reffner's Sporting Goods
The Athlete's Foot
Kansas City
Nill Bros. Sporting Goods
Lawrence
In Season Sporting Goods
Leawood
Leawood C.C. — Tennis Club
Manhattan
The Athlete's Way
Morris
Morris Sports
Olathe
Court Sports
Nill Bros. Sporting Goods
Overland Park
Dales Courts
Topeka
Athletes Corner
Hart Stores
The Athlete's Foot
The Team Sporting Goods
Salina
Knight's Athletic Goods
Sports Connection
Wichita
Athletic Attic
Brittany Sports
Champs
Martin Sports
Reffner's Sporting Goods (3)
Sports Scene
Supreme Courts (2)
The Athlete's Foot (2)
Twin Lakes Sporting Goods
KENTUCKY
Foot Locker
Herman's World of Sporting Goods
Florence
World of Sports
Glasgow
Riherd's Sport Shop
Lexington
Ron Atkins All Sports
Louisville
Allied Sporting Goods (8)
Plainview Racquetball Club
LOUISIANA
Foot Locker
Alexandria
Courtard Health & Racquet Club
People's Shoes
Sports & Trophies
Wellan's
Baton Rouge
Baton Rouge Court Club
Baton Rouge Sports World
Champs Sporting Goods
Sneakers
Sport Shack
Biloxi
Athletic Attic
Bossier City
Champs Sporting Goods
Covington
Covington Court Club
Hammond
The Athletic Shop
New Iberia
Gary's Sporting Goods
Kenner
Tennis Hut

Foot-Joy 

Foot-Joy, Inc. Brockton, MA 02403

Continued list on next page

Where You Can Find Foot-Joy Shoes

Lafayette

Athletic Attic
Athletic Center of Lafayette
Cajun Court Club
Champs Sporting Goods
Foot Action
Lafayette Health Club
Red Lerille's Health & Racquet Club
Lake Charles
E&M Sports Center
Millers House for Sports
Laplace
Russ-T's Athletic Center
Mandeville
Red Robbins Pro Footwear
Meraux
Off The Wall Racquet & Health Club
Metairie
Massey's Sports Center
Monroe
H. Mickel Sports
Sports Gear
Morgan City
Skipper's Sporting Goods
New Orleans
Pampo's Active Shop
Racquetball One
Red Robbins Pro Footwear
The Athlete's Foot (6)
Pineville
Sports & Trophies
Shreveport
Moore-Sigler Sports World (3)
Tennis East Pro Shop
The Athlete's Foot
Slidell
Athletic Shoes Unlimited (2)
Cross Gates Racquet Club
Thibodaux
Duncan Sports
MAINE
Auburn
Athletic Attic
Falmouth
Tennis of Maine
Kennebunk
Colonial Shoe
Old Town
Goldsmith Sporting Goods
Portland
Athletic Attic
James Bailey Co.
Saco
The Court Yard
South Portland
Olympia Sport Center (2)
MARYLAND
Foot Locker
Herman's World of Sporting Goods
Annapolis
Annapolis Court Club
Baltimore
Body & Sole
Holabrid Racquet Club
Instant Replay
Security Court Club
The Athlete's Foot (2)
Totally Tennis
Bethesda
Racquet & Jog
Cockeysville
The Sports Page
Columbia
Athlete's Choice Sporting Goods
Columbia Park Recreation Association
Owen Brown Tennis Club
Supreme Court Racquet Club
Easton
The Athlete
Landover
Instant Replay
Lutherville
Green Springs Racquet Club
The Athlete's Foot
Millersville
Severna Park Racquetball Club
Ocean City
The Athlete
Parkville
The Athlete's Foot
Rockville
Arthur Ashe & Friends
Totally Tennis

Salisbury

The Athlete (2)
Racquetball Club of Salisbury
Vernon Powell Shoe Company
Seymour Park
Athlete's Choice Sporting Goods (2)
Timonium
Padonia Court
Totally Tennis
Towson
Towson Court Club
MASSACHUSETTS
Foot Locker
Herman's World of Sporting Goods
Auburn
Auburn Racquet and Health Club
Beverly
The Playoff
Boston
Back Bay Racquet Club
Boston Athletic Club
Ski Market
The Athlete's Foot
The University Club
Braintree
Braintree Sports
Ridge Racquet Club
The Athlete's Foot
The Playoffs
Brockton
Brockton Racquetball Club
One Step Ahead
Taymor Shoe
Burlington
Hanlon's Mens Shoes
Racquetball International
Taymor Shoe
Cambridge
Cambridge Racquetball Club
Tennis & Squash Shop
Charlton
The Village Racquet Club
Cohasset
The Good Sports
Danvers
Racquetball International
Taymor Shoe
East Bridgewater
R&R Racquetball Club
Framingham
Hanlon's Mens Shoes
The Road Runner
Hanover
Hanlon's Mens Shoes
Haverhill
Cedardale Racquet Club
Hyannis
Puritan of Cape Cod (4)
The Athlete's Foot
Wallbanger
Malden
Hanlon's Mens Shoes
Marlboro
Wayside Racquet Club
Medford
The Athlete's Foot
Natick
Taymor Shoe
Newton
The Athlete's Foot
North Dartmouth
The Faunce Corner Club
Norwell
Norwell Racquetball Club
Norwood
Racquetball International
Peabody
The Athlete's Foot
Plymouth
Game Point Racquetball Club
M&M Sporting Goods
Professional Sports Shop
Quincy
Hanlon's Mens Shoes
Rockland
Corrigan's Racquetball Club
Seekonk
Racquetball International
Shrewsbury
Shrewsbury Racquet Club
South Yarmouth
Professional Sports Shop
Taunton
Roco Sports

Waltham

Hanlon's Mens Shoes
Waverly Oaks Racquetball Club
Ward Hill
Cedardale Racquet Club
Wellesley
Racquetball International
Wellesley Hills
Wellesley Racquetball Club
West Roxbury
Hanlon's Mens Shoes
Whitman
One Step Ahead
MICHIGAN
Foot Locker
Herman's World of Sporting Goods
Battle Creek
Carol's Tennis Racket
Jack Pearl's Sport Center
Davison
Davison Racquet Club
Farmington Hills
Courttime Racquet Club
M.C. Sporting Goods
Flushing
King Par Golf
Grand Rapids
Michigan Sporting Goods
Riverview Racquet Club
Holland
Holland Tennis Club
Lathrup Village
The Tennis Company
Livonia
Racquets Unlimited
Mount Pleasant
Inn Sports
Okemos
Playmakers
Roseville
Rose Shores East Racquetball
Saginaw
The Court House West
Sterling Heights
Golf & Tennis World
Trenton
Racquet King Court
Utica
Auburn Footwear
West Bloomfield
Dunhams
MINNESOTA
Foot Locker
Bloomington
Athletic Outfitters
Kokesh Athletic & Golf Supply
Brainerd
Beltline Racquet & Fitness Center
Edina
King's Court
Hopkins
Kokesh Athletic & Golf Supply
Mankato
Beltline Racquet & Fitness Center
Maplewood
Kokesh Athletic & Golf Supply
Minneapolis
Athletic Outfitters
Burnsville Racquetball Center
Calhoun Beach Club
Greenway Athletic Club
Minneapolis Tennis Club
98th Street Racquet Club
Normandale Racquet & Swim Club
North Star Tennis Club
N.W. Tennis & Swim Club
Oakdale Racquet Club
Richfield Racquet Club
Southdale Racquet Club
Sure Footing
The Court House
Twin City Tennis Supply
Minnetonka
Sure Footing
Moorehead
Beltline Racquet & Fitness Center
Northfield
Beltline Racquet & Fitness Center

Owatonna

Beltline Racquet & Fitness Center
Owatonna Shoe
St. Paul
King's Court
Sure Footing
West St. Paul
Kokesh Athletic & Golf Supply
MISSISSIPPI
Bay St. Louis
Tennis World (2)
Gulfport
Broadwater Beach Golf Club
Pro Golf & Tennis
Hattiesburg
Smith Brothers Sporting Goods
Jackson
Court House Racquetball Club
Natchez
The Sports Center
MISSOURI
Foot Locker
Chesterfield
The Pro's Corner
Creve Coeur
Omni Sports
Des Peres
Foot Sports
Florissant
Fischer's of Florissant
Gladstone
Linden Oaks Racquetball Club
Grandview
Jerry's Sport Shop
Joplin
Athletic Attic
The Jock Shop
Kansas City
Athletic Attic
The Athlete's Foot
Springfield
Athletic Attic
Steve's Shoe & Sports
The Athlete's Foot
The Baseline
St. Joseph
Athletes Corner
St. Louis
Associated Sports Warehouse
Casey's Enterprises
Famous Brand Shoe Stores (16)
Omni Sports
The Racket Man
St. Peters
Sport Foot
MONTANA
Billings
The Athlete's Foot
Missoula
Bob Ward & Sons
NEBRASKA
Lincoln
Gerry's Sport Shoes
The Athlete's Foot
Omaha
Hauff Sporting Goods
Racqueteer
Sport Treas
The Athlete's Foot
NEVADA
Foot Locker
Carson City Capital Courts
Las Vegas
Las Vegas Discount Golf & Tennis
Nevada Bob's
The Las Vegas Sporting House
Stateline
The Sport Shop at Ceasars
NEW MEXICO
Albuquerque
Tom Young's Spa
Las Cruces
Foot Action
NEW HAMPSHIRE
Laconia
Laconia Racquetball Club
Manchester
The Athlete's Foot
Salem
One Step Ahead
Salem Racquetball Club

Somersworth

The Works
NEW JERSEY
Foot Locker
Hermans World of Sporting Goods
Allendale
Tennis Advantage
Annapolis
Clinton Racquet & Fitness Center
Bogota
Bogota Racquet Club
Bound Brook
Efinger Sporting Goods
Bricktown
Kangaroo Courts
Cedar Knolls
Racquetball Club at Cedar Knolls
Cherry Hill
The Athlete's Foot
The Sports Page
Clinton
Clinton Racquet & Fitness Center
Jon & Rich Sports House
Closter
Closter Racquetball Club
Denville
Boot and Sneaker Factory
Elmwood Park
Elmwood Racquetball & Spa
Fairfield
Yogi Berra's Hall of Fame Racquetball
Fair Lawn
Racquettime Court Club
Fanwood
Fanwood Racquetball Club
Fort Lee
King Arthur's Courts Racquetball Club
Greenbrook
King George Racquetball & Health Club
Hackensack
The Athlete's Foot
Jersey City
H.A. Greene
Livingston
Arch Rival
The Racquet Shoppe
Lyndhurst
Court Time Meadowslands
Racquetball Club
King's Court
Medford
Medford Racquetball Club
Newark
Athleisure Foot
New Milford
Riverview Racquetball Club
Northvale
Northvale Tennis Center
Paramus
Bergen Mall Racquetball Club
The Athlete's Foot
Pine Brook
Sneakertown
Pompton Plains
Racquetball 23 & Spa
Pleasantville
Tilton Racquetball Club
Ramsey
Corys Sports Shop
Randolph
Olympic Racquetball & Health Clubs
Rockaway
Athletic Attic
The Athlete's Foot
Shrewsbury
Sport Shed

South Plainfield

Ricochet Racquet Club
Sportworld
Toms River
Bob Kisliln's Sporting Goods
Feet First
Racquetball of Toms River
Wall
What's Your Racquet
Wayne
Sneakers Unlimited
West Atlantic City
Golf and Tennis Club
Woodbridge
The Athlete's Foot
NEW YORK
Herman's World of Sporting Goods
Albany
Twenty First Point Club
Brooklyn
Brooklyn Heights Sports
Cheektowaga
Athlete's Den
Coram
Royal Racquetball
Fayetteville
The Track & Racquet Club
Glenmont
Twenty First Point Club
Glens Falls
Queensbury Racquet Club
Latham
Andy's Sporting Goods of Latham
Ski Market
Middleton
Playtogs Factory Outlet
New York City
City Athletic Club
New York Athletic Club
Paragon Athletic Goods
Racquet & Tennis Club
Sportsfoot
The Complete Athlete
The Harvard Club
Portchester
Sportsfoot
Rochester
Muxworthy's Team Sports
Rockville
Centre Court
Syosett
Syosett Club
Troy
Andy's Sporting Goods
Utica
Klein's All-Sports Distributors
Williamsville
Ski Market
NORTH CAROLINA
Charlotte
Charlotte Racquetball & Health Club
Jacksonville
Mike's Sporting Goods (2)
Raleigh
Athletic Attic (2)
Wilmington
Athletic Attic
Winston-Salem
R&M Sporting Goods
OHIO
Foot Locker
Herman's World of Sporting Goods
Akron
Athletic Attic
The Athlete's Foot
Avon Lakes
The Back Wall

Foot-Joy®

Foot-Joy, Inc. Brockton, MA 02403

Continued list on next page

Where You Can Find Foot-Joy Shoes

Bath The Back Wall Beachwood The Back Wall Bellfontaine Ohio Racquetball Distributors Bowling Green Falcon House Canton Liberal Golf and Tennis Runner's Supply Shop The Athlete's Foot Cincinnati Colonial Racquet Club Court House East Koch Sporting Goods Pat Matson Racquetball Pat Matson's Downtown Court Sports & Fitness Club Sporting Foot & Things West-Side Racquet Club Cleveland Easter & Hutton Koenig Sporting Goods Columbus Agler-Davidson Sporting Goods (6) Sawmill Athletic Club Dayton Gem Products Co. Jim Flynn Mendelson's (3) Euclid Athletic Attic Findlay Findlay Health and Racquetball Club Sportframe Hudson Darrow Road Racquetball Club Mansfield Richland Court Club Mentor The Back Wall Newark The Front Wall The Racquet Center Northwood Sportframe North Olmstead The Back Wall North Canton Court Sports Parma The Back Wall Sandusky Koenig Sporting Goods Solon The Back Wall St. Clairsville Net 'N' Turf Talmadge Oarrow Road Racquetball Club Running Ritchies Toledo Sportframe (3) Westlake The Back Wall Youngstown Koenig Sporting Goods The Athlete's Foot 21st Point OKLAHOMA Foot Locker Broken Arrow Green Country Sporting Goods Enid Cross Court Tennis and Ski Lawton Lawton Country Club Miami Olympic Racquetball Courts Norman Foot Action Oklahoma City Athletic Attic Looboye Miller's Sporting Goods Racqueteer Pro Shop Stillwater Cross Court Tennis and Ski Tulsa All American Pro Shop The Athlete's Foot The Sportsman (3) OREGON Foot Locker Albany Albany Superior Courts	Beaverton Ziggy's Sports Bend Bend Golf & Country Club Boring Mountain View Golf Club Corvallis Five Star Sports REC Emporium Eugene Court Sports II Oakmont Athletic Club Gresham Gresham Court Club TJ's Athletics Hood River Hood River Golf & Country Club Lebanon Bike 'N' Hike Center Medford Bear Creek Sports Medford Superior Courts Milwaukie Milwaukie Racquetball Club & Fitness Center Molalla Arrowhead Athletic & Golf Club Newport Newport Day Club Portland Caplan Sport Shop Cornell Court Club Multnomah Athletic Club The Achilles Heel Williamette Athletic Club Ziggy's Sports Salem Bill Beard Sporting Goods Courthouse Fitness - North Courthouse Fitness - South Wilsonville Bill Egger's Pro Shop PENNSYLVANIA Foot Locker Herman's World of Sporting Goods Aliquippa Queen City Distributing Co. Allentown Allentown Racquetball Allison Park Manor Courts North Altoona The Back Wall Beaver Falls Racquet and Health Club Bedford The American Outfitters Berwyn The Athlete's Foot Bethel Park Net - 'N' Turf Brookhaven Four Seasons Racquetball Club Carnegie Sol Neet Sports Clearfield Jim's Sports Center Doylestown Cross Keys Racquetball Club Dubois Shoes of Champions Feasterville B&R Racquetball Club Gibsonia Lake View Sports World Glenside Dimmers Greensburg The Athlete's Foot Indiana Chatham Sports Center King of Prussia American Racquetball King of Prussia King of Prussia Racquetball The Sports Page Lancaster The Sports Page Langhorne The Athlete's Foot Lansdowne Lansdowne Racquetball Club Monaca Chatham Sports Center Monroeville The Athlete's Foot Muncy Athletic Attic	Newtown Ziggy's Court Racquetball The Swift Foot Vance Hall Sporting Goods (4) Austin Austin Sports Center (3) Foot Action Rooster Andrews Sporting Goods Supreme Court Racquet Club The Athlete's Foot University Co-Operative Society Baytown Champs Sporting Goods Foot Action Beaumont Athletic Depot Estes Sporting Goods Bedford Jim Bridges Sporting Goods Racquet Time of Bedford Bryan Royal Oaks Racquet Club Tri State Sporting Goods Brownsville Foot Action Sports International (2) Brownwood Ultra Spa College Station Champs Sporting Goods Conroe Conroe Sporting Goods Corpus Christi Athletic Locker Foot Action Sportsman's Centers (2) Dallas American Racquetball Club Doak Walker Sports Center Foot Action Larry's Luke's Locker National Shoes On Your Mark Phidippides Dallas-Ft. Worth Airport Bear Creek Golf & Racquet Center Denton The Pro Shop El Paso Van Pro Shop Farmers Branch Dan McGee Sporting Goods Ft. Worth Foot Action Jim Bridges Sporting Goods Larry's On Your Mark Systems The Fieldhouse (2) Galveston Galveston Racquet Club Harlingen The Sportsman Houston Action Sports Athletic Attic (3) Barcelona Sporting Goods Champs Sporting Goods Courts, Etc. Foot Action (3) Gulf Coast Club Oshman's Sporting Goods Poners Center The Athlete's Foot (3) Jasper Sports Stop Killeen Foot Action Kingsville Athletic Locker Lake Jackson Foot Action Laredo Foot Action Longview On Your Mark Systems Parkway Racquet & Health Club Racquet & Jog The Courthouse The Sportster Lubbock Sport Spirit The Swift Foot Lufkin Foot Action	Marshall The Athlete's Foot Midland Foot Action McAllen Sports Unlimited The Pro Shop Odessa Foot Action Plano Foot Action San Angelo Angelo Sporting Goods Foot Action Super Sports San Antonio Racquetball & Handball Foot Action Supreme Court Racquet Club The Athlete's Foot Sherman The Athlete's Foot Temple Foot Action Texarkana Foot Action The Sportster Tyler The Sportster Victoria Jerry Lenz Sports Waco Spenco Sports The Sports Emporium Wichita Falls Foot Action TENNESSEE Foot Locker Jackson The Racquet Club of Jackson UTAH Foot Locker Snowbird Sports Stalker Springville Supreme Court Racquetball Center VERMONT South Burlington The Athlete's Foot Warren Sugarbush Sports Center VIRGINIA Foot Locker Herman's World of Sporting Goods Fairfax Fairfax Racquet Club Glen Allen Par Three County Club Hampton Staub's Tennis & Ski Shop Midlothain Courtside at Brandermill Norfolk Naval Amphibious Base Little Creek Oakton The Goal Post Sporting Goods Orange Sedwick - Racquetball Division Petersburg Dance's Sporting Goods Richmond Bollings Sporting Goods C.P. Dean Co. (3) Courts Royal Feet First Robius Racquet Shop Sportsman's Shop Westwood Racquet Club Roanoke CMT Sporting Goods (3) The Athlete's Foot (3) Virginia Beach Sports Stop The Athlete's Foot (5)	Wintergreen Par Three Sport Shop WASHINGTON Foot Locker Bellevue Arjo Sports Olympic Sports Center Bellingham Park Athletic & Recreation Center Sportsman Chalet Bremerton Kitsap Sport Shop Edmonds First Serve Racquetball Club Federal Way Pacific West Racquet Club Kent Sports Depot Kirkland Juanita Bay Athletic Club Steve Myer's Eastside Athlete Lynnwood Olympic Sports Center Oak Harbor Jack's Racquet Olympia Turnwater Valley Racquet Club Redmond Athletic Supply Co. Seattle Arjo Sports Equipment Athletic Supply Company Olympic Sports Center Silverdale Northwest Professionals Spokane The Athlete's Foot Tacoma Scott's Athletic Equipment Tukwila Athletic Supply Company Vancouver Green Golf & Athletic Club The Athlete's Foot TJ's Athletics Woodinville Sportsworld I WASHINGTON, D.C. Foot Locker Herman's World of Sporting Goods The Athlete's Foot WEST VIRGINIA Foot Locker South Charleston Babe Roberts Pro Shop Wheeling Kelly Mikes Sport Centers Net 'N' Turf WISCONSIN Foot Locker Herman's World of Sporting Goods Brookfield B&G Golf Huntington Beach Sportmart Madison Supreme Courts Milwaukee Golf Shack The Athlete's Foot (4) The Racquetball Club Oskosh The Athlete's Foot Waukesha The Racquetball Club West Allis The Racquetball Club WYOMING Foot Locker Casper Sport 'N' things Powell King Carpet of Powell
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Foot-Joy 

Foot-Joy, Inc. Brockton, MA 02403

How To Make Racquetball Safer And More Fun

by Charlie Garfinkel

When I hear comments such as "*Racquetball isn't a safe game,*" or, "*I'm not enjoying racquetball as much as I used to.*" I really get perturbed.

Racquetball is a relatively safe game compared to other sports. As for enjoyment, I've played most of the racquet sports, plus numerous others. But I've never played another sport that I've found as enjoyable as racquetball.

If you will follow a few simple suggestions designed to help you select equipment sensibly and to sharpen your on-court skills, I can practically guarantee you that you'll find racquetball a safer and more rewarding game.



Eye Guards: I can't stress enough the importance of wearing eyeguards. They provide you with protection that you *must* have.

Recently while playing at a local club, I was shocked to see two players bleeding profusely in the men's locker room. They were waiting to be taken to the local emergency room to have their injuries stitched up.

It seems that one player had been cut over his eye while playing. Not thinking it was a bad injury, he continued playing. The other player had been cut above the nose. Both had been hit by a swinging racquet.

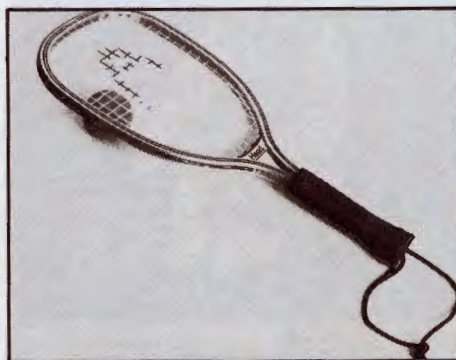
And, incredibly, they had been playing against each other!

These injuries could have been avoided if the players had worn eyeguards.

When I stress the wearing of eyeguards players will often say to me, "*I see many of the pros on tour and in this magazine not wearing eyeguards.*"

Although some pros sometimes don't wear eyeguards, it doesn't follow that they're right. You must also realize that the pros' superb quickness, flexibility, and timing greatly help them in reacting to almost every situation. Unfortunately, you and I can't respond as quickly as the pros do.

Therefore, be smart and play safe. Wear eyeguards.



Racquets: If you've been using your same old "favorite racquet" for the past 3 years or more, you'd be wise to change to a newer racquet. Racquets are evolving all the time, getting lighter, and the grips are getting smaller. Not long ago racquets with a $4\frac{1}{2}$ ' grip and weighing 265 grams were very popular. Today, most racquets range in grip size from $3\frac{1}{16}$, to $4\frac{1}{8}$, and weigh between 225 and 250 grams.

The results for players using these newer racquets have been outstanding. I myself have had tennis elbow sporadically throughout the years. About a year and a half ago, I switched from my old racquet to an Ektelon CBK Lite graphite racquet which has a $4\frac{1}{8}$, grip and weighs 230 grams. I'm playing as well as ever and, perhaps more important, my tennis elbow problems are a thing of the past. Why? Because the racquet rather than my arm absorbs the shock. And, because of the racquet's lightness and durability I can swing much easier and still generate great power and control.

You may be wondering which type of racquet would be best for you. Wood is verboten. It is too cumbersome and is even outlawed in some clubs because it can ruin the walls.

Graphite, because of its resiliency and excellent playing qualities, is considered to be best. However, some models are very expensive. Steel and aluminum are also excellent choices, but they are stiffer and don't absorb the shocks and vibrations as well. They're less expensive than most graphite racquets, however.

Plastic racquets are relatively inexpensive, but they don't have all the excellent playing qualities of the other types of racquets. In addition, you could be asking for a bad case of tennis elbow because plastic doesn't absorb impact that well.

To choose a new racquet, you should use a few demonstration models (or "demos" as they're popularly known) from your local club or sporting goods store. Be sure to ask a teaching professional or a highly qualified salesperson which grip size is best for you. Then use three or four different racquets over a period of time. By doing this, you'll be able to decide on which racquet feels best for you.

Once you've made your decision and you really get used to your new racquet, you'll find it hard to believe that you ever played with your "old war club."

Stringing: Even if you've been using a relatively new racquet for a year or so, it could be time for a new stringing job. Especially if you don't seem to be getting the "snap" or "feel" on your shots.

Although your strings may look perfectly fine, they will definitely have lost some resiliency over this period. So you should have the racquet strung.

If you consider yourself a power hitter you may want to string your racquet between 28 and 32 pounds. If you're a control player, you'll want yours strung between 22 and 25 pounds. Of course, you can have the racquet strung at higher or lower tensions—there are no hard and fast rules.



Sneakers: Nothing amazes me more than to see players wearing grass-stained sneakers, running or training shoes, or other footwear that isn't geared to playing racquetball. You can only hurt yourself by wearing the wrong kind of footwear. You need racquetball sneakers that are made to cushion and sustain the pressure from the quick stops and starts that racquetball involves.

Most players wear low-cut racquetball sneakers; however, some enthusiasts use high top sneakers because they feel that they're getting more support. Regardless of your preference, there are numerous quality racquetball sneakers available.



Racquetballs: How many times have we heard this expression in the locker-room, "This ball is tremendous, I've used it almost 20 times already." I can assure you that such a ball is one dead racquetball.

Even though today's racquetballs are all of excellent quality and long lasting,

it is wise to use a new ball every three or four times you play. By doing this you'll be playing with a lively ball that will put much less strain on your elbow.

If you play tournaments, even at the novice level, playing with a dead racquetball in practice will greatly hinder you. The new lively ball used in a tournament will bounce higher and react differently than a dead ball. This could throw your timing and accuracy off considerably.



Gloves: Players sometimes complain that their grip is too big or too small, or that their racquet continually slips in their hand. Often the solution is simple: Start wearing a glove!

"I won't get the same feel with a glove," you say.

Let me assure you that once you start wearing a glove and get used to it, you'll find that your racquet won't turn or slip in your hand when you swing. When you do start perspiring and your glove gets wet, merely change to a dry glove.

Most of the racquetball gloves currently available are of excellent quality. Some can even be washed many times. A glove is an investment that could add points to your game.

Miscellaneous Clothing: Although you may not think much about it, wearing proper and clean clothing and equipment will help you both mentally and physically when you play.

When Dave Peck walks on the court his appearance says, "I'm the best and I look it." Peck stands 5'10" and weighs about 190 pounds of solid muscle. I'm not going to argue with him.

As for clean clothing, you don't want to be like a certain racquetball player I know. Sometimes he leaves the club at 4 p.m. At 4:30 p.m. his clothes leave. You've got the idea.

Be sure that you wear loose fitting but comfortable shirts and shorts. Athletic supporters and sport bras (depending on your gender, of course), two pairs of socks, and head and wrist bands, as needed, can also be a tremendous help.

Watching Your Opponents Correctly: Players lose many points and are often injured because they don't know how to watch their opponents correctly. That is, they watch the front wall only. They never turn to see where their opponent is positioned on the court and what type of shot he is going to hit.

If you feel that the method of watching the front wall only is adequate watch players at your local club who play like this. You'll be shocked to see the hinders and collisions, not to mention the injuries that occur.

What then is the correct way to watch your opponent?

As the ball passes you, you should briefly turn to see where it is going. This will greatly help you in determining where your opponent's next shot will be placed.

If you're hesitant about turning, look through the strings of the racquet. This will shield your face from any injury in case your opponent mis-hits the ball.

Taking the Ball Off the Back Wall Many players and not just beginners—find themselves constantly frustrated because they can't hit the ball low on the front wall. One of the main reasons for this is that these players continually take shots out of the air that they shouldn't.

In addition, an unwary opponent may be stationed directly behind you. He'll be unpleasantly surprised when you unexpectedly swing and plant your racquet in his face.

Many of these shots are shoulder high or higher when players swing and hit the ball. If they'd let the ball continue to the back wall the following results should occur:

1. The ball will bounce once before it hits the back wall. As it comes off the back wall it will be at knee level or below. It will also be moving very slowly. This will give you plenty of time to set up and hit a kill shot from below knee level.

2. The ball will continue to the back wall. It will then ricochet towards the front of the court and bounce. Usually, you'll be near the short line; far in front of your opponent. You'll have a very easy shot that is low to the floor. You may either hit a kill or passing shot to win the point.

So remember, when you're asked what you do with a "high ball" don't say "I drink it." Just reply, "I let the ball go to the back wall. I then let it drop to knee level or below and shoot it."

Changing Your Grip: Many players are frustrated because they have a tremendous forehand but an abominable backhand. One of the main causes of this is the fact that many players don't change their grip when they switch from hitting a forehand to the backhand.

Most players get the forehand grip by "shaking hands" with the racquet. To get the backhand grip, move the racquet a quarter turn to the left (counterclockwise). You'll quickly notice that your hand is more on top of the handle. A "V" is also formed by the thumb and forefingers being lined up on the left edge of the racquet handle.

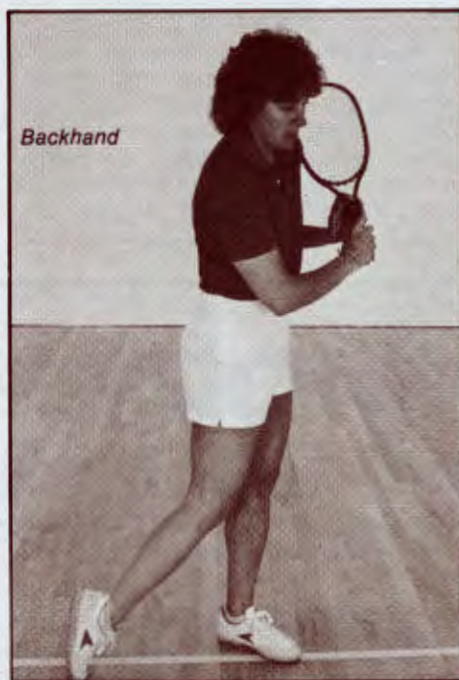
You'll find by switching grips that you'll be able to hit your backhand with greater power and control.

Improve Your Second Serve: Far too many players merely put the ball into play on their second serve. They have no thought-out strategy for where they're serving the ball. Their serve may go to the left, to the right, or close to their body as the ball passes the short line. Often times a screen serve is served, or the receiver hits the server with the ball.

The solution is very simple. Standing in the middle of the service box, or about a foot to the right of center, hit a high lob serve to your opponent's backhand.

To execute this serve correctly, you should hit the ball to the front wall about 15 feet off the floor. The serve should also be one to two feet to the left of center. The ball will then hit the deep left side wall and drop into the backhand corner.

A correctly hit lob will force your opponent to hit a weak service return. And you'll continually be serving to the stroke that is usually his weakest: his backhand.



Forehand or Backhand: According to most experts there is an imaginary line straight down the middle of the court from the front to the back wall. If the ball is hit on the right side of this line anywhere on the court, you should hit a forehand. If the ball is hit on the left side of this line, you should hit a backhand.

However, many players at all levels of play will move three to five feet to the left of this imaginary line to take the shot on their forehand. Why?

First, they have more confidence in their forehand than their backhand. (Don't most of us?)

Second, by hitting a forehand they can still see the whole court. Their bodies are turned forward. Even if their opponent returns their shot, they're still in a good position to recover quickly.

When you hit a backhand you're facing away from your opponent. You have to make a turn to retrieve a shot that is hit to your forehand.

Whenever you can hit the shot on either your forehand or backhand, use your forehand. Naturally, that doesn't mean that your posterior should be touching the left side wall when you're hitting your forehand.

Hit the Ball, Don't Dink it: How many times have you had an easy setup five to seven feet from the front wall? You try to be cute and hit a little dink or soft shot. Seemingly from out of nowhere your opponent rushes up and blasts the ball past your bewildered body.

Learn from your mistakes. Don't dink the ball. Hit it! Even if you mis-hit the shot or don't roll the ball out, the chances are you'll still win the point because of the power you've generated. And if your opponent doesn't return the ball, you will most likely get a weak return. This will provide you with another setup to put away.

Hitting the Correct Shot: Many players are frustrated because they never seem to put the ball away, even when they have their opponent out of position. One of the main reasons for this poor shot selection: Let's look at some of the situations in which this occurs:

1. You and your opponent are both stationed at the short line. You're near the left side wall. Your opponent is near the right side wall. You have a setup on your backhand. You proceed to hit the shot crosscourt.

The correct shot is a backhand down-the-line. Because your opponent is at the far right side of the court, it will be practically impossible for him to return the ball.

2. You're at the short line on the right side. Your opponent is directly behind you. You hit a hard passing shot to the

left. Okay! This shot isn't too bad. However, he may still be able to run the ball down.

The better shot is a low right corner pinch. Because you're in front of your opponent, he'll have a tough time seeing where you're hitting the ball. By the time he does, the shot will be breaking away from him.

3. Your opponent is stationed on the short line at the right side of the court. You have a setup off the back wall. You shoot the ball straight in. The shot is a little high. Your opponent rekills the ball. You're frustrated. What might have been a better shot?

A passing shot to the left would have had your opponent completely off balance. Even if he returned it, the chances are that you'd have an easy return to put away.

Lessons: It constantly amazes me how few players take lessons, especially among the players who really need them. Private or group lessons can greatly help in correcting a faulty stroke. In addition, you will get valuable pointers on strategy and other ways to improve your game. If you know that you need help with your game, take lessons from a qualified pro. A teacher can give you insight into court etiquette, safety, and, above all, the skills that make racquetball the most enjoyable game ever invented. ●

Charlie Garfinkel, a frequent contributor to these pages, is a former professional racquetball player, and currently is an author, instructor, and one of the great humorists of the twentieth century, as he will modestly tell you if you ask.



Charlie Garfinkel

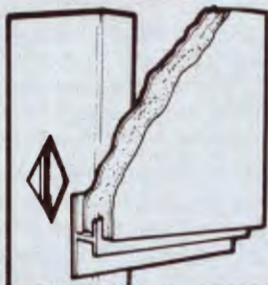


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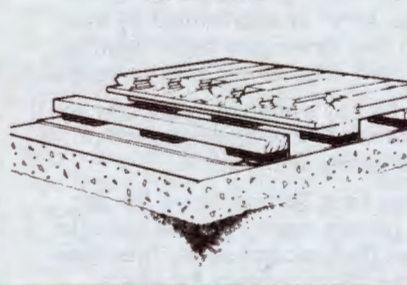
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The Drive Shot: Big Gun For Your Game

by Dave Peck

One of the major offensive weapons in the arsenal of today's racquetball player is the drive shot. This shot can be categorized into four types. The ball can be driven cross-court, down the side wall, at your opponent, or down the middle of the court.

If in the process of hitting one of these four shots you can force your opponent to cough up a weak return, then you have accomplished your main objective. Most players feel that the drive should be a rally-ending shot where the ball is blown by your opponent and he is unable to return it. In theory this is the optimum result, but in practice your objective more often will be simply to throw your opponent off balance.

Your drive shot should enable you to anticipate a weak return, setting you up with a kill shot or another opportunity to rip the ball past your opponent. At any rate, it should allow you to stay on the attack. Sometimes your opponent can't return your shot at all—an added bonus of the drive shot.

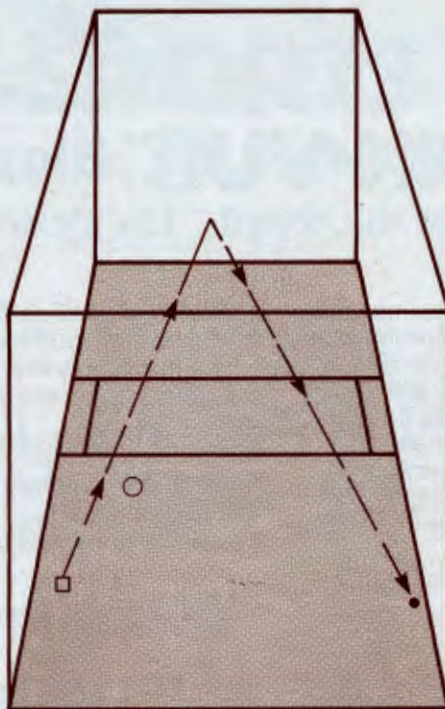
But think about it: How many times have you seen the ball driven past a player where he can't get his racquet on it? Five or 10 percent of the time? Maybe you have had the wrong outlook in believing that a drive shot is supposed to be a passing shot which allows no return. But this is only rarely the case. A new outlook regarding the drive shot can't help but improve your offensive game.

Let's analyze the different types of drive shots.

Cross-Court

The most important aspect of the cross-court drive is the angle. Your primary objective with this shot is to get the ball by your opponent. You must not let him cut the ball off and maintain center court or you'll find yourself badly out of position. Ideally, the ball should strike the side wall about two feet above the floor near the back service line. Once the ball is past your opponent, he has to chase it down, which takes him out of center court and allows you to gain this coveted position. He is also forced to return your shot while on the move. Simply by getting the ball by your opponent, you have gained three strategic advantages:

1. You have center court position.
2. Your opponent is in deep court.
3. He is hitting the ball while on the move.



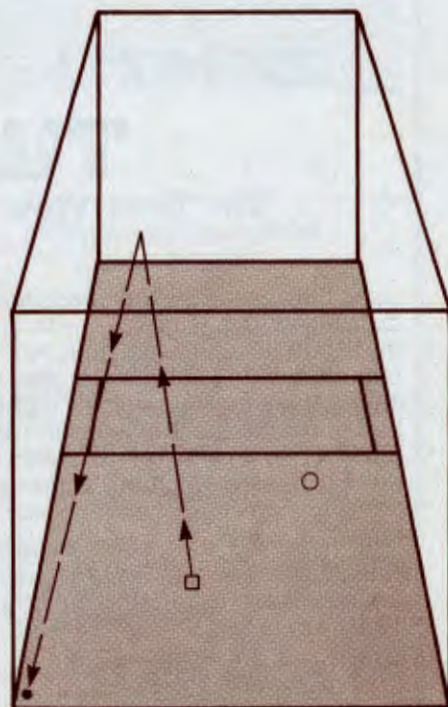
You really have the problem solved if the ball not only gets by your opponent, but also doesn't reach the back wall. If the ball does come off the back wall,

your opponent has an opportunity to set up for an easy return. Keeping it off the back wall will depend upon the height and speed of the drive shot. The harder the ball is hit, the closer to the floor it must travel in order not to reach the back wall.

Down The Side Wall

This shot has the same two objectives as the cross-court drive: to force a weak return or no return at all. But this is a more difficult shot to control than the cross-court. Two things can happen, each of which will result in a poor shot:

1. The ball comes off the back wall.
2. The ball starts down the side wall, but hops into the wall (usually around the service line) and comes out into the middle of the court leaving you out of position and giving your opponent an easy shot.



It is more difficult to keep the ball off the back wall when you're hitting down the side wall because it usually doesn't strike the wall and slow down as it does in the cross-court drive. There is

less margin of error, therefore the ball has to be hit at just the right speed and height.

The second problem, where the ball hits the side wall too soon, is the result of either a poor angle or improper spin. It is very easy to hit across the ball with the racquet when trying to bring it down the wall, and this imparts a side-spin to it, causing it to angle toward the side wall.

Back-spin, top-spin, or even no spin at all will allow you to keep the ball from jumping into the side wall if you have the ball at the proper angle. But look out for top-spin as this gives the ball a tendency to carry, causing it to come off the back wall more often.

While driving the ball down the side wall is a very effective shot, then, it is difficult to control because of the speed, height, and spin of the ball. However, being able to control this shot is one of the most important differences between a good amateur and a professional player.

At Your Opponent

This drive is seldom used, even in doubles where it is most effective. The ball should reach your opponent approximately waist high and slightly to the forehand side. If the ball is too high, he can duck out of the way and

take it off the back wall. Likewise, if it is too slow, then it gives him an easy kill attempt. If the shot is hit correctly, your opponent will probably try a backhand return. This should result in a very weak shot setting you up for an easy offensive opportunity.

This shot is very effective in doubles. Unless you hit an absolutely perfect passing shot, it seldom does much good to drive the ball past one of your opponents since his partner can usually come around from behind to make an easy return. You want to drive the ball directly at your opponent, forcing him to try to hit it before it gets by. This should lead to a weak return, setting your team up for an easy shot. And in doubles you need all the easy shots you can get.

Down The Middle

The drive down the middle is used exclusively in doubles against a left-handed/right-handed team. Both backhands are to the center of the court, so you drive the ball down the middle, hoping to get a weak return from your opponents. If the ball gets through, they will still have to try a backhand return even if it reaches the back wall. You are attacking their weakness.

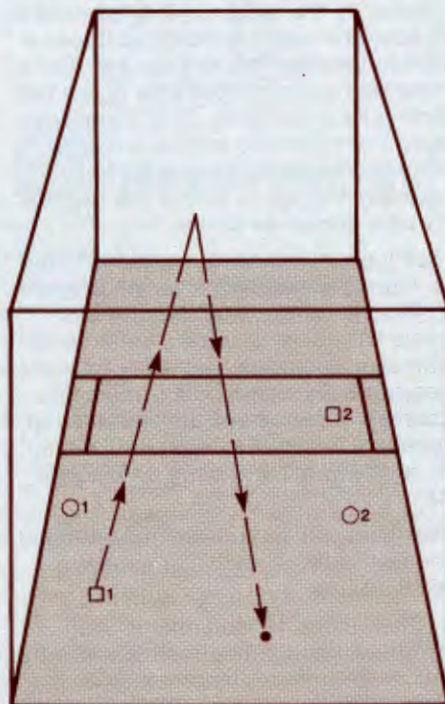
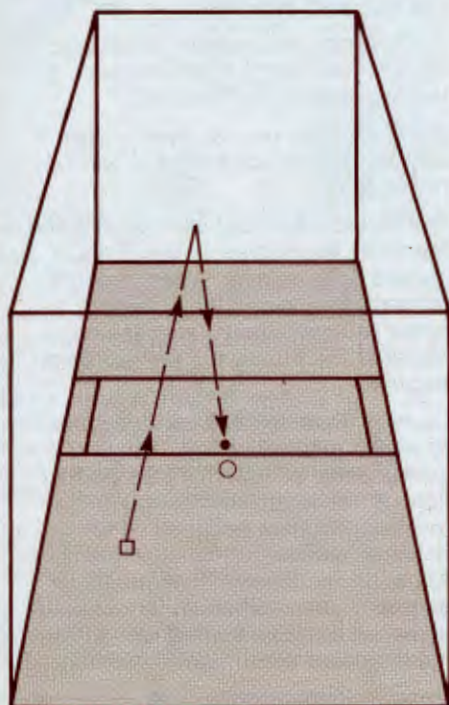
The last point I want to make regarding shot selection pertains to the cross-court and the down-the-wall drive shot. Most players will hit the cross-court drive 80 percent of the time—this is something worth remembering. Knowing that your opponent will probably go for the cross-court drive gives you a distinct advantage in court position.

It's worthwhile to analyze why a player tends to hit the cross-court drive more often. It is an easier shot to hit with less chance of making an error, and it is easier to regain center court position since you force your opponent toward the opposite side of the court. The player generally feels more comfortable hitting the ball cross-court. He can usually see his opponent more quickly and he is hitting the ball away from himself.

You will often find the ball coming back toward you when you hit it down the wall, which is very unsettling. You feel as though you are in the way, especially if your opponent is behind you and you aren't able to spot him quickly. What does a player usually do when he finds himself in this position? You guessed it! He drives the shot cross-court. It is easier to hit, he feels more comfortable and it is easier to move to center court.

Summary

1. The main objective of a drive shot is to force a weak return which either does not make it to the front wall, or, if it does, gives you an easy shot.
2. If the ball gets past your opponent, then it should not reach the back wall in order to constitute a perfect passing shot.
3. Be aware of the side effects that will result from imparting spin to the ball, especially as it pertains to the down-the-wall drive shot.
4. The harder the ball is hit, the lower it must travel in order *not* to reach the back wall.
5. Try to take advantage of driving the ball at your opponent, especially as it relates to doubles.
6. Try to be more aware of driving the ball cross-court too often. Let your opponent make the mistakes with the drive shot—you concentrate on using this shot as the big gun of your game. ●



What's The Call?

by Dan Bertolucci

Screen Serves: One Of The Toughest Calls

A New Year's resolution I'd like to see A-1 racquetballers make is not to improve their pinch shots, hone their kills, or even quit blocking their opponent. Rather, I believe that to more fully enjoy the sport, the resolution that counts would be to gain a complete and thorough understanding of the rules. Now *that* would make it a happy new year!

One of racquetball's most confused and misinterpreted rules is the one dealing with screen serves. With the possible exception of the five foot/fly return rule, I don't believe any other rule is more routinely mis-played by players and referees alike.

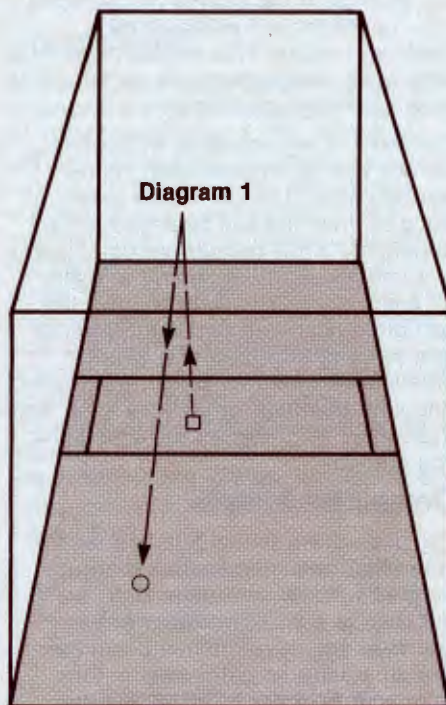
The screen serve controversy knows no skill level boundaries, for I've seen the very top echelon professionals play just as improperly as the rank novice who knows no better.

Players make the nearly universal error of assuming that a vital ingredient in the screen serve rule is how close to the server's body the ball passes. The truth is that it doesn't matter, and no rule book that I've ever seen prescribes any number of inches, feet, or yards.

What does matter is whether or not the receiver has had a fair (meaning equal and honest-not meaning average or just enough to get by) opportunity to see and return the ball. I have refereed countless matches where a ball passing within an inch or two of the server was not a screen, while a ball passing two feet or more was a screen. How can this be?

Before explanation, let's get to the rule. Keep in mind that screen serves are entirely judgement calls, cannot be appealed and result in no penalty (the pros and cons of these facets of the rules can be debated at a later date). Rule 4.3(b) Defective Serves reads:

"Screen Ball. Passes too close to the server's or server's partner's body thereby obstructing the view of the returning player or side. Any serve passing behind the server's partner and the side wall is an automatic screen..."

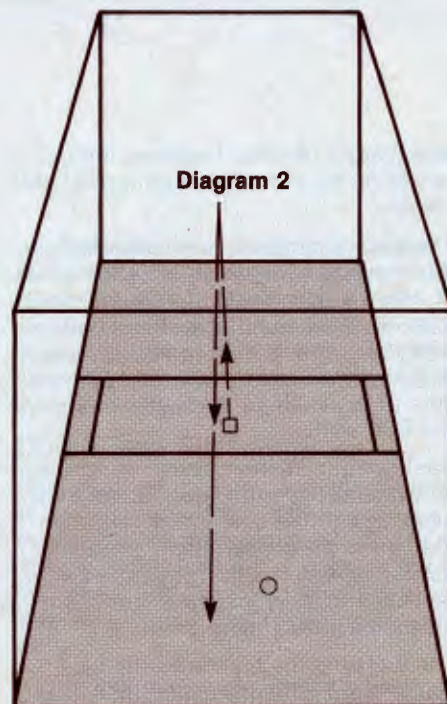


The key to screen serves is the location of the receiver at the time of the serve. If the receiver is playing significantly off center (*Diagram 1*) and the ball passes by the server on that same side, it would be nearly impossible to call a screen because the receiver has had a clear and unobstructed view of the ball during its entire path. Only if the server jumps or otherwise moves, while attempting to avoid his own serve, radically enough to bother the receiver could a screen be called.

Had the receiver been located slightly to the other side of the server (*Diagram 2*) then not only would the previous serve have been a screen, but a serve perhaps even a few feet away from the server's body would be a screen. Of course, referees must understand that receivers cannot be allowed to line up in such a way as to bring on a screen call.

I suggest you keep these hints in mind the next time you serve or receive a screen serve.

1) There is no 18 inch rule or other definitive rule for length or distance the ball must be from the server. It is a judgement call.



2) A screen should be called whenever it is believed that the server's body blocked the ball to such an extent that the receiver was not allowed a fair chance to see the ball well enough to make a reasonable return.

3) The call should never work to the advantage of the server. Referees should therefore be more inclined to make a screen call when the server hits that really tough serve that is a borderline screen, while not making the call on the borderline screen of a serve that can be easily returned.

4) Generally, the receiver is entitled to see the ball most of the way back after the ball strikes the front wall.

5) On drive serves, hit down a wall, it usually is not a screen if the ball hits the floor.

6) The call must be made quickly and loudly by the referee so that both players hold up play. When in doubt, referees should call the screen. It is better to have a rally unnecessarily replayed than to have a point unfairly awarded.

Caution: Referees should be careful not to let the receiver decoy them into a screen serve call. Sometimes perfect aces to the forehand side catch the receiver off guard because he anticipated a serve to the backhand. Although the receiver may honestly believe he was screened, if he was screened due to his erroneous movement, he is not entitled to a screen.

Good luck next time out! ●

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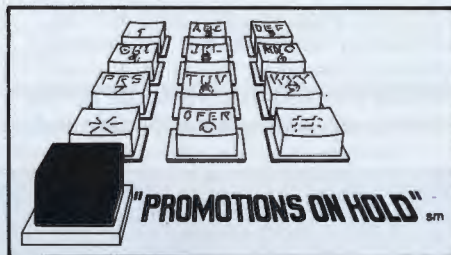
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Now you can entertain, enlighten, and sell to your players through a unique telemarketing service called "Promotions on Hold," offered by Audiocom, Inc. The company will create professional audio programs that switch on automatically when a caller is put on hold, containing messages tailored to the specific needs and features of your club.

Audiocom claims that their tapes are cost effective, informative and will even attract callers.

For more information, write or call Jeffrey Senft, Audiocom, Inc., 955 Northeast 125th St., Suite 201, Miami, FL 33161. 305/893-7810.



Variety of Sporty Bags

A new line of popularly-priced sport and weekend bags has been introduced by Jantzen for Spring 1983.

The line includes an all-purpose duffel bag, spacious travel bags, a leather-trimmed utility bag designed to hold most racquets, and an insulated beach cooler large enough to hold two six-packs of your favorite beverage.

All models are made of heavy duty nylon laminated packcloth.

For further information contact Jantzen, P.O. Box 3001, Portland, OR 97208. 503/238-5000.



Weighted Training Rope

Lifeline Jump Rope is an economical and highly practical aid to fitness and aerobic training.

The rope is specially weighted in both the body and the handles to eliminate tangling and to provide you with superior control.

You can adjust the rope to suit your height, and the Lifeline makes jumping easy by responding with a smooth, ball-bearing like action. The handles are padded, both for comfort and for use as a hand-exerciser.

For more information, contact Lifeline, 1421 South Park St., Madison, WI 53715. 1-800-356-9607. In state: 608/251-4778.

Eat Your Way To Improved Performance

by Nancy Clark, M.S., R.D.

Excerpted and reprinted by permission of CBI Publishing Company, Inc., from the book *The Athlete's Kitchen* by Nancy Clark (© 1981 by CBI Publishing Company, Inc.). Nancy Clark is a registered dietitian and one of the few sports physiologists in the United States.

Does a taste of guilt accompany your coffee-break breakfast, vending-machine lunch, and eat-on-the-run dinner? Although busy racquetballers may be too rushed to plan and prepare meals, "No time" is no excuse for a less than healthful diet. If you play for your health, you should eat for your health. Good nutrition today is cheaper and easier to cope with than tomorrow's ailments.

To balance your diet, simply *think* before you eat. Are you choosing wholesome, basic foods such as yogurt, apple, bran muffin, or grabbing for greasy, sugary foods such as a jelly donut, chocolate bar, cup cake or soda? If you choose wisely, in the course of the day you'll accumulate the nutrients you need. Eating three meals a day is not a criterion for a well-balanced diet. The total day's intake tells the story. How do you know if you are eating a "well-balanced" diet? The following recommended guide will give you the answer:

- Have you had *two* small (two-ounce) servings of protein food—peanut butter on your English muffin and a tuna sandwich? One four-ounce (quarter-pounder) hamburger will suffice for the day's needs. Cheese on the pizza counts toward your protein intake only if in addition to the two milk group servings.
- Have you had fruit, juice, or vegetables *four* times—a small (six-ounce) glass of orange juice at breakfast (a larger glass would count for two servings); a small apple at lunch; and later, a pizza with green peppers, mushrooms, and onions, in addition to the tomato sauce?
- Have you had *four* servings of breads, cereals, and grain products—a small bowl of cereal, a sandwich made with two slices of whole wheat bread, and a handful of

rye crackers? Enriched whole-grain carbohydrates have more B-vitamins and iron than "natural" additive-free foods; they are a better choice for athletes. B-vitamins help to convert the food you eat into energy for your muscles. Iron transports energy-producing oxygen to muscles. Without B-vitamins and iron you'll be slow and tire easily.

Eat this 2-2-4-4 way to meet the recommended daily allowance for protein, vitamins, and minerals, except possibly for iron. (You'll learn how to solve the iron problem in a later article.) You will need more calories, however. The 2-2-4-4 plan provides 1200-1500 calories—a nutritionally safe reducing diet for most people. Athletes eat more than 1500 calories so add another 1000 or so for women and 1500 or more for men. If you would enjoy chomping these calories from potato chips, soda, and candy bars, you can, and still be nutritionally safe. You will not develop deficiency diseases. You also will not promote your health. Junk foods do not improve your performance. Sugary and

greasy foods supply lots of calories for fuel, but they lack the vitamins, minerals, and protein that your muscles need to function optimally. You fill your car with gasoline, but it still needs spark plugs to run. Similarly, when you fill your body with calories, remember that it needs nutrients to function well.

I recommend that you get the extra calories from the fruit, vegetable, and grain food groups. These foods are high in carbohydrates and nutrients and are the best fuel for your muscles. Eat protein foods in moderation. Juicy meats are loaded with cholesterol and saturated fats. They are also more difficult to digest than carbohydrates, and contribute to heart disease. When choosing your food, keep in mind three keys to healthful eating:

1. *Variety*. There is no one magic food. Eat several types of foods. Each will offer you different nutrients. If variety is a problem because you live alone, make a point of inviting someone to dinner once or twice a week. Not only will you eat better, you'll also enjoy the company.



2. Moderation. Your body may need less than your mind thinks it deserves. Don't get weighted down by the diseases of excess: obesity, diabetes, heart disease. Even athletes have to watch their weight.

3. Wholesomeness. Choose lightly processed foods that have retained most of their original nutritional value:

- whole wheat bread, instead of white
- the whole orange, instead of only the juice
- the whole baked potato, instead of only potato chips

You'll consume many more of the harder-to-get vitamins and minerals that are necessary for energy production and muscular contraction.

NEWtrition: Trading In The Old Habits

Is it time to trade in old eating habits for "newtrition?" Today's diet affects this afternoon's training run, tomorrow's match, and your future health. To develop healthier eating patterns takes time but it is a worthwhile investment in yourself.

In January of 1980, a panicked patient came to me. "For my new year's resolutions, I've given up refined sugar, white flour, salt, food additives, and red meat. I've lost six pounds in the past two weeks... I'm starving myself! What can I eat?"

I interviewed the patient regarding his past and present eating habits, his nutritional goals, and his lifestyle. I concluded that he was changing too much, too fast.

"Your eating habits are a well established part of your lifestyle. To change them all at once is unrealistic and psychologically demanding."

I supported his choice to trade in his traditional high salt, high cholesterol, and high protein diet for more healthful

foods. However, I encouraged him to take more gradual steps toward a healthier diet by incorporating one small change each month, such as:

January Hide the salt shaker.

February Eat a bran muffin instead of a jelly donut for your morning snack.

March Drink only one cup of coffee in the morning, and decaffeinated the rest of the day.

April Bring a jar of old fashioned peanut butter—which is lower in saturated fat than the regular type—and a box of stoned wheat crackers to work, so that you will have a readily accessible alternative to the candy machine.

May Trade in butter for soft corn oil or safflower oil margarine, which comes in a tub.

June Drink low-fat instead of whole milk.

When I saw Mark at a race this summer, he felt super and was pleased with his successful changes. He was learning to like the foods which contributed to his health.

"I still can't go without my daily ice cream fix," he confessed, "but I've certainly improved my eating habits in general. I feel better both physically and psychologically."

Instead of going "cold turkey," I recommended gradually making small changes and taking deliberate steps toward the following dietary goals:

1. Eat more chicken, turkey, fish, beans and nuts instead of red meats and fatty protein foods such as sausage, bologna, and bacon. You'll consume less cholesterol and saturated fats, which are two culprits of heart disease. Athletes are not immune to heart attacks; they can only act to prevent them.

2. Eat more cereals and breads at breakfast instead of bacon and eggs. Again, less cholesterol, less fat. These carbohydrates are not only a heart-healthy choice, but also are the preferred energy source for your muscles. Athletes perform best on a high carbohydrate diet.

3. Eat more fruits for snacks and desserts, less cookies, candy, and other high-calorie, low-nutrient junk foods. Sugary sweets cause sugar "high" followed by a sugar "low," commonly referred to as hypoglycemia. You'll feel shaky, irritable, and unable to perform at your best.

4. Drink more juice and low-fat milk instead of sugary soda and sweetened beverages. You'll replace not only fluid losses but also potassium, calcium, and other electrolytes lost along with water in sweat.

5. Use less salt, soy sauce, and bouillon when cooking. Remove the salt



shaker from the table. Enjoy the natural taste of food along with the peace of mind that you are controlling your blood pressure. You do lose some salt when you sweat, but you do not become depleted. You can easily replace the loss with salt that is found naturally in the foods you eat.

6. Enjoy beer and wine in moderation. After exercising, alcohol is a poor fluid replacement since it is dehydrating. Alcohol inhibits the secretion of aldosterone, a hormone that retains body water. Without aldosterone you urinate more frequently, hence lose more fluids. Water and juice are best for quenching thirst.

Over the course of the next several months I hope that you will learn to choose food more wisely than you may have in the past. By doing so, you can train your appetite to like those foods that will help you feel healthy and perform at your best. Your muscles, after all, deserve to be fueled with premium nutrition.

Do Active People Need More Vitamins?

Vitamins are metabolic catalysts; they regulate the chemical reactions within the body. They are chemical substances that the body cannot manufacture, thus you must obtain them from the foods you eat. To date, scientists have discovered 13 vitamins, each of which has a specific function. For example:

- Thiamin (B₁) helps convert glucose into energy.
- Vitamin D controls the way your body uses calcium in bones.
- Vitamin A is part of an eye pigment that helps you to see in dim light.

Although it seems logical that you will need more vitamins to care for your active body, the research studies to date indicate no significantly greater need. The requirement for the B-vitamins is based on your caloric intake. For example, the RDA for thiamin (B₁) is 0.5 milligrams per 1000 calories. You easily get this amount when you eat larger than normal portions to satisfy your "athlete's appetite." If you should eat poorly and not meet the 2-2-4-4 food plan recommendations, you will not become deficient overnight. All of the vitamins are stored in your body: vitamins B and C in small amounts, A, D, E, and K in stockpiles. You can go for a week or so with no vitamins, with no detrimental effect on your exercise ability. In a study that withheld the B vitamin folic acid, the subjects showed no deficiency symptoms for 20 weeks; with vitamin C, 19 weeks.

Many athletes with whom I talk want to saturate their bodies with vitamins. They believe *"If a few are good, a lot will be better."* This is *not* true. Vitamins are like spark plugs in a car. A few extras won't make the engine run stronger.

Food supplements will not:

- Increase performance
- Increase strength or endurance
- Prevent injuries or illness
- Provide energy
- Build muscles

Most athletes consume a variety of wholesome foods. They receive excessive amounts of vitamins just through their daily diet. For example, one six-ounce glass of orange juice provides 100% of the recommended daily allowance for vitamin C. Thirsty athletes who guzzle the whole quart get five times what they need. In 1200 to 1500 calories from dairy products, fruits, vegetables, grains, and protein foods, you can satisfy your vitamin requirements. The ravenous athlete easily consumes two to three times that number of calories. Even if some calories are from junk food, you're nutritionally safe. Vitamin supplements are an unnecessary expense. I recommend that you spend your money instead on more fruits and vegetables.

Will meeting the RDA be sufficient? The National Academy of Sciences established the Recommended Daily Allowance as a guideline for determining dietary needs. The RDA is based on the requirements of average healthy people. A large margin of safety is allowed to accommodate the unusual person who has higher metabolic demands, such as with illness. The RDA is not a minimal amount. For example, the body needs 10 milligrams of vitamin C to prevent the deficiency disease, scurvy. Thirty milligrams is the minimal daily requirement. Sixty milligrams is the recommended daily allowance.

Will extra vitamins hurt me? Some athletes insist on taking vitamins for peace of mind. They are afraid that their pill-popping competitors will have a winning edge. They also like the thought of having "nutritional insurance" in case they eat poorly. But keep in mind that supplements may have only eight or 10 of the 13 vitamins and more than 40 nutrients we need from food. You will still need to eat a well-balanced diet regardless of the number of pills you take.

What about megadoses? Megadoses of vitamins (greater than 10 times the RDA) may be dangerous. A vitamin is a chemical. Do you avoid chemicals added to your food? I recommend also avoiding abnormally large amounts of chemicals in the vitamin and mineral supplements that you swallow. Vitamins A, D, E, and K are stored in the fat cells where they may accumulate to toxic levels. The body functions best when its systems are in balance. A large dose of vitamins may upset that balance. Vitamins from the foods you eat are sufficient. You don't need vitamins from pills.

Remember also that many vitamins work in conjunction with others. For example, vitamin C helps iron be absorbed; vitamin D works with calcium to make strong bones. If you take a pill, you may not be getting the right combination. Nutrition is a new science, with new findings each week. Will megadoses be the next poison associated with cancer—or will they be the next cure for cancer? To date, the answer is unknown. We have a lot to learn. ●

Upcoming Events

WPRA Tour 1983

Riverbend Athletic Club

February 14-20

2501 Grave Drive

Fort Worth, TX 76118

Tournament Director: Mary Pat Sklenka
(817) 284-3353

Bob's Big Boy Open

February 25-27

Tucson Athletic Club

4220 East Bellevue

Tucson, AZ 85712

Tournament Director: Carl Porter
(602) 881-0140

Stroh's Port City Open

March 4-6

Racquetball Plus

40 East Norton Avenue

Muskegon Heights, MI 49444

Tournament Director: Jim Riley
(616) 733-1147

Holiday Health and Racquet Club

March 11-13

424 Odlin Road

Bangor, ME 04401

Tournament Director: Keith Mahaney
(207) 947-0763

Pacific West Sport and Racquet Club

March 24-27

32818 1st Avenue South

Federal Way, WA 98003

Tournament Director: Irene Arden
(206) 937-3312

Schoeber's Racquetball Spas

April 1-3

44250 Warm Springs, Blvd., Suite 9

Fremont, CA 94539

Tournament Director: Bill Dunn
(415) 873-8500

The Glass Court

April 7-10

830 East Roosevelt Road

Lombard, IL 60148

Tournament Director: Jim Bronner
(312) 441-6700

Entry Deadline: the Friday before each tournament

\$8000 Coors Light Holiday Inn Crack Shooter Open

Men's Pro Division features \$6800 total purse with \$3500 first prize.

March 3-6, 1983

Rocky Mountain Health Club

1880 Westland Road

Cheyenne, WY 82001

Tournament Director: Steve Galassini
(307) 634-8884

Matchpoint Health & Racquet Club

March 4-6

205 West Edison Road

Michawaka, IN 46544

Tournament Director: Fran Mamula
(319) 255-9601

Greater New Haven Area Cancer Benefit

March 11

West Rock Clubhouse

21 South Bradley Road

Woodbridge, CT 06525

Tournament Director: Beth Laubstein
(203) 389-1544

The Michelob Light United Fund Jaycee Open

March 11-13

Centralia Racquetball Club

1827 South Pine

Centralia, IL 62801

Tournament Director: Al Danielwicz
(618) 533-4191 or -4192

NCRA Juniors State Championships

March 14-16

Quail Lake Athletic Club

2303 W. March Lane

Stockton, CA 95204

Tournament Director: Jim Moscatelli
(209) 051-3795

Ektelon Racquetball Championships, 1983

Eight qualifying sites have been selected for the 1983 Ektelon Championships, a nationwide pro-am event with competition in 22 amateur divisions. Prizes are offered in all regional tournaments and all participants will receive official Ektelon fashion shirts. For entry deadlines and other information, contact the Tournament Directors.

Chicago

February 17-20

Evergreen Bath and Tennis

2700 W. 91st. St.

Evergreen Park, IL 60642

Tournament Director: Dave Dohman
(312) 425-7200

Los Angeles/Orange County

February 17-20

Racquetball World of Fountain Valley

10115 Talbert Ave.

Fountain Valley, CA 927-8

Tournament Directors: Mark Martino,
Scott Berry
(714) 962-1374

Denver

March 3-6

Aurora Athletic Club

2953 South Peoria

Aurora, CO 80014

Tournament Director: Bronco Lemke
(303) 750-3210

Boston

March 10-13

Gamepoint Racquetball & Health Club

Aldrein Road

Plymouth Industrial Park

Plymouth, MA 02360

Tournament Director: Greg Maloley
(617) 746-7448

San Francisco

March 17-20

Amador Valley Athletic Club

7090 Johnson Industrial Drive

Pleasanton, CA 94566

Tournament Director: Gary Bush
(415) 846-5347

New York/New Jersey

March 24-27

Kings Court

525 Riverside Ave.

Lyndhurst, NJ 07071

Tournament Director: Mike Russell
(201) 460-0088

Houston

March 31-April 3

Gulf Coast Club

5304 Hollister

Houston, TX 77040

Tournament Director: Marc Auerbach
(713) 462-0467

Miami/Ft. Lauderdale

April 7-10

Sportrooms

1500 Douglas Road

Coral Gables, FL 33134

Tournament Director: Pete Crummey
(305) 443-4228

St. Patrick's Day Open

March 18-20

Playoff Racquetball Club

800 Connecticut Blvd.

E. Hartford, CT

Tournament Director: Brent Belz
(203) 568-4227

Shamrock Open

March 18-20

Racquetball Plus

6220 Butler Ave.

Indianapolis, IN 46220

Tournament Director: Pete Gundy
(317) 257-7348

EXTRA!

Court Dates

A date in court doesn't always mean bringing along your lawyer and hoping you'll get off without a fine. It *can* mean something a lot more pleasant, if you're a client of Bob D'Accardi's Play Mates Court Dating Service.

For a fee, Play Mates will computer match racquetball players of opposite sexes (or racquetball and whatever other diversions they may wish to pursue together. The service covers a variety of other sports as well. If you decide you'd like to date someone who plays, all you have to do is fill out a form supplied by D'Accardi specifying certain vital facts and statistics about yourself and preferences in a date, and D'Accardi's service will provide you with a list of six candidates who fit your needs in as many particulars as possible.

So far 48 clubs in the New York-New Jersey area are participating in the service. All they have to do is display the Play Mates brochures in the lobby or someplace easily accessible

to members. The club's name then becomes one, on the master list of participating facilities, and is included in all subsequent advertising for the dating service. Essentially, the club's participation is required to ensure that those using the dating service will be geographically close enough to make dating other members feasible.

On the first date, the applicants meet at a club in which one or both are members. Thereafter, they are free to continue their relationship on-court or off-court, however they choose. Two couples in New Jersey, who met through the service, are planning to continue their relationships for a long time; they intend to get married in the spring!

D'Accardi hopes for a few benefits to racquetball besides the simple pleasures afforded to players of a good game with a guy or girl they wouldn't otherwise have met. As a club owner, he is interested in generating business, for one thing,

Bob (center) with two of his staffers at Play Mates. Madeleine Moore and Toni Miracchione.



"I'm trying to build up a base of cooperation among the clubs in the region," he says. "The service brings us all together to advertise, and lets us get exposure that we can't necessarily afford individually."

"I'd also like to get one of the major sporting good manufacturers to endorse the service. We could use the credibility, and they'd benefit from the added exposure to players."

Ultimately, he sees Play Mates as forming a nationwide network of players—not necessarily meeting for dating purposes, but always assured of a good game of racquetball wherever their travels bring them.

If you'd like to try the service, or get your club involved, you can write Bob D'Accardi at Play Mate Court Dating Service, Inc., P.O. Box 185, Lake Hiawatha, NJ 07034.

Sponsors For US Team

For the second straight year, Levi Strauss, the well-known sportswear firm, will provide uniforms for the US Racquetball team. Levi Strauss also outfitted the team that won the World Championships in 1981, and

the World Games I competition the same year.

The team will compete initially in 1983 in the North American zone competition, March 4-6, in Montreal, Canada, with the sponsorship of Lite Beer from

Miller. Lite has long been a supporter of amateur racquetball, and is currently committed for major sponsorship of 1983 AARA sanctioned events, including the AARA Nationals and inter-collegiate program.

Industry Update

Wilson Sporting Goods Company is sporting an award-winning design on their racquetball cans these days. The striking blue-white-silver lithographed can, designed by Wallner-Harbauer-Bruce, was the recipient of the prestigious CLIO award . . . **Slazenger** and **Converse** are combining efforts to capture the racquet-sports footwear market. Slazenger has signed an agreement with Converse to distribute



Converse court shoes throughout the US, as they already do in Canada. Both companies hope for increased sales and visibility from the new arrangement . . . **Court Products, Inc.**, in Highland Park, IL, has been selected as an official distributor of AMF Head racquetball products, and will maintain a full inventory of the AMF Head line to provide clubs and other purchasers prompt delivery.

Corporate "Octathletes"

Philadelphia business executives recently forswore Manhattans for Gatorade, pinstripes for sweats, and their Cross pens for racquets as they tested their athletic prowess in the city's first annual Philympics, "The Battle of The Corporate Superstars." The city-wide event was headquartered at Clark's Uptown Racquet, Swim and Health Club in the Franklin Plaza Hotel, and was the brainchild of Uptown's president, Doug Clark.

Above, contestants in the racquetball portion of the competition square off in the courts. Besides racquetball, the event included individual matches in squash, tennis, basketball shooting, and golf putting. Each member of the five-man teams was also required to participate in volleyball, swimming, and jogging competitions. A team from IBM were the final overall winners.

Some 200 Philadelphians altogether participated in the Philympics over five weekends in the fall of 1982. All proceeds from fees and pledges were donated to the Eagles Fly for Leukemia and the Flyers' Wives Fight for Lives cancer research funds.



CLASSIFIED AD

AARA Moves

On December 26, 1982, the AARA packed up bag and baggage at their Memphis address and headed west to Colorado to set up new headquarters. As of January 3, 1983, they were fully operational at 815 N. Weber, Suite 203, Colorado Springs, CO 80903. Now *that's* the way to start the new year afresh.

Ektelon, Head Racquet Specials*

Ektelon: CBK only \$137.95; 250G 75.95; new Citori \$55.95; Marathon Graphite \$41.50; new Magnum 2 \$48.50; CR 200 \$29.95; new Interceptor \$33.50

Head: Graphite Express only \$65.95; Head Pro \$44.50; Head Master \$35.50

Shoes: Asahi canvas M/L \$19.95; K-Swiss M/L \$29.95; Adidas Rod Laver Men's 32.95; Bata Tourney Men's \$29.95

To order with VISA (MC or AE) call 213/255-7186, or mail check or money order. Include \$2.50 for shipping—CA residents add 6½% sales tax. Free catalog available includes specials on shoes, clothing and accessories. Call or write for items not listed. Prices valid at our pro shop.

*We try to beat all advertised prices. Expert racquet stringing available.

Ray's Tennis and Racquetball Center, Dept. R2, 4691 Eagle Rock Blvd., Los Angeles, CA 90041. 213/255-7186.

Tournament Results

Adams Takes Last WPRA Stop Of '82

by Norm Blum

She needed two hands and all her strength to drag the mammoth four-and-a-half foot, 50 pound trophy to her after winning the \$10,000 Melbourne Pro/Am Women's Racquetball Classic last December 12, at the Imperial Courts in Melbourne, FL.

This just wasn't any old trophy that belonged in the family room with hundreds of others. It deserved a special place on the fireplace mantel because it marked a significant moment in Lynn Adams' career.

The defending WPRA national champion served notice that she was ready to become the dominant player on the tour. Adams lost only two games in three matches before facing second-ranked Heather McKay in the final. And it was her performance against McKay that left a lasting impression on the members of the WPRA who had six weeks to analyze the results before the tour resumed this month in Quebec.

The series record between the two in 1982 was 2-2 but Adams dominated this match to the extent that one wondered if the rivalry will not be one-sided. The showdown was a let down for the spectators who had read all the pre-match hype in the local papers and turned out in such numbers that a seat couldn't be found in the packed gallery.

Adams won the first two games of the first set 11-6, 11-9 in convincing fashion, needing only one game to win the set. However, she suffered a mental letdown and the 41-year-old McKay won the next two games 11-9, 11-5 setting up a dramatic fifth game. But it wasn't to be. Adams decided to get serious, pacing up and down the sidewall prior to the start of the fifth game and talking to herself. It must have worked as Adams, using numerous backhand side-wall, front-wall kill shots and effective down-the-line-pass shots, won the fifth and deciding game 11-3. So much for excitement.

The second set started out in the same fashion as the first. Adams won the first two games 11-8 and 13-11 and was one game away from winning the match. Again, she let up, almost allowing McKay to get back into the match.

Trailing 10-2 in the third game, Adams decided it was time to change the momentum and scored five straight points before losing the game 11-7. But she conveyed her point that she was still in control and won the fourth game and match 11-9, coming back from a 6-3 deficit.

The win gave her a 3-2 edge this season and 7-4 lifetime advantage over McKay.

"I want to be the dominant player in racquetball," Adams says matter-of-factly. "That would be a nice imprint to leave."

Adams won \$2,400 for her efforts at the Melbourne Pro/Am Racquetball Classic which was co-hosted by the Florida Racquet Journal and Imperial Courts and sponsored by Pepsi and Holiday Inn of Melbourne. McKay took home \$1,300, and says she'll be ready the next time she faces Adams.

"I was just missing my shots. Her backhand was good. She chased me from side to side. But I still don't think that was the dominating factor. The next time I play her though, I'll be just as confident as I was this time."

Adams and McKay both coasted to the finals. Adams defeated Beth Crawley in straight sets, 3-0 (11-3, 11-2, 11-3), 3-0 (11-9, 11-6, 11-5), lost an opening game to Barbara Maltby before sweeping six straight games, thumped Fran Davis, an upset winner over Marci Greer, and pumped herself up to defeat Shannon Wright 3-1 (11-5, 13-11, 9-11, 12-10, 15-13) and 3-0 (15-13, 11-3, 11-9). McKay downed Diana Hardek 3-0, 3-0, Caryn McKinney 3-0, 3-1, Jennifer Harding 3-0, 3-0 and Terri Gilreath in the semifinals 3-1, 3-0.

"I like playing Heather," Adams says. "It's exciting and challenging. It's very rarely a blowout. It makes racquetball a spectator sport. I really believe it raises our skill level because after we play one another we have to go back and work on some new things. The nice thing about Heather is that she's a very good sportswoman. She's not trying to cheat me. We give each other shots. There's no muscling."

Adams enjoys her finals with McKay as much as the crowd. *"It's better when the people cheer. It makes it more exciting."*

McKay, however, could live without such excitement.

"It's certainly not fun," McKay, the former world squash champion says. "You can reminisce afterwards but to me it's not fun. I'm out there to play. You can enjoy the competition and shots, but fun?—no way."

McKay feels there is more pressure on Adams to retain the No. 1 position than on her in regaining the top ranking she held in 1981.

McKay, who never lost in 16 years of squash competition, is thankful she's in a position to be battling for the No. 1 ranking and feels like a born-again athlete.

"I've done everything in my sport," McKay says. "Squash was my thing and I was dominant. I've been in sports since I was 10 and I feel I've been given another chance to compete. There's not anyone more competitive when I'm playing racquetball but if I lost tomorrow or stopped playing I would miss it sure—but I could walk away from it. If I had lost in squash, my sport—that would be much tougher."

Still, McKay admits she's not a good loser. *"I can accept it. If I had gone four years undefeated in racquetball I would have a different outlook. I've achieved something in racquetball I didn't think I could do. If you're a competitive, a loss to anybody isn't easy to accept."*

Both McKay and Adams expect to meet in the finals for quite a while although they admit the opening rounds are no longer easy matches.

"The top three will stay on top for a while," Adams predicts. "Although a lot of girls are getting serious there is a difference between physical skills with mental abilities. Until you face it, you don't know what it is like. Having Jim (Carson, her husband/coach) is such an advantage. He's so knowledgeable he sees things most people don't see. We made an agreement as a team to make me the best."

Her four-and-a-half-foot trophy symbolizes that. ●

Wright Defeats Bullard

Shannon Wright returned to the winners' circle, defeating Diane Bullard 3-1, 3-0 to win the \$6,000 Tab Holiday Cup, fifth stop of the 1982-83 WPRA season at the Courtside Racquet Club in Atlanta, GA, December 2-5.

In the quarters, Wright had an easier than usual victory over Jennifer Harding 3-1, 3-1. Then Terri Gilreath, new to the top 10 this season, gave Wright her toughest competition by extending her in both sets 3-2, 3-2.

But the story of this tournament centered around Florida's Bullard, who advanced from the qualifying draw into the host of top-ranked players in the main draw. She then defeated Janell Marriott, Caryn McKinney and Marci Greer to reach the finals.

Her performance drew enthusiastic praise from the other players. "*Diane's a great player,*" said McKinney, who lost to her in the quarters.

"*She was really on,*" Greer said, after losing to Bullard in the semi's.

In other action Molly O'Brien, Philadelphia, upset veteran Jean Sausser 3-1, 3-0; Bonnie Stoll, Stamford, CT, trailed

early in her match against WPRA amateur champion Gail Woods, but won in the tie-breaker 0-3, 3-2, 15-6.

Local favorite, Caryn McKinney upset second seeded Laura Martino 3-2, 1-3, 15-9. McKinney, who was recovering from a pulled muscle in her leg, was helped by the hometown cheering.

WPRA Current Rankings
as of December 13, 1982

Ranking	Name	Points
1.	LYNN ADAMS	547.50
2.	HEATHER MCKAY	455.36
3.	SHANNON WRIGHT	337.50
4.	TERRI GILREATH	184.38
5.	LAURA MARTINO	175.63
6.	JENNIFER HARDING	121.88
7.	PEGGY GARDNER	114.38
8.	MARCI GREER	110.63
9.	RITA HOFF	98.67
10.	BARBARA MALTBY	88.75
11.	VICKI PANZER	75.00
12.	CARYN MCKINNEY	71.25
13.	JANELL MARRIOTT	65.00
14.	MARTHA McDONALD	62.50
15.	FRAN DAVIS	59.38
16.	GAIL WOODS	41.66
17.	STACEY FLETCHER	41.33
18.	JOYCE JACKSON	32.50
19.	BONNIE STOLL	32.50
20.	PEGGY STEDING	32.38
21.	BRENDA BARRETT	31.66
22.	BETH CRAWLEY	30.71
23.	JEAN SAUSER	30.71
24.	DIANE BULLARD	26.67

Tab Holiday Cup

Atlanta, GA, December 2-5

Round of 16: Shannon Wright d. Molly O'Brien 3-0, 3-0; Jennifer Harding d. Beth Crawley 3-0, 2-3, 15-6; Vicki Panzeri d. Cindy Baxter 1-3, 3-0, 15-2; Terri Gilreath d. Joyce Jackson 3-0, 3-2; Marci Greer d. Martha McDonald 3-1, 3-2; Bonnie Stoll d. Gail Woods 0-3, 3-2, 15-6; Diane Bullard d. Janell Marriott 3-0, 3-1; Caryn McKinney d. Laura Martino 3-2, 1-3, 15-9

Quarter-finals: Wright d. Harding 3-1, 3-1; Gilreath d. Panzeri 2-3, 3-2, 15-7; Greer d. Stoll 3-0, 3-0; Bullard d. McKinney 1-3, 3-0, 15-9

Semi-finals: Wright d. Gilreath 3-2, 3-2; Bullard d. Greer 2-3, 3-2, 15-7

Finals: Wright d. Bullard 3-1, 3-0 ●

Melbourne Pro-Am Classic

Melbourne, FL, December 9-12

Round of 16: Adams d. Maltby 3-1, 3-0; Davis d. Greer 2-3, 3-1, 15-12; Wright d. Sausser 3-0, 3-0; Marriott d. Baxter 3-1, 3-1; Gilreath d. Woods 3-1, 1-3, 15-7; McDonald d. Martino 3-2, 3-2; Harding d. Panzeri 3-2, 3-1; McKay d. McKinney 3-0, 3-1

Quarter-finals: Adams d. Davis 3-0, 3-1; Wright d. Marriott 3-1, 3-2; Gilreath d. McDonald 3-1, 3-2; McKay d. Harding 3-0, 3-0

Semi-finals: Adams d. Wright 3-1, 3-0; McKay d. Gilreath 3-1, 3-0

Finals: Adams d. McKay 3-2, 3-1 ●

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Tournament Results

Arizona

Arizona Racquetball Association
1982 State Doubles Tournament
La Mancha Racquet Club
Phoenix, AZ, September 16-19
Director: Johnny Pearson

Men's A: 1st—Gelb/Damron; 2nd—Hassey/Rillos; 3rd—Noble/Corte
Men's Veterans (30+): 1st—Ochoa/Durrant; 2nd—Pristo/Corcoran; 3rd—Barrett/Moris
Men's Seniors (40+): 1st—Griffin/Griffin; 2nd—Benales/Northwood; 3rd—Lewis/Griffin
Men's B/C Seniors (35+): 1st—Fijal/Schartz; 2nd—Hand/Lee; 3rd—Angelopolus/Aeed
Men's B: 1st—Rush/Ratnour; 2nd—Buck/Thurmond; 3rd—Locke/Tabor
Men's C: 1st—Locke/Tabor; 2nd—Beck/Fairchild; 3rd—Walbourne/Lenz
Men's 17-and-under: 1st—Wheeler/Linn; 2nd—Abdin/Seip; 3rd—Beck/Fairchild
Women's B/C: 1st—Currie/Woodford; 2nd—Waters/Hejna; 3rd—Engerbretson/Blain

New York

1982 Natural Light Racquetball Classic
All Sport Fitness and Racquetball Club
Poughkeepsie, NY, October 29-31

Men's Pro/Am

Quarter-finals: Mike Levine d. Hugh Klein 15-5, 15-6; Bob Francavilla d. Ken Teape 15-11, 13-15, 15-11; Tom Montalbano d. Charles Horton 14-15, 15-13, 15-12; Dan O'Bremski d. Pete Chardovayne 15-6, 15-7
Semi-finals: Levine d. Francavilla 15-4, 15-9; O'Bremski d. Chardovayne 15-6, 15-7
Finals: Levine d. O'Bremski 15-2, 15-4

Men's A

Quarter-finals: Bruce Shafer d. Dan Archetti 15-11, 12-15, 15-2; Al Dugan d. Jack Rooney 15-9, 15-8; Joe Tumminia Jr. d. Cary Appel 15-8, 15-6; Brian McDermott d. Sal Teodoro 15-11, 6-15, 15-14
Semi-finals: Shafer d. Dugan 12-15, 15-5, 15-8; McDermott d. Tumminia 15-11, 14-15, 15-13
Finals: McDermott d. Shafer 15-3, 15-5

Men's Open Veterans

Quarter-finals: Mark McCarthy d. Mike Lewis 15-7, 15-11; John Halley d. Rich Devito 15-7, 12-15, 15-10; Howard Packer d. Brian McDermott 15-8, 6-15, 15-11; Mike Janiak d. Bruce Shafer 9-15, 15-5, 15-7
Semi-finals: McCarthy d. Halley 15-14, 15-12; Janiak d. Packer 15-10, 11-15, 15-3
Finals: Janiak d. McCarthy 14-15, 15-11, 15-10

Men's Senior

Quarter-finals: Charlie Garfinkel d. George Rucko 15-6, 15-4; Mike Vahore d. Bob Hooper 15-10, 15-11; Dennis Sbraga d. Steve Shulman 15-6, 15-9; Jack Nocera d. Joe Devito 15-11, 15-5
Semi-finals: Garfinkel d. Vahore 15-5, 15-3; Nocera d. Sbraga 15-9, 6-15, 15-8
Finals: Garfinkel d. Nocera 15-8, 15-10

Men's Masters

Quarter-finals: John Wheeler d. Nick Cappelli 15-5, 15-12; Joe Rizzo d. Alex Shapiro 15-3, 15-4; Jill Anderson d. E.R. Verweike 15-13, 15-6; Mike Frankel d. Joe Tumminia 12-15, 15-3, 15-9
Semi-finals: Rizzo d. Wheeler 15-14, 15-9; Frankel d. Anderson 15-1, 15-13
Finals: Rizzo d. Frankel 8-15, 15-8, 15-6

Men's Golden Masters

Semi-finals: Francis Anderson d. Sal Lesser (forfeit); Dave Souza d. Irv Cowie 14-15, 15-11, 15-6
Finals: Souza d. Anderson 15-4, 15-12

Men's B

Quarter-finals: Bill Young d. Nolan Glantz 15-5, 15-10; Joe Corso d. Ike Neltring 15-13, 15-10; Rick Consiglio d. John Ochwat 15-6, 15-14; Bob Moran d. Doug Walsh 11-15, 15-6, 15-8

Semi-finals: Corso d. Young 15-10, 15-3; Moran d. Consiglio 9-15, 15-8, 15-3

Finals: Corso d. Moran 15-0, 15-13

Men's C

Quarter-finals: Tom Foster d. Jerry Lerner 15-14, 15-11; Tony Puskin d. John Rimkus 13-15, 15-7, 15-8; John Cayea d. Steve Shapiro 15-12, 8-15, 15-9; Rick Manuli d. Amin Randolfi 15-8, 12-15, 15-9

Semi-finals: Cayea d. Manuli 5-15, 15-7, 15-13; Foster d. Puskin 15-10, 15-12

Finals: Foster d. Cayea 15-10, 15-4

Men's CC

Quarter-finals: Larry Martinez d. Scott Steinberg 15-7, 15-9; Art Mochi d. Loren Kashman 15-7, 14-15, 15-2; Mick McGuire d. Dale Cappola 15-4, 15-3; Mark Geist d. Frank Bosco 15-12, 15-10

Semi-finals: Mochi d. Martinez 15-6, 15-6; McGuire d. Geist 15-13, 12-15, 15-14

Finals: McGuire d. Mochi 15-14, 15-8

Men's Open Doubles

Semi-finals: Levine/Peterson d. Packer/Nocera 15-12, 5-11; O'Bremski/Klein d. McCarthy/Janiak 15-10, 15-7

Finals: Levine/Peterson d. O'Bremski/Klein 15-12, 2-15, 15-3

Men's B Doubles

Semi-finals: Glantz/Kristianson d. Zierman/Walsh 15-12, 12-15, 15-7; Deshong/Calnen d. Appel/Archette 15-6, 9-15, 15-13

Finals: Glantz/Kristianson d. Deshong/Calnen 15-14, 15-10

Men's C Doubles

Semi-finals: Larsen/Pitegoff d. Ercole/Bosco 15-5, 15-0; Dunigan/Vontobel d. Tumminia/Corso 15-8, 15-8

Finals: Larsen/Pitegoff d. Dunigan/Vontobel 15-8, 15-6

Women's Pro/Am

Quarter-finals: Fran Davis d. Teri Gatarz 15-6, 15-5; Mary Dee d. Tammy Hajjar 15-9, 15-7; Janell Marriott d. Randy Friedman 15-1, 15-7; Bonnie Stoll d. Laura Rimkus 15-3, 15-11

Semi-finals: Dee d. Davis 7-15, 15-11, 15-1; Marriott d. Stoll 15-12, 3-15, 15-14

Finals: Marriott d. Dee 15-8, 15-3

Women's A

Quarter-finals: Tammy Hajjar d. Robin Levine 15-3, 15-3; Bonnie McGonigal d. Madeline Moore 8-15, 15-8, 15-6; Terri Gatarz d. Pat Lumkowski 6-15, 15-5, 15-4; Val Paese d. Mary Ann Koneyewski 15-6, 15-3

Semi-finals: Hajjar d. McGonigal 15-1, 15-4; Paese d. Gatarz 15-13, 15-14

Finals: Hajjar d. Paese 15-6, 11-15, 15-7

Women's B

Quarter-finals: Mandie Sudol d. Debra Didato 5-15, 15-6, 15-1; Bonnie McGonigal d. Mary Lou Grassi 15-12, 15-7; Madeline Moore d. Pat Zakowski 15-6, 15-8; Grace Greenberg d. Barb Meredith 15-1, 15-3

Semi-finals: McGonigal d. Sudol 15-9, 13-15, 15-11; Greenberg d. Moore 15-12, 15-11

Finals: McGonigal d. Greenberg 15-14, 15-9

Women's C

Quarter-finals: B.J. Pritchett d. Kay DiCesare 15-12, 15-6; Aura Levine d. Fran Hofherr 15-11, 15-8; Sue Young d. Carol Husted 15-10; 15-2; Kaz Burnette d. Jackie Dodson 15-5, 15-3

Semi-finals: Pritchett d. Levine 15-11, 3-15, 15-12; Burnette d. Young 10-15, 15-9, 15-7

Finals: Burnette d. Pritchett 15-13, 15-1

Juniors 15-and-Under

Round Robin: 1st—Jim Juron; 2nd—Jeff Pitegoff; 3rd—Pete Lofson; 4th—Ed Audi

Juniors 12-and-Under

Quarter-finals: Art Mochi d. Bryan Hogan (forfeit); Eric Crawford d. Robbie Thorne 9-15, 15-13, 15-10; Steve Cowles d. Scott Travis 15-7, 15-9

Semi-finals: Mochi d. Crawford 15-8, 15-13; Cowles d. Pitegoff 15-13, 15-8

Finals: Mochi d. Cowles 15-7, 15-9

West Virginia

The \$7000.00 Tire America Pro-Am Classic Racquetball Tournament was held Nov. 5-7, at the West Virginia Racquet Club, in Wheeling, WV.

In the men's Pro division Jack Newman, Memphis, narrowly defeated Larry Fox, Cincinnati. After jumping out to an 8-0 lead, Fox cruised to an easy 11-4 first game win. Newman came out shooting in games two and three, winning by the scores of 11-2, and 11-3. Jack had the momentum going in the fourth game leading by a 9-5 count, before Fox ran off six unanswered points to send the match into a fifth game tie-breaker. It was all Newman in the tie-breaker, winning by a score of 11-5. The victory was worth \$1500 to Newman, while Fox took home \$1000, along with second place.

The Women's Pro Division was a WPRA sanctioned satellite event. For results, see *National Racquetball*, January 1983.

Men's Invitational Round Robin

Flight 1: Winner—Larry Fox
Losers—Al Plummer, Denny McDowell, Tom Travers

Flight 2: Winner—Jack Newman
Losers—Jeff Riehl, John Amatulli, Dan Clifford

Flight 3: Winner—Kelvin Vantrease
Losers—David Simonette, Mike Ray, Steve Mondry

Flight 4: Winner—Eric Foley
Losers—Mike Sipes, David Gross, Sean Moskwa

Semi-finals: Fox d. Foley 10-11, 11-9, 6-11, 11-0, 11-4; Newman d. Vantrease 11-7, 11-5, 11-7

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

Men's A

Quarter-finals: Dan Brannon d. Ron Runkle 11-5, 4-11, 11-9, 10-11, 11-0; Bob Steding d. Steve Luckhardt 2-11, 11-9, 11-5, 11-6; Mark Steinriede d. Steve Bobbin 8-11, 11-8, 0-11, 11-5, 11-8; Don Fletcher d. Hale Baker 11-7, 7-11, 11-4, 11-3

Semi-finals: Steding d. Brannon 11-6, 11-10, 11-3; Fletcher d. Steinriede 11-3, 11-7, 11-7

Finals: Fletcher d. Steding 7-11, 11-8, 8-11, 11-5, 11-10

Men's Seniors (35+)

Quarter-finals: John Amos d. Rick Prezkop 11-10, 4-11, 11-0, 11-8; Lou Fabian d. Chuck North 11-6, 11-2, 8-11, 3-11, 11-8; Bob Ewing d. Al DeLoretta 11-5, 11-4, 11-4; Ted Dragisch d. Alex Wilson 11-5, 11-7, 5-11, 11-6

Semi-finals: Amos d. Fabian 11-5, 11-5, 11-8; Ewing d. Dragisch 11-10, 10-11, 11-10, 10-11, 11-8

Finals: Ewing d. Amos 3-11, 11-4, 11-1, 7-11, 11-7

Men's B

Quarter-finals: Steve Ballash d. Jim Driscoll 10-11, 11-5, 8-11, 11-7, 11-1; George Frazier d. Rich Hauldren 7-11, 9-11, 11-8, 11-5, 11-0; John Felak d. Jake Carenbauer 11-1, 11-10, 7-11, 9-11, 11-9; John Evans d. Rich Killmeyer 11-3, 11-7, 11-2

Semi-finals: Ballash d. Frazier 11-3, 11-4, 11-2; Felak d. Evans 11-6, 11-6, 11-8

Finals: Ballash d. Felak 11-7, 11-0, 11-3

Men's C

Quarter-finals: Rick Zandron d. Jerry Conaway 11-8, 11-7, 11-9; Gene Roberts d. Bruce Bellow 11-10, 11-9, 2-11, 11-8; Brian Mosser d. Rick Lehman 11-9, 11-10, 9-11, 11-9; Dave Massare d. John Bailey 11-1, 11-4, 11-2

Semi-finals: Zandron d. Roberts 9-11, 11-10, 11-9, 11-4; Mosser d. Massare 11-8, 11-10, 11-0

Finals: Zandron d. Mosser 3-11, 11-8, 11-6, 11-8

Men's Open Doubles

Quarter-finals: Brannon/Baker d. Hauldren/Pappas 11-8, 11-8, 11-5; Lovins/Lillis d. Eversole/Bobbin 11-5, 11-4, 11-4; Steding/Moitis d. Runkle/Lynch 11-3, 11-8, 11-10; Dragisch/Krovocheck d. St. Clair/Black 11-8, 11-7, 11-3

Semi-finals: Lovins/Lillis d. Brannon/Baker 11-9, 11-10, 5-11, 11-5; Steding/Moitis d. Dragisch/Krovocheck 6-11, 11-1, 11-3, 9-11, 11-9

Finals: Lovins/Lillis d. Steding/Moitis 9-11, 11-1, 11-7, 11-6

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Women's A

Quarter-finals: Marilyn Ross d. Christine Upson 10-11, 11-0, 11-5, 11-2; Sybil McBride d. Jerri Black 11-0, 11-1, 11-4; Lynn Ross d. Sandy Smith 11-3, 11-7, 11-1; Debra Weber d. Donna Hooten 11-3, 11-2, 11-5

Semi-finals: M. Ross d. McBride 11-2, 11-0, 11-7; Weber d. L. Ross 11-0, 11-4, 7-11, 11-6

Finals: Weber d. M. Ross 11-8, 11-3, 11-7

Women's B

Quarter-finals: Pat Bornhorst d. Faye Stoner 11-4, 11-2, 11-6; Holly Mallett d. Diane Morley 5-11, 11-0, 11-3, 4-11, 11-4; Rosetta Epifano d. Kathie Ball (forfeit); Leslie Krieger d. Sue Kunkle 10-11, 11-6, 11-3, 11-3

Semi-finals: Bornhorst d. Mallett 11-6, 11-8, 11-3; Epifano d. Krieger 11-7, 11-5, 3-11, 3-11, 11-10

Finals: Bornhorst d. Epifano 11-0, 11-2, 11-8

Women's C

Quarter-finals: Dee Nazzaro d. Jamie Clark 11-0, 11-7, 11-3; Sheila Rose d. Patty Somerville 11-4, 9-11, 7-11, 11-4, 11-8; Connie Angelo d. Cathy Watson 11-6, 10-11, 11-6, 11-1; Valerie Selmon d. Terry Jones 11-6, 11-5, 10-11, 4-11, 11-0

Semi-finals: Rose d. Nazzaro 11-9, 11-10, 11-3; Angelo d. Selmon 11-2, 11-1, 11-6

Finals: Angelo d. Rose 11-3, 11-7, 11-9

Women's Open Doubles

Quarter-finals: Ross/Ross bye; Mallett/Kunkle d. Somerville/Morley 11-6, 11-6, 11-9; Smith/McBride d. Krieger/Coyne 11-5, 11-0, 11-7; Thomas/Strickland d. Sutherland/Bornhorst 10-11, 11-8, 11-7

Semi-finals: Ross/Ross d. Mallett/Kunkle 11-4, 11-0, 11-0; Thomas/Strickland d. Smith/McBride 11-0, 11-3, 11-3

Finals: Thomas/Strickland d. Ross/Ross 11-8, 11-7, 11-10

Arizona

Fourth Annual Arizona Racquetball Classic
Benefitting the March of Dimes
Sponsored by Golden Eagle Distributors,
Voit, The Sausage Deli
Tucson Athletic Club

Tucson, AZ, November 10-14
Director: Carl Porter III

Men's Open: 1st—Brian Oates; 2nd—Tom Ochoa; 3rd—Joe Durant

Men's A: 1st—Kim Richards; 2nd—Neil Katz; 3rd—Scott Bradley

Men's Seniors: 1st—Joe Durant; 2nd—John Lankford; 3rd—Gordon Rasmussen

Men's Masters: 1st—Gene Burns; 2nd—Bill Daley; 3rd—Roy Wheeler

Men's B: 1st—Scott Bradley; 2nd—Dennis Aughenbaugh; 3rd—Gordon Roediger

Men's C: 1st—John Africano; 2nd—Andy Bonanno; 3rd—Larry Mastie

Women's Open: 1st—Linda Siau; 2nd—Becky Gonzales; 3rd—Darlene Hill

Women's B: 1st—Jeanne Witt; 2nd—Bonnie Heather; 3rd—Debbie Miller

Women's C: 1st—Colleen Barnette; 2nd—Juanita Lee; 3rd—Judy Rowley

Women's Novice: 1st—Elysa Migdon; 2nd—Julie Hanson; 3rd—Krista Berk

Juniors 14-and-Under: 1st—Eric Oxman; 2nd—Chris Krugman; 3rd—Gavin Cone

Wisconsin

Pepsi Open 1982
Sponsored by Pepsi
Tower West Racquetball Club
Oshkosh, WI, November 5-7
Directors: Jim Compton, Ann McGannon

Men's Open

Quarter-finals: Dan Murray d. Mike Lambeseder 11-3, 11-6, 11-2; Pat Starken d. Marc O'Brien 11-6, 6-11, 11-8, 11-5; Kevin Semenas d. Steve Kiersch 7-11, 11-7, 10-11, 11-2, 11-7; Bruce Thompson d. Jack Kelly, Jr. 11-9, 5-11, 11-4, 11-2

Semi-finals: Murray d. Starken 11-4, 11-6, 11-9; Semenas d. Thompson 11-4, 11-5, 11-7

Finals: Murray d. Semenas 11-4, 11-5, 11-7

Men's Seniors 35+

Quarter-finals: Tom Handlen d. Ralph Blanchette 11-4, 11-8, 11-1; Bill Bilty d. Larry Kopitz 4-11, 11-8, 11-6, 9-11, 11-9; Dick Ricco d. Jim Compton 3-11, 10-11, 11-3, 11-0, 11-2; Rob Edgerton d. Carlton Counard 11-6, 8-11, 11-2, 10-11, 11-4

Semi-finals: Handlen d. Bilty 11-2, 11-8, 11-2; Ricco d. Edgerton 8-11, 11-7, 11-5, 11-3

Finals: Handlen d. Ricco 11-6, 11-5, 11-4

Men's B

Quarter-finals: Craig Boyson d. Paul Hrubecky 11-8, 11-8, 8-11, 11-6; Chuck Welsh d. John Beston 8-11, 11-10, 11-4, 11-2; Scott Stopinski d. Jeff Parish 11-3, 11-8, 4-11, 11-0; Stick Fuller d. Mike Butler 11-6, 11-4, 11-2

Semi-finals: Boyson d. Welsh 9-11, 11-0, 9-11, 11-7, 11-5; Fuller d. Stopinski 11-10, 11-5, 11-3

Finals: Fuller d. Boyson 11-1, 11-5, 6-11, 11-6

Men's C

Quarter-finals: Alex Pijpare d. Dan Guendert 11-6, 11-0, 11-2; Andy Batzner d. Tyler Edgerton 8-11, 11-4, 11-9, 10-11, 11-1; Steve Kubsch d. Ted Fellner 11-5, 11-7, 11-8; Tom Coose d. Jay Supple 5-11, 11-6, 11-8

Semi-finals: Batzner d. Pijpare 11-6, 11-3, 11-5; Kubsch d. Coose 2-11, 11-3, 11-6, 11-8

Finals: Kubsch d. Batzner 6-11, 10-11, 11-5, 11-6, 11-5

Women's A

Quarter-finals: Julie Kubsch d. Ann McGannon 11-8, 11-0, 11-5; Elisabeth Schmitz d. Shirley Surdam 4-11, 11-6, 11-4, 11-6; Laurie Kelley d. Mary Potts 6-11, 11-10, 11-6, 11-10; Peggy Haffeman d. Judy Banasik 11-8, 11-9, 11-5

Semi-finals: Kubsch d. Schmitz 9-11, 11-5, 11-6, 9-11, 11-8; Haffeman d. Kelley 11-3, 2-11, 11-9, 11-10

Finals: Haffeman d. Kubsch 8-10, 11-6, 8-11, 11-9, 11-1

Women's B

Quarter-finals: Sheryl Edgerton d. Jean Chase 11-5, 9-11, 11-10; Jan Ratchman d. Pat Knuth 11-9, 11-8, 11-3; Nettie Schmitz d. Mary Stewart 11-4, 11-1, 11-5; Shari Nadolske d. Leanne Schreiner 11-7, 5-11, 11-10, 11-7

Semi-finals: Edgerton d. Ratchman 11-6, 11-8, 11-8; Schmitz d. Nadolske 11-4, 11-0, 11-0

Finals: Schmitz d. Edgerton 11-3, 11-5, 11-8

New Hampshire

The "Think Snow" Open 1982
Mountain Valley Court Club
No. Conway, NH, November 12-14
Directors: Lance Bloom, Thomas O'Dwyer

Men's Open: 1st—Bennett; 2nd—Marsden; 3rd—Proctor

Men's A: 1st—Smith; 2nd—Marcotte; 3rd—Ruggieri

Men's B: 1st—Brown; 2nd—Verge; 3rd—Merrill

Men's C: 1st—Arsenault; 2nd—Bowden; 3rd—Warburton

Men's Novice: 1st—Benson; 2nd—Jenkins; 3rd—Kamel

Women's A: 1st—Harris; 2nd—O'Dwyer; 3rd—Baeder

Women's B: 1st—McGregor; 2nd—Whittier; 3rd—Fritz

Women's C: 1st—DiLorenzo; 2nd—Duprey; 3rd—Crowley

Women's Novice: 1st—Howland; 2nd—LeRoy;

3rd—Lovejoy

Virginia

Courts Royal Interclub A-C
Courts Royal
Springfield, VA, November 13-14
Director: 'Raybo' Simone

Men's A

Quarter-finals: Dan Agan d. Parris Woodbury 15-11, 15-2; Rob Shearer d. Pete Turner 15-10, 15-8; James Harding d. Tom Clancy 15-7, 15-6; Ted Berry d. Barry Conway 15-13, 15-1

Semi-finals: Harding d. Berry 12-15, 15-10, 15-5; Shearer d. Agan 15-12, 15-11

Finals: Shearer d. Harding 15-8, 15-11

Men's C

Quarter-finals: Duke Kelly d. Gerald Byrd 15-8, 15-9; Tony Truman d. Bill Wasserman 15-13, 14-15, 15-6; Dan Rekas d. Joe Iosue 13-15, 15-6, 15-7; Ralph Cager d. Robert Ludwig 15-3, 15-0

Semi-finals: Kelly d. Truman 15-8, 15-7; Cager d. Rekas 7-15, 15-4, 15-4

Finals: Cager d. Kelly 15-6, 15-9

Women's A

Quarter-finals: Diana Gean d. Ann Dodd 15-10, 15-4; Gail Murphy d. Phyllis Brayton 15-14, 11-15, 15-6

Semi-finals: Rebecca Rose d. Gean 4-15, 15-5, 15-4; Amy McDermott d. Murphy 15-4, 15-14

Finals: Rose d. McDermott 15-8, 15-4

Women's C

Quarter-finals: Sandy Stewart d. Karen McVicer 15-10, 15-3; Joan Ryder d. Judy Siciliano 15-11, 15-13; Lida Whitaker d. Sandy Arnold 15-10, 15-0; Betty Dean d. Pat Harris 15-8, 15-1

Semi-finals: Stewart d. Ryder 15-5, 15-5; Whitaker d. Dean 15-12, 9-15, 15-3

Finals: Stewart d. Whitaker 15-11, 15-8

Colorado

Wendy's/Z100 Fall 1982
Racquetball Open
Platinum Racquetball & Fitness Club
Pueblo, CO, November 11-14
Directors: Sue Landry and Del Bramlett

Men's A

Quarter-finals: Alan Korkus d. Tim Graham 21-7, 21-14; John Tancock d. Mike Pitcher 18-21, 21-16, 11-9; Terry Cheney d. Michael Schone 21-4, 21-9; John Vohland d. John Parrish 21-15, 14-21, 11-5

Semi-finals: Korkus d. Tancock 21-13, 21-10; Cheney d. Vohland 21-8, 21-10

Finals: Cheney d. Korkus 21-12, 21-16

Men's B

Quarter-finals: Jim Jubert d. Gary Buckmaster 21-14, 21-12; Allen Korkus d. George Ayala 21-7, 21-9; Ken Foster d. M. Trujillo 21-10, 21-11; Dan Cannella d. Michael Schone 15-21, 21-17, 11-9

Semi-finals: Korkus d. Jubert 21-19, 21-19; Foster d. Cannella 21-18, 21-10

Finals: Korkus d. Foster (forfeit)

Men's C

Quarter-finals: Jeff Hawkins d. Dennis Martinez 21-20, 21-4; James Schneider d. Tom Welte 21-8, 21-14; Leigh Coker d. Marvin Miller (forfeit); Jan Trujillo d. Allan DelPizzo 21-10, 14-21, 11-10

Semi-finals: Hawkins d. Schneider 21-11, 20-21, 11-8; Coker d. Trujillo 15-21, 21-8, 11-2

Finals: Hawkins d. Coker 21-8, 21-15

Men's Novice

Quarter-finals: Troy Brennan d. Roy Sanchez 21-16, 21-8; Dick Daus d. Marlon Coleman 21-6, 21-12; Mark Foster d. Guy Joe Weldon 21-9, 21-13; Mark Ross d. Jim Aragon 21-17, 21-5

Semi-finals: Brennan d. Daus 21-6, 21-6; Foster d. Ross 21-17, 21-5

Finals: Foster d. Brennan 21-18, 21-16

Men's Intermediate Doubles

Quarter-finals: DelPizzo/Vallejos d. Witter/Alexander 21-15, 21-13; Foster/Foster d. Olson/Hudran 21-3, 21-12; Letourneau/Bramlett d. Smith/Gallegos 21-7, 21-20; Franco/Lococo d. Rehm/Koch (forfeit)

Semi-finals: Foster/Foster d. DelPizzo/Vallejos 21-5, 21-19; Franco/Lococo d. Letourneau/Bramlett 16-21, 21-6, 11-10

Finals: Foster/Foster d. Franco/Lococo 21-13, 21-17

Women's B

Quarter-finals: Cindy Radiff d. Lisa Stahle 21-11, 21-9; Lindsey Bramlett d. Barbara Cheney 21-6, 21-10; Shirley Letourneau d. Inez Foster 21-5, 21-7; Jill Tancock d. Vicki Hart 21-1, 21-12

Semi-finals: Bramlett d. Radiff 17-21, 21-2, 11-3; Tancock d. Letourneau 21-13, 9-21, 11-7

Finals: Bramlett d. Tancock 21-16, 11-21, 11-4

California

The 1982 Walnut Creek Pro-Am
Sponsored by Crystal Geyser
and Bank of Contra Costa
The Racquetball Club
Walnut Creek, CA, November 11-14
Director: Greg Stopka

Men's Pro

Quarter-finals: Bill Sell d. Scott Morey 15-11, 15-6; Mark Martino d. Stan Wright 15-5, 12-15, 11-3; Scott Oliver d. Kevin Almeida 15-10, 15-11; Steve Temer d. Jeff Conine 15-6, 15-13

Semi-finals: Martino d. Sell 15-13, 6-15, 11-1; Temer d. Oliver 15-10, 15-7

Finals: Temer d. Martino 15-6, 15-13

Men's Open

Quarter-finals: Craig Davidson d. Bob Eshelman 15-1, 15-10; Ian Dickson d. Jim Ikehara 15-14, 15-6; Charles Havser d. Gary Eisenbooth 15-8, 15-12; Michael Lowe d. Jeff Jensen 15-8, 11-15, 11-4

Semi-finals: Davidson d. Dickson 15-7, 15-8; Lowe d. Havser 15-11, 15-11

Finals: Davidson d. Lowe 5-15, 15-4, 11-7

Men's 35+

Quarter-finals: Bill Thurman d. Edward Ritner 15-6, 8-15, 11-1; Craig Kunkel d. John Garcia 15-8, 15-11; Bill Cook d. Damian Thomas 15-10, 10-15, 11-10; George Deluca d. Dave Ellis 15-6, 15-9

Semi-finals: Thurman d. Kunkel 15-1, 13-15, 11-7; Deluca d. Cook 15-10, 15-6

Finals: Thurman d. Deluca 15-6, 15-9

Men's 45+

Quarter-finals: Harvey Clar d. Joe Wilson 15-4, 15-1; Al Rossi d. Phil Salter 15-11, 15-9; Oliver Stafford d. Gene Landrum (forfeit); Ken Cornell d. Cary Walker 15-6, 15-6

Semi-finals: Clar d. Rossi 15-5, 15-0; Stafford d. Cornell 15-12, 15-8

Finals: Clar d. Stafford 15-12, 15-4

Men's 55+

Quarter-finals: Phil Denoncourt d. Saul Brandt 15-1, 15-11; Jay Hathaway d. Bud Johnston 15-4, 15-6; Bob Yoxall d. Ray Salo 13-15, 15-5, 11-5; Phil Poloenske d. Ralph Greco 15-5, 15-4

Semi-finals: Hathaway d. Denoncourt 15-13, 15-6; Yoxall d. Poloenske 15-10, 15-8

Finals: Hathaway d. Yoxall 15-5, 15-8

Men's B

Quarter-finals: Gary Hirschbein d. Paul Marino 15-11, 15-11; John Hawley d. Bruce Seto 15-8, 14-15, 11-8; Kirk Howe d. Frank Troya 15-9, 15-4; Doug Balsa d. Greg Leong 15-12, 15-7

Semi-finals: Hirschbein d. Hawley 15-2, 5-15, 11-8; Howe d. Balsa 15-10, 15-6

Finals: Howe d. Hirschbein 15-11, 15-10

Men's C

Quarter-finals: Peter Svendsgaard d. Brian Hennessey 15-10, 9-15, 11-6; Dave Rose d. Ron Burk 15-9, 15-13; Rick Haisley d. Sam Florez 15-1, 15-11; Dale Millhollin d. Richard Eger 13-15, 15-11, 11-6

Semi-finals: Rose d. Svendsgaard 15-2, 8-15, 11-8; Millhollin d. Haisley 15-3, 9-15, 11-5

Finals: Millhollin d. Rose 15-4, 10-15, 11-8

Men's D

Quarter-finals: Ron Grover d. Mike Ikehara 15-13, 15-5; Steve Mathias d. Steve Clayton 15-7, 15-14; Ron Christensen d. Jim White 15-3, 14-15, 11-3; Josh Taekman d. Norm Ikehara 15-3, 15-14

Semi-finals: Mathias d. Grover 15-13, 15-14; Taekman d. Christensen 15-12, 10-15, 11-8

Finals: Taekman d. Mathias 15-6, 15-9

Men's Novice

Quarter-finals: Randy Stansell d. Vern Boltz 15-9, 15-12; Jim Maghuyop d. Mike Herman 15-0, 15-3; Vince Hebert d. Wayne Russell 15-4, 15-8; Harold Siler d. Paul Cwalina 15-11, 15-9

Semi-finals: Stansell d. Maghuyop (disqualified); Hebert d. Siler 15-7, 15-10

Finals: Hebert d. Stansell 15-8, 15-4

Men's Pro Doubles

Quarter-finals: S. Wright/S. Trent d. B. Hill/M. Romo 15-6, 15-9; B. Hawkes/B. Sell d. J. Sullivan/A. Viola 15-14, 15-9; C. Brysman/M. Martino d. D. Southern/J. Conine 15-7, 15-13; S. Lerner/B. Thurman d. S. Fitzpatrick/R. Green 8-15, 15-10, 11-7

Semi-finals: Wright/Trent d. Hawkes/Sell 15-3, 12-15, 11-10; Lerner/Thurman d. Brysman/Martino 15-8, 15-13

Finals: Wright/Trent d. Lerner/Thurman 15-12, 15-6

Men's Open Doubles

Quarter-finals: J. Weiss/J. Ikehara d. S. Freitas/M. DeFranco 15-9, 15-10; G. Deluca/E. Ritner d. D. Ellis/K. Miller 15-13, 15-11; M. Lowe/B. Sparks d. J. Johnston/W. Fong 15-12, 15-6; J. Rodriguez/S. Morey d. S. Vincent/J. Perez 15-10, 13-15, 11-3

Semi-finals: Weiss/Ikehara d. Deluca/Ritner 15-14, 15-14; Rodriguez/Morey d. Lowe/Sparks 8-15, 15-6, 11-9

Finals: Rodriguez/Morey d. Weiss/Ikehara 15-11, 15-12

Men's B Doubles

Quarter-finals: S. Ludwig/B. Gennoy d. F. Richardson/L. Silva 15-10, 15-8; M. Voyne/P. Svendsgaard d. D. Millhollin/L. Millhollin 15-9, 15-7; B. Smith/G. Callister d. E. Brown/B. Goodwin 15-12, 15-12; R. Greenslade/D. Garcia d. K. Cornell/S. Stanley 15-4, 15-8

Semi-finals: Ludwig/Gennoy d. Voyne/Svendsgaard 15-8, 15-7; Greenslade/Garcia d. Smith/Callister 15-11, 13-15, 11-4

Finals: Greenslade/Garcia d. Ludwig/Gennoy 15-8, 15-6

Men's C Doubles

Quarter-finals: S. Clayton/D. Clayton d. R. Aurich/F. Guzman 15-13, 12-15, 11-1; B. Tamori/P. Haley d. A. Sardella/J. Frenna 15-14, 15-8; M. White/E. Robinson d. J. Murichison/B. Ng 15-12, 15-4; J. Madison/T. McFarling d. J. Boscacci/J. Dorazio 15-7, 15-3

Semi-finals: Clayton/Clayton d. Tamori/Haley 15-9, 15-10; Madison/McFarling d. White/Robinson 7-15, 15-9, 11-7

Finals: Madison/McFarling d. Clayton/Clayton 15-6, 15-3

Women's B

Quarter-finals: Jan Newman d. Alida Hull 15-10, 15-7; Kelly Pulis d. Michelle Nunes 6-15, 15-13, 11-10; Laura Glines d. Linda Ward 15-12, 5-15, 11-9; Raylene Carter d. Randi Hedner 15-8, 15-10

Semi-finals: Pulis d. Newman 15-8, 1-15, 11-4; Glines d. Carter 15-13, 2-15, 11-4

Finals: Pulis d. Glines 15-10, 15-10

Women's C

Quarter-finals: Colleen Wallace d. Karen White 7-15, 15-10, 11-8; Shelly Ring d. Jeanine Rader 15-13, 15-6; Kathy Grenzow d. Susan Winton 15-14, 15-4; Michelle Brown d. Nancy Large 15-1, 15-4

Semi-finals: Ring d. Wallace 15-5, 15-11; Grenzow d. Brown 15-10, 5-15, 11-9

Finals: Ring d. Grenzow 15-6, 15-3

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Women's D

Quarter-finals: Susie Reisfelt d. Rene Pulis 11-15, 15-10, 11-1; Barbara Swetlik d. Nancy Corica 15-7, 1-15, 11-2; Stella Kinchin d. Sandi McNicoll 15-5, 10-15, 11-1; Robin Goodman d. Vicki Galland 14-15, 15-14, 11-5

Semi-finals: Swetlik d. Reisfelt 13-15, 15-3, 11-2; Goodman d. Kinchin 15-6, 15-13

Finals: Swetlik d. Goodman 15-9, 15-13

Women's Novice

Quarter-finals: Lucy Smith d. Roseanne Galli 15-3, 15-3; Monica Szizpanski d. Diane Johnson 15-12, 15-13; Tami Kapci d. Rose Granillo 15-10, 3-15, 11-2; Marcy Teixeira d. Laura Humann 15-13, 15-13

Semi-finals: Smith d. Szizpanski 15-2, 15-8; Kapci d. Tiexiera 15-8, 15-13

Finals: Kapci d. Smith 10-15, 15-10, 11-7

Women's B Doubles

Quarter-finals: G. Filgate/N. Gleason d. (bye); R. Chiu/Y. Parsons d. B. Gutierrez/D. Bush 15-11, 15-14; D. Fitzpatrick/J. Clayton d. L. Ward/G. Jonigan 15-12, 8-15, 11-3; M. Hanley/L. Perez d. N. Whitehead/M. Nunes 15-3, 15-4

Semi-finals: Filgate/Gleason d. Chiu/Parsons 15-11, 2-15, 11-4; Hanley/Perez d. Fitzpatrick/Clayton 15-12, 9-15, 11-7

Finals: Hanley/Perez d. Filgate/Gleason 15-10, 15-9

Women's C Doubles

Quarter-finals: S. Yaguchi/K. White d. D. Manha/C. Sardella 15-6, 15-8; K. Snyder/M. Brown d. P. Baca/Smith 15-8, 15-5; C. Weber/B. Markstein d. C. Bianconi/N. Kimura 15-1, 15-6; N. O'Brien/S. Winton d. L. Gonsalves/J. Wilson 15-6, 15-11

Semi-finals: Snyder/Brown d. Yaguchi/White 14-15, 15-12, 11-6; O'Brien/Winton d. Weber/Markstein 15-13, 15-13

Finals: Snyder/Brown d. O'Brien/Winton

Rhode Island

Celebrity Open 1982
Sponsored by Kelly's Sporting Goods,
New England Basement Waterproofing
Celebrity Courts
Warwick, RI, November 12-14

Directors: Frank Rawcliffe, Janell Marriott

Men's A

Quarter-finals: Joe Chabot d. Bill Henry 15-12, 15-13; Joe Savino d. Scott Cordiero 15-7, 6-15, 15-11; Manny Pita d. Mike Chabot 15-8, 2-15, 15-13; Alan Dogon d. Mark Brisson

Semi-finals: Chabot d. Savino 15-14, 15-12; Pita d. Dogon 14-15, 15-1, 15-11

Finals: Chabot d. Pita 15-14, 15-12

Men's 30+ A/B

Quarter-finals: Ed McGovern d. Carl Miller 15-8, 15-8; George West d. Karl Krikorian 15-5, 15-12; Cal Steere d. Jerry Melaragno 15-4, 15-1; Rene Sepot d. Jim Smith 15-5, 15-10

Semi-finals: McGovern d. West 15-11, 8-15, 15-13; Steere d. Sepot 15-13, 14-15, 15-10

Finals: McGovern d. Steere 15-14, 15-13

Men's B

Quarter-finals: Don Choquette d. Hal Spiro 8-15, 15-12, 15-8; Dennis Saccola d. John Medeiros 15-10, 15-14; Vin Lostocco d. Vin Scirocco 15-7, 15-12; Ed Packhem d. Jeff Ramos 10-15, 15-10, 15-6

Semi-finals: Packhem d. Lostocco 15-8, 15-6; Saccola d. Choquette 15-14, 15-4

Finals: Packhem d. Saccola 15-13, 15-8

Men's C

Quarter-finals: Mike Boyes d. Leon Rayos 15-13, 15-13; Mark Savoie d. Rick Clas 15-12, 15-11; Larry Brown d. Steve Meyer 15-5, 15-2; John Bucci d. Jim Alvernas 15-9, 15-7

Semi-finals: Bucci d. Brown 13-15, 15-5, 15-13; Savoie d. Boyes 15-12, 15-10

Finals: Bucci d. Savoie 15-14, 15-13

Men's 35+ C

Quarter-finals: Howie Goebel d. Rich Frisella 15-14, 15-1; Chuck Cobb d. Sean Klingman 15-11, 15-3; Ken Tober d. Davey Jones 15-12, 15-9; Bob Wade d. Jim Hamm 15-11, 15-5

Semi-finals: Wade d. Tober 15-9, 15-5; Goebel d. Cobb 15-4, 7-15, 15-8

Finals: Wade d. Goebel 10-15, 15-7, 15-5

Men's Novice

Quarter-finals: Bob Gest d. Bob Barvour 15-11, 7-15, 15-7; Ed Leite d. Anthony Lonardo 15-10, 14-15, 15-12; Roy Frederickson d. Tom Shiel 15-8, 15-7; Larry Ruggieri d. Brian Travers 15-13, 15-3

Semi-finals: Leite d. Gest 15-12, 15-7; Frederickson d. Ruggieri 15-10, 7-15, 15-10

Finals: Leite d. Frederickson 15-3, 8-15, 15-3

Women's A

Quarter-finals: Claire Couture d. (bye); Diane Demers d. Carmen Mycroft 5-15, 15-1, 15-13; Anne Drescher d. Denise Duguay 15-11, 8-15, 15-2; Janet Kurucz-Steere d. (bye)

Semi-finals: Couture d. Demers 15-9, 15-4; Kurucz-Steere d. Drescher 15-9, 15-9

Finals: Kurucz-Steere d. Couture 15-10, 13-15, 15-11

Women's B

Quarter-finals: Pat Benenato d. Deb Sanders 15-1, 13-15, 15-10; Diane Perry d. Linda Tremmer 15-8, 14-15, 15-13; Mary Carr d. Jackie Chabot 15-7, 15-6; Marcia Feole d. Cheryl LaFontaine 15-6, 15-9

Semi-finals: Feole d. Carr 10-15, 15-3, 15-6; Benenato d. Perry 15-9, 15-14

Finals: Feole d. Benenato 15-6, 15-13

Women's C

Quarter-finals: Robin Given d. Paddy McKeag 15-6, 10-15, 15-0; Karen LaChapelle d. Donna Jennings 15-12, 13-15, 15-7; Nicky Guy d. Linda Couture 15-3, 15-5; Sue Dubis d. Kim Skerry 15-3, 15-4

Semi-finals: Guy d. Dubis 15-6, 15-5; LaChapelle d. Given 15-5, 15-10

Finals: Guy d. LaChapelle 15-3, 15-9

Women's Novice

Quarter-finals: Joyce Butler d. Jane Hughes 15-10, 13-15, 15-0; Terri Bonanno d. Barbara Greene 15-12, 13-15, 15-13; Jean Skerry d. Trisha Marrapese 13-15, 15-13, 15-14; Erin Green d. Lynn Morin 15-7, 15-8

Semi-finals: Green d. Skerry 15-4, 15-11; Butler d. Bonanno 15-8, 7-15, 15-5

Finals: Green d. Butler 15-12, 15-9



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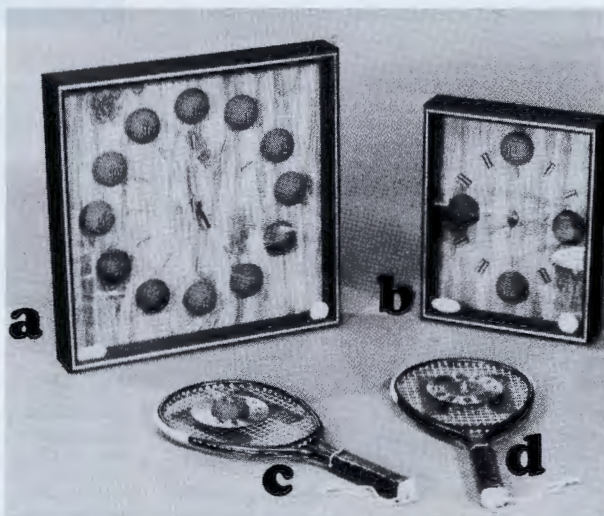
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Wisconsin

Vacation Resorts International

Thanksgiving Open

Sponsored by Vacation Resorts International

Sun Prairie Racquetball Club

Sun Prairie, WI, November 12-14

Director: Jim Williams

Men's Open

Quarter-finals: Jim Wirkus d. Dan Frank 11-8, 11-7, 11-2; Tom Frankel d. Don Chambers 11-4, 7-11, 11-4, 11-7; Dan Murray d. Herb Grigg 11-9, 11-7, 11-4; Brud Thompson d. Joe Wirkus 3-11, 4-11, 11-7, 11-9, 11-10

Semi-finals: Wirkus d. Frankel 11-4, 4-11, 11-7, 11-2; Thompson d. Dan Murray 0-11, 11-4, 4-11, 11-8, 11-9

Finals: Wirkus d. Thompson 11-6, 11-5, 11-2

Men's A

Semi-finals: Jim Buchert d. Tim Edgar 3-11, 11-2, 11-7, 11-7; Kevin Gutterman d. Dave Korenic 11-7, 11-1, 11-4

Finals: Buchert d. Gutterman 10-11, 11-10, 9-11, 11-8, 11-10

Men's Seniors

Semi-finals: Larry Zanon d. Dave Hutts 11-0, 11-2, 11-6;

Duane Appledorn d. Dennis Gunn 11-4, 6-11, 11-4, 11-5

Finals: Zanon d. Appledorn 9-11, 11-7, 11-4, 4-11, 11-9

Men's B

Semi-finals: Tom Possero d. Dan Broun 11-2, 11-9, 11-6; John Steger d. Randy Wachonich 11-6, 11-9, 11-2

Finals: Possero d. Steger 11-7, 5-11, 11-4, 11-4

Men's Senior B

Semi-finals: Tom Murray d. Elliot Papermister 11-3, 11-2, 11-3; Glenn Bestor d. Bob Kortkamp 11-9, 11-7, 11-4

Finals: Murray d. Bestor 11-5, 11-4, 11-4

Men's Veteran B

Semi-finals: Ralph Blanchette d. Jim Kohn 4-11, 11-8, 5-11, 11-10, 11-0; John Steger d. Randy Wachoniak 11-7, 11-2, 11-4

Finals: Blanchette d. Steger 11-9, 11-4, 6-11, 11-2

Men's C

Semi-finals: Matt Thompson d. Brian Carter 11-4, 11-4, 11-0; Doug Parks d. Kurt Fauerbach 9-11, 1-11, 11-8, 11-5, 11-8

Finals: Thompson d. Parks 11-9, 11-8, 11-7

Women's Open

Semi-finals: Dione Singlen d. Laurie Kelley 11-4, 11-4, 11-5; Peggy Woods d. Karen Summers 7-11, 4-11, 11-5, 11-7, 11-2

Finals: Singlen d. Woods 4-11, 11-6, 5-11, 11-7, 11-2

Women's B

Semi-finals: Diane Bower d. Kim Nickerson; Judy Rohloff d. Cheryl Mielke

Finals: Rohloff d. Bower

Women's C

Semi-finals: Deena Repka d. Debbie Bilsky 11-7, 11-7, 2-11, 11-7; Evonne Stegen d. Julie Hubacher 11-10, 10-11, 11-4, 11-5

Finals: Hubacher d. Repka 11-7, 11-8, 11-2

Juniors

Semi-finals: Mike Burie d. Dylan Wick (forfeit); Kirk Wick d. Andy Thompson 11-8, 11-8, 11-6

Finals: Wick d. Burie 11-10, 11-8, 11-0

Alabama

Bud Light/Total Fitness Racquet Club's
First Annual Club Championship
Sponsored by Bud Light
Total Fitness Racquet Club
Foley, AL, November 12-20
Directors: Marshall Myers and Charlotte
Nolen-Morris

Men's B

Quarter-finals: Tom Madison d. Tim Schaaf 15-10, 15-4; Robert Ray d. Steve Baker 12-15, 15-5, 11-2; Bill Eubank d. Rick Boume (forfeit); Bill McMurray d. Jerry Burns 15-4, 15-8

Semi-finals: Ray d. Madison 14-15, 15-5, 11-6; Eubanks d. McMurray 15-9, 14-15, 11-9

Finals: Ray d. Eubanks 21-13, 21-18

Men's C

Quarter-finals: Steve Baker d. Curtis Rye 15-3, 15-4; Juan Montalvo d. Bobby Phelps 1-15, 15-6, 11-3; Bill McMurray d. Rick Boume 15-7, 15-3; Chris Coggin d. Marshall Myers 15-7, 15-10

Semi-finals: Baker d. Montalvo 15-10, 15-6; McMurray d. Coggin (forfeit)

Finals: McMurray d. Baker 21-6, 21-15

Women's C

Quarter-finals: Darla Farias d. Ann Hollis 15-9, 14-15, 11-3

Semi-finals: Charlotte Nolen-Morris d. Darla Farias 15-3, 15-2; Donna Ballie d. Susan Baker 15-7, 15-9

Finals: Nolen-Morris d. Ballie 21-17, 21-10

Arizona

The First Annual Desert Classic
Benefitting The American Cancer Society
Old Pueblo Courthouse
Tucson, AZ, November 18-21
Directors: Lori Caccavale and
Rocky Lemmert

Men's Open: 1st—Cliff Fiore; 2nd—Mark Thompson; 3rd—Joe Durant

Men's A: 1st—Jerry Goodwin; 2nd—Rudy Childress; 3rd—Neil Katz

Men's Seniors: 1st—Joe Durant; 2nd—Steve Dow; 3rd—Jerry Goodwin

Men's Masters: 1st—Gene Burns; 2nd—Bill Daley; 3rd—Roy Wheeler

Men's B: 1st—Ron Hassey; 2nd—Andy Bonanno; 3rd—Mike Hammond

Men's C: 1st—Allan Smith; 2nd—Peter Fung; 3rd—Dana Smith

Men's Intermediate Doubles: 1st—Aughenbaugh/Ettinger; 2nd—Rillos/Sukov; 3rd—Roediger/Shaffold

Women's B: 1st—Jeanne Witt; 2nd—Judy May; 3rd—Carol Bjelland

Women's C: 1st—Keri Kaliban; 2nd—Nancy Himel—Brisco; 3rd—Jennifer Calaya

Juniors 14 and under: 1st—Eric Oxman; 2nd—Thomas McCabe; 3rd—Chris Krugman

Colorado

Third Annual Turkey Shoot benefitting Multi-
ple Sclerosis
Sponsored by Rallysport
Rallysport Health & Racquet Club
Boulder, CO, November 18-21, 1982

Men's Open

Semi-finals: Doug Zirkle d. Marshall Greenman 21-3, 21-7; Gary Sanchez d. Eric Hanson 21-11, 21-20

Finals: Zirkle d. Sanchez 20-21, 21-10, 11-7

Men's A

Semi-finals: Pat Conley d. Bill Parker 13-21, 21-13, 11-3; Mick Eitzel d. Jim Verghis 21-17, 21-18

Finals: Conley d. Eitzel 21-15, 16-21, 11-1

Men's B

Semi-finals: Frank Matson d. Dan Walker 21-13, 21-12; Joel McCabe d. Bob Sellers 21-13, 10-21, 11-5

Finals: Matson d. McCabe 21-19, 9-21, 11-8

Men's C

Semi-finals: Steve Bryant d. Ted Villanueva 21-7, 21-14; Jon Oberto d. Chip Doro 19-21, 21-12, 11-3

Finals: Bryant d. Oberto 21-8, 21-18

Men's Seniors

Semi-finals: Monte Huber d. Ed Creel 21-5, 21-4; Steve Sahn d. Don Campbell 21-5, 21-8

Finals: Huber d. Sahn 21-18, 21-6

Men's Masters

Semi-finals: Dave Snyder d. Charlie Chaffee 21-13, 21-18; Dick Manson d. Lou Smario 21-20, 17-21, 11-6

Finals: Snyder d. Manson, forfeit

Women's Open

Semi-finals: Terri Higgins d. Melanie Britton 21-4, 21-11; Barb Dahl d. Janice Flores 21-17, 21-16

Finals: Higgins d. Dahl 21-14, 21-6

Women's A

Semi-finals: Pat Schorer d. Peggy Hulet 21-20, 21-9; Melanie Britton d. Marsha Swoboda 21-11, 21-4

Finals: Schorer d. Britton, forfeit

Women's B

Semi-finals: Diane Almeida d. Mary Tjelmeland 21-14, 21-11; Megan Doukakis d. Rebecca Fortney 21-16, 21-12

Finals: Almeida d. Doukakis 21-7, 21-10

Women's C

Semi-finals: Maggan Arapikles d. Jackie O'Hare 13-21, 21-14, 11-8; Kathy Kloor d. Barb Baker 14-21, 21-4, 11-5

Finals: Arapikles d. Kloor 21-12, 21-6

Orgeon

Mid-Winter Rollout
Albany Superior Courts
Albany, OR, November 19-21, 1982

Men's Open: 1st—Jim Housgard; 2nd—Kelly Rasmussen; 3rd—Joe Cho; 4th—Steve Mariani

Men's A: 1st—John Miller; 2nd—John Barry; 3rd—Susie Carlos; 4th—Mike Bischopink

Men's B: 1st—Terry Peterson; 2nd—Rick Ikeda; 3rd—Mike Cheney; 4th—Michael Baugh

Men's C: 1st—Blair Hart; 2nd—Dave Franey; 3rd—Bob Feiring; 4th—Jim Davidson

Women's Open: 1st—Cathy Wilson; 2nd—Maria Hyne; 3rd—Happy Erickson; 4th—Karey Poehlman

Women's C: 1st—Mary Höllay; 2nd—Pat Wood; 3rd—Scottie Johnson; 4th—Nikki Cheney

Men's Open Doubles: 1st—Kelly Rasmussen/Jim Boyce; 2nd—Dean Wallace/Jerry Bone; 3rd—Pete Lod/Bunco Camus; 4th—Steve Mariani/Mike Speer

Men's B/C Doubles: 1st—Ken Johnson/Michael Baugh; 2nd—Robin Becker/Bill Miller; 3rd—Jim Davidson/Dana Andrews; 4th—John Gattuccio/Mark Phillips

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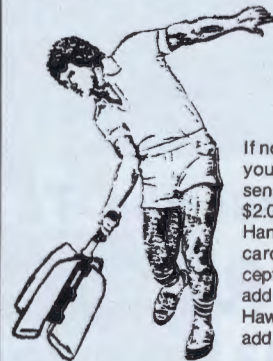
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Dealers Wanted

I've Been There!

by John A. Allin

Try something. Go down to court #2. Tie a towel around your head covering your eyes. Lie down on the floor, at center court, after twirling around three times. Now get up and try to walk out to your car. Difficult? Scary? *I've been there.*

Imagine. It's a tournament. You're doing fairly well. It's your third match. He's a good opponent. He hits a backhand shot from center court to the far low corner. You move from behind him to go for the ball. His follow through catches you square in the left eye and you're wearing prescription glasses. No eyeguards. The lens shatters. You see it shatter. Each piece. Pain. Pull off the glasses. Take the racquet off my wrist. God! The pain. Down on all fours. Hands cover eyes. Pain! "Are you all right?" No! Pain. I open my eyes—pain. Lift up my head. Open my eyes again. Darkness—red. My hands

are red. Don't understand. They should be white. *Pain.* Get a towel! "Are you all right?" Get me a towel!

"Can you see?"

Who is it?

"Bob Borgia."

Call an ambulance, Bob. I'm not moving until an ambulance comes. *Pain.* Can't move my eyes because of the pain.

They arrive. "Roll on your back."

I roll—*pain.* I can't see.

"I'm going to wrap your head and put gauze on both eyes."

OK. Stop the pain!

"The stretcher won't fit through the court door."

Oh God!

"Can you walk?"

Maybe. Help me!

"Turn here—go there—step up."

It hurts to move my head.

"Sit down."

Hold me.

"Lay back."

I can't see. I CAN'T SEE.

* * *

Do you know that there were people there that day who *still* do not wear safety glasses. It is a shame. They are stupid. I was lucky.

The emergency room doctor took one look and called an ophthalmologic surgeon. I specified who I wanted, and they came. The doctor worked on my eye for two hours. My eyelid was severed. Fifty stitches repaired it. Stitched from the inside out. Twelve pieces of glass were removed from my eye that Saturday. One on Sunday. Two on Monday. The last two were four layers deep in the cornea. It took two surgeons working together to remove the last two.

And you're wide awake through it all. No general anesthetic. Can't. Only you can keep the eye steady during a thing like that. They thought I might lose it.

There is nothing more gratifying than seeing light. Any light.

Those of you who still don't protect your eyes, try it. Go down to the court and blindfold yourself. And then tell me what your kids look like. And what they will look like when they get married. And what your grandchildren will look like. And tell me it can't happen to you.

The Erie Eye Clinic saved my eyesight. But they don't want that type of business. Don't be macho, don't be cool. Be scared. Be safe. I am now after the fact. I'm lucky—not everybody is. Believe me, *I've been there.*

Reprinted from the King's Court Newsletter, Erie, PA.

The above incident took place in February, 1981. Mr. Allin lost 30% of the sight in his left eye. He is currently a "B" player at Forest Hills Athletic Club in Erie. And he wears a specially designed stainless steel safety device over his glasses to protect his eyes. ●



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